



Wednesday January 1 2020 | TrinityAltoona.com | Facebook.com/TrinityAltoona

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Submission Deadline: Sundays 12:00 Noon

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

Can't Make It To Church? [Please Give Online](#) (Endorsed by the [ELCA](#))

FOOD FOR THOUGHT



The Allegheny Synod 40,000 Can Challenge

The Allegheny Synod's 6th annual non-perishable food drive has reached halftime. The 40,000 Can Challenge launched on Advent Sunday December 1 and wraps up Super Bowl Sunday February 2, inviting all synod churches to gather food items for their local communities.

Trinity Altoona is proud to participate in this worthy endeavor. Please bring your donations to church and leave them in the adult Sunday School room upstairs or Trinity Hall downstairs.

Most of our donations will go to work right here in our Juniata neighborhood. They'll be placed in our 24/7 Caring Cupboard, located on the 6th Street side of our church. Some items may be donated to the Altoona Food Bank.

Please give what you CAN and help make a difference!

WELCOME TO 2020

A new year and a new decade have arrived. Make a resolution to renew and strengthen your faith at Trinity Altoona!

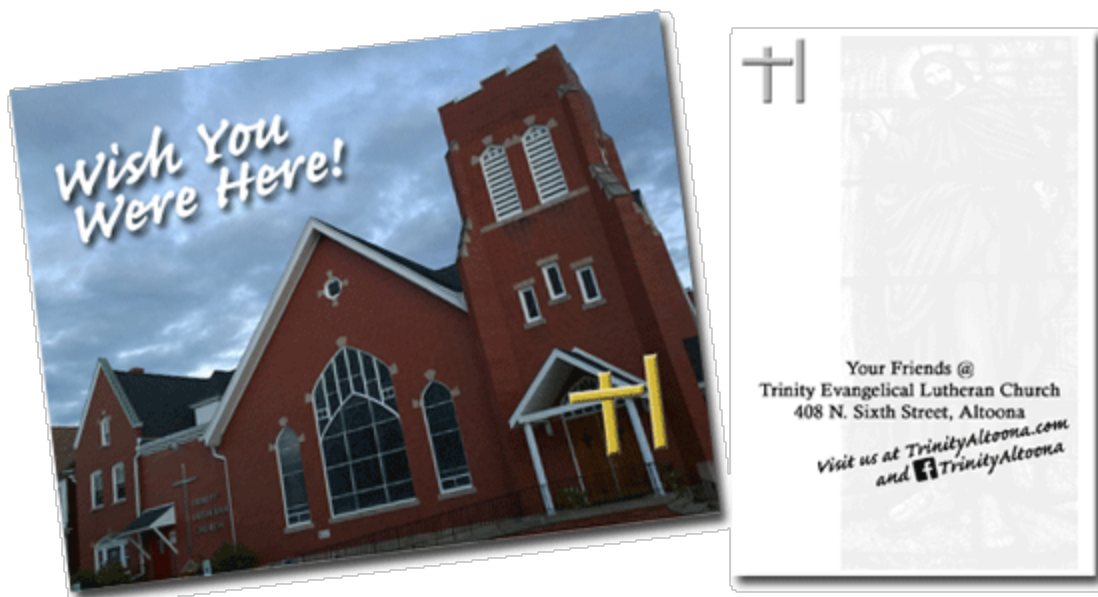


The **Healthy You exercise group** is back in action this Friday, January 3 at 10AM. The group does 30 minutes of exercise and 30 minutes of "brain games" every session. Members who have balance issues are able to sit in a chair and participate. According to Linda Hoover, members say they "feel much better, have gained muscle tone, (improved) balance and coordination." Linda says they also multi-task, often eating cookies as they work out! Healthy You meets Tuesday and Friday mornings from 10-11AM in Trinity Hall. Call Linda at 944-0906 for more info.

The next meeting of our **Triniteens** youth group is coming up this Sunday January 5 from 5-6:30PM. All junior and senior high kids are welcome. Check out Triniteens.com and join us for fun and fellowship :)

The holiday season is winding down for another year and the Worship & Music Committee could use your help. They will be **taking down and packing away our Christmas decorations** on Friday January 10 at 6PM. If you're able to help, please call Debbie Garritano at 944-5706. If you're interested in joining the committee, plan on attending their next meeting, Tuesday January 14 at 6PM in Trinity Hall.

Be sure to watch your mailbox/email for the January issue of **The Orbit monthly newsletter**. Catch up on what's going on with your Church Council and read how our new simplified Gift Acceptance Policy puts you in charge of your giving!



Do you have a family member, friend or neighbor who needs a gentle "nudge" to come back to church in 2020? [Send us their name and mailing address](#) and we'll send them one of our new "Wish You Were Here!" postcards.

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 :)

A WIN-WIN OPPORTUNITY FOR 2020

By advertising in Trinity Altoona's new-and-improved **Business Directory**, you'll be

helping your business AND your church at the same time!

The Trinity Altoona Business Directory appears on the back cover of our Saturday and Sunday church bulletins. Each text listing features a business category, business name and 3-line description that includes contact information (phone, website, street address etc.)

The cost is just \$75 for 3 months and, starting today, includes a special bonus. In addition to appearing on the back of every bulletin, your listing will also be displayed right here in *The Pulse*.

Print + email exposure...it all adds up to a great deal for you. Best of all, 100% of all advertising revenues go to help cover Trinity's ongoing operating expenses.

To get started, please email sponsors@trinityaltoona.com. Thank you for your support!

Trinity Altoona Business Directory

Hauling Services

Haul Pro

Specializing in clean-outs! You call, we haul: old furniture, construction debris, scrap metal, yard waste, remodeling refuse, gravel/sand/stone. Not a weekly collection service. Fully insured. Owned and operated by Mike Stenger, Altoona PA. Call 814-932-7515.

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HELP WANTED!

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

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!

Stay Informed. TrinityAltoona.com



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