

# FOCUS ON FAITH



## From the Pastor's Study

### The Miracle of Easter

"The true miracle is not someone rising from the dead, but people actually believing in it." Sort of a provocative statement, isn't it? I don't remember, who said this, but it has stuck with me ever since I heard it. And isn't it true: Our world looks different, when we start believing that death is conquered. The key word is "believing".

Faith is a venture. It has always been. There is no proof in the ordinary sense. And we feel that, particularly when it comes to dealing with death.

"Christ is risen!" Our world looks different, when we start believing in the good news. As we hold to the Gospel it will start holding us. And it will affect our lives; like an initial spark – setting off God's new life within us.

"As surely as Jesus lives I shall live with him," German poet Christian Gelert wrote in a hymn 1757. God raised Christ from the dead. And God continues his work of bringing renewed life to all. Easter marks the beginning of a new life in God.

"Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead" 1 Peter 1:3 (NRSV).

A happy and blessed Easter season to all of us – be it in the ease or the burdens of our lives.

**Pastors Thomas and Daniela Mertz**



### Inside this issue

From the Parish Nurse.....	2
M & M's at Faith.....	3
Lent/Easter Services at Faith.....	3
Event with Bishop .....	4
Birthdays .....	4
Upcoming Events.....	5
What Does That Mean?.....	6
Tree Planting Event .....	7
The Last Word .....	8



Wishing you and yours a  
blessed Easter Season

## From the Parish Nurse

### Urinary Tract Infection (UTI) / Bladder Infection - The Basics

#### **Did you know...**

A bladder infection (cystitis) is a bacterial infection within the bladder.

A urinary tract infection is a bacterial infection anywhere in the urinary tract i.e. in the bladder, kidneys (pyelonephritis), ureters, or urethra (urethritis).

Most bladder infections occur suddenly (acute); some recur over time (chronic). Women are at greater risk of UTI than men. Most UTI's affect the bladder and urethra – the lower urinary tract.



#### **Cause of bladder and urinary tract infections**

Bacteria E. coli that lives in the intestinal tract, enters the body through the urethra and travels to the bladder, and is the cause of most UTI's. Some bacteria can attach to the lining of the urinary tract. Normally the body removes bacteria by flushing them out through urination. Men have added protection from infection with the prostate gland that secretes a protective hormone to safeguard against infection.

The urinary tract has systems to prevent infection. The points where the bladder attaches to the ureters is a one-way valve that prevents urine from backing up to the kidneys; urination washes the bacteria / microbes from the body.

#### **Risk factors for bladder infection**

◆ Women have a shorter urethra than men. The female urethra is closer to the rectum than in the male

- ◆ Advanced age – the individual may become confused or lethargic -
- ◆ Immobility
- ◆ Urinary catheter
- ◆ Urinary tract abnormalities
- ◆ A blockage in the bladder or urethra
- ◆ Bowel incontinence
- ◆ Diabetes / suppressed immune system

#### **Symptoms of bladder infection and UTI's**

- ◆ Cloudy or bloody urine
- ◆ Urinating more often than usual
- ◆ Foul-smelling urine
- ◆ Pain or burning when urinating
- ◆ A frequent sensation of having to urinate (urgency)
- ◆ Cramping or pressure in the lower abdomen or lower back

#### **Diagnosis and treatment of bladder infections and UTI's**

- ◆ A urine culture (urinalysis) to test for red and white blood cells and bacteria, etc.
- ◆ Usually the treatment is antibiotics.
- ◆ Symptoms usually disappear within about 48 hours, but the antibiotics must be taken to completion for best results

#### **Lifestyle Changes**

- ◆ Drink plenty of fluids
- ◆ Increase vitamin C (ascorbic acid) to increase the acid levels in the urine to help kill the bacteria; drink cranberry juice daily; BUT there is no proven evidence that this will treat or prevent an infection
- ◆ Urinate as soon as you feel the need
- ◆ Take showers instead of baths
- ◆ Wear cotton underwear and loose fitting clothes
- ◆ Change underwear daily
- ◆ Females wipe from front to back!



***Submitted by Bonnie Hofer, Parish Nurse***

References: Mayo Clinic; NIH (National Institute of Health); WebMD; American Board of Urology



**Ecumenical Lenten Devotions**  
**Exploring Lent with our Senses**

- March 8** - Holy Cross Croatian RC Church  
 Preaching: Rev. Matthew Griffin      Sense: Sight
- March 15** - Anglican Church of the Nativity  
 Preaching: Rev. Mertz      Sense: Taste
- March 22** - Faith Evangelical Lutheran Church  
 Preaching: Father Marijan Mihokovic      Sense: Hearing  
 Community Dinner before service 6:00 pm
- March 29** - Pioneer Memorial/St. Columba  
 Preaching: Rev. Tim Kennedy      Sense: Smell/Touch



**The M & M's At Faith**

**What's Happening!.....**

**Next Meeting**

Our next meeting will take place April 30th after service. Bring a bag lunch.

**Prayer Shawl Meeting**

The next Prayer shawl gatherings is Tuesday March 14th, from 1:30 to 3:00 pm. Join us for a time of reflection and fellowship. Meetings will also be held Tuesday, April 11th and Tuesday, May 9th. All are welcome.

**Mother's Day Vendor and Bake Sale—May 13th**

Come buy and gift for Mom and dessert for Sunday dinner at our Spring vendor and bake sale. Shopping time is from 10:00 am-2:00pm. Please consider donating to the bake table when you are asked.

**Bible Study**

Pastor Daniela will be conducting a bible study on Luther and the Reformation beginning in the Fall—a four part session. Starting in September, one Sunday per month after service, the bible study will be held. Bring a bag lunch and participate. Both Men and Women are welcome to attend. Stay tuned for dates and times to be announced.



**Easter Services**  
**at Faith**

**April 13 - Maundy Thursday**

*St. John's Seder Meal 6:00 pm*

**April 14 Good Friday 10:30 am**

*Service with Holy Communion*

**April 16 Easter Sunday 10:30 am**

*Service with Holy Communion*

## HAPPY BIRTHDAY

### *Celebrating in March...*

March 6 Annisa Sawh  
 March 15 Jo-Ann Pergentile  
 March 15 Ruth Lemp  
 March 15 Sherry Richter  
 March 16 Loretta Purser  
 March 18 Marg Behnke  
 March 23 Nancy Brooks  
 March 26 Cheryl Tilson  
 March 27 Erica Kildau-Stearns  
 March 28 Mabel Gregory  
 March 29 Pastor Thomas Mertz  
 March 30 Ingrid Paul

### *Celebrating in April...*

April 1 Elaine Lymburger  
 April 1 Ray Mulholland  
 April 4 Joyce Addison  
 April 5 Madeleine Weegar  
 April 7 Garth Stevenson  
 April 8 Len Richter  
 April 20 Joyce Dechert  
 April 25 Jefferson Shearer  
 April 29 Casey Shearer  
 April 29 Frank Sawh

### *Celebrating in May...*

May 2 Doug Calvin  
 May 2 Beatrice Blake  
 May 3 Dieter Jaenisch  
 May 12 Hjordas Anderson  
 May 14 Ray Bekiaris  
 May 15 John Kerwin  
 May 26 Kaye Forde

We wish all of the above a VERY HAPPY BIRTHDAY and God's Blessings for many, many more!

A birthday celebration will be held in June for May, June, July and August birthdays.



## 500 Anniversary – Afternoon with Bishop Dr. Michael Pryse

**April 29, 2017; 02:00 pm – 05:00 pm**



You are invited to join our synodical Bishop Michael Pryse for an afternoon of commemorating the 500. Anniversary of the Reformation. Bishop Pryse will unpack the continuing relevance of Martin Luther's theology for our time. You may look forward to presentations by the Bay Area choir, the Latvian folk dancers and others. Games and toys are prepared for small children.

There will be a buffet of snacks and refreshments.

The venue for the event is at Our Lady of Mercy, 58 Dundurn St N, Hamilton, Saturday, April 29; 02:00 pm – 05:00 pm. Parking is available on church premises and overflow parking at the Nicholas Mancini Centre parking lot which is on the grounds of the Catholic Diocese of Hamilton.

Tickets at \$ 10.00 to cover our expenses are available for sale at the church office or during coffee hour following each Sunday service.

## Remember in your prayers these members of Faith:

Alice Bauman	Ray Bekiaris	Bruce Riddiough
Harold Farwell	Mabel Gregory	Mary Lemp
Elaine Lymburner	Herta Turnevicius	Orell Setterlund
Rudolph Jaundoo	Katie Kildau-Bock	Vic & Norma Braybrook
Evy Ahlang	Stan Frost	Elsie Zwick

*“Bless our sick today so that they may bear their illness and restore them quickly to health. Bless those who have grown old in your service and give them courage and strength in their faith. We ask this through our Lord Jesus Christ, Your Son, who lives, and reigns with you and the Holy Spirit, one God, forever and ever. Amen”*

*We also remember our refugee families, Zahra (mother), Amal, Jihan, Juhianah (daughters) Akram (son), Mohamed (oldest son) and Miriam and Nadia and Sarah (daughters) and pray that they are safe where they are now and God grant them safe passage to Canada, and to Hamilton soon.*

## Upcoming Events –at Faith and in the Community

### Calendar Dates of upcoming events related to our Church and Community

- Mar 7 Good Food Box  
Mar 8 Mid-Week Lenten Service—7:30 pm Holy Cross  
Mar 14 Prayer Shawl Meeting—1:30-3:00 pm  
Mar 15 Mid-Week Lenten Service—7:30 pm Church of the Nativity  
Mar 17 Friday Night Nibbles 6:00 pm  
Mar 19 Lunch and Learn—Health and Wellness  
Mar 22 Mid-Week Lenten Service—6:00 pm dinner, 7:30 pm service @ Faith  
Mar 22 Hot Lunch 11:30-12:30pm  
Mar 25 Men’s Breakfast-8:30am Bible and Bagels 9:00am @ St. John’s  
Mar 29 Mid-Week Lenten Service—7:30 pm Pioneer United  
Apr 1 Council Retreat at the Wellingstone Retirement Home  
Apr 2 Joint Service @ St. John’s 11:00 am  
Apr 4 Good Food Box  
Apr 11 Prayer Shawl Meeting 1:30-3:30 pm  
Apr 13– 16 Easter services (see information on page 3)  
Apr 26 Hot Lunch 11:30-12:30pm  
Apr 29 Meet with Bishop Mike Pryse 2:00pm-5:00pm  
Apr 30 M & M Meeting after service  
May 2 Good Food Box  
May 9 Prayer Shawl meeting 1:30-3:30 pm  
May 12 Friday Night Nibbles 6:00 pm  
May 13 Mother’s Day Bake and Vendor Sale 10:00am-2:00pm  
May 24 Hot Lunch 11:30-12:30pm  
May 28 Joint Service with St. John’s at Faith

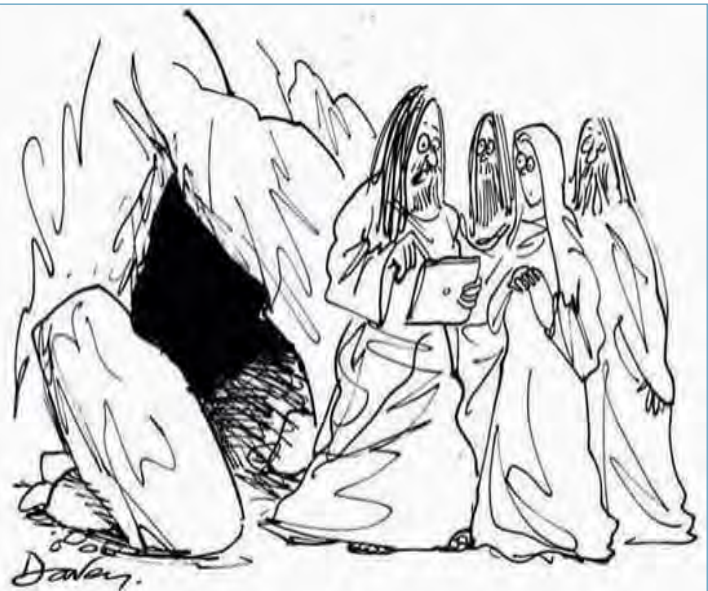
Participate in your Church Life

### Joint Council Retreat – Saturday, April 1

The joint councils of St. John’s and Faith Lutheran churches will meet at the Wellingstone for their annual retreat. They will review our shared ministry process and explore possibilities for deeper cooperation between the two churches. Rev. Doug Reble, Assistant to the Bishop will give a presentation on ways for extended collaboration and lead us during the morning session.

We have also invited the council of Grace Lutheran church, who may be looking for ministry partners in the future to join our discussion.

Pastor Reble has kindly agreed to preach at **St. John’s** the following day, **Sunday, April 2** which will now be a **joint service with Faith at 11:00 am. Mark your calendars!**



"He's not in there! Oh, wait - he's changed his status to 'risen' "

## ***“What does That Mean?” – I am Baptized***



I still remember the day of my baptism. It was April 15, 1963. I was five at the time. My parents had dressed me all up in black pants and a white shirt. And the icing on the cake were patent-leather shoes, which were very fashionable at the time even for a five year old.

I was baptized along with two of my three sisters. I remember being very excited about the church ceremony. My sisters and I were at the centre of everybody’s attention. There was water – always fun! And the pastor said something that made me feel special: That God loved me and that I belonged to him.

It was a message my parents would often repeat in the years to come. And so the seed that was planted on a Sunday afternoon in 1963 and continued to grow to this day. I look back on seven years of seminary education and an additional four years of vocational training, but in the end it all boils down to knowing, trusting and living God’s promise of His love for me. And from April 15, 1963 my baptism had become a visible sign, a pledge of this divine love.

In his Small Catechism Martin Luther wrote for us to remember and take to our hearts: “Baptism works forgiveness of sins, delivers from death and the devil, and gives eternal salvation to all who believe this, as the words and promises of God declare. It is not the water indeed that does them, but the word of God which is in and with the water, and faith, which trusts such word of God in the water. For without the word of God the water is simple water and no baptism. But with the word of God it is a baptism, that is, a gracious water of life and a washing of regeneration in the Holy Ghost.

### **Invitation from St. John’s to join them at these events:**

#### **Bibles and Bagels**

The women of our two congregations are invited to come together at St. John’s Saturday, March 25, 2017 for their monthly “Bibles and Bagels” at 09:00 am: For more information please contact Janet Weingartner through the St. John’s church office (905-527-6611).

#### **Mens’ Breakfast**

Please join us for the Mens’ Breakfast at St. John’s Saturday, March 25, 2017; 08:30 am.



### **Church Council News**

At our Annual Meeting we said goodbye and thank you to Erica Kildau-Stearns for serving on church council for yet another 3 year term. She decided to take a well deserved time off. Elections were held and we are pleased to welcome Andrea Sawh as our new member of council.

Church Council for 2017 consists of Cathy Calvin, Chair, Gail Bennie, Vice-Chair; Errin Dawson; Secretary; Marg Behnke; John Kerwin; Marilyn Josefsson; Garth Stevenson; Elsie Zwick; and Andrea Sawh. Ed Hofer remains our treasurer and Don Bennie our envelope secretary. Many thanks to all who serve Faith Congregation in this capacity. The council will be installed March 5th during the service.

## REFORMATION CHALLENGE TREE PLANTING PROJECT, April 22, 2017

All Bay Area Youth Group invites everyone to come join the force in planting 2000 trees in Brantford

At: Bow Park Farm  
101 Oxbow Road  
Brantford, ON

When: Saturday April 22<sup>nd</sup> (Earth Day)2017

Head Organizer: Petra Hilgendag, Faith Lutheran Church, Brantford

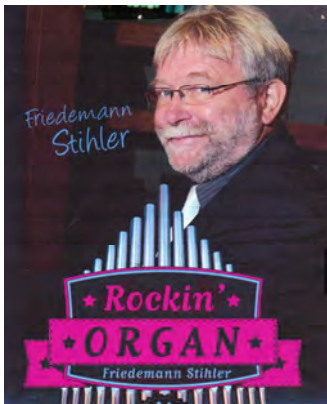
Time: 10 am with potluck lunch  
Bonfire and fellowship to follow

Cost: Any amount of donation will go towards purchasing these trees, and surplus will go towards Reformation challenge trees.

Contact: Petra Hilgendag 519 759 1354 if you have any questions.



## Rockin Organ" - Concert with German Organist Friedemann Stihler - Thursday, May 25, 2017; 07:00 pm St. Johns Lutheran Church



Friedemann Stihler, organist and choir director from Mannheim, Germany plays a combination of works from baroque and classic (such as J.S. Bach, Haendel) with a variety of rock and pop compositions.

Friedemann's concerts are free of charge. He is asking for a free-will donation to support a German charity: "Brueckenschlag Tanzania e.V." (Bridge Builders Tanzania). The organisation builds schools in Monghozi/Mbinga (Tanzania).

Come out for an evening of music and fun!

## The Last Word

### *Lenten Poem* by Ann Weems

Lent is a time to take time to let the power  
of our faith story take hold of us,  
a time to let the events get up  
and walk around in us,  
a time to intensify our living unto Christ,  
a time to hover over the thoughts of our hearts,  
a time to place our feet in the streets of  
Jerusalem or to walk along the sea and  
listen to his Word,  
a time to touch his robe  
and feel the healing surge through us,  
a time to ponder and a time to wonder....  
Lent is a time to allow  
a fresh new taste of God!  
Perhaps we're afraid to have time to think,  
for thoughts come unbidden.  
Perhaps we're afraid to face our future  
knowing our past.  
Give us courage, O God,  
to hear your Word  
and to read our living into it.  
Give us the trust to know we're forgiven  
and give us the faith  
to take up our lives and walk.

Pastor Thomas and  
Pastor Daniela Mertz

Honorary Pastor:  
The Rev. Charles Dechert

#### **OUR VISION**

*Faith Lutheran Church is the heart of a spiritual, healthy, and vibrant community. All are welcome*

#### **OUR MISSION**

*The mission of Faith Lutheran Church is to provide an inclusive Christ-centered home serving the needs of our environment, the spiritual growth, physical health, and well-being of our neighbour and ourselves.*

Focus on FAITH is published under the auspices of the Church Council. The Pastors, editor and Chair of Council serve as the editorial board. Submissions will be edited for clarity, positivism, adherence to our mission statement, constitution and the love of Christ as revealed in the Holy Scriptures. Please make all submissions to [calvin1980@bell.net](mailto:calvin1980@bell.net).

Deadline for the Summer Edition is May 28th, 2017.



**Faith Evangelical Lutheran Church**  
**1907 King St. E.**  
**HAMILTON, Ontario**  
**L8K1V9**  
**905.549.5550**