



Pastor's Ponderings

"Preach the Gospel all the time. If necessary, use words."
St. Francis

As we enter the season of fasting, prayer, and alms-giving it is good to be reminded that the call is to preach the gospel through deeds and words. Jesus said, "Do unto others as you would have them do unto you."

"Do all the good you can
By all the means you can
In all the ways you can
In all the places you can
To all the people you can
As long as ever you can." *John Wesley*

This wisdom of persistence reminds us of the persistent Widow.

"Deep in their roots, all flowers keep the light."
Theodore Roethke

We are called to be like flowers soaking up God and having God travel with us wherever we go.

"Love one another with mutual affection, OUTDO one another in showing honor." *Romans 12:10*

Instead of outdoing one another for attention, or in jobs, or in finances, we are called to OUTDO one another in showing HONOR.

"Every saint has a past and every sinner has a future."
16th Century Poet

As we enter the season of reflection and repentance, we look into the future, which is lit by the light of Christ.

These quotes were taken from a book I bought at the TOL book sale called Patches of Godlight, by Jan Karon.

God bless your Lenten journey.

Yours in Christ,
Pastor Fred he/him/his

WWI—Lenten Soup Dinner, Planning Meeting

We will be meeting after the **11:00 AM** service in the Fireside Lounge on **March 22** to make preparations for the Mid-week Lenten Soup Dinner at TOL on April 1. Soups and desserts are needed!

Please use the sign-up sheet on the main bulletin board if you can bring a soup or a dessert.

All women are welcome to join us!

Kelly Barker

National Quilting Day, Saturday, March 21

"Those who sleep under a quilt, sleep
under a blanket of love."

Lutheran World Relief (LWR) will recognize all quilters who contribute to LWR Mission Quilts. "This amazing ministry is one that blesses the lives of quilters and those who receive quilts, and by inviting others to join us, in turn, blesses even more people!"

[from: Lutheran World Relief website, <https://lwr.org/nqd>]

The LWR quilting group at TOL has been making these quilts for many, many years—no exaggeration! Last year, the group made over 27 beautiful and unique quilts that were sent around the world to those in need.



We ask for God's blessings on Barb Chittenden, Joan Heath, Marge Jones, Barb Maugans, Carol Parise, Nora Pomplun and Cathy Toms. Thank you for lovingly sharing your talents in making life a little better for those who receive the quilts.

ROLL Out Another Collection!

The entire conference is challenged to collect toilet paper during the season of Lent to give to our food pantries!



Beginning Ash Wednesday, TOL and Augustana will be participating in this friendly competition begun by Pastor Jeremiah Smith at Parkside Lutheran Church. Each week during Lent, we will add up our total rolls and share with Pastor Jeremiah who will keep track and report on our progress.

Pastor Jeremiah writes this, "Together we can wipe away this need!" Please leave your donations in the shopping cart in the narthex.

Hope you join this friendly competition!

Pastor Fred he/him/his



Easter Plants

Easter Sunday is April 12. If you would like to purchase hyacinths or Easter lilies, please use the sign-up sheet on the main bulletin board.

"2020 Vision"

"He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God."

Micah 6:8

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.

A Prayer Partner is available after worship every week to pray with anyone in need of prayers.

The Prayer Chain is available to anyone having a prayer request. Please contact Carol Diana at 634-5282 with your requests.

FYI: Lutheran Disaster Response (LDR)



“Lutheran Disaster Response brings God’s hope, healing and renewal to those whose lives have been disrupted by disasters, in the United States and around the world. When the dust settles and the headlines change, we stay to provide ongoing assistance to those in need.” [from: Lutheran Disaster Response bulletin insert, ELCA website at www.ELCA.org/disaster]

Recovering from natural disasters can sometimes take years, but LDR will continue to assist affected areas as long as needed. Recent flooding has occurred in Midwestern and Southeastern states due to river ice jams and well-above average rainfalls. For up-to-date lists of where LDR is assisting, please visit the ELCA website.

**Monday Afternoons, Adult Ed., 1:00 PM
Led by Charlie Schmidtke**

We are continuing our discussions of those gospels that were not included in the Bible, but were familiar to Jesus’ followers in the first and second centuries. **You’re invited to join us** in the Fireside Lounge—come to any or all!



- March 16: Book of Tobit
- April 6: Book of Wisdom
- April 20: Song of Three Children and Bel and the Dragon
- May 4: Book of Ecclesiasticus (and possibly the Prayer of Manasseh)



Coming this Fall—Adult Ed. With Charlie Schmidtke

The group has decided to study women in the Bible (Old Testament)—Eve and Lilith, Sarah and Hagar, Jezebel, Esther, Ruth, Judith, Susanna (and if we have time, others)!

TOL Coffee Bar opens at 10:00 AM.
Stop by before worship!



Trinity Tidings

Published monthly by
Trinity Old Lutheran Church
3445 Sheridan Drive, Amherst, NY 14226
Church Office: 716-836-4868
Church email: trinityoldlutheran@verizon.net
Karen Mulartrick and Jan Sherman, Co-Editors
©Microsoft Office 2000, 2014



Mission for March

The mission focus will be Vicar Sohail Akhtar’s Seminary Expenses. Vicar Sohail will be graduating from the Lutheran Seminary in Philadelphia in May—having completed a four-year program in three years! Please continue to keep Vicar Sohail and his family in prayer as he completes seminary studies and prepares for a pastorate in June.

Please use the pew envelopes for your donations. Thank you for your support!



February Mission Thank You!

Thank you for your donations to support Hearts & Hands Neighbors Helping Neighbors (H&H). H&H services that are available to caregivers in Amherst, Kenmore and Tonawanda make a positive impact in the lives of the care receivers—helping them to remain in their homes. Financial support is important—but there is always a need for more volunteers.



For more information, please visit the website at www.hnhcares.org/services.

Hearts & Hands: 2018 and 2019 Statistics

“2019 was a good year for Hearts & Hands. Our volunteers provided more services to more care receivers than in 2018!”

	2018	2019
Rides Completed	5,292	5,482
Other Completed Services	1,527	1,640
Care Receivers Served	499	622
Active Volunteers	165	159
New Care Receivers	67	124
New Volunteers	49	74

[from: *Hearts & Hands Volunteer & Care Receiver Newsletter*, Winter 2020]

TLC at TOL Respite Care Program, February 5

We were greeted to a beautiful sunny, but cold, day—thankfully, no snow or ice to deal with! Valentine’s Day and Presidents’ Day were the themes, and we welcomed eight guests (including one new person) and one new volunteer.



The lively group participated in seasonal words games and celebrated David during Guest of Honor. Diane also led us in trivia—sharing something new and interesting with the group. Leanne arrived for gentle chair yoga and quiet time before everyone gathered at the craft tables. Guests created lovely paper doily Valentine’s Day hearts that they adorned with colorful and glittery stickers.

Diane read a special Valentine’s Day poem before lunch, followed by grace. Everyone enjoyed hot dogs and mac ‘n cheese—and cookies and donuts for dessert—delicious!

In the afternoon, guests participated in “Heart Bingo,” and Joan treated the group to a new song she learned for piano—The Hokey Pokey. Thank you, Joan! Our closing music time followed with “Sing-along with Suzie Q—Happy Days”—songs perfect for Valentine’s Day!

Thank You!

We are pleased to acknowledge receipt of Sustainability Grant Funding from the Alzheimer’s Association in the amount of \$500.00. The funding will be used to help offset monthly program costs, which enables the program to remain free of charge to caregivers in the community.

We thank the Alzheimer’s Association and the Western New York Chapter for the continued support of *TLC at TOL*.

Jan Sherman and Paulette Hotchkiss
Co-coordinators, *TLC at TOL*

Mid-Week Lenten Season Collection

During the weeks of Lent, congregations are invited to support Rainie’s Foster Closet on Oliver Street in North Tonawanda. It is an all-volunteer organization that assists the foster care families in the community.



The following is a partial list of items needed. More detailed lists can be found at the marked box located in the narthex. For anyone wishing to sponsor a family/child, separate lists are also available.

<p>Babies</p> <ul style="list-style-type: none"> • Diapers/wipes (all sizes) • New Bottles • Infant Toiletry and Bath Items • Infant/Toddler Clothing (all sizes) 	<p>Children</p> <ul style="list-style-type: none"> • Clothing of All Sizes and All Seasons • Toiletries • Full-Size Bottles of Shampoo
<p>Juniors</p> <ul style="list-style-type: none"> • Clothing of All Sizes • Hygiene Needs 	<p>Other Items</p> <ul style="list-style-type: none"> • Scarves/Hats/Outerwear • Backpacks filled with School Supplies
<ul style="list-style-type: none"> • Toys for All Ages—New in Boxes Only • Books—Gently Used or New Books for All Ages 	

TLC at TOL

TOL’s free Respite Care Program continues every first Wednesday of the month from **10:30 AM to 2:30 PM** for those caring for loved ones with Alzheimer’s or any form of dementia. Guests are partnered with a volunteer (trained by the Alzheimer’s Association) and they participate in various activities in a secure environment. A morning snack and nutritious lunch are provided. For more information on registering for the program, please contact Jan or Paulette at 836-4868.

Mid-week Lenten Services	
The host church will provide a soup meal at 6:00 PM followed by worship in the sanctuary at 7:00 PM	
March 4	Abiding Savior Lutheran 1534 Ruie Road, North Tonawanda Phone: 693-0180
March 11	St. Mark Lutheran 576 Delaware Road, Kenmore Phone: 875-3707
March 18	St. Martin Lutheran 322 Old Falls Blvd., North Tonawanda Phone: 693-4415
March 25	Good Shepherd Lutheran 2669 Sheridan Drive, Tonawanda Phone: 832-5390
April 1	Trinity Old Lutheran

Our Community Partners Meeting at TOL

Gamblers Anon.	Sun., 7:00 PM
Gam-Anon,	Sun., 7:00 PM
Overeaters Anon.	Mon., 10:00 AM
Co-Dependents	Tues., 7:30 PM
Eta Sigma	Meets on 2 nd and 4 th Tuesdays, 6:30 PM (Fellowship Hall)
Fitness Room	Mon., Yoga Pilates, 5:45 to 7:00 PM Wed., Back and Hip Yoga, 12:00 Noon Thurs., Gentle Yoga, 9:30 to 10:45 AM Thurs., Beginner Yoga, 5:45 to 7:00 PM
Love Life Self Help Group	Meets on the 1 st Wednesday of the month 6:45 PM (Fireside Lounge)

Note: If you are interested in any of the different Yoga classes offered at TOL, please contact Leanne (864-1194).

Online Giving to TOL

Tithe.ly is available for online giving. You can set up your account through the TOL website (www.trinityoldlutheran.com) or download an easy-to-use app to your phone. The site is user-friendly and safe to use.



Operation Christmas Child

For the month of March we are collecting combs, brushes, and hair items.

Please place your items in the collection box in the narthex. Thank you so much!

Chautauqua and Mary Lathbury

My contacts over the years with Chautauqua have included visits to the famous Institute to hear operas, choirs, and speakers; sitting by the beautiful lake (sometimes reading a book) with loving family members; and joining in activities at LCLC (Lake Chautauqua Lutheran Camp) when my grandchildren were enjoying their time there.

I had heard elsewhere of a hymn-writer named Mary Lathbury, primarily because she was the composer of one of my favorite old hymns, "Break Thou the Bread of Life." It was already an old hymn when I first heard it. Mary was born in 1841 and wrote the famous hymn when she was still in her twenties. A pastor named John Vincent, who was very active in the Christian movement at Chautauqua that eventually expanded into other areas, especially music and the arts, had heard of Mary and asked her to be his secretary in his work at the Institute. He encouraged her to write Christian poetry and hymns.

When seeking inspiration, it was her custom to find a quiet spot overlooking the lake. While praying one day for guidance as to a subject for a hymn, she began to think of Christ feeding the five thousand by the Sea of Galilee. From her reflection came the hymn that was her very best-known:

Break Thou the bread of life,
Dear Lord, to me,
As Thou didst break the loaves
Beside the sea...

Mary became known as "the poet of Chautauqua." Those who knew her best told of her indescribable charm, her gentle Christian character, and the influence for good she had on other people because of her dedication to the Lord. Another hymn she wrote by the shore of Lake Chautauqua was "Day is Dying in the West." It wouldn't surprise me if that beautiful evening hymn is still being sung at services of LCLC.

Loren Keller

[from: *Trinity Tidings*, February 2012]



ELCA Campaign—Where the Dollars Go

Update: "Always Being Made New: The Campaign for the ELCA" began in 2014 and statistics on the successes of the program are available and documented in "Boundless," Winter 2019" (an ELCA publication).

Through the generosity and support of members and congregations across the country, real impacts and differences have been made in the United States and around the world.

Other areas of worldwide growth and success include:

- 189 women worldwide have gained access to networking opportunities and academic scholarships and training
- 14 African countries gained access to malaria programs—including volunteer training, prevention supplies and medication
- 46 new or enhanced Youth and Young Adults ministries received grants to grow existing programs or to start new ones
- 62 countries around the world—including the United States—implemented programs supported by ELCA World Hunger
- 135 long-term missionaries work alongside ELCA companions in more than 40 countries.

*"May the dreams you hold dearest
be those which come true
and the kindness you spread
keep returning to you."*

Irish Blessing

Happy St. Patrick's Day!