



The Trinity Window

March 2023

Trinity Evangelical Lutheran Church

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From the Pastor

"Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross." --Philippians 2: 5-8

The 40 days of Lent continue throughout the month of March this year, with Holy Week beginning on Palm/Passion Sunday, April 2.

The Apostle Paul in his letter to the Philippians, above, calls us to "let the same mind be in you that was in Christ Jesus." Baptized into Christ, adopted as God's children, and chosen to belong to him forever, we are called to recognize anew this season how deeply we belong to him! And belonging completely to him, to let his very mind be at work in us! The same mind that led him not to hold onto his power or grasp his equality with God, but to instead empty himself for us in love on the Cross.

Lent calls each one of us to find our life's deepest meaning in Christ, and then to empty ourselves, just as he did. Empty ourselves into our callings, our families, our church, our communities--to lay down our lives in service to others, just as Christ did for us. For as we follow him in faith, emptying ourselves for others, then we too will daily find ourselves raised up to live a new life with him, to the glory of God the Father!

Lenten Devotionals and Self-Denial Folders continue to be available this month.

Each Tuesday in Lent at 7 p.m. we'll share in a **Lenten study** with Pastor Ed Duffy and our friends at Zion Lutheran, Bristol. This study of the Lutheran Confessions is only available on Zoom, contact Pastor for login info.

Our weekly Bible studies continue this month:

Sundays at 9 a.m., Wednesdays at 10:30 a.m., and Thursdays at 6 p.m. Come fill yourself with God's Word this month!

Lenten Vespers will be held March 2 at 7 p.m.

Our Lenten service project continues this month, **gathering canned goods and non-perishable food for Christian Community Action**. *How much food can we gather together in time for Easter?*

Join us in worship **Sunday, March 5**, when we'll get to hear from the Rev. Bonita Grubbs, **Executive Director of Christian Community Action** and Charmain Yun, CCA's Director of Administration.

Due to the New Haven St. Patrick's Day Parade there will be **no Sunday service on March 12**, but join us instead the day before, **Saturday, March 11 at 4:30 p.m. for a Service of Holy Communion**.

Trinity's Youth will gather after worship Sunday, March 19, for a pizza lunch and lazer tag outing—come join the fun!

God bless you this March, as you "let the same mind be in you that was in Christ Jesus," who emptied himself in love for you.

--Pastor Mills+

Sanctuary Eternal Light

Burns to the glory of God
In Memory of:

Burns to the glory of God

In Honor of:

Carter Handy

Feb 5th

Gail Pederstuen

Feb 12th

Wayne Lubenow

Feb 19th

Fred Lubenow

Feb 26th

Altar Flowers

Given to the glory of God...
In Memory of all the Faithful Departed

In Honor of



Men's Fellowship Group

The March Men's Fellowship Group will meet on Saturday, March 25, at 10:30 a.m. in the Church parlor. Join us for coffee and donuts, devotions and conversation. Please RSVP to Pastor Mills.

Trinity Window Articles

Trinity Window articles for the next issue are due by the 15th of every month. It is important that you get your articles in on time and think ahead for the next month. Please email articles to:

Office@TrinityLutheranNH.org.

Articles must be submitted in WORD or PDF format.

PLEASE DO NOT EMBED THE TEXT OF YOUR ARTICLE IN THE EMAIL.

Oremus

"Let us pray"

This month we prayed for the following members and friends of Trinity who were sick and/or hospitalized:

Shirley King, Karen

Johnson, Ruth Setaro, Annie Wright, John Chaffin,

Donald Langlois Jr., Christine Thomforde, Thaddeus Gensicki, Pat Panza, Jake Swanson, Don Johnston, Deborah Golden-Johnston, Linda Johnson, Karen Hansen, Margaret Blachly, Sandy Langlois, Debbie Boychuck, Marty Pieper, Joseph Aceto Jr., David Lewis, Margaret Hawkins, Allen Kirton, Michael Pingle, Richard Werner, Mindy Durham, John Dexter, Dan Zawack, Rosie Weaver, Amanda Rice-Johnston, William Douglas, Julia Kanozo, Rita Roman, Mike & Lucy Nieves, Nancy Kops, Laurie Connors, Pat Minges, Yoly Ortiz, Rachel Thompson, Katheryn Patrick, Wendy Lynn, Allison Empringham, Mimi Thompson, Mary Ellen Schoonmaker, Virginia Masciola, Philip Cerrone, Sandy Noonan, Maria Roman, Nicole Donzello, Elizabeth Leone, Thomas Palm, Pamela Simone, Vincent Villano, Frank Wright, Esther Goffinet, Nicole Donzello, Mary Psarras, Bill & Kathy Pontin, the residents of the Mary Wade Home and all assisted living facilities, and all who serve in the armed forces, especially: Daniel Burk, Christopher Bushy, Justin Coonrod, and Jonathan Outlaw. And those who mourn Richard Eno Sr., and Kari Vogt.



Upcoming Events

Here is a preliminary listing for the events we have for this month. Please mark your calendars in advance so you can save the dates.

March

Mar 2 nd	7:00pm	Lenten Vespers
Mar 2 nd	7:30pm	Choir Rehearsal
Mar 5 th	After Worship	Blood Pressure Screen
Mar 5 th	After Worship	Trinity Lunch & Learn
Mar 11 th	4:30pm	Worship
Mar 25 th	10:30am	Men's Fellowship
Mar 26 th	After Worship	Balance Workshop

Operation Christmas Child



I have summoned you by name
You are mine.

Isaiah. 43: 1

We are all blessed to be God's Children created by our Heavenly Father to be disciples of his good deeds.

During the forty days of Lent I challenge you to do his will. Give of yourself for the glory and love of others.

Some reminders for you our new OCC Collection box is waiting for your donations in the Church Narthex. Remember we collect year round.

Standard size shoe boxes are always welcomed. I have plenty of wrapping paper on hand.

For our supporters who help us through monetary donations a quick reminder. All checks should be made out to **Trinity Lutheran Church Women**.

Again Thank You one and all for your continued support of this ministry.

Wishing you all a Blessed Lent
Barbara Mouer
OCC Chair/Drop off Coordinator

The Mary Wade Service

Join us in our outreach to The Mary Wade Home, 118 Clinton Avenue, New Haven. Come help sing, assist in worship and/or visit with the residents! The service will be held once Trinity receives a date from Mary Wade, it will be announced at worship and in the bulletin.

"Trinity Lunch and Learn"

Sunday, March 5th, join us after worship in the auditorium for the monthly "**Trinity Lunch and Learn**" gathering: bring a lunch, share in fun, hands-on activities to learn our Faith; and enjoy cross-generational conversations, for children, members, parents, and grandparents, from ages 0-100!

"Saturday Worship on March 11"

Due to all the traffic issues associated with the St. Patrick's Day Parade on March 12, Trinity will worship **on Saturday, March 11 at 4:30 p.m.** There will be no worship on Sunday or Sunday School.

Weather Related Church Closings

Winter is here and we never know what it can bring! Please note that any weather-related delays, cancelations or closing of Trinity will be broadcast on WTNH 8, WFSB 3, NBC 30 and Fox 61. This information is also available on their websites at www.wtnh.com, www.fox61.com, www.wfsb.com and www.nbcconnecticut.com

Altar Vases & Eternal Candle

Beginning January 1. 2023 if you order altar vases, you must order 2 vases or find someone to share with. The cost will remain the same \$40 per vase. The Eternal Candle is \$7 per week. The 2023 signup sheets for both are posted in the narthex.

Monthly B.P. Screening



Deb Nicolson, Parish Nurse, has scheduled the next Blood Pressure Screening for **Sunday, March 5th**. Deb will do the screenings in Pastor's office after worship. A quick cleaning of equipment will be

done between each person.

Balance Workshop II

A follow-up session to the **Balance Workshop** held in January is scheduled for **Sunday, March 26th**. We can all learn how to be steadier on our feet, movements to avoid and exercises to do to help maintain your balance. Great for all ages!

Important – Be Prepared

One on One Zoom or phone conversation can be scheduled with me to discuss appointing a Health Care Representative if you don't legally have one plus other details. It's especially helpful if you have a sudden illness or are in an accident and can't speak for yourself. For 18+ and any stage of life or health. It's like buying insurance, it's there if you need it! I have forms, no attorney needed and no cost. Email me at debnicolson@optimum.net or 203-877-8614 with questions or to schedule. Thanks!

Deb Nicolson, Parish Nurse

Lenten Vespers

Lenten Vespers will be held on Thursday, March 2nd at 7:00 p.m. in the sanctuary.

Choir Rehearsal

The next scheduled choir rehearsal will be held on Thursday, March 2nd. Rehearsal will take place in the parlor at 7:30p.m.

Lenten Study on Zoom

Join us for a special **Shared Lenten Study** each Tuesday in Lent at 7 p.m. on Zoom. We'll join with Pastor Ed Duffy and our friends from Zion Lutheran in Bristol in studying the Lutheran "Formula of Concord." Contact Pastor for Zoom login information.

Can Do Lenten Service Project

This year Trinity will be doing a Can Do Lenten Service Project for Christian Community Action. We are asking you to buy canned goods to put in the shopping cart in the narthex. Trinity will be donating them to CCA in time for Easter meals.

Seafarers International House

Dear Friends of Seafarers –

Me: Well, you've had a good night out. You got to walk around and see some of Yale, went to the Apple Store and the Yale Book Store, you shopped at Dick's, TJ Max and you closed down Target. Are you ready to go back to the ship?

Seafarer: Mam can we get a pizza, the captain really wants a pizza.

Me: we can try but I think it is too late. We ride by Modern, Sally's and Pepe's all closed.

Seafarer: how about KFC?

Me: we can ride by but I think it will be closed also. I think your only choice now will be McDonalds.

Seafarer: Ok Mam well order 18 burgers and fries. Well, that was better than a couple of weeks ago when at 2230 we ordered 50, yes, 50 McDonalds hamburgers and fries and we did it again the next night 50 hamburgers and fries.

I received a message from a captain on another ship on a Saturday afternoon asking if I could take him out as he was looking for a part for the ship engine. I told him I would pick him up at 1630 after I returned another crew back to their ship. He thought we could find the part at an auto parts store and of course no one had it in stock but one said that they could order it and have it on Sunday. I dropped the captain off at Universal Dr. to do a little shopping and returned him to his ship at 2200. I told him that I would pick him up Sunday to get the part that was ordered. He said no, that he would not go out so as to give me a day of rest.

Well, his crew who were from India and had no shore leave had been asking me to shop. One request was for some Indian food which I found I could order on Amazon however it would not arrive in time so Sunday afternoon I decided to ride out to an Indian market off of Saw Mill Road. I had never been in the store before and just walking in the door, I knew I was in a new country; smells, sounds, and food that I had never seen before. It was amazing as I walked up and down every aisle. I had my list but had no idea where to find anything. I finally found a young man stocking shelves and asked for his help. As I was checking out, I spotted a carrom board that the crew had asked the captain for but we had not been able to find so I bought it too.



Monday morning, I picked up the captain at 0800 again on our hunt for the small part for the ship engine. Going back to the auto parts stores we quickly found that they had ordered the wrong part. We then headed to Napa and after about an hour they were also unable to locate the part. They recommended we try Grainger in North Haven. Well, they knew the part but they of course did not have it and it would take about 3 weeks to order it. Bummer! So, we then went to Target to pickup some items for the crew and to Big Buy to check out a phone. Then the captain returned to his ship as he told me that he had a lot of paper work to do before the ship sailed that night. I would return later when operations were finished to pick up the WiFi and deliver the other items.

When I returned later, I found a very pretty young crew-woman on deck watch. I was very surprised as she was the first Indian crew-woman I had ever met.



The Captain, who was Russian, invited me into the ship's office along with this young lady. I was able to give her the food I had purchased at the Indian market and tell her of the fun I had trying to find the items she had requested. When I had been with the captain on shore leave, I had asked him if he enjoyed Indian food. He laughed and said the he is not able to eat any food that is spicey and that the cook keeps wanting him to try new food telling him that it is not hot. The captain said that he does enjoy masala tea and asked the steward to prepare us a cup.



We sat in the office, the captain, the young lady and several of the other crew, Russian and Indian, and enjoyed a hot cup of masala tea and good conversation.

I have the best job in the world!!!!

Ruth Setaro, Chaplain

Time for a Laugh

Interfaith Volunteer Caregivers

30 Gillies Road,
Hamden, CT 06517
203-230-8994; www.carennewhaven.org

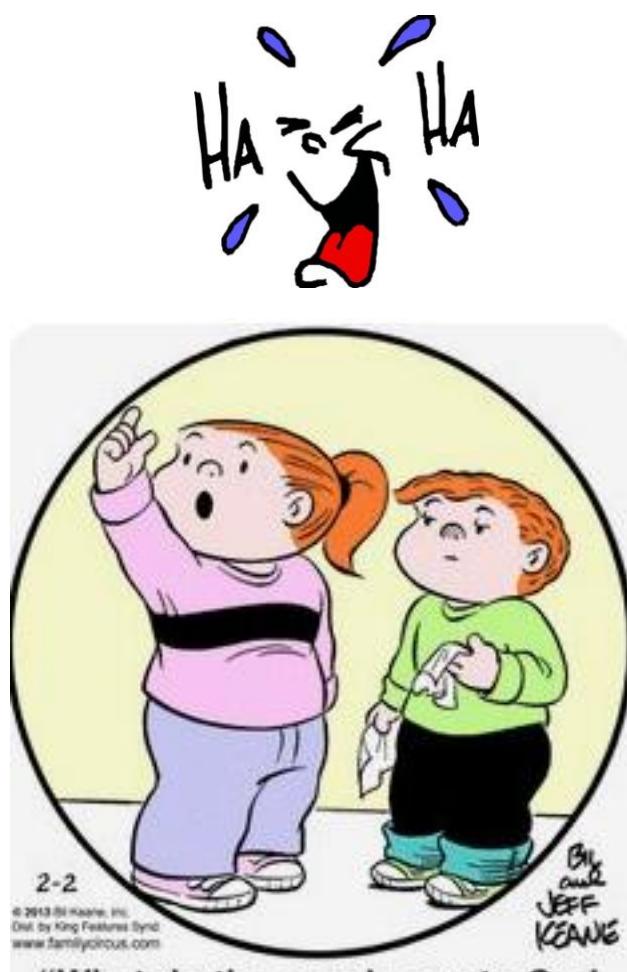
38 YEARS AS THE GOOD NEIGHBOR

Are you looking for a new volunteer opportunity? Can you drive an elderly person to a doctor's appointment? Visit with an elder from time to time? Please consider joining our team and discover how your small acts of kindness can make a huge difference in the life of an elder in our community. Since 1983, Interfaith Volunteer Care Givers (IVCG) has assisted seniors in the Greater New Haven area by fostering independent living and reducing isolation. We train and insure volunteers from area faith communities and civic organizations to offer free neighborly services with compassion and love.

To find out more, please check out our website:
www.carennewhaven.org

Volunteer Orientation & Training At The Connecticut Hospice, Inc.

The Connecticut Hospice, Inc. (inpatient and homecare). is sponsoring volunteer orientation and training this fall. If you or someone you know is looking for an opportunity to serve others in your community, we would like to hear from you. Our patients and families are in need of your care and support. As a volunteer, you can fill your hours (weekdays/evenings or weekends) by assisting in a clerical capacity or offering direct patient/family contact as a friendly visitor, provide pastoral care or bereavement services, help in arts, massage therapy, pet therapy, hairdresser/barber or provide transportation. For more information, please contact Joan Cullen at 203-315-7510 or jcullen@hospice.com



MARCH

CELEBRATIONS AND ANNIVERSARIES



BIRTHDAYS

Mar 1 st	Finley Setaro
Mar 2 nd	Krista Ching
Mar 3 rd	Thom Hayes
Mar 7 th	Evelyn Ching
Mar 7 th	Justin Handy
Mar 7 th	Lois Stover
Mar 8 th	John Chaffin
Mar 8 th	Stephanie Mims
Mar 9 th	Colin Morris
Mar 14 th	Caroline Mills
Mar 15 th	Jeremiah Johnston
Mar 16 th	Justin Lamont
Mar 16 th	John Mills
Mar 19 th	Mark Setaro
Mar 22 nd	Theresa Driscoll
Mar 24 th	Fred Sundermann
Mar 27 th	Karen Golden



BAPTISMAL ANNIVERSARIES

Mar 6 th	Kai Langlois
Mar 17 th	Ryan Langlois
Mar 27 th	Wayne Lubenow
Mar 30 th	Justin Handy



WEDDING ANNIVERSARIES

Mar 22nd Amy & Justin Handy

Greetings from the Forward Leadership Team!

In December 2022, Trinity was selected to be among 5 congregations to participate in the New England Synod's Forward Leadership Community for 2023!

Forward Leadership Community is a Synod-led initiative for congregations to strengthen their sense of mission, by experimenting, innovating, and exploring how to "be church" in the 21st century. Year-long approach to develop the strategies to create short and long-term goals and implement the necessary changes to attain these goals.

Trinity's delegation to the 2022 New England Synod Assembly identified and recommended the program given Trinity's unique position to identify and implement changes to ensure that Trinity is a THRIVING congregation into the future.

The initiative, Leading Trinity into God's Future, began with the completion of a thorough deep-dive into our congregation through the Congregation Assessment Tool (or C.A.T. for short). More than 95% of Trinity's Members participated in the C.A.T.!

The results (or C.A.T.-scan!) were shared with the congregation following worship on February 26th. Overall, the C.A.T. identified some key themes and areas to build upon:

Trinity's congregation stands out as a welcoming congregation for persons from all walks of life and differing opinions and beliefs. It's spiritual vitality and readiness for mission were identified as exceptional.

The congregation's overall satisfaction was a bit mixed with a significant number of members on the fence about the state of our church. Further, the congregation felt comparably about the overall energy level of the church.

These results are typical for a mature, stable congregation like Trinity. Accordingly, the respondent's to the C.A.T. prioritized 'attracting families' and 'reaching new people' as critical for the future of Trinity. Priorities that are also typical for many modern-day churches.

To achieve these outcomes, the C.A.T.-scan identified three critical areas of focus for Trinity:

- Creating more meaningful relationships among our members.
- Outreach and ministry to revitalize the community around the Church.
- Providing more opportunities for Christian education.

As a next step, an 'Accountability Team' will be formed to work with the Forward Leadership Team to share learnings/ideas and to partner to help implement the growth strategies. Anyone interested in becoming a member of the Accountability Team should reach out to Marlene Warsawski, Ruth Setaro, Scott Prud'homme or Pastor Mills (The Forward Leadership Team).

The Forward Leadership Team is planning similar progress and input sessions for the congregation as the project progresses throughout the year!

Easter Lily Order Form

Orders are now being taken for Easter Lilies (\$18.00 each plant) to decorate our sanctuary on Easter Sunday. You may place your order by completing this form and returning it, along with payment to the church office. You can mail it or put it directly into the offering plate by Wednesday, March 29th. Please print clearly! Make sure to fill in memory of or honor of! (Please note that only one family name per plant; i.e.: John and Mary Smith, could be 1 plant, but John and Mary Smith & Jim Jones would be 2 plants.

In Honor or

In Memory of Name:

Given by:

Number of Plants: _____

Amount Paid: \$ _____

ELCA World Hunger Donations

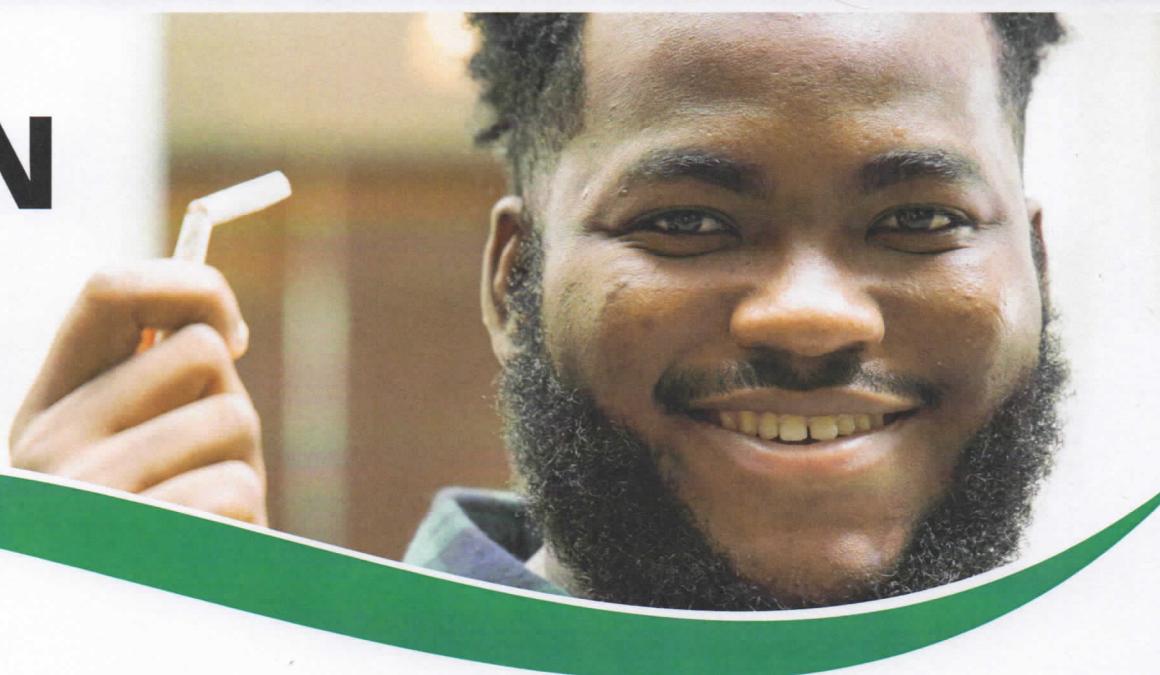
Donations to the **ELCA World Hunger Fund** may be **given instead of or in addition to** lilies.

In Honor or

In Memory of Name:

Given by:

That's It! LEARN TO QUIT!



Griffin Health's

FREE Smoking Cessation Program

Griffin Health offers FREE in-person and virtual smoking cessation programs to help those struggling with nicotine dependence navigate the best options to quit for good. Find comfort in an environment with like-minded individuals seeking advice on their own smoking cessation journeys.

That's It! Learn to Quit!

provides free education, advice and support with weekly sessions addressing the following topics:

SESSION 1

Your Decision to Quit Nicotine Cigarettes, Vaping, Cigars

SESSION 2

Pharmacology and Creating a Quit Plan

SESSION 3

Trigger Management

SESSION 4

Staying Quit

Four-week, in-person classes offered in Derby, Oxford, and Shelton. NEW five-week virtual program starting in February 2023!

Upcoming sessions include:

Wednesdays:

January 18, 2023-February 8, 2023 at 6 p.m. at Family Health Center-Griffin Family Physicians, 110 Commerce, Shelton

VIRTUAL - Wednesdays:

February 8, 2023-March 8, 2023 at 7 p.m.

Mondays:

March 6-27, 2023 at 5:30 p.m. at The Center for Cancer Care at Griffin Hospital, 350 Seymour Ave., Derby

Thursdays:

April 6-27, 2023 at 6 p.m. at Family Health Center-Griffin Family Physicians, 110 Commerce, Shelton

To register or for more information contact The Griffin Center for Healthy Living Coordinator at 203-732-1369.



Healthy for Life with Elevated Blood Sugar

Thursdays, March 2- April 6
4-5:30 p.m.

**Griffin Hospital Dining Room 1
130 Division Street, Derby**

Healthy for Life with Elevated Blood Sugar is a free, six-week program for individuals diagnosed with either pre-diabetes or diabetes.

Participants will be empowered to manage their elevated blood sugar through education on healthy eating, weight management, physical activity, medication and glucose management technology, health related risks, coping skills, and healthy lifestyle goal setting.

Based on the National Standards of Medical Care in Diabetes and The American Heart Association Healthy for Life, this program engages participants in learning and discussing clinical and lifestyle self-management behaviors to support optimizing their health, blood sugars, quality of life and psychosocial factors.



**GRIFFIN
CENTER FOR
HEALTHY LIVING**

To register or for more information,
contact The Griffin Center for
Healthy Living Coordinator at

203-732-1369



Free Family Event! A Safe Kids Day

SAVE THE DATE!

Sunday, April 30, 2023

11am - 3 pm

Warsaw Park, Pulaski Highway, Ansonia

Games, Safe House,

Health, Wellness, & Safety Interactive Displays

Free Fitted Bike Helmets to first 300 children

