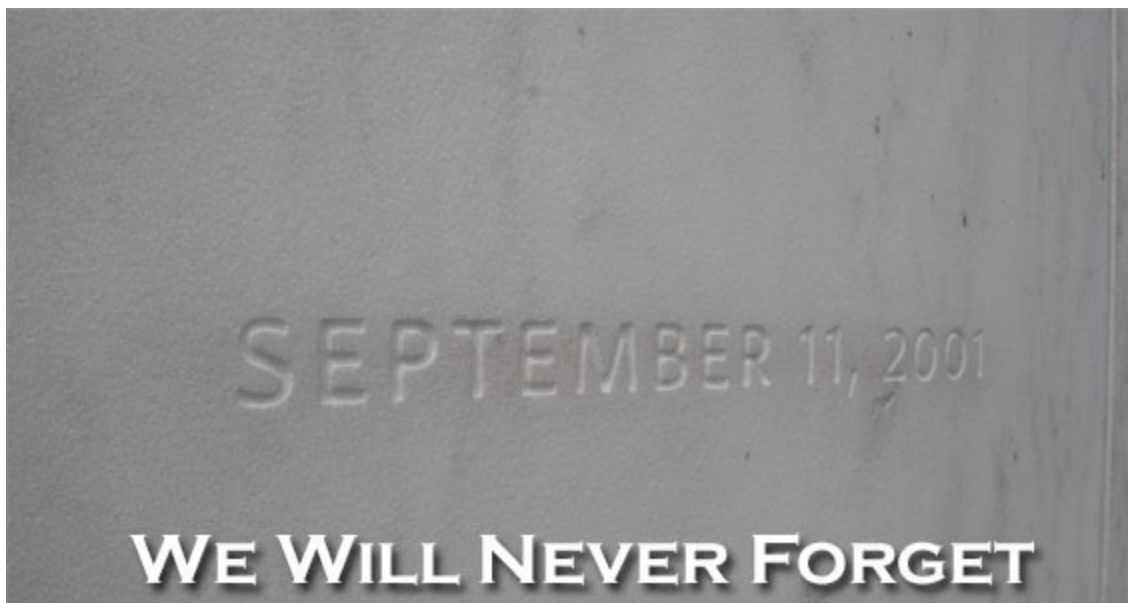




Wednesday, September 11, 2019 | [TrinityAltoona.com](http://TrinityAltoona.com) | [Facebook.com/TrinityAltoona](https://Facebook.com/TrinityAltoona)

Editor: Tom Settle [thepulse@TrinityAltoona.com](mailto:thepulse@TrinityAltoona.com)

Worship With Us: Saturdays 6:30PM, Sundays 8:15 & 10:45AM



**HERE'S THE SCOOP ON TRINITY'S YOUTH TROOP GROUP :)**

Trinity Altoona's elementary school group, also known as the Youth Troop, is back in action with the start of the new school year.

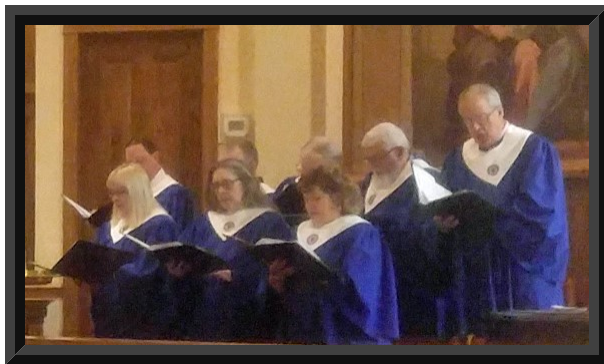
Youth Troop meetings include a story and discussion with Pastor Eli, craft time with Lisa G. and sometimes games or special holiday activities. Each meeting ends with a snack.

Trinity's Youth Troop is open to all elementary-aged (K-6) children and their friends. Meetings are held the first Friday of each month from 6-7:30PM in Trinity Hall. For more info, speak with Pastor Eli.



### **LET YOUR VOICES BE HEARD!**

Trinity's adult and youth choirs will soon be filling our sanctuary with beautiful music.



Rehearsals begin this Sunday September 15, with the youth choir meeting at 10:20AM and the adult choir at 11:45AM.

Join us and share your special vocal talents with your Trinity family!

### **SCHOOL SUPPLIES AND FOOD ITEMS NEEDED**

St. Andrew's preschool has put together a wish list of items they need as soon as possible:

- Baby wipes and Clorox wipes
- Hand soap for the bathroom

- Juice boxes
- Postage stamps
- Scotch tape
- Whiteboard markers

Trinity's Caring Cupboard, the free pantry on the 6th Street side of our building, is in need of replenishment.

Please consider donating canned/dry/boxed food, ready-to-prepare cups/pouches and personal care items. No glass items please.

All donations can be dropped off in Trinity Hall.

### **BUSY DAYS AHEAD AT TRINITY**

As summer winds down, we are making it **A September to Remember** at Trinity Altoona!



Our annual Ladies' Retreat weekend is on tap for September 20-22 at Camp Sequanota in Boswell, PA. The cost is \$115, which includes room, bedding, towels, meals and supplies. Call Linda Hoover at 944-0906 for all the details.

Trinity's Adult Bible Study returns this month with classes Tuesday mornings from 9-10AM and Wednesday evenings from 7-8PM. Join Pastor Eli to discuss "The Book of Acts," starting Tuesday September 24 in Trinity Hall.

Trinity's own Sandy Ebersole, a long-time hospice nurse, will be presenting "Caring for Your Loved Ones" as part of our ongoing Healthy You Program. This special event will focus on what it takes to be a caregiver, resources that are available and how to cope with these life-changing events. Join us Friday September 27 at 10AM in Trinity Hall...feel free to bring a guest.

Our regular weekly activities include the Sewing Group (Mondays 10AM-2PM), the Healthy You Program (Tuesdays and Fridays 10AM), the Crochet Group (Tuesdays 6PM) and the Prayer Breakfast (Thursdays 9AM).

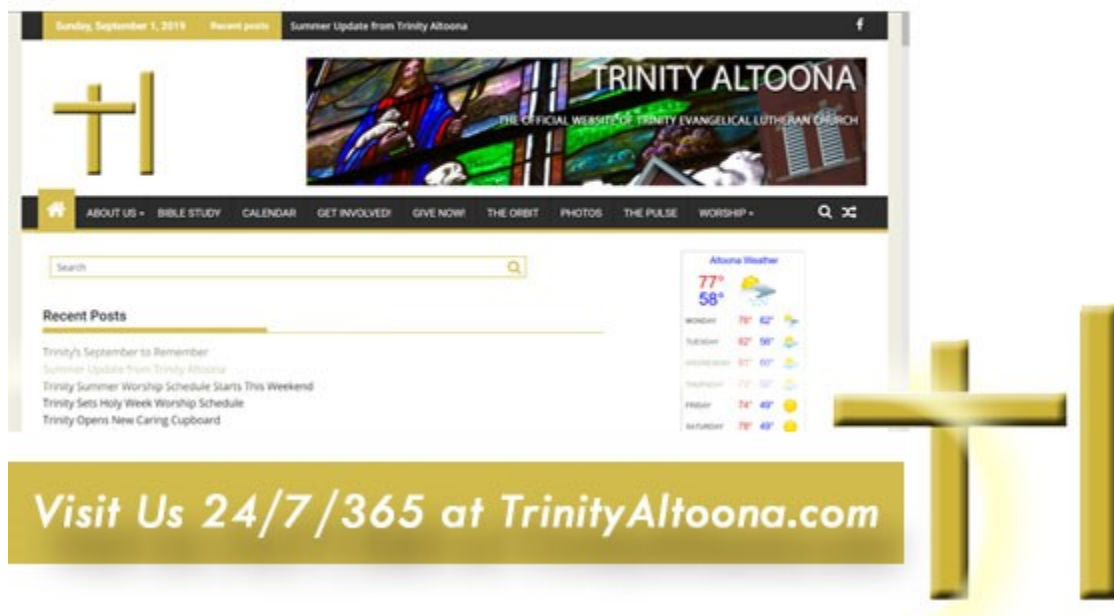
It all adds up to a September to Remember at Trinity Altoona...be a part of it :)

## HELP WANTED!

We want to make **The Pulse** bigger and better than ever before...but we can't do it without you!

Please email your articles and photos (including who, what and where info for each photo) to [thepulse@trinityaltoona.com](mailto:thepulse@trinityaltoona.com). Please include your phone number in case we have any questions. Thanks!

# Keep In Touch!



The screenshot shows the homepage of the Trinity Altoona website. At the top, there is a navigation bar with the date "Sunday, September 1, 2018" and a "Recent posts" section. Below this is a header area with a large golden cross logo on the left and a banner image on the right that says "TRINITY ALTOONA" and "THE OFFICIAL WEBSITE OF TRINITY EVANGELICAL LUTHERAN CHURCH". A secondary navigation bar contains links for "ABOUT US", "BIBLE STUDY", "CALENDAR", "GET INVOLVED", "GIVE NOW!", "THE ORBIT", "PHOTOS", "THE PULSE", and "WORSHIP". A search bar is located below the navigation. The main content area features a "Recent Posts" section with several article titles, including "Trinity's September to Remember" and "Summer Update from Trinity Altoona". To the right of the posts is a weather widget for "Altoona Weather" showing a high of 77° and a low of 58°. At the bottom of the screenshot, a large golden banner reads "Visit Us 24/7/365 at TrinityAltoona.com". A large, stylized golden cross graphic is overlaid on the right side of the screenshot.





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