
OUR CHURCH PAPER

May-June 2018
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The Power of Trinity

I read an article recently that the United Kingdom has appointed a Minister of Loneliness to confront what Prime Minister Theresa May calls a “sad reality of modern life” for many U.K. citizens.

“I want to confront this challenge for our society and for all of us to take action to address the loneliness endured by the elderly, by [caregivers], by those who have lost loved ones – people who have no one to talk to or share their thoughts and experiences with,” May stated when announcing the position in January.

While we often think of loneliness as being physically alone, loneliness is a state of mind. Loneliness can cause people to feel empty, disconnected, and isolated. Sometimes people feel lonely even when they are around others.

Loneliness is a common human emotion that is experienced differently for each person. A child who struggles to make friends at school has different needs for that loneliness than a recent widower who finds himself alone after 50 years of marriage. A college freshman may experience loneliness although he or she is thrown into a pool of peers and roommates. A soldier coming home from a tour of duty might experience loneliness after the separation from other troops.

In the past few years, recent studies show that loneliness not only has an impact on our mental health, but on our physical health as well. Chronic loneliness increases anxiety, can raise blood pressure, and impair the immune system’s ability to fight infections.

I would submit to you that there is a treatment for loneliness in the Body of Christ.

Naming God as the Holy Trinity is one way to express that Godself is formed in relationship. God – Father, Son, and Holy Spirit, is in fact, in substance, a relational being. God forms us to be like God (Genesis 1:26) and therefore we are each created as beings formed to be connected, in relationship, to one another, and to the one who breathes life into us.

Kennedy, Merrit. “U.K. Now Has A Minister For Loneliness.” NPR.org. <https://www.npr.org/sections/thetwo-way/2018/01/17/578645954/u-k-now-has-a-minister-for-loneliness> (accessed April 20, 2018).



HOLY TRINITY
BUFFALO

The Power of Trinity Cont.

The Power of the Trinity is the power of connectedness. We are formed to be together, to be in relationship, to be connected for the mutual consolation of all the saints. We were created to be church together, not merely a gathering of individual believers; that we might be cared for, supported, and encouraged by one another.

The world can be a lonely place. The power of a community like Holy Trinity is the power of our relationships – the ability to truly connect with one another. Each one of us is a “Minister of Loneliness.” Each one of us has the power to restore relationships and build connectivity.

We are seeking different ways that we can continue to connect together – to fend off loneliness – and to experience the Power of Trinity, that is the power of our relationships.

Look for HT sponsored gatherings around town this spring and summer. Look for programs that include taglines like “HT Together” #HTTogether and join us. Look for us at Canalside, Food Truck Tuesdays in Larkinville, in the public green spaces at the Medical Campus, on Slow Roll bike rides through Buffalo, in worship on Wednesdays in the summer, and each Sunday morning.

Get connected. Leave the loneliness behind. Experience the Power of Trinity!

#PowerOfTrinity #HTTogether

That’s my view from here,

The Rev. Lee M. Miller II



What's Happening in LYO?

Plant Sale Pick-up is May 19, we will meet at the church at 9 am to sort and prepare the plants for pick-up. Once all the plants are picked up, we will move into an afternoon event of outdoor activities. Please let Pastor Brenda know no later than May 16th if you will be attending.

Allentown Art Festival is scheduled for the weekend of June 9th, we will be parking after church on June 10th. All money collected will go toward our LYO mission fund; this helps to support activities and events such as the National Youth Gathering.

The National Youth Gathering is here. We will be departing from Buffalo on Tuesday, June 26th and returning on Sunday July 1st. We invite everyone to take a moment each day during our trip to pray along with us. We will gather in prayer at 7 pm each day during our trip (6 pm in Houston) to pray, not only for the work we will be doing, but for our Holy Trinity support back home. Friday, June 29th, is Synod Day and we invite you to wear your BuffaLutheran or HT gear that day (if you don’t have any, BuffaLutheran T-shirts are still available). We also want to thank everyone for their support in our fundraising efforts.

A Word from Pastor Brenda

It seems that Spring has finally sprung! As we move further into the Easter season and Pentecost approaches, we are reminded by the transformation that takes place in nature during Spring. During this time, it seems that all that has been dead from winter hibernation is now starting to awaken: brown and grey branches are starting to sprout with shades of green and yellow, pink flowers are starting to bloom, and we too are continually being transformed. We have spent Lent and the beginning of Easter exploring who we are as individuals and as a church community gathered here at Holy Trinity but now that we are entering this season of transformation, how are we being transformed by the Holy Spirit moving through this place?

We have been working the past few years on our mission of Worship, Grow, and Go. How are we living out this mission? Where do we see ourselves going out into this world, reaching out and nourishing our relationship within our community, growing new relationships as new neighbors move in? How are we as Holy Trinity making a transformative impact in this corner of Buffalo, WNY, and the world?

As we continue to grow our ministries, I can see that I am blessed to be part of a community that makes a transformative difference in others' lives; through our clothesline project, Joyful Noise, Family Promise, Angel Tree, our mitten tree, Ashes to Go, VBS, Impact Day Camp, our mission teams and our new community dinner ministry allows us to sit down and share a meal and fellowship with our neighbors.

As we go forward, worshipping, growing, and going, we continue to build relationships, to be agents of change, and to be recipients of others' love, all being transformed by these relationships that we build and grow, feed and nourish.

I invite you, during the next few weeks of Spring, to go out and enjoy the transformative nature of God's beauty that is Spring; to be open to the warmth of the sun, the smell of the flowers; to be open to the transformative power of God's creation, so that we too might continue to be transformed and stirred to be agents of change and transformation.

Pastor Brenda



Joyful Noise Recital

Joyful Noise is in the last few weeks of the year and we are getting ready for our end of the year recital. This year the recital will be hosted by Parkside Lutheran, 2 Wallace Ave. and will begin at 5:15 on Thursday, May 24th. We will have students performing pieces on piano, percussion, violin and voice. All are invited to come and support our Joyful Noise students.



A note from our Music Directors...



We wanted to take a moment first to thank the members of the Chancel, Chapel and Youth Choirs for their service leading up to Easter.

Chapel Choir sang back-to-back services Palm Sunday and Easter, prepping more material than ever before. I'm so grateful for the joy that they bring to HT, and how hard this choir has worked to develop their tone, musicianship, and learn new material. There truly is magic in being an avocational singer - the one who chooses to set aside time to do something strictly for the inherent joy and self-development of it. It's truly inspiring. Perhaps you might even consider joining us!

The Chancel Choir sang an incredible amount of new repertoire for Easter, with multiple pieces featuring vocal soloists and instrumentalists. This choir has the unique ability to learn repertoire at a pace like no other. We have our ups and downs like any ensemble, but the professionalism and level of musicianship that they bring each week is astounding. I truly am humbled to work with these caring musicians that enrich our lives and congregation each week.

I must also thank the Youth Choir for singing the Service following Easter. Seeing our little "JV Team" in the choir stalls leading worship like "Varsity players" is just so precious. Many thanks go to the parents who help with music, robing, and managing the kids. The group will sing next on Mother's Day, combined with the Chancel Choir women. I promise you an emotional moment that day!

Though the Choir Season wraps up Memorial Day weekend - Holy Trinity Sunday, we have several exciting projects and new pieces to share with the congregation. Pentecost Sunday, May 20, we present Bach's appropriate Cantata for Pentecost, *Wer mich liebet, der wird mein Wort halten* BWV 59. The Cantata will be presented at the Offering with full orchestra, led by soloists Tim Flynn, *bass* and Heidi Schneider, *soprano*. We will also present an incredible new piece during Communion for piano and choir, *Living Water* by Nebraska-based composer, Tom Trenney in honor of our newest Confirmands.

We conclude the year with the local premier of *Light Through Windows* by Buffalo's own Caroline Mallonée, a dear friend and a member of the Vocalis Chamber Choir. The poetry was written by the composer, depicting the magic and celestial power of sunlight streaming through a church's stained glass windows.

I often see Pastor Miller after Service each week when we're not running around attending to different groups. This moment is one of the highlights of my week, when we just see each other, exchange a hug, and say, "Good Church today. Just good church." It the mutual feeling of seeing friendly faces, hearing an inspiring sermon, singing great hymns, and being moved by wonderful music. No other place enriches my life in quite the same way.

Come once, come often. Spread the word. We're blessed to have this place, this music, this organ, and each other to share it all with.

Faithfully yours,
Justin and Kristen Pomietlarz

*In the name of the Father
and of the Son
and of the Holy Spirit*

*The Members and Friends of
Holy Trinity Lutheran Church
request the honour of your presence
at the Service of Holy Communion
and Affirmation of Baptism (Confirmation)
For*

*Aislin Elizabeth Campbell
Alexander David Cialone
Adam Christian Hakansson
Justin Ray Rojek
Anna Inez Scinta
Nathaniel Edward Wareham*

*at
the 10:30 a.m. service
on The Day of Pentecost May 20, 2018*

*The English Evangelical Lutheran Church
of the Holy Trinity
1080 Main Street, Buffalo, New York*

IMPACT SUMMER DAY CAMP

**July 23-27 Holy Trinity Lutheran Church
1080 Main St., Buffalo, NY 14209**

Register online at:

wnyimpactfoundation.com

Follow the links for summer day camps.

You can also find brochures at the
information desk or any table outside
a church entranceway.

See Pr. Miller for Details



Through play, crafts, faith development and lessons centered around what we can do right in our communities, campers will learn that they can make an impact in the world.

Staffed by the Camp Director, two trained and certified lead counselors, two high school junior counselors and two congregational volunteers, we aim for a 5:1 camper to staff ratio.

\$75.00 Camp Fee per One Week session.
Scholarships are available upon request.



A Day in the Life

Membership News

Special Birthdays

Below is a list of our members whose birthdays are in May and June and are in nursing homes or homebound. We have included addresses if you would like to pass along a birthday message to them. Also, if you know of a member whose birthday we may have missed, please call the church office.

May 18 Joan Limburg
 5953 Broadway
 Apt 218
 Lancaster, NY 14086

Baptisms

April 15, 2018 Bella Rose Bradley, daughter of Diamond Daniels and Timothy Bradley

Nuptials

April 14, 2018 Melissa Blando and Nathan Kawalerski

Communion Celebration

Congratulations go to all our children who joined in the Communion Celebration on Sunday, March 25: Avery Best, Zachary Flynn, Ethan McKinney and Erica Sampman.

Deceased

Our recently departed family and friends

December 30, 2017 Zolton Takacs

April 9, 2018 Susan Fayle

"Blessed are those who die in the name of the Lord. Amen."





Susan Bundt



Four Sunday School students participated in a series of classes centered on Communion education. These children met with Pastor Brenda to learn more about the connection between Passover and the Sacrament of Eucharist or Communion.

Along the way, they painted their own chalices and made bread

to take home to share with their families as they shared what they learned in class.



On March 25th, Palm Sunday, Avery Best, Zachary Flynn, Ethan McKinney, and Erica Sampman were welcomed to the table for the first time.





Susan Bundt

The Christian Education Department hosted our annual Seder dinner and Haggadah on March 26th. It was a wonderful beginning to Holy Week and reminded everyone of the connection between Passover, the Last Supper and the Sacrament of Communion. A record attendance of family and friends gathered around tables decorated for the ten plagues of Egypt, and engaged in the timeless rituals of the Passover meal. We added some music this year (Thank you Pr. Lee!) The children, as always, took great delight in the opportunity to pelt us with the plague props on their tables. Everyone enjoyed a complete fish dinner afterwards. Thank you to all who helped to prepare and serve dinner!



Haiti Mission Team Sponsoring Fundraiser

As of this writing, the April 29, 2018 Fundraiser event at Resurgence Brewing, Co. is a week away. Therefore details will be published in the next newsletter. However, tickets have been sold and donations to the Mission Fund have been received. The plans to provide the cost of materials to build 20 pews for the church on Ile a Vache are moving along. The church was destroyed by Hurricane Matthew in 2016 and the Haitian community is slowly restoring the building. Our traveling team members are hoping to actually help build/finish the pews during their October trip.

Thrivent Financial has also provided money which supported various aspects of this event. Thank you to Linda and Dave Schmidt who facilitated the grant process to make this possible.

Thank you to all who bought a ticket, attended, donated monetary gifts or raffle items. We ask that you pray with us for God's guidance in this outreach ministry with our sisters and brothers of Grace Ministries in Haiti.



Holy Trinity Continues to Support NRC Food Pantry

Each month the members who volunteer to serve at the pantry know their services are needed and appreciated. New volunteers eagerly accepted!!! See Donna Leiser for more information.



Transporting food donations from 1080 Main to 1275 Delaware each month is not a long trip but the back of the Leiser's car is always packed with anywhere from 20 to 30 bags of groceries and personal items. These donations add to the food that also comes from the Food Bank of WNY, other congregations and organizations. Organizing the variety of foods, checking expiration dates, stocking the shelves, and packing grocery bags with the basics of canned and boxed items are primary tasks. At the time of distribution, frozen meat, fish or fruit may be added to the bags. The upright freezer donated by our congregation about 2 years ago is very helpful in keeping foods at the proper temperature and accessible for ease of distribution.

The Pantry is only open on Tuesday from 10-2 and Wednesday from 2-4:30. Our World Hunger Team members provide their volunteer hours to Kelly Kowalski, the NRC "Food for All" coordinator. At times the teams are paired with other volunteers, Ex. Medical doctors who are Residents in some local hospitals are assigned to experience this type of community service and be aware of needs and how they may be met. It is always interesting to meet these people and learn their personal stories.

Thank you to our regular volunteers, Earl Kunz, Mary Linda Schmidt, Carol Rockhill, Barbara Wozniak, Cortney Becker, Ron and Donna Leiser. As noted above, please consider and then join us in this outreach ministry.

Memorial Brick Dedication Deadline is June 1

The Garden Veranda at Holy Trinity is a new space being built into our North lawn alongside Main Street. The Veranda will provide a gathering space for the community all around us – a place to sit and rest, a place to enjoy lunch outside, a place to connect again with God and others.

We hope to gather as a congregation in the Veranda for special occasions and small, outdoor worship opportunities. There will be a fountain in the center of the Veranda where we may celebrate the gift of Baptism. There are countless possibilities.

This is your opportunity to play a special role in the building of our Garden Veranda!

Memorial Bricks may now be reserved and dedicated in the memory of, or honor of, a loved one.

The Details:

Small Bricks \$45.00 2 Lines, 12 characters per line (including spaces)

Example:

In Memory of John Smith

Large Bricks \$60.00 3 Lines, 12 characters per line (including spaces)

Example:

In Honor of Grandpa We love you

An Opportunity to dedicate four park benches will be made available later this spring. Please complete the form below and return to the Church Office with your **check made payable to Holy Trinity** with “Memorial Brick” marked in the subject line, or call the Church Office if you have any questions. It may feel like Lent, but Easter is coming. It will be nice to give God thanks and praise from our Garden Veranda! Space is limited, order your Memorial Bricks today! Please use one order form per brick.

Your Name: _____

Email: _____

Phone Number: _____

Circle One: Small Brick *2-lines* \$45

Large Brick *3-lines* \$60

Complete Dedication Message:



HOLY TRINITY

BUFFALO

FINE ART EXHIBITION

Redeemer Hall & Fireside Room
May 19 – June 9, 2018

Opening Reception – May 19, 6 – 9 pm

PLEASE READ ALL THE INSTRUCTIONS CAREFULLY. CALL THE CHURCH OFFICE IF YOU HAVE ANY QUESTIONS.

Exhibition Summary: The purpose of this exhibition is to highlight the artistic talents of members and friends of Holy Trinity Lutheran Church, and to give them the opportunity to sell their artwork if they wish to do so.

Guidelines: Each artist may submit up to three (3) works in the media of painting, drawing, photography and sculpture. Entries must be original works, not reproductions. There is no size limitation other than those dictated by our exhibit space. Two-dimensional artwork should be framed and ready to hang. Pedestals for three-dimensional works are available.

Insurance: Works will be insured by Holy Trinity from drop-off day to the designated pick-up day. Works left after closing time on pick-up day are left at the artist's own risk. All works will be handled in a professional manner; however, payment for lost or damaged works will be determined by our insurance carrier, whose decision is final. The maximum value that we can insure a single work for is \$2,000. Any amount over this is at the artist's own risk.

Entry fees, sales and commissions: There is no entry fee for this exhibition. Sales will be handled by Holy Trinity and the artist will be reimbursed minus a 10% donation to the church.

Entry procedure: Artists wishing to participate should complete the entry form and return it to the church office by May 6. Then deliver the artwork to Holy Trinity on May 11, 12 or 13. (See calendar below.)

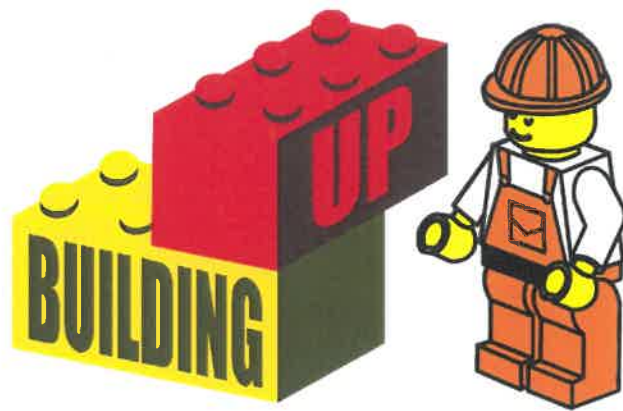
Opening Reception: We request that all artists attend the opening reception on May 19 from 6 pm to 9 pm. Please invite your family and friends to the reception also.

Calendar:

Friday, May 11	Deliver entries to the church office from noon – 2 pm.
Saturday, May 12	Deliver entries to the church office from noon – 2 pm.
Sunday, May 13	Deliver entries to the church office from noon – 2 pm.
Saturday, May 19	Opening reception in Redeemer Hall from 6 – 9 pm.
Saturday, June 9	Exhibition closes at 5 pm.
Sunday, June 10	Pick-up works from noon – 2 pm.

Information:

For further information and questions, contact the Holy Trinity Church office at 716-886-2400.



Vacation Bible School

Holy Trinity Lutheran Church

August 20–24, 2018

Grades PreK–8 8:30am–12:30pm

“According to the grace of God given to me, like a skilled master builder I laid a foundation, and someone else is building on it. Each builder must choose with care how to build on it.”
1Corinthians 3:10



Vacation Bible School 2018

August 20 - 24, 2018

8:30 am - 12:30 pm

Grades Pre-K - 8

**Please complete a registration form for each child
and send it to:**

**Susan Bundt
Holy Trinity Lutheran Church
1080 Main Street
Buffalo, NY 14209**



Child's Name: _____

Age: _____ BD _____ Last grade completed in school _____ Tee Shirt Size _____

Allergies: _____

Medications: _____

Important Medical Information: _____

Parents' Names: _____

Address: _____

Phone Numbers: Home _____ Work _____

Cell: _____

Email: _____

Additional Emergency Contact Person: _____

Phone numbers: Home _____ Cell _____

Home Congregation: _____

"According to the grace of God given to me, like a skilled master builder I laid a foundation, and someone else is building on it. Each builder must choose with care how to build on it." 1 Corinthians 3:10



Vacation Bible School 2018

August 20 - 24, 2018

8:30 am - 12:30 pm

Grades Pre-K - 8

If you have a yearning to let the Spirit work through you, and you would like to have fun at church, then you can be a part of



It takes many people (of all ages) to make Vacation Bible School work.

The following positions are still available: teaching class, assisting in class, acting in the daily skits, running work or craft stations, substitutes, preparing meals, designing and/or constructing props and decorations, set-up, clean-up, maintaining a health/first aid station, daily greeter and door watch, extra hands (& some jobs I haven't even thought of yet!)

Please consider helping out this year. {August 20th – 24th, 8:30am-12:30 pm}

Just complete the bottom of this form and drop it in the collection basket or return it to the office. If you would like more information, call Susan Bundt @ 207-2974.

Yes! I want to help with HT Vacation Bible School!

My Name is: _____

My phone number is: _____

My email address is: _____

Age (if you are a teen volunteer) _____

I am available on these days: (Please circle) M T W T H F

Please check all areas of interest:

Teach a class _____

Greeter/Security _____

Assist a class _____

Health/first aid _____

Work in kitchen _____

Props/Decorations _____

Art/Crafts _____

Set up 8/19/17 _____

Clean up _____

Extra hands _____

Donation _____

I'm not available that week but I can help with some prep work before VBS. _____

"According to the grace of God given to me, like a skilled master builder I laid a foundation, and someone else is building on it. Each builder must choose with care how to build on it." 1 Corinthians 3:10



Stewardship Corner

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind."

This is the greatest and first commandment. And a second is like it: "

You shall love your neighbor as your self."

Matthew 22:37-39



Happy Springtime to you all!!! The wonderful music of Easter Sunday (thank you Kristen, Justin, choir and musicians) is still fresh in my memory and so is the Easter message: Jesus lives! Now! In you and in me! Alleluja!!

I have been reviewing '*Stewards of God's Love*', a pamphlet published by the ELCA with refreshing and innovative thoughts about stewardship. It was inspiring to learn how the Holy Spirit has worked in other congregations and what can be accomplished when a community of like-minded people work together! Starting with this newsletter, I will be sharing some of the concepts that were introduced.

The following is taken directly from the pamphlet:

'Stewardship encompasses so much more than money.' It is a way of life. It calls for integration between our faith and the way that we live our lives — we are a church that is energized by lively engagement in our faith and life. Stewardship is a mindset, a culture and a discipline that can never be contained in an annual three-week financial response. According to Clarence Stoughton, former president of Wittenberg University, ***stewardship is everything we do after we say "I believe"***. It is the way in which we use all of the resources that God has entrusted to our care so that we can love God and our neighbor. ***Stewardship is about love.***

Kathy Fiscus, Faith and Finances Ministry Team Chair, Central Lutheran Church, Minneapolis summed up stewardship this way:

"Stewardship is a matter of the heart. My stewardship practices are a response to the boundless love God first showed me. It means that I am grateful for all that God has generously entrusted to me. As a faithful steward and child of God, I understand that (the) decisions I make, in all aspects of my life, reveal my priorities. It is a privilege to share time, talents and finances, to care for God's earth and to serve my neighbors. Being a good steward has brought me great joy and has helped me grow spiritually. I am blessed to be a blessing."

Stewardship Corner Cont.

I invite you to think about what stewardship means to **YOU**. Is it something that brings you joy? If not, why not? Kathy Fiscus said that “being a good steward ... has helped me grow spiritually” – can you say the same? If not, why not?

I welcome your comments or suggestions about stewardship at Holy Trinity. Please e-mail (ucarlino@buffalo.edu) or speak to me on Sunday after the 10:30 service. I feel privileged to be part of this community of faith and look forward to our growth together as Christ’s church in 2018 – 2000 years after the early Christians became stewards of each other, translating Christ’s message into a living reality.

Uli MacDonald



Vacation Bible School Supplies Needed



We are collecting some items to help with this year’s Vacation Bible School program.

(1) Lego and lego-type blocks – loose or in sets, (2) shoe boxes, (3) clean jar lids (all sizes).

If you have any of these items to donate, please place them in the VBS box in the Narthex.

Thank you!



Service Schedule During Summer Months

Please note that the summer service schedule will begin on Sunday, June 24 in the air-conditioned Chapel. We will keep to the same service times, 8:30am and 10:30am. We will return to the main sanctuary after Labor Day on September 9.

A Good Night's Sleep

Getting a good night's sleep helps you stay healthy and alert. But many older people don't sleep well. If you're always sleepy, it may be time to see a doctor. You should not wake up every day feeling tired.

Older adults need about the same amount of sleep as young adults - 7 to 9 hours each night. But seniors tend to go to sleep earlier and get up earlier than when they were younger. Older people may nap more during the day, which can sometimes make it hard to fall asleep at night.

There are two kinds of sleep REM (rapid eye movement) sleep and non-REM sleep. We dream mostly during REM sleep. As people get older; they spend less time in deep sleep, which may be why older people are often light sleepers.

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some of the medicines older people take can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may be: 1) irritable; 2) have memory problems or be forgetful; 3) feel depressed; 4) have more falls or accidents; 5) feel very sleepy during the day.

Insomnia is the most common sleep problem in adults age 60 and older: People with insomnia have trouble falling asleep. Insomnia can last for days, months or even years. If you are having trouble sleeping, you may: 1) take a long time to fall asleep; 2) wake up many times in the night; 3) wake up early and be unable to get back to sleep; 4) wake up tired; 5) feel very sleepy during the day.

There are many causes of insomnia. Some of them you can control, but others you can't. For example, if you are excited about a new activity or worrying over bills, you may have trouble sleeping. Sometimes insomnia can be a sign of other problems. Or it could be a side effect of a medication or an illness.

Often being unable to fall asleep becomes a habit. Some people worry about not being able to sleep even before they go to bed. This may even make insomnia worse.

Older adults who have trouble sleeping may use more over the counter sleep aids. Using prescription medicines for a short time might help. But remember, medicines are not a cure for insomnia. Developing healthy habits at bedtime may help you get a good night's sleep. It is said having a TV in the bedroom, may not be a good idea. Watching TV in the bedroom does not seem to help you get a good night's sleep. It can stimulate you. You can get excited about the program you are watching and then cannot fall asleep. Reading before sleep does seem to quiet one down and helps one fall asleep easier.

Sleep Apnea is another serious sleep disorder. A person with sleep apnea has short pauses in breathing while sleeping. These pauses may happen many times during the night. If not treated, sleep apnea can lead to other problems such as high blood pressure, stroke, or memory loss.

A Good Night's Sleep Cont.

You can have sleep apnea and not even know it. Loud snoring and gasping for air can keep other people awake. This happened to me with my late husband. I went to the doctor with him and told him I think my husband has sleep apnea. The doctor asked me why I think he has sleep apnea. I said I was a nurse and I sleep with him. He snored so loud and kept gasping for air at times. He did not say another word but ordered the sleep apnea test. And yes, he did have sleep apnea. He was given the sleep apnea breathing machine. This machine is called the Continuous Positive Air Pressure (CPAP). I loved the hum of the machine and I went right to sleep and no more snoring!!! If you think you have sleep apnea, see a doctor who knows about this sleep problem. There are MD's who specialize in sleep disorders.

It is important if you do have sleep problems that you see a doctor. There are other reasons that can cause insomnia and only a doctor can diagnose your problem. Information for this article was taken from the National Institute on Aging.

God Bless you all and my hope is that this article may give you some help in sleeping better.

Judy Reifsteck BSN,FCN



Fellowship and Hospitality News

Two important events will happen on Saturday, May 19th. This is the day that we pick up plants that were ordered from the LYO and decorate the campus gardens for the summer months. Volunteers will meet at the gardens at 9:00am. The more people that share the work the quicker the work gets done. Lunch will be provided for all who work. We hope the weather cooperates for this fun day.

The second event on the 19th will be the opening of the Holy Trinity Fine Art Exhibition. The reception will begin at 6:00pm and continue until 9:00pm. The exhibition runs through Saturday, June 9th. Applications can be found on the tables in the church entrance ways and on the church website. Any questions can be directed to the church office. (716-886-2400)

On June 16th our much anticipated road rally will commence at 4:00pm. We'll meet in the Chapel Parking Lot, receive our instructions, and follow the clues to our ultimate destination. All are welcome.

On July 15th we will again be boarding the Miss Buffalo for a cruise of our beautiful waterways. Watch your Sunday bulletins and the committee's web site for further information.

On Monday, July 23rd the annual Holy Trinity Golf Open will be held at Tan Tara Golf Club beginning at 8:30am. Get your teams together and be ready for some fun golf. More information to come.

The next meeting is Saturday, June 2 at 9:00am in Redeemer Hall. All are welcome.



MARK YOUR CALENDAR!

A JOINT EVENT OF NIAGARA FRONTIER AND SOUTHWESTERN CONFERENCES OF WOMEN OF ELCA

“Unwrapping our Spiritual Gifts”

Will be held on Saturday, September 22, 2018, from 9:30 am to 3:30 pm at St. Paul's Lutheran Church. (Ellicottville) The morning presentation will be on Native American Spirituality by Mr. Pete Hill, member of Heron Clan, Cayuga Nation & “All our Relations” Project Director, Native American Community Services of WNY. Our afternoon presentation will be by women Pastors. (TBA) “Gifts For You” from Women of ELCA Resources will help us assess our spiritual gifts. We will conclude with a Worship Service.

PLEASE NOTE CHANGE OF MEETING DAY

Join us as you are able for HT Needlers and Cardmaking on the ***first Tuesday*** of the month, beginning on May 1. We begin at 5:30pm (Joyful Noise is using the Fellowship Room until 5:30pm, so please plan accordingly) with a “bring your supper” and fellowship. A brief business meeting is held before we move on to projects. We end with blessing of shawls. If your schedule doesn't permit beginning at 5:30, please join us as you are able!

FAITH IN ACTION

The Clothesline Project has been discontinued for this winter season. **A BIG THANK YOU** to all who helped provide warmth to friends in the community. Your generous contributions of handmade scarves, mittens, gloves and socks went a long way to show our neighbors we care!

The movie SELMA was viewed by 15 members on April 11. This poignant story reminded us of the events of the march in 1965 to help secure voting rights for blacks. Some of the discussion comments included a lack of awareness of the extent of the brutality suffered by so many. There is still a need for voter registration awareness. The **Advocacy Committee** plans to work with the **Racial Justice Task Force** to present information during the month of September. If you are interested in participation, please contact Pr. Lee or Pr. Brenda.

Kevin Guest House and Family Promise Meal and Fellowship Ministries are continually looking for volunteers. Please contact Pat Lonergan if you like to assist. (patlon49@gmail.com)

Renewal In Nigeria

The Lutheran Church of Christ in Nigeria (LCCN) is in the midst of a renewal campaign to revitalize the church's educational ministries and welcome members and youth to better understand their faith as Lutheran Christians. With nearly 100 evangelists and missionaries, the Lutheran Church of Christ in Nigeria reaches out to new communities with the gospel message of Christ and supports local communities through education, agriculture and other ministries. However, with a strong presence in northern Nigeria, the influence of radical Islamic thought had led to a need to reform, revitalize and renew the church's education initiatives and institutions to better teach the freely given liberating grace of God and protect against radicalization.

Through the Global Ministries project, Nigeria: Reforming, Revitalizing and Renewing Education and Ministry, the Evangelical Lutheran Church in America is partnering with the LCCN to help the church discern its spiritual and educational needs, now and in the future. The goal is to raise \$350,000 to be used to evaluate and restructure education initiatives and increase youth engagement in creative new ways. Learn more about this global ministry project at http://download.elca.org/ELCA%20Resource%20Repository/Global_Ministries_Nigeria.pdf. Your mission donations support this initiative. ***Thank you!***

We are church together for the sake of the world. God's work. Our Hands.



Our Church Paper

Editor: Linda Lipczynski

English Evangelical Lutheran Church of the Holy Trinity
A Congregation of the Evangelical Lutheran Church in America
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John Busch, Director of Buildings and Grounds

Charles Ryniec, Steward of Buildings and Grounds

MAY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		1 3:30 Joyful Noise After School Program 5:30 WELCA/ Needlers 7:00 Pub Theology	2 7:30 Brewed Faith 6:00 BNYC rehearsal	3 6:00 Network Dinner at Samuel's 7:00 Chancel Choir 7:00 AA/AL-ANON	4	5
6 Sixth Sunday of Easter 8:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Service of Holy Communion 10:30 Sunday School/Nursery 11:45 Coffee Hour 12:00 Faith in Action Meeting	7 9:30 Bible Study 7:30 Greater Buffalo Youth String Orchestra Concert	8 3:30 Joyful Noise After School Program	9 6:00 BNYC rehearsal 3:00 Staff Meeting	10 6:00 Chapel Choir 7:00 Chancel Choir 7:00 AA/AL-ANON	-----Confirmation----- 11	Retreat----- 12 11:00 Susan Fayle Memorial Service
13 Seventh Sunday of Easter <i>Happy Mother's Day</i> 8:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Sunday School/Nursery 10:30 Service of Holy Communion 11:45 Coffee Hour 2:30 Worship to Go at Wedgewood	14 9:30 Bible Study 7:00 Personnel Meeting at Day's	15 12:00 Women at the Well 3:30 Joyful Noise After School Program 6:30 Executive Meeting	16 6:00 BNYC rehearsal	17 7:00 Chancel Choir 7:00 AA/AL-ANON	18	19 9:00 Fellowship Group work day 10:00 BNYC rehearsal 10:30 LYO Plant sale pick up 6:00 Fine Art Reception
20 Day of Pentecost 8:30 Service of Holy Communion 10:30 Service of Holy Communion w/Confirmation 11:45 Coffee Hour 2:30 Worship to Go at Wedgewood 4:00 Buffalo Niagara Youth Chorus Concert	21 9:30 Bible Study party	22 3:30 Joyful Noise After School Program 6:00 Council Meeting	23 10:00 Staff Meeting 4:30 BNYC auditions	24 6:00 Chapel Choir 7:00 Chancel Choir 7:00 AA/AL-ANON	25	26
27 The Holy Trinity 8:30 Service of Holy Communion (w/Chapel Choir) 10:30 Sunday School/Nursery 10:30 Service of Holy Communion 11:45 Coffee Hour	28 <i>Memorial Day</i> CHURCH OFFICE CLOSED	29	30 4:30 BNYC Auditions 5:30 Community Dinner	31 7:00 AA/AL-ANON		

JUNE 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Second Sunday after Pentecost 8:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Service of Holy Communion 10:30 Sunday School/Nursery 11:45 Coffee Hour -----Synod	4 6:00 Amherst Concert Assembly-----	5 5:30 WELCA/ Needlers 6:00 Amherst Concert 7:00 Pub Theology -----	6 7:30 Brewed Faith 6:00 Amherst Concert	7 7:00 AA/AL-ANON Concert	1 	2 10:30 A Christmas Carol crew meeting 11:00 A Christmas Carol crew meeting
10 Third Sunday after Pentecost 8:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Service of Holy Communion 10:30 Sunday School/Nursery 11:45 Coffee Hour 12:00 Art Work Pick up 2:30 Worship to Go at Wedgewood LYO Allentown parking fundraiser	11 	12 12:00 Women at the Well 6:30 Executive Meeting	13 8:00 Property Meeting 10:00 Staff Meeting	14 7:00 AA/AL-ANON	15 	16 4:00 Road Rally
17 Fourth Sunday after Pentecost <i>Happy Father's Day</i> 8:30 Service of Holy Communion 10:30 Service of Holy Communion 10:30 Sunday School/Nursery 11:45 Coffee Hour/Hot Dog Roast 2:30 Worship to Go at Wedgewood	18 	19 	20 	21 7:00 AA/AL-ANON	22 	23
24 Fifth Sunday after Pentecost 8:30 & 10:30 Service of Holy Communion 9:30 Coffee Hour	25 	26 6:00 Council Picnic	27 10:00 Staff Meeting 5:30 Community Dinner	28 7:00 AA/AL-ANON	29 	30



LCLC

Lake Chautauqua Lutheran Center

It's Camp Time!!!

Camp season is right around the corner and that means that LCLC camp registrations are now open! LCLC offers 6 weeks of camp throughout the summer starting in June and going through July. These weeks offer a variety of camping opportunities for most of our youth, from Horse Camp to Classic Youth, Confirmation to Senior High, Sailing to Night Owls to Mini Camp! Pastor Brenda will be teaching during confirmation camp week (July 8-13). If you would like to attend any of the camps offered by LCLC, you may register via brochure or website www.lclcenter.org. Confirmation Camp registrations are due by June 1st, please see Pr. Brenda to register for Confirmation Camp or with any questions related to camp. Camperships are available.



OUR CHURCH PAPER
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