



Wednesday January 22 2020 | TrinityAltoona.com | Facebook.com/TrinityAltoona

Editor: Tom Settle thepulse@TrinityAltoona.com

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](#))

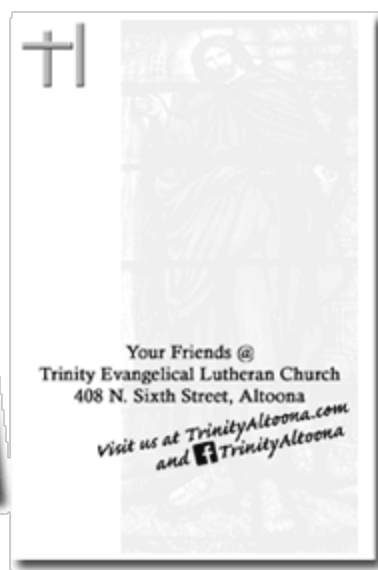


The Allegheny Synod's **40,000 Can Challenge** continues. Please bring your non-perishable donations to church and leave them in the adult Sunday School room upstairs or Trinity Hall downstairs. Most of our donations will be placed in our 24/7 Caring Cupboard, located on the 6th Street side of our church. Some items may be donated to the Altoona Food Bank.

Mark your calendars for **Trinity's Souper Bowl Sunday**, kicking off after the 10:45AM service this Sunday January 26 in Trinity Hall. You're invited to bring your favorite soup (and recipe) to share. A donation of \$1 lets you sample as many soups as you like, with all monies raised going toward the annual Ladies' Retreat at Camp Sequanota. For more information, please contact Angela Counterman at 312-8036 or angejsol@hotmail.com.

The Triniteens youth group will be going **Roller Skating**, Friday February 7 from 6-8PM at Morrison's Cove Memorial Park. The group will meet at the church between

5:15 and 5:30PM. The Triniteens will also be holding a **pancake and sausage dinner** on Tuesday February 25 from 5-7PM in Trinity Hall. Cost is \$5 per person with proceeds going toward the 2021 ECLA Youth Gathering in Minneapolis.



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.

Would you like to brighten the day of our sick and/or shut-in members? You can **volunteer to deliver altar flowers** by calling Patty Bennett at 944-4823.

St. Andrew's Preschool has a **continuing need for supplies** including baby wipes, bathroom hand soap, Clorox wipes, juice boxes, postage stamps, Scotch tape and whiteboard markers. Donations can be dropped off in Trinity Hall.

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 :)

PULSE PIC OF THE WEEK



Trinity Altoona's "little lambs" (pre-school students Vinny and Annalisa) learning about the Lamb of God. Photo courtesy Angela Counterman.

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 now 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.

020220

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



Copyright © 2020 Trinity Evangelical Lutheran Church, All rights reserved.

You are receiving this email because you opted-in from our website (TrinityAltoona.com) or Facebook page (facebook.com/TrinityAltoona)

Our mailing address is:

Trinity Evangelical Lutheran Church
408 N. 6th Street
Altoona, PA 16601

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

