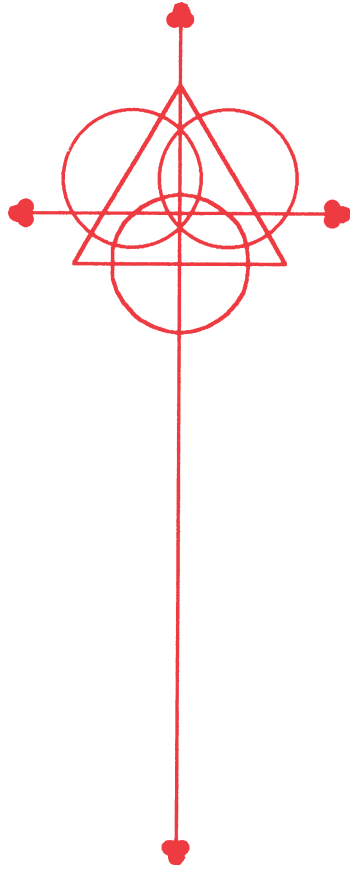


OUR CHURCH PAPER

May - June - July 2010

Vol. 19 No. 2



Holy
Trinity
Lutheran
Church

*In the name of the Father
and of the Son
and of the Holy Spirit*

*The Members and Friends of
Holy Trinity Lutheran Church
request the honour of your presence
at the Service of Holy Communion
and Affirmation of Baptism (Confirmation)*

of

*Kimberly Anne Brace
Jonathan Scott Hopkins
Christopher Warren Huber
Theodore Everett Marks III
Marissa Taylor Pellnat
Joshua Benjamin Reboy
Jostynn Nicole Scaccia
Rachael Mae Struble
Kenrik Emil Walek
Kirk Michael Walek*

at

*the 10:30 a.m. service
on The Day of Pentecost May 23, 2010*

*If you are unable to attend,
we ask for your prayers for the confirmands.
The English Evangelical Lutheran Church
of the Holy Trinity
1080 Main Street, Buffalo, New York*

News from our Rwandan boys

Patrick, Yves, and another boy from City Honors won a talent contest with a song they wrote, sang, and performed with guitars. Congratulations!

Also this letter was received from Fidele after his alternative spring break through Canisius College at a Benedictine Monastery.

Hi Pat!!

My service trip to Erie, Pennsylvania was a very great experience. We stayed at the monastery with sisters where each student was assigned a room. All students had to go to two different work sites everyday, one in the morning and one in the afternoon. This sounds like too much work but it was really fun working with the Erie Community. I had the opportunity to work at the St. Benedict Education Center where sisters help immigrants and refugees learn English. I was able to speak Swahili with some of the people from Africa and helped them with their English assignments. They were very surprised and very happy to see that there was someone with whom they shared something. We worked in the health services at the monastery where they take care of senior sisters. Walking, playing some simple games and talking to these sisters always brought a warm smile on their face. We had the opportunity to serve in a soup kitchen, and the people who came were very thankful. I even remember this man who told us "Jesus Loves You." We also worked in some of the offices at the monastery and at an Art house where children are helped so that they can discover or improve different talents that they have.

One thing that I also enjoyed during my service trips were the discussion times we had with the sisters. We talked about growth in spirituality, social justice, community and I had the opportunity to share the experiences that I had with Peace Jam last year. The sisters were amazed to learn about our accomplishments. They loved the fact that at Canisius, students are involved in the community and are aware of different problems that they can help to solve.

The sisters were very nice and loved to talk with us at various occasions. They were also very grateful for our different services. This trip opened my eyes and showed me how much you can accomplish for the community as a young person. I had a wonderful time and can't already wait to go to my next trip next year.

Thanks!! Fidele



Summer Service Schedule

Beginning Sunday, July 4 and continuing through Sunday, September 12, we will be holding three services each week in the Chapel. They will be held at 8:00 am, 9:15 am and 10:30 am. We will have a continual coffee hour through the summer months. We are still looking for volunteers to help out with the summer coffee hours. If you would like to lend a hand, please call Chuck Rojek at the church office.

PROSTATE CANCER

The body is made of hundreds of millions of living cells. Normal cells grow, divide and die in an orderly way. During the early years of a person's life, normal cells divide faster to allow the person to grow. After the person becomes an adult, most cells divide only to replace worn out, damaged, or dying cells.

Cancer begins when cells in a part of the body start to grow out of control. Cancer cell growth is different from normal cell growth. Instead of dying, cancer cells keep on growing and form new cancer cells. These cells can grow into (invade) other tissues, something that normal cells cannot do. Being able to grow out of control and invade other tissues is what makes a cell a cancer cell. These cancer cells form a tumor but some cancers, like leukemia, rarely form tumors. When cancer cells get into the bloodstream or lymph vessels, they can travel to other parts of the body and begin to grow and form new tumors. This process is called metastasis. Not all tumors are cancerous. Tumors that aren't cancer are called benign. They cannot grow into other tissues and cannot spread into other parts of the body. These tumors are almost never life threatening.

No matter where a cancer may spread, it is always named for the place where it started. Prostate cancer that has spread to the bone is called metastatic prostate cancer, not bone cancer.

WHAT IS PROSTATE CANCER?

This gland is found only in men and is just below the bladder and in front of the rectum. It is about the size of a walnut. The tube that carries urine (urethra) runs through the prostate. In older men, the part of the prostate around the urethra may keep on growing which can lead to benign prostates hyperplasia (BPH) which can cause problems with passing urine. This is a problem that must be treated but it is not cancer. Most of the time, prostate cancer grows slowly.

WHAT CAUSES PROSTATE CANCER?

This cancer is caused by change in the DNA of a prostate cancer cell. DNA makes up our genes, which control how cells behave. DNA is inherited from our parents. Small percentages (5-10%) of prostate cancers are linked to these inherited changes. We do know that certain risk factors are linked to the disease. A risk factor is anything that increases a person's chance of getting a disease.

Risk factors for prostate cancer

Age: The chance of getting prostate cancer increases after a man reaches age 50.
Almost 2 out of every 3 prostate cancers are found in men over the age of 65.

Race: Prostate is more common in African-American men than in men of other races.

Nationality: Prostate cancer is most common in North America and in northwestern Europe. The reason for this is not clear.

Family History: Prostate cancer seems to run in the family.

Genes: Scientists have found some inherited genes that seem to raise prostate cancer risk, but they account for only a small number of cases overall.

Diet: The exact role of diet is not clear, but some have factors have been studied. Eating a lot of red meat or high fat dairy products seems to have a greater chance of getting prostate cancer.

Obesity: Being obese (having a high amount of extra body fat) is linked with a higher risk of getting prostate cancer.

Exercise: Exercise has not been shown to reduce prostate cancer risk in most studies. But some studies have found that high levels of physical activity, particularly in older men, may lower the risk of advanced prostate cancer. More research is needed in this area.

HOW IS PROSTATE CANCER FOUND?

Prostate cancer can often be found early by testing the amount of PSA (prostate-specific-antigen) in your

Continued on next page

PROSTATE CANCER from previous page

blood. Also, it can be found early when the doctor does a digital rectal exam (DRE). Because the prostate gland lies just in front of the rectum, during the DRE the doctor can feel if there are any bumps or hard places on the prostate.

The American Cancer Society does not recommend routine prostate cancer screening for all men. ACS believes that doctors should discuss the pros and cons of testing with men so each man can decide if testing is right for him. The test should include a PSA blood test and a DRE yearly, beginning at age 50 for men at average risk who can be expected to live for another 10 years. For men at higher risk, this discussion should take place at age 45. High risk men include African American men and men who have a close relative (father, brother or son) who had prostate cancer before age 65.

HOW IS PROSTATE CANCER TREATED?

Surgery Radiation Therapy Chemo Therapy
Cryosurgery (freezing) Hormone Therapy

Generally speaking the treatment you choose should take into account:

- Your age and how long you can expect to live
- Any other serious health problems you may have
- The stage and grade of your cancer
- Your feelings (and your doctor's opinion) about the need to treat the cancer
- Your feelings about the side effects common with each treatment

WHAT ARE SOME QUESTIONS I CAN ASK MY DOCTOR?

- Please write down the exact type of cancer I have.
- May I have a copy of my pathology report?
- What is the chance that the cancer has spread beyond my prostate? If so, is it curable?
- What other tests do you think I need and why?
- Is watchful waiting (active surveillance) an option for me?
- What is the clinical stage of my cancer and what does that mean?
- What treatments are available and what might be best for me?
- What are the risks or side effects among those treatments?
- What are the chances I will have problems with incontinence or impotence?
- What are the chances that I will have other urinary or rectal problems?
- What are the chances of the cancer coming back with the treatment you suggest?
- What would be our next step if this happened?
- What is my expected survival rate based on clinical stage, grade, and various treatment options?

**REMEMBER YOU AND YOUR
DOCTOR ARE A TEAM AND
TOGETHER EVERYONE
ACCOMPLISHES MORE.**

This information is obtained from the American Cancer Society.

God Bless
Pat Mohr
Your Parish Nurse

Our Church Paper

English Evangelical Lutheran Church of the Holy Trinity
A Congregation of the Evangelical Lutheran Church in America
Upstate New York Synod


1080 Main Street (bet. Summer and North)
Buffalo, New York 14209-2389
716-886-2400 • 716-884-7505 (fax)
716-886-0543 Concert Line
E-mail: HTLCofELCA@aol.com
www.holytrinitybuffalo.org

The Rev. Dr. Charles D. Bang, Senior Pastor
The Rev. John Buerk, Pastor
The Rev. Eric O. Olsen, Pastor
Charles Rojek, Pastoral Assistant
James Bigham, Organist-Choirmaster
Linda Lipczynski, Parish Secretary
Carol Littlefield, Parish Accountant
Pat Mohr, Parish Nurse
Jeremiah Smith, Youth Ministry
John Busch, Director of Buildings and Grounds
Patrick Ryan, Steward of Buildings and Grounds
Phillip Schlueter, Curator of the Organs
Justin Pomietlarz, Youth Choir Director


Desktop Publishing by Gallagher Printing, Inc.




MAY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Fifth Sunday of Easter 2 8:30 Service of Holy Communion 9:30 Adult Ed 10:30 Sunday School/Nursery 10:30 Service of Holy Communion w/baptism 11:45 Coffee Hour 12:00 Youth Choir rehearsal	3 9:30 Bible Study 8:00 Greater Buffalo Youth Orchestra concert	4 4:30 BNYC rehearsal 6:00 VCJC 6:30 Healing Together 7:30 Lectio Divina 7:30 Yoga	5 10:00 Staff Meeting 12:00 Trinity Lunch 5:30 WELCA/Needlers 6:00 New Member Dinner 6:00 BNYC rehearsal 7:30 New member reception	6 7:00 Chancel Choir 7:00 AA/AL-ANON	7 	8 9:00 Genetics and Faith Seminar 2:00 Wilkins/Ruhland wedding
Sixth Sunday of Easter <i>Mother's Day</i> 9 8:30 Service of Holy Communion 10:30 Sunday School/Nursery 10:30 Service of Holy Communion/New Members Received 11:45 Coffee Hour/Reception 12 Noon Estonian Service	10 9:30 Bible Study	11 4:30 BNYC rehearsal 6:00 VCJC 7:30 Lectio Divina 7:30 Yoga	12 10:00 Staff Meeting 12:00 Trinity Lunch 6:00 BNYC rehearsal 7:00 Committee Meetings	13 10:00 Christian Action 6:00 Chapel Choir 7:00 Chancel Choir 7:00 AA/AL-ANON	14 8:00 pm LYO overnight – hunger famine	15 LYO City Clean up/ Cook out
Seventh Sunday of Easter 16 8:30 Service of Holy Communion 9:30 Adult Ed 10:30 Sunday School/Nursery 10:30 Service of Holy Communion/Youth Choir 11:45 Coffee Hour	17 9:30 Last Bible Study	18 4:30 BNYC 7:30 Lectio Divina 7:30 Yoga	19 10:00 Staff Meeting 12:00 Trinity Lunch 6:00 BNYC rehearsal 7:00 Committee Meetings	20 7:00 Chancel Choir 7:0 AA/AL-ANON	21 	22 9:00 Men's Group Spring Work day 10:00 BNYC rehearsal 10:30-1:00 LYO plant sale pick up
The Day of Pentecost 23 8:30 Service of Holy Communion 10:30 Sunday School/Nursery 10:30 Service of Holy Communion w/confirmation 11:45 Coffee Hour 4:00 Buffalo Niagara Youth Chorus Spring Concert	24 	25 4:00 BNYC auditions 6:30 Recital 7:30 Lectio Divina 7:30 Yoga	26 10:00 Staff Meeting 12:00 Trinity Lunch 6:00 BNYC rehearsal 6:00 Council	27 10:00 Christian Action 6:00 Chapel Choir 7:00 AA/AL-ANON	28 	29
The Holy Trinity 30 8:30 Service of Holy Communion 10:30 Sunday School/Nursery 10:30 Service of Holy Communion w/baptism 11:45 Coffee Hour	31 <i>Memorial Day</i> CHURCH OFFICE CLOSED					

JUNE 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 2 nd Sunday After Pentecost 6 8:30 Service of Holy Communion 10:30 Sunday School/Nursery 10:30 Service of Holy Communion 11:45 Coffee Hour -----SYNOD	7	6:30 Healing Together 6:30 Recital 7:30 Lectio Divina 7:30 Yoga 8 6:30 Healing Together 7:30 Lectio Divina 7:30 Yoga ROCHESTER-----	10:00 Staff Meeting 12:00 Trinity Lunch 5:30 WELCA/Needlers 6:00 BNYC rehearsals 9 10:00 Staff Meeting 12:00 Trinity Lunch 6:00 BNYC rehearsal	7:00 AA/AL-ANON 10 10:00 Christian Action 7:00 AA/AL-ANON	6:00 Wedding rehearsal 11	2:00 Salvati/Perrino Wedding 12 11:00 LYO parking sale
3 rd Sunday After Pentecost 13 8:30 Service of Holy Communion 10:30 Sunday School/Nursery 10:30 Service of Holy Communion 11:00 LYO parking sale 11:45 Coffee Hour 12:30 Estonians	ASSEMBLY IN 14	6:30 Healing Together 7:30 Lectio Divina 7:30 Yoga 15 6:30 Healing Together 7:30 Lectio Divina 7:30 Yoga	10:00 Staff Meeting 12:00 Trinity Lunch 6:00 BNYC rehearsal 16 10:00 Staff Meeting 12:00 Trinity Lunch 6:00 BNYC rehearsal	7:00 AA/AL-ANON 17 7:00 AA/AL-ANON	18 19	19
4 th Sunday after Pentecost – <i>Father's Day</i> 20 8:30 Service of Holy Communion 10:30 Sunday School/Nursery 10:30 Service of Holy Communion 11:45 Coffee Hour	21	6:30 Healing Together 7:30 Lectio Divina 7:30 Yoga 22 6:30 Healing Together 7:30 Lectio Divina 7:30 Yoga	10:00 Staff Meeting 12:00 Trinity Lunch 6:00 BNYC rehearsal 23 10:00 Staff Meeting 12:00 Trinity Lunch 6:00 BNYC rehearsal	10:00 Christian Action 7:00 AA/AL-ANON 24 10:00 Christian Action 7:00 AA/AL-ANON	25 26	26
5 th Sunday after Pentecost 27 8:30 Service of Holy Communion 10:30 Sunday School/Nursery 10:30 Service of Holy Communion 11:45 Coffee Hour	28	CONFIRMATION 29	10:00 Staff Meeting 6:00 BNYC rehearsal 30 10:00 Staff Meeting 6:00 BNYC rehearsal CAMP -----	-----	-----	-----

JULY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00 AA/AL-ANON CONFIRMATION	2 6:00 Wedding Rehearsal CAMP -----	3 1:30 Frank/Yingling Wedding
6 th Sunday after Pentecost - Independence Day NEW SUMMER SERVICE SCHEDULE 8:00, 9:15 & 10:30 Service of Holy Communion <i>Continuous Coffee Hour in Fellowship Room</i>	5 CHURCH OFFICE CLOSED	6 10:00 Staff Meeting 6:00 BNYC Rehearsal	7 10:00 Staff Meeting 10:00 Christian Action 6:00 Wedding rehearsal 7:00 AA/AL-ANON	8 10:00 Staff Meeting 10:00 Christian Action 6:00 Wedding rehearsal 7:00 AA/AL-ANON	9 2:30 McGuire/ Domzalski Wedding	10 Day of Sharing
7 th Sunday after Pentecost 8:00, 9:15 & 10:30 Service of Holy Communion <i>Continuous Coffee Hour in Fellowship Room</i>	12 10:00 Staff Meeting	13 10:00 Staff Meeting	14 10:00 Staff Meeting	15 10:00 Christian Action 7:00 AA/AL-ANON	16 6:00 Wedding Rehearsal	17 3:00 Adams/Welker Wedding
8 th Sunday After Pentecost 8:00, 9:15 & 10:30 Service of Holy Communion <i>Continuous Coffee Hour in Fellowship Room</i>	19 <i>Pastor Olsen's Birthday</i>	20 10:00 Staff Meeting	21 10:00 Staff Meeting	22 10:00 Christian Action 7:00 AA/AL-ANON	23 6:00 Wedding Rehearsal	24 2:00 Jim Day Wedding
9 th Sunday after Pentecost 8:00, 9:15 & 10:30 Service of Holy Communion <i>Continuous Coffee Hour in Fellowship Room</i>	26 10:00 Staff Meeting	27 10:00 Staff Meeting	28 10:00 Staff Meeting	29 7:00 AA/AL-ANON	30 6:00 Wedding Rehearsal	31 2:00 Jim Day Wedding

VACATION BIBLE SCHOOL

MARK YOUR CALENDARS: Vacation Bible School will be held at Holy Trinity this year beginning on Monday, August 23 and continuing through Friday, August 27. Registration forms and more information will follow. Rally Day will take place on Sunday, August 29, with the return of Sunday School. Please call the church office with any questions.

Non-Profit Organization
U.S. Postage
PAID
Buffalo, New York
Permit No. 2467

OUR CHURCH PAPER
1080 Main Street (near North)
Buffalo, NY 14209-2389
(716) 886-2400
Return Service Requested

