Balance.

Where do you find it?

In working with colleagues it’s often a topic of discussion. Where do you find the balance? How do you manage time at home with family with time at work, or going to work, or checking in with work from home (most of us do this, certainly not clergy alone), and then leaving time for yourself, for regular exercise or meditation or recreation.

How do you find the balance?

Where do you find balance?

Often when I think of trying to find balance, I think of a hammock. To me that’s one of the ultimate symbols of time off or time away. We got our first hammock just last year, and I’m not in it enough, but just seeing it sway in it’s place, reminds me to take time to rest.

Finding balance isn’t only about rest; I’d like to think there’s some recreation in there as well. Many of you know for me, that means running. Training for the marathon meant I had to be disciplined in my “me-time,” in my play-time. I certainly counted it as a privilege that my life and my spouse afforded me the time and space to run, but it was still a matter of intentional discipline. And because I enjoy running, that disciplined time for exercise, was precious time for keeping the balance. What do you do that’s just for you?

I don’t know about you, but in my vocation, there is always more work to do; the job seldom, if ever, feels complete. Finding the balance therefore, is more about learning to turn work off, and saying “no” or “not yet” to something new, and saying “yes” more often for the sake of my family, friends, and my own well-being.

Our family will find some of that balance this summer in our sacred space along the Daytona Beach Shores. I pray you, too, will have the opportunity for renewal and recreation, perhaps along the shores of Chautauqua, Erie, or the mighty Niagara. Wherever your sacred space is; wherever you find balance.

That’s my view from here,

Riston Lee

HOLY TRINITY
BUFFALO
A Word from Pastor Brenda

As we enter into the summer months (hopefully), and things seem to seemingly slow down, it seems to be a perfect time to take advantage of longer days of sunshine to do some self-reflection and discernment. I, myself, will be spending some time this summer in a time of discernment and I invite you to do the same.

Discernment, according to Merriam-Webster, is the quality of being able to grasp and comprehend what is obscure or an act of perceiving or discerning something. According to Google, in Christian contexts, discernment is perception in the absence of judgment with a view to obtaining spiritual guidance and understanding. But we will get to that more in the second part of this two-part series. If you want to take some time in the next few months to travel through this series of discernment with me, I will be using the following resources: Let Your Life Speak by Parker Palmer, The Way of Discernment by Elizabeth Liebert, There’s a Woman in the Pulpit edited by The Rev. Martha Spong, as well as seeing a spiritual director.

So for this first part I am just going to share some of what I’ve been working on and giving a glimpse into trying to find again just who I am and who I have been called to be.

I have decided to take Elizabeth Liebert’s advice in The Way of Discernment and focus on reading and working through one chapter per week. This past week it was focused on just learning to see God in all things and places, that God is present in our entire lives whether we see it or not. This week, through daily prayer, I have been working on being more aware of when and how I see God, throughout my day in the small and large. I have also been meeting with a spiritual director who just spends time listening to me, hearing where the God and the Spirit might be stirring in and around me. One thing that my spiritual director kept picking up on was my strong sense of call, to do justice and to love kindly.

Which is good because, as an ordained minister, that’s what I’ve been called to do...To preach and teach the Word of God in accordance with the Holy Scriptures and the Lutheran Confessions; to administer Holy Baptism and Holy Communion; to lead the church in worship; to proclaim the forgiveness of sins; to provide pastoral care; to speak for justice in behalf of the poor and oppressed; to encourage persons to prepare for the ministry of the Gospel; to impart knowledge of the Evangelical Lutheran Church in America and its wider ministry; to endeavor to increase support given by our congregation to the work of our whole church; to equip the church for witness and service; and guide the church in proclaiming God’s love through word and deed. (emphasis mine)

So in preparation for this work, I’ve decided to share a little bit of who I am.

This past spring the Monday morning Bible Study endeavored to learn more about some of the women of the Bible, those we may know something about but aren’t as well known or studied as often. We tried to learn the who, what, when, where, and how of these women. We studied women like Hagar, Rachel and Leah, Deborah and Jael, Mary Magdalene, just to name a few. And one conclusion we kept coming to is that God can use ALL PEOPLE in ministry, and in these cases especially women. I mean, take Mary Magdalene for example, without her we would have no knowledge of the resurrection.
A Word from Pastor Brenda cont.

I also sat in on Women at the Well last month as we discussed Rachel Held Evans’ book, *A Year of Biblical Womanhood*, which is an interesting study of just what the Bible has to say about how women should live. And now I’ve begun reading essays of my female colleagues in ministry through *There’s a Woman in the Pulpit*. It is through these stories that women have come together in solidarity to share their stories of just how they came to be in ministry and the ups and downs of not only being a minister of the church but of being a female ministry in the church. And I would like to share some insights I have already come across...The Rev. Carol Howard Merritt writes, “As women of the cloth, we have many places where we can be holy and set apart; most of us do not have to fight to be recognized in that manner anymore. But we don’t have many spaces where we can be ordinary. We were taught the beauty of liturgy, the nuances of preaching, and the presence of ministry, but we were not always taught what to do to get the baby spit off our preaching robe. There are so many things that ordinary holy women have to worry about. What do we wear to wedding receptions now? Or what to do when our most dedicated layperson won’t quit staring at our breasts?”

The various stories shared in this book and by other female and femme colleagues are not my stories and, yet, at the same time they are. I am second career pastor; who loves God and loves all of God’s people and all of God’s creation. I believe that everyone is loved unconditionally by God and that we have been saved by grace through faith and that this is not of our own doing. That, as God’s created humanity, we have been created to share that love and grace with all people regardless of our own personal biases. I am also a 35-year-old, single, female who just also happens to be called to the ministry, who used to be and still identifies as a nurse. Who gets excited over the littlest things and who loves love. There are times that I dance to the beat of my own drum, who loves to share fashion advice with 4-year-olds, who loves Batman and the Marvel Universe, but doesn’t like it when my hands get sticky or when my food touches. Who gets upset that in 2019 we still have to deal with all the “isms” of society; that men and women can’t be seen as equal, that my siblings of color get treated differently by those in authority than my white siblings do. That my LGBTQIA+ siblings still live in fear and as a result can’t live fully into who God has created them to be. Maybe I’m idealistic when I say that I truly believe that I can make a difference in a person’s life just by loving them and caring for them just as God would. That I believe that youth aren’t the future of our church and society but that they are the present and that they should be heard; for what they have to say is important and good and that they inspire me to a better person.

This is who I am, this is who I have been called to be. To live as the best person I know how to be and to love as God loves, for we have been created to live in relationship with one another and to love is the greatest commandment we have been given.

Pastor Brenda
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

Thank you all for your support – your gifts help us to respond to people’s needs around the world, in our city and in our faith community!

This past Youth Sunday I was very impressed with Jon Vitka who gave the sermon. When sharing his recent experiences taking part in the mission trip to Haiti, Jon spoke of fishermen who work hard for a minimal return, of parents who have no time for their children because they are busy working to make ends meet, of children living in poverty, of people from OUR congregation changing and improving lives in a place so far away yet so close to our hearts. To me that is ‘Stewardship in Action’.

HOW blessed we are to be able to share so abundantly!
Together we can achieve so much more than any one of us could do on our own.

While many of us might be travelling, our ‘home base’ at the corner of North and Main Street will continue to be a hub of activity throughout the summer. The chapel will be overflowing during Sunday morning services, Sue’s supper will be served, the Burrito Project will start in the beginning of July, your food donations will fill empty stomachs, bookclubs will meet and our youngest ones will be immersed in faith and love during VBS at the end of August.

Your continued support throughout the coming months is important and very much appreciated!
Please prayerfully consider a one-time special donation toward Vacation Bible School.
*Stewardship cont.*

If you are in the habit of giving only when attending church, I invite you to consider switching to regular electronic giving this summer. This way you can embark on your travel adventures with the peace of mind that your church will continue to receive your offering even if you are away. If you are interested, please call Linda at the church office at 716-886-2400 to discuss the various options available.

Lastly, I want to thank those of you who have taken the time to talk to me after reading the last stewardship newsletter. I always appreciate your interest and comments. As always, Emily, our treasurer, has posted the latest update on the financial wellbeing of our community on the council board for you to review and reflect upon. Feel free to reach out to me if you are interested in learning more about stewardship. To me, it is a vital component of my faith journey. My life has been blessed and I can give abundantly, having faith that the God of Love will take care of me always. I can be reached at ucarlino@buffalo.edu. I am looking forward to seeing you in church this summer!

*Yours in Christ,*

*Uli MacDonald*

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**World Hunger Team/Serving Locally**

Thank you to Tracee Howard, Judy Hardie and Sally and David Pellnat for joining the Tuesday team volunteers assisting at the Network of Religious Communities Food Pantry.

In addition to continuing food donations, Kelly Kowalski, director, asked and we said yes, to collecting the following personal care items during June and July. These will then be distributed to Pantry clients in August: Toothpaste, tooth brushes (SOFT), tissues and toilet paper. These may also be placed in the regular collection baskets.

Thank you for all the donations of canned fruits, vegetables, pasta, sauce, cereals, mac and cheese and soups. Please remember to avoid giving outdated items. The need is great and your generosity helps so many.

*Donna Leiser*
AGO 2019 Buffalo Niagara Northeast Regional Convention

The Buffalo Chapter of the American Guild of Organist is celebrating its 100th Anniversary this year, and celebrating by hosting this year's Northeast Regional Convention from July 1-4. There are many exciting events occurring at churches and concert venues throughout Buffalo, showcasing the myriad of magnificent instruments and incredible architecture of our beloved city. None will be more exciting however than internationally celebrated concert organist Chelsea Chen performing at the Bingham Console of the Margaret L. Wendt Memorial Organ, July 3rd at 6:30 pm. Ms. Chen was the headline artist at last year's AGO National Convention in St. Louis, and performed to a standing-room only crowd at St. Louis' 1600-seat Helzberg Hall.

From Ms. Chen's website:
Organist and composer Chelsea Chen (b. 1983) is internationally renowned for her concerts of "rare musicality" and "lovely lyrical grandeur," and a compositional style that is "charming" and "irresistible" (Los Angeles Times). Chelsea Chen has electrified audiences throughout the United States, Europe, Australia, and Asia in venues such as Singapore's Esplanade, Hong Kong's Cultural Centre, Kishinev's National Organ Hall, and Philadelphia's Kimmel Center. As a composer she is broadening the classical organ repertoire with her own works based on Asian folksongs. Ms. Chen has soloed with orchestras throughout the world including the Wuhan Philharmonic in China, the Jakarta Symfonia in Indonesia, and the Juilliard Percussion Orchestra in Lincoln Center's Alice Tully Hall. She has additionally performed under the baton of eminent conductors such as Jahja Ling, JoAnn Falletta, and Victor Yampolsky. Committed to new music, she has premiered works by composers throughout the world including Ola Gjeilo (Norway/USA), Yui Kitamura (Japan/USA), Paul Desenne (Venezuela), Roderick Gorbey (USA), and Andreas Kleinert (Germany). In 2014 she became Organist and Artist-in-Residence at Coral Ridge Presbyterian Church in Ft. Lauderdale, Florida. She splits her time between Florida and New York, where she is also Artist-in-Residence at Emmanuel Presbyterian Church in Manhattan.

This recital, as well as all of the AGO events listed below are ticketed, which can be purchased at https://www.buffalo2019.org
July 1, 8:00 PM, Nathan Laube at St. Joseph Cathedral
July 2, 1:00 PM, Michael Hey at Westminster Presbyterian
July 2, 2:30 PM, AGO/Quimby Young Organist Competition Winner at First Presbyterian Church
July 2, 7:00 PM, Theater Organist Richard Hills at Shea's Performing Arts Center
July 3, 11:15 AM, Katelyn Emerson at Lippes Concert Hall at the University at Buffalo
July 3, 6:30 PM, Chelsea Chen at Holy Trinity Lutheran Church
July 4, 10:30 AM, Judy Congdon at Trinity Episcopal Church
July 4, 1:30 PM, Abigail Rockwood and Members of the Buffalo Chamber Players at St. Paul's Cathedral
July 4, 7:00 PM, David Higgs at Westminster Presbyterian Church
AGO Convention cont.

On a personal note, I am excited to have been elected a member of the AGO Buffalo Executive Committee, and look forward to becoming more involved with our local AGO organization.

Justin and I would also like to take the opportunity to thank our very own Chancel and Chapel Choir members for their incredible artistry this 2018-2019 season. They bring so much to our congregation, and uplift us weekly with their voices, passion, and musicianship.

We’re looking forward to all that next year has in store, but in the meantime, hope to see you at the upcoming Chelsea Chen recital!

Faithfully yours,
Kristen Pomietlarz

HT Needlers will be gathering in the Fellowship Room on Tuesday, July 2, 2019 and August 6, 2019 at 5:30 pm. We begin with a “bring your own” dinner and fellowship, followed by discussion of an article from GATHER magazine and a brief meeting to discuss upcoming programs and needs of the various ministries we support. Please join us if you are able!

Here’s a list of ongoing projects and ministries in which you may be interested in participating:

* Mastectomy pillows: designed to bring warmth to the sore and aching muscles after surgery or during radiation treatments. Please contact Karen Howard for more information.

* Making “chemo caps” for the American Cancer Society. All sizes are needed but should be made with soft acrylic yarn. Questions about this project should be directed to Karen Howard.

* Prayer shawls continue to be made and distributed to members and friends in the community. If you would like a shawl for someone in need, please contact: Ruth Schmidt, Elizabeth Vihnanek or the church office.

* Cardmaking ministry offers handmade greeting cards. They are available on the tables outside the entrance to the sanctuary. This ministry is lead by Angie Bavaro.

The Upstate New York Synod Women of ELCA will be holding their biennial convention October 4-6, 2019. It will be held at the Notre Dame Retreat Center, Canandaigua, NY. Further information will be posted on bulletin boards as it becomes available. If you are interested in learning more, contact Barb Wozniak. There is funding available for a delegate and first timer.
ANNUAL HOLY TRINITY GOLF OUTING

MONDAY, JULY 29, 2019

TAN TARA GOLF CLUB

4391 Tonawanda Creek Road North,
North Tonawanda, NY 14120
694-0366

Continental breakfast at 8:00am

Nine hole scramble style "for fun" tournament at 9:00am

BBQ lunch at 12noon

Cost for the day is $55

Non golfers are welcome to be riders on the golf carts with golfers at no charge, and you can join us for lunch with a charge of $12

Reservations must be made in advance
Checks payable to "Holy Trinity Lutheran Church"
Mail or drop off at the church office.

With your check, please list the players/riders included in your group, or if you are a single, please request with whom you wish to play, or the committee can place you with new friends.

All interested parties are invited to participate, including the Buffalo Cluster of Lutheran churches and friends.

Proceeds will be used for summer camperships.

Anyone who wishes to donate gift certificates or auction items will be appreciated.

Contact: Guy Huber 597-4825 or Craig Johnson 695-1679
A Day in the Life

Membership News

Special Birthdays
If you know a member who is in a nursing home or homebound and has a birthday in July or August, please call the church office and let us know.

Confirmation
Congratulations to our two young ladies who celebrated Confirmation “Affirmation of Baptism” on June 9, 2019:

Natalia Katerina Bavaro
Lydia Ann Eno

Welcome
to our new members who were received on June 2, 2019: JoAnn Chavanne, Aurora Deeds, Michele Hale-Shay, Claudia Kolbe-Hawthorne, Brandon McCarty, Gerard and Patricia Scherer, Francine Scherer and Judith Stringfield.

Deaths
Our recently departed family and friends
May 6, 2019 Charles P. Tyree, Sr. (father of Matthew Tyree)
May 12, 2019 Jean Clare
May 25, 2019 Carol Trost (long time secretary at Holy Trinity)

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

Service Schedule During Summer Months
Please note that the summer service schedule will begin on Sunday, July 7 in the air-conditioned Chapel. We will keep to the same service times, 8:30am and 10:30am. We will return to the main sanctuary after Labor Day on September 8.
You are Incredible!

Vacation Bible School 2019
August 19th - 23rd, 8:30 am - 12:30 pm
Grades Pre-K - 8

Please complete a registration form for each child and send it to: Susan Bundt
Holy Trinity Lutheran Church
1080 Main Street
Buffalo, NY 14209

Child’s Name:

__________________________________________________________

Age: ____ BD ____ ______ Last grade completed in school ______ Tee Shirt Size ______

Allergies: ________________________________________________

Medications: _______________________________________________

Important Medical Information: ______________________________

Parents’ Names: ____________________________________________

__________________________________________________________

Address: __________________________________________________

Phone Numbers: Home __________________ Work ________________

Cell: ______________________________________________________

Email: ____________________________________________________

Additional Emergency Contact Person: _________________________

Phone#: ___________________________________________________

Home Congregation: _________________________________________

“I will praise You because I have been remarkably and wonderfully made.

Your works are wonderful, and I know this very well.” Psalm 139:14
If you have a yearning to let the Spirit work through you, and you would like to have fun at church, then you can be a part of “You are Incredible!!”

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

Please consider helping out this year. {August 19th – 23rd, 8:30am-12:30 pm}

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

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

My Name is: ________________________________

My phone number is: ________________________________

My email address is: ________________________________

Age (if you are a teen volunteer) __________________________

Tee Shirt Size __________________________

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

Please check all areas of interest:

Teach a class ______ Greeter/Security ______

Assist a class ______ Health/first aid ______

Work in kitchen ______ Props/Decorations ______

Art/Crafts ______ Set up 8/18/19 ______

Clean up ______ Extra hands ______

Donation ______

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

“I will praise You because I have been remarkably and wonderfully made.

Your works are wonderful, and I know this very well.” Psalm 139:14
Introducing: The Burrito Project!

A new, volunteer, service-ministry opportunity supporting our neighbors who live every day with food scarcity.

Our first opportunity is Tuesday, July 2, followed by August 6 and September 3, and every first Tuesday of each month. If you would like to help assemble the burritos, we will meet in the HT kitchen at 5pm to prepare and heat the burritos. At 6:45 we depart HT and begin our delivery from the UB parking lot at Elm/Goodell/Oak. We will be done by 9pm. Volunteers may participate in the preparation time, delivery time, or both. For more details please see Pr. Lee. Donations for the Burrito Project may be made to Holy Trinity with “Burrito Project” on the check memo line.
FAITH IN ACTION

SAVE THE DATE: “God’s Work, Our Hands Sunday” will be held on September 8, 2019. One of the projects which has been done the past couple of years is “Blessing Bags” which contain personal and health care items. Also included are some type of snack item and a drink box. The bags are meant to be kept in your car to distribute to those in need we meet on the street. Last year we were able to include some $5 gift cards for local fast food restaurants. We would like to continue and expand this ministry. To accomplish that we are asking for monetary donations to purchase the supplies. We have used a Thrivent Action Team Grant the last two years and will apply again this year but would like to double the amount we make since requests for the bags were more plentiful than the number we had put together. More information will be made available in upcoming bulletins. If you have questions or would like to make a donation, contact Linda Schmidt or Barb Wozniak.

The Racial Justice Team is sponsoring a summer book club to be held on Thursdays: 6/27, 7/25, and 8/29 at 1:00pm in the library. The book is "White Fragility: Why It's So Hard for White People to Talk about Racism". No need to have the book read by the first gathering. There are 12 chapters so will begin with the first four.

PS 17 Early Childhood Center! This June, volunteers from HT hosted 3 graduation ceremonies (Pre K, Kindergarten, and 4th grade) at PS 17! Faith in Action provided cookies, punch, and well wishes to nearly 200 children and their proud families. In addition to snacks, 65 soon-to-be 5th graders received teddy bears in handmade prayer shawls generously provided by the HT Needlers. Our next project for PS 17 will be the annual collection of much needed uniforms, backpacks and school supplies. Look for collection boxes in August to participate in this important Holy Trinity Ministry.
Mission Update

After two postponed trips, the HT travel team made it! They were blessed with the prayers and support from the “stay at home” team on Sunday May 5 and arrived in Port au Prince on Thursday May 9. Next they were on to Les Cayes and Ile a Vache. Six days later the trip came to a close and they headed back to Buffalo. In between were days filled with renewed relationships, assembling pews for the church in Boisbourdon, painting school rooms in Grann Plaine, and providing a community meal for over 400 people. There was even time to swim in the sea and enjoy fresh coconut! Some team members had been there before but for others it was a first time! For more details, with pictures and stories, plan to attend the team presentation in the Fall.

Student sponsorships are another way many of our members care for the children of Ile a Vache. These donations specifically benefit children by providing for their tuition and also a meal each school day. For many of these children, it is the only meal they have that day.

On Friday evening June 7 at Holy Trinity, we saw 22 amateur artists gather to paint a lovely palm tree against the “Haitian sunset sea”. This fundraiser brought in $340 for our Haiti mission fund and was a fun evening for all.

Kathy Crissey and Donna Leiser were invited to share our Haiti Mission information with the Buffalo Zoo Docents at their general meeting on June 8. About 100 docents were in attendance and following our presentation we were gifted with a check for $100.00 for our Holy Trinity Mission Fund. This Fund provides for our outreach missions, both local and global.

If you wish to know more or want to become more involved, see Pastor Miller for guidance.

Donna Leiser
Save the date! August 25th 2019

Annual Congregational Picnic & Rally Day

Mark your calendars so you can spend the day with good friends, good food, games and entertainment!

Live Music!

Bounce House!

Bring your favorite dish to pass!

Hot dogs and beverages will be provided!
A Guide for Preventing Lyme Disease

I just read where there has been an increase in Lyme disease this year. We have had a very wet spring and continue to have more rain than other springs. This can be a contributing factor. I wrote on Lyme disease in the past but thought it important to print my article again.

Lately we have seen the deer population exploding in our area and I am sure in other areas of our country. I live in the village of Williamsville and I have had 3 to 7 deer in my yard at any given time. I love to garden and I have to be very careful when I am gardening. If you are in an area where you know deer are prevalent, you must take precautions.

The New York State Department of Health and local health departments continue to investigate the spread of Lyme disease throughout New York State. Lyme disease is a bacterial infection caused by the bite of an infected deer tick. Untreated, the disease can cause a number of health problems. Patients treated with antibiotics in the early stage of the infection usually recover rapidly and completely. Although not routinely recommended, taking antibiotics within three days after a tick bite may be beneficial for some persons.

+ Lyme disease can affect people of any age.

+ People who spend time in grassy and wooded environments are at an increased risk of exposure.

+ The chances of being bitten by a deer tick are greater from mid-May to mid-August and are about the size of sesame seeds.

+ Deer ticks live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs, usually no more than 18 – 24 inches off the ground. They also live in lawns and gardens, especially at edges of wood and around old stone walls.

+ They get on humans and animals only by direct contact. Once a tick gets on the skin, it generally climbs upward until it reaches a protected area.

+ Not all deer ticks are infected with the bacteria that cause Lyme disease.

+ Ticks can become infected if they feed on small animals that are infected. The disease can be spread when an infected tick bites a person and stays attached for a period of time. In most cases the tick must be attached for 36 hours or more before the bacteria can be transmitted.

Lyme disease does not spread from one person to another.
A Guide for Preventing Lyme Disease cont.

In 60 to 70% of cases, a rash resembling a bull’s eye or solid patch, about two inches in diameter, appears and expands around or near the site of the bite. Sometimes, multiple rash sites appear. Early symptoms usually appear within three to 30 days after the bite of an infected tick. The early stage of Lyme disease is usually marked by one or more of the following: chills and fever, headache, fatigue, stiff aching neck muscle and/or joint pain and swollen glands. If Lyme disease is unrecognized or untreated in early stage, more severe symptoms may occur. As the disease progresses, severe fatigue, stiff aching neck, and tingling or numbness in arms and legs, or facial paralysis can occur. The most severe symptoms of Lyme disease may not appear until weeks, or months or years after the tick bite. These can include severe headaches, painful arthritis, swelling of the joints and heart and central nervous system problems.

I urge you to please take precautions for yourselves and your family. In tick infected areas, your best protection is to avoid contact with the soil, leaf litter and vegetation.

1) Wear light-colored clothing with a tight weave to stop ticks easily. Wear enclosed shoes, long pants, and long sleeved shirts.

2) Tuck pants into shoes and shirt into pants. Check clothes and exposed skin frequently while out doors and check again indoors.

3) Consider using insect repellent and pesticides.

4) Stay on clear, well-traveled trails. Avoid contacting vegetation

5) Avoid sitting on the ground.

6) Keep long hair tied back especially when gardening.

7) Keep grass mowed.

8) Remove firewood piles and move bird feeders away from the house.

9) Remove leaf litter, brush and weeds at the edge of the lawn, stone walls and wood piles.

10) Manage pet activity: keep dogs and cats out of woods to reduce coming in the home.

11) Move children’s swing sets and sand boxes away from woodland areas.

12) Create a 3 foot or wider wood chip, mulch or gravel between lawn and woods or wall.
A Guide for Preventing Lyme Disease cont.

REMOVE THE TICK PROMPTLY AND PROPERLY:

Using tweezers, grasp the tick as close to the skin as possible. Gently pull the tick in a steady, upward motion. Place the tick in a small container of rubbing alcohol to kill it; and report to the health department or veterinarian. Wash the area with disinfectant.

When trying to remove the tick DO NOT TOUCH the tick with your bare hands. DO NOT squeeze the body of the tick as this may increase your risk of infection. DO NOT put a hot match or cigarette on the tick in an effort to make it “back out”. DO NOT put alcohol, nail polish remover or Vaseline on the tick. DO NOT use your fingers to remove the tick. IMPORTANT: Applying alcohol, nail polish remover, or a hot match can irritate a tick and cause it to regurgitate its contents into your skin. The gut contents of a tick can contain the Lyme disease – causing bacterium. If mouth parts break off during removal, do not worry, they cannot transmit the disease. After cleaning the area, watch the site of the bite for a rash three to 30 days after the bite. The rash will be at least two inches in diameter initially and will gradually expand size. The reaction of the bite is usually smaller than the size of a quarter. By all means if you develop this type of rash, or flu like symptoms, contact your health provider. A regime of antibiotics is what is prescribed by your physician.

This information was taken from the Health Department of infectious disease. Thank you for reading it and hope it helped you understand Lyme disease.

God Bless
Judy Reifsteck

Fellowship and Hospitality News

Thank you to all that helped on planting day. The campus looks beautiful.

There are two events to add to your calendars for the months of July and August. First, we set our sights on our annual Holy Trinity Golf Tourney on Monday, July 29th at Tan Tara Country Club. Breakfast starts at 8:00am. We tee-off for nine holes of golf at 9:00am. Then, we sit down for a BBQ lunch at noon at which time the winners are crowned and prizes for auction winners are given out. The cost for the whole day is $60. Lunch only is $12. Prize donations are gratefully accepted. Contact the church office for further information.

Our second event occurs on Sunday, August 11th at 2:30 P.M. It is the Irish Music Cruise On The Erie Canal. The group “Rosewood Bridge” featuring our own Jim Dunnigan will regale us with some good Irish music. The trip starts in Lockport and will cost $20. Call the church office for reservations.

Check the committee’s web page for further information. Have a blessed summer!
Family Night at the Bisons!

Friday, July 19, 2019, 7:05 p.m.
Sahlen Field
Bisons v. Columbus Clippers
Fireworks Follow!

Tickets: $10
Optional Pavilion Picnic: $20 add'l.
- Picnic starts at 5:05 p.m.
- Order tickets by July 12 at:
  www.wnylutherancharities.org

info@wnylutherancharities.org • 716-632-2623
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<td>Fourth Sunday after Pentecost</td>
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<tr>
<td>8:30 &amp; 10:30 Service of Holy Communion</td>
<td>8</td>
<td>12:00 Women at the Well</td>
<td>6:30 Wednesday Evening Service</td>
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<td>9:00 AA Day of Sharing</td>
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<tr>
<td>9:30 Coffee Hour in Fellowship Room</td>
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<tr>
<td>2:30 Worship-to-Go at Wedgewood</td>
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<td>Fifth Sunday after Pentecost</td>
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<td>8:30 &amp; 10:30 Service of Holy Communion</td>
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<td>9:30 Coffee Hour in Fellowship Room</td>
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<td>2:30 Worship-to-Go at Wedgewood</td>
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<td>Sixth Sunday After Pentecost</td>
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<tr>
<td>8:30 &amp; 10:30 Service of Holy Communion</td>
<td>22</td>
<td>6:00 Executive Meeting</td>
<td>10:00 Staff Meeting</td>
<td>1:00 Racial Justice Book Club</td>
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<td>9:30 Coffee Hour in Fellowship Room</td>
<td>23</td>
<td>6:30 Wednesday Evening Worship</td>
<td>3:30 Wedding Rehearsal</td>
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<td>2:30 Worship-to-Go at Wedgewood</td>
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<td>Seventh Sunday after Pentecost</td>
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<td>8:30 &amp; 10:30 Service of Holy Communion</td>
<td>29</td>
<td>8:00 HT Golf Tournament at Tan Tara</td>
<td>5:30 Sue’s Supper</td>
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<td>9:30 Coffee Hour in Fellowship Room</td>
<td>30</td>
<td>6:30 Wednesday Evening Worship</td>
<td>6:30 Wednesday Evening Worship</td>
<td>5:30 Sue’s Supper</td>
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# AUGUST 2019

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<th>Sunday</th>
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<tr>
<td>Eighth Sunday after Pentecost</td>
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<td>7:00 AA/AL-ANON</td>
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<td>9:00 Genealogy Meeting</td>
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| 8:30 & 10:30 Service of Holy Communion  
9:30 Coffee Hour in Fellowship Room | | 5:30 WELCA/Needlers | 6:30 Wednesday Evening Service | | |
| Ninth Sunday after Pentecost | | | | 7:00 AA/AL-ANON | | |
| 8:30 & 10:30 Service of Holy Communion  
9:30 Coffee Hour in Fellowship Room  
2:30 Worship To Go at Wedgewood  
2:30 Irish Music Cruise | | 12:00 Women at the Well  
6:30 Women’s Bible Study | 10:00 Staff Meeting  
6:30 Wednesday Evening Service | | 7:00 AA/AL-ANON |
| Tenth Sunday after Pentecost | | | | 7:00 AA/AL-ANON | | |
| 8:30 & 10:30 Service of Holy Communion  
9:30 Coffee Hour in Fellowship Room  
2:30 Worship To Go at Wedgewood | | 6:00 Executive Meeting  
Happy Birthday Pastor Miller  
Wednesday—Vacation | 6:30 Wednesday Evening Service | | 7:00 AA/AL-ANON |
| Eleventh Sunday after Pentecost | | | | 1:00 Racial Justice Book Club  
7:00 AA/AL-ANON | | |
| 8:30 & 10:30 Service of Holy Communion  
9:30 Coffee Hour in Fellowship Room  
12:00 Congregational Picnic/Rally Day | | | 10:00 Staff Meeting  
5:30 Sue’s Supper  
6:30 Wednesday Evening Service | | |
Changes to Our Church Paper in 2020

We will continue to publish our Church Paper every other month. However, we will no longer be mailing paper copies without a print subscription (see below). You will be able to find the newsletter on our website, or you may sign up to receive it via email. This transition is directly related to our increased readership through electronic means and a decrease in print readership which now has fallen below bulk mail requirements.

You will have the option of subscribing to a print edition. The cost would be $10 per year and you will need to call the church office to sign up for this delivery.

If you would like to sign up electronically, subscribe to your print edition, or if you have any questions about this transition, please call the church office at 716-886-2400.

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(716) 886-2400
www.holytrinitybuffalo.org
Non-Profit Organization
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