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

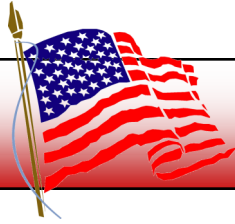
40 West Nicholai Street, Hicksville, NY 11801

Rev. Dr. Johnson E. Rethinasamy, Senior Pastor  
Jennifer Forte – Principal   Seleena Seemangal – ECC Director

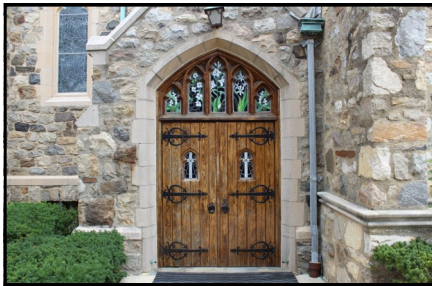


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## *The Good News*



### Summer 2024

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### ***Worship Schedule***

Sundays 9:00am

Traditional

Live Streamed on Facebook  
and YouTube  
In Person

Sundays 10:45am

Traditional—1st and 3rd Sundays  
Contemporary—2nd and 4th Sundays  
Sunday School 9:00am



### MY PRAYER – Psalm

O Lord God, I have known you  
all the years of my life...  
Since I received Your cleansing  
through baptism, even to this  
day.

You have always been there with me and for me...  
Through trials, laughter, hardships, happiness,  
sorrow, success, crises, celebrations, decision  
making, direction...

You have empowered me and prepared me;  
You have comforted and fed me.

But those periods of dryness, still spring up in my life.  
When those around me seem to need more than I can give...  
When my human selfishness fights to take the foreground...  
And cries for time... escape!

The blessings you've bestowed upon me during my life,  
Far outweigh the times of struggle and discouragement.  
Keep my eyes on those times, those circumstances.  
Give me a thankful heart,

A heart that looks past the barriers of burden,

Out into the light of peace and love,

So my strength can be renewed,

And my purpose filled with joy!



*Written by Peg Ruhs in 1992*

July 15, 1927 – June 11, 2024



### ***Your Deacons***

**Anthony Cavaliere**

**Betsy Lazarek**

**Donna Haines, Deacon Candidate**

**Lynn Waldeck**

## Minister of Music

### "God Bless Our Native Land" LSB 965

*Some thoughts for our nation...*

Quickly we have come to July 4, the birthday of our nation. It is tempting to sing as many national songs as we can in church. However, we must study the words closely, because we come to church to sing praise to God, while many of these hymns hardly mention Him, or only in passing. So we are careful to choose hymns that rightly praise our Lord, and pray for our country as well. "God Bless Our Native Land" is one such hymn.

The lyrics seem to have originated around 1745, perhaps from a Latin text, although it is uncertain. Appearing initially in English as "God Save the King," Siegfried Mahlmann, a German poet, adapted it for his own country's use. ("God Save Saxony") It was even used during and after the revolution with the text "God Save Great Washington." Later (1834), Charles Brooks of Massachusetts adapted the first verse for use in America, and the text was modified yet again about ten years later by then, well-known musician and writer John Sullivan Dwight (1813-1893), giving us the hymn with which we are now familiar:

*God bless our native land! / Firm may she ever stand / Thro' storm and night;  
/ When the wild tempests rave, / Ruler of wind and wave, / Do Thou our country  
save / By Thy great might.*

We call upon God to protect our nation by His almighty power. Surely He who is able to control the weather, the wind and the waves, is able to do this! We recognize, too, that no country can stand by its own strength, for it is not the wisdom and power of human governments which ultimately uphold a nation, but rather it is God's great might. We pray with the confidence that He will use that might in the wisest possible way for the benefit of His redeemed children, His believers in Christ Jesus.

*In his Large Catechism, Martin Luther explains well the good habit of praying for the nation because through her God gives us needed blessings. "There is, indeed, the greatest need to pray for temporal authority and government, as that by which most of all God preserves to us our daily bread and all the comforts of this life. For though we have received of God all good things in abundance, we are not able to retain any of them or use them in security and happiness, if He did not give us a permanent and peaceful government. For where there are dissension, strife, and war, there the daily bread is already taken away, or at least checked." (Luther's Small Catechism Lord's Prayer, Fourth Petition, paragraph 74)*

The hymn's majestic tune (the origin of which is also unknown) has been quoted in the compositions of many world-famous composers and is the national or royal anthem of over a dozen countries. One can scarcely pray the words without imagining or hearing at the same time the immortal melody.

*For her our prayer shall rise / To God above the skies; / On Him we wait.  
/ Thou who art ever nigh, / Guarding with watchful eye, / To Thee aloud we cry,  
/ God save the State!*

Henry DeVries,  
Minister of Music



## ***From the Board of Outreach***

***“For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.” (2 Corinthians 7:10)***

Recently I responded to a social media post in which a person explained why he was not a believer in Jesus. It seems the idea that someone would die for his sins was repulsive to him. It made him feel guilt and shame, so he rejected the whole idea along with the rest of God’s Word. But, as I pointed out to him, that’s exactly what the cross and death of Christ is supposed to do, make us feel guilt, revulsion, and shame over our sinfulness, and cry out to God for mercy. When the Holy Spirit leads, He produces godly sorrow and repentance as Paul says here. Godly sorrow produces repentance which leads to a renewed and deepened relationship with God, a greater zeal to carry out His work on earth.

Strong and honest teaching is needed, teaching through which the Holy Spirit speaks to the heart and convicts of sin. Without such teaching, there will be no change of heart, no awareness of sin and its horrifying nature. Without strong teaching, believers and nonbelievers both will remain content to live in sin, and teach others to do the same. The purpose of warning sinners in strong language that sin will lead to destruction is to make them feel bad about themselves and what they have done, to show sinners that they are totally evil. They need a Savior. They need Jesus.

This, of course, contradicts what our whole culture says. We are told we should not say things that will injure the self-esteem of others, that will bruise their ego or crush their independent spirit. Paul would be flabbergasted by such criticism. He cared about people’s feelings to be sure, but he cared more about their souls. He used strong language to make people feel godly sorrow, to lead them to repentance, to lead them to God’s offer of reconciliation. You cannot get into heaven without it. We ought to care enough to do the same, confront sin boldly, and just as boldly, tell others of the need for faith in Christ to free them from it.

*Deacon Anthony Cavaliere*

## ***Board of Youth News***

**Trinity Youth Group 2.0 - More Faith, More Fun!**

VOTY - ages, grades 1 through 5

JR and SR Youth - Grade 5 and up

**Calling all current youth who have completed grades 8-11 this past June!**

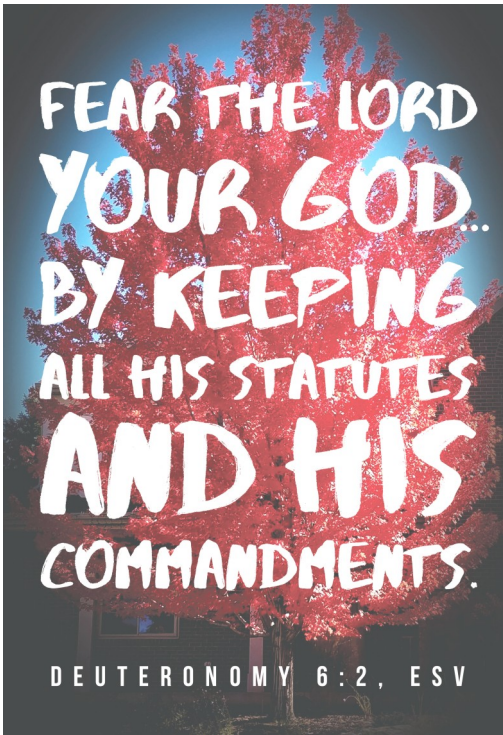
From July 19-23, 2025 the LCMS National Youth Gathering will take place in New Orleans, LA. The Youth Gathering is held every three years and is open to those completing grades 9-12 in the year of the gathering. Right now we are in the beginning stages of planning for attending this Youth Gathering. If you have an interest in attending or have any questions please feel free to email us at [youth@trinityhicksville.org](mailto:youth@trinityhicksville.org). You can also check out the Youth Gathering website at [www.lcmsgathering.com](http://www.lcmsgathering.com) for more information, or the LCMS Gathering YouTube channel for videos from past gatherings at [www.youtube.com/@LCMSGathering](http://www.youtube.com/@LCMSGathering).

If you want to help out or join the Board of Youth - email [youth@trinityhicksville.org](mailto:youth@trinityhicksville.org)

Follow us on Instagram @trinitylioyouth

Follow on Facebook @Trinity Lutheran Church Youth Group

## The Rewards of Godliness



It's no secret that you can't bribe your way into heaven. No amount of good works will impress God enough to open heaven's door for their sake. "For the wages of sin is death" (Rom. 6:23) and the person who "keeps the whole law but fails in one point has become guilty of all of it." (James 2:10) Rather, salvation is "the free gift of God... in Christ Jesus." (Rom. 6:23)

So, your good works won't earn you the reward of heaven. But does that mean that there are no rewards at all? Consider what the Small Catechism says in the "Close of the Commandments:"

What does God say about all these commandments?

He says, "I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate Me, but showing love to a thousand generations of those who love Me and keep My commandments." (Ex. 20:5-6)

What does this mean?

God threatens to punish all who break these commandments. Therefore, we should fear His wrath and not do anything

against them. But He promises grace and every blessing to all who keep these commandments. Therefore, we should also love and trust in Him and gladly do what He commands. (SC II)

God promises to bless you in keeping His commandments. What might these blessings be? Well, consider what Paul says about keeping the Fourth Commandment: "Children, obey your parents in the Lord, for this is right. 'Honor your father and mother' (this is the first commandment with a promise), 'that it may go well with you and that you may live long in the land.'" (Eph. 6:1-3)

And think about what your life would be like if you went around stealing (breaking the Seventh Commandment), telling lies about people (breaking the Eighth Commandment), and generally being cruel to those around you. (Breaking all the commandments!) That is obviously not a blessed way to live. In fact, you'd be miserable living that way.

Jesus tells us what is in store for those who make sacrifices for His sake: "Jesus said to them, 'Truly, I say to you, in the new world, when the Son of Man will sit on His glorious throne, you who have followed Me will also sit on twelve thrones, judging the twelve tribes of Israel. And everyone who has left houses or brothers or sisters or father or mother or children or lands, for My name's sake, will receive a hundredfold and will inherit eternal life.'" (Matt. 19:28-29)

So don't grow impatient in doing good. Follow the Lord who has freely given you everlasting life.

*Deacon Anthony Cavaliere*



## Trinity Lutheran School News

Dear Trinity Families,

Although school is not in session, the halls of Trinity are still busy. Our six week summer camp started on June 24 and ends on August 2 for students in Pre-K to Grade 2. We are excited to be offering a four week toddler camp as well this year. This program runs from July 8 to August 2 from 9:00 to 11:45am. There are a number of activities planned for our campers, ranging from sports, to water play, to arts and crafts. Trinity's VBS program is also running the week of July 29. If you have not registered yet, please do so.



We are also renting a few classrooms in our facility to Destination Science and our gym to All American Basketball Camp. This is a wonderful opportunity to reach other families in our community, making them aware of all Trinity has to offer. We are looking forward to a fun filled summer!

In His Service,  
Jennifer Forte  
Principal



## Early Childhood Center Update

Congratulations to Trinity's ECC Early Childhood students for successfully completing the 2023-2024 school year! Our school year ended with our annual picnic at Theodore Roosevelt Park, which was a big success. Each class celebrated the end of the year with their Moving Up Ceremony. They sang in chapel and received their certificates. It was a day to remember.

Over the summer, ECC is thrilled to kick off its inaugural Toddler Summer Camp. We will be running a four week summer camp for our current toddler students from July 8 to August 2.

Registration is open for the 2024-2025 school year. I will be doing tours throughout the summer for anyone interested in the early childhood program for their child.

We in ECC look forward to the upcoming school year and we wish you and yours a very happy, safe, and relaxing summer.

Blessings,

Seleena Seemangal  
Director, Early Childhood Center





The LWML at Trinity is undergoing some changes of leadership positions as Helen steps down from her role as president. We do not have the words to thank her for her many years of dedicated service doing Christ's work through her mission works and inspiring our workers to do the best we can. Helen will continue to participate as she is able and will be a vital person for information. Our new leaders have decided to hold brief monthly meetings during coffee hour on Sundays in the YSR. Generally it will be the first Sunday of the month. We hope to see new women come to these meetings to see what LWML is about and to provide new ideas.

Our first meeting will be Sunday, July 7 as the new leaders are sworn in. Margherite Hoerberlein and Robyn Hoefling have stepped up to be co-presidents. Kathy Porzio has stepped up to be vice president. The treasurer's position is still currently unfilled. Marite Hennessey will be our acting treasurer. We pray that someone will give this serious thought and take up the challenge to help keep the work of LWML alive. I will continue in the role as secretary.

Our first planned event will be the Garage Sale Fundraiser on Sept 7 at Denise Miller's house. More details will be in the bulletins as we get closer to the scheduled date. We plan for a collection for the veterans in September with details of the items needed.

Everyone have a blessed, wonderful and safe summer!

Blessings,

Faye Wong  
*Trinity LWML Secretary*

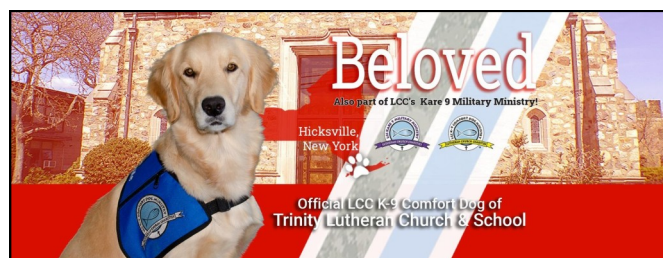


### A Prayer for Independence Day

Eternal Father, Ruler of all nations, on this day when our country celebrates its birth, we thank You for all spiritual and temporal blessings enjoyed in our land. In Your mercy, You have sustained this nation in times of trouble and preserved its liberties. Teach us anew to treasure especially that dearly won freedom of conscience and worship that is the cornerstone of this country's principles. Let us not misuse this liberty nor forget that true freedom is freedom to serve. Give us willingness to share in the process of democratic rule, to respect our country's laws, and to work for the preservation of its institutions. Forgive our past sins committed as a nation in the name of misguided patriotism, self-interest, or political expediency. Confound all those who, for the sake of partisanship or other motives, would sacrifice the greater welfare. Grant wisdom to our leaders. Strengthen all those who strive to do Your will. Increase loyalty to You and to our beloved country. Protect us and our fellow citizens from all subversive or terrorist acts. Above all, dear God, speed the course of Your Gospel among us, so that by the power of the Holy Spirit, hearts are turned to that freedom from sin and death that You alone graciously give through Jesus Christ. Amen.

-- Lutheran Book of Prayer. Copyright 2005. Concordia Publishing House. [www.cph.org](http://www.cph.org)

## Comfort Dog Ministry



On June 16, Beloved Comfort Dog and Trinity's Comfort Dog Ministry celebrated her 5<sup>th</sup> birthday with her Trinity family. Also on that day, a news reporter from *Newsday* was there to do a follow-up story to on our Comfort Dog Ministry, five years later. It's a wonder article! If you have a *Newsday* account, click here and log in to read the story:

<https://www.newsday.com/long-island/li-life/comfort-dog-lutheran-church-charities-yelqncjc>

If you do not have a *Newsday* account, you can read the story by clicking here:

[Trinity Comfort Dog Newsday Article](#)





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

Prepared especially for LCC Congregations & Schools

## Imposter Syndrome

By Francesca Navarro

One of the basic components of cognitive behavior therapy (CBT) is that human beings have a tendency to develop irrational and self-deprecating narratives. Through therapy, we can recognize we have the ability to change our self-talk into an empowering narrative. As a therapist who primarily practices CBT, it is often my job to assist clients in recognizing and countering their irrational and unhelpful thoughts.

Have you ever sat in a room and felt like you did not belong? Have you ever been asked a question, given an answer, and then questioned whether or not you are qualified to even answer the question? These irrational thoughts can be challenging to identify and confront. It can become difficult to discern what is true even when others encourage and support our skills. We are our own harshest critics.

This experience is called Imposter Syndrome. It is an inner voice trying to convince you that you do not belong in a space you have worked hard to be in. Imposter syndrome manifests in different ways. Common triggers are a new job, new colleagues, or a newly obtained promotion. It is difficult to admit these feelings because at the core, we are afraid others will find out we really are a fraud.

Studies show that “70% of adults experience Imposter Syndrome at least once in their lifetime,” (Psychology Today, 2024).

“70% of adults experience Imposter Syndrome at least once in their lifetime”  
*Psychology Today, 2024*

Whether we are recent grads or seasoned professionals, this can cause anguish and make us feel as if we do not belong and are not qualified.

Imposter syndrome causes individuals to focus on their inadequacies as opposed to their successes. This creates unrealistic standards and leads to unrealistic pressure. In turn, this can impact our mental health and create anxiety or depressive feelings (Weir, 2013).

Unaddressed Imposter Syndrome will not only lead to feelings of incompetence and self-doubt, but also may lead to not taking well-deserved roles or engaging in well-deserved relationships. It can limit your ability for success.

We need to stop the waves of self-doubt. Do not allow them to become a tidal wave that stops us from being productive and reaching our fullest potential.

“Overcoming imposter syndrome involves changing a person’s mindset about their own abilities” (Psychology Today, 2024). It is important to engage in positive self-talk related to your role and career. When the thoughts start rolling in and you cannot manage to see your seat at a table, I invite you to change the narrative!

Here are some helpful narratives.

“I have earned all the necessary tools to be here.”

“I have a unique and helpful perspective on this situation.”

“Acknowledging that I don’t know it all, helps me to grow and stay open to learning more.”

To the question I ask myself— am I good enough? Michelle Obama offered this advice as far as assuming others are better than we are. "I have been at probably every powerful table that you can think of, I have worked at non-profits, I have been at foundations, I have worked in corporations, served on corporate boards, I have been at G-summits, I have sat in at the U.N. They are not that smart."

*This month’s Counselor’s Article is by one of our newest counselors, Francesca Navarro, MHC LP, who specializes in Cognitive Behavioral Therapy(CBT). Francesca sees children and adults at our Bronxville location.*

*Call the Lutheran Counseling Center at 516-741-0994 or 1-800-317-1173 or e-mail us at [Center@lccny.org](mailto:Center@lccny.org) for more information or to set an appointment.*



## **Embrace Adventure: Discover Faith through Nature!**

Join us this summer for a fun faith journey week at Trinity Lutheran Church's **Vacation Bible School**, themed '**Camp Firelight - A Summer Camp Adventure with God**'



**July 29 - August 2, 2024**  
**9:00am to 12:00pm**

Our 'Camp Firelight' program at Trinity Lutheran Church and School invites children ages 4 yrs old through Grade 5 to explore their faith while engaging in exciting fun activities. This week-long adventure is designed to teach biblical truths through a camp theme, crafts, and camaraderie, helping children grow spiritually while creating unforgettable summer memories.

### **To Register**

Website: <https://trinityhicksville.org/summer-vbs/>

Direct Link: [Trinity VBS 2024 Registration](#)



**Volunteers Needed!**

For info, email: [vbs@trinityhicksville.org](mailto:vbs@trinityhicksville.org)

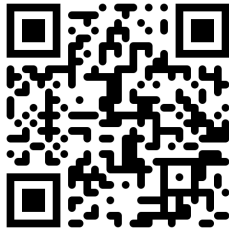
## Good to Know Info!

### LIVE STREAM and MULTI-CASTED WORSHIP SERVICES

Our live streamed worship services are simultaneously streamed to both YouTube as well as Facebook. Therefore, you can choose to watch the Live Stream on either site. Trinity's channel on YouTube is @TRINITYHICKSVILLE The Direct link to the live stream on Facebook is [FBLive.TrinityHicksville.Org](https://www.facebook.com/FBLive.TrinityHicksville.Org) The Direct link to the live stream on YouTube is [YTLive.TrinityHicksville.Org](https://www.youtube.com/watch?v=YTLive.TrinityHicksville.Org) We hope this additional platform will accommodate the many as-sorted devices in use. "Like & Subscribe!"

**TRINITY QR CODES** QR codes (or Quick Response codes) are two-dimensional codes that you can scan with your smart phone. The code contains information, usually a site address, and once you scan it, the code connects you with a resource on the web. Below are Trinity's two codes, one is for a direct link to our church website and the other code will take you to Trinity's PushPay screen for making your offering or giving a monetary gift. Give them a try!

[Trinity Website:](#)



[Trinity Giving:](#)



### EMPLOYMENT OPPORTUNITY



Trinity Lutheran Church and School, Hicksville, seeks an experienced Accounting/Finance professional to replace its 20-year Director of Finance. This position requires experience and working knowledge of GAAP policies, procedures and reporting requirements, including special rules for a not-for-profit entity. Responsibilities will include bookkeeping, managing cash and accounts receivables/payables, maintaining general ledger accounts and journals, payroll processing, internal financial reporting and working with a CPA on compilation engagement for annual financial statements. Also supporting the church and school staff in managing Trinity's temporal affairs as needed. If interested, or for further information, please send your contact information via email to Trinity's Finance Office at [finoff@trinityhicksville.org](mailto:finoff@trinityhicksville.org) attention John Doughty, Treasurer.

NewsLetter  
**DEADLINE**

Newsletter submissions and articles for the September 2024 edition of *The Good News* are due to the church office by noon on **Monday, August 26, 2024.**

Thank you!