



Trinity Lutheran Church

One in Christ Newsletter

News In and Around

Trinity Lutheran Church, Hamilton ON

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

Pastor's Message

by Pastor Loretta Jaunzarins

We all know that language changes over time. Words fall out of use and others are created. The definition or meaning of words change as well. For example, the word *cute* used to mean "sharp witted." Today, it means . . . well, cute! Today the word *egregious* has a negative connotation meaning something outstandingly bad or shocking whereas originally it meant something shockingly good. Once upon a time *naughty* people referred to the poor, those who had naught or nothing. Today it means someone who is morally bad or wicked. Recently I discovered that I've had a change of attitude towards a couple of words as we approach Ash Wednesday and Lent.

On Wednesday, February 22 we will gather for our annual Ash Wednesday Service. We will turn in the hymnal to the ritual known as the "Imposition of Ashes". This includes receiving, by the application of ashes, the mark of the cross on our foreheads while the pastor says, "Remember that you are dust, and to dust you shall return." I find this to be a very moving part of the Ash Wednesday Service and it sticks with me (no pun intended) throughout my Lenten journey. When you think about it, when do we have the sign of the cross made on our foreheads other than during a healing ritual or baptism? The ritual of the Imposition of Ashes is a once-a-year engagement with the residue of burnt palms from the previous year and hearing the very real words that we are mortal and our lives are short lived in the grand scheme of things. It's no wonder that Ash Wednesday is a solemn occasion, for here we come face to face with history, theology, and reality.

My issue is with the words *dust* and *alleluia*. Every Ash Wednesday we take the 'dust' from last year's burnt palms and mix them with a bit of olive oil to create a thin paste that is then applied to our foreheads. This evokes images from Genesis 2 when God took the 'dust' of the earth, breathed life into it and created the first human. While the word dust is the more popular translation of the word, it seems dry and *lifeless* to me.

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February 2023

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Trinity Milestones

Happy Birthday

To our Trinity members
turning 90 + in February:

Matilda Kraus - Feb. 10

Ruth Reining - Feb. 15

Ruth Ross - Feb. 22

Photo Directory

Are you at times wondering who is who when you come to church? Help is on the way.

In the spring, the Congregational Life Committee is organizing a photo directory of our congregation. You will receive a phone call late February or March to receive more information and be asked if you would like to participate.

Pastor's Message continued

by Pastor Loretta Jaunzarins

Surely there must be another understanding of the Hebrew word in Genesis given that God creates humans from something that would soon give life to the plants in the Garden of Eden. Actually, the Hebrew word used in Genesis 2:7, can also be translated to clay, loam or earth.

I resonate with clay, loam or earth much more than I do with dust probably because I live in a house built in 1917. I could spend hours every day dusting this old house. In my mind dust is a bother, something I readily complain about. But, being a gardener, the words loam and earth, even clay, percolate with life. According to the first creation story found in Genesis 1:26-28, humans have been made in the image of God. It makes much more sense to me that, metaphorically, humans are created from a life-giving substance, infused with the breath of God, rather than something we wipe away.

While 'dust to dust' doesn't seem to resonate with me that much anymore, 'earth to earth' very much does, especially in our day and age when the earth is recognized as our home, giving and sustaining life for all creatures, plants, soil, water and air.

Ash Wednesday and Lent are a reality check for us as we are so caught up in our daily activities that we have become a death avoiding and denying culture. This time of the year reminds us that we came from God and will go back to God and that *we have nothing to fear* when it comes to death. We came from our creator who breathed life into a handful of earth to form all living things and Lent reminds us that we will return to that same earth upon our death.

While some Christian traditions put aside the word 'alleluia' during Lent, I think it is a fantastic word to shout out especially during Lent to remind us that our song, whether in life or in death, should always be, "Alleluia, alleluia, alleluia." The Apostle Paul admonishes us not to fear death because death does not have the last word. Our faith and trust in the life, death and resurrection of Jesus help us to make the most of our life here on earth and assure us that death has lost its sting. We will all return to our creator. Alleluia!

I think I will start saying, "We are from the earth and to the earth we will return" followed by a very thankful 'Alleluia! Praise the Lord!'



Welcome Sarah and Omar *(names are altered to protect their identity online!)*

Originally from Iran, these two people came to Hamilton last year and currently await their status hearing. They are no longer strangers to many of us. Soon after their arrival they reached out to Trinity and since then have become friends, actively involved in our community. Recently they started volunteering for the monthly “Good Food Box Program” as well.

A few days ago, they invited Daniela and me to their little apartment for supper and we enjoyed an evening of Iranian hospitality, which includes – you may have guessed it – tons of great food. There was a lot of laughter and many stories, and time flew by as they shared beautiful wedding pictures and talked about their families and life in Iran.

Both come from large families with four siblings each. Omar was quite the soccer player in his teenage years and aspired to become a professional. He decided on a degree in engineering instead. Omar founded his own small company and was a prize winning member of the national team of Iranian inventors. Unfortunately, his business fell victim to the reverberations of international sanctions against Iran and had to be closed.

Sarah has a master’s in psychology with several years of work experience at a psychiatric hospital in her old hometown.

When listening to Omar and Sarah talk of their old life in Iran, one can’t help but feel their pride for the country’s ancient culture, the natural beauty of the land and their love for the relatives and friends they left behind. We also felt their great concern and fear for a country that experiences daily, brutal government crackdowns on mass protests for women’s rights and other social justice issues. It is one of the reasons why the two chose to leave the country and seek refuge in Canada.

Iran also imposes strict prohibitions and restrictions on Christians and other religions. For Muslims to convert and identify as Christian is only possible in secret. Sarah and Omar were eventually denounced by their landlord and feared for their safety when they received threats against their life.

We are grateful they are safe now. They tell us they are happy and looking forward to making a fresh start. They are enrolled in English classes and study hard to improve their language skills.

By the way, Omar and Sarah have also discovered Canadian soccer and become fans of our local Forge FC team. This past fall was the first time Sarah was able to attend a game in a stadium together with her husband. We promise there will be more this coming season.

Hamilton Out Of The Cold

by Pastor Daniela Mertz

Striving to Eliminate Hunger in Our Community

Every Monday morning, when I enter our church, I am welcomed by the wonderful scent of fried onions, tomato sauce or roasted meat.

I can hear the busy volunteers from the “Out of the Cold” program preparing approximately 200 meals for all who come to the doors between 2:00 and 4:00 pm.

Hamilton Out of the Cold started with Sister Carole Anne Guay of St. Joseph and her friend Gloria Colizza. They were both retired teachers from Hamilton. When they saw the growing need in Hamilton they visited the “Out of the Cold” program in Toronto and were inspired to start their Hamilton version.

It all began one evening at James Street Baptist church where they cooked a supper for 50 people, but only one person came. However, that did not discourage them and soon the word spread and more and more people came. Sister Carole Anne was good at organizing support, not only for food, but also mats and blankets because for some years they also invited people to stay overnight.

Soon other churches became involved and today eight churches all over Hamilton are engaged “to provide nutritious meals -served with dignity and compassion”, (Out of the Cold’s mission statement) one day a week.

Prior to the pandemic, dinners were served six days a week and breakfast two mornings a week at ten locations across the city. Everybody was welcomed into the parish halls for a hot meal and fellowship, no questions asked. Due to Covid they had to switch to handing out warm nourishing meals to go but they hope soon they can go back to offering sit-down meals again. The opportunity to spend time together, form friendships, be served, and enjoy the company is very important.

Gisele (the head of the crew at Trinity) said: “You are the hot spot for Hamilton. Here we serve so many meals to the people who really need it the most.”



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Some of the food is donated by grocery stores. For our Trinity location alone, one store fills up the company pick-up truck every week with vegetables and fruit. Whatever is left, after preparing the meal, is handed out for free. Another store provides all the bread and desserts.

Eva, who helps every week and is a member of Trinity, told me “This is my favourite volunteer job. It's a great atmosphere among all the helpers and it's such giving work, the folks are so appreciative and thankful.”



Hamilton Out of the Cold is a registered charity and led by a volunteer board of directors. Two part-time seasonal staff organize the volunteers and the day-to-day operations. If you are interested in learning more or consider volunteering, visit the [Hamilton Out of the Cold](https://www.hamiltonoutofthecold.ca/) website.

Lutheran Ladies United (LLU)

The LLU will be meeting on **Tuesday, February 21st, 1:30PM** at 232 Fennell Avenue East. We are planning on having a speaker from Liberty for Youth, an organization that helps Youth at risk and is supported by the LLU. Everyone is Welcome!

2022 Official Income Tax Receipts

The 2022 Income Tax Receipts will be available for pick up on the following Sundays:

- Sunday February 5, before and after 10:00 a.m. worship and 11:15 a.m. German worship.
- Sunday, February 12 before and after 10:00 a.m. worship.



Do You Play An Instrument?

We are always looking for more members to participate in music making here at Trinity.

It sure doesn't hurt to ask what the possibilities are!

Come on up and see Heide after a church service or contact her by cell or email at 905-616-2575 or heide.lang@gmail.com.



From the Trinity Board

By Cathy Calvin

A new year has begun and we on Trinity's Board of Directors are looking forward to continuing with the mandates set forth by the congregation. We had our retreat session with the Synod in January (postponed from December) and we have a clear direction of what we are going to be doing this year. You will hear a lot of the details at our upcoming Annual General Meeting (AGM) which will be held on Sunday, February 26th at 11:00 am (after service). This will be both in person and on Zoom. The bulletin of reports will be emailed or delivered or mailed to you beginning February 12th. We ask that you familiarize yourself with the information provided and be ready to vote on anything that is presented to you.

We are also looking to replace a few directors on the board whose terms have ended. Our nominating committee is Cosmo Leon (cosleon3@gmail.com) and Mary Storbeck (mary.storbeck@gmail.com). If you are approached by either one of them, please prayerfully consider the request. If you are interested in serving Trinity church in this capacity, please contact one or the other to state your interest. We look forward to seeing many of you in person at church on Sundays and at our AGM in February.

Ash Wednesday February 22

Worship and Supper

Trinity will host a hybrid Bay Area Ash Wednesday service at the Hughson Street location. The service will start at 7:00 pm and also be live streamed via Zoom.

Those who plan to attend in person are also invited to a chili/soup supper and fellowship at 5:30 pm.



Liberian Refugee Families

by Pastor Thomas Mertz

Last year Trinity received the call to help sponsor two refugee families from Liberia. Since then, we have been in conversation with CLWR and other congregations in the Eastern Synod who expressed their willingness to cooperate in this settlement program.

We are delighted to report that at this time Trinity has already received gifts of \$20,000 from individual members who learned of the sponsorship. The goal for Trinity is to raise up to \$40,000.

Our cooperation partners have pledged an additional \$66,000 so far. This is exciting and means that we have already secured two thirds of the funds for a one-year sponsorship of both families.

Once the participating congregations raise all required funds, Canada Immigration will begin processing the resettlement applications for the two families. They plan to settle in Hamilton, home of Canada's largest Liberian community.

Stay tuned for updates on this potential sponsorship.



Social Ministry Committee

Thank you for your generous contributions to the Social Ministry Outreach. Because of you we were able to donate approximately \$1320 in **gift cards to Liberty for Youth and Living Rock**. What an amazing expression of love for our youth living at risk in our community!

We continue to collect **winter apparel** to support the guests attending Out of the Cold . Winter coats, preferably water resistant, boots, shoes, sleeping bags, as well as new underwear, and socks are always appreciated. There is a specific need at the present time for gloves of any kind, but water resistant ones are especially appreciated.

For our **knitters and crocheters**, we have a lot of hats and scarves for guests attending Out of the Cold, but can always use baby blankets, hats, sweaters and booties. We recently donated many baby items for young, first time moms who are supported through the Nurse-Family Partnership Program offered by Public Health. If you are in need of wool or have winter apparel or knitted/ crochet items that need to be picked up, contact Dianne Busser 905-389-4008. Donations can be left at the Hughson St. location on Sundays; at the Fennell Avenue location on Good Food Box Days; or contact Carol-Ann at the Trinity church office to arrange drop off.

Little library donations of used books (in English) are appreciated to keep our library stocked. Please bring them to our Hughson St. location.

Food Insecurity remains a serious problem in our community and throughout the world.

You can help by supporting **Hamilton Community Fridges**. Food can be left at the Hughson St. location, in the Parish Hall or in the refrigerator. Check out the November newsletter for a complete list of items required.

The **CLWR Food Security and Livelihoods** program is also in need of support. This program ensures people have adequate food, which helps to promote health and well being. It provides agricultural training and equipment to promote productivity in food production and focuses on women farmers and female-led households to promote food security, safety and the welfare of women and girls. It is a member in the Canadian Food Grains Bank whose goal is a world without hunger.

Financial donations can be made to support **CLWR** or **Community Fridges** in your Sunday offering; by e-transfer to tlchamilton2020@gmail.com; or by cheque made out to Trinity Lutheran Church and mailed to our Hughson St. location. Please include a note indicating which program you wish to donate to.

Let's Go Hiking

Saturday February 4 at 9:30 a.m.

We will meet at the entrance to the Iroquois Heights side trail on Old Mohawk Road. It's close to the end of the road (near 1036 Old Mohawk Rd) and there is street parking.

Contact Pastor Daniela Mertz for information.



In 2011, I travelled to the southern Indian state of Kerala. I initially went to participate in a wedding ceremony but then was invited to preach in a couple of churches and toured much of the area including Kochi and the capital city of Trivandrum. Kerala is predominantly Christian and one day I noticed people sweeping the porch and steps of a church with traditional, hand-made brooms. I found this odd because we rarely see people sweeping church steps in Canada. My host explained that sweeping church steps is part of the spiritual practice for people of different faiths. It's a way to give thanks to God for blessings in one's life but also to think deeply about one's life and actions. Sweeping can be both an act of thanksgiving or an act of penance.

I had not thought much again about sweeping church steps until I discovered Gary Thorp's book "Sweeping Changes." It's all about how ordinary, everyday tasks such as sweeping, raking or washing dishes, can bless us with tranquility. In fact, ordinary everyday tasks can gift us with delight and joy. Thorp's goal in writing this book on sweeping is to convince us that a change in attitude toward housekeeping can change how we see our home. Instead of housekeeping being a chore most of us don't enjoy, housekeeping can change our home into a place that nurtures us.

Most spiritual practitioners will agree that a clean and clear working or living space releases mental clutter and noise. Surprisingly, a clean and clear space can become a spiritual *act* or *practice* instead of a *chore*.

Here are some tips to help you make sweeping, or any house cleaning, a spiritual practice instead of a chore:

1. First, be open to the experience and state your intention (I've recently heard that a new year's *intention* rather than a *resolution* can lead to success). Choose a small space or section that you would like to clean. Perhaps a stack of dishes or your office desk. Take a few deep breathes and centre yourself so that your soul/spirit connects with what your body is about to do. Release any thoughts that are pressuring you to get the job done. Make sure you have your cleaning supplies organized so that you don't experience any unnecessary stress! Try to use products that are ecofriendly and have a lovely fragrance.
2. Begin! Be present in the moment. Remember to breathe. If you've taken any yoga classes remember your yoga breathing. Pay attention to your whole body and what you are doing. Notice if you are holding any tension or are just going through the motions. Be present to all the details of your activity and breathe calmly as you clean.
3. Pay attention to what you're thinking or feeling as you clean and notice how you feel when you are done. Cleaning is an act of cleansing, letting go of what you don't need. Perhaps this practice can set the tone for other life experiences. Hopefully the act of sweeping or cleaning has opened you up to being pleasantly surprised in a way you never thought possible!



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Coming Alive Through the Ordinary continued

by Pastor Loretta Jaunzarins

I'll end with a quote from Gary Thorp's book "Sweeping Changes": "The act of sweeping unites us with our ancestors and with people all over the world. From cave-dwelling times until now, people have gathered. In many parts of the world, dirt floors and walkways are still commonplace. In the hands of the experienced, the broom becomes a multifaceted, functional tool. But no matter how carefully you sweep, you will always find a fine line of dust that still defies the dustpan, or a bit of lint that catches on a loosened splinter of wood. There is always something to remind you of what still needs to be done. There is no way to arrive at 'finished'. There is no road leading to 'perfect'. There is just some wandering atom of life or some single bit of dust that calls you to attention and keeps bringing you back to life."

Happy sweeping and let me know how it goes for you!

Taizé Worship Service

Come join an online Taizé service on **Friday, February 24** at 7 pm via Zoom.

A Taizé worship service involves sung and chanted prayers, meditation, a period of silence, biblical readings, and icons and lasts about 30 minutes.

It's a wonderful opportunity to wind down from a busy week and centre on God.

For more information contact Pastor Loretta at ljaunzarins@gmail.com.



The Intergenerational Memoir Project - Invitation for Senior/ Older Adult Volunteers January-April Term

Sponsors: Hamilton Aging in Community and McMaster University Department of Health, Aging and Society.

In January, Hamilton Aging in Community will begin its sixth term of the Intergenerational Memoir Project. They are recruiting older adults to serve as partners, each with an individual student taking a McMaster Aging and Health course.

Please think of your friends and family members who might benefit from working on their life story and family history with a student.

For more information please contact Ellen Ryan at hamiltonagingcommunity@gmail.com.

Information can also be found at the [Hamilton Aging in Community](http://HamiltonAginginCommunity.com) website and search "memoir opportunities".



Trinity Lutheran Church Pastors

Pastor Daniela Mertz
Pastor Loretta Jaunzarins
Pastor Thomas Mertz

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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Please email all newsletter submissions to Kathy Davidson before the 20th of each month.

Centering Prayer

Offered on Thursdays on Zoom at 7:00 p.m.
Please contact Pastor Loretta for information and Zoom link.
905 536-2785 or email ljaunzarins@gmail.com.

February Mid Week Service

Wednesdays at 11:30 a.m. on February 1, 8, and 15.

In-Person mid week service at 1907 King Street East.



Trinity Good Food Box Program

The Good Food Box (GFB) program offers quality healthy foods for less money, while encouraging everyone to eat nutritiously. A Good Food Box includes 11 to 13 different fruits and vegetables.



The cost is \$22 and there are subsidies available.

For information or to order a good food box, contact Pastor Loretta at 905 536-2785 or email ljaunzarins@gmail.com.

If possible, please bring your own bags.

Locations and Pick Up Times for November

232 Fennell Ave. E., February 9

Pick up times: 11 am - 5 pm

104 Hughson St. N., February 9

Pick up times: 12 pm—2:30 pm

Trinity Lutheran Church - Contact Information

104 Hughson St N., Hamilton, ON, L8R 1G6
905-974-9878
tlchamilton2020@gmail.com
www.trinity-hamilton.com

February Events Calendar

For Zoom links, please contact the office at 905-974-9878 during the week.

- Wednesday Feb. 1** **Mid Week Service** - 11:30 a.m., 1907 King Street E.
- Thursday Feb. 2** **Centering Prayer** -7:00 p.m. -7:30 p.m. online event via Zoom. Contact Pastor Loretta for more information and Zoom link. ljaunzarins@gmail.com .
- Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information heide.lang@gmail.com or 905-616-2575.
- Saturday Feb. 4** **Hiking Group**- 9:30 a.m. Iroquois Heights side trail. See page 7 for details.
- Tolkien Discussion Group** -1:00 p.m. -2:30 p.m. Via Zoom. Contact Shawn McKenzie at mckenzieashawn7@gmail.com.
- Sunday Feb. 5** **Worship Service** (in-person & Zoom) 10 a.m., 104 Hughson St. N.
- Sunday School** -10:00 a.m., 104 Hughson St. N.
- German Worship** - 11:15 a.m. at 104 Hughson St. N.
- Tuesday Feb. 7** **Newsletter Committee Meeting** -7:00 p.m., via Zoom.
- Wednesday Feb. 8** **Mid Week Service** - 11:30 a.m., 1907 King Street E.
- Thursday Feb. 9** **Good Food Box** - 11:00 a.m.-5:00 p.m., 232 Fennell Ave. E.
- Good Food Box** -12:00 - 2:30 p.m., 104 Hughson St. N.
- Centering Prayer** -7:00 p.m. -7:30 p.m. online event via Zoom. Contact Pastor Loretta for more information and Zoom link. ljaunzarins@gmail.com .
- Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information heide.lang@gmail.com or 905-616-2575.
- Sunday Feb. 12** **Worship Service** -10:00 a.m., 104 Hughson St. N.
- Sunday School** -10:00 a.m., 104 Hughson St. N.
- Wednesday Feb. 15** **Mid Week Service** - 11:30 a.m., 1907 King Street E.
- Thursday Feb. 16** **Celtic Spirituality Meet-up**- 4:30 p.m. We will be using Christine Valters Paintner's book "Water, Wind, Earth and Fire" to take a Celtic look at the four elements. Contact Pastor Loretta for more information and Zoom link. ljaunzarins@gmail.com.
- Centering Prayer** -7:00 p.m. -7:30 p.m. online event via Zoom. Contact Pastor Loretta for more information and Zoom link. ljaunzarins@gmail.com.
- Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information heide.lang@gmail.com or 905-616-2575.

February Events Calendar continued

- Saturday Feb. 18** **Tolkien Discussion Group** -1:00 p.m. -2:30 p.m. Via Zoom. Contact Shawn McKenzie at mckenzieashawn7@gmail.com.
- Sunday Feb. 19** **Worship Service** - 10 a.m.,104 Hughson St. N.
Sunday School -10:00 a.m., 104 Hughson St. N.
- Tuesday Feb. 21** **Lutheran Ladies United**- 1:30 p.m. 232 Fennell Ave. E.
- Wednesday Feb. 22** **Ash Wednesday**-Trinity will host a hybrid Bay Area Ash Wednesday service. Those who plan to attend in person are also invited to a chili/soup supper and fellowship at **5:30 p.m.**
7:00 p.m. - Ash Wednesday service at 104 Hughson Street and live streamed via Zoom.
- Thursday Feb. 23** **Centering Prayer** -7:00 p.m. -7:30 p.m. online event via Zoom. Contact Pastor Loretta for more information and Zoom link. ljaunzarins@gmail.com.
Choir- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information heide.lang@gmail.com or 905-616-2575.
- Saturday Feb. 25** **Bibles & Bagels** -(in-person & online 9:00 a.m., 104 Hughson St. N. and Zoom.
Men's Breakfast -9:00 a.m. 104 Hughson St. N.
- Sunday Feb. 26** **Worship Service**- 10:00 a.m.,104 Hughson St. N.
Sunday School -10:00 a.m., 104 Hughson St. N.
Annual Congregational Meeting (AGM)- 11:00 a.m., following the service.
- Monday Feb. 27** **Trinity Board of Directors Meeting**- 7:00 p.m. TBD.
- Tuesday Feb. 28** **Creation Care Group**- Garbage and Recycling. 7:00 p.m. 104 Hughson St. N.