



Wednesday, September 25, 2019 | TrinityAltoona.com | Facebook.com/TrinityAltoona

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

SHARING FAITH AND FUN



A dozen attendees had a great time sharing faith and fellowship at Trinity Altoona's annual

Ladies' Retreat, held this past weekend at Camp Sequanota.



According to Sharon Kutz, who provided the photos, the group all "had so much fun and we even did some Bible studies. Sandy Ebersole had an awesome relaxation technique to deal with stress."



If you'd like to take part in next year's retreat, please contact Linda Hoover at 944-0906.



BUSY DAYS AHEAD AT TRINITY

As Fall 2019 has officially arrived this week, we are wrapping up **A September to Remember** at Trinity Altoona!



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 this Friday September 27 at 10AM in Trinity Hall...feel free to bring a guest.

The Trinity 'Yakers, a recently-formed kayaking group, will be making their second trip this Saturday September 28. The group will meet at the church at 9AM, then drive down to explore the lake at Shawnee State Park in Schellsburg (west of Bedford). For more info, contact Adam Counterman via doormanadam@yahoo.com.

Our regular weekly activities include the Sewing Group (Mondays 10AM-2PM), Adult Bible Study (Tuesdays 9-10AM, Wednesdays 7-8PM), 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 :)

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.

INTRODUCING THE PULSE ARCHIVES

Did you miss or accidentally delete a back issue of **The Pulse**? We are now making each issue available as a .PDF file to read online and/or download from our website.

Just visit <http://www.trinityaltoona.com/the-pulse-e-newsletter/> and look for the Archives section.

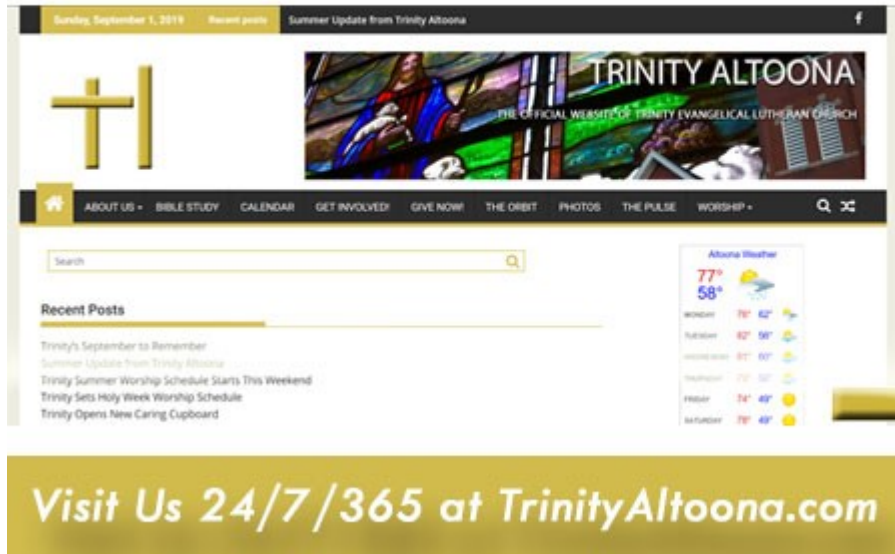
If you have family and friends who would like to receive The Pulse, they can sign up (yes, it's free!) on our [website](#) or via our [Facebook page](#).

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. Please include your phone number in case we have any questions. Thanks!

Keep In Touch!



Sunday, September 1, 2019 Recent posts Summer Update from Trinity Altoona

TRINITY ALTOONA
THE OFFICIAL WEBSITE OF TRINITY EVANGELICAL LUTHERAN CHURCH

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- Trinity's September to Remember
- Summer Update from Trinity Altoona
- Trinity Summer Worship Schedule Starts This Weekend
- Trinity Sets Holy Week Worship Schedule
- Trinity Opens New Caring Cupboard

Altoona Weather
77°
58°
WINDY 70° 62°
TUESDAY 62° 56°
WEDNESDAY 61° 50°
THURSDAY 71° 50°
FRIDAY 74° 49°
SATURDAY 70° 49°

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