



## 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 Thomas Mertz*

These days my late father-in-law is quite present to me. Each year he looked forward to switching the clock to daylight saving time. We were hardly in the new year when he would tell us often, with a big smile, "it is getting lighter every day."

I am with him. Each year I welcome spring and even though snow still covers a good part of our back yard, I enjoy the rays of sun reaching my desk and the days that are getting longer. I have been starving for light lately. There has been a lot of darkness this winter and I am not just talking about a seasonal lack of sunshine.

The suffering of the people in Ukraine and Iran have cast dark clouds on the world as well as economic worries about a global recession. Sometimes I wish we could simply turn a switch to reset the world into a better place. Sometimes I need someone to simply remind me that "it is getting lighter every day."

It's one of the reasons why I am looking forward to Easter. Easter reminds us of a hope that is brighter than the darkness around us. On that first Easter Day, the risen Christ greeted his friends, hiding in fear behind closed doors. "Peace be with you!" he chanted, and breathed a new and boundless hope in them.

Hope is different from optimism, different from encouragement, and different from the statement, "don't worry you are going to be fine." Our Hope has a reason and our hope has a name. Our hope for this world and for our own life is rooted in a God who will prevail even as we go through times when we may not feel fine at all. We have a God whose peace will be with us, who fills our hearts and our minds with a trust that suffering and death in the world will not have the final word. Not now and not ever. God will prevail. Life will prevail and we will be renewed.

Wherever you may find yourself this Easter season, "Peace be with you!" May you see God's light shine on you brighter and warmer each day.

**Happy Easter**

**April 2023**

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## Trinity Milestones

### Happy Birthday

To our Trinity members  
turning 90 +.

#### **Congratulations!**

**Hildegard Kaminsky - April 15**

**Rudolph Oster - April 17**

**Richard Lutz - April 20**

**Helen Lutz - April 22**

**Alfred Neske - April 26**



## Congregation Communication

### Cathy Calvin, Chair, Trinity Board of Directors

Trinity's Annual General Meeting (AGM) was held on February 26, 2023, after the Sunday service. A brief synopsis of some of the agenda items are outlined below.

We welcomed John Schuurman from Flourish, which is the real estate development division of Indwell. John presented information about Indwell including what they are all about and their work in the City of Hamilton and other areas. He also talked about the King Street site and why it is so attractive for Indwell as a potential housing site. He explained that likely most of the existing church would be preserved and utilized as common space as well as housing units. More units would be built onto the back of the existing building. The location of King Street is ideal for those who rely on public transit and the fact that there is shopping, a bank and a pharmacy across the street. The area for the gardens that exist is most attractive too.

The following motion was brought forth from the board:

"Motion that the following recommendation from the Trinity Board be considered. Trinity Board proposes the remediation of the Fennell Avenue site to be used as the alternative worship site during the renovations of the Hughson Street site. And further, that the Board pursues the sale of the King Street site to Indwell. Moved and seconded by the Trinity Board of Directors."

The motion was carried by a vote of 99 Yes and 2 No drawn from the in-person attendees, Zoom poll and phone-in votes.

A second motion was brought forward from the Trinity Board:

"Motion that Trinity provides an interest free loan of up to \$40,000 to Eucharist Church. This amount is to be paid back monthly over 5 years and Eucharist would incur any legal costs associated with this transaction. Moved and seconded by Trinity Board of Directors."

An explanation of the condition of Eucharist's building and current fundraising was outlined, and the vote was called. The motion was carried by a vote of 87 Yes and 12 No from the in-person attendees, Zoom poll and phone-in votes.

## Congregation Communication continued

New Trinity board members were also acclaimed at this meeting. The board now consists of the following members:

- **Cathy Calvin, Chair**
- **Mark Weingartner, Vice-Chair**
- **Barbara Alken, Secretary**
- **Emma Begert**
- **Angela Doyle**
- **Judy Lindeman**
- **Cosmo Leon**
- **George Karlos**
- **Sparrow Rabideau**
- **Lynne Shanks**
- **Mike Schuster**
- **Bob Tiefenbach**

Mike Schuster of the Redevelopment Working Group also presented a quick report of what they were doing. They have contacted four architectural firms and have met virtually with all of them. The firms will be providing proposals for a feasibility study. The committee will evaluate these proposals to bring one of them to the congregation for cost approval. It is anticipated it will take 6 to 9 months for the feasibility study to be completed, with renovations beginning sometime in 2024.

Since the AGM, we have received news of the retirement of Pastor Loretta Jaunzarins, which will happen in June. We thank her for all the contributions she has made to the life of Trinity congregation before, during and after amalgamation. We wish her all the best for continued good health, joy, and success on her new life's journey as she enters retirement. Pastor Loretta's last Sunday with us will be June 4<sup>th</sup>.

## Lutheran Ladies United (LLU)

**Tuesday April 18 at 1:30 p.m.**

**232 Fennell Ave. E.**

The Lutheran Ladies United invite you to their April meeting.

April's theme is Earth Day.

Pastor Loretta will provide an interesting presentation aimed to inspire and encourage us to participate in Earth Day, which takes place on Saturday, April 22nd.



## Holy Week April 2-8

### Palm Sunday Worship

April 2 at 10:00 a.m. (English) 104 Hughson St. N. and Zoom.

April 2 at 11:15 a.m. (German) 104 Hughson St. N.

### Maundy Thursday

April 6 at 7:00 p.m.- 104 Hughson St. N. and Zoom.

### Good Friday

April 7 at 10:00 a.m. (English) 104 Hughson St. N. and Zoom.

April 7 at 11:15 a.m. (German) 104 Hughson St. N.



## Easter Sunrise Service

### Sunday April 9

7:00 a.m.

### Beasley Park

Come and join us to welcome the first light on Easter morning. Sue Carr, from the Meeting Place Church (541 Eatery on Barton) and Pastor Daniela Mertz invite you to celebrate and reflect on the empty tomb that greeted Mary as dawn broke on Easter morning.



Breakfast to follow at Trinity.

## Music Sunday

### Sunday April 20 at 10:00 Worship Service

### The Gift of Song

Come and celebrate God's gift of music with us in this special service of Joy and Praise featuring the Trinity choir, praise team, congregational singing and more...!

Bring a friend!



On Thursday March 23, Trinity hosted a “Round Table Community Gathering” that included 12 representatives of various agencies and churches.

Some of these included Good Shepherd, Wesley Urban Ministries, Aging in Community, Christ Cathedral, Eucharist Church and St. Patrick’s Church.

The gathering also included 12 members from Trinity. The discussion focused on the needs of the neighbourhood and the roles our respective organization plays in it.



In groups of six to eight people, we were asked to share our thoughts on:

- The most urgent community needs
- What the challenges include
- What should be done
- How can community organizations and churches help to respond to those needs

The reoccurring theme from all discussion groups was the housing crisis in Hamilton. This included shelter, transitional and supportive housing, and housing affordability. The range of demographics included young families, newcomers, individuals and seniors. It was noted that even people who used to be considered financially stable can easily be only one step away from a crisis. Factors such as high rental costs play a big part in added financial strain.

High cost and lack of housing are compounded by other issues such as food insecurity and health problems, all which all need to be addressed. This resonates with the vision and values we as Trinity have identified as a focus of our ministries.

In the course of our discussions it became obvious that we need to work on multiple levels. We need to do as much as we can on the small individual level and also work together as a community to advocate on a political (municipal, provincial and federal) level.

The atmosphere of the meeting was positive and productive. All who came were engaged in the discussions and were eager to learn and willing work together. Many of the community and church groups expressed their gratitude to be able to meet in a wider circle and exchange ideas. All agreed that it is important to build relationships, work together and hopefully meet again.

“I leave with hope” was one of the final comments.



## Lets Go Hiking

**Saturday April 29, 9:30 a.m.**

We will explore a side trail of the Bruce Trail in Dundas.

We will meet at the Borer's Falls Dog Park parking lot located at 491 York Rd in Dundas, L9H 5Z9.

We will walk for about 90 minutes.

It's a relatively easy walk, so all walkers, both experienced and not are welcome to join.

We hope to see you there, Tanis and Dani



## Celtic Spirituality

**Thursday April 20 at 4:30 via Zoom**

Learn about Christian Celtic Spirituality and get to know others who also have an interest.

These 45-60 minute online sessions include great music, learning, poetry, discussion, and astronomy.

This group is open to Trinity members and anyone in the community who is interested in joining. For more information please email Pastor Loretta at [ljaunzarins@gmail.com](mailto:ljaunzarins@gmail.com).



## All Ages Easter Craft and Egg Hunt

**Wednesday April 5 at 6:00 p.m.**

**104 Hughson St. N**

What do eggs have to do with Easter?

Come and find out at our All Age Easter Craft and Egg Hunt Evening.

We will do some Easter crafts, learn about Easter and of course hunt for some chocolate eggs!



Hoi Yee Tiffany Yuen has learned to trust God to guide her through the challenges of her life.

She arrived in Canada on November 6, 2022. This wasn't her first time in our country. In 2019, she participated in an exchange program at the University of Saskatchewan. She had already learned to speak English through school in Hong Kong, but her experience in Canada made her more adept with the language. Back home, she majored in Social Work, which led her to work with kindergarten-aged children and their parents.

So why would she leave her parents, sister, and a job she loved to move to Canada? Well, let's look at the situation in Hong Kong.

On July 1, 1997, Hong Kong was returned to China after being governed by Great Britain since WWII. While under British rule, they didn't follow communism and had a more westernized lifestyle. The agreement with China was that they would remain unchanged for 50 years. However, only 25 years later, citizens started protesting about losing their freedoms. In June 2019, people rallied up again, this time about the Extradition Bill which stated that Hong Kong citizens charged with crimes would be tried and would serve sentences on the mainland.

Communism was becoming more and more a part of life in Hong Kong but Tiffany seemed to stay ahead of the curve. She was born just two years after the change to Chinese rule and schools still supported independent thinking while she was a child. Tiffany graduated from university in 2021. This was the last year students didn't have to take National Security Law courses, which is a means to infiltrate communistic thinking into the society.

Tiffany was vacationing in Europe when the protests started about the Extradition Bill. When she returned home she participated in the uprising. It was a very eye-opening experience. When the police violently broke up the protests, Tiffany tasted teargas, heard a gun go off, and saw people being arrested and injured. This situation made her realize that she didn't want to build her future life in a place without freedom and security.

Canada became her choice since she already had an experience here. After a Google search for "the most liveable cities in Canada", she decided on Hamilton. She was crushed when she wasn't accepted at any Canadian universities, thinking that school was her pathway to leave her country. She was hoping that God was going to show her how she was going to make her move a reality. He gave her an answer by way of a work visa!

Once that decision was made, everything fell smoothly into place. She found herself an affordable apartment in the Durand neighbourhood and got a job at a daycare centre. She enjoys working with children and feels that God has put her in the right place at the right time.

Soon after she made the move to Hamilton, she was looking for a Lutheran church to attend. Tiffany's mom had taken her to a Lutheran church while she was growing up. A Google search led her to Trinity Lutheran Church. Tiffany feels welcomed at Trinity. When I asked her what she likes best about our church, she answered, "the coffee hours!"



I'm reading the book "Living to 100". It's full of stories and tips from people who have lived to be 100+ years of age. It seems that both good physical and mental health are key to living into your 90's and beyond. Physical and mental exercise are important on a daily basis, as well as diet and avoiding things like high cholesterol foods, alcohol and smoking.

The late Dr. Struick was a mathematician who lived until he was 106 years old. What kept him going was continuing to lecture well past 100 years of age. He was able to preserve his cognitive functions by continuing to learn new mathematical concepts and then explaining those concepts to other people through his writing and lectures.

Last fall Ellen Ryan and I led a workshop on writing your Ethical Will and Legacy Letters. According to the authors of "Living to 100," this type of thinking and writing is an excellent workout for your brain. It is also a great way to evaluate your life and if you are a younger senior over sixty it is a great way to decide how you want to spend your future. Here are some themes to start with if you are interested in doing this:

- Write about major transitions in your life like leaving home, going to college/university, fighting in a war, having a child.
- Write about your family of origin, your current family, noting family history, traditions, tragedies and triumphs.
- What was your major life work or career? Have you done volunteer work?
- Write about your health, detailing your health history and include exercise, diet, and other elements.
- Write about the loves you had in your life, both current and in past.
- What about your friends and other social relationships? Describe who these people are, why they're important to you, and their special qualities.
- What have been your leisure activities and hobbies?
- What have the role of the arts or literature played in your life?
- What role did faith or spirituality play in your life?
- Write about your experience with dealing with stress or the death of someone close to you.

Here's to healthy aging!





## Social Ministry Committee

We support the Out of the Cold Program with our **Winter Apparel Drive**. Both of these programs finished at the end of March. Thank you for all your support. We will be running a winter apparel drive again in the fall so please consider keeping any winter items for that time.

Thank you to all our **knitters and crocheters**. We have lots of hats and scarves but can always use baby sweaters, booties, hats and blankets.

If you have items to donate, or if you need wool, contact Dianne Busser 905-389-4008.



We continue to support **Community Fridges**. Please leave items in the box marked for Community Fridge at the Hughson St. location. If you leave anything in the refrigerator please mark it for the Community Fridge and let someone from the Social Ministry Committee know that it is there.

**Little Library** donations of used books (in English) are appreciated to keep our library stocked. Bring them to our Hughson Street location.

Thank you to everyone who supported **Canadian Lutheran World Relief (CLWR) Food Security and Livelihoods**. Trinity was able to donate approximately \$3166 to support this program.

We are changing our focus and requesting members to consider supporting the **Trinity Refugee Ministry**. Trinity and seven other churches in southeastern Ontario have committed to raising funds that will cover a year of support for two Liberian refugee families.

Once this money is raised, CLWR will apply to bring these 11 people to the Hamilton area. These families had been working towards peace and reconciliation in post-war Liberia and the Liberian government views them as a threat.

They have been living in exile in West Africa and the fathers and older children have been threatened and have experienced violence. One of the father's relatives was mistaken for him and the relative was killed. These families live in constant fear for their safety.



Thanks to some very generous donations, Trinity has raised \$33,875 toward our goal of \$40,000. Please consider supporting the Trinity Refugee Ministry.

Any money raised above \$40,000 will be used to cover start-up costs once the families arrive in Hamilton.

Financial donations can be made to support **Community Fridges** or **Trinity Refugee Ministry**:

- In your Sunday offering.
- By e-transfer to [tlchamilton2020@gmail.com](mailto:tlchamilton2020@gmail.com).
- By cheque, made out to Trinity Lutheran Church and mailed to our Hughson Street location. Please include a note indicating which program you wish to donate to.

## 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.

## 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.**

**Subsides are available.**

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

If possible, please bring your own bags.

### Locations and Pick Up Times for April

**April 13- 232 Fennell Ave. E.**

Pick up times: 11 am - 5 pm

**April 13-104 Hughson St. N.**

Pick up times: 12 pm—2:30 pm



## Trinity Lutheran Church - Contact Information

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**[www.trinity-hamilton.com](http://www.trinity-hamilton.com)**

## April Events Calendar

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

- Sunday April 2**      **Palm Sunday Worship** (in-person & Zoom) 10 a.m., 104 Hughson N.  
**Sunday School** -10:00 a.m., 104 Hughson St. N.  
**Palm Sunday German Worship** - 11:15 a.m. at 104 Hughson St. N.
- Wednesday April 5**      **All Ages Easter Craft and Egg Hunt** - 6:00 p.m. 104 Hughson St. N.
- Thursday April 6**      **Maundy Thursday Worship Service** - 7:00 p.m. 104 Hughson St. N.
- Friday April 7**      **Good Friday Worship Service** (in-person & Zoom) 10 a.m., 104 Hughson St. N.  
**Good Friday Worship German Worship** - 11:15 a.m. at 104 Hughson St. N.
- Sunday April 9**      **Sunrise Easter Service** -7:00 a.m. Beasley Park, 96 Mary St. Hamilton.  
**Easter Worship Service** -(in-person & Zoom) 10:00 a.m., 104 Hughson St. N.  
**Sunday School** -10:00 a.m., 104 Hughson St. N.
- Tuesday April 11**      **Newsletter Committee Meeting** -7:00 p.m., via Zoom.
- Thursday April 13**      **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.  
**Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information [heide.lang@gmail.com](mailto:heide.lang@gmail.com) or 905-616-2575.



## April Events Calendar continued

<b>Sunday April 16</b>	<b>Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N. <b>Sunday School</b> -10:00 a.m., 104 Hughson St. N.
<b>Tuesday April 18</b>	<b>Lutheran Ladies United</b> - 1:30 p.m. 232 Fennell Ave. E.
<b>Wednesday April 19</b>	<b>Mid Week Worship</b> - 11:30 a.m., 1907 King Street E.
<b>Thursday April 20</b>	<b>Celtic Spirituality Meet-up</b> - 4:30 p.m. Contact Pastor Loretta for more information and Zoom link. <a href="mailto:ljaunzarins@gmail.com">ljaunzarins@gmail.com</a> . <b>Choir</b> - 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information <a href="mailto:heide.lang@gmail.com">heide.lang@gmail.com</a> or 905-616-2575.
<b>Sunday April 23</b>	<b>Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N. <b>Sunday School</b> -10:00 a.m., 104 Hughson St. N.
<b>Monday April 24</b>	<b>Trinity Board of Directors Meeting</b> - 7:00 p.m. TBD.
<b>Tuesday April 25</b>	<b>Creation Care Group</b> - 7:00 p.m. 104 Hughson St. N.
<b>Wednesday April 26</b>	<b>Mid Week Worship</b> - 11:30 a.m., 1907 King Street E.
<b>Thursday April 27</b>	<b>Choir</b> - 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information <a href="mailto:heide.lang@gmail.com">heide.lang@gmail.com</a> or 905-616-2575.
<b>Saturday April 29</b>	<b>Bibles &amp; Bagels</b> -(in-person & Zoom) 9:00 a.m., 104 Hughson St. N. <b>Men's Breakfast</b> -9:00 a.m. 104 Hughson St. N. <b>Lets Go Hiking</b> -9:30 a.m. at Bruce Trail in Dundas. See page 6 for details.
<b>Sunday April 30</b>	<b>Music Sunday Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N. <b>Sunday School</b> -10:00 a.m., 104 Hughson St. N.

