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# OUR CHURCH PAPER

November 2009

Vol. 18 No. 9

## *A Word from the Pastor at All Saints*

It's not a good combination, a pastor and a schoolteacher. One works all week and has the weekend off, the other works on the weekends and takes some other day off. So when Columbus Day came around, we took the weekend off together and we disappeared to Seneca Falls for the three day holiday. We did chores around the lake house, took the boat out for winter, stored the canoe and the kayak, cleaned out the rain gutters, and protected the plants from the inevitable destruction that comes from hungry deer in the wintertime.

On Sunday, we have our choice of places to worship, but nine times out of ten, we opt to drive the 35 miles to Ithaca to worship at St. Luke Lutheran Church. Pastor Rick Bair currently serves there and I have known Pastor Bair for almost 35 years. Our paths first crossed when I was serving in New England and Rick came to be interviewed by a call committee there.

St. Luke is a town/gown parish. By that I mean it has everything a "normal" congregation has going for it – hence the town part – but also ministers to the college community surrounding it – hence the gown part. In Ithaca, the gown part includes Cornell University and Ithaca College. When our daughter, Katie, went to Cornell, Rick was her pastor. I remain indebted to him and the congregation of St. Luke for taking such good care of our Katie while she was away from home.

Rick Bair is one of my favorite preachers. He is genuine and faithful, at one and the same time learned and witty, down to earth and scholarly. Being away from "home" is hard enough, due to the fact that the worship at Holy Trinity always uplifts and fulfills me, but if I have to go away from here, I miss it a lot less if I can hear Rick Bair.

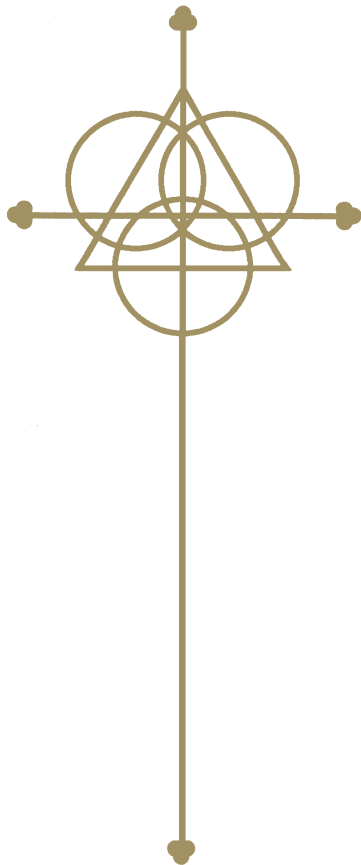
On this Sunday, as he does on each Sunday, Rick had prepared a word for the children and so after the gospel was read; he called them forward, much as we do each week. They came bounding to the altar, almost racing to see who could get there first. As all the "speedy" children filled the altar steps close up on Pastor Bair, there was no room left for this one little girl who decided that she too wanted to be close to the Pastor. So she snuggled up to him, and settled in on his lap. She was as comfortable as she could be. He wrapped his arm around her, resting his hand on her belly. She, in turn, rested hers on his, and all through the sermon, patted him on top of his hand, in much the same way as your grandmother or your great aunt would do when they held your hand and told you a story or congratulated you on some achievement. It was a loving gesture that bespoke a genuine affection couched in respect and admiration.

Frederick Buechner once wrote, "When the disciples, overeager as ever, asked Jesus who was the greatest in the kingdom of Heaven, Jesus pulled a child out of the crowd and said the greatest in the kingdom of Heaven were people like this... Children aren't necessarily better than other people. Like the child in the 'Emperors' New Clothes,' they are just apt to be better at telling the difference between a put-up job and the real thing." My little friend from St. Luke's that morning, communicated in her own simple, innocent way, that the man who was telling her the good news of the gospel, was the real thing.

As we come upon another year's celebration of All Saints' Day, I give thanks to God for all those people in my life and over my lifetime, who have embodied the gospel, who have offered that genuine and faithful and honest witness to me in their lives of the love that God has for His children. On All Saints' Sunday, we will gather in our sanctuary at 1080 Main Street and recall, once again, those faithful who have entered the Church Triumphant over the past 12 months and we will add their names to that long list of saints who have striven to do God's will and who have loved us along the way.

Sincerely yours,

*Pastor Charles D. Bang*



Holy  
Trinity  
Lutheran  
Church

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## *Greetings from your seminarian*

First, I need to take care of a little bit of business. I don't think I ever publicly told everyone what a privilege it was to serve as Holy Trinity's director of youth programming. Also, over those years I don't think I let the kids and parents know how honored I felt to be a trusted companion on their faith journeys. What a blessing to spend such sacred time with such splendid people. While the children and youth were growing up "literally" God was working through them to help me grow up "in the faith" and if they don't know it yet... they are the main reason I am in seminary. So, I say, to them and to all of you, thank you.

Second, it's hard for me to believe it, but the first semester is already at midterm, I am writing the papers to prove it. I would like to tell you a little bit about what I have been learning here in Columbus over the past seven weeks. Many of the classes I am taking this semester are akin to upper level courses I took over my (too many) years of undergraduate study. The differences are, we pray before class and we talk about Jesus a lot more. I am constantly amazed at how much God is at work in our world and surprised by how much there is to learn about God's story. Almost every lecture and discussion is lively and informative. We worship everyday and have a full service of Holy Communion on Wednesday and Friday, so seminarians get a tremendous amount of worship leading experience. I have managed to get in with the musicians, they have their own "Masters in Church Music" program here, but they let me sing in worship almost every day. (Jimmy, I am not letting my voice waste away.)

I mentioned this in a bulletin a few weeks back, but it bears repeating. The community of faith is incredibly rich here and as illuminating as my course work has been, I think I am learning almost as much from the interaction with my fellow seminarians. It is such a diverse group and yet, each of us called together by God to be better servants in God's kingdom. This is exactly where I need to be and where I will be given the opportunity to develop and strengthen my tools for work in our church. Most importantly this is where I believe God and the church need me to be.

I give thanks to God each day for being lifted up by Holy Trinity to partake in this ministry, to grow in faith, and learn how to be a better servant in God's church. Please continue to keep Trish and I in your thoughts and prayers.

Yours in Christ,

*Roger*

### *Germany and the Passion Play Meeting*

September 8-15, 2010

A beer and pretzel evening  
with Pastor Buerk's slides and  
information about  
Holy Trinity's planned trip to  
Germany for the Passion Play  
next year.

(Wine available for those who haven't  
moved up to beer!)

**Meeting will be Monday,  
November 16, 2009 at 7:00**

### **Our Church Paper**

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. John Buerk, Pastor  
The Rev. Eric O. Olsen, Pastor  
Charles Rojek, Pastoral Assistant  
James Bigham, Organist-Choirmaster  
Linda Lipczynski, Parish Secretary  
Carol Littlefield, Parish Accountant  
Pat Mohr, Parish Nurse  
Jeremiah Smith, Youth Ministry  
John Busch, Director of Buildings and Grounds  
Patrick Ryan, Steward of Buildings and Grounds  
Phillip Schlueter, Curator of the Organs  
Justin Pomietlarz, Youth Choir Director

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## *“Come to the Waters”*

As a community of women  
created in the image of God,  
called to discipleship in Jesus Christ, and  
empowered by the Holy Spirit,  
we commit ourselves to  
grow in faith,  
affirm our gifts,  
support one another in our callings,  
engage in ministry and action, and  
promote healing and wholeness  
in the church,  
the society, and  
the world.

(Purpose Statement of Women of ELCA)

Doesn't this sound calming, inviting & magical? It was the theme of the 22<sup>nd</sup> annual WELCA Convention held recently at the Holiday Inn on Grand Island. As a first timer and delegate to the convention, I wondered, in advance, what to expect! After all, I had attended many work-related women's conferences in the past and come away with a feeling of "OK, that's nice".

This was a different experience! Friday evening began with uplifting music directed by our own Katie Bang & Company! They were marvelous!! Then The Rev. Amy Walter-Peterson led us in devotions using our theme from John 7:37b-38. It set the tone for the weekend with many smiling, happy voices. Everyone was friendly and welcoming to this newcomer and I looked forward to Saturday.

The meetings were "short & sweet" keeping in mind some business had to be accomplished. In the afternoon, The Rev. Rebecca Mentze inspired us with a "Renewing of our Baptism". We met at the Gazebo near the Niagara River with the sun shining brightly and renewed our Baptismal vows. A very accomplished musician, Kristin Prohaska, provided the violin music and there were not too many dry eyes when the service was over!

Saturday we had a choice of seminars we could attend and I chose "liturgical dance" and "Can you live without Wal-Mart?" Little did I realize we would be performing the "dance" on Sunday morning at worship service!

Saturday evening we were treated to TWO inspiring programs. First, a skit, written by our new president Laurie Nelson, which was timely and hilarious!! Next, Carolyn Zimmerman presented "Drum 4 Health" which showed us everyone has a "beat" beginning with our heart beat!! We were encouraged to pick up a drum and PLAY. One hundred women pounding on drums, what a way to relax and the "music" sounded amazing!!

All good things come to an end and Sunday morning, the convention was brought to a close. A worship service, led by The Rev. Rebecca Mentze, followed with music, communion and liturgical dance! With many butterflies, it was time to be part of the services and it was so exciting!!

As I left the convention and many times since, I am reminded of a song we learned called "Bless Me". This melody runs through my mind and I recall the wonderful weekend and the fond memories.

I invite every women of our congregation to attend a convention. Women of all ages are welcome. Keep watching for updates for next year's meeting!!

*Millie Nikischer*

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## *L.Y.O. Update/More News from New York City*

Time flies and it is already November! The L.Y.O. has been off to a running start averaging more than 20 youth at each event so far! These events have included an overnight here at HT, assisting with Rally Day and six hours at Lasertron that included a worship service. On top of these, the youth have also been participating in the Nursing home ministry. By the time this is published, we will also have been apple picking and have baked our famous apple pies!

Below you will read some stories from the youth group's mission trip to New York City. This was a life changing experience for many of the kids and their stories reflect that. I could say so much more about this, but I truly believe that they speak for themselves.

### *L.Y.O./NYC*

I really had a great moment with an amazing group as LYO. LYO has made an impact in my life, and most of the best moments of my life were with the LYO in New York City and at LCLC, with Roger and everybody else. I'm really thankful for that. Hope we have more moments that I'll never forget!

*Jean Ives*

### *Walking in NYC*

While walking to the subway, Jeremiah and Roger suggested that we walk. "It'll only be one mile." After three miles, we all broke out into song; all of the songs we learned at church/camp. We saw smiles and received honks and yells. One hour later we got back to Seafarers. Only three hours late!

*Jonathan Hopkins*

### *Bus Ride*

Well it all started on the bus. There was a tiny bathroom on the bus, and it had a bad lock. So being the kid that I am, I decided to lock the lock. THAT WAS A BIG MISTAKE! When I realized that it was locked, I had trouble opening it. Now I knew that I was in trouble. Luckily I had a cell phone and called Jeremiah and told him about my situation. After having a warm chuckle, he and Roger got someone to get me out. After a lot of kicking and punching the door, I finally managed to pull the lock free, and I was out. Being locked in that bathroom taught me to always keep my cell phone with me, and to be careful not to get locked in again.

*Mike Ruggeri*

### *The Trip to the UN*

When I was in Africa, I used to watch news every single day. In the news I saw many leaders from all over the world who go to the UN in New York City to make many important decisions on how to make this world a safe place to live in. I have never thought that one day I will be able to see even the building with my eyes, but actually I did. I thank God and also all the members of Holy Trinity who have made my dream a reality. We went to the UN with all the kids who were able to come with us to New York. We were there at 8:00 AM for the tour. The UN administration office gave us someone who helped us visit different places in the building. In all of the places we visited, there was one of them that was really important for me -- the UN conference room. When I entered that room it was like a huge accomplishment in my life. I have seen many world leaders standing on the stage of that conference room to give a speech. Basically the tour was awesome, and I am really happy I went there. Okay, thank you to all of the members of HTLC that made my dream become a reality. Thank you.

*Aime Patrick*

### *Breakfast Ministry at St. Peter's*

One of our service projects in NYC was working in the early morning at a breakfast kitchen. We were serving the needy a good hot meal to start their day and giving them a bag lunch. I was so excited to go and work with all the people. I wanted to be out talking to everyone and giving out food to make them smile. However, I was nominated to make the coffee in the kitchen with Lydia.

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We had to follow the exact instructions and the workers were getting frustrated when we were doing it “wrong”. Eventually, we got the hang of it and we were working well. At that point I remembered how I didn’t want to be there; I wanted to be out in front. I didn’t want to be making the stupid coffee.

But the next thing I realized was that I was talking with the people working in the kitchen. A man was washing dishes in the sink next to me and we were talking about how the kitchen started. Then servers were coming back with complements that the coffee was great. I realized that even though I thought I was not making a difference, I really was. What I thought was pointless was still important in the whole spectrum. I was making a difference. I was smiling in the kitchen and being there for the workers. I was also giving a simple cup of hot coffee to a few people and that could have been more than they have had in a while. The little things did matter. I learned that day that we all have a place that God wants us to be in and we have an important role, no matter how insignificant it might seem.

*Amanda Monday*

If you know a Youth in grades 7-12 that you think may be interested in joining or participating in some of our events, just contact me or the church office. I can be reached by phone at (716) 228-3596 or by email at [jpsmith4@buffalo.edu](mailto:jpsmith4@buffalo.edu). We are always looking for new friends to join us at both our service and fun events. On behalf of the entire L.Y.O., I would like to thank you, the congregation, because without your love and support none of our events would be possible!

Grace and Peace,

*Jeremiah Smith*



## ***Social Ministries News...***

The Social Ministries Committee is once again preparing for the Christmas Season at School 17. As in the past, events are being planned which will necessitate participation of the congregation.

The Angel Tree project will remain expanded in accordance with the past generosity of the people of Holy Trinity. Besides the gifts which every student receives, each classroom teacher at School 17 will designate three (3) needy students to receive special gifts. Members of the congregation may select an ornament from the Angel Tree with the name, age, and suggested need of the student. Gifts should be returned beneath the tree with the original ornament attached by Sunday, December 13th.

We will also continue our “Mitten Tree” service to School 17. The tree will be located on the stair landing for the Sunday School so that you may place mittens, a scarf, a hat, or any other item to help keep a child warm this winter on the tree. They will all be delivered to the children at School 17.

Thank you for your continued support of the Social Ministries Committee.

*John Kripler*



## ***Men’s Group Plans Events***

Thoughts of Christmas begin November 1st when the Men’s Group will begin collecting food and monetary donations for food baskets for the needy. The drive will continue through December 16th.

On Wednesday, December 16, everyone is invited to help decorate the church’s Christmas trees. This will begin at 4:00 p.m.

If there are any questions or concerns, please contact Chuck Rojek (886-2400 x13).



*All families of the congregation  
are cordially invited to attend the*

*Congregational Christmas Dinner*

**SATURDAY, DECEMBER 11, 2009**

Reception in Fellowship Room at 5:30 p.m.

Dinner in Redeemer Hall at 6:30 p.m.

**MENU**

Served Family style

Pork Roast

Whipped Potatoes / Stuffing

Applesauce / Corn

Fresh Baked Rolls / Dessert

~ ~ ~ ~ ~



**\$8.00 / Adults • \$5.00 / Children • \$20.00 / Family Price**

Reservations need to be made in advance.

Reservations can be made by completing the form below and mailing to:

Holy Trinity Lutheran Church

1080 Main Street

Buffalo, NY 14209

or

You may turn in your reservation form with payment  
at the Council Desk located in the narthex before or after church.

**Reservations must be made by November 29, 2009**

(seating limited to 250)

**RESERVATIONS FOR CHRISTMAS DINNER**



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Adult(s) \$8.00 per person  
Children \$5.00 per child (7-12)  
(6 and under are free)  
Family \$20.00  
No. of seats required

Name \_\_\_\_\_

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# *My Experience With Shingles*

What is Shingles/Herpes Zoster? Shingles is a viral infection of the nerve roots. It causes pain and often causes a rash on one side of the body, left or right. It is most common in older adults and people who have weak immune systems because of stress, trauma, injury, certain medicines (i.e. chemotherapy) or other reasons. Most people who get shingles will get better and will not get it again. Guess what? I have had shingles twice now.

Shingles occur when the virus that causes chickenpox starts up again in your body. After you get better from chickenpox, the virus sleeps (is dormant) in your nerve roots. In some people it stays dormant forever. In others it wakes up when disease, stress, or aging weakens the immune system. It is not clear why this happens.

Symptoms - Headache, sensitive to light or you may feel like you have the flu but no fever. Then you may feel itching, tingling, or pain in a certain area. A rash may then appear in a band, strip or small area. The rash then turns into clusters of blisters. These blisters are filled with fluid and then crust over. Just like the chickenpox we all had when we were young. It takes two to four weeks for the blisters to heal and they may leave scars. Some people only get a mild rash and some do not get a rash at all. The two times I had the shingles, I had a mild case. I had the rash, itching and blisters but only in a small area. My concern is that the next time, if there is a next time, it could be much worse. I did see my physician and asked if I could get them again. He said it was possible but there was no way to tell for sure. He recommended I get the shingle vaccine.

If you have not had chickenpox and have not gotten the chickenpox vaccine, you can get chickenpox if you are exposed to shingles. Someone with shingles can expose you to chickenpox if you come into contact with the fluid in the shingles blisters. If you cover the shingles sores with a type of dressing that absorbs fluid and protects the sores, you can prevent the spread of the virus to other people.

There is no cure for shingles, but early treatment may help you get well sooner and prevent problems. Call your physician as soon as you suspect you may have shingles. If you begin treatment 1-2 days of seeing the rash, you have a lower chance of having later problems.

There is a shingles vaccine called Zostavax. It is recommended for persons 60 or older and you only need one dose. The trick is to find where you can obtain this vaccine. Most physicians do not carry it because it is very, very, expensive and comes in a multiple vile/multiple shots. This means you have to have several patients that want the vaccine or it will be wasted if you don't use it up in a limited time. So I began my quest for Zostavax. Most of you know I love a challenge and never give up until I have an answer or a solution.

First I called my physician and he did not have it. Then I called my insurance company and they gave me two leads. The first one was ECMC. So I called them. They have an immunization clinic and Zostavax is available for \$285.00. You must pay up front and then get reimbursed from your insurance company if they will reimburse you. You need to check this first with your insurance company. Then you get on a list for the Zostavax and they call you when they have enough people so they can use the whole vile of the medicine.

Second, there is a place called Traveler's Health and Immunization Center, located at 297 Spindrift Drive, in Williamsville. The cost there is \$240.00. Why the difference, who knows. Here too, you must pay upfront and get reimbursed by your insurance company. Most insurance companies have a form you need to submit, so be sure to obtain this form and have your physician, ECMC or the clinic fill it out. That way you should have no problem getting reimbursed. I received my vaccine Oct. 19. I'll let you know how it goes and if there are any side effects. As always, check with your physician first before you decide to receive any immunization.

God's Peace and Mine

*Pat Mohr*

Your Parish Nurse

*Sunday, November 22, 2009 • 6:30 pm*  
**VIVA VIVALDI!**

**Vivaldi and Vicarious Visionaries**



**Ars Nova Musicians Chamber Orchestra**  
**Dr. Marylouise Nanna, conductor**  
**and the Holy Trinity Concert Choir**  
**James Bigham, director**

Concerto in D Minor for strings  
 and cembalo (A.Vivaldi)

Concerto in C Minor for oboe, strings and  
 cembalo (D.Cimarosa)

Concerto in G Major for viola, strings and  
 cembalo (G.P.Teleman)

Concerto in C Major  
 "Per La SS.Assunzione di Marian Vergine"  
 for violin and strings (in due cori)  
 and cembalo. (A.Vivaldi)

**Dixit Dominus of Prague,**  
 for chorus, soloists and orchestra RV595 (A.  
 Vivaldi)

**Soloists:**

Paul Schlossman, oboe –  
 Donna Lorenzo, viola - Lance Elbeck  
 (Concetmaster of the Hamilton (CA)  
 Symphony Orchestra), violin  
 Aurora Depaul, 1st soprano  
 Holly Holdaway, 2nd soprano  
 Denise Blackmore, alto  
 Jason Weisinger, tenor  
 Brian Zunner, bass

**Christmas  
 Flowers and  
 Wreaths**



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 and wreaths which will be hung in the church and placed in the chancel for Christmas. Both the flowers and the wreaths 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 continuing support and generosity. If you would once again like to 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 \$9.50, medium-size wreaths are \$55, and small wreaths are \$30. As always, gifts toward the purchase of the Christmas trees in any amount are welcome. Donations will be listed on your giving statement.

I/We would like to place \_\_\_\_\_  
 poinsettia(s) in the chancel on  
 Christmas Eve (\$9.50 per plant).

I/We would like to contribute  
 toward the Christmas wreaths  
 \$\_\_\_\_\_ and/or trees \$\_\_\_\_\_

*In memory of*

\_\_\_\_\_  
 \_\_\_\_\_


*In honor of*

\_\_\_\_\_  
 \_\_\_\_\_

*By*

\_\_\_\_\_  
 \_\_\_\_\_

# NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 All Saints' Sunday 8:30 &amp; 10:30 Holy Communion 9:30 Adult Ed 10:30 Sunday School / Nursery 11:45 Coffee Hour 11:45 Confirmation meeting w/lunch 12:00 Estonian Service <i>Daylight Savings Time Ends</i></p>	<p>2 9:30 Bible Study</p>	<p>3 2:00 Staff Meeting 4:30 BNYC</p>	<p>4 12:00 Trinity Lunch 5:30 WELCA/Needlers 6:00 BNYC 7:00 *Committee Meetings</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 23<sup>rd</sup> Sunday after Pentecost 8:30 Holy Communion 9:30 Adult Ed 10:30 Holy Communion w/baptisms 10:30 Sunday School / Nursery 11:45 Coffee Hour</p>	<p>9 9:30 Bible Study</p>	<p>10 2:00 Staff Meeting 4:30 BNYC 5:00 Lectio Divina 6:00 Dinner with First Communicants</p>	<p>11 <i>Veterans' Day</i> <i>Church Office Closed</i></p>	<p>12 10:00 Christian Action 6:30 Dortmund Meeting 7:00 Chancel Choir 7:00 AA / AL-ANON</p>	<p>13</p>	<p>14 9:00 Habitat Work Group 5:00 LYO Sleepover /apple pie bakeoff</p>
<p>15 24<sup>th</sup> Sunday after Pentecost 8:30 Holy Communion 9:30 Adult Ed 10:30 Holy Communion w/baptism 10:30 Sunday School / Nursery 11:45 Coffee Hour</p>	<p>16 9:30 Bible Study 7:00 Germany/Passion Play Meeting</p>	<p>17 2:00 Staff Meeting 4:30 BNYC 5:00 Lectio Divina 6:00 Dinner with First Communicants</p>	<p>18 12:00 Trinity Lunch Bunch 3:00 Lutheran Church Home tour 6:00 BNYC 7:00 *Committee Meetings</p>	<p>19 10:00 Christian Action 6:00 Chapel Choir 7:00 Chancel Choir 7:00 AA / AL-ANON 7:30 Ars Nova rehearsal</p>	<p>20 1:30 Ars Nova rehearsal</p>	<p>21 1:30 Ars Nova rehearsal</p>
<p>22 Christ the King Sunday 8:30 Holy Communion w/chapel choir 9:30 Adult Ed 10:30 Holy Communion 10:30 Sunday School / Nursery 11:45 Coffee Hour 6:30 <i>Viva Vivaldi!</i>/Ars Nova Concert <i>Pastor Bang's Birthday</i></p>	<p>23 9:30 Bible Study</p>	<p>24 2:00 Staff Meeting 4:30 BNYC Festival 5:00 Lectio Divina</p>	<p>25 12:00 Trinity Lunch Bunch</p>	<p>26 10:30 Thanksgiving Day Service <i>Happy Thanksgiving</i> <i>Church Office Closed</i></p>	<p>27 <i>Church Office Closed</i></p>	<p>28</p>
<p>29 1<sup>st</sup> Sunday in Advent 8:30 Holy Communion 9:30 Adult Ed 10:30 Holy Communion w/baptism 10:30 Sunday School / Nursery 11:45 Coffee Hour 11:45 Greening of the church</p>	<p>30 9:30 Bible Study</p>					

\*Please contact your committee chair to see if you are meeting this month.



**OUR CHURCH PAPER**  
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