

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

March 2022
 Volume 3, Issue 2

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



Pastor's Message

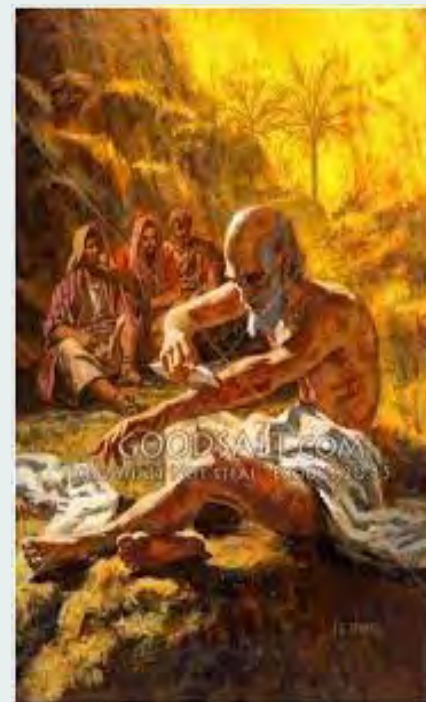
by Pastor Loretta Jaunzarins

There really are no answers to suffering. As humans - and we are probably the only species that does this - we attempt to make sense of all the suffering in our lives and in our world. While many other animals grieve the death of another, we don't know if they ask why there is suffering, loss and death. But we do; we ask the why question and try to figure out why something tragic has happened. The book of Job tells us that Job wanted answers from God but he didn't get them. We find ourselves in the same situation when we experience loss. How did Job resolve the issues in his life: the death of his adult children, the loss of all his material goods, the betrayal of friends? The answer lies in the final ten chapters of the book of Job. Job wants God to acknowledge his suffering and not ignore him. As Richard Rohr writes, Job makes a shift when he is part of the "cosmic conversation." Job becomes part of the cosmic conversation when he discovers that in the midst of suffering and loss, God can be trusted. Yes, the world can still make sense and our lives can still be blessed when we trust God in all our life situations.

This is also when we know and experience salvation. If you trace the word 'salvation' to its Greek origin, we discover it means 'to keep safe' and 'to preserve'. The same word in Hebrew means 'help, deliverance, redemption, rescue'. Think about how God does this for you every day of your life. I am totally overwhelmed when I consider that I have been created in the image of God, have the spark of the Eternal within me, and God is there for me each day of my life. When I trust God, I am just as much a part of the cosmic conversation as Job!

Jesus also experienced this in his arrest and torture, death and resurrection. Jesus knew that God could be trusted even when he gave his life for us on the cross. But here is the challenge that Jesus and Job faced and that we face: we don't see it when we're going through it! There are no answers in the midst of the pain. There can only be trust. Jesus had to trust God, didn't he? Imagine if you didn't know how things turn out for Jesus. Would you advise him to trust God or would you be like the disciples and run away or be like Job's friends and reject God? Our salvation happens when we trust God when all around is dark. It's in the metaphorical darkness that we can be transformed by God. It's through our suffering and pain that we learn about life, about relationships, about God's love for us. It's in our suffering that we are held securely in God's hands, even though we may not realize it at the time. God does not ignore us.

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**Ash Wednesday
 Service**

**Wednesday, March 2
 7:00 pm**

Hughson St. site

ASH
 WEDNESDAY



Remember that
 you are dust, and to
 dust you shall return.
Ecclesiastes 3:20

Both in-person and live
 streamed in the Bay Area

TRINITY MILESTONES

Happy Birthday to those members of Trinity turning 90 + in March. They are:

Annie Kareckas	Mar 6
Edith Wilk	Mar 7
Philip Arth	Mar 13
Michael Albrich	Mar 20
Sofia Lockner	Mar 25
Patricia Stephens	Mar 30

We wish all of the above a VERY HAPPY BIRTHDAY and God's Blessings for many, many more!



Usher and Readers Needed for In-person Services

Now that we are back to in-person services, I have started to contact people from my list to read and/or usher for these Sundays. It would be great to get more volunteers for these tasks, so please give Debbie Lindeman a call at 905-389-0224 (if you get the answering service, it will announce the name of my husband, Dennis Price) or through email at deborahlinde-man3@gmail.com if you would like your name to be added.

I would appreciate receiving both your phone number and email address. Volunteers are especially needed for the German service. Thanks!

Living With Alzheimer's: A Care Partner's Perspective

by Joyce Schweyer

Our family kept asking, what's with Dad? He shuffles his feet, walks very slowly, and bent over... what's going on? This was my wake-up call, to face the fact that in the last 6 months or more, changes were happening with Doug. I thought, it's time to see our family doctor – maybe it's the medication he's on.

At his doctor's appointment, Doug went through a series of tests. He tried his best but couldn't fool the doctor, and she arranged for an appointment with a geriatrician. We went, like lambs to the slaughter, thinking it was nothing serious that couldn't be fixed.

We were separated right from the start: Doug with the doctor and me with her assistant. Boy, could she ask questions! I couldn't figure out why she was asking me all these questions when it was Doug who had the appointment. Very personal questions that made me feel disloyal to my husband (I figured it out later). Then we switched and the doctor gave me the results of her assessment: ALZHEIMER'S.

Okay. Now, my usual reaction to hard news is to go very quiet until I'm able to take it in! Ha-ha! No time. All four of us got together to give the diagnosis to my wonderful, smart husband. When he heard the verdict, the look in his eyes for a few seconds was fear and 'help me'. I felt so helpless. Then the other hard knock came. By law, the doctor had to immediately report to the motor vehicle department that he could no longer have a license to drive. With this news, the look in Doug's eyes was one of relief. He knew it was time; there had been too many close calls in the past months. So I was now the only reluctant driver.

As we walked out of his appointment, we were in a daze. We held hands and promised each other that we are in this together and for the long haul. I drove out of the parking building for the first time, and have been driving us around ever since.

Adjusting to Living with Alzheimer's

Our family is there for us. The Alzheimer's Society is the best and has given us much needed help. We were able to take a Beginner's Course about living with dementia (First Steps), which was just what we needed. We called the LHIN (Local Health Integration Network) who sent an Occupational Therapist to assess what we needed to help us in the house. I have a love-hate relationship with the toilet handle bars! We are to call when we need more help. I have even found out Doug can keep his opinion and mouth shut when I do something stupid while driving!

It's taken us some time to really come to terms with how our life has changed. After working in nursing homes for many years, I know that arguing with somebody who has dementia will not help. That's hard, so I tell Doug, I can't argue with you, and that works for now. I pray to God that he is with us, to guide me to be patient. Doug tries so hard to keep active and help me around the house; he loves to vacuum with Dyson vacuum. I only have great respect and love for him, my husband for nearly 60 years. He can't remember what I told him two minutes ago, but I bet he could get up and preach a sermon for 15 minutes!

About the author: For nearly 60 years, Joyce Schweyer has been the wife, friend, companion, and now care partner to Doug Schweyer. Joyce calls her role as a pastor's wife "the best job I have ever had; with many ups and downs, Doug and I have always worked together, and so it will always be."

Meet Kathy Davidson by Pastor Daniela Mertz



Kathy is Trinity's new Communications Specialist. She and I met early in February. Even via Zoom, it was easy and delightful to connect with her. Kathy is open and friendly, energetic, and right to the point.

She has lived in Hamilton her whole life and recently retired from Hamilton Health Sciences where she had worked for 35 years, in various positions. For many years, she worked in as a business clerk on the Orthopaedic unit at the Juravinski Hospital. However, juggling being Mom to two boys and working 12-hour shifts, sometimes on weekends, became too much. Something had to change. Kathy decided to go back to school at get her diploma in Web Design and Multimedia at McMaster University. She also holds a diploma from Mohawk College in Marketing.

Kathy accepted a position providing web design and marketing at Hamilton Health Sciences with the Regional Joint Assessment Program (it is now called the Musculoskeletal Central Intake and Assessment Centre). This job allowed her to use her skills, had better hours, better pay, and weekends off. Helping people to get access to the program was and is a genuine concern for Kathy and she loved her job until she retired last June. That doesn't mean she stopped working or educating herself; she still takes courses at Mohawk College or Ryerson. "The developments in the digital world change so fast, you need to learn all the time," she said, "and it connects me with other people."

Listening to her, I certainly felt blessed that Trinity found someone so competent (and over-qualified!) to become the congregation's Communication Specialist. Kathy laughed and said, "Well, I used to work with Margo (Gail Bennie's daughter) and Margo mentioned that her congregation was looking for someone to help with the web and social media components. I was looking for a part time job where I could use my web design and accessibility skills. I have always wanted to help people connect with others, with programs and organizations."

Kathy has spent the first few days on the job finding out what Trinity is all about, what has been done, and how we can expand our ways of communication. When I asked her how we might better reach out into the community, Kathy suggested *Instagram* as a good mean to reach younger people. *Instagram* is used to share pictures, videos, and brief messages. Our congregation has a lot to offer and does good work, and she would like to help people see who we are.

"I think there are many people who look for a community, for a place where they are welcomed and accepted as they are. And especially in the downtown area, newcomers and people who live on their own may look for a church community."

When asked how staff and members of Trinity might support her work, Kathy mentioned that so far, this job feels like fun. She said all have been welcoming and have offered assistance. "Feedback is crucial," she said, "because what I do is for the congregation, and I need to know what works, what doesn't, and what can be improved."

Kathy, thanks so much for meeting with me and welcome to Trinity!

WORSHIP SERVICES AT TRINITY

Trinity Worship Time

March 6, 13, 20, 27
at 10:00 am

In-person at Hughson St. full vaccination, Masks required. Zoom link will be sent out via email each week.

German Service March 6

At 11:15 am
Hughson site—in-person only.

Sunday School

March 6 & 20
At 11:00 am
Zoom link will be emailed

March 13, 27
In-person at 10:00 am
parallel to worship
Hughson St. Site

Mid-Week In-Person Service

For March at the **King Street site** beginning **Thursday, March 3rd**. Full, traditional service at **11:30 am** with Holy Communion. Services will continue at the King Street site for March and will be at Fennell for April. Please bring a brown bag lunch for a time of fellowship following the service.

Good Food Box

Good Food Box dates in March are:

Mar 1 King St 10:45—1:00 pm
Fennell Ave 10:00—2:00 pm

Mar 25 Hughson St

Note that the boxes are now \$20.00

For information contact Pastor Loretta (church office 905-974-9878) or Gail Bennie (905-573-1258)

Pastor's Message cont'd from Page 1

But we can't only stay focused on our own suffering. That's self-obsessed and egocentric. The truth is humans are not kind to each other and we are often blind to our unkindness. We want the best for ourselves and our families even if it means that people and other life forms around the world suffer horribly so we can maintain our standard of living.

As Lent begins on March 2 consider taking an inventory of your lifestyle and practices. What do you do that is causing Earth to suffer? What about long held beliefs, religious or otherwise, that have caused you to turn a blind eye to the suffering of others? Perhaps spend these 40 days examining your life experiences and how you dealt with suffering and loss. Who or what did you blame? What did you learn about yourself and God during those dark times in your life?

It's only through suffering that we learn and grow, spiritually and in our relationships. It's only through hope and trust in God that we know we will come through to the other side. It's only through naming the injustices in the world and changing in response to that naming, that healing and reconciliation can take place. This is what Jesus' suffering teaches us. God does not use suffering to punish us. We may not know why we experience pain and suffering but we do know that it is the greatest, if not the only life teacher. This is when we will experience God's salvation in the here and now and then gift it to the world. This is when we become part of the same cosmic conversation experienced by Job and Jesus and we know, without a doubt, who we can trust.

What's Happening in Learning?



Thank you to all those who have volunteered to be **Sunday School** teachers and helpers, both online and in person! Beginning in March, zoom classes will be held at 11 am on the 6th and

20th. On the 13th and 27th the classes will be held in person and parallel to worship, 10 to 11 am, at Hughson St. Watch the announcements for more information. Zoom links will be emailed prior to the date.

The **Confirmation Class** is meeting in person at Hughson St. location on Tuesdays at 6:15 pm.

Some of the **Adult Small Groups** are starting to meet in person this month, while others are remaining on zoom. Keep an eye on the Sunday announcements to find out where, when, and how. Or contact the facilitator of your group.

Digging Deeper into Indwell, a Christian charity that creates affordable housing communities, will be held on **Wednesday, March 16 at 7 pm**. Find out about their ministry and recent projects in Hamilton and surrounding area. A Zoom link will be emailed out prior to the date.

Worship God with Music!

Consider sharing your talents. Whether contemporary, traditional, or global music is your favourite, there's always a way to musically enhance our worship as we come together again in September!



Since some of the restrictions have changed we will now be able to meet IN-PERSON.

This is for singers and players of all instruments!

Give the gift of music to our Trinity family!

Contact Heide at heide.lang@gmail.com or 905-616-2575. Our practices will be held at Hughson Street.

Thursdays at 7:00 pm.

All choir and praise team members are encouraged to attend. We will be starting to prepare for Easter, so if you are interested, now is the time to join us!

Care of Creation Corner: About TREES

by Shawn McKenzie

We continue to watch how climate change is making an impact around the world - stronger hurricanes, huge forest fires, drought, famine, and large populations displaced in search of basic needs. We are in an urgent search to find answers and solutions to the climate crisis. But there is one thing we can do now: plant more trees and appreciate them for the hard work they do!

How do trees help reduce climate change?

1. Trees absorb carbon and other gasses from the atmosphere. A single mature tree can absorb 22lbs. of carbon a year, and makes enough clean oxygen for 4 people to breathe fresh air.
2. Trees protect against severe flooding and storms, by slowing the water's strength as it surges on land, and by absorbing excess water in the soil and releasing it as water vapor into the air.
3. Trees provide shade, which helps the soil retain moisture, and thereby supports fertile agriculture. More shade and less sun in urban areas also helps reduce energy consumption when it's hot, helping to flatten carbon emissions and saving on cooling costs.
4. Trees increase biodiversity by creating healthy ecosystems that convert the sun's energy through photosynthesis, absorb carbon from the atmosphere, make soil, and provide a treasure trove of natural yet-to-be discovered biological solutions for cleaning up our planet (for example, enzymes that can eat plastic).

While there is still debate about global forest data and transitioning towards sustainable energy production, one thing is sure: the world needs more trees and healthy forests if we are to address climate change and create a habitable world for future generations. New technologies may help with this in the future, but it will take years before we find something else that works as well as trees and nature itself at cleaning up the air.



So, go outside and hug and thank a tree for all the work it does to help our Earth!

Mid-Week Lenten Series—begins March 10th

When: Thursdays at 6:00 pm

Where: Hughson St Site

What: Ash Wednesday and Lenten devotions will take you on a 40 day journey of prayer, scripture reading and exploring the veil "Tree of Life" by Jacques-Richard Chery together.



Participants are encouraged to bring a brown bag supper & beverage to have fellowship before the devotion.

BIBLES AND BAGELS

For the next few months we will continue to meet via Zoom. Our meeting for March will be **Saturday, March 26 at 10:30 am**. The topic is to be announced. Grab a coffee and join us. A Zoom link will be emailed to the participants prior to the 26th. If you would like to join us and need the link please contact Jackie Nunns at:

nunnsjackie@gmail.com

MEN'S BREAKFAST

For its next meeting the Men's Breakfast will be meeting, in-person, on **Saturday, March 26th at 9:30 am** at Hughson St. All attendees must be double vaccinated. Please bring your breakfast and coffee with you. Topic for the day is to be announced.

CIRCLE FOR RECONCILIATION AND JUSTICE ADVISORY GROUP

The Circle for Reconciliation and Justice (CRJ), is an advisory group within the Eastern Synod who promotes learning opportunities, resources and who seeks to forge relationships with Indigenous communities across the territory of the Synod. CRJ is currently seeking people who would like to join in the work of learning, listening, advocating and reconciliation. No experience is necessary - just a heart for justice and desire to walk the path of reconciliation and right relation with Indigenous communities.

Anyone who is interested and would like to become involved can be in touch with Christie Morrow-Wolfe directly at cmorrow-wolfe@elcic.ca.

Social Ministry Update

by Lynne Shanks

TRINITY LUTHERAN CHURCH

Pastor Thomas and
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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Trinity Lutheran Church

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UNICEF COVID- 19 Emergency Fund has committed to providing 4.1 billion COVID-19 vaccines to people living in low- and middle-income countries in 2022. Over Lent, the Social Ministry Committee is asking for you to consider supporting the UNICEF COVID-19 Emergency Fund. UNICEF is an organization that is best placed to deliver vaccines efficiently and equitably to those who are wanting to be vaccinated. UNICEF procures the vaccines, syringes, and safe disposal boxes and delivers these to some of the world's hardest to reach places. They are present in 190 countries and territories and can get to as many people as possible quickly. This is especially challenging as there is a need for the vaccines to be kept at cold temperatures and many target areas lack reliable power or transportation routes. UNICEF also trains local health workers to safely administer vaccines and provides them with necessary personal protective equipment to ensure their safety.

As Canadians we are very fortunate to be able to access COVID-19 vaccinations if we choose. The cost for UNICEF to provide 2 doses of the vaccine for a recipient is \$2.54; \$12.70 provides vaccines for 5 people and \$100 will provide vaccines for approximately 40 people. If you choose to support the UNICEF COVID-19 Emergency Fund, financial donations can be made directly to COVID-19 Emergency Fund/ UNICEF Canada 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. When sending to Trinity please indicate that your gift is for UNICEF. Together we can make a difference!

Please continue to support our other Outreach projects:

Items Needed	Contact	Recipients
Winter Apparel Coats, Hats, Gloves, Running Shoes , Sleep- ing Bags	Deliver to Fennell or King St. sites on first Tues. of the month/ Good Food Box days or contact Carol-Ann to arrange drop off at Hughson. Call Dianne Busser 905-389-4008 if pick up is required.	Out of the Cold at Hughson and King St.
Connection Hearts	If you are interested in getting the pattern and material to make these contact Waltraut Weingartner or Debbie Lindeman deborahlindeman3@gmail.com 905-389-0224.	Dr. Bob Kemp Hospice, Supportive Care Team- they give hearts to families
Knitted or Crochet Hats and Gloves. We have many scarves, but small baby blankets or baby sweaters would be appreciated.	Contact Dianne Busser 905-389-4008 or Waltraut Weingartner 905-387-3517 to donate or if you are needing wool.	Out of the Cold; Refuge, Hamilton Center for Newcomer Health in Hamilton
New Underwear	Contact Dianne Busser or Waltraut Weingartner	Out of the Cold

Trinity members believe in promoting social justice where all people have equal access to resources, health, well-being, justice, privileges, and opportunities regardless of their legal, political, economic, or other circumstances.