
OUR CHURCH PAPER

November-December 2018

Vol. 27 No. 6

My View From Here

“Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone.”

(1 Corinthians 12:4-6)

There are varieties.

There are varieties of fish in the oceans, there are varieties of plants throughout creation, varieties of birds flying in the air, and varieties and varieties of people who populate the earth.

We are diverse, multi-cultural, multi-lingual, and multi-experiential people.

There are more than binary options in the diversity of people as there are multiple facets to all parts of creation.

There are varieties.

Sometimes our variety is used against us. We separate ourselves based on preferred options and intents. We congeal with those with whom we coalesce and siphon ourselves off into smaller and smaller subsets of the sum of all the parts. We divide ourselves based on diverse differences, and sometimes, out of convenience avoid the pieces that conflict with our comfort. We judge what is different and commend only what is common to our own experience.

So what do we have in common?

What is it that unifies us?

Where can we find ourselves in one accord, if our differences have been used to divide?

The apostle Paul continues,

“Indeed, the body does not consist of one member but of many. If the foot would say, “Because I am not a hand, I do not belong to the body, “that would not make it any less a part of the body. And if the ear would say, “Because I am not an eye, I do not belong to the body,” that would not make it any less a part of the body...As it is, there are many members, yet one body.”



HOLY TRINITY
BUFFALO

My View From Here Cont.

It's true, we have a rich diversity in the human family, and in all of creation. That diversity is a gift. We can look at the world through technicolor lenses and see all the rich beauty and design in the diversity – each member valued and loved as, and for who, they are.

And so how do so many differing diverse people find unity?

Our unity is in the One who has created us and claimed us, who has formed us into one that we might be God's own body in the world.

Our diversity is a blessing, for the multiplication of gifts. Our unity comes from the One love of One Lord which is poured out to all people through Christ Jesus our Lord.

God has so “arranged the body,” Paul writes, “that the members may care for one another.”

Where can we find our unity amidst our diversity – we have received it – in the Love of God.

That's my view from here,

Pastor Lee



Faith to Go Boxes

Holy Trinity will be introducing a new faith formation devotion, Faith to Go Boxes. These boxes will be filled with various items to lead a devotion session at home or on the go. Initially the boxes will contain a wooden cross, various colors of ribbon (to match the liturgical colors), a battery-operated candle, and notecards to help lead the devotion or conversation. Boxes will be updated throughout the year with the changing of the liturgical seasons. The devotions can be done individually or with friends or family. The devotions are appropriate for all age groups.

The boxes will be available at the beginning of the Advent Season. This new devotion will be introduced first with our Sunday School families but is available to anyone who would like one for themselves or their families. Please see Pastor Brenda for more information or to request your own Faith to Go Boxes.

Why do we worship?

A Newsletter series in six parts.

Why do we worship? Why do we do what we do in worship? This series seeks to share our traditions and rites and to delve deeper into the significance of our sacraments. Our Mission Directive reads: Gathered into One by the Holy Spirit we *center our lives in Worship, Grow in faith, and Go out into the world* to love like Jesus, in word and action. In these articles we will highlight the ways and means that God is made known to us in our worship.

Part II

Our liturgy can be divided into four sections as a part of our Ordo (order of worship): Gathering, Word, Meal, and Sending. Last newsletter we talked about the placement of Confession and Forgiveness as the initial rite in our Gathering portion of the Ordo.

When we gather, we begin as we are baptized, “In the name of the Father, and of the Son, and of the Holy Spirit,” for it was how we enter the church.

We then process in song, with the choir leading the voices of the whole assembly. Congregational singing values the collective – each voice an instrument coming together in the unity of the Holy Spirit to make a “joyful noise” before the Lord.

The Apostolic Greeting comes next: “The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.” The Presiding Minister offers these words on behalf of God, and the congregation returns the movement of the Spirit by responding, “And also with you.” Paul began each of his letters in a similar manner. (Gal. 1:3, Eph.1:2, Phil. 1:2) This shared Apostolic Greeting unites the church catholic (a word which means universal) through time and space.

The Kyrie comes from the Greek word *Kύριε* and is a shortened form of Kyrie Eleison which translates as “Lord, Have Mercy.” During this time we sing the liturgy, or chant, through a call-and-response, as a form of prayer. We pray for peace from above, for our salvation, for our community, for the world, for comfort and peace.

We then sing the Canticle of Praise which may be “This is the Feast,” or may be another song or hymn of praise to God.

The Prayer of the Day concludes the “Gathering” portion of the Ordo. The Prayer of the Day is typically formed around the assigned readings of the day and is shared among the faith traditions which hold the Revised Common Lectionary in communion with one another. The Presiding Minister leads the prayer which, at Holy Trinity, is shared by the whole community.

Thanks for reading. Look in next month’s Church Paper for our next installment of “Why do We Worship?”

Pastor Lee

A Word from Pastor Brenda

I'm going to let you in on a little secret, a guilty pleasure of mine. Okay, maybe not so guilty, but I love to read. I'll read just about anything...fiction, non-fiction, mystery, thrillers, history, religious, biography and memoirs, Christian living, and theology.

I'm currently reading a book about one woman's journey with the Bible, how the Holy Scriptures have worked and influenced her life, and how she has learned and grown and been inspired by what the Bible has to say, to teach us.

I just finished a book, in which I read alongside others in a book club, that focused on economic justice and how religion can play a part in advocating and joining together with those who fight for fair labor and economic justice.

Prior to these books, I read *Everything Happens for a Reason and Other Lies I've Loved* by Kate Bowler. Kate Bowler is a professor at Duke Divinity School who specializes in the study of the prosperity gospel, a belief that sees fortune as a blessing from God and misfortune as a mark of God's disapproval. When at the age of 35, Kate is diagnosed with stage IV colon cancer. Kate Bowler pens this work as she recounts her own struggles and how she has been implicitly subscribing to the prosperity gospel and her own realization of the uncertainty of life and death and that no amount of positive thinking will shrink her tumors. Kate tells her story, offering up her own observations of what it means to die and all the ways that dying has taught her to live.

What I appreciated as I read Kate's story and experiences, is that one doesn't have to be dying to have these same observations, experiences, and realizations. That anytime we deal with some event in our lives that results in this feeling of "misfortune" we, at times, experience the same shock to our beliefs as Kate Bowler did. That her words of wisdom, can be helpful as loved ones go through their own life experiences, whether it is their own struggles with cancer or other medical illnesses or other significant life events such as death, divorce, finance upheavals, etc. I also think that Kate's words of wisdom can help us as we struggle with other types of life experiences that result in us evaluating our current belief systems and our own world views.

For me, she helped me to see that the way the world works isn't always fair. That the world we live in is a broken and sinful world. That bad things do happen, that people die, that evil exists, and that sometimes there is nothing we can do to change the outcome.

Kate Bowler adds two appendices, the first offering a short list of things to "absolutely never say this to people experiencing terrible times" and the second, another short list of things that might work instead.

While they all offer great examples of what to say and not to say, along with brief explanations, I will focus on just one from each list. I implore you to chew on them, think about them, think about how they are used, how you use them (whether it is when they are said to you or whether you say them to someone else). I implore you to think about them in context of some of the times you would use them, whether it is the diagnosis of terminal illness, at the death of a loved one (whether a child or grandparent or someone in between), at the circumstances of a death, at natural disaster, at fighting or war between people or nations, at the result of natural disasters.

A Word from Pastor Brenda cont.

Everything Happens for a Reason... Kate Bowler will explain that the only thing worse than saying this is pretending that you know the reason. Kate describes the reasons in which people offered to explain why she has cancer...because of sin, unfaithfulness, that God is fair, that God is unfair, that she doesn't like brussel sprouts. Kate will end with "when someone is drowning, the only thing worse than failing to throw them a life preserver is handing them a reason."

Try this instead...Silence. Kate will explain that no one knows what to say. Silence is awkward. Pain is awkward. Tragedy is awkward. She implores us to take the advice of the man who wrote this to her, "Show up and shut up."

Most times, regardless of what we go through, it is nice to know that someone cares. That there is someone in your corner, standing with you, supporting you, there to hold your hand, give you a hug, make sure you eat, willing to do just what you need them to do and sometimes nothing more.

So to all my Holy Trinity family and friends, know that you are beautiful. You are loved. You are special. God has said to Jeremiah, and to us, "Before I formed you in the womb I knew you, and before you were born I consecrated you."

Pastor Brenda



A Change in the Way We Report Attendance and Member Contributions

You may have noticed a new addition to the church newsletter this month – the Holy Trinity Financial Dashboard. As an organization, we seek to be transparent with regard to our finances, but we also want to ensure that we are providing context when sharing information with the congregation. Therefore, we will begin to publish the financial dashboard in the church newsletter in place of reporting weekly attendance and member contributions in the worship bulletin. This will allow us to provide more meaningful analysis of the trends we are experiencing here at Holy Trinity. I believe this is an exciting step forward as we work to understand where we are today so that we may *Worship, Grow, and Go* in the future. I encourage any member with questions about the financial dashboard to reach out to me in person or via email at emily.foggo@hotmail.com.

Respectfully,

Emily Notari, Treasurer

Holy Trinity Lutheran Church

September 2018 Financial Dashboard

Total Member Contributions in September \$ **23,754**
 Total Member Contributions Year to Date \$ **201,920**
 Total Member Contributions Budget \$ **333,550**



61% of Annual Budget Achieved

Giving Units in September

2018	2017	YOY Δ
137	129	6%

Giving Units Year to Date

2018	2017	YOY Δ
199	204	-2%



Average Gift Per Week in September

2018	2017	YOY Δ
\$ 33	\$ 37	-10%

Average Gift Per Week Year to Date

2018	2017	YOY Δ
\$ 24	\$ 25	-2%



Contributions ⁽¹⁾ in September

2018	2017	YOY Δ
\$ 22,564	\$ 18,878	20%

Contributions ⁽¹⁾ Year to Date

2018	2017	YOY Δ
\$186,407	\$195,316	-5%



Average Attendance in September

2018	2017	YOY Δ
160	136	18%

Average Attendance Year to Date

2018	2017	YOY Δ
156	165	-6%



Note: YOY Δ represents the increase (+) or decrease (-) from 2017 to 2018.

⁽¹⁾ Contributions specifically refers to the Member Contributions account and not Total Member Contributions which also includes loose plate collections and envelope designated gifts.

Financial Highlights

Total Member Contributions in September were \$23,753.62.

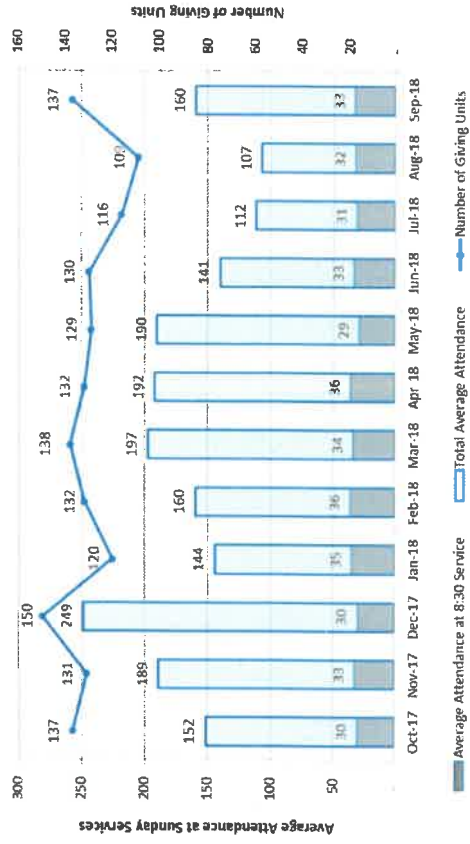
Member Contributions this month were 20% greater than Member Contributions in September of 2017 due to the fact that there were five Sundays in September this year and only four last year. On a Year to Date basis, Member Contributions are down 5% from 2017.

In September, there were 160 adults, on average, in worship on Sunday with 23 children, on average, participating in Sunday School.

Average attendance in September was up 18% from 2017. This is a break from the trend we've experienced so far this year in which average attendance has been down 6% from 2017.

For more information on the Financial Dashboard please join Emily Notari, Church Treasurer, during the Sunday Forum on December 2nd.

Average Attendance at Sunday Services for the Previous 12 Months



A Day in the Life

Membership News

Special Birthdays

Below is a list of our members whose birthdays are in November or December, 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.

November 18 Kenneth James
 Greenfield Manor
 5953 Broadway, Apt 308
 Lancaster Amherst NY 14086

Baptisms

September 2, 2018 Cole Robert Schweikhard, son of Geoffrey and Sarah Schweikhard.
 Sponsors are Bradley and Melissa Meumeister

New Members

Welcome to our new members who were received on October 14, 2018:

 Lauren Axelsen
 Mary Kay Atlas
 Gary Geil
 Michael Massey

Deaths

Our recently departed family and friends

September 12, 2018 Theresa Pomietlarz (mother of Justin)
September 13, 2018 Rev. Ronald Keaton (Rebekah's father)
October 20, 2018 Betty Senf

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

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



Over the past months I have been sharing with you excerpts from *‘Stewards of God’s Love’*, a pamphlet published by the ELCA with a new look at stewardship. The main theme is **“DOWN, IN AND OUT”** and the ELCA explains it as follows: “The practice of stewardship invites us to look in three different directions: *DOWN*, *IN* and *OUT*. We begin by looking at how God has come *DOWN* to us. We then look *IN* to discover all that God has entrusted to our care. We end by looking *OUT* to understand the needs of our neighbors. While these three actions may not always happen in this order, the practice of stewardship always invites all three.”

In the past two newsletters I explored the themes of *DOWN* and *IN* but since we have started our annual stewardship campaign, I decided to take a break from discussing the ELCA’s stewardship themes and focus instead on what will be going on in church with regards to stewardship over the next few weeks.

If you have been coming to Holy Trinity for less than a year (I believe we have a few people in that category) know that some time during the fall is devoted to stewardship as we are planning for the coming year. On the first two Sundays of November short ‘Ministry Moments’ will be incorporated into the worship service and we celebrate the generosity of our faith family with a **Stewardship pot-luck luncheon on November 18th**

All are welcome to join us in Redeemer Hall after the 10:30 service and if you have a dish that your family asks for at every family get-together, be assured that we would love to try it!

All the members of Holy Trinity will have received a commitment card in the mail and I ask that you return the filled out card to the office either by placing it into the offering plate on Sunday or by mailing it to: Holy Trinity Lutheran Church, 1080 Main Street, Buffalo, NY 14209. ***If you would like to make your regular offering using the Give Plus App on your phone, a credit card or a bank draft, please call the office at 716-886-2400 or e-mail info@holytrinitybuffalo.org and we will be glad to help you find the easiest way for you to give.*** Please know that you don’t have to be a member to make regular giving part of your worship at Holy Trinity.

Stewardship Corner cont.

We thank you in advance for your continued generous giving of your time, your talents or your financial resources. ***Through your choices you give power to a force of good*** in Buffalo and the world. If you feel blessed, consider increasing your part by 10% per week which may be less than the cost of a fancy cup of coffee or a glass of wine.

HT puzzles... this year everybody who returns a card will receive a puzzle piece after the service on Commitment Sunday – ***YOUR PART***. Please keep it and bring to the luncheon in Redeemer Hall where we assemble the puzzle together. The more people that bring their “PARTS”, the faster we will know what the completed puzzle will be!!

I am looking forward to puzzling with you at the Stewardship luncheon! In the meantime, if you have any questions please don't hesitate to contact me at ucarlino@buffalo.edu.

Yours in Christ,

Uli MacDonald



What's Happening in LYO?

Well, it seems that our LYO year is now in full swing! And part of that swing is to begin a year of fundraising! All fundraising efforts by the LYO go to support our mission fund, which is used to help support travel to mission events such as the National Youth Gatherings held every 3 years. As we continue to dream about the impact our youth can make on the church and the world, we have begun to think about what other mission ministries we could do. As we set future goals, we hope to be able to do “mini-mission trips” during the years between Youth Gatherings! Be on the lookout for these amazing opportunities, such as our Apple Pie fundraiser!

And speaking of our Apple Pies, orders are now being accepted and order forms are available (I bet you can even find an order form in this edition of the church paper!) If you would like an order form, please see any of our LYO members or Pastor Brenda.

We already have events scheduled for November and are working to finalize plans in December! Our upcoming events look a little like this....

November 17 (time TBA) LYO Apple Pie Lock-In at HT

December 14 Christmas Pageant and Dinner; youth volunteers are needed to help serve, please see Pastor Brenda.

December 21 or 22 (Date/Time TBA) Ice Skating at Canalside followed by a Christmas Party Overnight.



It's time for Apple Pie!!!

The LYO of Holy Trinity Lutheran Church is once again preparing for their annual Apple Pie Sale.

The recipe for this delicious pie is a treasured Holy Trinity secret which is brought out just once each year. The pies are lovingly put together by the LYO and wrapped for ***pick up on Sunday November 18th***, just in time for the Thanksgiving holiday. They are oven or freezer ready.

The cost of the pie is \$10.00.

You may pre-pay or pay upon pick-up.

Please complete the order form below and return to an LYO member or the church office.

Name: _____

Phone Number _____

Number of Pies _____

Pick Up at Later Date _____

Pre-Paid Pay on pick-up

Mission Support 101

As congregation finance people put together a budget for 2019, it is a good time to talk about Mission Support. What is it? It is the lifeblood of our interdependent denomination: congregations share Mission Support dollars with their synods, and the synods then share it with the churchwide organization. These funds flow back to ELCA members, congregations, institutions and global companions through churchwide and synodical ministries. If you've been reading these mission messages for all or part of the last 6 years, you are aware of the wide variety of ministries that mission dollars support: hunger, disaster relief, advocacy, seminaries, chaplains, missionaries, candidacy, call processes, malaria eradication, campus ministry, immigration services, racial justice, new congregation starts, outdoor ministry, youth ministry. And that is not even an exhaustive list!

So, how does it work? Most congregations have a line in their budget that they intend to send to the synod, while some congregations depend on dedicated donations. The tithe (10%) is the benchmark for faithful giving, of individuals to their congregation, and of congregations to their synod. The synod passes 50% of what it receives from congregation on to the churchwide ELCA. So a portion of your personal offering ends up in Syracuse and Chicago, allowing you to make a difference way beyond just your own congregations.

If you think of Mission Support as a verb, that this is what we do, then you can see it as a continuation of the work we do, sharing our first fruits to expand beyond our local communities to other places to follow the Gospel.

So, when you are at your congregational meeting and are presented with the 2019 budget to approve, look for a line that says "Mission Support." If you don't see it, ask about it. If it seems miniscule compared to your congregation's income, suggest increasing it, even just by 1%. This is definitely one instance where we are literally church together for the sake of the world!

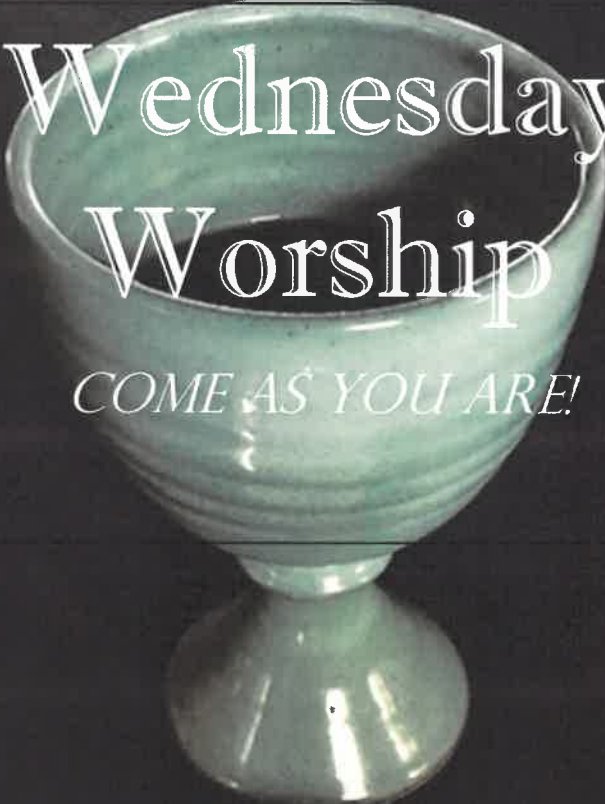
God's Work. Our Hands.



Pub Theology

Pub Theology will be taking a short break as we evaluate this faith formation ministry and how it might look in the future. This Bible Study offered another element in how we discuss faith and our beliefs. Pub Theology will be returning in a new way, so please be on the watch for information. Please contact Pastor Brenda with any questions.

HOLY TRINITY PRESENTS



Wednesday
Worship

COME AS YOU ARE!



**Every Wednesday
in Redeemer Hall**

6:30pm

Fellowship and Hospitality News

Beginning Sunday, November 4, the annual collection of non-perishable foods for the Christmas boxes will start. We will be filling ten boxes to give to those in need. Gift certificates will also be added. Last year we filled all of our boxes and had a surplus to take to the food pantry. Once again our church community gave above and beyond. Thank you for your generosity.

The boxes will be filled on Wednesday, December 12th starting at 5:00 P.M. We will also be setting up the trees in the main sanctuary. We will work until 6:00, have a meal, and attend the Wednesday evening worship service, then finish up the packing and decorating. Any and all help will be appreciated.

The annual “greening” of all the rooms in the church, except the main sanctuary, will take place on Sunday, December 2nd following the 10:30 service. A lunch will be provided for all that work.

A reminder that our Holy Trinity production of Charles Dicken’s “ A Christmas Carol “ will take place in the main sanctuary on Friday, December 7th at 7:30 P.M. and on Saturday, December 8th at 2:00 P.M.

Our second Christkindlmkt will be held on Sunday, December 9th following both services. For more information regarding registration or content, contact the church office.

The committee wishes our entire faith community a Happy Thanksgiving and a Blessed Christmas.



Holy Trinity Needlers will meet in the Fellowship Room on November 6, 2018 for the monthly gathering. It begins with a “bring your own dinner” at 5:30pm, but please come when it suits your schedule. We will participate in a Thankoffering service and also be working on cardmaking, angels for Christmas gift requests and shawls. Hope you can join us! ***Please note: we will not be meeting during December and January.***

Several members have participated in making “chemo caps” for the American Cancer Society. Karen Howard delivered 24 caps recently and would like to continue this ministry. All sizes are needed but should be made with soft acrylic yarn. Questions about this project should be directed to Karen Howard.

Charles Dickens'
A Christmas Carol



Directed by Marty Bauer
Adapted by The Rev. Lee M. Miller and Joe Hoffman

Presented by Holy Trinity, Buffalo and the HT Players

FRIDAY, DECEMBER 7

7:30PM

**Two
Performances**

SATURDAY, DECEMBER 8

2:00PM

This Great Community Theatre Production is Free and Open to the Public.
A free-will offering will benefit HT's summer day-camp and Lutheran Disaster Response.

HOLY TRINITY + 1080 MAIN STREET, BUFFALO, 14209 + WWW.HOLYTRINITYBUFFALO.ORG + 716-886-2400



**CONGREGATIONAL CHRISTMAS DINNER
AND CHILDREN'S PAGEANT**

*All families of the congregation
are cordially invited to attend*

FRIDAY, DECEMBER 14, 2018

Dinner in Redeemer Hall at 6:00 p.m.

Pageant immediately following

MENU

Served Family style

Ham Dinner

with all the fixings/Dessert

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\$10.00 / Adults

\$5.00 / Children

\$30.00 / Family Price

Reservations need to be made in advance.

Reservations can be made by completing the form below and mailing to:

Holy Trinity Lutheran Church

1080 Main Street

Buffalo, NY 14209

For more information or to volunteer,  
please see Guy Huber or Paul Hoebel

**Reservations must be made by December 10, 2018**

(seating limited to 250)



RESERVATION FOR CHRISTMAS DINNER

- \_\_\_\_\_ Adult(s) \$10.00 per person
- \_\_\_\_\_ Children \$5.00 per child (7-12)  
(6 and under are free)
- \_\_\_\_\_ Family \$30.00
- \_\_\_\_\_ No. of seats required

Name \_\_\_\_\_

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## **2018 HOLIDAY WORSHIP SCHEDULE**



**THANKSGIVING SERVICE**  
**WEDNESDAY, NOVEMBER 21**  
**6:30 p.m. Worship Service**

**FOURTH SUNDAY IN ADVENT**  
**SUNDAY, DECEMBER 23**  
**8:30 a.m. Worship Service with Chapel Choir**  
**10:30 a.m. Worship Service with Chancel Choir**

**CHRISTMAS EVE**  
**MONDAY, DECEMBER 24**  
**5:30 p.m. Family Service**  
**9:45 p.m. Preservice music**  
**10:30 p.m. Festival candlelight service of Holy Communion**

**CHRISTMAS DAY**  
**TUESDAY, DECEMBER 25**  
**10:30 a.m. Christmas service (Chapel)**



### ***Sunday Forum***

You are invited to attend our Sunday Forum sessions on Sunday morning from 9:30-10:20am. You may check the schedule of speakers on the bulletin boards in the church or in the church bulletin. We will have sessions through December 16 and resume sessions in the new year on January 20. Please join us.





## Holy Trinity

### Christkindlmarket

December 9, 2018 9:30 am – 3:00 pm

## Creative People Wanted!

Attention artists, crafters, and bakers! We are looking for mitten knitters, jelly makers, woodcrafters, painters, photographers, jewelry makers, cookie bakers, Christmas ornaments makers and more.

You are invited to participate in our 2<sup>nd</sup> Christkindlmarket at Holy Trinity on December 9. The event will be held between and after the church services in Redeemer Hall. There is no charge for the table, and all proceeds are yours, but a donation to the Holy Trinity *Joyful Noise* fund would be appreciated.

We hope to highlight the many talents of the people in our congregation, and provide a social event for the start of the Advent and Christmas season. However, you need not be a member of the congregation to participate. Tell your talented friends about it and invite them to participate.

To register, fill out the form below and return it to the church office by November 27.

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Holy Trinity Lutheran Church

Christkindlmarket Registration

I wish to reserve a table at the Christkindlmarket on December 9 in Redeemer Hall.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Type of items for sale: \_\_\_\_\_

Circle one: Whole table (8 foot) Half-table (4 foot)

Items for sale should be handmade by the person registering. You are required to be at your table on December 9, from the end of the service until 3 pm. There is no charge for the table and all proceeds are yours. Set up will be available on Saturday, December 8 and Sunday, December 9. Times and details to follow.

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## ***Buffalo Peacemakers***

*The following is an initiative of Holy Trinity's Racial Justice Task Force chaired by Pastor Miller and Barb Wozniak.*

Perhaps you have heard of Buffalo Peacemakers. The organization provides proactive intervention for gang activity and at risk youth within the city of Buffalo. One of its missions is to stop the violence.

Last month NY Assemblyman Sean Ryan asked for volunteers on the West Side to meet with Pastor James Giles, who heads Buffalo Peacemakers, to form a similar group. Businesses on Grant Street were noticing petty thefts, drug dealing and prostitution.

Father Greg Boyle, founder of HomeBoy Industries, led worship at Chautauqua this past summer and spoke passionately about turning the lives of gang members around with work opportunities. That experience prompted attendance at Sean Ryan's office. We have had several more meetings and will have done five walks on Grant Street to meet with business owners. There are so many different cultures, languages, and nationalities on the West Side, communicating can be a challenge. People are receptive to the Peacemaker concept. We have had two community police officers joining us. Their message is "See something, say something." Don't hide behind closed doors.

Peacemakers Services:

*Education and counseling services*  
*Conflict resolution and anger management services*  
*Engagement of Faith Community*  
*Mentoring*  
*Street Patrol and Event Security*  
*Non-violence training*  
*Funeral and family support*

Pat Ulrich, Jerome Holloway and Doris Radcliffe from Holy Trinity have felt the call to do this. If interested in becoming a Peacemaker, please sign up in the church office.



## ***Women's Bible Study***

You are invited to join us for a new women's Bible Study! We meet the first Tuesday of each month at 7:00 pm in the Fellowship Room and share in fellowship and conversation. Unlike a traditional Bible Study, the conversation will be topical, this is similar to what we have done for Pub Theology. Over the next few months we will be reading and discussing, *Inspired*, by Rachel Held Evans. Please contact Pastor Brenda with any questions.

## *High Blood Pressure*

You can have high blood pressure, or hypertension, and still just feel fine. That's because high blood pressure does not cause signs of illness that you can see or feel. But, high blood pressure, sometimes called "the silent killer," is a major health problem. If high blood pressure isn't controlled with lifestyle changes and medicine, it can lead to stroke, heart disease, eye problems, or kidney failure.

### WHAT IS BLOOD PRESSURE?

Blood pressure is the force of blood pushing against the walls of the arteries. When the doctor measures your blood pressure, the results are given in two numbers. The first number, called "systolic pressure", measures the pressure when your heart beats. The second number, called the "diastolic pressure", measures the pressure while your heart relaxes between beats. Normal blood pressure is a systolic pressure of less than 120 and a diastolic pressure of less than 80.

### DO YOU HAVE HIGH BLOOD PRESSURE?

One reason to have regular visits to the doctor is to have your blood pressure checked. The doctor will say your blood pressure is high when it measures 140/90 or higher at two or more checkups. He or she may ask you to check your blood pressure at home at different times of the day. If the pressure stays high, the doctor may suggest medicine, changes in your diet, and exercise.

You could have "prehypertension" if your blood pressure is only slightly higher than normal - For example, the first number (systolic) is between 120 and 139 or the second number (diastolic) is between 80 and 89. Prehypertension can put you at risk for developing high blood pressure. Your doctor will probably want you to make changes in your day to day habits to try and lower your blood pressure.

### WHAT IF JUST THE FIRST NUMBER IS HIGH?

For older people, the first number (systolic) often is 140 or greater, but the second number (diastolic) is less than 90. This problem is called "isolated systolic hypertension". Isolated systolic hypertension is the most common form of high blood pressure in older people, and it can lead to serious health problems. It is treated in the same way as regular high blood pressure. If your systolic pressure is 140 or higher, ask your doctor how you can lower it.

### SOME RISKS YOU CAN NOT CHANGE

Anyone can get high blood pressure. But some people have a greater chance of having it because of things they cannot change. These are:

- 1) AGE. The chances of having high blood pressure increases as you get older.
- 2) GENDER. Before age 55, men have a greater chance of having high blood pressure. Women are more likely to have high blood pressure after menopause.
- 3) FAMILY HISTORY. High blood pressure tends to run in some families.
- 4) RACE. African-Americans are at increased risk for high blood pressure.

## HOW CAN I CONTROL MY BLOOD PRESSURE?

More than half of Americans over age 60 and about three-fourths of those 70 years of age and older have high blood pressure. The good news is blood pressure can be controlled in most people. To start, there are many lifestyle changes you can make to lower your risk for high blood pressure, including:

- 1) Keep a healthy weight. Being overweight adds to your risk of high blood pressure. Ask your doctor if you need to lose weight.
- 2) Exercise every day. Moderate exercise can lower your risk of high blood pressure. Try to exercise at least 30 minutes a day most days of the week. Check with your doctor before starting an exercise plan if you have a long-term health problem or are over 50 and have been inactive.
- 3) Eat a healthy diet rich in fruits, vegetables, whole grains, and low-fat dairy products may help to lower blood pressure. Ask your doctor about following a healthy diet.
- 4) Cut down on salt. Many Americans eat more salt (sodium) than they need. Most of the salt comes from processed food (for example, soup, and baked goods). A low salt diet might help lower your blood pressure. Talk with your doctor about eating less salt.
- 5) Drink less alcohol. Drinking alcohol can affect your blood pressure . Most men should not have more than two drinks a day.
- 6) Don't smoke. Smoking increases your risk for high blood pressure and heart disease. If you smoke quit.
- 7) Manage stress. People react to stress in different ways. For some, stress can make their blood pressure go up. Talk to your doctor about how you can lower stress. Exercise and getting a good night's sleep can also help.

If these lifestyle changes do not control your high blood pressure, your doctor will prescribe medicine. You may try several kinds before finding the one that works best for you. Medicine can control your blood pressure, but it cannot cure it. You may need to take medicine for the rest of your life.

Always remember to tell your doctor all the medicines you are taking, usually your primary doctor is the one who will manage your blood pressure. If you see other doctors, always include any medicines you may be prescribed by them. And never stop taking your blood pressure medication without talking to your doctor. Also take the medicine as prescribed. There are many blood pressure monitors for sale. Ask your doctor, nurse or pharmacist to see what monitor you need and ask them to show you how to use it. Make sure you are sitting with your feet on the floor and back straight. Relax five minutes before taking your blood pressure. Avoid smoking, exercise and caffeine 30 minutes before taking your blood pressure.

If you are taking your blood pressure regularly at home, keep a record and take it to your doctor on your next visit. Also take your monitor to your doctor periodically and have it checked out.

I hope this information has been of some help to you,

*Judy Reifsteck*

Information taken from Institute of Aging

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## FAITH IN ACTION

Many thanks for the donations of school supplies for Early Childhood Center P.S. 17. Over 600 items were delivered in early September. Another delivery of coats, hats, scarves and mittens was taken in mid-October. The new principal, along with the children, is extremely grateful for our gifts! The next project will be Angel Tree gifts. More information will be in the weekly bulletin. If you would like to be involved in this ministry, please contact Heather Miller.

The Racial Justice Task Force, which met over the summer as a book club, will meet on November 15 at 1:00pm. We will discuss next steps of involvement with community organizations. Please see Pastor Lee if you would like to participate.

“Sue’s Supper” Community Dinner continues on the last Wednesday evening of the month. This event continues to gather about 30 community members for food, fellowship and devotions

Over 50 bags with t-shirts and socks were hung on THE CLOTHESLINE for friends in the community. The bags were assembled on God’s Work, Our Hands Sunday, September 16. This project will continue with scarves, mittens/gloves and hats from mid-October to mid-March. Donations are always welcome! If you have questions, contact Linda Schmidt.



### **Our Church Paper**

**Editor: Linda Lipczynski**

English Evangelical Lutheran Church of the Holy Trinity  
A Congregation of the Evangelical Lutheran Church in America  
Upstate New York Synod

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John Busch, Director of Buildings and Grounds

Charles Ryniec, Steward of Buildings and Grounds

# NOVEMBER 2018

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                       | Monday                                                                         | Tuesday                                                                                                                                                   | Wednesday                                                                                                                                                                                            | Thursday                                                                                                                                                                                               | Friday                                           | Saturday                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
|  <p>4<br/> <b>All Saints Day</b><br/>           8:30 Service of Holy Communion<br/>           9:30 Sunday Forum<br/>           10:30 Service of Holy Communion<br/>           10:30 Sunday School / Nursery<br/>           11:45 Coffee Hour<br/>           12:00 Faith in Action Meeting</p>                             | <p>5<br/>           9:30 Bible Study</p>                                       | <p>6<br/>           5:30 WELCA/Needlers<br/>           7:00 Women's Bible Study<br/>           7:00 Community Music Chorus</p> <p><i>Election Day</i></p> | <p>7<br/>           7:30 Brewed Faith<br/>           6:00 BNYC<br/>           6:30 Wednesday Evening Service<br/>           7:00 Christmas Carol rehearsal</p>                                       | <p>1<br/>           12:00 Active Shooter Awareness Training<br/>           6:00 Chapel Choir<br/>           7:00 Chancel Choir<br/>           7:00 AA/AL-ANON</p>                                      | <p>2</p>                                         | <p>3<br/>           9:00 Fellowship &amp; Hospitality Meeting<br/>           10:00 Christmas Carol rehearsal</p> |
| <p>11<br/> <b>25<sup>th</sup> Sunday after Pentecost</b><br/>           8:00 Prayers at the Flag Pole<br/>           8:30 Service of Holy Communion<br/>           9:30 Sunday Forum<br/>           10:30 Service of Holy Communion<br/>           10:30 Sunday School / Nursery<br/>           11:45 Coffee Hour<br/>           12:00 Confirmation Class<br/>           2:30 Worship to Go at Wedgewood</p> | <p>12<br/> <i>Church Office Closed In Observance of Veterans' Day</i></p>      | <p>13<br/>           1:00 Ars Nova Rehearsal<br/>           3:30 Joyful Noise<br/>           7:00 Community Music Chorus</p>                              | <p>14<br/>           10:00 Staff Meeting<br/>           6:00 BNYC<br/>           6:30 Wednesday Evening Service<br/>           7:00 Christmas Carol rehearsal</p>                                    | <p>15<br/>           12:00 Leadership Buffalo meeting<br/>           1:00 Racial Justice Meeting<br/>           6:00 Chapel Choir<br/>           7:00 Chancel Choir<br/>           7:00 AA/AL-ANON</p> | <p>16<br/>           1:00 Ars Nova Rehearsal</p> | <p>17<br/>           10:00 Christmas Carol rehearsal<br/>           12:00 LYO Apple Pie Overnight</p>            |
| <p>18<br/> <b>26<sup>th</sup> Sunday after Pentecost</b><br/>           8:30 Service of Holy Communion w/Chapel Choir<br/>           9:30 Sunday Forum<br/>           10:30 Service of Holy Communion (Commitment Sunday)<br/>           10:30 Sunday School / Nursery<br/>           12:00 Pothuck Luncheon<br/>           2:30 Worship to Go at Wedgewood<br/>           6:30 Ars Nova Concert</p>         | <p>19<br/>           9:30 Bible Study<br/>           6:00 Chris Ed Meeting</p> | <p>20<br/>           3:30 Joyful Noise<br/>           6:00 Executive Meeting<br/>           7:00 Community Music Chorus</p>                               | <p>21<br/>           6:30 Thanksgiving Service</p>                                                                                                                                                   | <p>22<br/> <i>Happy Thanksgiving Church Office Closed</i></p>                                                                                                                                          | <p>23<br/> <i>Church Office Closed</i></p>       | <p>24<br/>           10:00 Christmas Carol rehearsal</p>                                                         |
| <p>25<br/> <b>Christ the King Sunday</b><br/>           8:30 Service of Holy Communion<br/>           10:30 Service of Holy Communion<br/>           10:30 Sunday School / Nursery<br/>           11:45 Coffee Hour</p>                                                                                                                                                                                      | <p>26<br/>           9:30 Bible Study</p>                                      | <p>27<br/>           3:30 Joyful Noise<br/>           6:00 Council<br/>           7:00 Community Music Chorus</p>                                         | <p>28<br/>           10:00 Staff Meeting<br/>           5:30 Community Meal<br/>           6:00 BNYC<br/>           6:30 Wednesday Evening Service<br/>           7:00 Christmas Carol rehearsal</p> | <p>29<br/>           7:00 Chancel Choir<br/>           7:00 AA/AL-ANON</p>                                                                                                                             | <p>30</p>                                        |                                                                                                                  |

# DECEMBER 2018

| Sunday                                                                                                                                                                                                                                                                                                                                                                                        | Monday                                                                                  | Tuesday                                                                                                  | Wednesday                                                                                                                                           | Thursday                                                   | Friday                                        | Saturday                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------|------------------------------------------------------------|
| <br>First Sunday in Advent<br>8:30 Service of Holy Communion<br>9:30 Sunday Forum<br>10:30 Service of Holy Communion<br>10:30 Sunday School / Nursery<br>12:00 Coffee Hour/Greening of Church<br>12:00 Faith in Action Meeting<br>12:00 Pageant Rehearsal<br>4:00 Lessons and Carols with HT and UB Choirs | 9:30 Bible Study                                                                        | 9:00 Boundaries Training<br>3:30 Joyful Noise<br>7:00 Women's Bible Study<br>7:00 Community Music Chorus | 7:30 Brewed Faith<br>6:00 BNYC<br>6:30 Wednesday Evening Service<br>7:00 Christmas Carol rehearsal                                                  | 6:00 Chapel Choir<br>7:00 Chancel Choir<br>7:00 AA/AL-ANON | 7:30 A Christmas Carol Production             | 10:00 Christmas Carol rehearsal                            |
| 2<br>Second Sunday in Advent<br>8:30 Service of Holy Communion<br>9:30 Sunday Forum<br>9:30 Christkindlmarket<br>10:30 Service of Holy Communion<br>10:30 Sunday School / Nursery<br>12:00 Pageant Rehearsal<br>12:00 Confirmation Class<br>2:30 Worship to Go at Wedgewood                                                                                                                   | 9:30 Bible Study Christmas Party                                                        | 3:30 Joyful Noise<br>7:00 Community Music Chorus                                                         | 10:00 Staff Meeting<br>12:00 Staff Christmas Luncheon<br>5:30 Christmas Tree set up/ basket assembly<br>6:00 BNYC<br>6:30 Wednesday Evening Worship | 7:00 Chancel Choir<br>7:00 AA/AL-ANON                      | 6:00 Congregational Christmas Dinner/ Pageant | 15                                                         |
| 16<br>Third Sunday in Advent<br>8:30 Service of Holy Communion<br>9:30 Sunday Forum<br>10:30 Service of Holy Communion<br>10:30 Sunday School / Nursery<br>11:45 Coffee Hour<br>2:30 Worship to Go at Wedgewood                                                                                                                                                                               | Christmas Eve<br>5:30 Family Service<br>9:45 Preservice music<br>10:30 Festival Service | 3:30 Joyful Noise<br>4:00 AA Christmas Party<br>7:00 Community Music Chorus                              | 6:00 BNYC<br>6:30 Wednesday Evening Worship                                                                                                         | 6:00 Chapel Choir<br>7:00 Chancel Choir<br>7:00 AA/AL-ANON | Poinsettias delivered                         | 9:00 Poinsettias set up<br>11:45 Christmas dress rehearsal |
| 23<br>Fourth Sunday in Advent<br>8:30 Service of Holy Communion w/Chapel Choir<br>10:30 Service of Holy Communion<br>10:30 Sunday School / Nursery<br>11:45 Coffee Hour                                                                                                                                                                                                                       | Christmas Eve<br>5:30 Family Service<br>9:45 Preservice music<br>10:30 Festival Service | Christmas Day<br>10:30 Christmas Worship Service<br>Church Office Closed                                 | Church Office Closed<br>Happy Birthday Carol Littlefield                                                                                            | 7:00 AA/AL-ANON<br>Happy Birthday Pastor Buerk             |                                               |                                                            |
| 30<br>First Sunday after Christmas<br>8:30 Service of Holy Communion<br>10:30 Service of Holy Communion<br>10:30 Sunday School / Nursery                                                                                                                                                                                                                                                      | New Year's Eve                                                                          |                                                                                                          |                                                                                                                                                     |                                                            |                                               |                                                            |



## *Christmas Flowers*

Preparations have already begun for Christmas, which is quickly approaching, and as it has been in the past, the congregation is being asked to contribute toward the purchase of poinsettias which will be placed in the chancel for Christmas. The flowers may be given in memory of and/or in honor of someone for whom we care.

As in past years, your response to this request has been overwhelming, and we thank you for your continued support and generosity. If you would like to once again give a Christmas offering to help defray the costs of decorating the sanctuary, you may do so by sending in your check (payable to Holy Trinity). Poinsettias are \$10.00 each. Donations will be listed on your giving statement.

I/We would like to place \_\_\_\_ poinsettia(s) in the chancel on Christmas Eve (\$10.00 per plant).

In memory of \_\_\_\_\_

In honor of \_\_\_\_\_

By \_\_\_\_\_

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