
OUR CHURCH PAPER

November-December 2019

Vol. 28 No. 6

Celebrations and Sacrifices

Reading the Bible in a Year (see the reading plan in this edition of your Church Paper) has been an enlightening experience for me. I rarely have the opportunity to read the scripture for me, or at least without planning a sermon around the text, so it's fun to read the passages without the pressure of proclamation. We have read over the last two months Genesis, Job, and Exodus and now we are moving through Leviticus and into Numbers.

In reading Exodus, I'm struck by how the "people" of Israel are being formed; from a migrant family, to a people oppressed and enslaved, to a new generation of "Israelites" to whom God has now promised, "You will be my people" (Exodus 6:7).

How are these people formed into a nation? How does God bind them to each other and to God's own self?

Celebrations and Sacrifices. A theme I have seen is that the people are being formed together through the Celebrations God has encouraged, and the Sacrifices which have become a part of their life in community.

We too are a community marked by Celebration and Sacrifice, and from October to December it is fully evident in the life of the church.

*"This is the Feast of Victory for our Lord,
Alleluia, Alleluia, Alleluia!"*

Evangelical Lutheran Worship p.140

We mark every Sunday as a Feast Day for the Lord, singing praises to God in the tradition of the whole church. The ancient Israelites were taught in the desert season of their lives to celebrate. To remember that they had been captive in Egypt and God had brought them out of bondage into freedom. We too celebrate each Sunday that God has created us, redeemed us, and forgives us, re-forming us to be God's people in the world. We celebrate that it is God who makes us free, who calls each one of us, "worthy," and who in Baptism claims us as God's very own. And so we celebrate!

Ancient Israelites were taught to celebrate each Sabbath day, as we do, and additional Celebration Days including Passover, the New Year (Rosh Ha-Shanah), and harvest festivals like Shavuot, the festival of first fruits, and Sukkot, in-gathering of the harvest.



HOLY TRINITY
BUFFALO

Celebrations and Sacrifices cont.

We are entering our season of Celebration – from Reformation to the commemoration of All Saints to the high celebration of the Nativity of our Lord – with lots of smaller celebrations in between including a Potluck Feast on Commitment (Consecration) Sunday, Thanksgiving, Lessons & Carols, The Christmas Pageant & Dinner, and so many more along the way!

These celebrations form us by gathering us together, creating in us common experiences and memories, and giving us opportunities to laugh and love.

Along with the Celebrations, I see God's people being formed together by their sacrifice. From Exodus to Deuteronomy there are a comparable list of sacrifices which accompany the celebrations. Individual sacrifice to atone for one's sins, corporate sacrifice to make atonement for the whole community, each with their own liturgies, signs, and practices.

We too are formed together through sacrifice. That as followers of Jesus and children of God we are invited, called, and commissioned to live our lives for the sake of others – this is sacrifice! We sacrifice for the sake of our family, our community, our country, and for the sake of the world. Our sacrifices include the tithes and offerings that we share through the church, but also gifts of time and abilities. We need not participate in sacrifices begrudgingly, but we can do so lovingly. Remembering that God has set us free, that God calls us beloved, that God bestows on us all our gifts, we are set free to sacrifice for the sake of others, and in them, we are formed into the body of Christ, which itself is in the shape of sacrifice – a cross.

So, God's people at Holy Trinity, I look forward to walking these Holy Days of Celebration and Sacrifice with you; trusting that God is at work in us, forming us, binding us together, bringing healing and wholeness to our community and the world around us.

That's my view from here,

Pastor Lee



It is Time to Fall Back...

Daylight Savings Time ends on November 3. Be sure to turn your clocks back one hour.



Season of Gratitude

Over the past few months you may have journeyed with me through a time of discernment. And like me, perhaps that time has been fruitful and you have found some answers and direction to what you were discerning. I know that I did, and now as we move further into Fall and closer to Thanksgiving, Advent and Christmas, I find myself entering into a time of thoughtful gratitude.

According to Merriam-Webster, gratitude is defined as “the state of being grateful: thankfulness.” To me this definition doesn’t seem to convey exactly what the word gratitude is trying to express, so I looked up what it meant to be grateful and according to Merriam-Webster to be grateful is to be “appreciative of benefits received.” This is probably the best definition I am going to be able to find that conveys what gratitude is. For me, gratitude is not something that we do necessarily because it is appropriate or because social cues dictate that it is appropriate etiquette, but something that we are compelled to do as we receive blessings through the kindness and thoughtfulness of others.

I GET TO...
= VS. =
i have to...

A few weeks ago, we heard two different lessons on gratitude; the first was from Luke 17 and it was the story of the Cleansing of the Ten Lepers, the second was read as part of the Narrative Lectionary, which we use as part of our Wednesday Evening Service, and we read from Psalm 150. Both of these texts talk about the benefits people received from God and the response that was given in appreciation of these gifts. Luke tells the story of the Lepers being healed and only one returning to give thanks to Jesus, Jesus then blesses him again saying that, “your faith has made you well.” Psalm 150 is categorized as a “Hymn of Praise.” Walter Brueggemann writes, “[Hymns of praise] characterizes a public (as distinct from personal or intimate) song that is sung with abandonment in praise to God for the character of God’s person or the nature of God’s creating and liberating actions.”¹

In that, the concept of “I get to vs. I have to” was introduced. It is a way to change perspective, to reorient ourselves into a mindset of gratitude; and it works a little like this...we all have those things in our lives where it feels like a chore to do them, such as dishes, cleaning, laundry, filling up the gas in our cars, mowing and weeding our yards, whatever it may be. And we know that there are people living in and among us that don’t have these luxuries (yes, I said it luxuries). There are people living among us that don’t have homes to clean, dishes to do, laundry to wash. So the next time you dread completing a chore and you hear yourself saying “I have to mow the grass” or “I have to do laundry” I challenge you to say instead “I get to mow the grass” and “I get to wash clothes.” We have been blessed by God to have these things and there are those in the world who are praying to have these things. Gratitude is our thankfulness for our blessings, for the creating and liberating ways in which God works. Let’s celebrate, may the Spirit move and compel us to rejoice and dance and sing, may we be overwhelmed with gratefulness that hymns of praise flow from our lips.

Pastor Brenda

¹Walter Brueggemann, *The Message of the Psalms* (Minneapolis, MN: Augsburg Publishing House, 1984). 158.

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



By the time you read this, you will have received the stewardship appeal and the commitment card. If not, please let the office know and we will send you another card or you can pick one up at church. This year, the budget is printed on the card and I hope you find that information helpful. We are very fortunate at Holy Trinity to have such a strong member base! Whenever I talk to someone about church I always tell them how supportive the congregation is and how much we can accomplish because of it!

This year, on Sunday, November 10th, we will welcome The Rev. Norma Malfatti, Director of Evangelical Mission of the Upstate New York Synod. The Rev. Malfatti will serve as a guest preacher with a focus on stewardship. I am looking forward to hearing her preaching and teaching and I invite you all to attend Sunday services on that day.

All are invited to our annual

STEWARDSHIP POT-LUCK LUNCHEON

Sunday, November 17

following the 10:30 service

If you normally attend the 8:30 service, I encourage you to return and have lunch at Holy Trinity that day – I know there will be lots of good food! I hope to see all of you there – it is always a great pleasure to join everybody in fellowship.

***Thank you to all of you who will return
the commitment cards,***

it is much appreciated!!

Stewardship Corner cont.

As always, if you have comments, ideas or want to help but are not sure where you fit in, contact me at ucarlino@buffalo.edu or see me at church, where I usually attend the 10:30am service and once a month, when the Chapel Choir sings, the 8:30 service as well.

May the Lord God bless you with love, joy and a peaceful heart and may the Holy Spirit move you in ways that you never dreamed possible!

Yours in Christ,

Uli MacDonald



Fellowship and Hospitality News

November and December are upon us. Thanksgiving, Advent, and Christmas are right around the corner. At the typing of this letter there are only sixty-two shopping days until Christmas. Our congregation always supports those families and friends who may need extra help. At Christmas time this committee, with your help, fills ten boxes with non-perishable food items to be given to folks that need that extra help. In addition, each box will contain a gift card which can be used for other necessities.

Beginning on November 1st all food collected that would normally go to the food pantry will be designated for the Christmas boxes. The boxes will be prepared on Monday, December 16th following Bible study at 11:00 a.m. If you wish to help, come at that time. Due to the generosity of our congregation there is always plenty of food left over for the food pantry. Thank you in advance for your donations.

On Saturday, November 30th the committee could use help setting up all the Christmas trees in the church to facilitate the “greening of the church” which takes place on the following day, Sunday, December 1st immediately after the 10:30 service. Tree set up on Saturday will begin at 10:00 a.m.

Check the Holy Trinity web site or call the church office (886-2400) for further information.



Annual Meeting

The Annual Congregational Meeting will take place on Sunday, January 12, 2020 following each service. Among other things, we will be voting on updates to the Constitution. Proposed changes will be available in December.



It's time for Apple Pie!!!

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

The recipe for this delicious pie is a treasured Holy Trinity secret which is brought out just once each year. The pies are lovingly put together by the LYO and wrapped for ***pick up on Sunday November 24th***, just in time for the Thanksgiving holiday. They are oven or freezer ready.

The cost of the pie is \$10.00.

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

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

Name: _____

Phone Number _____

Number of Pies _____

Pick Up at Later Date _____

Pre-Paid ☐ Pay on pick-up ☐

A WORLD PREMIERE AT HOLY TRINITY!

The H.T. Players are back with a new theater production! In December 2019, Holy Trinity's own community theater company will present the world premiere of a new play written by Marty Bauer titled "The Mystery of The Manger Bed." Performances will take place on Sunday, December 15 at 1:00pm and Wednesday, December 18 at 7:30pm. Both will take place in Mansperger Chapel.

"The Mystery of The Manger Bed" is a gentle Christmas comedy – drama for the whole family. It takes place in a small Finger Lakes village known as Oak Grove, New York. The story is narrated by Tom and Molly Chalmers, a retired couple who are long-time residents of the town. In the story, Tom encounters a shy middle-aged man who is determined to spread kindness around Oak Grove. Meanwhile, Molly is presented with a new challenge in her life when she's asked to direct her Lutheran church's annual Christmas pageant. During a rehearsal of the pageant, something happens that requires Tom and Molly to solve a mystery.

"The Mystery of The Manger Bed" is directed by Marty Bauer. Cast members include: Pastor Lee Miller II, Pastor Brenda Maynor, Mary Sue Bauer, Marty Bauer, Natalia Bavaro, Sister Donna Font, Fred Howard, Karen Kolb, Donna Leiser, Ron Leiser, Mark Leiser, Jeff Leiser, Sean Mann, Linda Schmidt, and Elizabeth Vihnanek.

The play will be staged in a style known as "reader's theater" where the emphasis is put on the beauty of words and storytelling.

Admission for these performances is a free-will offering at the door. Proceeds will benefit the LYO Mission fund to help cover the costs of the National Gathering and other mission events. Come one, come all to "The Mystery of The Manger Bed!" This play will be a delightful addition to the holiday season here at Holy Trinity!



Faith in Action News

Faith in Action would like to thank the generous members of Holy Trinity for the donations of school supplies to PS 17. Hundreds of items, from backpacks to erasers, were collected and delivered to the school in early September! The staff is truly grateful for the donations and appreciates the kindness HT has shown to the children.

Our next project will be the Angel and Mitten trees early this December, and we hope to collaborate with School 17 on some new opportunities in 2020!

Thank you!!!!

2019 HOLIDAY WORSHIP SCHEDULE



**THANKSGIVING SERVICE
WEDNESDAY, NOVEMBER 27
6:30 p.m. Worship Service**

**FOURTH SUNDAY IN ADVENT
SUNDAY, DECEMBER 22
8:30 a.m. Worship Service with Chapel Choir
10:30 a.m. Worship Service with Chancel Choir**

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

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



Read the Bible in a Year!

If you haven't started yet, you can still catch up or start from the current Reading Plan. Find your November/December Reading Plan in this edition of The Church Paper!

A Day in the Life

Membership News

Special Birthdays

Please let us know if you know members whose birthdays are in November or December, and are in nursing homes or homebound.

Baptisms

September 8, 2019 Scarlett Ann McFarland, daughter of Jushua and Katherine McFarland.
Sponsors are Sarah Dolan and Joseph Shipee

Nuptials

September 28, 2019 Danielle Marie Bauchle and Brian James O'Connor

Deaths

Our recently departed family and friends

October 7, 2019 Marilyn Jones

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

Food Pantry Update

A super big thank you to all who have donated and those who are continuing to donate food in support of Holy Trinity's commitment to help those who are hungry and in need. This past month alone, allowed us to stock 5 bags with not only a balanced assortment of non-perishable foods but also the personal items that make such a difference for those who seek aid from our Pastors. Thank you to the wonderful anonymous folks who provided those hotel sized bottles of shampoo, conditioners, lotions, mouthwash and body wash. Also so grateful to the response for fruits and veggies and cereal too! Our donations to the Network of Religious Communities' Food Bank remain consistently regular. We average about 30 bags per month. Our teams of volunteers continue to provide service several days per month with schedules that work out for them. Kelly (the coordinator) always expresses her gratitude for this gift of time and energy! THANK YOU ALL!



HTLC

57	03-Nov	Leviticus 27	Numbers 1				
58	04-Nov	Numbers 2	Numbers 3				
59	05-Nov	Numbers 4	Numbers 5				
60	06-Nov	Numbers 6	Numbers 7	Numbers 8	Numbers 9		
61	07-Nov	Numbers 10	Numbers 11	Numbers 12	Numbers 13		
62	08-Nov	Numbers 14	Numbers 15				
63	09-Nov	Numbers 16	Numbers 17	Numbers 18			
64	10-Nov	Numbers 19	Numbers 20	Numbers 21			
65	11-Nov	Numbers 22	Numbers 23	Numbers 24			
66	12-Nov	Numbers 25	Numbers 26				
67	13-Nov	Numbers 27	Numbers 28	Numbers 29			
68	14-Nov	Numbers 30	Numbers 31				
69	15-Nov	Numbers 32	Numbers 33				
70	16-Nov	Numbers 34	Numbers 35	Numbers 36			
71	17-Nov	Deuteronomy 1	Deuteronomy 2	Deut. 3:1-20			
72	18-Nov	Deut. 3:21-29	Deuteronomy 4	Deuteronomy 5			
73	19-Nov	Deuteronomy 6	Deuteronomy 7	Deuteronomy 8	Deuteronomy 9		
74	20-Nov	Deuteronomy 10	Deuteronomy 11	Deuteronomy 12			
75	21-Nov	Deuteronomy 13	Deuteronomy 14	Deuteronomy 15	Deut. 16:1-17		
76	22-Nov	Deut. 16:18-22	Deuteronomy 17	Deuteronomy 18	Deuteronomy 19	Deuteronomy 20	Deut. 21:1-9
77	23-Nov	Deut. 21:10-23	Deuteronomy 22	Deuteronomy 23	Deuteronomy 24	Deuteronomy 25	
78	24-Nov	Deuteronomy 26	Deuteronomy 27	Deuteronomy 28	Deuteronomy 29:1		
79	25-Nov	Deut. 29:2-29	Deuteronomy 30	Deut. 31:1-29			
80	26-Nov	Deut. 31:30	Deuteronomy 32	Psalms 90			
81	27-Nov	Deuteronomy 33	Deuteronomy 34	Joshua 1	Joshua 2		
82	28-Nov	Joshua 3	Joshua 4	Joshua 5	Joshua 6		
83	29-Nov	Joshua 7:1	1 Chron. 2:7	Joshua 7:2-26	Joshua 8	Joshua 9	
84	30-Nov	Joshua 10	Joshua 11	Joshua 12:1-6			

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

85	01-Dec	Joshua 12:7-24	Joshua 13	Joshua 14	Joshua 15:1-19		
86	02-Dec	Joshua 15:20-63	Joshua 16	Joshua 17			
87	03-Dec	Joshua 18	Joshua 19:1-48				
88	04-Dec	Joshua 19:49-51	Joshua 20	Joshua 21	1 Chron. 6:54-81		
89	05-Dec	Joshua 22	Joshua 23	Joshua 24			
90	06-Dec	Judges 1	Judges 2	Judges 3:1-30			
91	07-Dec	Judges 3:31	Judges 4	Judges 5	Judges 6		
92	08-Dec	Judges 7	Judges 8	Judges 9:1-21			
93	09-Dec	Judges 9:22-57	Judges 10	Judges 11:1-28			
94	10-Dec	Judges 11:29-40	Judges 12	Judges 13	Judges 14	Judges 15	
95	11-Dec	Judges 16	Judges 17	Judges 18			
96	12-Dec	Judges 19	Judges 20	Judges 21			
97	13-Dec	Ruth 1	Ruth 2	Ruth 3	Ruth 4:1-12		
98	14-Dec	Ruth 4:13-22	1 Chron. 2:9-55	1 Chron. 4:1-23	1 Samuel 1:1-8		
99	15-Dec	1 Samuel 1:9-28	1 Samuel 2	1 Samuel 3	1 Samuel 4:1-11		
100	16-Dec	1 Samuel 4:12-22	1 Samuel 5	1 Samuel 6	1 Samuel 7	1 Samuel 8	
101	17-Dec	1 Samuel 9	1 Samuel 10	1 Samuel 11	1 Samuel 12		
102	18-Dec	1 Chron. 9:35-39	1 Samuel 13:1-5	1 Samuel 13:19-23	1 Samuel 13:6-18	1 Samuel 14	
103	19-Dec	1 Samuel 15	1 Samuel 16	1 Samuel 17:1-31			
104	20-Dec	1 Sam. 17:32-58	1 Samuel 18	1 Samuel 19:1-17	Psalms 59	1 Sam. 19:18-24	
105	21-Dec	1 Samuel 20	1 Samuel 21	Psalms 34			
106	22-Dec	1 Samuel 22:1-2	Psalms 57	Psalms 142	1 Chronicles 12:8-18	1 Samuel 22:3-23	Psalms 52 1 Sam. 23:1-12
107	23-Dec	1 Sam. 23:13-29	Psalms 54	1 Samuel 24	1 Samuel 25		
108	24-Dec	1 Samuel 26	1 Samuel 27:1-7	1 Chron. 12:1-7	1 Samuel 27:8-12	1 Samuel 28	1 Samuel 29 1 Chron. 12:19
***	25-Dec	John 1	Merry	Christmas!			
109	26-Dec	1 Samuel 30	1 Chron. 12:20-22	1 Samuel 31	1 Chronicles 10	1 Chron. 9:4-44	2 Samuel 4:4 2 Samuel 1
110	27-Dec	3 Samuel 2	2 Samuel 3:1-5	1 Chronicles 3:1-4	2 Sam. 23:8-17	1 Chron. 11:10-19	2 Sam. 23:18-39 1Chrn11:20-47
111	28-Dec	2 Samuel 3:6-39	2 Samuel 4				
112	29-Dec	2 Samuel 5:1-3	1 Chron. 11:1-3	1 Chron. 12:23-40	2 Sam. 5:17-25	1 Chron. 14:8-17	2 Sam. 5:6-10 1 Chron. 11:4-9
		2 Samuel 5:13	2 Samuel 5:4-5	2 Samuel 5:11-12	1 Chron. 14:1-2	1 Chron 13:1-5	2 Sam. 6:1-11 1 Chrn13:6-14

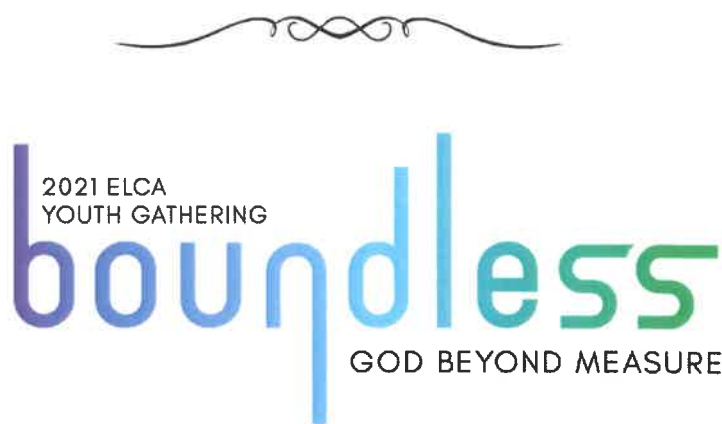
What's Happening in LYO?

It's that time of year again...time for APPLE PIES!! For the month of November it will be Pies, Pies, Pies!! Our apple pie fundraiser is kicking off on Sunday, November 3 and are available for pick-up on Sunday, November 24! I'm sure you can find your order form in the newsletter or you can see any of our LYO members to place your order. Our apple pies are \$10 and come oven or freezer ready!

Our youth will gather both Friday, November 22 and Saturday, November 23 to prep and assemble the pies. More details will be forthcoming.

As we get closer to Christmas, we will be looking forward to serving our Holy Trinity family in a family-style meal prior to the Christmas Pageant. The Christmas Dinner is Friday, December 13, youth helping to serve will meet at the church at 5:30pm.

And then we will party!! The LYO Christmas Party and Overnight will be Saturday, December 21. Festivities will include ice skating and Secret Santa! Details will be provided to the youth and their parents as we get closer to this event.



The LYO will be attending the 2021 ELCA Youth Gathering *boundless*. The theme for the 2021 Gathering is *boundless: God beyond measure*. Throughout the next 18 months you will see and hear more information about the 2021 Gathering and our own efforts as we plan our trip to Minneapolis for the 2021 ELCA Youth Gathering. We will be unveiling some new fundraising efforts, as well as keeping with our tried and true fundraisers! Be sure to put your order in for an apple pie or two!!

Women's Bible Study

Books and Bibles, the Women's Bible Study group, meets each month on the second Tuesday of the month at 6:30pm in the Fellowship Room. We meet again on November 12 after a small hiatus of study. For our November meeting, we will once again brainstorm a list of books and/or topics to discuss in the coming months. Please see Pastor Brenda with any questions.



Faith Formation

Christian Education is now Faith Formation! Unlike the term Christian Education, Faith Formation better describes the concept that our faith forms and evolves in every stage of our lives. When we think of Christian Education, we think of Sunday School and traditional Bible studies, but faith formation is so much more!! If you are interested in serving on the Faith Formation Committee, please talk with either Susan Bundt or Pastor Brenda.



Holy Trinity Needlers will meet in the Fellowship Room on November 5, 2019 for the monthly gathering. It begins with a “bring your own dinner” at 5:30pm, but please come when it suits your schedule. Angie Bavaro will provide a report on her experience at the Women of ELCA convention at Notre Dame Retreat Center 10/4-6. We will also participate in a Thankoffering service. Hope you can join us! ***Please note: we will not be meeting during December and January.***

Name _____



MUSIC at HOLY TRINITY 2019 - 2020

Sunday	11/3/2019	6:30 PM	Ars Nova Chamber Orchestra
** Sunday	12/8/2019	7:00 PM	3rd Annual Festival of Nine Lessons and Carols with University at Buffalo Choirs Claudia Brown, conductor
** Friday	12/13/2019	6:00 PM	Congregational Dinner and Christmas Pageant
***Tuesday	12/24/2019	9:45 PM 10:30 PM	Christmas Eve Pre-Service Music with Full Choir Christmas Eve Festival Service with Full Brass
Sunday	1/26/2020	4:00 PM	BNYC Concert
*** Sunday	2/23/2020	10:30 AM	Orchard Park Chorale David Curtis, conductor (Transfiguration Sunday)
** Friday	3/6/2020	7:30 PM	The Genevans from Geneva College, PA David Smith, conductor
** Sunday	3/15/2020	4:00 PM	Vocalis; James Burritt, conductor (w/ Amherst Chorale)
*** Sunday	3/29/2020	10:30 AM	Lent 5: Jake Runestad Sunday The Chancel Choir welcomes internationally celebrated composer Jake Runestad to Holy Trinity, featuring works with Chamber Orchestra
Easter Triduum:			
***Thursday	4/9/2020	7:00 PM	Maundy Thursday Service with Full Choir
***Friday	4/10/2020	7:00 PM	Good Friday Service with Full Choir
***Sunday	4/12/2020	9:45 AM 10:30 AM	Easter Sunday Pre-Service with Full Choir Easter Sunday Festival Service with Full Brass
Sunday	5/17/2020	4:00 PM	BNYC Concert
** TBA	TBA	TBA	Chancel Choir Concert: "Byrd and Bach" Byrd's "Mass for 4 Voices" Bach's Motet "Jesu, meine Freude"
** Sunday	6/7/2020	10:30 AM	Bach: Cantata 176 (Trinity Sunday), with Chamber Orchestra
Sunday	6/7/2020	3:00 PM	BPO Chorus; Adam Luebke, conductor
***	Special music during Worship Service		
**	Music at Holy Trinity Sponsored concert/event		
	Other musical event happening at Holy Trinity		

FAITH IN ACTION

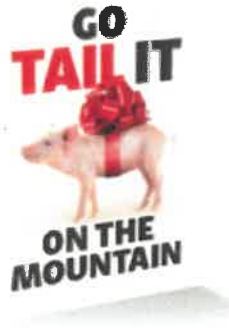
The below information was recently presented in the Upstate Update
(The Upstate NY Synod weekly online newsletter)

Friends in High Places

The ELCA has a connection to the global Lutheran church through the Lutheran World Federation (LWF). The ELCA maintains an office at the UN headquarters in New York City to help support the church's outreach on global social issues. It's called the Lutheran Office for World Community, formed in 1973. The director and his assistant attend the UN General Assembly and the Security Council meetings to convey the social policy views of the ELCA and the LWF to the UN, including human rights, justice, respect for international law, and better standards of living for all people. Recently global migration has been a major topic. One of the most gratifying projects has been working with the UN Commission on the Status of Women, which is dedicated to gender equality and the empowerment of women.

The Lutheran Office for World Community is rooted strongly in the ELCA's heart for humanity, focusing on regions where human rights have been violated. Its mission echoes the UN charter, which mentions respect for the dignity of the individual. "Each person is created in the image of God, regardless of their background or nationality. We all need to be given respect and dignity."

You help accomplish this through your mission support to the synod. ***Thank you!***
We are church together for the sake of the world. God's Work. Our Hands.



The new **ELCA Good Gifts** catalog is here, and so is a new and improved online store to make giving easier than ever. You will find a dozen brand-new gifts as well as returning favorites such as goats, water wells and school fees for girls. Check out the ELCA Good Gifts catalog for this year's shopping:

<https://goodgifts.elca.org/>

Forgetfulness: Knowing When to Ask for Help

Continued from previous newsletter...

Tips for Dealing with Forgetfulness

People with some forgetfulness can use a variety of techniques that may help them stay healthy and deal with changes in their thinking.

- Plan tasks, make “to do” lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to a familiar name, song, book, or TV show.

- Keep up interests or hobbies, and develop new ones, such as volunteering and visiting with family and friends.

- Engage in physical activity and exercise. Several studies have associated aerobic exercise (such as brisk walking) with better brain function, although more research is needed to say for sure whether exercise can help prevent or delay dementia. Exercise can also help relieve feelings of stress, anxiety, or depression.

- Eat healthy foods. A healthy diet can help reduce the risk of many chronic diseases and may also help keep your brain healthy.

- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time can cause memory loss and permanent brain damage.

In *vascular dementia*, injuries to the vessels supplying blood to the brain lead to the death of brain tissue, often after a stroke or series of strokes. Symptoms of vascular dementia can vary but usually begin suddenly, depending on the location and severity of a stroke. The person’s memory, language, reasoning, and coordination may be affected. Mood and personality changes are common as well. Some people have both Alzheimer’s and vascular dementia, a condition known as mixed dementia.

Treatment for Dementia

A person with dementia should be under a doctor’s care. The doctor might be a neurologist, family doctor, internist, geriatrician, or psychiatrist. He or she can help treat the patient’s physical and behavioral problems (such as agitation or wandering) and answer the many questions that the person or family may have.

People with dementia caused by Alzheimer’s disease may be treated with medications. Several medications are approved by the U.S. Food and Drug Administration to treat Alzheimer’s. These drugs may, for some people, help slow down certain problems, such as memory loss, allowing them to remain independent for longer. They may also help with certain behavioral problems. However, none of these drugs can stop Alzheimer’s disease from progressing. Many studies are investigating medications and other interventions to prevent or delay Alzheimer’s disease and cognitive decline. People with vascular dementia should take steps to prevent further strokes. These steps include controlling high blood pressure, monitoring and treating high cholesterol and diabetes, and not smoking. Family members and friends can help people in the early stages of dementia continue their daily routines, physical activities, and social contacts. People with dementia should be kept up to date about the details of their lives, the time of day, where they live, and what is happening at home or in the world. Memory aids such as a big calendar, a list of daily plans, and notes may help.

Forgetfulness cont.

What You Can Do

If you're concerned that you or someone you know has a serious memory problem, talk with your doctor. He or she may be able to diagnose the problem or refer you to a specialist, such as a neurologist or geriatric psychiatrist. Healthcare professionals who specialize in Alzheimer's and other dementias can recommend ways to manage the problem and suggest treatment and services that might help. Consider participating in clinical trials or studies. People with and without memory problems may be able to take part in clinical trials, which may help themselves or future generations. To find out more about participating in clinical trials, call the Alzheimer's and related Dementias Education and Referral (ADEAR) Center toll-free at 1-800-438-4380 or visit www.nia.nih.gov/alzheimers/clinical-trials. Information Taken from The National Institute on Aging.

I hope you found this article helpful.

Judy Reifsteck

Your Faith Community Nurse



Sue's Supper

Our free monthly community meal ministry, Sue's Supper, will continue on the **third** Wednesday of the month. 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!



Christmas Flowers

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

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

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

In memory of _____

In honor of _____

By _____

Our Church Paper

Editor: Linda Lipczynski

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

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The Rev. Brenda Maynor, Pastor

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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

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 9:30 Genealogy 1:15 Ars Nova rehearsal
All Saints Day 8:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Service of Holy Communion 10:30 Sunday School / Nursery 11:45 Coffee Hour 12:00 Faith in Action Meeting 6:30 Ars Nova Concert	4 9:30 Bible Study 11:15 Worship Meeting 7:00 Personnel Meeting at the Day's	5 5:00 Burrito Project 5:30 WELCA/Needlers <i>Election Day</i>	6 7:30 Brewed Faith 6:00 BNYC 6:30 Wednesday Evening Service 7:15 HT Play rehearsal	7 6:00 Chapel Choir 7:00 Chancel Choir 7:00 AA/AL-ANON	8	9 11:00 Message of Hope Event
22nd Sunday after Pentecost 8:30 Service of Holy Communion 9:30 Sunday Forum/ Prayers at the Flag Pole 10:30 Service of Holy Communion 10:30 Sunday School / Nursery 11:45 Coffee Hour 12:00 Confirmation Class 2:30 Worship to Go at Wedgewood	11 <i>Church Office Closed</i> <i>In Observance of</i> <i>Veterans' Day</i>	12 12:00 Women at the Well 6:30 Women's Bible Study	13 10:00 Staff Meeting 6:00 BNYC 6:30 Wednesday Evening Service 7:00 HT Play rehearsal	14 11:00 Leadership Buffalo meeting 7:00 Chancel Choir 7:00 AA/AL-ANON	15	16
23rd Sunday after Pentecost 8:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Service of Holy Communion (Commitment Sunday) 10:30 Sunday School / Nursery 12:00 Potluck Luncheon 2:30 Worship to Go at Wedgewood	18 9:30 Bible Study	19 6:00 Executive Meeting	20 8:00 Property Meeting 5:30 Sue's Supper 6:00 BNYC 6:30 Wednesday Evening Service 7:15 HT Play rehearsal	21 5:15 Wedding rehearsal 6:00 Chapel Choir 7:00 Chancel Choir 7:00 AA/AL-anon	22	23 2:00 Knight/ Fendrick Wedding LYO apple pie overnight
Christ the King Sunday 8:30 Service of Holy Communion (w/chapel choir) 10:30 Service of Holy Communion 10:30 Sunday School / Nursery 11:45 Coffee Hour	25 9:30 Bible Study	26 6:00 Council	27 10:00 Staff Meeting 6:30 Thanksgiving Service	28 <i>Happy Thanksgiving</i> <i>Church Office Closed</i>	29 <i>Church Office</i> <i>Closed</i>	30 10:00 Christmas Tree assembly

DECEMBER 2019

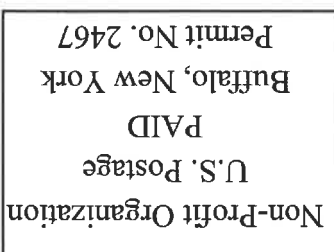
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>First Sunday in Advent 8:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Service of Holy Communion 10:30 Sunday School / Nursery 12:00 Coffee Hour/Greening of Church 12:00 Faith in Action Meeting</p>	<p>2 9:30 Bible Study 6:00 Faith Formation</p>	<p>3 5:00 Burrito Project</p>	<p>4 7:30 Brewed Faith 6:30 Wednesday Evening Service 7:15 HT Play rehearsal</p>	<p>5 6:00 Chapel Choir 7:00 Chancel Choir 7:00 AA/AL-ANON</p>	<p>6</p>	<p>7</p>
<p>8 Second Sunday in Advent 8:30 Service of Holy Communion 9:30 Sunday Forum 10:30 Service of Holy Communion 10:30 Sunday School / Nursery 12:00 Confirmation Class 2:30 Worship to Go at Wedgewood 7:00 Lessons and Carols with HT and UB Choirs</p>	<p>9 9:30 Bible Study</p>	<p>10 6:30 Women's Bible Study</p>	<p>11 10:00 Staff Meeting 6:00 BNYC 6:30 Wednesday Evening Worship 7:15 HT Play rehearsal</p>	<p>12 7:00 Chancel Choir 7:00 AA/AL-ANON</p>	<p>13 6:00 Congregational Christmas Dinner/ Pageant</p>	<p>14</p>
<p>15 Third Sunday in Advent 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 1:00 HT Play 2:30 Worship to Go at Wedgewood</p>	<p>16 9:30 Bible Study Christmas Party 11:00 Christmas basket assembly</p>	<p>17 6:00 Executive Meeting</p>	<p>18 5:00 BNYC 5:30 Sue's Supper 6:30 Wednesday Evening Worship 7:30 HT Play</p>	<p>19 6:00 Chapel Choir 7:00 Chancel Choir 7:00 AA/AL-ANON</p>	<p>20 8:30 Poinsettias delivered</p>	<p>21 9:00 Poinsettias set up 11:45 Christmas dress rehearsal LYO Christmas Party/Overnight</p>
<p>22 Fourth Sunday in Advent 8:30 Service of Holy Communion w/Chapel Choir 10:30 Service of Holy Communion 10:30 Sunday School / Nursery 11:45 Coffee Hour</p>	<p>23</p>	<p>24 Christmas Eve 5:30 Family Service 9:45 Preservice music 10:30 Festival Service</p>	<p>25 Christmas Day 10:30 Christmas Worship Service Church Office Closed</p>	<p>26 Church Office Closed Happy Birthday Carol Littlefield 7:00 AA/AL-ANON</p>	<p>27 Happy Birthday Pastor Buerk</p>	<p>28</p>
<p>29 First Sunday after Christmas 8:30 Service of Holy Communion 10:30 Service of Holy Communion 10:30 Sunday School / Nursery</p>	<p>30</p>	<p>31 New Year's Eve</p>				

FINAL NOTICE: 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. **Please know that copies are always available on the tables at the church or chapel entrance ways or at the church office.** 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.

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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