

# TRINITY TIDINGS



*Living faithfully + Renewing hope + Sharing God's Love*

## Time after Pentecost



**Let all of humankind  
in this their concord find:  
may "Jesus Christ be praised!"  
Let all the earth around  
ring joyous with the sound:  
may "Jesus Christ be praised!"**

**German Hymn tr. Robert Bridges,  
ELW 853 verse 4**

### Summer June, July, August 2026

#### In this issue . . .

A Message from Pastor Susan .....	3
Greetings .....	2
Come Worship With Us .....	2
Greeters Needed .....	2
Can Tabs .....	2
Coffee Fellowship Sign Up .....	2
Summer Sundays .....	4-5
Recap: Synod Assembly .....	6
WELCA .....	6
Welcome Tibetan American Association of NJ .....	7
Blessed Are They Who Die in the Lord... ..	7
Stewardship Short .....	8
Grace-Full Dollars .....	9
Readers .....	10
Stitch One, Share One .....	10
Food Pantry... ..	10
Acknowledgements .....	11-12
News of our Church Family.....	12





- 1 I lift up my eyes to the hills—  
from where will my help come?*
- 2 My help comes from the Lord,  
who made heaven and earth.*
- 3 The Lord will not let your foot be moved;  
nor will the One who watches over you fall asleep.*
- 4 Behold the keeper of Israel  
will neither slumber nor sleep.*
- 5 The Lord is your keeper;  
the Lord is your shade at your right hand.*
- 6 The sun shall not strike you by day  
nor the moon by night.*
- 7 The Lord will keep you from all evil;  
he will keep your life.*
- 8 The Lord will keep  
your going out and your coming in  
from this time on and forevermore.*



Overwhelmed and powerless. I've had days like that. And probably so have you. What were they like for you? What happened? What were the conversations in your head? What feelings, memories, hopes did you carry in your heart? On those days I feel small and insignificant. Circumstances feel large and heavy. I feel pressed down and stuck, short on options. I can't go back to the way life used to be and I can't move forward. I don't know what's next. Will there be a next?

When I feel overwhelmed and powerless, my energy, imagination and creativity seem tapped out. It's all too big and asking more of me than I have or can do. The circumstances that leave me feeling overwhelmed and powerless are like a great stone that I can't lift, or move, or do anything about. Sometimes it's a loss, a tragedy, an injustice, a war, an inequity, an abuse of power, the suffering of another, unanswered questions. To be sure the great stone shows up in a thousand different ways.

Those days put me in mind of the women—Mary Magdalene and the others—who were wondering not just how they would manage the great stone that sealed the tomb of Jesus, but how would they manage now that he had died and was no longer with them. On Good Friday they sat opposite that great stone sealing the tomb. I have little doubt that they felt overwhelmed and powerless. What's the use? What can be done?

And yet, they were faithful and went early on the first day of the week. And they discovered the stone had already been moved. Resurrection had already happened. Their help came from the One who created the heavens and the earth and who is already making all things new. Their hope and faith were restored.

When I am feeling overwhelmed and powerless, I always turn to the Book of Psalms. There I find sacred words that spoke for me and speak to me. I am especially fond of Psalm 121. A reminder that no matter what happens, God is there, not just watching over me but sustaining me with the gifts of the Spirit—mine and yours together—and with words that lift up my heart and my mind to God. Together we will make our reverent best guess at what the next right thing is. And I am ready to take the next step in my journey of faith.

What psalms or scripture verses give you fresh hope and the strength, the courage to take the next step in your journey? Hold onto them, commit them to memory or write them down where you can see them. Let these sacred words lift your eyes to the Lord.

In the peace and joy of the Lord which is our strength,  
*Pastor Susan*



## *in the Time After Pentecost 2026*

### Pentecost III, June 7<sup>th</sup>

Though Jesus was a devout Jew who practiced his faith, he was criticized for eating with tax collectors and sinners—the religiously nonobservant. Jesus criticizes the self-righteous and reminds us that mercy is to be at the heart of our religious practices. We gather each Lord's day to receive the healing that makes us whole and then we are sent forth to be signs of God's mercy for the world.

### Pentecost IV, June 14<sup>th</sup>

Moses tells the Israelites that they are called to be a priestly kingdom and a holy people. Jesus sends out the disciples as laborers into the harvest. In baptism we too are anointed for ministry, sharing God's compassion with a needy world. We go forth from the Lord's table to proclaim the good news, to heal the sick, and to share our bread with the hungry.

### Pentecost V, June 21<sup>st</sup>

#### **Litany of Thanksgiving and Blessing for all fathers and those who provide fatherly care**

God does not promise that the path of the disciple will be easy. Jeremiah feels the pain of rejection from those who do not want to hear what he has to say. Jesus declares that his words may bring stark division. Though we may experience rejection, frustration, division, and death, God's grace and love make us a new creation each day.

### Pentecost VI, June 28<sup>th</sup>

The welcome of baptism is for all God's children. This baptismal gift sets us free from the power of sin and death. In today's gospel, Christ promises that the disciple who gives a cup of cold water to the little ones serves Christ himself. From worship we are sent on our baptismal mission to serve the little ones of this world and to be a sign of God's merciful welcome.

### Pentecost VII, July 5<sup>th</sup>

The mystery of God's ways is sometimes hidden from the wise and intelligent. Jesus associates with those often excluded from the religious community. Like Paul, we struggle with our own selfish desires and seek God's mercy and forgiveness. We gather to be refreshed by Christ's invitation: "Come to me, all you that are weary." Gathered around word, water, and meal, we find rest for our souls.

### Pentecost VIII, July 12<sup>th</sup>

God's word is like the rain that waters the earth and brings forth vegetation. It is also like the sower who scatters seed indiscriminately. Our lives are like seeds sown in the earth. Even from what appears to be little, dormant, or dead, God promises a harvest. At the Lord's table we are fed with the bread of life, that we may bear fruit in the world.



## Pentecost IX, July 19<sup>th</sup>

It is an age-old question: Why is there evil in the world? In the parable of the wheat and the weeds Jesus suggests that both grow together until the harvest. Having both weeds and wheat within us, we humbly place our hope in the promises of God, and from the Lord's table we go forth to bear the fruit of justice and mercy.

## Pentecost X, July 26<sup>th</sup>

As Solomon prays for wisdom, we seek to more deeply know the treasures of faith. In today's gospel Jesus offers everyday images that reveal to us the reign of God: a tree that becomes a sheltering home, yeast that penetrates and expands, a treasured pearl, a net that gains a great catch. Even as we seek the riches of God's reign, the great surprise is that God's grace finds us first!

## Pentecost XI, August 2<sup>nd</sup>

In today's first reading God invites all who are hungry or thirsty to receive food and drink without cost. Jesus feeds the hungry multitude and reveals the abundance of God. At the eucharistic table we remember all who are hungry or poor in our world today. As we share the bread of life, we are sent forth to give ourselves away as bread for the hungry.

## Pentecost XII, August 9<sup>th</sup>

### **Barbara Bernstengel, Guest Preacher**

Elijah finds the presence of God not in earthquake, wind or fire, but in the sound of sheer silence. When the disciples face a great storm on the sea, they cry out with fear. Jesus says, "Take heart, it is I; do not be afraid." In comforting words of scripture and in the refreshing bread and cup of the eucharist, God grants us peace and sends us forth to be a sign of God's presence to others.

## Pentecost XIII, August 16<sup>th</sup>

In Isaiah we hear that God's house shall be a house of prayer for all people and that God will gather the outcasts of Israel. The Canaanite woman in today's gospel is a Gentile, an outsider, who is unflinching in her request that Jesus heal her daughter. In our gathering around word and meal we receive strength to be signs of comfort, healing, and justice for those in need.

## Pentecost XIV, August 23<sup>rd</sup>

Jesus declares the church will be built on the rock of Peter's bold confession of faith. Paul urges us to not be conformed to this world but to offer our bodies as a living sacrifice, using our individual gifts to build up the body of Christ. From the table we go forth to offer our spiritual worship through word and deed.

## Pentecost XV, August 30<sup>th</sup>

The prophet Jeremiah speaks of the incurable wound of his suffering yet finds in God's words the delight of his heart. When Peter doesn't grasp Jesus' words about suffering, Jesus tells the disciples they will find their lives in losing them. Such sacrificial love is described by Paul when he urges us to associate with the lowly and not repay evil with evil. In worship we gather as a community that we might offer ourselves for the sake of our suffering world.



## 38<sup>th</sup> Annual New Jersey Synod Assembly Saturday, 30 May 2026



The annual New Jersey Synod Assembly was held on Saturday, May 30<sup>th</sup> from 9:30 AM through 3:00 PM at the Doubletree Hotel in Somerset. The theme was Water and Witness: Water marks us; Witness moves us. Pictured above is the cup of water from Holy Trinity’s water tap that represented water from Bergen County and joined cups of water from all over New Jersey that were poured into the baptismal font for worship. One resolution was passed that all congregations will commit to educating members about the heresy and dangers of Christian Nationalism. A second resolution was passed to ask the Synod Council to request that the ELCA-wide Council prepare a social message on the use of AI (artificial intelligence). The Assembly began with worship and Holy Communion. Pastor Susan and Pastor Eunyoung Kim attended and represented Holy Trinity.

### **WELCA** BACKPACKS FOR LSM/NJ

**Would you like to help a needy child start off the school year with all of the equipment they need to be prepared for a great year of learning?**

WELCA will be filling back-to-school backpacks again this year for LSM/NJ. A box will be located in the lobby if you wish to contribute to the project. **The last day to drop off donations is Sunday, August 2.**

**We are in need of the following items:**

- \* 10 pack of # 2 pencils
- \* colored pencils
- \* pocket folders
- \* marble composition books
- \* large pencil sharpeners
- \* pink erasers
- \* 3 or 5 subject spiral notebooks
- \* USB flash drives
- \* small hand sanitizers
- \* box of tissues



**Thank you for your support  
and generosity.**



We are delighted to welcome the Tibetan American Association of New Jersey to Holy Trinity. The group now gathers in our Fellowship Hall each Saturday afternoon for weekly meetings, and we are pleased to provide a space where members can come together in fellowship, learning, and the celebration of their rich cultural heritage. Learn more about their important work below.

After Tibet was forcefully occupied by China in 1959, many Tibetans fled into exile, primarily to India, Nepal, and Bhutan. Today, Tibetans are scattered across the world, striving to preserve their identity, culture, and heritage. Ultimately to get our country back.

The Tibetan American Association of New Jersey is a nonprofit organization dedicated to preserving and promoting Tibetan culture, language, and traditions in which China is trying to eradicate from the face of this world. Our organization works to educate younger generations about Tibetan language, culture, history, and religion so they remain connected to their roots and identity. We also strive to support the welfare, unity, and cultural strength of the Tibetan community in New Jersey while fostering awareness and understanding within the broader community.



*Blessed are they who die in the Lord . . .*

Phyllis Smith (nee Dennhardt) 82, of Maywood formerly of Ridgefield passed away on Tuesday, April 28, 2026. Born in Weehawken to the late Angelina and Fred Dennhardt. Before retiring, Phyllis was a secretary for Ferolie Corp. in Montvale. She was a former member of the former Lutheran Church of the Redeemer in Maywood and an active member of Holy Trinity Lutheran Church. Beloved wife of James Smith. Devoted mother of Tracey Divivo and her husband Frank, Tricia Fiore and her husband Michael, Joanne Ihling and her husband Rich and Donna Smith. Dear sister of Fred Dennhardt and his wife Maureen. Loving grandmother of 6 grandchildren and 1 great-grandchild.



*Please keep the Smith Family in your prayers.*



A

**STEWARDSHIP** short . . . *A commitment to giving*

Behold, behold, I make all things new, beginning with you, and starting from today.  
John Bell, Singing in Community Hymn 5

If you love me, keep my commandments.  
Jesus to his disciples, John 14:15

**Obedience and love: Connected signs of faith+**

“Obedience has always been a tough sell to us humans, but perhaps especially difficult in our North American culture. Even the best of us churchgoers are endlessly pulled this way and that by our selfishness and sinful desires,” writes Pastor Robert Blezard. He goes on to remind us of Martin Luther’s persuasive argument that we often deceive ourselves into thinking we have “free will.” Luther says that our wills are actually in bondage to sin and cannot free themselves. (That sounds familiar, right?) We are, quite simply, inextricably predisposed to favor our self-interest and desires. No wonder scripture relentlessly implores God’s people to follow God’s directions, because God knows we always prefer to follow our own rules.

On the night he is betrayed, in the Gospel of John, we hear Jesus signal that obedience is a key measure of our faith’s strength. “If you love me,” Jesus says, “you will keep my commandments.” By using saying “my commandments,” Jesus is underscoring his teaching that the commandments are all based on love—love for God, love for neighbor, love for self, love for enemies, and love for one another. More than that, Jesus may be asking us to cultivate greater love for him. After all, willpower alone may enable us to curb our behavior, at least for a time, but we adopt new habits and behaviors with greater ease when our hearts have been transformed by the love of Christ.

But that’s not to say that following Jesus’ commands is easy, even with a transformed heart. Following Jesus often compels us not only to go against our wants, but also to face scorn, social backlash or even physical harm. This is something the first letter of Peter acknowledged: “Even if you do suffer for doing what is right, you are blessed.” (1 Peter 3:14). The letter goes on to say that it is “better to suffer for doing good . . . than to suffer for doing evil.” Doing the next right thing has its own rewards. Obedience may bring challenges, hardships and even danger, but it also brings blessings.

In calling us to obey out of love, Jesus promises the infinite blessings that flow from a reciprocal relationship with God, our creator, redeemer, and sustainer. As Jesus said, “They who have my commandments and keep them are those who love me, and those who love me will be loved by my Father, and I will love them and reveal myself to them.” (John 14:21)

\*Reminder: during the summer when traveling, you can also mail in your offerings in!

*You could give a gift right now by going to:*  
<https://holytrinityhasbrouckheights.com/home/donate>





## Grace-Full Dollars Months

Now is a time when we need one another.  
Now is a time to live and act as faithful people of God.

## June is Lutheran World Relief Month



Lutheran World Relief saves and improves lives in the poorest parts of the world. Their mission is to persist until God's love reaches every neighbor. They partner with rural economies and develop agricultural livelihoods, they promote sustainable farming practices and provide humanitarian aid around the world. Currently there is a great need for food for children in Lebanon and Ecuador. Not only will your gift to LWR be matched by our fund but our combined gift will be part of a 2X match for lifesaving food. To find out more about LWR, click here: <https://lwr.org>

In June, please make your check out to Holy Trinity with "LWR" in the memo line.

## July is HealthBarn USA Month



HealthBarn USA provides culinary nutrition learning for everyone from children to adults. Over the past 20 years, the HealthBarn Foundation has provided "Healing Meals" to children undergoing cancer treatments and their families as well as for seniors in need. As HealthBarn USA celebrates its 20<sup>th</sup> anniversary, their mission remains to empower families with the tools, confidence, and joy to eat well and live fully—naturally. To learn more about HealthBarn USA, click here: <https://www.healthbarnusa.com>

In July, please make your check out to Holy Trinity with "HealthBarn" in the memo line.

## August is Greens Do Good Month



The mission of Greens Do Good is to transform the way local communities source healthy produce by providing the freshest ingredients in a sustainable and socially responsible way. They are New Jersey's first vertical farm that's growing for a greater good while promoting neurodiversity in the workplace by providing meaningful job training and employment for teens and adults with autism. Learn more about Greens Do Good by clicking here: <https://greensdogood.com>

In August, please make your check out to Holy Trinity with "Greens Do Good" in the memo line.

### Grace-Full Dollars is a program of our Stewardship Ministry Team.

They invite all of us to give whatever we are able in support of the mission of a local service organization. You may send a check made out to Holy Trinity with the name of the monthly organization on the memo line.

Or you can give online by going to our website:

<http://holytrinityhasbrouckheights.com/home/donate>

and designate on the "other" line the organization you wish to earmark your gift for.

*When you know God's grace, you want to share God's grace*



## READERS

The Readers Group at Holy Trinity recently gathered for its final meeting before taking a summer break. During the coming months, members will have the opportunity to enjoy some personal reading time while also exploring two books selected for summer discussion.

The first selection is *The Sunset Years of Agnes Sharp* by Leona Swann, a charming and humorous mystery featuring a spirited group of seniors who set out to solve a murder while keeping another secret hidden—with a little help from a remarkably clever tortoise.

Our second summer read is *The Briar Club* by Kate Quinn. Set in 1950s Washington, D.C., the novel follows five women who form unexpected friendships while living in a boarding house. As tensions rise and danger threatens their community, they must uncover who may be working against them.

The Readers Group will reconvene on **September 18 at Holy Trinity** to discuss these books and share their summer reading experiences. New readers are always welcome! For more information, please contact **Rita Krieger** or **Dianna Mammone**.

## STITCH ONE, SHARE ONE

Stitch One, Share One, our knit and crochet group, continues to meet the 4th Sunday of each month from 2-5pm. All are welcome, whether expert or novice, to join us for an afternoon of sharing and creating.

We often have guests from the community as well as our Holy Trinity “stitchers”. You can join us to work on your own items or help with our ongoing projects for sharing which include hats and scarves for the homeless or Seafarers, prayer shawls, crate mats for animal shelters, and more.

If you enjoy making things for others but are unable to join us on Sundays please give us your completed items and we will be happy to share them on your behalf. Please reach out to Dianna Mammone with any questions.

## FOOD PANTRY

**Thank you to all who have donated and continue to donate non-perishable food and hygiene items to the Center for Food Action in Hackensack. Your ongoing generosity is appreciated.**

There is an extra need for the following items at this time:

- Diapers (adult and child)
- Wipes
- Feminine hygiene products
- Protein supplements (Ensure, Boost, Pediasure, etc)
- Baby food
- Shelf stable milk
- Toiletries (soap, toothpaste, toothbrushes)
- Laundry detergent and cleaning products
- Paper products (napkins, paper towels, tissues)

**We are looking for members to transport the donations in the months of June, July and August. Please contact Anastasia in the Church office to volunteer or for details. The Center for Food Action is located at The New Hope Bible Baptist Church, 316 First Street, Hackensack.**

Thank you for all you do.





Holy Trinity Lutheran Church  
92 Burton Ave.  
Hasbrouck Heights, NJ 07604

April 6, 2026

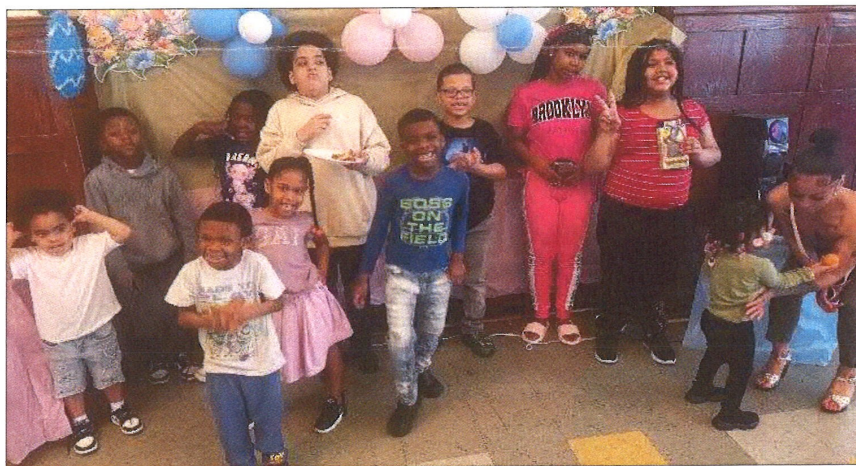
Dear members of Holy Trinity,

Thank you so much for the generous Easter monetary gift. The families and seniors across the Lutheran Social Ministries of NJ (LSMNJ) programs are so thankful. You truly bring the hope and promise of the Easter season to the lives of the people we serve. This year with so many generous gifts we provided Easter dinner bags, ham and baskets to all the families living in LSMNJ affordable housing and all the seniors who requested assistance.



Residents of affordable housing in Camden and Jersey City enjoyed the food bags and a party. The housing managers had an Easter party and egg hunt thanks to your gift.

Thank you,  
Beth Gebhart  
Director Community Relations & Volunteers  
[bgebhart@lsmnj.org](mailto:bgebhart@lsmnj.org)  
609-760-6073



Your need is our mission.®

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[www.lsmnj.org](http://www.lsmnj.org)



# Happy Birthday!

## June, July & August

Jamie De Cicco  
 Gary Varga  
 Lauren Perez  
 Matthew Gugliotti  
 Gisela Graf  
 Ursula Steinhauff  
 Alexis Fiore  
 Anthony Palkowitz  
 Kathryn Morrison  
 Mariel Kunnapas  
 Vincent LaSpisa  
 Jack Bunge  
 Nikolus Bunge  
 Charles Hickey  
 Kasey Otazu  
 Tyler Lindberg  
 Paul Margiotta  
 Melissa Gugliotti  
 Anthony Gugliotti  
 Katie Colaneri  
 Christina Vazquez  
 Evan De Cicco  
 Isabelle Heck  
 Michelle Ulrich  
 Catherine Mazzone  
 Owen De Cicco  
 Daniel Kuzmenka  
 Antonio (Jorge) Viera  
 Stephanie Krieger \  
 Angela Kuzmenka  
 Karen Obiso



## Thank You!

- Thank you to **John Heflich** for delivering the food to the Center for Food Action.
- Thank you to those who helped to set up for the repast of Phyllis Smith. Many hands made light work!
- Thank you to all who continue to graciously volunteer their time and talents to make Holy Trinity a wonderful place to worship!

## Happy Anniversary!

Vinnie & Jamie De Cicco  
 John & Dorothy Heflich  
 Antonio & Cindy Viera  
 Tony & Gail Gugliotti  
 Vincent & Sara LaSpisa  
 Sean & Kathryn Morrison  
 Pete & Michele Hickey

## Caps Off to Our Graduate!

**Nicholas Obiso** graduated with a Master of Science degree in Computer Science from Stevens Institute of Technology. He completed the program with an outstanding GPA and a strong record of academic achievement. Nick plans to pursue a career where he can utilize the valuable foundation he gained from his undergraduate studies in Business & Technology combined with the knowledge gained through his graduate studies in Computer Science.

