



Wednesday, October 2, 2019 | TrinityAltoona.com | Facebook.com/TrinityAltoona

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

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'YAKERS VISIT SHAWNEE



The Trinity 'Yakers kayaking group took advantage of the beautiful fall weather this past Saturday to embark on their second voyage.



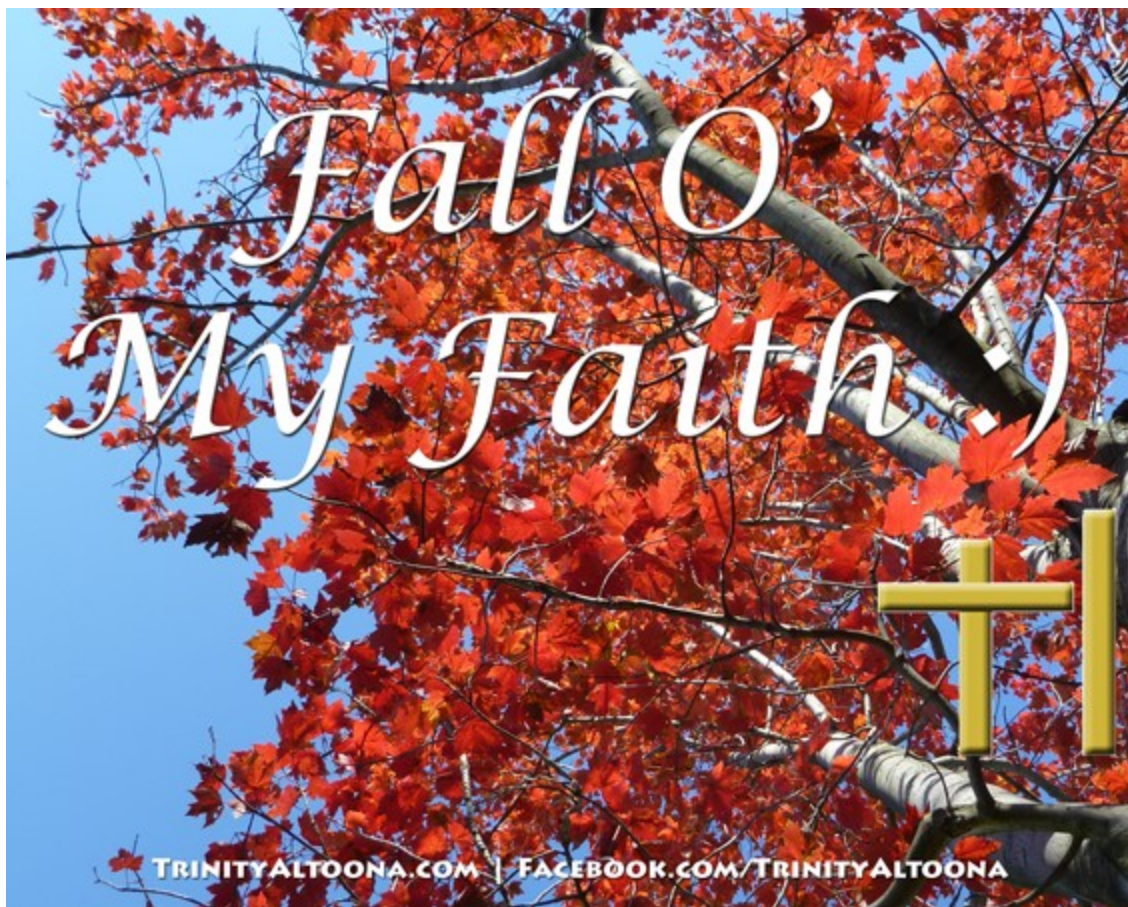
The 'Yakers kicked things off in August with a trip down the Raystown branch of the Juniata River. This time the group checked out the lake at Shawnee State Park near Bedford.



If you're interested in joining the 'Yakers on their next outing, please contact Adam Counterman via doormanadam@yahoo.com.

WELCOME TO OCTOBER

Summer's over, colorful leaves and cooler days are on the way. It's time to "Fall O' My Faith" at Trinity Altoona!



The next installment of the Sunderman Memorial Concert Series is coming to Trinity Altoona Sunday October 13 at 3PM.

Classical guitarist William Feasley will be performing "Echoes of Goya" live in our sanctuary. Funding for the concert is being provided by the Dr. William Sunderman Endowment, so there is no charge for admission. Sunderman is a deceased member of Trinity Lutheran Church.

Light refreshments will be served after the concert. You can read more about William at his website, williamfeasley.com.

Trinity's "Treats from Trunks" returns this Halloween, Thursday October 31 from 6-8PM.

Anyone interested in handing out treats is asked to be at the church by 5:45PM to set up. Feel free to wear a costume and decorate your vehicle.

Treat donations can be dropped off at Trinity Hall the last 2 weeks of October. Money

donations are also welcomed...please mark your envelope "Treats from Trunks."

For more information, contact Nancy Honecker at 515-2369.

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).

Winter, Spring, Summer, Fall. Faith, fun and fellowship are always in season at Trinity Altoona :)

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!



The image shows a screenshot of the Trinity Altoona website. At the top, it displays the date "Sunday, September 1, 2018" and the page title "Summer Update from Trinity Altoona". The main header features a large gold cross logo on the left and a banner image of a church interior with the text "TRINITY ALTOONA THE OFFICIAL WEBSITE OF TRINITY EVANGELICAL LUTHERAN CHURCH". Below the header is a navigation menu with links: ABOUT US, BIBLE STUDY, CALENDAR, GET INVOLVED!, GIVE NOW!, THE ORBIT, PHOTOS, THE PULSE, and WORSHIP. A search bar is located below the navigation menu. The main content area includes a "Recent Posts" section with the following titles: "Trinity's September to Remember", "Summer Update from Trinity Altoona", "Trinity Summer Worship Schedule Starts This Weekend", "Trinity Sets Holy Week Worship Schedule", and "Trinity Opens New Caring Cupboard". To the right of the main content is a "Altoona Weather" widget showing a current temperature of 77° and a low of 58°, along with a weekly forecast table:

Day	High	Low
Monday	79°	62°
Tuesday	82°	58°
Wednesday	81°	62°
Thursday	75°	52°
Friday	74°	49°
Saturday	79°	49°

At the bottom of the screenshot, a gold banner reads "Visit Us 24/7/365 at TrinityAltoona.com". A large, stylized gold cross graphic is positioned to the right of the website screenshot.



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