



LENT

Pray + Fast + Give

ELCA Prayer Ventures, March 2022

Ash Wednesday On this day, let us approach God in prayer with humble and penitent hearts, marking ourselves with the ashes of our messy, fragile human lives yet doing so with the reassuring sign of the cross — the mark of Jesus Christ, our source of forgiveness, salvation, hope and new life.

During Lent, as we spend time reflecting on our human weakness and limitations, pray that we do not slip into discouragement or hopelessness but allow the Spirit to lead us toward the hope, forgiveness and newness we receive as a gift through Jesus Christ, the manifestation of God's enduring and redeeming love for us.

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Lenten Journey Adult Study

You are invited to join Pastor Fred and the group for this continuing eight-week study on Friday mornings at Augustana Lutheran (10:00 AM to 11:30 AM). A Zoom invitation will be offered for those who can't make it in person. Hope you can join them!

Lenten Collection

"Every Bottom Covered"[™] Diapers for Buffalo's Diaper Bank (the first and only diaper bank in Buffalo)

During Lent, Pastor Jeremiah Smith (Niagara Frontier Conference Dean) has invited congregations to collect diapers in support of this organization (located in the Delavan Grider Community Center).

"One in three families suffers from diaper need in the U.S. Based on present funding in NYS and many other areas in the United States, diapers cannot be purchased with food stamps. Babies who remain too long in a soiled diaper are exposed to increased health risks and concerns."

From: www.everybottomcovered.org.

Items needed are: Disposable Diapers (Sizes N-6); Pull-ups (Sizes 2T-5T) and Wipes.

Please leave your donations in the narthex or at the elevator entrance. Gift cards would also be welcome and should be sent to the church office.

Mid-Week Lenten Worship Services (Hybrid) Wednesday Evenings, 7:00 PM

- **TOL** (March 16 and April 6)
- **Good Shepherd** (March 9 and March 30)
- **St. Martin** (March 23)

Table Talk Discussion at TOL

Second Wednesday of the Month 6:30 PM in the Fireside Room and on Zoom

Pastor Fred and Charlie Schmidtke co-host Table Talk. Discussions for the March session will continue to focus on Charlie's book. Please contact Charlie if you would like a Zoom invitation.

- March 9: Sharing examples of respecting family.
- April 13: Holy Week—What does the Last Supper and Resurrection mean to you?
- May 11: Why do bad things happen to good people?

Items for the Worship Bulletins

All items for the Sunday bulletins should be submitted to the church office by **9:00 AM on Wednesdays**. Please email the church at trinityoldlutheranchurch@gmail.com, or call Nancy in the office at 716-836-4868. Thank you!



NEW! Sandwich Team Ministry

Trinity Old Lutheran Church now has a Sandwich Team Ministry, which began in February after considerable planning. This ministry has a long history. It began many years ago at Cleveland Hill Lutheran Church. After the consolidation of Cleveland Hill, St. James, and Ascension churches in 2009, a Sandwich Team continued at the newly-formed Crossroads Lutheran Church. It functioned until 2020. After Crossroads closed in 2021, a request was made regarding the distribution of the remaining Crossroads assets. TOL was fortunate to receive \$5,000, which is being used to start up the new Sandwich Team Ministry and for its ongoing expenses.

Through the efforts of Lanny Repman, several TOL members were contacted and volunteered to make the sandwiches. There are five teams of 2 or 3 members who are making 100 sandwiches every week in the church kitchen. Then volunteers drive the sandwiches to Friends of Night People each Tuesday. Nancy, church secretary, has organized scheduling and other details. Shopping procedures are being developed. Any changes to the Sandwich Team Ministry will be made as needed.

Additional volunteers are welcome to join this worthwhile endeavor. Please contact Lanny or me. Being part of the Team will bring people together to work toward a common goal of feeding the less fortunate, while having fun doing it.

Sharon



Worship With Us Every Sunday!

The Reverend Frederick Kopp, Pastor

Worship at 11:00 AM

Sunday School, March 20, 9:45 AM

Augustana Lutheran, Sunday Worship at 9:30 AM

In-church Worship Guidelines (March 2022)

We welcome you to join us for in-church worship!

We are strongly encouraging everyone to please wear a mask indoors and keep in "bubbles," maintaining a six foot distance when relating to others.

Thank you for your understanding and cooperation in support of TOL ministries.

Pastor Fred and the TOL Opening Committee



Ash Wednesday Services at TOL and Augustana LC

Wednesday, March 2 (in-church and on Zoom)

Distribution of Ashes

Augustana LC, 11:00 AM **and** TOL, 7:00 PM

Annual Congregational Meeting! Sunday, March 6 following worship (in-church and on Zoom)

We are planning on a hybrid format—you can attend in-person (we encourage mask wearing and distancing), on Zoom, or by phoning into the meeting (Zoom and phone instructions will be provided beforehand). A short coffee break will precede the meeting.

Prayer for Trinity Old Lutheran and Augustana Lutheran Churches

Inspire us to be good stewards of the resources you have entrusted to us. Teach us to give freely of ourselves and to offer our lives in service. Show us your will for the ministries at Augustana and Trinity Old Lutheran. Strengthen our relationships in this community as we serve our neighbors in love.

Ways to Give to TOL

Online: [Tithe.ly](https://www.trinityoldlutheran.com) is available through the TOL website at www.trinityoldlutheran.com or download the Tithe.ly app to your smartphone. Please call the church office if you have any questions or need assistance (716-836-4868).



Giving by mail: Please send your checks to the church and to the attention of the Financial Secretary.

Trinity Tidings

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Karen Mulartrick and Jan Sherman, Co-Editors



February Mission, Thank You

Thank you for your donations to support Hearts & Hands Neighbors Helping Neighbors (H&H). H&H provides services to caregivers and their loved ones in Erie County and western Niagara County. Please visit the organization's website at www.hnhcares.org/services.

March Mission: Family Justice Center

TOL's mission for March is the Family Justice Center of Erie County, which continues providing...

"...services and support to individuals in unhealthy relationships, and the education our community needs to break larger cycles of relationship abuse. Our comprehensive and collaborative service model tears down barriers to service, enabling our clients to heal and cultivate hope." *From:* www.fjcsafe.org

Please place your donations in the marked envelopes located on the table in the narthex, online through [Tithe.ly](https://www.tithe.ly), or by mail (please add Family Justice Center to the memo area on your check).

"Souper Sunday" Thank You!

Thank you to everyone who supported this annual food drive with non-perishable items and monetary donations! Community of Good Neighbors in Buffalo will receive the donations in support of its Mobile Food Pantry.

Good Shepherd Lutheran Food Pantry



Thank you for your continued support of the local pantry at Good Shepherd LC in Tonawanda, which will be receiving your upcoming donations. Suggested items are listed below. Please place your non-perishable donations in the shopping cart in the narthex or in the marked boxes at the elevator entrance during the week (Tuesdays-Fridays, 9:00 AM to 12:00 Noon).

- Canned goods (vegetables, soups, tuna, etc.)
- Jar items (spaghetti sauce, peanut butter)
- Boxes of pantry staples (cereal, pasta)
- Paper goods (toilet paper, paper towels, etc.)
- Feminine hygiene products
- Gift cards (Tops or Wegmans stores) can be taken to the church office.

ELCA Prayer Ventures, March 2022



For Women:

Women's History Month Celebrate and give thanks for the achievements, influence, leadership, stories, gifts and faithful witness of women in our church and society throughout history. Pray for women who suffer injustice, demeaning stereotypes, violence and poverty, that they will cling to hope and be delivered from their suffering and persecution to live freely and boldly as loved and valued children of God.

International Women's Day Celebrate and give thanks to God for the gifts, influence and leadership of women and girls everywhere. Pray that we will continue to strive for a world free of bias and injustice, providing women and girls with equitable access to education, health care, work and opportunities to use their gifts in the church, our communities and our world.

For God's Creation:

First Day of Spring Praise God for the wonders of creation and the signs of hope, life, and renewal that emerge with spring.

World Water Day God's gift of water — in all its forms — nourishes and sustains life and stirs awe and wonder. Pray that we will faithfully steward the water resources entrusted to our care and enjoyment. Pray that we will work together to conserve water, help those who lack access to clean water, take thoughtful action during droughts and do the work of cleaning up and protecting water that we have polluted or misused.

Other:

Pray that being siblings in Christ will inspire us to encourage and care for one another; equip each other to live our faith and serve our neighbor; strive for justice and peace in the world; trust each other with our joys, sorrows and questions; and gather together to praise God for claiming and restoring us as loved children with an eternal inheritance.

Ask God to build up our resiliency, optimism, hope and confidence in God's presence when we feel anxious, overwhelmed or powerless in today's world.

Rejoice and give thanks to God for surrounding us with steadfast love and forgiveness that cannot be taken away or diminished by anyone or anything.

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Happy St. Patrick's Day!

The following is taken from www.elca.org: Presiding Bishop Elizabeth Eaton, along with ecumenical and inter-religious partners, has issued an interfaith call to peace for Ukraine.

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An Interfaith Call to Peace for Ukraine



**2/24/2022 5:00:00 PM
February 24, 2022**

Though we have been anxious about the recent growing tensions between Ukraine and Russia and between Russia and the NATO countries in recent weeks, we remain deeply concerned, as we have been since 2014, for the impact of this ongoing conflict on innocent civilians throughout Ukraine. All parties to the conflict must take every measure possible to protect civilians. All parties and the international community must renew efforts to de-escalate this threat to international peace and security.

All our religious traditions call us to pray and work for peace. We join our voices and hands together. We must open our eyes to those who are suffering, and we cannot remain indifferent to the injustice this conflict has brought on the people of Ukraine and may bring on people of neighboring countries.

We call on all those involved—whether governments, movements or individuals—to repent of aggression and violence, and turn instead to the way of peace through dialogue. We also call upon the faithful people of our congregations and communities to pray for wisdom, peace and justice to prevail in Ukraine.

Join us as we pray:

Oh Divine, most mighty, most merciful, our sacred stories tell us that you help and save your people. You are the fortress: may there be no more war. You are the harvest: may there be no more hunger. You are the light: may no one die alone or in despair. Oh Divine, most majestic, most motherly, grant us your life. Amen.

Monday Afternoon Adult Ed. with Charlie Schmittke 1:00 PM in the Fireside Room and on Zoom

We hope you will join us as we continue our study of world religions—come for any or all of the classes!



(Please contact Charlie if you would like a Zoom invitation.)

Islam

- March 14: Examining the different sects within Islam.

Native American

- March 28: Mayan beliefs and practices.
- April 4: The Hopi view of life's sacredness.

African Tribal

- April 25: General beliefs of sub-Saharan tribes.

Adult Ed. Classes with Charlie Schmidtke—Study Notes

The following is Part II of the essay on Buddhism. [Note: All are invited to attend the 2022 Adult Ed. classes—the schedule that appears elsewhere in this issue.]

Buddhism—Part II

We continue with the story of Siddhartha and some of his beliefs. After leaving the palace he became a RENUNCIANT—renouncing everything in his former life, including the ritualistic practices of his area and time. He began to meditate and try to figure out how to deal with reincarnation. If suffering is endless and birth/death are endless, how can we get out of this cycle of suffering—the eternal cycle of rebirth? He started as a beggar but his father sent someone to offer the kingdom to him. He rejected the kingdom and went to live with two hermits who taught him yoga meditation. After some time, he decided that this was not enough. He went to a yoga teacher who pushed yoga discipline because yoga is for finding deep meditative wisdom. He went to the limit and ended up in rarified states of consciousness. Yet again, he believed this was not right. It didn't solve the problems of suffering and change. He went from master to master and found no answers why humans suffer. Was there no escape?

Eventually he left with five others and they became a group of ascetics. They went to the extremes of hardship and pain. He sought spiritual power through bodily deprivation and the destruction of all desires. He did this for years, trying to release all of his desires. He realized he had not answered his basic question about suffering. He judged this quest to be a failure. Then he remembered a day when he was young and experienced the perfection of the world at a spring festival. After that, he thought about insects and how their land is destroyed when people plant. He awakened to life's interconnectedness and the call for compassion. There are two different story lines at this point in his life: 1) As he thinks about compassion and interconnectedness, he naturally goes into a sitting pose. He did so under a rose apple tree and felt joy with the world. He understood that the underlying fabric of this ever-changing world is joy. He realized that he can't sustain joy if he doesn't eat. At that very moment a village girl offers him some rice; 2) After a while he had overdone the fasting and collapsed into a river while he was bathing. A village girl saved him and fed him.

Regardless of the version of the story, both conclude that the food from the village girl was grace. After accepting it, he bathed. He decided that humans can't live alone and humans must live with compassion. He returned to the original questions: why does life change and why is suffering inevitable? The other ascetics left him because he ate some rice.

Siddhartha pondered and reconsidered the path he was taking. A Buddha can be like normal people and still become enlightened. The gurus he followed didn't give him the answers he sought and the ascetics he joined almost killed him. He realized that truth is within us; we must trust ourselves. He decided to follow the MIDDLE WAY. Now he would avoid extremes and find awakening through a middle way with no self-indulgences (as he had while he was a prince) and no self-mortification (as he had been practicing with the other five ascetics). This was the beginning of his discovery of the 8-fold Path (see Part III in the April Trinity Tidings).

He now was 35 and went to sit under the Bodhi Tree in northeast India, doing so for 49 days. It was springtime and the natural world sheltered him. He said that he would not move until he had THE answer and achieve ultimate wisdom. While sitting there Mara shows up again. She is afraid that if he goes beyond all desires, then her role and rule in the world would be lost. She sends demons with weapons, but they have no impact. She sends three daughters to tempt him. He remains still even though he wasn't in a trance. He was actually facing himself and his own desires. She sent a final test by sending a large army. Siddhartha remained silent. He reached out; touched the ground; the earth shook; and the demons fled. Siddhartha said that the earth is his witness, not Mara. The earth is as it is despite what humans have done to her. The earth still remains. That night he meditated and saw his former lives (animal and human). He was given a cosmic vision of how the universe works. He roared like a lion when the morning star appeared: "I am at peace" and again the earth shook. The Bodhi tree rained down flowers because he had attained Enlightenment and was now The Buddha. He had reached Nirvana: "I am awake with all other beings. As earth is my witness, all things and I are awakened together. Our reality is nirvana. We are all enlightened within us."

He now realized there was nowhere else to be; there is only this moment, this truth: pay attention to everything that is present. His enlightenment brought a knowledge to the cause of suffering and gave steps on how to eliminate suffering. He discovered the noble truths which lead to nirvana. Nirvana was the perfect peace of mind that is free from ignorance, greed, hatred, affective states and defilements of the body and mind.

After his Enlightenment he stayed in the area for a few more weeks asking why should he bother being a teacher. He felt that no one would believe him because people are shallow and full of desires. How can people be taught the Way? A Brahma (a teacher or leader) went to him and begged him to teach because men and the gods needed his wisdom. With Enlightenment, the Buddha realized that compassion is essential. He was feeling others' pain and felt that they needed to find the Way. He spent the rest of his life teaching Enlightenment; teaching the Way, or as the Hindu's say—teaching Dharma (the principle of life). So, the next few years he kept trying to figure out how to teach enlightenment as he had experienced it.

He then went to Sarnath Deer Park where the five ascetics who had rejected him were still practicing deprivation. They saw him and condemned him for eating and giving up their ascetic practices. They teamed up against him and again he felt failure. However, when he taught them the Noble Truths, they became his first disciples to follow his Dharma—the Way, the 8-fold Path. There were no dogmas or doctrines, only shared experiences and guides to enlightenment. Along with the Buddha they sought the Middle Way—the Way of Balance.



**Daylight Saving Time
begins Sunday, March 13**