TRINITY CHURCH TIDINGS APRIL 2021

Trinity Lutheran Church & School 146 Reserve Road, West Seneca, New York 14224 Church: (716) 674-9188, School: (716) 674-5353

Rev. Ronald Habedank, Vacancy Pastor, H: 585-902-6005 / C: 984-6021 Mrs. Kathleen Fretthold, Interim School Principal, School: 674-5353

Church Website: www.trinitywestseneca.com Church Office E-mail: trinitylutheranchurch146@verizon.net



WORSHIP TIMES

Saturday @ 5:00 pm Sunday @ 9:30 am

"Don't Give Up - Jesus Lives!"

Wow! It seems like just a minute ago when we were wishing one another, "Merry Christmas and Happy New Year"; now Holy Week and Easter are here. For some of us the "resolutions" we made for New Years are yet to be started and some things that we hoped to be finished with by now are still on the "to do" list.

So, how are you doing? Everything well? Accomplished everything you've wanted to? No complications in your life? Probably not!! The best intentions often get derailed by the "urgent", "unexpected", and "uncontrollables" of life. And the frustration and feelings of helplessness which accompany those times sometimes cause us to doubt the power, wisdom, and love of our Almighty God. That's why Jesus entered the world.

We've knelt at the Bethlehem manger and given thanks that the promised Messiah came for us. We've watched in awe on Good Friday as Jesus finishes the rest of the promise by enduring indescribable pain and death in payment for our sins. Then we had the opportunity to look, with eyes of faith, into the empty tomb on Easter and to know for sure that Jesus has risen from the dead!

What a great God we have! The message of Easter is simple: God loves you with a love that will never quit.

I'll still try to get the things done on my "to do" list and I'll keep challenging myself to grow in ways that may not always be comfortable (like exercising). However, all the while I'll be celebrating the fact that my Savior lives.

So as you start each new day, don't let the things of this life overshadow the wonder of the gift God gives you. The tomb is empty – this life is not all there is - God's love is better than getting everything on your list done!

Blessed Easter Season!

Pastor Ron





Palm Sunday Services

March 27 at 5:00pm March 28 at 9:30am

Maundy Thursday Service (w/ Holy Communion) April 1 at 7:00pm

> Good Friday Service April 2 at 7:00pm

Easter Services (w/ Holy Communion) Saturday, April 3 at 5:00pm Sunday, April 4 at 9:30am

Need a Covid-19 Vaccine???

Are you having a difficult time trying to schedule an appointment for a Covid-19 vaccine? If you are a member of Trinity, qualify under the current New York State guidelines, and are able to drive to the Dunkirk/ Fredonia area, we may be able to help. Please contact the church office (674-9188) Monday-Thursday from 8:00am-3:00pm for more information.



Please put **Monday**, **April 19** on the calendar - Ladies Bible Class will meet at 7:00pm in the church narthex. Wear your masks and bring your chair or use a folding chair. All ladies are invited!

Emergency Contacts

If a family member is **hospitalized** or there is an **emergency need**, please inform Pastor Habedank 585-902-6005 / 984-6021, the church office, or one of the Deacons.



April Holy Communion

Due to Easter falling on the first Sunday of the month, communion will be disbursed at services on the 1st and 3rd weekends in April (4/3-4/4 and 4/17-4/18).

Live Steamed Services

Trinity's Sunday contemporary service is now being live streamed! The service can be accessed through our website "www.trinitywestseneca.com" and can be watched live or at anytime after the service time.



Save Monday, May 10 from 7pm-8:30pm for Trinity's Vision Event. All members are encouraged to attend. More information about this event to come.

Property & Grounds Work Day Saturday, April 17, 2021 9:30am - 12noon

Anyone able to come out for a few hours to help is welcome. Bring work gloves, leaf rakes, trowels, edging spades, and an extra wheelbarrow may come in handy. Bring a mask in case you need to go indoors or work in close contact. Bring your own water bottle, we'll have some snacks. The rain date will be April 24.



Altar Candles & Flowers

Flowers: There are many open spots for altar flower donations in the upcoming months. Flowers are \$10 per vase and you get to take them home after the Sunday service! Flowers can also be picked up from the church on Mondays from 8am-3pm. We ask that 2 families sign up for each week. Sign-up sheets are located on the Welcome Center in the narthex or you can contact the church office at 674-9188.

Altar Candles: \$25 per month.

All payments should be placed in the Church Office's message center or can be mailed to the church. Checks should be made payable to "Trinity Lutheran Church" (memo: Altar Flowers or Altar Candles).

*Please make sure to include your name and * special intentions on the sign-up sheets.

Trinity School News



From the Principal ...

Dear brothers and sisters in Christ,

It's Spring! Have you seen a robin yet? The school students are pumped - they are ready to get outside for recess and PE classes! There is so much going on at school now. Most importantly is our Lenten recognition: every day we thank God for our forgiveness through the sacrifice of His Son on the cross. We are preparing for our spring musical, selling BBQ chicken tickets and Virtual Meat Raffle tickets (since we can't have the Spaghetti Dinner/Basket Raffle), re-enrolling students and gearing up for 7th and 8th grade New York State tests, among other things!

Please go to our website, <u>www.thinktrinitychristian.com</u>, for information on our fundraising events. They will also be posted here starting next week. Our Annual Fund Drive is also underway. The students themselves have collected over \$500 in coins toward it, and we continue to seek out alumni and extended family and friends of students for Annual Fund support. Your prayers are our greatest support!!

The staff was blessed to share a devotion and Holy Communion with Pastor Ron on our in-service day in March. We were also able to determine many of the dates for our end-of-the -year events. It is a joy to plan them again!

The musical will be taking place on June 11 and 12, probably with 4 performances, by reservation only. The production is Lion King, Jr. and it has been two years in the making! Our all-school picnic will be here on the grounds on June 16, and Kindergarten Graduation and 8th Grade Graduation are on June 17 at 9am and 7pm, respectively. God is so good!

His blessings on your Lenten journey.

~ Kathleen Fretthold Principal, Trinity Christian School

Nomination/ Call Committee Update March 23, 2021

The Nomination/Call Committee is working to develop a list of potential candidates to bring to the congregation at a Congregational Meeting. We have studied information on the pastors included in our initial list and talked to potential candidates. We have also requested additional names from President Wicher.

At the Congregational Membership Meeting, the Call Committee will provide information, make recommendations and discuss the process. The congregation will vote on the recommended candidates to select the candidate they feel the Lord is leading to Trinity. The selected candidate will be called immediately to determine if he will consider the call (this is not acceptance at this point; it just means that he will consider the call). If the candidate will consider the call, the meeting is closed. If not, the congregation can consider other candidates or ask for additional names from the district.

We are working hard to find the candidate that God knows is the best fit for Trinity. Please pray for our Call Committee team – Nevin Hope, Lynnae Kwilas, Erin Kotowski, Trevor Jelowski, Robin Makosy, Kevin Kot and myself.

~ Dave Sirgey Chairman, Nomination / Call Committee

CompassCare Walk For Life

The Walk is taking on a NEW format this year – the Walk for Life Weekend Experience – which is designed to maximize every pro-life Christian's life-saving participation.

The Walk for Life Weekend experience kicks off on Friday, April 30 at 7:00 PM with a one-hour, live online rally, inspiring the Church with patient testimonies, explaining the life-saving mission results of 2020, and casting vision for abortion reduction across NYS. And for those who are ready to get back out there, the Weekend culminates on Saturday, May 1 at 9:00 AM for the traditional in-person Walk. The goal of the Walk for Life Weekend is to raise \$584,000 to serve 1,025 women seriously considering abortion.

Robin Makosy is Trinity's liaison to CompassCare and will be walking on May 1. If you would like to take part in this life saving mission, please consider sponsoring her or joining in the Walk yourself. For more information, you can contact Robin at 430-6468 or s.r.makosy@gmail.com.



Does the joy of Easter seem far away? Our Stephen Ministers Are Ready to Care!

For those who have suffered a loss or who are going through a difficult time, Easter can be a time of painful loneliness and emptiness. If you are smiling on the outside but full of pain on the inside, and the joy of Easter seems far away, help is available. Our Stephen Ministers are ready to provide confidential, one-to-one Christian care. They will listen, care, encourage, and pray with and for you. Stephen Ministers have been specially trained to meet your emotional and spiritual needs; male Stephen Ministers are always matched with men, and female Stephen Ministers are matched with women. If you or someone you know is hurting, find out more about Stephen Ministry by talking with one of our Stephen Leaders: Pastor Dennis Krueger: 997-5666, Don Meissner: 479-4862, Kevin Kot: 445-5923, Colleen Kot: 445-5922.

Memorial Plaques

You can remember deceased loved ones who were once members of Trinity in a special way by purchasing a small engraved tab plaque to go on our Memorial Board located in the church's fellowship area. The cost is \$25. Please contact the church office by May 3 if you are interested in purchasing a plaque (674-9188).

Something to think about ...

God, who do you say we are? Ever wonder if we're pursuing our vision or His vision here at Trinity? Aubrey Malpurs, in his classic book <u>Advanced Strategic Planning</u> says that vision encourages unity, creates energy, provides purpose, fosters risk taking, enhances leadership, promotes excellence and sustains ministry. Let's pray to know God's vision for our church and school and then be inspired to pursue it.



LWML Retreat September 24-26, 2021

Think Positively, Save the Date! The Eastern District LWML is planning to hold its annual retreat **September 24-26, 2021**, at Lutherlyn Camp in Butler, PA (<u>Lutherlyn.com</u>). The theme will be "Can Do - With Jesus", "I can do all things through Christ who strengthens me." *Phil.4:13*. The Buffalo Zone is hosting the retreat. More details to follow.

MITES

Mites are the important way mission projects of the LWML are supported. In 2020, a grant to provide materials to make hygiene kits for girls living in poverty around the world was funded. There are 6 other grants to be fulfilled, including those to provide meals, housing, bedding and bibles to those living in poverty, need, rehab or recovery. Please consider writing a check (Buffalo Zone LWML) or filling a MITE BOX with your pocket change as a donation. You can drop the check in the offering plate or leave a mite box in Linda Meissner's message center. Many small donations combine to cause great blessings.

Financial Update

Regular offerings are down about 9% vs. last year. Most of the drop has occurred since November. However, through eight months of our fiscal budget, July 1 to February 28, our bottom line is still in the black - Total Income: \$480,899, Total Expenses: \$463,976. This is due to tuition payments which come in early in the year. Our special ministry accounts remain in good shape. Please continue to support the Building the Future Account as this is used to pay a portion of our monthly mortgage payment.

Yours in Christ, Dave Sirgey, Finance Committee



Please join us on our "alternative" Easter egg hunt for 2021 Trinity Lutheran Church will be hosting a self-guided scavenger hunt style egg hunt on our walking path

Where: Trinity Lutheran Church- 146 Reserve Rd

West Seneca NY 14224

When: March 28th - Sunday April 11th

Time: During any daylight hours

- The start of the egg hunt will be to the left of the parking lot at the large stone
 Look for 8 cardboard eggs along the path
 - Younger children can complete the "challenge" listed and write down the letter found on each egg, which will give you the 9-letter "mystery phrase" at the end
 - Older children can write down the answers to the 8 riddles found on the eggs
 - All children can enter to win a PRIZE by emailing their responses ("mystery phrase" or riddle answers) along with a contact phone number to

TrinityEaster2021@gmail.com

- All emailed entries must be submitted by Monday April 12th



Trinity Mission Support

As outlined in our January 2021 Trinity Tidings Newsletter, Trinity has been setting aside 2% of our general offerings to enable us to participate in additional mission opportunities. This month we will highlight two more of our \$700 donation recipients: FeedMore WNY and Lutheran Hour Ministry.

FeedMore WNY

The Food Bank and Meals on Wheels have come together to form FeedMore WNY to: go further than plates and pantries; put food on more tables; provide companionship to more homebound neighbors; inspire brighter futures for those who wish to provide for themselves. In 2020, their feeding programs served more than 16 million meals to homebound neighbors and through their nearly 300 pantries, soup kitchens, emergency shelters and other hunger-relief agencies throughout Erie, Niagara, Cattaraugus and Chautauqua counties.

Meal programs offered:

- **Home-Delivered Meals**: Designed to enhance the health and independence of homebound community members and individuals with disabilities, home-delivered meals are ideal for individuals ages 60 and older who are unable to safely shop or prepare meals or those younger than 60 living with a disability.
- **Meals Express:** For those who don't meet the traditional criteria, Meals Express provides meal-delivery services to individuals younger than age 60 or those who are homebound for a short, temporary length of time.
- **Animeals:** All home-delivered clients with dogs and cats are eligible to receive free pet food once a month through the AniMeals program. This helps ensure that clients' furry friends are cared for and that clients can enjoy the benefits of a pet companion. If interested, please ask about AniMeals during enrollment.
- **Community Meal Services:** Is your organization looking for a unique community-based meal solution? FeedMore WNY has the capacity to produce large quantities of safe, healthy, delicious food very efficiently. You can purchase food from FeedMore WNY for your day care, adult day care, hospital, school, nursing home, retirement complex or other facility.

Get involved: Sorting and packing food donations; Meal delivery; Community and fundraising events; Adopt-A-Route; Angel Card Program; Community service; Advocate. If you're interested in becoming a FeedMore WNY volunteer, please complete the volunteer application on their website (https://www.feedmorewny.org) or contact the volunteer department via email (on their website) or phone at (716) 822-2005 x-3077.

Lutheran Hour Ministries

Lutheran Hour Ministries (LHM), formerly called the LUTHERAN LAYMEN'S LEAGUE (LLL), is a Christian outreach ministry that provides "The Lutheran Hour" radio program, daily devotions, help topics and booklets, evangelical training, outreach resources for churches, Bible correspondence courses, international ministries, volunteer trips, and service projects. LHM is affiliated with the LCMS, the Lutheran Church - Canada, and Lutheran Women in Mission (LWML).

In 1917, 12 church members in Indiana met to figure out a way to pay off the debts of the LCMS (\$100,000) and to create a pension fund for church workers. A plan was developed to contact all congregations of the LCMS encouraging them to get involved. God blessed the efforts, the money was raised, and the LLL began using the thousands of dollars given to spread the Gospel at home and abroad.

As the years passed, participation in the LLL increased and funds grew. In 1930, this allowed the funding of a "new" way to spread the message of the Gospel - the radio program "The Lutheran Hour", with Dr. Walter A. Maier as the initial speaker. The first broadcast was on October 2, 1930. B the end of the 1940's, the income of the LLL had grown to \$1,250,000 and "The Lutheran Hour" was being broadcast on more than 1,000 radio stations worldwide.

Over the next several decades, the LLL expanded its various projects and programs, and in 1992 changed its name to LUTHERAN HOUR MINISTRIES due to the popularity of its flagship radio program.

As of 2019, "The Lutheran Hour" airs on more than 1,350 stations across North America. LHM produces Christian radio and TV programming for broadcast, as well as internet and print communications, dramas, music, and outreach materials. It has ministry centers in dozens of countries around the world.

To find out more, visit <u>www.lhm.org</u> or check out their Facebook page. Short daily devotions are offered on LHM.org/dailydevotions and Apple podcasts. Much of this information comes from Wikipedia - check it out!

Youth and Teen Anxiety

By Mark Willert

During the beginning of the school year for our ongoing training for teachers here at Trinity, we heard a presentation on mental health. One statistic that surprised me right off the bat was that by age 14, 50% of Americans show mental health issues, and 75% by age 24. On average it takes 8 to 10 years by the time they get the specific help they need. Either because they didn't know the issue and seek help, or it took a long time to diagnose and dial in the right things that would help to make a difference. Now throw in the complexities of the pandemic, and you've got an even greater problem as high anxiety levels continue for both children and adults.

It has been a little over a year with many drastic changes like shifting to virtual education, daily routines (or lack of) and diminishing interpersonal relationships (isolation). Yes, the vaccine and warming weather will all make a difference but the long-term effects from Covid remains to be seen. The lack of personal social interaction, prolonged time in front of a screen and the fear regarding the affects of the pandemic have left many children more stressed than ever. This has parents frustrated and concerned as to how best to support their children.

As defined by my Google dictionary, anxiety is "a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome." As everyone has some normal moments of anxiety, it becomes a problem when it is more constant, intense, and not proportional to the situation. It becomes life affecting, and normal attitudes and feelings shift to more negative ones.

As adults, we can recognize what anxiety is to us but in children it may look different as their behavior may change. In some you may not notice anything but subtleties that seem out of the norm. It's important to check in with them, observe, and find out how they're feeling to find the cause of the anxiety or fear.

Here are some symptoms:

- ♦ Increased behavior challenges such as tantrums or resistive behavior
- ♦ Night time fears or other sleep issues
- ♦ Increased crying
- ♦ Repeated questioning
- ♦ Clingy behavior or not wanting to separate from parents
- ♦ Physical complaints of headaches or stomach aches
- ♦ Increased whining, irritability or rage
- ◆ Isolating more (avoiding family time) and retreating into devices and/or social media

There are some things you can do to help your kids out when they show signs of increased anxiety. Talk with them to figure out their feelings and acknowledge them. You can also help them feel more in control and less stressed by taking the following into consideration:

- Validate their feelings Ask your child how they are feeling, and let them know what you are noticing. Be a good listener, let them know that their feelings are ok, and empathize with them. It can be helpful to acknowledge things that you are feeling anxious about as well, in an age-appropriate way. Make sure they know that anxiety (or worry) is a normal human emotion that we all experience at times.
- Model calm communication and behavior Children look to parents and other adults in their lives to determine how anxious or distressed they should be about things. That's why it's so important for parents to strive for modeling calm behavior and healthy coping strategies. I know when my kids see me focusing on staying calm, breathing deeply, and using other tools to keep myself calm it goes a long way towards helping them do the same thing.
- **Structure the day** Children thrive on structure and routines because they are predictable and allow them to feel safe and in control. Involve your children in creating a schedule for their day so they know what's expected and when they get to do things they enjoy. Be aware that a consistent lack of structure feels unsafe to most children and leaves more time for worry.
- Focus on what they can control Instead of trying to constantly reassure kids that they don't need to worry, help them focus on what they can control when they feel anxious. They can control what they think about and focus on. It's also helpful to choose activities they enjoy and that relieve stress, such as riding their bike, blowing bubbles, listening to calming music, or talking to a friend.
- **Pray with them**. Ask that God would help them deal with the source of their stress and take it away if possible. Or accept, deal with and manage the feelings if you can't change the source of the stress.

Youth and Teen Anxiety

(Continued from page 8)

- Read encouraging Bible verses that share God's love and help and stressful times. Google things like "encouraging Bible verses" or "Bible verses in times of trouble". I tell my kids in religion class all the time to Google Bible verses about a subject. Have them pick or repeat some of the Bible verses regularly or memorize a favorite. Have them write them on note cards they can easily shuffle through in stressful times. I actually keep a list of them in the notes app on my phone. Remember, Bible verses aren't only a knowledge thing, we believe God's Word has power. Also, model this for them. If they see you doing it, the better the chances of them doing it too.
- Regulate screen time and online activities Research has shown that excessive screen time is linked to increased anxiety for children and adolescents. It's important to avoid exposing children to fearful content on any type of media, as they often are not at a developmental level to make sense of what they are seeing and hearing. Limiting and monitoring screen time is also critically important. This helps ensure that they aren't spending an unhealthy amount of time on screens and digital media, and also allows them to have ample time for healthy activities that reduce stress and support coping skills. Use a monitoring software to keep track of time and content on your child's electronic devices.

When could we seek professional help? We can be the best parents in the world, but there are times when our natural parenting skills aren't enough. If fears and worry are getting in the way and overtaking your child's natural patterns and participation in life, things like eating, sleeping, participating in school, interacting with other people, it might be time to get some professional help. If you feel like you have nothing else to try, than have a talk with your child's physician and start there, which is an excellent place to start.

Don't be afraid to take the first step, and there will be more steps to take after that, and that's ok. Pray about it and know you're not in this alone. Talk it through with a trusted friend or pastor. They can listen, encourage, and pray with you as well.

*Parts taken from www.qustodio.com/en/blog/2021/02/child-anxiety-pandemic/

Trinity Christian School



Weidner`s Chicken Barbecue *Drive-Thru Only*

Where: 146 Reserve Road, West Seneca, 14224

When: Saturday, April 24, 2021

Time: 11:00 am - 3:00 pm OR until sold out

(Presale dinners guaranteed until 2:00 pm)

Tickets: \$10 pre-sale / \$12 at door

Call the school (716) 674-5353 for tickets

Dinner includes: half chicken, potato salad, coleslaw, roll/butter

Proceeds will support Tuition Aid and Scholarships



Tickets \$50

INCLUDES:
12 ROUNDS (3 CHANCES PER ROUND)
FINALE. & CHANCE TO WIN

FINALE, & CHANCE TO WIN 5 HUGE GIFT BASKETS AND 1 GRAND PRIZE

PURCHASE BY APRIL 28

PICK UP AT THE SCHOOL ON SATURDAY, MAY 8 FROM 10AM-NOON.

PAYMENT OPTIONS: 1) Credit card through website - "Meat Raffle" dropdown under Fundraisers tab, 2) Mail or deliver cash or check to school office **OR** 3) purchase with cash or check from a school student. Include name, email, and phone number with all purchases. All proceeds benefit Trinity Christian School tuition and scholarships.

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4/1	Sarah Makosy	4/17	Robbin Blajszczak	4/25	Lori Strong
4/5	Robert Boldt Mary Havens	4/18	Marcia Nickerson Tim Monahan	4/26	Bryana Haas Jean Newton
4/7	Carol McMenamin Kris Zawadzki	4/19	Heidi Cosandier Bethany Lafferty	4/27	Kathy Stephen Brendon Ganschow
4/9	Robert Cislo Stacy Conti	4/21	Austin Smith Scot Zawadzki	4/28	Justin Cornell Corbin Stefanik
4/10	Betty-Jo Smith	4/22	Mark Rodgers	4/29	Anne Gurney
4/11	Brody Zawadzki		Lisa Berton Steven Wrobel		Sandra Lelito Kelcy Strong
4/12	Linda Hope	4/23	Piper Farrell	4/30	Natalie Ecker
4/13	Don Rieman Colleen Kot	4/24	Jennifer Canazzi	4/30	ivatalic Eckel
		<u> H</u>	Lappy Anniverso	vy	
4/3	Sheri & Christopher Courteau			Carol & Francis McMenamin	
4/5	Greg & Tara Thompson Duane & Sarah Gabel		4/20	Lindsay & Jordan Iannuzzelli Gerald & Linda Meissner	
4/12	Charles & Nancy Stevens			James & Ryan Rowsell	
4/15	Steve & Robin Makosy		4/23	Robert & Anna Eising	
			4/24	Trevor & Courtney Jelowski	

Trinity Cemetery News...

ANY burials or spreading of ashes in Trinity's Cemetery are prohibited without pre-approval from the Cemetery Board. Both state and cemetery regulations need to be adhered to.

Burial plots are still available in our cemetery.

- Members \$700 per plot with a \$100 discount per plot when purchasing 2 or more at the same time
- Non-members \$1,400 per plot (no discounts given). Non-members must be relatives of a Trinity member in order to purchase plots.

The Red Food Pantry Wagon

For the month of April, we will be collecting salad dressing and croutons. Items will be donated to the food pantry at Bread of Life Outreach Center in Colden.



Thank you for all the prayers, cards and support. I'm very thankful for my Trinity family. Now all I need is for my shoulder to stop hurting.

~ Jane Sirgey

Portals of Prayers

<u>Portals of Prayer</u> (April-June 2021) devotion booklets are now available. They can be picked up in the church narthex or at any time from the clear plastic box located outside the church doors. Please take one and use it for home devotions.

Ministers: The People of Trinity Church & School

Vacancy Pastor
School Principal
Youth & Family Coordinator
Church Office Administrator
School Office Administrator
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Position

Rev. Ronald Habedank Kathleen Fretthold Mark Willert Teresa Lynch Judeen Babcock

Contact Information

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