
OUR CHURCH PAPER

September-October 2019

Vol. 28 No. 5

Five Reflections at Fifty

I turned 50 on August 20. The day was filled with songs and celebration and being surrounded by Vacation Bible School Superheroes.

But there's no doubting that a day like this one, marking one half of one century comes with a certain amount of introspection, no matter who you are. Here are five things I've learned in my fifty years around the sun.

1. The first half went by slowly, the second, not so much.

I'm at that age where you begin to dig your heels into the ground to make time slow down just a bit. Why is it that it feels like the four-years of high-school last forever, but the last four years have gone past in the blink of an eye?

A good friend of mine has been teaching me about mindfulness; the practice of being intentionally present in each moment. It takes work and discipline, especially when our environment moves so quickly. But I'm interested in slowing things down at this point. Mindfulness is one way to do it.

2. Life is not a marathon. Life is a gift.

I've run a few marathons at this point. Running the Buffalo Marathon this past May was a goal for "before I turn 50." The marathon gets used as its own cliché, and so you'll excuse me if I cringe when it becomes the go to metaphor for anything that takes time and effort. And while living a good life takes time and effort, life is not a marathon; life is a gift. Nothing is really promised to us and I've been around enough now to see that seasons change continually, and each one has beauty to be appreciated in the present time.

3. People are the most important thing.

I can remember my father turning 50. I remember asking him what he wanted. "Nothing," he said, "for you and Beth to come home safely (for Christmas). That's all." My younger self could not believe it. He didn't want *anything* for his birthday (which comes just days before Christmas)? I had lengthy lists of birthday requests in those days. Last week Heather asked what I "wanted" for my birthday. I couldn't think of anything. "Nothing," I said. "Just for us to be together!"



HOLY TRINITY
BUFFALO

4. Generosity feels good.

This truly is one of the great secrets of life. Giving feels good. Sharing time, energy, interest with others is what makes life fun. Whether it's riding bikes with our son, spending time with my nephews, listening to what a college student is up to, or participating in one of the many community ministries led by folks at Holy Trinity, I get the most out of being able to do something with, and for, others. And surprising someone with a present that you know they want – that's one of the best things ever!

5. I'm not even tired yet.

I've got work to do. I'm not tired yet. Turning 50 feels a little like climbing one of the high peaks in the Adirondack State Park. There is a great view of where you've been, but there's also a vision ahead of the climbing yet to be won. I'm looking forward to all that is coming. I wish to continue living into the vocations of partner, parent, and pastor. "For all that has been, thanks. For all that will be, yes!!"

Thanks for being a part of my life's journey. It's so much fun to share it with you. Here's to another 50!

That's my view from here,

Pastor Lee



Read the Bible in a Year!

Take the HT-Read the Bible in a Year Challenge! Between now and September, 2020, we will be reading together through the Bible as a whole community. Are you up for the challenge? Daily assigned readings will be provided in the newsletter, on our website, and as a hand-out at the tables by each entranceway. You are welcome to join the Monday Morning Bible Study group each Monday at 9:30am as we walk through our readings together discussing and discovering the details which breathe God's Word into a living, breathing Word. Look for the "HTLC Reads the Bible in a Year" Facebook Group and join us online to discuss each week's readings. We will look for other interactive ways throughout the year to join together. You can do this in 15-20 minutes of reading each day, and in a year, we will have read the whole bible together. The Reading Plan is chronological – meaning it follows the timeline of the story, rather than the order of books as they appear. Look for the first two months of the reading plan in this edition of "Our Church Paper," and let's get into God's Word – together!

Pastor Lee

HTLC
Read-the-Bible-in-a-Year Plan

Day	Date	1st Reading	2nd Reading	3rd Reading	4th Reading	5th Reading	6th Reading	7th Reading
1	8-Sep	Genesis 1	Gen 2	Gen 3				
2	9-Sep	Genesis 4	Gen 5	1 Chronicles 1:1-4	Gen. 6			
3	10-Sep	Genesis 7	Gen. 8	Gen. 9	Gen. 10:1-5	1 Chron. 1:5-7		
Continue								
4	11-Sep	Gen. 10:6-20	1Chron 1:8-16	Gen. 10:21-30	1 Chron 1:17-23	Gen. 10:31-32		
5	12-Sep	Genesis 11:1-26	1 Chron 1:24-27	Gen. 11:27-31	Gen. 12	Gen. 13	Gen. 14	
6	13-Sep	Genesis 15	Gen. 16	Gen. 17				
7	14-Sep	Genesis 18	Gen. 19	Gen. 20	Gen. 21:1-7			
		Genesis 21:8-34	Gen. 22	Gen. 23	Gen. 11:32	Gen. 24		
8	15-Sep	Genesis 25:1-4	1Chron 1:32-33	Gen. 25:5-6, 12-18	1Chron 1:28-31, 34	Gen. 25:19-26, 7-11		
9	16-Sep	Genesis 25:27-34	Gen. 26	Gen. 27	Gen. 28: 1-5			
10	17-Sep	Genesis 28:6-22	Gen. 29	Gen. 30:1-24				
11	18-Sep	Genesis 30:25-43	Gen. 31					
12	19-Sep	Genesis 32	Gen. 33	Gen. 34	Gen. 35:1-27			
13	20-Sep	Genesis 36: 1-19	1Chron 1:35-37	Gen. 36:20-30	1 Chron 1:38-42	Gen. 36:31-43	1Chron 1:43-54	1Chron. 2:1-2
14	21-Sep	Genesis 37	Genesis 38	1 Chron. 2:3-6	1 Chron. 2:8	Genesis 39		
15	22-Sep	Genesis 40	Gen. 35: 28-29	Gen. 41				
16	23-Sep	Genesis 42	Gen. 43	Gen. 44	Gen. 45:1-15			
17	24-Sep	Genesis 45:16-28	Gen. 46	Gen. 47:1-27				
18	25-Sep	Genesis 47:28-31	Gen. 48	Gen. 49	Gen. 50			
19	26-Sep	Job 1	Job 2	Job 3	Job 4			
20	27-Sep	Job 5	Job 6	Job 7				
21	28-Sep	Job 8	Job 9	Job 10	Job 11			
22	29-Sep	Job 12	Job 13	Job 14				
23	30-Sep	Job 15	Job 16	Job 17	Job 18			
24	1-Oct	Job 19	Job 20	Job 21				
25	2-Oct	Job 22	Job 23	Job 24	Job 25			
26	3-Oct	Job 26	Job 27	Job 28	Job 29			
27	4-Oct	Job 30	Job 31					
28	5-Oct	Job 32	Job 33	Job 34				

HTLC
Read-the-Bible-in-a-Year Plan

29	6-Oct	Job 35	Job 36	Job 37				
30	7-Oct	Job 38	Job 39	Job 40:1-5				
31	8-Oct	Job 40:6-24	Job 41	Job 42				
32	9-Oct	Exodus 1	Exodus 2	1 Chron. 6:1-3	Exodus 3	Exodus 4:1-17		
33	10-Oct	Exodus 4:18-31	Exodus 5	Exodus 6	Exodus 7:1-13			
34	11-Oct	Exodus 7:14-25	Exodus 8	Exodus 9				
35	12-Oct	Exodus 10	Exodus 11	Exodus 12				
36	13-Oct	Exodus 13	Exodus 14	Exodus 15				
37	14-Oct	Exodus 16	Exodus 17	Exodus 18	Exodus 19			
38	15-Oct	Exodus 20	Exodus 21	Exodus 22:1-15				
39	16-Oct	Exodus 22:16-31	Exodus 23	Exodus 24				
40	17-Oct	Exodus 25	Exodus 26	Exodus 27	Exodus 28			
41	18-Oct	Exodus 29	Exodus 30	Exodus 31				
42	19-Oct	Exodus 32	Exodus 33	Exodus 34				
43	20-Oct	Exodus 35	Exodus 36					
44	21-Oct	Exodus 37	Exodus 38	Exodus 39:1-31				
45	22-Oct	Exodus 39:32-43	Exodus 40	Numbers 9:15-23				
46	23-Oct	Numbers 7						
47	24-Oct	Numbers 8	Numbers 9:1-14	Leviticus 1	Leviticus 2	Leviticus 3		
48	25-Oct	Leviticus 4	Leviticus 5	Leviticus 6				
49	26-Oct	Leviticus 7	Leviticus 8					
50	27-Oct	Leviticus 9	Leviticus 10	Leviticus 11				
51	28-Oct	Leviticus 12	Leviticus 13	Leviticus 14:1-32				
52	29-Oct	Leviticus 14:33-57	Leviticus 15	Leviticus 16				
53	30-Oct	Leviticus 17	Leviticus 18	Leviticus 19				
54	31-Oct	Leviticus 20	Leviticus 21	Leviticus 22				
55	1-Nov	Leviticus 23	Leviticus 24	Leviticus 25:1-23				
56	2-Nov	Leviticus 25:24-55	Leviticus 26					

A Word from Pastor Brenda

Last time I sat down to share my thoughts on discernment we were hoping that summer would come. Now as I sit down to write my thoughts for this newsletter article, school is getting ready to start, and has already in some places, and we are preparing for fall and the program year. For those who have been following along and spending some of this summer downtime in discernment, I hope that it has been fruitful for you, that you feel more comfortable with the decisions that you have been pondering and that you have been able to hear God's call.

In the last newsletter, we discussed a little about what discernment means and how I would be going through my own discernment. When it comes to discernment in Christian contexts, I said that we would come back to that this month and here we are. Elizabeth Liebert writes that "discernment is the process of intentionally becoming aware of how God is present, active, and calling us as individuals and communities so that we can respond with increasingly greater faithfulness."

As I worked my way through Elizabeth Liebert's book, I realized that a lot of the discernment that I thought I would be intentionally entering into I had already been doing all along. Working through Liebert's book definitely helped to center my thoughts and enter intentionally into my own prayers and "talks" with God. I also realized that what I had intentionally been doing and talking to my spiritual director would eventually, if hadn't already, come up in my reading.

One thing that struck out the most to me were the chapters on intuition and body awareness. While I knew that these two characteristics played a role in discernment, I don't think I realized how much of a role they play in my own discernment. I had never really considered how to tap into that, listen to my intuition or my body in discernment before. It wasn't until I read the chapters and thought about what was simultaneously happening in and around me that the "eureka moment" happened.

During this time of discernment, I traveled to Atlanta for a conference consisting of all young clergy women and how we can best serve ourselves, our roles, our congregations, and the wider church as young clergy women. While there, the light bulb went off that what I was feeling in my gut wasn't just me or all in my head, it was my intuition telling me something important. I needed to hear that intuition, that gut feeling, come from another, tangible, source for me to believe. Liebert spends some time talking through the Myers-Briggs Type Indicator (MBTI) and the differences between those who are more intuitive and those who are more sensate, those who rely on specific facts and concrete details. I realized that while I may be more of a sensate person, I can still rely on my intuition to help guide my discernment process.

Upon my return from this trip, I had an appointment with my spiritual director. One of the first things she noticed about me, and when asked I described what she saw, was the look of being lighter. That it appeared that I wasn't carrying a heavy weight around my shoulders. I told her that I felt lighter, that it didn't feel like this unknown thing was weighing down on me anymore. We talked further into this and what had happened that led to this body awareness.

A Word from Pastor Brenda cont.

While I don't think discernment ever ends, I feel that this specific discernment time is still in process. I hope that you were able to find the answers you sought and were able to confidently make the decisions you needed to make knowing they were and are grounded in God. I'm thankful for where this discernment process has led me to and am excited and nervous of where it might end up. But I am confident that whatever the outcome, the process and decision are aligned with where God's call is leading me.

Pastor Brenda



Women's Book and Bible Study

There will be no September meeting of the Women's Book and Bible study. We will resume our regular meetings on the second Tuesday of each month at 6:30 pm on October 8th.



P.S. #17

It may be hard to believe, but cold weather is right around the corner. Last year Holy Trinity donated many coats to Public School 17 that were drawn upon DAILY to keep the children safe and warm. Donations of new, or gently worn, coats will be greatly appreciated, as we approach the cooler months. A rack for donations will be provided by the chapel starting September 8th, God's Work, Our Hands Day. Thank you for your continued generosity!



Flu Clinic

Get the
FLU  **SHOT**
not the flu!

The flu clinic will be held on Sunday, September 29 from 9am to 1pm. Please bring your insurance card and photo ID. There is no charge. Rite Aid will be running the clinic again this year. Get your flu vaccine early.

Notes from our Music Directors

“I Go To Sing” by Lindy Thompson (extraction)

I might be exhausted and the children might be cranky, but I will be going to church on Sunday.

Don't know who is preaching, doesn't matter – the sermon may be helpful or not, holds my attention or doesn't – it's the singing.

I go to sing.



It's the willingness to stand if you are able, the common agreement on page number, the voluntary sharing of songbooks with people on your row, even ones you rode there with – but most of all, it's the collective in-breath before the first sound is made, the collective drawing upon the grace of God, the collective, if inadvertent, admission that we are all human, all fragile, all in need of the sustaining air, freely dispensed, all in need of each other to get the key right and not sound discordant —

it's the hidden life-celebration in the act of making a joyful noise, all together.

We don't even have to sound that good.

Singing together still brings home the we-ness of worship, the not-alone-ness of life in God, the best of all we have to offer each other.

When we are singing, I think that I might actually be able to forgive you for being so terribly human, and you might be able to forgive me for being so terribly not there yet, and we might be able to find peace now, not postpone it for some heavenly hereafter but live and breathe it today, drawing in the grace of God, voicing out our need and hope and gratitude and longing.

When we are singing, I can feel the better world coming, and if I get to be a part of it, you do too . . .

so sing with me,
and we'll make our way down that blessed road together,
collectively better than we ever thought possible.

<https://lindythompson.net/2019/01/04/i-go-to-sing/>

As summer comes to an end, we are grateful for family time and a less rigorous schedule. We have enjoyed some time on Lake Erie, a trip to NYC, and mostly our precious time playing with and watching Lillian grow, discovering the world around her.



Notes from our Music Directors cont.

Early in the summer, the Buffalo Chapter of the American Guild of Organists hosted the Northeast Regional Convention. Holy Trinity played an integral part, having hosted international organ superstar Chelsea Chen in a stunning recital on the Margaret L. Wendt Memorial Organ. She played a number of interesting, virtuosic works, which inspired Kristen to learn and present a few works of the current Dutch composer, Ad Wammes. Carson Cooman was the featured composer-in-residence at the convention, which led to the idea of “composer of the week” for HT Sunday Services in the Mansperger Chapel. Kristen presented the music of Spanish Baroque composer Juan Cabanilles, as well as English composer Herbert Howells to name a few.

We are grateful to our summer soloists for all of their faithful music ministry. Our very own Jenny Carden started out the summer season with a solo Euphonium presentation for Youth Sunday, and Rebecca Torres performed one of Bach’s beautiful Violin Sontatas. We enjoyed vocal selections from our lead singers, and thank each of them for their diligent efforts preparing, rehearsing, and performing - enriching our faith experience.

Looking forward to the upcoming season, we are excited about several musical events. Friday, October 18th we will host Indiana University professor and concert organist, Chris Young. Kristen had the privilege to study with Prof. Young, and we are so excited to welcome him to perform on the Margaret L. Wendt Memorial Organ. Other highlights of the HT choir season include two Bach cantatas, a visit from notable composer Jake Runestad, and of course the spectacular Festival Services at Christmas and Easter.

“so sing with me,
and we’ll make our way down that blessed road together,
collectively better than we ever thought possible.”

Kristen and Justin Pomietlarz

Sue’s Supper

Our free monthly community meal ministry, Sue’s Supper, is moving to the **third** Wednesday of the month beginning in September. The dinner will still begin at 5:30 and is open to the entire church family. Please contact Rebecca Torres at 873-4194 for more information. **ALL ARE WELCOME!**





SUNDAY SCHOOL NEWS

Susan Bundt
Director of Christian Education

Holy Trinity Lutheran Church strives to provide a safe and welcoming environment for all. We are excited to announce that our Sunday School program is Safegatherings certified.

As part of our efforts to establish reasonable guidelines for all programs and activities involving youth, we now **require all volunteers** to be certified through the Safe Gatherings abuse prevention and boundary awareness program. This course includes a background investigation, on-line instruction, and a brief 10 question test. The entire process takes approximately 2 hours, and the cost is covered by Holy Trinity. If you need assistance or do not have access to a computer, you may make arrangements to complete the course in the church office with support from either of the pastors. All your information is held confidential by the Safe Gatherings program and will not be disclosed to anyone at Holy Trinity.

We need volunteers to fill in for our regular teachers from time to time and also to staff our nursery periodically. If you are interested in helping in this way, please follow these steps for the Safegatherings training. If you want further information, please contact one of the pastors.

Steps for certification:

1. Go to www.safegatherings.com
 - a. Click on the red "Get Started" box in the upper right corner.
2. Register
 - a. Hints (Type of organization- Church/Faith Based, Denomination – Lutheran, Applicant type-Volunteer, Do not check the DMV box unless you are a designated HT driver)
3. Please provide two references with their contact information. *It is important to note that Pastor Miller, Pastor Maynor **CANNOT** be used as references, and neither can I. (Please designate per organization in the drop-down menu.
4. Ensure ALL information is accurate and correct before submitting.
5. You will be directed to an online training. **THIS TRAINING IS REQUIRED.** You will be notified when your checks are completed. Certification is valid for 2 years.

More information can be found at www.safegatherings.com

2018-19 FAITH FORMATION STUDENT REGISTRATION

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: _____ Grade: _____ BD _____

Health Information/Allergies/Medications:

What we should know about your child:

Parents/Guardian Names:

Address: _____

Phone Numbers: Home _____

Cell: _____

Email address:

Holy Trinity Sunday School is completely staffed with *Safegatherings* certified volunteers.

Safe Gatherings

Holy Trinity Buffalo is committed to ensuring that we provide safe places of worship and fellowship to everyone we serve. As part of that commitment, we are providing information on Safe Gatherings as a resource for you in this important area.

Safe Gatherings is an online abuse prevention program that screens and educates staff and volunteers to help prevent abuse of children, youth, and vulnerable adults in group settings. When employees and volunteers are trained to identify potential abusers, recognize the signs of abuse, and know how to handle reporting, they are better equipped to prevent abuse.

Upon successful completion of the Safe Gatherings application, background and reference checks, and online training program, each applicant will receive documentation of approval valid for two years and will have continued access to the online training program for one year.

Safe Gathering services includes processing of two electronic references, a national and county of residence 7-year background check, multi-county 7-year background check, national and state of residence Sex Offender Registry check, and the 1.5-hour online abuse prevention and boundary awareness training. There is also an option to complete a driving record if the individual will be driving as part of their ministry.

If you would like to know more about Safe Gatherings and their start in the United Methodist Church please visit their website, <https://safegatherings.com/about-us/who-we-are/>

Safe Gatherings was selected as the provider of our online abuse training and background checks after a lengthy process, which included looking at several various companies and agencies. Safe Gatherings was vetted as a safe organization that serves more than 6,000 congregations and organizations. This organization was selected as it accommodates all of our needs when it comes to providing a safe place of worship and fellowship.

If you have any questions as to the selecting of Safe Gatherings, please see Pastor Brenda.



CONFIRMATION CLASS

Confirmation Class is back in full swing! Our first class will meet on Sunday, September 8 following the 10:30 service. Classes end at 2:00. Confirmation classes are held on the second Sunday of each month and are held in the Fellowship Room. Confirmation Class is designed for students in 7th to 8th grades. If you have any questions regarding Confirmation Class, whether your child is ready for confirmation, or to register, please contact Pastor Miller or Pastor Maynor.

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



I hate to admit it but I am prone to daydreaming ...

... while making a tomato sauce from scratch, my mind drifts to the vast and sparsely populated mesa country of Northern New Mexico and I remember my 16 year old son saying: “You know Mama, there is so much space in this country that we could easily find room for the people who flee violence from all over the world ... and they could work and pay taxes and benefit our country and our economy...” – and I see bustling new communities in declining rural areas.

...while gardening I dream of a city where every green space has life-supporting plants that provide a haven for declining insects and birds and in return nourish all people who live there with a calming and stress-reducing environment.

...while folding laundry, I see our church as a community hub of activity – where people of all ages, from all walks of life, from every socio-economic and racial background can gather in safety to provide mutual support, to pray, to learn, to make music together, to joke around with each other, to engage in thought-provoking conversations, to stretch the mind as well as the body, and to volunteer their time, treasure and talent to help better our world and themselves.

And then, I begin to daydream **BIG** ...

... *what if* ...

... all the basic needs of every member of our congregation were met (and with that I mean enough food and water, safe housing, clothing) ...

... **and** everyone, every year, had a small amount of extra money that they were willing to part with every week for the good of the community. And I am not talking big bucks here ... by no means ... I dream about two (= one tall freshly brewed coffee at Starbucks), three (= the Sunday newspaper) or maybe even four dollars (= two cheeseburgers at McDonald’s). Pocket change for many, not of much worth in and of itself..

Stewardship Corner cont.

... ***BUT***, if multiplied by 170 people and 52 weeks, this is what we would have to play with:

\$ 2 extra/week x 52 weeks x 170 people = \$17,680

\$ 3 extra/week x 52 weeks x 170 people = \$26,520

\$ 4 extra/week x 52 weeks x 170 people = \$35,360

In my head I heard Guy Huber say “WOW” as I was calculating the numbers :)

So...

... beloved friends at Holy Trinity, why don't you daydream with me? What would you conjure up with an extra \$17,680, \$26,520 or maybe even \$35,360??? Imagine what all of our extra two, three or four dollars could do ...

What is it that would give more life to YOU if we could make it happen at Holy Trinity?

I am looking forward to hearing your dreams ... I invite your correspondence via email to ucarlino@buffalo.edu with the subject line of “I have a dream”!

Yours in Christ,

Uli MacDonald



Fellowship and Hospitality Committee

On Monday, July 29th the annual Holy Trinity Golf Open was held at Tan Tara Country Club. Eight foursomes teed off for nine challenging holes of competition. When the dust settled the team of Guy Huber, Chris Huber, Tony Glieco and Charmaine Kaltrider pulled out the victory. A number of friends joined us for lunch after which prizes for golf skills and auction drawings were distributed. All proceeds will go toward camperships at L.C.L.C. It was a great day of fun and fellowship.

On Sunday, August 11th a number of folks from Holy Trinity joined our own Jim Dunnigan and his “Rosewood Bridge” singing group for a cruise on the Erie Canal. Good Irish songs and a beautiful day made it a memorable trip.

Oktoberfest will be held on Sunday, October 27 in Redeemer Hall following the 10:30 service. Watch your church bulletins or the church web site for further information.

Our first meeting of the year will be held on Saturday, September 14 at 9:00am in Redeemer Hall. All are welcome. We will be discussing the fall schedule. Any questions, please contact Guy Huber at 597-4825 or ghuber@geo-asf.com.

A Day in the Life

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

May 19, 2019 Calvin Huber Long, son of Kathleen and Mark Long
 Sponsors are Tricia Witter and Daniel Duggan

Nuptials

June 28, 2019 Kent Richard MacFarlane and José Hyland
July 27, 2019 Matthew Anthony Battista and Jennifer Lynn Miller

Deaths

Our recently departed family and friends

July 27, 2019 Stephen C. Ames

August 10, 2019 Helen Santi

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



SERVICE SCHEDULE

Beginning September 8, we will return to our regular service schedule:

8:30 am in the chapel

10:30 am in the main church

VBS 2019 “You are INCREDIBLE!”

Susan Bundt



You are INCREDIBLE! was the theme for Vacation Bible School, where we celebrated everyone's unique gifts and put them to good use helping others. We worked to remind the children that love and kindness will always overcome hatred and evil.

The week included skits, stories, music, crafts, community visitors, outreach projects, games, great food, lots of laughter and just plain fun. Our class stories for the week highlighted some of the female heroes from the bible. We learned about Judge Deborah, Queen Esther, Miriam, Martha and Mary, and Priscilla.

We talked about bullying and the reasons some people lash out at others. Together we worked to approach others with open hearts and reach out to those who are hurt and those who do the hurting. Borrowing characters from the “Incredibles” movies, our morning skits allowed the children to reach out to the Underminer and convince him to be nice to Edna and to the rest of the world. It turns out he just wanted to be accepted and loved himself. When the children shared God's love with him and invited him to our party, he put down his weapons and made friends with

Edna and all of us.



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 fill 75 “Hero Tubes” with personal care supplies. Another was to recycle tee shirts into tote bags and fill them with new pajamas, a book, and a cup of soup. Both of these projects will be donated to Compass House.



We had a visit from the Buffalo Zoo where we learned about all kinds of creatures and their unique gifts as well.

The Buffalo Museum of Science came in to “stretch” our brains with the scientific theory behind elastic slime. We all got to make some and take it home.

Miss Sue from Zumba by Samira helped us celebrate with music and dance and a great zumba workout.



Along with our outreach project for Compass House, we also made pet bags filled with toys and treats for Pete’s Pet Pantry, at Good Shepherd Episcopal Church. Those who suffer from food insecurity often skip their own meals to feed their pets. This ministry helps both the pets and their owners.

Another outreach project will go to a number of area schools. Recognizing that students often depend on the guidance and counseling departments for school supplies, our VBS campers put together and filled pencil boxes. They added a label with an uplifting message and drawing.

Looking to share uplifting messages with those in the church congregation and neighborhood, the children painted rocks with encouraging words and left them around the building, inside and out. If you find one, you may keep it or pass it on to someone who may need it.



Some things we did just for fun. We sang and danced. We made tambourines, string paintings, and personal fish tanks complete with fish! We made “Good Deed Beads” to attach to backpacks, as a way to remind us to do 10 acts of kindness every day. The beads slide up with each good deed and then slide back down every evening ready to begin again the next day.



It has always been my intention that this be a multigeneration, congregational ministry. It takes all of us working together to make this week a success. I am so grateful for those who donated items or sought out donations, those who sewed pajamas or crocheted fish, those who cooked for us, those who spent the week teaching, protecting and guiding us, and those at home praying for us. I am also indebted to the church staff who cheerfully go above and beyond to accommodate our many needs (and the mess we make).

“AT HOME TEAM” members can support our Haitian Mission partnership

If you have been wondering how you can be on the team to help our partners of Grace Ministries and you know that the air transportation, boat trip and the walking is not for you, please consider the following:

Sponsoring a student or an orphan is simple for us but it makes a HUGE difference for the children who receive your help.

Just go to your computer and go to the Caribbean Children's Foundation. When you click on their website, just move from the HOME page to the EDUCATION page, then choose the DONATE box and complete it as you are able. The children who attend the schools on Grann Plaine are totally dependent on our love and financial support.

You will receive acknowledgement and sincere thanks. If you are able to provide for a full sponsorship and the meal program, Shannon Kennedy will send you information and even a picture of the child who will benefit from your gift.

If you want to know more, the website is full of information and I will be happy to assist too.

If you are not able to help financially, please know that your prayers for the wellbeing of the children and families of Les Cayes and Ile a Vache are truly a blessing.

Donna Leiser
862-0606



Joyful Noise

After much discernment and with a heavy heart, Holy Trinity will not be continuing Joyful Noise After School Program. While Holy Trinity values music education, we feel that this program is no longer effectively serving the needs of our community. We will take the next year to discern and listen to where God is calling us next. If you have any questions, please see Pastor Miller or Pastor Maynor.

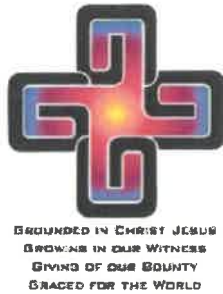


LYO

Welcome to the 2019-20 LYO Year! For those who may be new to us, we are excited to have you join the youth group! We would like to invite everyone to an orientation meeting on Sunday, September 22 following the 10:30 am worship service in the Fellowship Room.

Please RSVP by emailing Pastor Brenda no later than Wednesday, September 18.

If you have any questions or concerns, please see Pastor Brenda.



We are a church grounded in Christ Jesus and
growing in our witness to God's love for all
There is a place for you here

A Pastoral Letter Regarding Sanctuary

Dear Sisters and Brothers in Christ,

Grace to you and peace, from God our Father and from our Lord and Savior, Jesus Christ.

The Evangelical Lutheran Church in America's triennial Assembly came to a close this past Saturday, August 10. The Assembly was filled with Worship, Fellowship, Interfaith Partners, Bible Studies and Resolutions and Memorials, among other realities.

One of the Memorials passed has generated a fair amount of heat and consternation across this church and I want to take a moment to respond and clarify since rumors and conjectures are flying in every direction. The following is what was ultimately voted on by the Assembly.

CA19.03.11 To receive with gratitude the memorial from the Metropolitan New York Synod concerning sanctuary;

To reaffirm the long-term and growing commitment of this church to migrants and refugees and to the policy questions involved, as exemplified most recently in the comprehensive strategy Accompanying Migrant Minors with Protection, Advocacy, Representation and Opportunities (AMMPARO);

To recognize that the ELCA in congregations, synods and the churchwide organization are already taking the actions requested by this memorial; and

To request that appropriate staff on the AMMPARO team, LIRS and the Domestic Mission, Global Mission, and Mission Advancement units review the existing strategies and practices by the five current sanctuary synods and develop a plan for additional tools that provide for education and discernment around sanctuary; and The Evangelical Lutheran Church in America declares itself a sanctuary church body; and To request the ELCA Church Council, in consultation with the appropriate churchwide units and offices, provide guidance for the three expressions of this church about what it means to be a sanctuary church body and provide a report to the 2022 Churchwide Assembly.

A Pastor Letter cont.

So we are all on the same page in our understanding of this please note the following:

- * In our interdependent polity, nothing in the Churchwide Assembly action binds a congregation, synod, agency or institution. It only binds the Churchwide expression of the church.
- * The Churchwide Assembly action does not call for civil disobedience or any illegal actions. Any congregation that engages in illegal activity must be ready to accept the legal consequences. I urge congregations to seek legal counsel regarding these issues.
- * The question of what it means to be a sanctuary church body will now have to be studied by the ELCA's Church Council. We do not currently have a clear or commonly accepted definition. A report will come to the next Churchwide Assembly in 2022. (Bp. Jeff Clements)

All of which is to say that this changes nothing but keeps everything. We have been, as a church body, standing side by side with migrants and refugees for the entirety of our existence. Scripture calls us to that ministry and place and we have responded and will continue to respond out of love and at the direction of our Lord and Savior Jesus Christ, who stood with the last, the least and the lost. This is grounded in our Baptismal commitments made. This is not a political statement, it is a scriptural and faith based reality.

You may find the following Talking Points helpful in future conversations.

What does becoming a sanctuary denomination mean for the ELCA?

- * In its simplest form, becoming a sanctuary denomination means that the ELCA is publicly declaring that walking alongside immigrants and refugees is a matter of faith. The ELCA Churchwide Assembly, the highest legislative authority of the ELCA, declared that when we preach on Sunday that Jesus told us to welcome, we will use our hands and voices on Monday to make sure it happens.
- * We have a broken system regarding immigration, refugees and asylum-seekers. To declare ourselves a sanctuary church body is to say that we seek to provide concrete resources to assist the most vulnerable who are feeling the sharp edges of this broken system.
- * Being a sanctuary denomination is about loving our neighbors. While we may have different ideas about how to fix this broken system and may have different ways of loving our neighbors, our call to love our neighbor is central to our faith.
- * Being a sanctuary denomination will look different in different contexts. It may mean providing space for people to live; providing financial and legal support to those who are working through the immigration system; or supporting other congregations and service providers. We cannot mandate or direct our congregations and ministries to respond in specific ways. Each must work out what this means for them in their context.

A Pastoral Letter cont.

* While we don't yet know the full scope of the work that this declaration will open for the church, we do know that our faith communities are already doing sanctuary work. Sanctuary for a congregation may mean hosting English as a second Language (ESL) classes, marching as people of faith against the detention of children and families, providing housing for a community member facing deportation, or, in some of our congregations, having thoughtful conversations about what our faith says about immigration. All of these are a step closer to sanctuary in our faith communities and sanctuary in our world for people who must leave their homes.

* Except for our members whose ancestors were here before European settlement or others who were forced to come to the U.S. against their will, the ELCA is an immigrant church. Our decades long work with immigrants and refugee is how we practice our faith in the world. Lutherans started Lutheran Immigration and Refugee Service, one of the nine refugee resettlement agencies in the U.S.

* At our last assembly, we also committed to walking alongside Central American children and families fleeing their communities by passing the AMMPARO strategy (Accompanying Migrant Minors with Protection, Advocacy, Representation and Opportunities).

* Through the AMMPARO strategy, we are also working through our global partners in Central America to alleviate the conditions that cause people to migrate. We support organizations and faith communities that work with deported migrants in Central America and advocate for the humane treatment of immigrants in Mexico. In the U.S., we have a network of 151 welcoming and sanctuary congregations that are committed to working on migration issues and a welcome for immigrant communities. The church also has five sanctuary synods (our regional structures), all of which do work with immigrants, refugees and asylum-seekers.

* In baptism, we are brought into a covenantal relationship with Jesus Christ that commits us to strive for justice and peace in all the earth. Following the example of Martin Luther, we believe that advocacy is a crucial expression of baptismal identity. As a church, we have advocated for stopping the detention of children and families for decades. We have spoken out against family separation, sought a pathway to citizenship for community members that have lived in the U.S. for many years, and have taken steps to address the root causes of migration in a way that honors the humanity in people who must flee.

* Being a sanctuary denomination means that we, as church together, want to be public and vocal about this work. At the same time, we will have conversations about what sanctuary means with many of our members and discern future action and direction. Welcoming people is not a political issue for us, it is a matter of faith.

A Pastoral Letter cont.

(Talking points from AMMPARO and Bishop Paul Erickson, Greater Milwaukee Synod)

As we move forward in this arena it is my prayer that we will do so with intentionality and care for one another. I view this as an opportunity to be in conversation with you around this issue and the work of the church.

One final note. There were a lot of other resolutions and memorials that came to the floor for discussion and voting. I encourage you to go to our synod website and read about these actions. If you Google Upstate New York Synod, simply go to the Latest News section and scroll down to Churchwide Assembly. You will find all the information needed.

In Christ's Peace,



John S. Macholz, Bishop



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

1080 Main Street (bet. Summer and North)

Buffalo, New York 14209-2389

716-886-2400 / 716-884-7505 (fax)

E-mail: info@holytrinitybuffalo.org

www.holytrinitybuffalo.org

Friend us on Facebook at www.facebook.com/holytrinitybuffalo

The Rev. Lee M. Miller, II, Lead Pastor

The Rev. Brenda Maynor, Pastor

Kristen Pomietlarz, Organist

Justin Pomietlarz, Choirmaster

Linda Lipczynski, Office Manager

Carol Littlefield, Parish Accountant

Judy Reifsteck, Faith Community Nurse

John Busch, Director of Buildings and Grounds

Charles Ryniec, Steward of Buildings and Grounds

Forgetfulness:

Knowing When to Ask for Help

Part One of a Two Part Series

Many people worry about becoming forgetful. They think forgetfulness is the first sign of Alzheimer's disease. Scientists have learned a lot about memory and why some kinds of memory problems are serious but others are not.

Age-Related Memory Changes

Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they did, or they lose things like their glasses. These usually are signs of mild forgetfulness, not serious memory problems.

Some older adults also find that they don't do as well as younger people on complex memory or learning tests. Scientists have found, though, that given enough time, healthy older people can do as well as younger people do on these tests. In fact, as they age, healthy adults usually improve in areas of mental ability such as vocabulary.

Other Causes of Memory Loss

Some memory problems are related to health issues that may be treatable. For example, medication side effects; vitamin B12 deficiency; chronic alcoholism; and tumors, infections, or blood clots in the brain can cause memory loss or possibly dementia. Some thyroid, kidney, or liver disorders also can lead to memory loss. A doctor should treat serious medical conditions like these as soon as possible. Emotional problems, such as stress, anxiety, or depression, can make a person more forgetful and can be mistaken for dementia. For instance, someone who has recently retired or who is coping with the death of a spouse, relative, or friend may feel sad, lonely, worried, or bored. Trying to deal with these life changes leaves some people confused or forgetful.

The confusion and forgetfulness caused by emotions usually are temporary and go away when the feelings fade. But if these feelings last for more than 2 weeks, it is important to get help from a doctor or counselor. Treatment may include counseling, medication, or both.

More Serious Memory Problems

For some older people, memory problems are a sign of mild cognitive impairment, Alzheimer's disease, or a related dementia. People who are worried about memory problems should see a doctor. The doctor might conduct or order a thorough physical and mental health evaluation to reach a diagnosis. Often, these evaluations are conducted by a neurologist, a physician who specializes in problems related to the brain and central nervous system.

Forgetfulness cont.

A complete medical exam for memory loss should review the person's medical history, including the use of prescription and over-the-counter medicines; family history of dementia; a physical exam; and neurological tests to assess memory, balance, language, and other cognitive functions. A correct diagnosis depends on accurate details, so in addition to talking with the patient, the doctor might ask a family member, caregiver, or close friend for information.

Blood and urine tests can help the doctor find or rule out possible causes of the memory problems. A brain scan also may help identify or rule out some causes of the memory problems.

Mild Cognitive Impairment (MCI). Some people with memory problems have a condition called amnesic mild cognitive impairment, or amnesic MCI. People with this condition have more memory problems than normal for people their age, but their symptoms are not as severe as those of people with Alzheimer's disease, and they are able to carry out their normal daily activities.

Signs of MCI include losing things often, forgetting to go to important events or appointments, and having more trouble coming up with words than other people of the same age. Family and friends may notice memory lapses, and the person with MCI may worry about losing his or her memory. These worries may prompt the person to see a doctor for diagnosis. Researchers have found that more people with MCI than those without it go on to develop Alzheimer's. However, not everyone who has MCI develops Alzheimer's. There is no standard treatment for MCI. Typically, the doctor will monitor and test a person with MCI every 6 to 12 months to detect any changes in memory and other thinking skills over time. No medications have been approved to treat MCI.


Dementia. Dementia is the loss of thinking, memory, and reasoning skills and behavioral abilities to such an extent that it interferes with a person's daily life and activities. Dementia is not a disease itself but a group of symptoms caused by certain diseases or conditions such as Alzheimer's.

Symptoms of dementia may include:


- Being unable to remember things
 - Asking the same question or repeating the same story over and over
 - Becoming lost in familiar places
 - Having trouble following directions
 - Getting confused about time, people, and places
 - Having trouble handling money and paying bills
 - Experiencing increased anxiety and/ or aggression.
- Two of the most common forms of dementia in older people are Alzheimer's disease and vascular dementia. These types of dementia cannot be cured at present.

In *Alzheimer's disease*, changes in certain parts of the brain result in the death of many nerve cells. Symptoms of Alzheimer's begin slowly and worsen steadily as damage to nerve cells spreads throughout the brain. As time goes by, forgetfulness gives way to serious problems with memory.

SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
12 th Sunday after Pentecost 8:30 Service of Holy Communion 9:30 Coffee Hour/Sundae bar 10:30 Service of Holy Communion	2 <i>Labor Day</i> CHURCH OFFICE CLOSED	3 5:00 Burrito Project 5:30 WELCA	4 7:30 Brewed Faith at Spot Coffee 6:30 Wednesday Evening Service	5 7:00 AA/AL-ANON	6	7 8:30 Usher/Greeter Meeting at Family Tree 9:00 Genealogy
13 th Sunday after Pentecost 8:30 Service of Holy Communion 10:30 Sunday School 10:30 Service of Holy Communion w/baptism 11:45 Coffee Hour 12:00 Confirmation Class 12:00 God's Work, Our Hands Events 2:30 Worship to Go at Wedgewood	9 9:30 Bible Study	10 12:00 Women at the Well	11 8:00 Property Meeting 10:00 Staff Meeting 6:00 Buffalo Niagara Youth Chorus 6:30 Wednesday Evening Service	12 6:00 Chapel Choir 7:00 Choir rehearsal 7:00 AA/AL-ANON	13 6:00 Samaritan Counseling Vespers	14 9:00 Fellowship & Hospitality
14 th 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 2:30 Worship to Go at Wedgewood	16 9:30 Bible Study	17 6:00 Executive Meeting	18 5:30 Sue's Supper 6:00 Buffalo Niagara Youth Chorus 6:30 Wednesday Evening Worship	19 7:00 Choir rehearsal 7:00 AA/AL-ANON	20	21
15 th 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 7:00 Personnel at Day's <i>Autumn Begins</i>	24 6:00 Council Meeting	25 10:00 Staff Meeting 6:00 Buffalo Niagara Youth Chorus 6:30 Wednesday Evening Service	26 6:00 Chapel Choir 7:00 Choir rehearsal 7:00 AA/AL-ANON	27 4:00 Wedding rehearsal	28 3:00 Bauble/ O'Connor Wedding
16 th Sunday after Pentecost 8:30 Service of Holy Communion w/chapel choir 9:00 Flue Clinic 10:30 Service of Holy Communion 10:30 Sunday School 11:45 Coffee Hour 12:00 Faith In Action	30 9:30 Bible Study 6:00 Faith Formation Meeting					

OCTOBER 2019

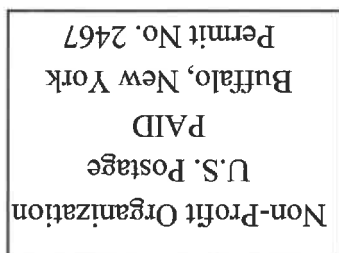
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
1 st Sunday after Pentecost 8:30 & 10:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Sunday School / Nursery 11:45 Coffee Hour		1 5:00 Burrito Project 5:30 WELCA	2 7:30 Brewed Faith at Spot Coffee 6:00 Buffalo Niagara Youth Chorus 6:30 Wednesday Evening Service/Pet Blessing	3 7:00 Chancel Choir 7:00 AA / AL-ANON	4	5 <i>Happy Birthday Kristen Pomietlarz</i>
6 17 th Sunday after Pentecost 8:30 & 10:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Sunday School / Nursery 11:45 Coffee Hour	7 9:30 Bible Study	8 12:00 Women at the Well 6:30 Women's Bible Study	9 10:00 Staff Meeting 6:00 Buffalo Niagara Youth Chorus 6:30 Wednesday Evening Service	10 6:00 Chancel Choir 7:00 Chancel Choir 7:00 AA / AL-ANON	11	12
13 18 th 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/Haiti Bake Sale 12:00 Confirmation Class 2:30 Worship to Go at Wedgewood	14 Columbus Day Observed CHURCH OFFICE CLOSED	15 6:00 Executive Meeting	16 5:30 Sue's Supper 6:00 Buffalo Niagara Youth Chorus 6:30 Wednesday Evening Service	17 7:00 Chancel Choir 7:00 AA / AL-ANON	18 7:00 Organ Recital	19
20 19 th 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	21 9:30 Bible Study	22 6:00 Council Meeting 7:30 Buffalo State Choir Concert	23 10:00 Staff Meeting 6:00 Buffalo Niagara Youth Chorus 6:30 Wednesday Evening Service	24 6:00 Chancel Choir 7:00 Chancel Choir 7:00 AA/AL-ANON	25	26
27 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 12:00 Oktoberfest	28 9:30 Bible Study	29	30 6:00 Buffalo Niagara Youth Chorus 6:30 Wednesday Evening Service	31 7:00 AA/AL-ANON <i>Happy Halloween</i>		

Changes to Our Church Paper in 2020

We will continue to publish our Church Paper every other month. However, **beginning in January 2020**, 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 paper edition. The cost would be \$10 per year and you will need to call the church office to sign up for this delivery. **Please know that copies are always available on the tables at the church or chapel entrance ways or at the church office.**

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.



OUR CHURCH PAPER
Holy Trinity Lutheran Church
1080 Main Street
Buffalo, NY 14209-2389
(716) 886-2400
www.holytrinitybuffalo.org
Return Service Requested

