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# OUR CHURCH PAPER

September-October 2018

Vol. 27 No. 5

## *My View From Here*

Ready...Set...Go!

It's been a great summer.

From opportunities to learn something new, to teaching something challenging, opportunities to play and to rest; time with friends and with family and neighbors.

I hope you too have had an opportunity to recharge this summer; to do something out of your normal routine; to take time at play and at rest.

Holy Trinity has been a busy place – from Impact Camp Day Camp to Vacation Bible School and everything in between.

Now that the kids are getting their backpacks ready for school (and blessed this Sunday) our full-on attention is on the program year ahead – discovering the ways God is at work in our midst; feeding us on Sundays and sending us to those we encounter throughout the week.

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, sent by God to love like Jesus in word and action!*

Wow! That's powerful stuff!

What does it mean to you to center your life in **Worship**? What does the community, gathered on a Sunday morning or a Wednesday evening mean to you? Where do you find God in worship? How do you best like to express your thanks to a reconciling and redeeming savior? How does worship equip you to get through your week?

Someone once told me that where we **grow** and where we are comfortable are two different places. Growth spurts lead to some pain and challenge. Growth means finding new ways to teach long held convictions. Growth invites us to dream anew and to trust in God who leads and guides us.

Being "Church Together" as Bishop Elizabeth Eaton expresses is not for our own self adulation, but we are church together "For the Sake of the World." God is at work in the world – through us! We are to **Go!** Go out from this grace station into our neighborhoods and the greater community to be God's light and life and love in the world.



**HOLY TRINITY**  
BUFFALO

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*My View From Here cont.*

I love being out and about in WNY and running into a member of the HT family at the Co-op, at restaurants, along the canal, at the waterfront, in our beautiful Buffalo neighborhoods, and being proud to be a part of such a loving community. We are the Church Together, and we are the church for the sake of the world.

It's not ready, set, go, it's Worship...Grow...Go!

That's my view from here,

*Pastor Lee*



### ***A Word from Pastor Brenda***

This installment of my reflection might sound a bit familiar. I feel like it is an extension of the last newsletter. I feel it is important to mention not just what we are looking forward to, but also what brought us to this point. This has definitely been a busy summer for me, and I'm sure for you too, as well as for the ministries here at Holy Trinity. I've been referring to this summer as "the summer of youth events," and while yes, I feel like I've spent most of my summer with the young people in our congregation and our surrounding community, this isn't the only thing we have been focused on. Our new community meal, Sue's Supper, is thriving and from talking to some of our regular guests, this is a ministry that they look forward to each and every month.

The theme of many youth events this summer has been the theme of the youth gathering, "This Changes Everything" and that is most certainly true. Since the last newsletter, I have been to Houston with four of our youth, I have spent a week at LCLC Confirmation Camp teaching youth throughout our synod, we have hosted Impact Day Camp, and finally our own VBS where we learned that we are all the special! Just look at all we have accomplished to see just how "This Changes Everything."

As we gear up to head into our program year, I pray that we can take this transformative momentum with us, that our ministry here at Holy Trinity will grow and strengthen, transformed by God's love and grace. That our ministries will be transformative for all those who encounter them, that they might be touched, changed, transformed by God's love and grace. I continue to come back to the question that I closed my last note with, how is God working in your life? What is "this"? How is "it" changing your life? How does "this" change everything?

I'm excited to see where we are being led as we move through the new program year, to see new ministries discovered and implemented, to see current ministries strengthened and nourished, to see how God works in and through this place here. I am excited and curious to see how we can be agents of change in this world, and more specifically here in Buffalo!

*So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!*

~2 Corinthians 5:17

*Pastor Brenda*

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## *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.

In his book, *Holy Things*, Dr. Gordon Lathrop writes that the pattern of how we do worship, or the Ordo, is not the directions about the service itself, with its scheduled readings, rites, prayers and purpose, but the whole intent behind the structure of our worship. “The scheduling of the ordo, the setting of one liturgical thing next to another in the shape of the liturgy, evokes and replicates the deep structure of biblical language.” In other words, the very structure of our worship is rooted in our biblical texts, in addition to the reconstructed patterns of the Jewish meal and of the synagogue services.

The root elements of our worship – setting aside a sabbath day, prayer, gathering around scripture, the sharing of a meal, have been a part of our tradition since the very first Christians, or followers of the Way.

Justin, in his second century Apology to the Roman Emperor, Pius, outlined the basic Christian pattern for worship of Word and Table. Since the second century Christians have gathered on the Lord’s day, heard the reading of scripture by a reader and a homily by a preacher, shared prayers for the people, and set out food of the Eucharist, for which thanksgiving was offered, and the meal distributed. Justin even marks that the food was later distributed to those in need, by the deacons, and that a collection for the poor was deposited with the presider.

Juxtaposed with Luther’s understanding of Law and Gospel, receiving and teaching, we receive from Justin the tradition of the bath which is baptism. Since the early days of the church there has been conversation around whether or not one need to understand in order to receive or to believe. Luther would hold that God’s grace, made present in Baptism, is a gift first, and then teaching accompanies this gift. Therefore, when considering the Ordo, or liturgy, the pattern becomes Bath – Word – Table. Our whole liturgical worship service can be thought of in these three primary movements.

We begin, as we are baptized, “in the name of the Father, and of the Son, and of the Holy Spirit.” Our Confession and Absolution often begin with these or a parallel trinitarian formula. This “opening” to our worship centers our prayer and praise in the words which welcomed us into the body of Christ.

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*Why do we worship cont.*

Confession is a reminder of our baptism. A reminder that we have renounced the ways of sin that draw us from God, that we have renounced the powers of evil in the world that harm us and keep us from loving ourselves, each other, our neighbors, the stranger, and God's own self. The absolution then reminds us of the words we received in baptism (especially if we were baptized as infants) – "In the name of Jesus, your sins are forgiven." Sometimes we take an option of using the "remembrance of Baptism," in our liturgy, but even when we choose this option, we are still beginning with a reminder of our first sacrament.

Worship begins in the same way we come into the church – through Baptism. (Consequently, this is why the Baptismal Font is in the center of the chapel entrance – you have to go through baptism, to get into church!) Worship begins with the reminder that God has promised to show up, to name us and claim us beloved, and to send us into the world rejoicing.

Look for the next Church Paper to find out "Why we worship the way we do!"

*Pastor Lee*



## ***Joyful Noise is Back!***

Joyful Noise will be kicking off Tuesday, September 25! Joyful Noise is an afterschool program that offers homework help, a healthy snack, and an instrument/voice lesson. Holy Trinity partners with Community Music School to provide quality music lessons. The program meets at 3:30-5:30 pm on Tuesdays. The program is free to students, instrument rentals are available. We are always looking for volunteers! Please see Pastor Brenda for information on how you can help out or to register a student!!



## VBS 2018 “Building Up!”

Susan Bundt



 Everything is awesome!  is the theme song from the Lego Movie and it certainly describes the week at our Lego inspired Vacation Bible School, “Building Up!”



Forty-eight children and 25 adult volunteers participated in a week which included skits, stories, music, crafts, community visitors, outreach projects, building with legos, games, great food, lots of laughter and just plain fun. We worked on building up ourselves, each other, the community, the world, and the church.

Pastor Lee led us in song each morning. Some were praise songs and some were our silly favorites. In our morning skits, The “Great Architect” and a cast of biblical characters showed Emmett what he was capable of building and how to go about answering the challenge.

Lisa, from Compass House, shared their mission to care for teens who need emergency shelter and life resources. One of our projects for the week was to build 60 “lego” boxes filled with personal care supplies to donate to Compass House.





Miss Stephanie and Miss Stephanie (yes there were 2 of them!) from Engineering for Kids did a variety of engineering projects with each of our groups, including building battery operated robots.

Miss Sue and Miss Julie from Zumba by Samira helped us build strong bodies with a great zumba workout.

Miss Kristen from the Buffalo Museum of Science brought a “shockingly” great lesson on electricity to build our thinking skills.



Along with our outreach project for Compass House, we also made drawstring playmat bags filled with new lego kits for children at Roswell

Park Pediatric Unit and Oshei Children’s Hospitals. The youth decorated tote bags and filled them with stuffed animals to go to area nursing homes. The youth also made friendship bags to exchange with a new friend from VBS. Look for the display we made for church, filled with words and phrases of encouragement to build up those who come to worship or share a meal with us.



Throughout the week, we concentrated on using words and actions to build others up rather than tearing them down. It was great to see the children put this into action, reaching out to each other and seeking ways to help others. I am so very grateful to the many volunteers who worked to make this week happen. From those who donated items or sought out donations, those who sewed playmats, those who cooked for us, those who spent the week teaching, protecting and guiding us (including our mascot Kona), this was a multi-generational, congregational ministry. I am also indebted to the church staff who cheerfully go above and beyond to accommodate our many needs (and the mess we make).



# ***ANNUAL CONGREGATIONAL PICNIC AND RALLY DAY***

**Susan Bundt**

Our  
annual  
picnic and  
Rally Day



was held on August 26, 2018. The weather was warm and sunny and it was a wonderful day to connect with friends, old and new. After a week of VBS, "Building Up", the children got to share some of their endeavors with the congregation. They joined Pastor Lee in singing, "Build Up", our VBS theme song during Worship. After the service we shared good food and conversation while the



children enjoyed a bounce house, some carnival games and a cotton candy machine. A basket raffle provided entertainment while helping to raise funds for next year's VBS. It was all a community effort



and I am grateful for all the contributions and all the hands that helped with set-up and clean-up. It was a great way to "rally" us all together to begin a new season in the church, rested and energized from the summertime.



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## *A Message from our Organist*

I had the privilege to attend the National Convention of the American Guild of Organists (AGO) July 3-6, in Kansas City, Missouri. Having never set foot in Missouri, I wasn't sure what to expect, but I left feeling excited and inspired.



I filled my quiet time on and between flights learning more about the rich history of Holy Trinity. I first read Roberta Bitgood's memoir *Swell to Great*. She was the first full time music director at HT, having worked as organist-choirmaster from 1947-1952, and subsequently became the first female president of the AGO. I found this very fitting and inspiring as I attended my first AGO Convention. I also enjoyed Marty Bauer's *Stand Fast Forever* which gave me even more pride and reverence for this special place in which we gather every week.

In a short two and a half days I managed to attend five solo organ recitals, two worship services, a live recording session of the MPR nationally syndicated radio program *Pipe Dreams* with Michael Barone, three organ practice workshops, several repertoire reading sessions, made connections with upcoming concert artists who will be appearing at Holy Trinity, and met a number of composers whose works we have featured this past year.

The sparkle and virtuosity of international concert organist Chelsea Chen was astounding. We are honored that she will perform at Holy Trinity next July 3, 2019 as part of the AGO Regional Convention. There will be a number of exciting events featuring Holy Trinity at that convention next summer, and we hope you will mark this date down now, and plan to attend what will be an incredible concert.

I was also excited to attend a workshop led by Tom Trenney, composer of *Living Water*, whom we first presented on Pentecost Sunday. One of my last music purchases was music of Daniel Gawthrop, composer of the beloved *Sing Me to Heaven* and *Choirster's Prayer* which concluded this past year's choir season and will begin the next. The composer happened to be standing nearby and was honored to hear of our recent performances and autographed my music.

You can expect over the coming year to hear pieces that were specifically commissioned for this convention. I have many exciting ideas for new repertoire, both for myself and for Justin and our beloved choirs.

Thank you for this exciting opportunity to grow and be inspired. I feel privileged to make music at Holy Trinity to the glory of God.

"Music is God's gift to man, the only art of Heaven given to earth, the only art of earth we take to Heaven." – J.S. Bach

Appreciatively,

*Kristen Pomietlarz*



## **SUNDAY FORUM**

**The Sunday Forum** meets on Sunday mornings from 9:30am-10:15 am in the Fellowship Room. Topics span from current events and local news to advocacy and congregational engagement. Special Presenters include leaders from our community as well as Holy Trinity. Please join us.

### **Schedule for September through December 2018**

#### **September 16**

Advocacy Sunday. “God’s Work, Our Hands” Sunday  
A guest speaker will speak on the importance of voter registration  
and the importance of voting in upcoming elections.

#### **September 23**

Attendees of the 2018 Houston Youth Gathering  
will share pictures and speak on their experiences.

#### **September 30**

Julie Kruger will speak on Immigration Law

#### **October 7**

Annual Flu Clinic

#### **October 14**

Uli MacDonald, Stewardship chair, will share the value and gift of good stewardship.

#### **October 21**

Pam Kefi of Deaf Access Services

#### **October 28**

Pastor Miller leading a discussion of the “E-Word” in ELCA

#### **November 4**

Pastor Miller – The “E-Word” Part II

#### **November 11 Veteran’s Day Weekend**

Gail Marcin will discuss the importance of our traditions and respect for the American Flag.  
This will include an explanation of how to properly fold the flag and the meaning of each fold.

#### **November 18**

Angela Keppel will describe the function of Buffalo Place in the growth of the city.

#### **November 25 Thanksgiving Weekend**

NO FORUM

#### **December 2**

Presentation - 2019 Holy Trinity Budget Proposal Emily Notari, Treasurer

#### **December 9 Advocacy Sunday**

Food, Farms and Faith. A discussion on CSA (community supported agriculture)

#### **December 16**

Annual Christmas “Sing-a-long” with Dr. Roy Clare

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# A Day in the Life

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## Membership News

### ***Special Birthdays***

Below is a list of our members whose birthdays are in September or October, 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 in September or October, please call the church office.

October 5      Mary Sellig  
                    115 Wendover Avenue  
                    Buffalo, NY 14223

### ***Baptisms***

July 8, 2018      Jameson Scott Daumen, son of Scott and Maggie Daumen.  
                         Sponsors are Desiree Doyle and Thomas Berwick

### ***Nuptials***

August 11, 2018      Jeremy Wright and Kimberley Izard  
August 18, 2018      Christian Buerk and Lacey Hansen

### ***Confirmation***

Congratulations to Nathaniel Edward Wareham who celebrated Confirmation "Affirmation of Baptism" on August 19, 2018.

### ***Deaths***

Our recently departed family and friends

July 22, 2018      Audrey Thompson (mother of Laurice Thompson)

August 20, 2018      Vinell "Suzie" Williams

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

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## 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*



The sound of cicadas reverberating in the trees around my house point to the start of the upcoming school year and a calendar that will once again be filled with meetings and choir practices. I hope you have enjoyed the warmer temperatures and the vivid colors of summer. My visit to family and friends in Germany has left me with happy memories and strengthened relationships to the ones I love. I did miss our worship together while I was away and look forward to the Sundays to come!

In this newsletter, 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. I will continue to do so now and over the next few newsletters.

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."

Today, we explore what the ELCA means with "**IN**". The following is taken from the ELCA pamphlet:

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*Stewardship Corner cont.*

*IN – discovering all that God has entrusted to our care*

“God has skillfully created us and blessed us with more than we could ever imagine. We are fearfully and wonderfully made! God knows us deeply and has created each of us uniquely. God has entrusted us with an abundance of tangible and intangible resources — time, talents, treasure and so much more. While our gifts may seem meager, put in the hands of God, these gifts can become so much more. In Mark 6:30-44, Jesus takes a little boy’s lunch and blesses it to feed thousands. Even in the midst of scarcity, God provides in abundance. God gives in abundance that we might share in abundance. The apostle Paul writes, “And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work” (2 Corinthians 9:8). When we realize that all we have belongs to God and not us, we can’t help but give it away in thanksgiving for God’s generosity to us. We give joyfully, graciously and sacrificially because we know that our resources are not ours to keep but are God’s to share.”

I have touched on the topic of abundance during stewardship ministry moments in church and feel that it is VERY important to always keep in mind just how blessed we all are. I clearly remember a sentence that Nicholas Kristof, the speaker at my son’s graduation ceremony at Syracuse University, said a few years ago: “No matter how poor you are, if you live in the United States of America, you have won the lottery of life”. His remarks were born from having witnessed utter poverty, hunger and starvation, neglect of human rights and war in other parts of the world.

We have SO much and yet I feel that the tendency in our country is to look at what we DON’T have rather than what we DO have. And I am often guilty as charged...

My ‘homework’ for you is to look deeply at yourself and explore whether you live out of a sense of abundance and gratitude or out of a sense of scarcity. What would it take for you to live out of a sense of abundance? How would living out of a sense of abundance and gratitude change the way you look at others in need? Do you think it could be possible to live out of a sense of abundance even when financial resources are sparse? What does stewardship of a church community mean to you? What is holding you back from sharing your time, talents or resources? If you have been involved in the same ministry or given the same amount each week for the past 20 years, how would you feel to try something new?

I hope that the Holy Spirit will guide you to a life of abundance in God!

Yours in Christ,

*Uli MacDonald*





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## What's Happening in LYO?

I would like to take a moment to welcome you to the 2018-19 LYO Year! We will begin this year with a welcome dinner and orientation meeting on Saturday, September 15<sup>th</sup> at 6:00pm at the church. The intent of this meeting is to share the upcoming schedule of events, discuss expectations that Kai and Pr. Brenda have of the youth and the parents, as well as give both youth and parents a time to set some expectations of us and of the youth group.

The youth group is a ministry that serves youth in our congregation who are entering confirmation or 7<sup>th</sup> grade. We have identified a group of youth that will serve as peer leaders of the LYO and we have already begun to work with them in developing a mission and purpose of our youth ministry program. We will introduce our peer leaders at this meeting as well as sharing our mission and purpose.

The welcome dinner will be prepared by our youth, so while the dinner will begin at 6:00 pm, all youth that will be participating will be arriving earlier that day to prepare and cook the meal. The time of drop-off for this activity will be dependent on the number of RSVP's that are received, so that we can prepare and cook enough food and have dinner ready to be served by 6:00.

Please RSVP by calling Holy Trinity at 886-2400 no later than Monday, September 10<sup>th</sup>.

We have already begun looking at October's event and while the date is still TBD, we are planning a service project in the morning, a hike in the afternoon and an overnight. More details will be available at our orientation dinner.

If you have any questions or concerns, please contact Pr. Brenda by email ([pastorbrenda@holyltrinitybuffalo.org](mailto:pastorbrenda@holyltrinitybuffalo.org)) or phone. I also welcome appointments to meet in person.

Youth ministry doesn't happen without the support of parents and family. We look forward to seeing everyone at our welcome dinner and orientation, hearing your expectations of our youth ministry program and getting to know you all better!

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A message from:

***The Holy Trinity Haiti Mission Committee –  
a ministry of presence***



Susan Bundt

Holy Trinity has an on-going relationship with Grace Ministries and the people of **Île-à-Vache**, Haiti. The mission committee has two essential parts – a travel group and a home base contingent.

On October 18<sup>th</sup>, the HT 2018 Travel Team will journey to this tiny Haitian island to connect once again with these amazing people of faith. This year's travel team includes Pastor Lee, Kathy Crissey, Guy Huber, Mary and Kurt Kaufmann and myself. While we are there, we plan to help with building and finishing pews for the new church, finish painting rooms in Grace school, and spend time playing with the children at Grace Orphanage and the surrounding neighborhood. We also provide a community meal for everyone. All of these endeavors are important and needed, but our core objective is always to bring love and support to the Haitian community. The people of **Île-à-Vache** live with indescribable hardship and poverty, yet they have the most amazing and gracious spirit and unshakable faith. Over the past five years, we have built an on-going relationship with



these remarkable people. We have made friends and exchanged bits of culture along with smiles, hugs, and prayers. As a returning member of this team, I can tell you how wonderful it is to dock on the island and be greeted by many grinning faces, anxious to spend time with you. Many of the children remember us by name and look forward to the love and attention they only get when mission groups visit.

The Haiti Home Team is a vital part of these mission trips.

Your prayers, as well as emotional and financial support are what make this ministry possible. We thank you for all you have done to get us this far and we ask for your continued prayers, especially during our travel period October 18 – 23, 2018.



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*Haiti Mission Committee cont.*



On **Sunday October 14<sup>th</sup>**, (the Sunday before we travel) we are hosting a **Bake Sale** at both Worship Services to raise contributions to the HT Mission Fund, which helps to underwrite the cost of these trips. All Mission Team Members, along with the congregation, are invited to participate in baking the goods to sell. This will help us to raise awareness for this precious cause and give the Travel Team a unique time to interact with the Home team. It's also a great reason to buy a delicious treat!

Please take a look at the showcase at the bottom of the stairs leading to Redeemer Hall. You will find pictures of some of our friends on **Île-à-Vache**, as well as some special mementos of our times in Haiti. If you would like more information about this ministry, please reach out to any member of the team. We would love to talk to you!



**Our Church Paper**

**Editor: Linda Lipczynski**

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Judy Reifsteck, Faith Community Nurse

John Busch, Director of Buildings and Grounds

Charles Ryniec, Steward of Buildings and Grounds

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## ***Food Pantry Update***

A special thank you, to all who donate nonperishable food to our Food Pantry at the Network of Religious Communities. If you help in this way, we are very appreciative. Just a reminder that the following items are always gratefully received and must not be expired: Cereal, canned fruits and vegetables, pasta, sauce (no glass containers), mac and cheese, canned meats, tuna fish, beans. Peanut butter and jelly too.



Our Wednesday volunteer team now includes Prudence Holland. Thanks for volunteering Pru! We love having you with us. We are grateful for all those who give their time and energy! Also very thankful for all the hours Linda Schmidt has volunteered. Wishing her improved back health as she takes a break from serving on Team 1.

Team 1 still helps on the first and third Tuesdays each month and Team 2 covers the second and fourth Wednesdays.

The Pantry distributes a grocery bag stocked with fruits, vegetables, pasta, sauce, beans, cereal, and frozen protein (might be fish, beef, chicken, turkey). Additional items such as mac and cheese, soups, may be added to the bags. Bread and fresh produce are also often available.

Some of the people we help serve are facing dire circumstances and others struggling to make ends meet with family challenges. There certainly is a need for this help.

If you think you may be called to help on a team, please contact Donna Leiser at 862-0606.

Thank you again!



## ***Flu Clinic***

It is that time of year again! Flu vaccines will be available at Holy Trinity on Sunday, October 7 from 9am to 1 pm. Please bring your insurance card for I.D. There is no charge. Rite Aid will be giving the vaccines as last year. VNA and Catholic Health are no longer doing them. Thank you and God Bless for a free season from the flu.

Judy Reifsteck



## ***Holy Trinity Needlers***

***“Unwrapping our Spiritual Gifts”*** a joint conference meeting for Women of ELCA will be held on Saturday, September 22 2018. Please see bulletin boards for more info and registration forms. Questions??? See Ruth Schmidt or Barb Wozniak.

Holy Trinity Needlers will meet in the Fellowship Room on September 4, 2018 for the monthly gathering. It begins with a “bring your own dinner” at 5:30pm, but you can come when it suits your schedule. Following is a brief meeting with discussion on an article from “Gather” magazine. We will be working on card making, angels for Christmas gift requests and shawl making. Hope you can join us!

This year for the School 17 Angel tree, the Holy Trinity Needlers have decided to make a more lasting angel than the ones we usually use for the Angel Tree to identify the students and their Christmas gift requests. We are crocheting angels in white yarn with a pop of color around the edges. These angels will also give the students a little something ‘extra’ letting them know that we really care about them. Our goal is to make between 70-100. We are well under way having around 50 done so far! If you would like to help and need a pattern contact Angie Bavaro at [angiebear426@yahoo.com](mailto:angiebear426@yahoo.com).



## ***FAITH IN ACTION***

***GOD’S WORK OUR HANDS SUNDAY***, September 16, 2018 will be held in conjunction with Advocacy Sunday and feature information on voter registration. Please see information in the bulletin.

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## ***Fellowship and Hospitality Committee***

The committee's last summer activity was the Holy Trinity Open played at Tan Tara Country Club. Twenty players took to the course and about a dozen more folks joined the group for lunch and prize drawings. The foursome of Marilyn Miller, Don Miller, Ron Leiser, and Mark Leiser took home the trophy. Thanks to Craig Johnson for organizing the day.

The first fall activity will be the annual pet blessing on Wednesday, October 3 at 6:30pm in the Chapel parking lot. This event has been growing every year.

Coming to a theater near you (our church) will be a production of Charles Dicken's, "A Christmas Carol", with performances on Friday evening and Saturday afternoon, December 7<sup>th</sup> and 8<sup>th</sup>. Stay tuned for more information.

The following Sunday, December 9<sup>th</sup>, we will hold our second Christkindlmarkt. More information to come on this event also.

Tom Kutas, our co-chairman for all five years that this committee has been in existence, has decided to step down from his position. Thanks to Tom for all the work he has done. Enjoy retirement.

The committee's next meeting will be held on Saturday, September 8<sup>th</sup> at 9:00 A.M. in Redeemer Hall. All are welcome. Be sure to check the committee's page on the Holy Trinity web site.



## ***National Youth Gathering...***

Thanks to everyone who supported our youth and their trip to the National Youth Gathering in Houston in June and July! We are excited to share with you all we did and experienced while in Houston! Please join us for the Sunday Forum on September 23, beginning at 9:30. We will be showing a powerpoint of pictures and sharing stories of our experiences while in Houston!



## ***Parking Spots***

You may have noticed the signs indicating parking for the Pediatric Dentist office in our side lot. These signs are for paid parking Monday through Friday for employees of the dental office. As always, parking is open to our members and guests in any of our lots on Sunday. If you have any questions, please see Pastor Miller or Pastor Maynor.

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## ***September 21: International Day of Peace***

Global migration has reached unprecedented numbers, and cultural polarization is only one result, resulting in conflicts between neighbors. Lutherans in Liberia, Zimbabwe, South Sudan, and Columbia are leading the way in moving people beyond conflict toward reconciliation.

**Liberia:** When the 15-year civil conflict ended in 2003, women who had been instrumental in ending it formed a group called Women in Peacebuilding Network. In fact, one of the women, Leymah Gbowee, a member of the Lutheran Church in Liberia, won the Nobel Peace Prize. They monitor the progress of the peace agreement between the government and the rebel leaders, document violations, and intervene with actions of peace and reconciliation.

**Zimbabwe:** Zimbabwean churches historically have aided the victims of politically motivated violence, but in order to help prevent the violence, they launched the Ecumenical Church Leaders Forum, led by retired Bishop Ambrose Moyo of the ELCZ. 88 local committees are now in place, trained in conflict prevention, management, resolution and peace building.

**Colombia:** In 2016, a peace agreement was reached between the government and a guerilla group, after more than 50 years of conflict. The House of Reconciliation and Peace Education was founded last year by Emmaus Lutheran Church. Its vision is to preach the gospel and to live out the gospel in the community, so they are teaching the people in the neighborhood to resolve conflicts peacefully.

**S. Sudan:** Regional violence in S. Sudan has forced people to flee, only to find they become neighbors of people from their rival ethnic group. Last year, the Lutheran Center opened in Juba, the capital, offering worship, education, health care, and healing. School children have quiet place to do homework, women are learning to sew, and medical staff attends to the ailing. It gives them hope for the future, and, in turn, a reason not to pick up firearms and fight.

The ELCA directly or indirectly supports these initiatives. Your mission support helps bring peace to places that have known lifetimes of war. ***Thank you!***

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



## ***Need a new Name Tag?***

If you are in need of a replacement gold plated, magnetic name tag, simply call the church office at 886-2400 to order a new one. The cost of a replacement name tag is \$6.50 and we ask that you place your order by October 14.

## ***Concerned about Constipation***

This is a topic that most people do not want to discuss. They feel embarrassed even to mention the word. However, it is a topic that is vital for your overall health. Everyone becomes constipated at one time or another. Older people are more likely than younger people to become constipated, but most of the time it is not serious.

Constipation is a symptom, not a disease. You may be constipated if you are having fewer bowel movements than usual, it takes a long time to pass stools and the stools are hard.

Some people worry too much about having a bowel movement every day. They sometimes become obsessed with their bowel habits. You will find this more with the elderly. There is no right number of daily or weekly bowel movements. Being regular is different for each person. For some it can mean bowel movements twice a day. For others, having movements three times a week is normal.

Here are a few questions to ask yourself to decide if you are constipated.

- 1) Do you often have fewer than three bowel movements a week?
- 2) Do you usually have a difficult time passing stools?
- 3) Are stools often lumpy or hard?
- 4) Do you have a feeling of being blocked or of not having fully emptied your bowels?

Did you answer “yes” to one or more of these questions? If so, you may have a constipation problem. Otherwise, you probably don't.

What causes constipation? Doctors do not always know what causes constipation. It may be a poor diet, not getting enough exercise, or using laxatives too often.

**DIET.** You may become constipated if you don't eat enough high-fiber foods like vegetables, fruits, and whole grains. Also eating a lot of high-fat meats, dairy product and eggs, or rich desserts and sugary sweets may cause constipation.

People who live alone may lose interest in cooking and eating. As a result, they start using prepared foods. These foods tend to be low in fiber and may lead to constipation. Also, people who have problems with their teeth tend to choose soft, processed foods that contain little fiber.

Many older people don't drink enough water and other fluids. This often is the case when they're not eating regular meals. Water and other fluids usually help people stay regular.

**USING TOO MANY LAXATIVES AND ENEMAS.** Many people think of laxatives as a cure for constipation. But if you use laxatives too often, your body may forget how to work on its own. Heavy use of laxatives can cause diarrhea. For the same reason, if you use enemas too often, your body may begin to depend on them. Too many enemas may stop you from having normal bowel movements.

**LACK OF EXERCISE.** Inactivity or long periods in bed due to illness or following surgery may cause constipation. Medication can be given to help this problem. However, being more active, when possible, is best.



**HOLDING BACK BOWEL MOVEMENTS.** Ignoring an urge to have a bowel movement can lead to constipation. Some people prefer to have bowel movements at home. But holding in a bowel movement can cause constipation if the delay is too long.

**MEDICAL CONDITIONS.** Some problems like stroke, diabetes or a blockage in the intestines can cause constipation. These disorders may affect the muscles or nerves used for normal bowel movements. A doctor can test to see if the problem is medical. Medical problems can often be treated. Another condition, called irritable bowel syndrome (IBS), can cause constipation. IBS is a common disorder of the intestines that results in pain, bloating and constipation or diarrhea.

**MEDICATIONS.** Some medications can lead to constipation. These include some drugs used to treat depression, antacids containing aluminum or calcium, iron supplements, some allergy medicines (antihistamines), certain painkillers, some high blood pressure drugs, including diuretics, and some drugs used to treat Parkinson's disease.

**TREATMENTS.** If you think you are having constipation problems, talk with your doctor. There are tests that can be done to show no disease or blockage. If tests show no disease or blockage, then try the following with your doctor's approval.

- 1) Add more fiber to your diet by eating more fresh fruit and vegetables, either cooked or raw, and more whole grain cereals and breads. Dried fruits such as apricots, prunes and figs are high in fiber.
- 2) If your diet does not include natural fiber, you may need to add a small amount of bran to baked goods, cereal and fruit. These may cause some bloating and gas at first. Make diet changes slowly to allow your system to adapt. Look for fiber products such as psyllium seed in the grocery store.
- 3) Be sure to get enough fluids. Without fluids, constipation can get worse. Drinking enough water and juice can help you have regular bowel movements. You should drink at least three 12 oz. glasses of water each day.
- 4) Stay active. Keep moving, do not be a "couch potato". Walking is known to be the best overall exercise. Even small walks several times of day make a big difference in your health.

#### WHEN SHOULD YOU SEE A DOCTOR?

- 1) Your bowel habits change
- 2) There is blood in your stool ( Look at your bowel movements frequently)
- 3) You're having serious stomach pains
- 4) You lose weight without trying
- 5) Fiber and exercise has not helped


I hope this article has helped you in some way.

Stay healthy everyone!!!


*Judy Reifsteck BSN,FCN*

Information taken from the Institute on Aging.

# SEPTEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 <sup>st</sup> Sunday after Pentecost 8:30 Service of Holy Communion 9:30 Coffee Hour/Sundae bar 10:30 Service of Holy Communion w/baptism	2 <i>Labor Day</i> CHURCH OFFICE CLOSED	3 5:30 WELCA	4 7:30 Brewed Faith at Spot Coffee	5 5:30 Wedding Rehearsal 7:00 AA/AL-ANON	6 9:00 Fellowship & Hospitality 2:00 Becker/Cuoco Wedding	7 9:00 Fellowship & Hospitality 2:00 Becker/Cuoco Wedding
8 16 <sup>th</sup> Sunday after Pentecost 8:30 Service of Holy Communion 10:30 Sunday School 10:30 Service of Holy Communion 11:45 Coffee Hour 12:00 Concert Committee 2:30 Worship to Go at Wedgewood	9 9:30 Bible Study 6:00 Christian Education	10 12:00 Women at the Well 6:30 Executive Meeting	11 8:00 Property Meeting 10:00 Staff Meeting 6:00 Buffalo Niagara Youth Chorus	12 7:00 Choir rehearsal 7:00 AA/AL-ANON	13 6:00 LYO Dinner and Orientation	14 6:00 LYO Dinner and Orientation
15 17 <sup>th</sup> Sunday after Pentecost 8:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Service of Holy Communion 10:30 Sunday School 11:45 Coffee Hour 11:45 God's Work, Our Hands Events 2:30 Worship to Go at Wedgewood	16 9:30 Bible Study 6:00 Christian Education	17 3:30 Joyful Noise After School Program 6:00 Council Meeting	18 6:00 Buffalo Niagara Youth Chorus	19 7:00 Choir rehearsal 7:00 AA/AL-ANON	20 6:00 LYO Dinner and Orientation	21 6:00 LYO Dinner and Orientation
22 18 <sup>th</sup> Sunday after Pentecost 8:30 & 10:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Sunday School 11:45 Coffee Hour	23 9:30 Bible Study	24 3:30 Joyful Noise After School Program 6:00 Council Meeting	25 10:00 Staff Meeting 5:30 Community Meal 6:00 Buffalo Niagara Youth Chorus 7:00 Christmas Carol rehearsal	26 7:00 Choir rehearsal 7:00 AA/AL-ANON	27 10:00 Christmas Carol rehearsal 11:00 Message of Hope Event	28 10:00 Christmas Carol rehearsal 11:00 Message of Hope Event
29 19 <sup>th</sup> Sunday after Pentecost 8:30 & 10:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Sunday School 11:45 Coffee Hour 12:00 New Member Class/Luncheon	30 9:30 Bible Study	31 3:30 Joyful Noise After School Program 6:00 Council Meeting	32 10:00 Staff Meeting 5:30 Community Meal 6:00 Buffalo Niagara Youth Chorus 7:00 Christmas Carol rehearsal	33 7:00 Choir rehearsal 7:00 AA/AL-ANON	34 10:00 Christmas Carol rehearsal 11:00 Message of Hope Event	35 10:00 Christmas Carol rehearsal 11:00 Message of Hope Event

# OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	1 9:30 Bible Study	2 3:30 Joyful Noise 5:30 WELCA 7:30 Pub Theology	3 7:30 Brewed Faith at Spot Coffee 6:00 Buffalo Niagara Youth Chorus 6:30 Pet Blessing Service 7:00 Christmas Carol rehearsal	4 7:00 Chancel Choir 7:00 AA / AL-ANON	5 4:45 Wedding rehearsal	6 10:00 Christmas Carol rehearsal 3:00 Kalb.Doderer Wedding
20 <sup>th</sup> Sunday after Pentecost <i>Happy Birthday Kristen Pomietlarz</i> 8:30 & 10:30 Service of Holy Communion 9:00 Flu Clinic 9:30 Sunday Forum 10:30 Sunday School / Nursery 11:45 Coffee Hour 12:00 Faith In Action Meeting 2:00 Carden baby shower	8 Columbus Day- Observed  CHURCH OFFICE CLOSED	9 12:00 Women at the Well 3:30 Joyful Noise 7:00 Community Music Chorus 7:00 Personnel Meeting at the Day's	10 10:00 Staff Meeting 6:30 Wednesday Evening Service 7:00 Christmas Carol rehearsal	11 6:00 Chapel Choir 7:00 Chancel Choir 7:00 AA / AL-ANON	12	13 10:00 Christmas Carol rehearsal
21 <sup>st</sup> Sunday after Pentecost 8:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Service of Holy Communion/New Members Received 10:30 Sunday School / Nursery 11:45 Coffee Hour 2:30 Worship to Go at Wedgewood	15 9:30 Bible Study	16 3:30 Joyful Noise 6:30 Executive Meeting 7:00 Community Music Chorus	17 6:00 Buffalo Niagara Youth Chorus 6:30 Wednesday Evening Service 7:00 Christmas Carol rehearsal	18 7:00 Chancel Choir 7:00 AA / AL-ANON	19	20 10:00 Christmas Carol rehearsal
22 <sup>nd</sup> 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 2:30 Worship to Go at Wedgewood	22 9:30 Bible Study	23 3:30 Joyful Noise 6:00 Council Meeting 7:00 Community Music Chorus	24 10:00 Staff Meeting 6:00 Buffalo Niagara Youth Chorus 6:30 Wednesday Evening Service 7:00 Christmas Carol rehearsal	25 6:00 Chapel Choir 7:00 Chancel Choir 7:00 AA/AL-ANON	26	27 9:00 Genealogy 10:00 Christmas Carol rehearsal
Reformation Sunday 8:30 Service of Holy Communion (w/chapel choir) 9:30 Sunday Forum 10:30 Service of Holy Communion 10:30 Sunday School / Nursery 11:45 Coffee Hour	29 9:30 Bible Study	30 3:30 Joyful Noise 5:30 Trunk or Treat 7:00 Christmas Carol rehearsal 7:00 Community Music Chorus	31 5:30 Community Meal 6:30 Wednesday Evening Service <i>Happy Halloween</i>			

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## ***SERVICE SCHEDULE***

Beginning Sunday, September 9,  
we will return to our regular service schedule:

8:30 am in the chapel  
10:30 in the main church



**OUR CHURCH PAPER**  
Holy Trinity Lutheran Church  
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