

News In and Around  
**Trinity Lutheran  
Church, Hamilton**

**July/August 2022**  
Volume 3, Issue 6



**A Christian community, open to all, transforming lives through worship, learning and service.**

## ***Pastor's Message***

*by Pastor Daniela Mertz*

Around lunch time many toddlers become cranky and easily upset. Our boys were no different. I always knew when it was time for their nap. Of course they didn't want to be put into their beds, even though that was exactly what they needed! (And I did, too). When they woke up an hour later, they were refreshed and ready to play, explore the world and produce some more creative chaos.

I guess we adults are not that different. We need times of rest and of rejuvenation. In Psalm 23 David says that God, as his shepherd, "makes me lie down in green pastures."

At times we are so caught up in our business and work that we have a hard time letting go, even for just a short time. Just as I had to put the boys in their beds and the shepherd had to make his sheep lay down, at times God wants to see us rest and take a break.

In the bible we actually find encouragement to do so. In Ecclesiastes we read: "There is a time for everything, and a season for every activity under the heavens". We could add "a time to be busy and a time to rest" to many examples given.

We need that change from being challenged, stimulated and goal oriented-to being relaxed and idle and to just enjoy the many good things God gives us every day.

Fortunately, God knows about our reluctance and so the encouragement to take a break even made it into the ten commandments. "Six days you shall labor, and do all your work, but the seventh day is the Sabbath of the Lord, your God."

There are so many ways to find that rest. Jesus withdrew into the loneliness to pray and he found strength in that.

As I write this devotion I am looking forward to our vacation in Germany this August. It will include many visits with friends and family. I am looking forward to catching up and conversations about "God and the world" but also to have time to find that quietness and communion with God.

I hope you all have blessed summer filled with sun and joy and some time to rest. When life gets busy again, in September, we will all be refreshed and ready to explore and discover what God has in mind for Trinity.  
Amen.

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## Trinity Milestones



**Happy Birthday** to those members of Trinity turning 90 years and over in July and August.

They are:

Eileen Forestall - July 10

Karl Stahl - July 11

Eva Trapp- July 21

Helmut Wilk - July 24

Ilse Reizgys - July 25

Paul Blum - August 17

Gertrude Twiss - August 25



**Happy Anniversary** to:

Doug & Joyce Schweyer - 60 years on July 14th.

Hermann & Christa Koeppel - 50 years on August 19th.

## On My Summer Vacation- by Cathy Calvin, Chair

Remember those days in school when your first assignment was to write a paragraph on “What you did on your summer vacation”? I certainly do (it was not that long ago, really!) and I would always have to think hard about what I really did for two months. As a kid, we really spent the days doing a whole lot of the same thing, but we were outside, and we had fun.

Your Trinity Board has been working really hard for the past year and they certainly deserve a break from meetings, meetings, and more meetings. So, it got me thinking and asking them the question, “What are YOU going to do on your summer vacation?”

Mary Storbeck wrote: “This summer, I am planning on having fun with the grandkids at the cottage. Their energy and love of the little things in life rejuvenates me.”

“Hi Cathy”, writes Bob Tieffenbach, “This summer I'm hoping to spend time at our daughter, Erika's cottage at Sauble Beach; possibly a short trip to New Hope PA. to visit relatives; and lots of time reading!”

Pastor Loretta says, “This summer I plan to spend a week at a cottage on Manitoulin Island, visit family and do some day trips here and there.”

Pastors Thomas and Dani are planning to visit friends and relatives in Germany.

Shawn McKenzie adds, “I plan to tend my balcony garden, read some science fiction, and spend some time outdoors.” Shawn included some pictures of his balcony garden – just beautiful Shawn!

For myself, we have a busy summer planned with a couple of weddings, family gatherings, day trips to our favorite wineries (to stock up of course!) and some time in Sauble Beach at a cottage. It will all pass too quickly, I am sure!

But even if you have not planned anything, take advantage of the slower pace in the summer to rest and rejuvenate! The Fall and its busy schedule come ever so quickly!

Enjoy your Summer everyone!



## **A Meaningful Leisure- By Pastor Loretta Jaunzarins**

### **Summer is upon us.**

The season of leisure has arrived! The philosophy of leisure has become a much-discussed topic on-line and in books.

Did you know that people actually write about a philosophy of leisure? This sounds like an interesting topic. It's interesting to me because I had a very narrow definition or understanding of leisure. Here are some of the things I have learned in exploring the topic of leisure.

Leisure is a fundamental human need because without it, we ultimately get sick. If we work hard enough and long enough without a break, we will get sick. We first get sick emotionally and then we will get sick physically. Some of us need generous amounts of leisure while others of us need only a small amount.

Regardless of what you need, the bottom line is that we all need leisure to some personally satisfying degree. If we work hard enough and long enough without a break, we will get sick.

From a spiritual perspective, what leisure does is move us beyond our compulsions to give us the opportunity to rest, not only physically but also to rest within ourselves and with God. What happens during our busy and stress filled days is that empty spaces appear that need to be filled. We often resort to unhealthy ways of filling those spaces. Leisure, however, is God's gift to us to fill those empty spaces with life and peace. Leisure helps us relieve the use or overuse of our physical and mental faculties.

Leisure helps us transcend the stresses in our lives and offers us a break from a world that often asks too much of us. Leisure can help give us balance and harmony in our lives.



**Continued on next page**

## A Meaningful Leisure- Continued By Pastor Loretta Jaunzarins

### Categories of Leisure

As I mentioned above, we are not all wired the same when it comes to leisure. Dr. Richard P. Johnson of Spiritual Strengths Institute identifies six categories of leisure to help us think about what we are doing and can do to integrate leisure into our lives.

1. **Social Interaction:** This type of leisure includes activities where you engage in interpersonal exchange like casual conversations, social get-togethers, or parties.
2. **Spectator Appreciation:** This includes activities where you are a spectator. Activities can include sporting events, concerts, even people watching.
3. **Creative Expression:** Creative expression can include anything from artistic endeavors to personal creative tasks like cooking, gardening, crafts and hobbies.
4. **Intellectual Stimulation:** For some, leisure can include activities that enhance the mind such as reading, attending lectures, engaging in stimulating conversation, self-help exploration, discussion and learning groups. The possibilities are endless.
5. **Physical Exercise:** Any and all physical exercise from running marathons to chair yoga and stretching can be considered leisure. Physical exercise can be organized and purposeful, like booking a game of tennis, or casual like going for a spontaneous walk.
6. **Solitary Relaxation:** Many people enjoy doing activities alone like walking, puzzles, reading, crafts or a relaxing bath. The quiet leisure of being alone can be profoundly relaxing, rejuvenating, enriching, and rewarding.

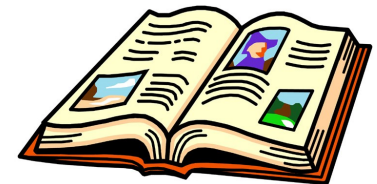
Leisure is a powerful human endeavour with so many positive benefits for our physical and mental health, regardless of our age. Leisure is not something we can or should ignore because in doing so, we risk our well-being.

As Dr. Johnson says, “When we depreciate our leisure needs, we lose sight of our true nature, who we really are, and we risk falling prey to the attitude that we live ‘to work’. Leisure reminds us that our sole purpose in life is not simply ‘to do’ but rather, ‘to be’ and ‘to be’ implies talking to the spiritual quality within you, to your soul.”

### Easy Intergenerational Leisure

The approach of summer and the season of leisure reminds us of the importance of rest, change, and relaxation. However, leisure shouldn't only be seasonal but become a daily part of our lives, even of our spiritual life.

Recently I've taken up reading stories with my 8 year old grandson Liam. We are reading Harry Potter right now. Even though he's a great reader, I settle down on the couch and read while he dresses up like Harry Potter and acts out the scenes, correcting me if I mispronounce any names or words. Now that the warm weather is here, we'll move our leisure time together out to the deck and enjoy each other's company.



I hope this short discussion will inspire you to incorporate leisure into your day in a variety of ways and realize that any leisure activities that you are currently engaged in are excellent for your health and have a spiritual component to them as well. Leisure is God's gift for our mental, spiritual, and physical health.

You can read more about leisure at Linked Senior at [www.linkedsenior.com](http://www.linkedsenior.com) and Best Style Trends at [www.beststyletrends.com](http://www.beststyletrends.com).

Dr. Johnson, who is nationally recognized for his work in Healing and Medical Behavioral Sciences, has books on spirituality, aging, retirement, and healthy living. They can be found on Amazon.ca.

Visit his YouTube channel, is [Dr. Richard P. Johnson](https://www.youtube.com/DrRichardPJohnson) and his website is [www.spiritualstrengths.org](http://www.spiritualstrengths.org).

## Social Ministry Committee

**CLWR Ukraine Crisis-** To date, with your help, Trinity has donated \$5, 970.00 to CLWR (Canadian Lutheran World Relief). The Ukraine refugees fleeing the country as well as the internal refugees need food, shelter, emergency supplies and trauma support. Please consider supporting the CLWR Ukraine Crisis. Financial donations can be made directly to CLWR or by cheque to Trinity Lutheran Church and mailed or dropped off at 104 Hughson St. N., Hamilton ON, L8R 1G6 or by e-transfer to [tlchamilton2020@gmail.com](mailto:tlchamilton2020@gmail.com).

Thank you to our **knitters and crocheters** for sharing your talents with our community. If you have some spare time over the summer we are continuing to accept hats, gloves, scarves, baby sweaters and blankets. If you are in need of wool or have donations contact Dianne Busser 905-389 -4008.

The Social Ministry Committee is requesting your support for **Hamilton Community Fridges**. The fridges are open 24/7 and available to anyone that wants to use them. The food is free to everyone and helps with food insecurity as well as reducing food waste. On Sundays in July and August we will place marked bins in the Parish Hall to collect food donations. Members of the committee will distribute the food the following week to a Community Fridge at either 115 Stanley Ave., 44 Greendale Dr., 249 John St. N., or 204 Ottawa St. N.

### Donation Guidelines for Community Fridges

#### Yes, Please:

- Fresh fruit & vegetables
- Sealed PPE and toiletries

#### Yes, if commercially packaged and labelled with the best before dates.

- Bread, baked goods
- Frozen foods
- Cooked meat (e.g. cold cuts)
- Pantry items
- Pet food
- Dairy & alternatives
- Eggs
- Grab and go foods
- Sealed non-alcoholic beverages

#### No, thanks:

- Raw meat or seafood
- Rotting or wilted food
- Home-cooked food or leftovers
- Alcohol or medications
- Unlabelled or open food (**repackaging bulk goods for donation is acceptable - portions must include labels**)
- Items past expiry (**bread frozen prior to best before date is acceptable**)
- Excess packaging (please break down bulk goods/take waste with you — i.e. cases of drinks, bags of fruit, etc.)
- Clothing or housewares
- Ungraded eggs
- Dented cans

Trinity members promote social justice where all people have equal access to resources, health, well-being, justice, privileges, and opportunities. Thank you for all your support!

## **BIBLES AND BAGELS**

Bibles and Bagels is on a summer break and will resume in September at the Hughson Street location and live streamed on Zoom.

## **MEN'S BREAKFAST**

Men's Breakfast is on a summer break and will resume in September at the Hughson Street location.

## **TOLKIEN DISCUSSION GROUP**

Meetings are online on: **Saturday, August 6 and 20 at 1:00 pm** to further discuss The Silmarillion. For information or for the Zoom link, contact Shawn McKenzie at: [mckenzieshawn7@gmail.com](mailto:mckenzieshawn7@gmail.com).

## **Good Food Box**

The Good Food Box program is on summer break and will resume in September.

## **Worship God with Music!**

Choir is on a summer break and will resume practice on Thursday September 15 at 7:00 p.m.

Contact Heide at [heide.lang@gmail.com](mailto:heide.lang@gmail.com) or 905-616-2575.

Practices are held at the Hughson Street location.



# **Trinity**

## **Worship Services**

### **Sunday Trinity Worship**

10:00 am, in-person at Hughson Street location and on live streamed on Zoom.

Zoom link will be sent out via email weekly or you call the office for the link.

### **Usher Training/ Refresher**

For Sunday ushers, a 30 minute refresher will be provide following Sunday worship, on either July 17 or July 24. A short guide will be provided and a review of duties. Please contact Pastor Daniela or Pastor Thomas for any questions.

### **Sunday German Service**

July 3 at 11:15 am, Hughson Street location in-person only.

### **Sunday School**

Sunday School is on a summer break and will resume in September.

### **Mid-Week Service**

There are no mid-week noon services during July and August.

### **Centering Prayer**

Centering Prayer is on summer break and will resume in September.

**TRINITY LUTHERAN CHURCH  
OFFICE**

**Pastor Thomas Mertz  
Pastor Daniela Mertz  
Pastor Loretta Jaunzarins**

ONE IN CHRIST is published ten times per year under the auspices of Trinity Lutheran Church. The Editorial Board is comprised of members of the congregation and the pastors. Submissions will be edited for clarity, positivism, adherence to our mission statement, constitution and the love of Christ as revealed in the Holy Scriptures.

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**Taxi Program with Hamilton Cab**

1. To order a taxi call Hamilton Cab at **905-777-7777**.
2. Press “o” to speak to an Operator and order the taxi. If you use the App it will not go on Trinity’s account and you will have to pay for it.
3. Say that you would like to order a taxi on the account of Trinity Lutheran Church for one of the following addresses: 104 Hughson St. N., 232 Fennell Ave E., or 1907 King St. E.
4. Confirm with the driver that this is on the Trinity account.
5. Ask for a receipt with the fare amount on it. Give the receipt to one of the pastors, LLU ladies or bring to the church.
6. You can give them a tip if you wish, especially if they help you with a walker, etc.
7. You can use a taxi to go to any of the Trinity sites any day of the week.
8. Make sure you are ready to go before you order the taxi as they can be there within minutes.
9. If you have questions, please call the office, during the week between 9:00 a.m. and 3:00 p.m. at 905-974-9878.



## July/August Events

For Zoom links, please contact the office at 905-974-9878 during the week. Worship service on Sunday is also streamed via Zoom.

- Sunday July 3**                      **Worship Service** -10 a.m., 104 Hughson St. N.  
**German Worship** - 11:15 a.m. 104 Hughson St. N.
- Tuesday July 5**                      **Newsletter Committee Meeting** -7:00 p.m. via Zoom.
- Sunday July 10**                      **Worship Service** -10 a.m., 104 Hughson St. N.
- Sunday July 17**                      **Worship Service** -10 a.m., 104 Hughson St. N.
- Tuesday July 19**                      **Congregational Life Committee**- 7:00 p.m. via Zoom.
- Sunday July 24**                      **Worship Service** -10 a.m., 104 Hughson St. N.
- Monday July 25**                      **Board of Directors Meeting** - 7:00 p.m. Location TBD.
- Sunday July 31**                      **Worship Service**- 10 a.m., 104 Hughson St. N.
- Saturday August 6**                      **Tolkien Discussion Group** -1:00 p.m. -2:30 p.m.  
Via Zoom. Contact Shawn McKenzie at [mckenzieshawn7@gmail.com](mailto:mckenzieshawn7@gmail.com)
- Sunday August 7**                      **Worship Service**- 10 a.m., 104 Hughson St. N.
- Tuesday August 9**                      **Social Ministry Committee** meeting 7:00 p.m. Via Zoom.
- Sunday August 14**                      **Worship Service**- 10 a.m., 104 Hughson St. N.
- Saturday August 20**                      **Tolkien Discussion Group** -1:00 p.m. -2:30 p.m.  
Via Zoom. Contact Shawn McKenzie at [mckenzieshawn7@gmail.com](mailto:mckenzieshawn7@gmail.com)
- Sunday August 21**                      **Worship Service**- 10 a.m., 104 Hughson St. N.
- Sunday August 28**                      **Worship Service**- 10 a.m., 104 Hughson St. N.