



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 Daniela Mertz

"It's all good." I still remember the relief I felt when many years ago, my sister said these words to me. I can only vaguely recall what our fight was about, only that it had been fierce and that in the end we both yelled at each other. In the heat of the moment, I had said something that had hurt her immensely.

So, we stopped talking for a while but after a few days of non-communication, I apologized. It took her a few more days until she could say, "It's all good," and our relation went back to normal. I know it hadn't been easy for her. I guess that is why I still remember the relief I felt.

"It's all good" is the fundamental message God tells us through Jesus Christ during Lent and Holy Week. "It's all good" even though different forces had worked together to bring the only truly good person to death. There were the pious people who didn't understand him, the cowards who had lost their trust in him, the representatives of the religious authorities and those with political powers who feared to lose their influence.

During this time of lent we think about Jesus and his journey to the cross. When we take an honest look at ourselves, we realize that the forces that were at work back then are still at work in us today. We all know about the fear to speak up against injustice, the complacency that keeps us from getting more involved, and the self-centeredness.

The good news is, if stay with the one who died on the cross and rose from the dead three days later, then we may trust that God indeed forgives us. He says to us, "It's all good. You can make a fresh start". Even if we are struggling to accept ourselves with all the weaknesses and flaws, (losing our temper and yelling at our sisters), or disappointing others or ourselves, we can make a fresh start.

Let's take this message to heart and now reach out to others. Even if we are hurt and still feel the pain, because we know we are forgiven, we can say, "It's all good now."

Amen

March 2023

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Trinity Milestones

Happy Birthday

To our Trinity members
turning 90 + in March:

Annie Kareckas - March 6

Philipp Arth - March 13

Sofia Lochner-March 25

Patricia Stephens - March 30

Herbert Fischer - March 31

German Afternoon

Saturday

March 11 at 2:00 p.m.

Hughson Street location.



Liberian Refugee Resettlement Presentation Question and Answer

Tuesday, March 21 at 7:00 pm via Zoom

Trinity has partnered with several congregations of the Eastern Synod in an effort to bring two Liberian refugee families to Canada.

This presentation will bring together members from several churches and organizations who are interested to find out more about the Liberian families and the sponsorship program.

Trinity has already received \$30,000 in donations to support this settlement program. Please consider helping us to reach our total goal of \$40,000.



Bird Watching Outing

Saturday, March 18, 10:00 to 11:30 a.m.

Windermere Basin Park, Hamilton

You never know what March will bring in terms of weather and birds. Days can be wintry cold and snowy or spring-like and mild and rainy. With warm temperatures pushing from the south comes the early return of many species of birds who are brave



enough to take a chance of a more hospitable climate in our parts. While many of our northern visitors may be slow to leave for their Arctic breeding grounds, many songbirds, raptors, and waterfowl will be starting to pass through or stay to breed in our area.

Windermere Basin, on Eastport Drive near Hamilton's steel industry, has been transformed through restoration efforts from an industrial cesspool into a naturalized wildlife and birding hotspot.

Whether you are an experienced birder or a novice, join Debbie Lindeman and Dennis Price at 10 a.m. for a morning of birding. We'll be looking at waterfowl with our scope from an observation platform and also seeing what we can find along a short and level trail with meadows and shrubs.

Please bring a pair of binoculars if you have them.

Please email Debbie at deborahlindeman3@gmail.com or call at (905) 389-0224 if you would like to participate. Detailed information will be given to you.

A Crisis of Opportunity - Our Church Can Do More

By Leo Nupolu Johnson

Founder | KUWO Leadership Academy

Founder | Executive Director | Empowerment Squared

President | Liberian Association of Canada

United Nations Trained Human Rights Specialist

Office of the High Commissioner for Human Rights

A few months ago, I had an incredible experience being part of a group of Lutherans exploring the possibility of sponsoring Liberian families through the Government of Canada Private Sponsorship Program. I must commend all the churches and individuals involved given the incredible complexities involved in this process. I could feel the intention in the room, and it was all well placed.

To put things in context, I came to Canada as a government sponsored refugee years ago and have supported many groups involved in private sponsorship of refugees. However, this is my first time being involved behind the scenes where decisions are made. I was always aware that this was an enormous undertaking. This experience involving our congregation at Trinity has allowed me to see another context of the complexities involved. There are concerns of the financial cost such as who will raise the money, who will be the person responsible, and dealing with the challenges involved with the sponsorship process itself.



I am grateful to be part of this process. I am left pondering, however. How can we not let the fear of these concerns be the basis on which we decide whether to live out our Christian values as laid out in the bible? In fact, these challenges should be the motivation for strengthening our resolve to go above and beyond, guided by prayers and guidance from God.

If we are obliged as Christians to celebrate Easter (Christ's resurrection), Christmas and living out our Christian faith, then we must feel compelled within our means to help. We can spend time, money, energy, and resources available to help those who have been marginalized, abused, denied human rights, and deprived of home and citizenship. God has given our congregation at Trinity much more than we need. Much is required of us in seizing the opportunity to demonstrate God's love through this refugee crisis. In other words, let us celebrate our past, but not get caught up in it. Let us face our present reality, but let it not make us fearful of the future we must embrace. God has not stopped speaking to us. He is engaging us in different ways and preparing us for the challenges faced by the world today. Let us not let our fears become a distraction from where God wants us to go.

As President of the Liberian Association of Canada, we are willing to work with the church in providing auxiliary support given the difficult journey of healing, settlement and integration that comes after a successful sponsorship. We believe the church can learn a lot for future engagements and enhance future sponsorship opportunities in an intentional way. The journey will be difficult, but as people of God we must not walk away from what we are called to do even if it means we fail while giving our best efforts.

What to do about two families from Liberia who need asylum in a safe country?

The Holy Spirit has been moving among us right from the start. Our first Zoom meeting with interested people from several congregations happened on April 15, 2022. Remarkably, this was a Maundy Thursday. The day in Holy Week when we wash one another's feet, when we remember that as disciples of Jesus, we are in service to others.

We ended that first Zoom meeting with a belief that together we can do vastly more than any of us can do alone, and a commitment to keep going and to gather up other congregations. By June 2022, Trinity Lutheran in Hamilton agreed to be the congregation that would hold the Canadian Lutheran World Relief (CLWR) sponsorship provided together we could raise the necessary funds to support these two Liberian families. Encouraged by our growing membership, we called ourselves "the coalition of the willing".

We are now a coalition of over eight congregations, each committed to bringing the financial support that they have the capacity to offer as well as caring, committed people.

Jennifer Ardon from CLWR said, "The formation of a coalition of churches in a collective effort to sponsor two large Liberian refugee families is a remarkable feat! I feel very privileged to be working in partnership with this amazing group of people who represent various congregations in South-eastern Ontario. It just goes to show that in partnership you can accomplish anything. I hope this sponsorship journey inspires other congregations across Canada to work together in similar ways to sponsor refugees".

Once CLWR receives its federal quota for the number of refugees they can sponsor, they will apply to bring these two families to Canada. We are required to have the necessary funds raised in order to apply. Our two families include 11 people and the total cost required will be a minimum of \$128,000.

These two Liberian families have been living in exile in West Africa since 2020. They had been advocates of peace and reconciliation in their work in postwar Liberia. As their activities were mainly focused on youth, the postwar Liberian governments feared they were recruiting for an insurrection. The lives of the fathers and older children have been threatened, the fathers and a daughter have been beaten and other family members have been killed.

The current congregations and organizations are: Trinity (Hamilton), Trillium (Waterloo), Trinity (New Hamburg), Zion (Philipsburg), Mt. Zion (Waterloo), Trinity (Tavistock), St. Paul's (Richmond Hill) and Peace Lutheran (Pickering). Also included are Alliance for the Earth, the Liberian Association of Canada, and CLWR.

We celebrate the financial pledges already given. Trinity (Hamilton) has pledged \$40,000; Mt. Zion (Waterloo) will give \$10,000; Trillium (Waterloo) pledged \$30,000 and Trinity (Tavistock) congregation will match individual gifts up to \$10,000 for a total of \$20,000. Other participating congregations are engaged in raising money. Your willingness to help matters.

Continued on the next page



L to R- Vaiba Flomo, Lois Kunkel and Leymah Gbowee

Our Liberian friends have written, “We want to express our gratitude to all those in Canada working on our behalf, our Lutheran brothers and sisters, for your generosity. Knowing you are there is encouragement as our source of survival in a foreign land. We want to water the flowers of compassion and generosity that you have shown to us and our families. We are grateful”.

In 2023, we wash one another’s feet through welcoming these refugees from Liberia as Christ calls us to do.

March Winds and Spirituality

Pastor Loretta Jaunzarins

At the February Celtic Spirituality Meet-Up we looked at wind, which is one of the four elements (earth, wind, fire and water). Wind is associated with the cardinal direction east and the season of spring. In most traditions and religions, both ancient and modern, there are wind gods or goddesses or wind is used as a metaphor to describe the god. For example, in Judaism, in the first creation story in Genesis 1, it was Elohim, who breathed and gave life on the earth. In the second creation story in Genesis 2, it was Yahweh who breathed life into humans. In Psalm 104:3-4 Yahweh is described as riding the winds. In Christianity, God’s spirit arrives in the midst of the disciples and followers of Jesus like a mighty wind (Acts 1).



The direction east is significant in spirituality because the sun rises in the east and it heralds a new day and a new beginning. East represents dawn and hopefulness. East also symbolizes joy, renewal and ancient knowledge. In the Middle East, where great civilizations grew thousands of years ago, the east came to represent a source of enlightenment, both metaphysically and in real terms when it comes to human advancement. You’ll recall the story in the Gospel of Matthew of the Wise Men or Magi who travelled from the east to find the baby Jesus.

Each element, season or direction has a time of day associated with it. The time of day for wind, east and spring is dawn. As Christine Valters Paintner writes: “The east is the place of the rising sun, the breaking open of morning, and new beginnings after the long night of darkness and slumber. Dawn is the time of awakening and seeing the day ahead as full of possibility. Spring is a season of blossoming and burgeoning forth of the earth after the long winter’s rest.”

A Spiritual Practice for Lent

Christian mystics recommend facing east at dawn for prayer. Perhaps this could become your spiritual practice this Lent. Begin the day with gratitude for the gifts of the Spirit, the gifts of creativity. As March winds blow in the season of spring, face east in the morning and breathe in the ruach or Spirit of God. Imagine new life blowing into spaces where you feel uninspired or even death. This is the salvation Jesus brought us: new life breathed into those places and spaces in our lives that no longer have life.

Mid Week Lenten Services

In Person 11:30 a.m.

Wednesdays at 1907 King Street East.

March 1, 8, 15, 22 and 29.

Online 7:00 p.m.

March 1, 8, 15, 22 and 29.



Taizé Worship Service

Come join an online Taizé service on **Friday, March 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.



Thank You - Friendship Circle Donation

A very big thank you to the **Friendship Circle** for their generous gift of \$10,000 to go towards the Liberian refugee fundraiser.

Trinity is cooperating with several congregations of the Eastern Synod in an effort to bring two Liberian refugee families to Canada.

Trinity has received \$30,000 in donations, including this very generous gift from the Friendship Circle.

Please consider helping to reach our total goal of \$40,000.

Thank you to our donors!



Social Ministry Committee

The unseasonably warm weather we had in February is sure not to last. The guests attending the *Out of the Cold Hamilton* program still need winter apparel. The **Winter Apparel Drive** collects new and gently used clothes for all ages. Items in need are water resistant winter coats and gloves, boots, shoes, sleeping bags as well as new underwear and socks.

Our **Knitted and Crocheted Drive** is collecting knitted or crocheted baby blankets, hats, sweaters and booties. Currently, we have a lot of hats and scarves but we will take any items and ensure they are used to support our community.

If you need wool or have winter apparel or knitted/ crochet items that need to be picked up, contact Dianne Busser 905-389-4008. These donations can be left at Trinity at the Hughson St. location on Sundays, and at the Fennell Avenue location on Good Food Box Days. In addition, you may contact Carol-Ann at the church office to arrange a drop off.

Donations of used English books for our **Little Library** can be brought to our Hughson St. location.

We are continuing to ask for your support of **Hamilton Community Fridges**. Food can be left at the Hughson St. location in the Parish Hall or in the refrigerator. Check out the 2022 November newsletter for a complete list of items required.

Financial support can be directed to [Canadian Lutheran World Relief \(CLWR\) Food Security and Livelihoods](#). This program ensures people have adequate food, which helps to:

- Promote health and well being.
- Provide agricultural training and equipment to promote productivity in food production.
- Focus on women farmers and female-led households to promote food security, safety and the welfare of women and girls.

CLWR 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.

Thank you to Trinity members who, as Christians, continue to transform lives through worship, learning and service.



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.

Celtic Spirituality

Thursday, March 16 at 4:30 pm via Zoom.

For more information and Zoom link, contact Pastor Loretta at 905-536 2785 or email ljaunzarins@gmail.com.

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 March

232 Fennell Ave. E., March 9

Pick up times: 11 am - 5 pm

104 Hughson St. N., March 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

March Events Calendar

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

- Wednesday March 1** **Mid Week Lenten Service** - 11:30 a.m., 1907 King Street E. and 7:00 pm. Via Zoom.
- Thursday March 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 March 4** **Tolkien Discussion Group** -1:00 p.m. -2:30 p.m. Via Zoom. Contact Shawn McKenzie at mckenzieashawn7@gmail.com.
- Sunday March 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 March 7** **Newsletter Committee Meeting** -7:00 p.m., via Zoom.
- Wednesday March 8** **Mid Week Lenten Service** - 11:30 a.m., 1907 King Street E. and 7:00 pm. via Zoom.
- Thursday March 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.
- Saturday March 11** **German Afternoon** -2:00 p.m. 104 Hughson St. N.
- Sunday March 12** **Worship Service** -10:00 a.m., 104 Hughson St. N.
Sunday School -10:00 a.m., 104 Hughson St. N.
- Monday March 13** **Social Ministry Committee Meeting**- 7:00 p.m. Via Zoom.
- Wednesday March 15** **Mid Week Lenten Service** - 11:30 a.m., 1907 King Street E. and 7:00 pm. via Zoom.

March Events Calendar continued

Thursday March 16	<p>Celtic Spirituality Meet-up- 4:30 p.m. Contact Pastor Loretta for more information and Zoom link. ljaunzarins@gmail.com.</p> <p>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.</p> <p>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.</p>
Saturday March 18	<p>Tolkien Discussion Group -1:00 p.m. -2:30 p.m. Via Zoom. Contact Shawn McKenzie at mckenzieshawn7@gmail.com.</p> <p>Bird Watching Outing– 10-11:30 a.m. Contact Debbie at deborahlinde-man3@gmail.com or call at (905) 389-0224.</p>
Sunday March 19	<p>Worship Service - 10:00 a.m.,104 Hughson St. N.</p> <p>Sunday School -10:00 a.m., 104 Hughson St. N.</p>
Monday March 20	<p>Worship and Committee Meeting- Via Zoom.</p>
Tuesday March 21	<p>Lutheran Ladies United- 1:30 p.m. 232 Fennell Ave. E.</p> <p>Liberian Refugee Resettlement Presentation Q & A– 7:00 p.m. via Zoom.</p>
Wednesday March 22	<p>Mid Week Lenten Service - 11:30 a.m., 1907 King Street E. and 7:00 pm. via Zoom.</p>
Thursday March 23	<p>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.</p> <p>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.</p>
Friday March 24	<p>Taize Worship Service -7:00 p.m.-7:30 p.m. Via Zoom. Contact Pastor Loretta for more information and Zoom link. ljaunzarins@gmail.com.</p>
Saturday March 25	<p>Bibles & Bagels -(in-person & online 9:00 a.m., 104 Hughson St. N. and Zoom.</p> <p>Men's Breakfast -9:00 a.m. 104 Hughson St. N.</p>
Sunday March 26	<p>Worship Service- 10:00 a.m.,104 Hughson St. N.</p> <p>Sunday School -10:00 a.m., 104 Hughson St. N.</p>
Monday March 27	<p>Trinity Board of Directors Meeting- 7:00 p.m. TBD.</p>
Tuesday March 28	<p>Creation Care Group- 7:00 p.m. 104 Hughson St. N.</p>
Wednesday March 29	<p>Lenten Mid Week Service- 11:30 a.m., 1907 King Street E. and 7:00 pm. via Zoom.</p>