
OUR CHURCH PAPER

July-August 2020
Vol. 29 No. 4

Dear Church,

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.
(Romans 5:1-5)

Grace in a pandemic.

It has not been easy. For you. For me. For anyone. In one of my recent sermons I described this season in our history as akin to living through 1918, 1929, and 1968 all in one year. The pandemic of the Covid-19 coronavirus and the divisive epidemic of racism in our country has pushed us to the edge.

And in the midst of this, God is faithful.

God has given us the tools we need to deal with all that we are facing. Scripture has taught us that God promises to be with us always and we will get through this time together.

Your church council, staff, and pastors have been working diligently to craft our re-opening plans and procedures for the safety and welfare of all our members, staff, and guests alike. You will find in this edition of Our Church Paper a detailed list of each stage of our re-opening plan, already under way. Currently, as a congregation we are in our "Third Stage" of re-opening which means many preparations are in place.

A Service of Holy Communion will be held outdoors on Sunday, July 26, at 12noon. Worshipers will be encouraged to bring their own lawn chairs, while folding chairs will be available for those who are not able to bring their own. Chairs will be placed a minimum of 6-8 feet apart from one another at designated pre-marked spaces. Face coverings will be required in addition to other safety protocols in place. A second service of Holy Communion is being planned for August.

The current target date for worship to return indoors is September 6. The Executive Committee will continue to consider the current data and information we receive and respond accordingly.



HOLY TRINITY
BUFFALO

Dear Church cont.

Your safety and wellbeing remain our greatest concern. Many of our members fall into one of the designated vulnerable categories. Out of love for you, our Holy Trinity family, our re-opening plan is intentionally and cautiously slow. We pray too that you would see this and our deliberative steps, as acts of love toward one another, our staff, and our guests.

Worship indoors will look very different when it returns. Initially there will only be one in-person service, while a second service continues to be Live Streamed through our website and on Facebook. Pews are limited to provide for adequate physical distancing, and space in each pew is limited. Choirs and congregational singing have been found to be “super spreaders” of the virus and therefore will not be a part of worship until it is safe. Vocalists and musicians-in-residence will take their place temporarily. Additional protocols will be in place, including: wearing masks, not greeting our neighbors with a hand-shake or hug, and a contact-less form of receiving Holy Communion. However, Christ will still be present in the word and in the sacrament, and in our ability to gather together. We will monitor these arrangements on a weekly basis and adjust our plans and preparations accordingly.

Despite these challenges, we continue to be the church! Thanks to your gifts to the Amazing Love Campaign we have sustained our ministry, while sharing gifts with those living with food insecurity in these days and with those whose income has been limited because of the pandemic. We have continued to gather in weekly worship forming a community centered in God’s Word from around Western New York, the United States, and throughout the world! We have found ways to provide pastoral care in extraordinary ways and the whole council has worked to keep the community connected. We have stood up and spoken out for justice in light of the death of Mr. George Floyd and so many others, fulfilling our baptismal call to love justice, do mercy, and walk humbly with our God. Thanks be to God!

Thanks to all of you!! Please see all of the ways we are working to stay connected in this summer-like-no-other. There are many ways to get involved!

Remember that this suffering produces endurance which produces character, which in turn produces hope, and that this hope, does not disappoint. Thanks be to God!

That’s my view from here,

Pat Lee





Holy Trinity Facilities and Program Re-Opening Plan.

Stages: Each stage of Holy Trinity's plan comes with safety procedures, guidelines, and practices. These procedures may apply to staff, members, and all guests. The stages utilize New York State Department of Health (DOH), county authorities, and churchwide and synodical, guidelines and safety procedures. Stages will identify where they correspond to the "phases" of opening in the State of New York.

Stage 1 – Preparation

New York State Phase One

- Finalization of Facilities and Program Re-Opening Plan.
- Acquisition of appropriate PPE, Sanitation supplies.
- Ensure physical distancing between personnel in office spaces.
- Post physical distancing signs and markers at entrances, office door, and applicable floor locations.
- Designate location for mail delivery, pick-ups, and other deliveries.
- Non-contact temperature checks of staff. Administered following safety protocols.
- Provide all staff with face coverings (one-reusable) at no-cost to staff.
- Order supplies for "non-contact" communion.
- Discouragement of touching shared surfaces/and individual workspaces.
- Establish Visitor Log. Maintain log continuously tracking everyone who enters the building excluding contactless deliveries.
- Small Groups and Committees meet via Zoom.
- Funerals/Weddings are private with only essential family members present (limit 10) practicing physical distancing and wearing face coverings.
- Baptisms are private only in emergencies.
- Worship in the Main Church is at Stage Four. In Preparation:
 - Main Church cleared of hymnals, pew cards, envelopes.
 - Determine point of entry and exit for worship participants.
 - Install safety screens at pulpit and lectern.
 - Rope/tape off two out of every three pews.
- Worship is Live-Stream Only

Stage 2 – Facilities and Administration

New York State Phase Two

- Facilities staff return to full time provided physical distancing is maintained.
- Non-contact temperature checks at beginning of work-day. Administered in lobby outside of office with use of face coverings.
- Facilities contractors/inspectors are permitted in the building provided all safety measures maintained.
- Install safety “screen” in chapel between soloist/organist.
- Install safety “screens” in the pulpit and lectern of the Main Church.
- Physical distancing signs and markers are in place throughout the campus.
- Finalize Sanitation Check-List in Public Spaces for Staff and Volunteers.
- Office staff increase office presence combined with work-from-home hours.
- Deliveries and pick-ups from designated locations only.
- Maintain continuous log tracking each person who enters the building excluding contactless deliveries.
- Update and maintain membership contacts to ensure everyone is receiving communication and regular updates.
- Gardening by member-volunteers is permitted provided physical distancing protocols are maintained.
- Funerals/Weddings are private with only essential family members present practicing physical distancing and wearing face coverings.
- Baptisms are private only in emergencies.
- Small Groups and committees meet via Zoom.
- Worship is Live-Stream Only

Stage 3 – Essential Meetings of Small Groups

New York State Phase Three

- All of the above notes apply.
- Small Groups and Committees (size determined by DOH) may meet in-person following all state safety and distance protocols.
- Worship is Live-Stream Only

Stage 4 – Spoken Worship Service

New York State Phase Four + Two Weeks (at the earliest)

- September target date. (August at the earliest.)
- Worship will be permitted in the Main Church at x Capacity (determined by DOH)
- One in-person Service in the Main Church.
- All participants will wear face coverings and maintain physical distancing.
- Entrance and Exit pathways will be clearly marked and maintained.
- Ushers (# to be determined) will receive non-contact temperature checks upon arrival.
- Ushers will serve to guide participants to appropriate entrances, seats within the sanctuary, and direct worshippers to follow safety protocols.
- Worship attendees may sit where bulletins and communion cups are pre-placed.
- Establish attendance log with basic contact information for each adult participant (and first name only of minors). This may mean the Blue sheet becomes mandatory.
- Pews will have a posted limit to # of parishoners permitted in the pew.
- No Choral or congregational singing.
- One Soloist possible. Physically distant from Organist, clergy.
- Organ, piano, and stringed instruments.
- Holy Communion will be provided through non-contact means.
- Most vulnerable persons encouraged not to attend.
- Baptisms may be celebrated within the public worship experience.
- Funerals and Weddings will be limited in capacity and follow all worship procedures outlined above.
- Worship will continue to be Live-Streamed.

Stage 5 – Faith Formation & Fellowship

Minimum NYS requirement – Public School Children have returned to school campuses.

- All of the above notes apply.
- Indicates that without a vaccine, testing and contact tracing are widespread and easily available.
- Outside experiences will be considered.
- Small Choral arrangements may be possible. (outside?)
- Safety comes first.
- Initial Fellowship gatherings may begin but will be limited to coffee service only outside (weather permitting.)
- To be evaluated monthly.

Holy Trinity Five Stages of Building Re-Opening

<p>Stage One – Preparation</p> <p>NYS – Phase One</p> <p>Worship – Live Stream Only.</p> <p>Pastoral Staff – Work from home.</p> <p>Administrative Staff – Work from home / Office check-in.</p> <p>Facilities Staff – limited schedule.</p> <p>Pastoral Care – available by phone, email, or teleconferencing.</p> <p>Buildings closed to the public.</p> <p>Programming possible by teleconferencing (Zoom, Facebook).</p>	<p>Stage Two – Administration</p> <p>NYS – Phase Two</p> <p>Worship – Live Stream Only.</p> <p>Pastoral Staff – Work from home / office.</p> <p>Administrative Staff – Daily Office Presence.</p> <p>Facilities Staff – full schedule.</p> <p>Pastoral Care – available by phone, email, or teleconferencing.</p> <p>Buildings closed to the public.</p> <p>Programming possible by teleconferencing (Zoom, Facebook).</p>	<p>Stage Three – Small Essential Gatherings</p> <p>NYS – Phase Three</p> <p>Worship – Live Stream Only.</p> <p>Pastoral Staff – Work from home / office.</p> <p>Administrative Staff – Daily Office Presence.</p> <p>Facilities Staff – full schedule.</p> <p>Pastoral Care – available in person with physical distancing practices maintained, email, or teleconferencing.</p> <p>Buildings accessible by appointment and at select times.</p> <p>Essential small groups may meet with physical distancing practices maintained.</p>	<p>Stage Four – Worship</p> <p>NYS – Phase Four + 2 Weeks</p> <p><u>Target Date: September</u></p> <p>Worship – Spoken Worship with Holy Communion & Live Stream.</p> <p>Capacity limited by County Officials.</p> <p>Pastoral Staff – Work from home / office.</p> <p>Administrative Staff – Daily presence.</p> <p>Facilities Staff – full schedule.</p> <p>Pastoral Care – available in person with physical distancing practices maintained, email, or teleconferencing.</p> <p>Building open with physical distancing practices in place.</p> <p>Limited in-person programming.</p>	<p>Stage Five – Faith Formation & Fellowship</p> <p>NYS – Public Schools Open</p> <p>Worship – Spoken Worship with Holy Communion & Live Stream.</p> <p>Capacity limited by County Officials.</p> <p>Faith Formation – May begin outside (weather permitting) and/or at limited capacity/time.</p> <p>Fellowship – May be possible beginning with Coffee service outside.</p> <p>Staff Schedule – same as Stage Four.</p> <p>Pastoral Care – available in person with physical distancing practices maintained, email, or teleconferencing.</p>
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Stewardship Corner

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." This is the greatest and first commandment. And a second is like it: 'You shall love your neighbor as yourself.'" Matthew 22:37-39



Thank you to everyone who is faithfully supporting Holy Trinity throughout these difficult times!!

I was very happy to hear at our Council meeting that checks have been coming in not only from our congregants that live locally but also from people who are not members of the congregation and who live all over the country!!! People from a variety of places have been attending our livestream worship service and some have decided to become regular givers!! That speaks to the quality of our Pastors' sermons and the outstanding musical talent of our organist, lead singers and instrumentalists.

I have not had the energy to pick up the phone and make calls the past few weeks but know that I think of you often. I wonder how you are and how this pandemic has impacted your life. I pray for those of you who are grieving the loss of loved ones – may the Lord of Love comfort you and give you peace.

Thank you for your continued support of the *Amazing Love Campaign*. I rejoice in your generosity which has eased suffering and brought joy to fellow church members. Through your amazing gifts we can take care of those in need within our congregation and our city!

May the Lord bless you and keep you safe and healthy until we meet again.

Yours in Christ,

Uli MacDonald



Holy Trinity on Parade!!!

Thursday – July 16 – 12noon

Join us for a physically-distanced car-parade as we celebrate some of our members who have limited opportunity to leave their homes and connect with others.

We will meet at Noon on Thursday, July 16 in the front church parking lot and then caravan past the homes of several members of our H.T. family. An HT lawn sign will be placed in the yard of each parade stop whenever possible. Participants will be asked to remain in their cars throughout the parade.

Email the church office if you want to suggest the name of an HT community member who would benefit by being a stop on the parade route.



LYO Fundraiser



Flocking season is here! We have confirmed reports that flocks of pink flamingos, with some buffalo sightings, will soon be landing on lawns in the area to support the Holy Trinity LYO. These 3-foot-tall plastic pink flamingos travel in flocks and love to roost in yards. This flocking is done in good spirits and is meant to help support the LYO in their mission work.

How it works: Place an order for a flock of flamingos to be sent to your friend's yard. Volunteers will be sent out to covertly flock the yard. The flamingos will roost on the lawn for a week when they will mysteriously migrate to another friend's lawn. The "flockee" will have the opportunity to select the flock's next migration location, for a reasonable donation. You can also pre-select the migration location by using the order form found in this newsletter. If you are not interested in having our fine pink feathered friends make a trip to your yard, you can purchase Anti-Flocking Insurance. This will guarantee the flamingos fly past your yard and flock at a different home. The flamingos will only be in the Buffalo area for a short time, from July-Sept so catch them before they continue on their migratory path. All proceeds of this Fundraiser will go to support the LYO Mission Fund. You can find the order form, as well as the Anti-Flocking Insurance in the newsletter. Flocking Fees are \$20 for migration location, \$25 for Anti-Flocking Insurance and \$15 for early-herding and transportation of flock.

If you would be interested in being a HT Flamingo Flocker, helping to ensure that the flamingos make it safely through their migratory path, please call the church office at 886-2400.

Summer Music at Holy Trinity

Justin and Kristen Pomietlarz



As we are in our summer season, we are excited to be featuring instrumentalist friends each week in a series of chamber music reflections on the Gospel and Sermon themes.

Our summer series features the following artists:

June 14: Rebecca Torres, *violin* (member of HTLC Congregation, Ars Nova Chamber Players)

June 21: Shannon Levine, *cello* (member of our Chancel Choir, Buffalo Suzuki Strings faculty)

June 28: David Levine, *viola* (Buffalo Suzuki Strings faculty)

July 5: James Piorkowski, *classical guitar* (SUNY Fredonia Professor of Classical Guitar)

July 12: Anna Mattix, *oboe/English Horn* (BPO Principal English Horn)

July 19: Jennifer Carden, *euphonium* (our very own 2020 graduate (Lancaster HS), beginning her

Music Performance undergrad at SUNY Potsdam - Crane School of Music)

July 26: Rebecca Torres, *violin* (performing a wonderful *Sonata* by Josef Rheinberger)

August 2: Julie Tunstall, *flute* (member of our Chancel Choir)

Wonderful Sundays of music to be enjoyed, LIVE!

If you were unable to catch the [Kristen Pomietlarz Organ Recital](#) on our beloved and mighty Margaret L. Wendt Memorial Organ, you may now view it on our [MUSIC at Holy Trinity Facebook Page](#) and our [MUSIC at Holy Trinity YouTube Channel](#)

The half-hour program includes works by Daniel Gawthrop, Felix Mendelssohn, George Shearing, and Paul Manz. In musical solidarity of the recent demonstrations, protests, and current events, Kristen also performed an Improvisation based on the African-American hymn, *Lift Ev'ry Voice and Sing* and the Spiritual, *Balm in Gilead*.

We are particularly excited that Kristen's recital has now been viewed nearly 2000 times between Facebook and our YouTube Channel!

Following the recital, composer Daniel Gawthrop wrote:

"Thanks to Kristen for a splendid performance of my *Toccata Brevis*. That little tune certainly sounds grand on the Wendt Memorial Organ! The rest of the recital was also a pleasure. The Mendelssohn was well served by the instrument and the room. The Shearing pieces benefitted from the luscious strings. Kristen's improv was a treat (and I admire her bravery—I don't improvise in public!). Paul Manz may have written the definitive hymn treatment with his setting of *Cwm Rhondda* and Kristen made it sparkle! Bravo!"



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.

Deaths

Our recently departed family and friends

June 10, 2020 Joan Limburg

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



Confirmation Class

While in-person faith formation might not begin in September, Confirmation Class will gather virtually until we can meet in-person. There will be a virtual confirmation informational session for all parents/students in August, date to be announced. This informational session will cover the class schedule, class expectations, as well as answer any questions you might have regarding confirmation class. Please be on the lookout for a letter to be mailed to your home in the next couple of weeks, which will include the date of the meeting as well as additional information. Confirmation Class is for students who are entering 7th and 8th grades. If you are unsure whether or not your child is on our roster to begin confirmation this year, please call the church office or reach out to Pastor Brenda. You may also contact Pastor Brenda with any questions you may have.



Fellowship and Hospitality Committee

We are sorry to report that Covid-19 has forced us to cancel our annual Holy Trinity golf tournament at Tan Tara Country Club. With God's grace we will be back in 2021. Stay safe.



Flamingo Flocking Work Order

In exchange for a generous donation of \$20 payable to Holy Trinity Lutheran Church with memo "LYO Mission," a surprise Pink Flamingo Flocking shall occur at the address listed below.

A Flamingo Flocking ransom note shall be left at the property in order to solicit a donation from the flocking recipient for removal of the flock. The Ransom Note shall identify the person who purchased the surprise flocking unless they wish to remain anonymous.

This fundraiser is to help support the LYO's Mission Fund which allows them to travel to the youth gatherings as well as participate in other mission events!

Flocker Information (Individual purchasing the flocking):

Name _____

Address _____

Phone _____

Would you wish to remain anonymous? ____ Yes ____ No

Flockee Information (Individual receiving the surprise flocking):

Name _____

Address _____

Additional Notes or Comments _____

Thank You For Supporting Holy Trinity LYO!

Questions? Contact the church office at 886-2400 or at

info@holytrinitybuffalo.org

Checks are to be made payable to Holy Trinity Lutheran Church with "LYO Mission" in the memo! Please mail check and order to Holy Trinity at 1080

Main St., Buffalo, NY14209



Anti- Flocking Insurance



The purchase of this Anti-Flocking Insurance guarantees that no flock of flamingos will roost on my lawn as they migrate around town during the course of this fundraising event.

The cost of this Insurance requires a premium of only \$25.

Policy Holder Name: _____

Policy Holder Address: _____

Thank You For Supporting the Holy Trinity LYO!

Checks are to be made payable to Holy Trinity Lutheran Church with "LYO

Mission" in the memo! Please mail check and order to Holy Trinity at

1080 Main St. Buffalo, NY 14209



Vacation Bible School

Mark the Date, July 27-31! Vacation Bible School will be happening this year, and while it may not look the same as before, we think it will be just as fun! This year's VBS will be a semi-hybrid VBS of sorts. We will provide a take-home kit with everything you need to have VBS at home. For those who want to connect a little more, we will have a google classroom set up for the week, where you can watch videos of each station for each day, as well as submit pictures and videos of your "at-home" VBS! Take-home kit pick-up will be Friday, July 24 and Saturday, July 25. Online registration can be found [here](#), or you can mail in the paper form found here in the newsletter.



Friday Fellowship "Happy Hour" - 5:00pm

FRIDAY FELLOWSHIP ZOOM HAPPY HOUR: Join us every Friday at 5pm to link to a virtual Happy Hour by Zoom technology. We'll meet together through safe physical-distancing while being able to check-in with each other. Bring your own favorite beverage to the computer.

Join Zoom Meeting
Meeting ID: 285 453 435
Password: 299123

One tap mobile
+19294362866,,285453435# US (New York)

Dial by your location
+1 929 436 2866 US (New York)

Sidewalk Chalk Sunday!



A chance to gather together – with physical distancing in mind –
and spread some love and positivity in our City.

Individuals and Family Groups are welcome to come to Holy Trinity at noon on the scheduled Sundays and receive direction from Pastor Lee or Pastor Brenda on which sidewalk square they will be “assigned.” Individuals and families are encouraged to bring their own chalk, but some will be available for those who don’t have their own. Chalking groups will be distanced from each other to keep one another safe. Inspirational ideas will be provided, but your own images and designs are welcome and encouraged.

Sunday July 19 – 12noon

Sunday August 16 – 12noon

Event registration

On Earth As in Heaven Vacation Bible School

July 27-31, 2020

A hybrid VBS through Google Classroom and a take-home kit provided by Holy Trinity.

Internet/Google Classrooms not required, class materials including the lessons and supplies are included in the take home kit.

This is a two-sided form, please mail or email back to Holy Trinity; email info@holytrinitybuffalo.org mail 1080 Main St., Buffalo, NY 14209

* Required

1. Student's Name *

2. Student's Age *

3. Student's Birthday *

Example: January 7, 2019

4. Last Grade Completed (Pre-K-6th Grade) *

5. Parent/Guardian's Name *

6. Address *

7. Phone Number *
8. Email, please use the best email to send VBS communication including Google Classroom information? *
9. Are you part of a faith community? If yes, where?
10. Will you be accessing the Google Classroom *
11. We will be providing take-home kits, will you be able to pick-up from Holy Trinity? Pick up and delivery days will be the same, for days see below. If you are not able to pick up kit, what day can we deliver? (Friday July, 24 or Saturday, July 25) *
12. T-Shirt Size (Adult Sizes S-XXL, Youth Sizes XS-XL; only one per youth) *

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A note from the Council President....

I hope this letter finds you in a cool place. Not too long ago the temperatures were in the 40s and now I am looking for the lightest clothing to wear in my 1895 home that has many windows but no central air. At least all the windows are functional and strategically placed to generate a nice breeze during the summer months, making the heat more bearable.

I am glad that Covid19 seems to be waning in our state and hope that everyone will continue to abide by the rules designed to keep us safe: wearing a mask in public, keeping distance, staying home when sick and practicing good hand hygiene.

I thank Pastors Lee and Brenda for their thought-provoking sermons over the past few weeks. They have made me search my soul, especially in matters of racism. While I consider myself open and not prejudiced, I know that there have been times when my actions were unskillful and regrettable. As I was reading my bible tonight, I came across the following devotion written by Marjorie Holmes that addresses past mistakes:

“God’s Eraser.

I’ll probably never meet Kara, now four years old. But one day she made a beautiful observation that has helped me. “We had been standing on the hillside watching the airplane skywriting,” her grandmother wrote me one day. “When the words began to disappear, she asked, ‘Why Grandma? Where do they go?’”

“Then, as I groped for an answer, her little face brightened and she suddenly exclaimed, ‘Maybe Jesus has an eraser!’”

I smiled as I read, but my eyes filled and suddenly I wanted to hug that little girl. For that morning I had been grieving over past mistakes. A cruel thing I had said to my mother the day I left for college. And Dad . . . if only I’d invited him to that luncheon where I was to speak – he’d have been so proud. One tender but painful memory releases others: the time I’d punished a child unfairly, humiliated my husband, let a friend down

No matter how much we mature as people, grow as Christians, try desperately to compensate, memories of our own failures rise up to haunt us, and sting – how they sting. For me, it’s not the unkindness of others that hurt so much or last so long, it’s the burden of my own. Yes, I ask God to forgive me, and try to believe that I am forgiven. But the memory won’t go away. And if I can’t forgive myself, how can God?

Then a little girl, in her innocence and wisdom, makes me realize: Like that writing on the sky that simply disappears, Jesus has wiped away all things I so bitterly regret. Jesus does have an eraser.”

I feel that now, more than ever, is the time to let Jesus ‘erase’ our past mistakes and to go forward thinking, speaking and acting in ways that will be beneficial to all.

Yours in Christ,

Uli MacDonald

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

Day	Date	1st Reading	2nd Reading	3rd Reading	4th Reading	5th Reading	6th Reading	7th Reading
297	1-Jul	John 12:37-50	Mark 11:12-14 Lk 20:1-8	Matt 21:18-22	Mark 11:15-19	Mt 21:12-17	Lk 19:45-48	Mk 11:20-33
298	2-Jul	Matt 21:23-27 Matt 21:28-32	Mark 12:1-12	Mt 21:33-46	Luke 20:9-19	Matt. 22:1-14	Mk 12:13-17	Mt. 22:15-22
299	3-Jul	Luke 20:20-26 Mark 12:28-34	Mark 12:18-27	Mt. 22:23-33	Luke 20:27-40			
		Mt. 22:34-40	Mt. 22:34-40	Mk. 12:35-37	Mt. 22:41-46	Luke 20:41-44	Mk. 12:38-40	Mt. 23:1-12
300	4-Jul	Lk. 20:45-47 Mark 13:1-23	Mt. 23:13-39	Mark 12:41-44	Lk. 21:1-4			
			Mt. 24:1-25	Lk. 21:5-24	Mk. 13:24-31	Mt. 24:26-35	Lk. 21:25-33	
301	5-Jul	Mark 13:32-37	Mt. 24:36-51	Luke 21:34-38	Matthew 25			
302	6-Jul	Mark 14:1-2	Mt. 26:1-5	Luke 22:1-2	Mark 14:10-11	Mt. 26: 14-16	Luke 22:3-6	Mk. 14:12-16
con't		Mt. 26: 17-19	Luke 22:7-13	Jn. 13:1-20	Mark 14:17-26	Mt. 26:20-30	Lk 22:14-30	John 13:18-30
303	7-Jul	John 13:31-38	Mark 14:27-31	Mt. 26:31-38	John 14	John 15:1-17		
304	8-Jul	John 15:18-27	John 16	John 17				
305	9-Jul	John 18:1-2	Mark 14:32-42	Mt. 26:36-46	Luke 22:39-46	Mark 14:43-52	Mt. 26:47-56	Lk. 22:47-53
		John 18:3-24						
306	10-Jul	Mark 14:53-65	Matt 26:57-68	Mk. 14:66-72	Mt. 26:69-75	Luke 22:54-65	Jn. 18:25-27	Mark 15:1
		Matt 27:1-2	Lk. 22:66-71	Matt. 27:3-10				
307	11-Jul	Mark 15:2-5	Matt. 27:11-14	Luke 23:1-12	Jn 18:28-40	Mark 15:6-15	Mt. 27:15-26	Lk. 23:13-25
		John 19:1-16	Mark 15:16-20	Mt. 27:27-31				
308	12-Jul	Mark 15:21-24	Mt. 27:32-34	Lk. 23:26-31	John 19:17	Mk. 15:25-32	Mt. 27:35-44	Lk. 23:32-43
		John 19:18-27	Mk. 15:33-41	Mt. 27:45-56	Luke 23:44-49	John 19:28-37		
309	13-Jul	Mark 15:42-47	Mt. 27:57-61	Lk. 23:50-56	Jn 19:38-42	Mt. 27:62-66	Mark 16:1-8	Mt. 28:1-7
		Luke 24:1-12	Mark 16:9-13	John 20:1-18	Matt 28:8-15			
310	14-Jul	Luke 24:13-43	Mk 16:12-13	Jn 20:19-23	Mark 16:14	John 20:24-31	John 21	Mt. 28:16-20
		Mark 16:15-18	Luke 24:44-49					
311	15-Jul	Mark 16:19-20	Luke 24:50-53	Acts 1	Acts 2			
312	16-Jul	Acts 3	Acts 4	Acts 5				
313	17-Jul	Acts 6	Acts 7	Acts 8:1				
314	18-Jul	Acts 8	Acts 9					

HTLC

[illegible]

HTLC

[illegible]

How to Make Everyday Depression Work for You

He walks in from work tired and hungry. His wife is sitting in the living room staring into space. "What's wrong?" He asks. "Nothing" she replies listlessly. He shrugs and goes to change from suit to jeans. He returns to the living room and she remains staring vacantly. "Where are the kids?" he asks. "Outside" she responds. "What's for dinner?" he asks. "I don't know." She looks at him with a faint appeal for help. "I just can't seem to get going today. I feel so low". He rolls his eyes in a here-we-go-again expression and says, "Why don't you find something to do instead of sitting around feeling sorry for yourself?" She breaks into tears and flees into the bedroom. The rest of the evening is spent in cold silence. The children, picking up the tension, withdraw into the television. Everyone goes to bed without saying good night.

What is going on here? A familiar situation in too many families where everyday depression hits a low point. Misunderstood, it can escalate into chronic and pathological depression. Understood and acted upon, it can serve as a catalyst to examine and revitalize our individual and family lives.

DEPRESSION

Depression strikes most of us in some form or another at some time in our lives. Depression is rightly called the disease of our era.

Let me be clear, when I discuss ways of dealing with depression and making it work for us instead of against us, I am talking about occasional, minor, and normal depression. When it is severe and ongoing, we need to get professional help fast. Simply reading about it is not enough. For most of us, however, depression is a "sometime" or temporary occurrence. For no reason at all we may just feel blue or out of sync. This may last from one to seven days. Whatever you do, don't do a guilt trip. Guilt only adds to your depression.

What is depression?

Here are a few definitions:

- Vague restlessness, hopelessness or pain that is unrelated to what is going on in our lives.
- Negative energy that is trapped within us.
- Rage turned inward.
- Self-isolation, self-oppression, not feeling good about yourself.

Myths about depression:

- Depression will go away if you put it out of your mind. This attitude assumes the one suffering wants to be depressed.
- We shouldn't please ourselves but others. It is good to think about others. However, one who consistently puts his needs last is most likely to become depressed.
- Busyness will make us forget depression. For a time, activity may cover up the pain of depression.

Forms of depression:

Chemical depression. When the chemical or hormonal balance is out of whack

Examples: adolescence, premenstrual, postnatal, postoperative, granular, menopausal, drug reaction, aging/midlife. Discussing symptoms with our MD is vital.

Reactive or “loss” depression. Reactive depression is an event that is caused outside of our body. A loss that affects one’s well-being. Most important is that a loss of this kind “MUST BE GRIEVED”. If it is not dealt with it can go into a deep depression.

Examples: Death, unemployment, assault, divorce, move, empty nest, faith, retirement, youth/beauty, robbery, status.

Although it may sound callous, time is still the greatest healer of depression due to loss. As time passes, the loss does not diminish. but our ability to adjust to it increases!!! Again, the process of grieving is vital. If not dealt with, it can get buried inside and becomes rage turned inward,

Reactive depression can be triggered by a memory at the most unexpected time. Example: My husband had died in April. Eight months later I was at a family get together. I walked into the room and just burst into tears. I thought I had it under control. Thank God one person knew what was going on and took me aside. She gave me comfort and support. That was all I needed, and I was okay.

Neurotic Depression. The third and most common form of normal depression has to do with a maladaptation in our personality function. Neurotic depression is often linked with stress and has been defined as the exhaustion of emotional energy in dealing with stress. In other words, we run out of energy to deal with the demands on us. Most familiar forms of neurotic depression are obsessive compulsive behavior, perfectionism, chronic anger, repressed feelings, overscheduled calendars, ongoing guilt, martyrdom

The basis of neurotic depression is anger or rage. Much of it goes back to childhood and scripts children inherit from their parents. Phrases like “if it’s worth doing it’s worth doing it well” instill a kind of “perfectionism”. As a result, the person tries desperately to do everything expected of him or her and does it perfectly. Such persons are bound to fail and feel depressed at times. Perfectionists typically strive to be and do everything for all the people in their lives all the time. Since they do not have the energy for this, they exhaust their supply and can be thrown into depression and burnout. They feel used by others, unappreciated and like a martyr.

Others who experience neurotic depressions simply cannot say no to others without feeling guilty. Only when the pain of stress outstrips the pain of guilt are they able to put their lives in order. They often sacrifice their own pleasures and needs for the wants of others.

In our next newsletter I will talk about how to deal positively with depression.

Judy Reifsteck

Faith Community Nurse

Haiti Update

Shortly after the beginning of the year we asked the congregation to collect coins for a meal for Haiti. We are thrilled to report that we were able to send \$1,500 this past week for a community meal. The meal will be held at Grace II church in Boisbouton on the island of Ile a Vache (IAV). As you will recall, this is the church with whom we are partnered in ministry and were able to provide pews for on our last mission trip. Nora Leon (founder of Caribbean Children's Foundation) is still in Haiti due to not being able to return to the US as she typically does for the summer. She will let us know when the meal will be served and will try to have photos to share with us. Typically, we have been able to feed between 350-400 individuals with a community meal. Thanks to everyone for their support of this mission work. While it is unknown when it will be possible to travel again to Haiti, we are hopeful that at some point next year we will be able to send another mission team. And, in the coming months, we hope to be able to have a fundraiser or two to also help to provide continued support.

Nora reports that *"So far, IAV has only 2 known cases of COVID-19. One person is a resident and the other only works on IAV. In Haiti, they are mostly treating the virus with natural remedies, such as teas made with the leaves of trees known to have medicinal benefits. It seems that both people are recovering without hospitalization. Thank you for the continued prayers, as the virus could spread here like wildfire in light of the fact that social distancing is impossible in most communities and masks are a challenge."*

We have asked Nora what is needed in light of the fact that we are unable to travel at this time. She indicates they are most in need of support for the 9 orphanage boys. While on the last trip we were able to talk to the boys about their interests and Nora recently added the following updates:

Marck, at 17 is the oldest, is very inventive and helpful. He cares for the chickens and loves to paint.

Stanley, 17 at year-end, is a very good student and musical. Stanley is working on his English skills.

Wenshel, 16, speaks English well, loves music and is active in church. Wenshel loves to paint as well.

Kerly, 14 in December, is very helpful and good with the younger children.

Jeffte, 11, loves to play outdoors and to play marbles. Jeffte is said to have a beautiful smile.

Junot, the newest teenager (!), loves to make kites for himself and others.

Rigard, is thought to be almost 10 - no birth certificate available, also loves to play outdoors.

Haiti Update cont.

Som, turns 8 this summer, likes to be outdoors, fly kites and play marbles.

Godson, turns 7 this fall, loves being outdoors as well, even more than eating or sleeping!

If you are interested in sponsoring one of the boys, please go to the Caribbean Children's Foundation (<https://www.caribbeanchildrensfoundation.org/>) for information on ways to do so. Photos of the boys are also available on the website.

Thank you for your continued prayers and support of this mission. If you are interested in joining a possible future travel team, to help with fundraising or to come to a meeting to learn more, please let us know and we will be sure to add your name to our email list for notification of future events. Our next planned meeting is August 6th at 6:00pm (viz Zoom) and if you would like to join us please send an email to Kathy Crissey at kc1008@aol.com.

We could not do this without the congregation's support and we are grateful for each and every one of you! Stay well and healthy!



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

JULY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Property Meeting via Zoom	2	3 CHURCH OFFICE CLOSED	4 <i>Independence Day</i>
5 Fifth Sunday after Pentecost 10:30 Worship Service via Livestream	6 9:30 Bible Study via Zoom	7	8	9	10 5:00 Zoom Fellowship Happy Hour	11
12 Sixth Sunday after Pentecost 10:30 Worship Service via Livestream	13 9:30 Bible Study via Zoom	14	15	16 12:00 HT on Parade	17 5:00 Zoom Fellowship Happy Hour	18 2:00 Ordination
19 Seventh Sunday after Pentecost 10:30 Worship Service via Livestream 12:00 Sidewalk Chalk Sunday	20 9:30 Bible Study via Zoom	21	22	23	24 5:00 Zoom Fellowship Happy Hour	25 10:00 Paul Nikischer Memorial Service <i>Happy Birthday Chuck Ryniec</i>
26 Eighth Sunday after Pentecost 10:30 Worship Service via Livestream 12:00 Service of Communion in Parking Lot	27 9:30 Bible Study via Zoom	28 ----- VACATION	29 BIBLE SCHOOL	30 VIA GOOGLE	31 5:00 Zoom Fellowship Happy Hour CLASSROOM-----	

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Ninth Sunday after Pentecost 10:30 Worship Service via Livestream	3 9:30 Bible Study via Zoom 7:00 Personnel via Zoom	4	5	6	7 5:00 Zoom Fellowship Happy Hour	8 <i>Happy Birthday John Busch</i>
Tenth Sunday after Pentecost 10:30 Worship Service via Livestream	10 9:30 Bible Study via Zoom	11	12	13	14 5:00 Zoom Fellowship Happy Hour	15
Eleventh Sunday after Pentecost 10:30 Worship Service via Livestream 12:00 Sidewalk Chalk Sunday	17 9:30 Bible Study via Zoom	18	19	20 <i>Happy Birthday Pastor Miller</i>	21 5:00 Zoom Fellowship Happy Hour	22
Twelfth Sunday after Pentecost 10:30 Worship Service via Livestream	24 9:30 Bible Study via Zoom	25	26	27 11:00 Worship Meeting via Zoom	28 5:00 Zoom Fellowship Happy Hour	29
Thirteenth Sunday after Pentecost 10:30 Worship Service via Livestream 12:00 Service of Communion in Parking Lot	31					



Remember worship is **LIVE** every Sunday at 10:30am

www.HolyTrinityBuffalo.org
[www.Facebook.com/HolyTrinityBuffalo](https://www.facebook.com/HolyTrinityBuffalo)

Or watch the "Replay" any time on the [website!](#)

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