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CHURCH
516.931.2225
TrinityHicksville.org

TRINITY LUTHERAN C H U R C H A N D S C H O O L

40 West Nicolai Street, Hicksville, NY 11801

Pastoral Vacancy
Jennifer Forte – Principal Seleena Seemangal – ECC Director



EST. 1954

SCHOOL
516.931.2211
TrinityLI.org

The Good News



March 2024

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Worship Schedule

Sundays 9:00am

Traditional

Live Streamed on Facebook

In Person

Sundays 10:45am

Traditional—1st and 3rd Sundays

Contemporary—2nd and 4th Sundays

Sunday School 9:00am



To be honest March is not one of my favorite months! It can snow, be warm, be cold. It teases us that spring is coming but winter is hanging on. Then on top of that we lose an hour of sleep that for many of us, throws our sleep pattern off for the next week.



But if you look around you can see daffodils and other spring flowers starting to grow. I can see the chives starting to sprout in my little garden. March does bring spring and the warmer and longer days. And this year, right at the last day of the month, is Easter. The most glorious morning of the year! Easter can fall any Sunday between March 22 and April 25. It is the first Sunday after the full moon on or after March 21.

I love Easter morning when I wake and say I KNOW THAT MY REDEEMER LIVES! (By the way my favorite hymn.) After the quietness of Lent we can sing and shout ALLELUIA! The lilies trumpet the good news. But I need to remind myself that I should be shouting that out each and every day of my life. The times we are sad, mourning or sick, as well as the times we are happy and healthy.

Jesus is with us every step of every day. Remember to talk to Him, thank Him, love Him and others like He loves us. Take time to see flowers starting to grow, the sun's warmth on our face, God's creation all around us.

Deacon Lynn Waldeck



Your Deacons

Anthony Cavaliere Betsy Lazarek

Donna Haines, Deacon in Training

Peg Ruhs Lynn Waldeck

Minister of Music

“Kyrie! God, Father” LSB 942

In 2024, we celebrate the first appearance of a Lutheran hymnal, known as the Achtliederbuch, or 8 song book, we have certainly grown as a singing church since then.

Martin Luther encouraged the writing of new hymns and he himself wrote quite a few as examples of how a hymn should be written. During the weeks of March, in place of our normal Kyrie, we will be singing a different setting of the ancient church text, one from our Lutheran heritage. Interesting to note, that the words *kyrie eleison* (Lord, have mercy), on which this text is built were never translated into Latin, but have remained in their original Greek form, so you can honestly say the beginning of the service is all Greek to me!



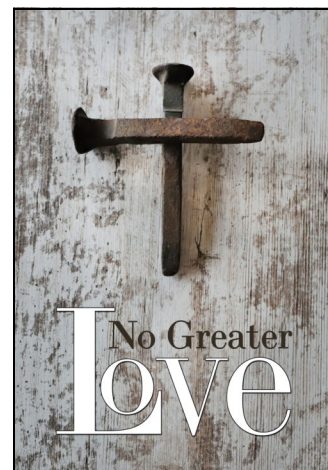
The Reformation leaders in the sixteenth century were practical, they used what they could and what they found good in the Catholic church's music as they created music for the beginnings of the Lutheran church. (Everyone knows a good German will never throw out anything that can be useful!) The melody of this Kyrie actually dates back to around 800 and by the eleventh century, additional words were added to the simple “have mercy” text, extending it to a hymn addressing each member of the Trinity. It was a very well known hymn and was familiar to the Reformation leaders who then adapted it and translated it into German, “Kyrie, Gott Vater in Ewigkeit,” changing some of the text to bring it in line with Lutheran theology.

It appeared in a Lutheran hymnal for the first time between 1525 and 1537. It was well known by Luther and included in his *Deutsche Messe*, (German Mass), for churches to use each week in their liturgy. We know that it was used frequently, since there are many compositions based on the melody by the church musicians of the day, including quite a few by J. S. Bach. We sing it, not as a piece of history to admire, but as a beautiful prayer to be used to enhance our worship. As we sing the words Lord, have mercy each week, we sing it boldly, knowing that our help comes from the Lord, and we are confident that He will help those who ask.

Henry DeVries,
Minister of Music

ARE YOUR BURDEN'S HEAVY?

Take all your cares, concerns and sins to the cross! You are invited to write your concerns, cares, burdens, and sins on paper, put them in an envelope and nail them to the Lenten cross located in the Narthex. Christ freely bore our sins.



Lent and Easter 2024

In Person/Live Stream Worship Times

Midweek Worship at 7:00 pm

Palm Sunday at 9:00 and 10:45 am with Holy Communion

Maundy Thursday/First Holy Communion at 7:00 pm

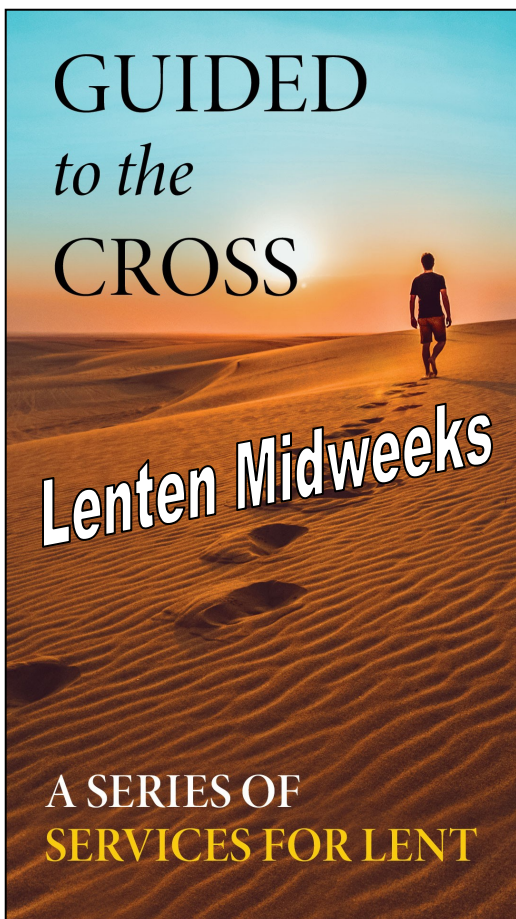
Good Friday Tenebrae Worship at 7:00 pm

Saturday Easter Vigil at 6:30 pm with Holy Communion

Easter Sunday In Person at 7:00 Contemporary Sunrise,
9:00 and 11:00 am Festival w/ Holy Communion



All evening and Sunday 9:00am services are live streamed on Facebook



Throughout this holy time, we are drawn to Calvary to live in forgiveness, hope, love, peace, trust and perseverance. Each week, the services in this series reveal how Christ and his cross serve as examples for us of how to live our lives for and through our crucified Lord and Savior.

WEEK ONE Guided to Hope • 2 Corinthians 1:10 • When we are uncertain about what the future holds, we discover in the cross the sure hope of heaven.

WEEK TWO Guided to Love • 1 Timothy 1:13-14 • When we are separated from others and from God by our sin, the cross brings us together through its love.

WEEK THREE Guided to Peace • Colossians 1:19-20 • With wars waging within and without, the cross settles them all with peace to body, mind and soul.

WEEK FOUR Guided to Trust • 1 Timothy 1:15 • Plagued by doubt and competing voices, we turn to the cross to put our trust fully in the salvation won for us there.

WEEK FIVE Guided to Perseverance • Ephesians 6:18 •

When we are faced with hardship, we look to Christ on the cross who endured to the end so that we might carry on.

From the Board of Outreach

“Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.” (Romans 6:3-4)

Many evangelical churches these days believe in “decision theology.” They believe that faith comes through intellectual comprehension of the gospel and a free will decision to believe in Jesus, to accept Him as Lord and Savior. Say the sinner’s prayer and you’re in. Decision theology is what marks those great crusades we have witnessed in the past decades, notably that of Billy Graham and Chuck Smith, among others. Baptism follows that decision as a public witness of faith, symbolizing the new birth. Evangelicals as a rule do not baptize infants but dedicate them to God in a semi formal ceremony. Only those who have reached the so-called age of accountability (whatever that may be) can be baptized once that person has decided to accept Jesus.

But the Baptism of infants, or adults for that matter, is what God does for us. Through baptism we are connected to the redeeming work of Jesus, as Paul says, in His death and resurrection. His crucifixion satisfies God’s demands of justice on us. His resurrection gives us victory over death. Through baptism our sins are washed away and we are new creations in Jesus. Our sins are forgiven, and faith is imparted.

God is the one in control. He creates faith. So baptism is His miraculous way of imparting saving faith to repentant sinners as well as to those who are not old enough to process the gospel intellectually. Faith is His gift to us that does not depend on our reason or intellect to explain or accept. It is for us to believe, for God has promised and it is so.

Deacon Anthony Cavaliere



NEW MEMEBERSHIP CLASS FORMING

Are you interested in becoming a member of Trinity or wanting to discover the basics of our faith? A five week course is scheduled to begin on Sunday, April 7 in the YSR. Open to all who are interested in learning about the core Lutheran beliefs not just for those who are interested in becoming members. Contact Deacon Anthony at ACavaliere@trinityhicksville.org or call the Deacons' office at ext. 229.

NewsLetter
DEADLine

Newsletter submissions and articles for the April 2024 edition of *The Good News* are due to the church office by noon on
Monday, March 25, 2024.

Thank you!

Cherish What God Has Given

In the Small Catechism, Luther follows a pattern when explaining the Ten Commandments. With each commandment, there is something prohibited, and something commanded. There is something wrong which must be avoided, and there is something right which must be done.

The one time this pattern is not followed is with the Sixth Commandment.

“You shall not commit adultery. What does this mean? We should fear and love God so that we lead a sexually pure and decent life in what we say and do, and husband and wife love and honor each other.” (SC I)

Here, the catechism focuses solely on the positive: we should live in a chaste and decent manner in both word and deed, and husbands and wives should cherish and honor one another.

Keeping this commandment, and all of the commandments, is a lot easier if you see your chastity and your spouse as a gift from God that is to be protected and cherished. In the same way, you will find keeping the Fourth Commandment easier if you see your parents and other authorities as a gift from God, given to you for your blessing.

This is the key stewardship insight that runs through all of the Christian life: Everything that we have has been given to us by God. We deserve none of it. All of it comes to us by God’s fatherly kindness and open-handed generosity. If I know that everything I have — every possession, every relationship, every ability — is a gift from God, then my perspective changes. All of these things are both gifts to be cherished, and things that I should direct towards God’s purposes. My possessions should be shared generously according to how God has called me in my family, church and community. My spouse should be cherished, loved and encouraged in faith. My children are on loan from my own Heavenly Father, and I have but a brief time to show them the path of righteousness. My neighbor is a gift from God so that I can imitate His kindness toward me.

No matter the gift, everything has been given to me by God so that I may participate in His own goodness and open-handed generosity.

Deacon Anthony Cavaliere

Easter Food Baskets



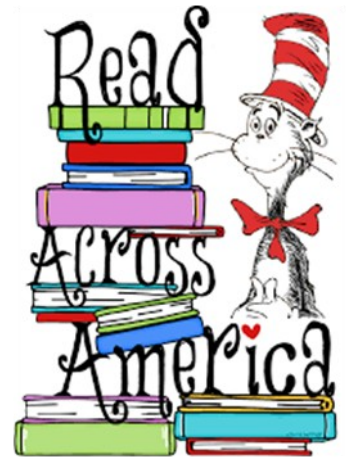
We will be sending grocery store food cards to those who are in need for Easter. If you would like to help, please send in grocery store or Target cards (attention Lynn) or you can send in a donation for us to purchase cards. Please mark it for food baskets. Your generosity is greatly appreciated!

If you know of someone we can help, please call Lynn (x230) or email her at lwaldeck@trinityhicksville.org. We also are collecting non-perishable food items for our pantry and Lutheran Social Services. Please leave items on the pew by the Pastor’s office or the collection bin in the Narthex. Thank You!!

Trinity Lutheran School News

Dear Trinity Families,

Read Across America takes place at the beginning of March each school year. It is an opportunity for each of our students to celebrate a nation of diverse readers. In honor of this event we have a number of exciting activities aimed to encourage a love of reading for our students. Our Scholastic Book Fair opens on Monday, March 4 to March 6. We are also going to have our older students buddy up with our younger students to read together. Our students in Pre K to Grade 3 will be participating in an author study in library class on children's author David Ira Rottenberg, who wrote the *Gwendolyn the Graceful Pig* book series. He will be visiting Trinity, along with dancers from the Eglevsky Ballet to put on a reading and dancing performance of his books on March 14! Students will also have the opportunity to dress as their favorite book characters.



In His Service,
Jennifer Forte
Principal



Early Childhood Center Update



Welcome March! Our toddlers, nursery students, pre-k students, and teachers returned from winter recess with big smiles and excitement for March, the start of spring, and Easter. We kick off March with *Read Across America* Week. We will read a different Dr. Seuss book each day, make special crafts, and get dressed up in the theme of the books. Monday, March 4 kicks it off with *One Fish, Two Fish* and wear something red and blue day. Tuesday is *Fox in Socks* and everyone will wear their favorite socks. Wednesday is *Wacky Wednesday*, which needs no explanation! Thursday is *Green Eggs and Ham* where the kids will wear green. Friday concludes *Read Across America* Week with *Cat in the Hat* and pajama day, an all time favorite for ECC.

The children will continue to learn about Lent and Easter as we prepare for our Easter programs on March 20 and 25. Parents will join us in the gym for Easter BINGO, an Easter Egg Hunt, and a special guest visitor, the Easter Bunny. We have a lot of learning and fun in store for this month.

Seleena Seemangal,
ECC Director

LWML News



Our President Helen Peter is currently still in rehab in Massapequa, recovering from her fall back in December. She is making progress in regaining the use of her arms and we expect her to be released from rehab in the next few weeks. Continued prayers are needed for a speedy recovery. And much thanks to Kathy Krass and Marite Hennessey as they continue to keep the LWML plans moving forward by coordinating with the rest of the group. And thank you Ginny Porter and the other ladies who stepped up to help Helen during lunchtime.

In our February newsletter, we had reported on the results of our layette collection. Since that time, we had purchased 24 children's winter coats that were much appreciated and distributed at the New Life Center in Uniondale. Thank you Dolores Sartor for handling the winter coat project! We certainly need to keep our eyes on the needs of our neighbors close to home.

Our next event is our Bagel Breakfast Drive Thru on March 9, which is still a work in progress at the time of this newsletter. Reminder to come pick up your orders between 10:00am and 12:00pm by the ECC door!

Blessings,

Faye Wong
Trinity LWML Secretary



Board of Youth

Trinity Youth Group 2.0 - More Faith, More Fun!

Get involved with Trinity Youth Group! If you have kids or grandkids - make sure to drop them off at events!

VOTY - ages, grades 1 through 5

JR and SR Youth - Grade 5 and up

If you want to help out or join the Board of Youth - email youth@trinityhicksville.org

Follow us on Instagram @trinityliyouth

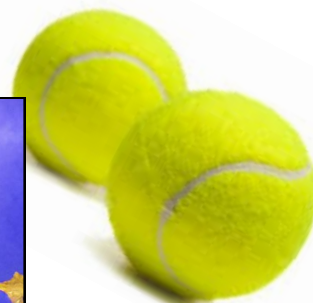
Follow on Facebook @Trinity Lutheran Church Youth Group

Remember to check church bulletins, the Youth Board in the hallway and your emails to know what events are coming up! Email youth@trinityhicksville.org if you have any questions.

Comfort Dog Ministry



**Thank you to everyone who came to my
6th Birthday Pawty!**





UPDATE FOR March 2024
NOW WITH SECURE, VIRTUAL COUNSELING
SESSIONS AVAILABLE FOR ANY NEW YORK RESIDENT

Prepared especially for LCC Congregations & Schools

The Fourth Trimester and Beyond Navigating Postpartum Life

A few years ago, as I awaited the birth of my first child, like most expectant moms, I investigated and prepared for any and every aspect of taking care of a baby that I could think of. At the top of my list was sleep training. After multiple virtual training courses and extensive research on sound machines, black-out blinds, and night time routines, I adopted the notion that with the right environment and support, a baby could be taught to sleep early on. And when my first daughter started sleeping through the night at six weeks old, I was pretty convinced that I could get any baby to sleep this soundly. I was feeling very confident as a first-time mom.

Just sixteen months later, my second child was born, and I was very quickly humbled. My new daughter had reflux for the first nine months of her life and could not be laid down flat to sleep. My so-called formula for perfect sleep was disproven and I was at a loss. I remember feeling overwhelmed by a variety of emotions, many negative. Those beginning months were vastly different from the postpartum experience I had with my first. My expectations were not aligning with my reality, which landed me feeling like a failure and, sadly, disconnected from my sweet baby girl.

I began to reach out to other mothers I knew for guidance and reflection. As I listened to their experiences, I felt comfort in acknowledging that sometimes mothering can be undeniably difficult. While inspiring gratitude for the most beautiful blessing that God could ever give us, new motherhood can also be isolating and completely overwhelming. Opposite feelings can exist simultaneously and its okay; moreover, it doesn't make one a "bad mom." This revelation, helped me reconnect with my daughter and form a deeper bond.

Researcher Brittany Chambers said, "Let go of what you thought motherhood would be like and be present to the unfolding of what actually is." I found her beautiful instructive words profound and I continue to attempt this each day. It is a process, a journey. But one, I've learned, I am not alone in.

Postpartum mental health may be a term that is being utilized more frequently today than ever before, but there is much more to learn and talk about... and most importantly, normalize. The portrayals of motherhood in the media are inaccurate and add to the unrealistic expectations new moms set for themselves. The challenges of pregnancy, childbirth, and postpartum life are very real and are experienced differently by every individual.

I recently took the Maternal Mental Health Intensive Training through the Seleni Institute and learned that 85% of women experience significant emotional distress during or after pregnancy. Furthermore, 15–20% of child-bearing women experience diagnosable Perinatal Mood and Anxiety Disorders (PMADs.) PMAD is the most common complication in pregnancy, surpassing preterm labor, gestational diabetes, and low birthweight. It is time to recognize that these disorders are common and treatable. They should be talked about and normalized so mothers can feel better supported and, in turn, more likely to seek help.

So, whether you are a new mom or a seasoned one, if you find yourself struggling, give yourself some grace, and know that you do not have to go through these challenges alone. The Lutheran Counseling Center is always here to help. Matthew 28:20 reminds us, "... And be sure of this: I am with you always..." Above all else, remember God is holding all of us and will guide us through all of life's challenges, the fourth trimester and beyond.

Eden Althaus, LCSW, received her Master's degree in Social Work from Fordham University and a BA in Applied Psychology and Human Behavior from Pace University in Pleasantville, NY. She has certification in PAIRS (Practical Applications for Intimate Relationship Skills) and in Prepare Enrich for couples. In addition, Eden is trained in Cognitive Behavioral Therapy, SafeTALK Suicide Prevention and in motivational interviewing. Eden has a passion for maternal mental health and is currently continuing her education through the Seleni Institute's Maternal Mental Health Intensive course online. Mrs. Althaus currently counsels adolescents, adults and couples via secure, virtual Telehealth.

Thrivent Choice Dollars



THRIVENT CHOICE® MAKES A DIFFERENCE! THANK YOU! THANK YOU!

Thrivent's generosity programs are part of what makes Thrivent so unique. Since the Thrivent Choice charitable grant program launched in 2010, Thrivent has provided more than \$585 million to help thousands of enrolled 501(c)(3) nonprofit organizations—including churches, camps, schools, seminaries, campus ministries and more. Through online personal donations and Choice Dollars®, the program helps clients and other like-hearted individuals to have a financial impact on the causes and nonprofits they care about. Trinity Lutheran Church and School has been blessed with Thrivent Choice Dollars last year – we received \$8,318.00 for the church – and we would like to thank those who have participated in 2023:

Catherine Breuer

Warren Breuer

Jon W. Crawford

Henry DeVries

Barbara Ann Gaynor

Christian Gaynor

Howard Graves

John Haines

Jane Kramer

Louis Maters

Richard Pfaender

Laura Stengl

Barbara Strahan

Audrey Tallman

Dianne Uss

Lynn Waldeck

Richard Straub

Kathryn Draves

James Gerakaris

Thrivent Choice Dollars deadline: March 31, 2024 Through Thrivent Choice, you can contribute to organizations and causes you care about – and influence how Thrivent distributes some of its charitable funding. While there are more than 36,000 enrolled organizations to choose from, we hope you prayerfully consider directing your choice dollars to Trinity Lutheran Church and School. There is a limited amount of time left to make a choice, so act fast - login today. Thank you in advance for your continued support of our ministries. You can also call Thrivent at 1-800-847-4836 and say "Choice Dollars" It only takes 2-3 minutes. Or visit the website through this link: [Thrivent Choice Dollars Link](#)



*"I am the resurrection
and the life. Whoever be-
lieves in me, though he
die, yet shall he live, and
everyone who lives and be-
lieves in me shall never die.
John 11: 25b-26a*

THE LCMS ATLANTIC DISTRICT

Festival

OF WORKSHOPS

Saturday, March 16, 2024

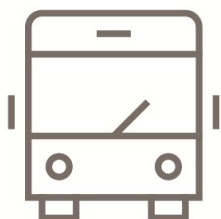
9:30AM - 3:10PM

HOSTED AT

SUNY Maritime College

6 Pennyfield Avenue, The Bronx, NY 10465

*Over 30 workshops in a variety of categories
to refresh and energize you in your ministry.*



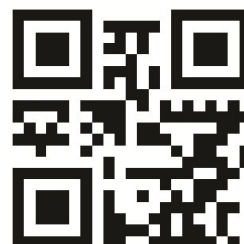
Need a Ride?

**NEW
THIS YEAR**

Chartered coach bus seats are available
from Long Island and the Capital District
for only \$15. Available upon registration.

\$35 per person / \$40 after March 3rd
Lunch shall be provided

**Register Online
at ad-lcms.org**





TWILL BE THE WEARIN' O' THE GREEN!



On Friday, March 15 at 12:00 noon
In the Youth Senior Room

All Seniors are invited to
join us for a



Pot Luck Lunch



and some fun shenanigans!

Cost is \$2:00 per person to help defray paper goods
cost, and please bring a festive lunch
food item to share.

Sign up deadline is **Sunday, March 10.**

For more information contact Linda Brady Strom
516-987-8852

Yes I would like to attend!



NAME: _____

ATTENDING _____

I will bring _____ to share.