



**Wednesday January 29 2020 | [TrinityAltoona.com](http://TrinityAltoona.com) | [Facebook.com/TrinityAltoona](https://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](#))**

### **SUPER SOUPER SUNDAY AT TRINITY**

The inaugural "Souper Bowl Sunday" at Trinity Altoona this past weekend scored big with everyone who took part in the tasty event.

Over 50 people brought their healthy appetites and sampled from their choice of 17 different soups. Another great day of fellowship at Trinity!



*Photo courtesy Angela Counterman*

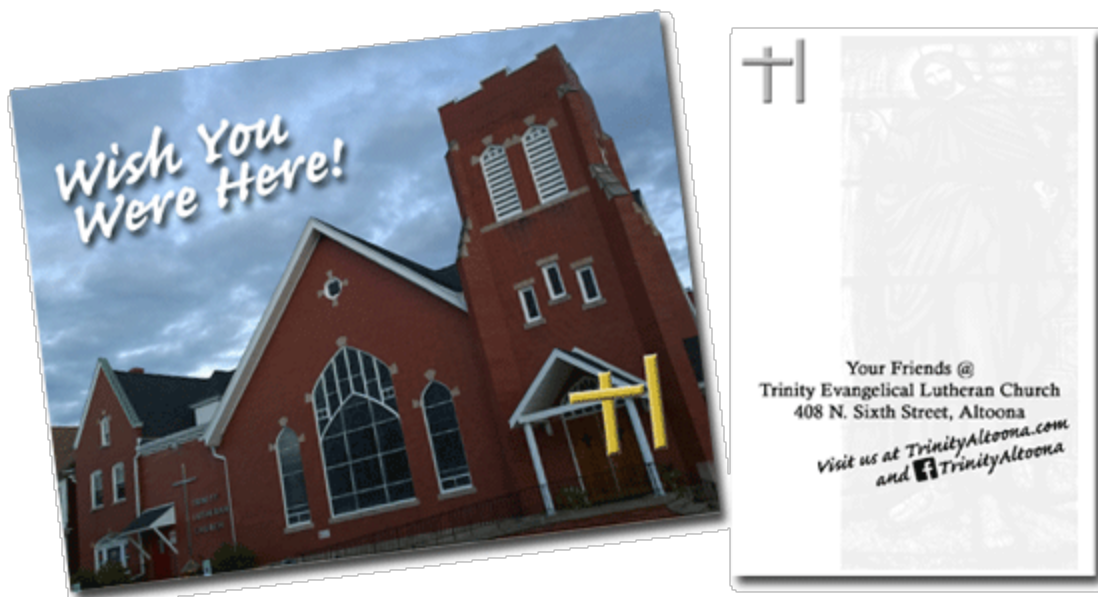


The Allegheny Synod's **40,000 Can Challenge** wraps up this Sunday, February 2. Please bring your non-perishable donations to church and leave them in the adult Sunday School room upstairs or Trinity Hall downstairs. Most of our donations will be placed in our 24/7 Caring Cupboard, located on the 6th Street side of our church. Some items may be donated to the Altoona Food Bank.

The Triniteens youth group will be going **Roller Skating** next 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. They will hold their next **monthly meeting** Sunday February 9 from 5-6:30PM to discuss the 2021 ECLA Youth Gathering in Minneapolis. Looking ahead, the Triniteens will serve up a **pancake and sausage dinner** on Shrove Tuesday February 25 from 5-7PM in Trinity Hall. Cost is \$5 per person with proceeds going toward the 2021 trip to Minneapolis.

April 5 is Palm Sunday and we are looking for people to **sponsor our palms**. The cost is \$15.50 per hundred and we will be ordering 400 (total cost \$62) to distribute to our congregation. If you're interested in being a sponsor, please call Debbie Garritano at 944-5706 or the church office at 943-3972.



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 :)

### TRINITY WORD SEARCH

Here's another puzzle we created with the help of edu-games dot org. Print the puzzle and circle the words...solution is provided below.

#### Pennsylvania Cities

Y O R I O R E V A I N O F T U W X  
L N O T E L Z A H L E E P E I A R  
W M E H E L H T E B L H A L I O E  
L N T O E F S T R M I E L S H C A  
L A N C A S T E R L T I N S T Q D  
E L S I L R A C A C A I G T P O I  
B N C R E O T D B M D Y H Q O I N  
A C H A M B E R S B U R G G G W G  
N N I J L L C P E O B L R R N R N  
O O N O P Y O R K L O R U U U J W  
N T D H S R L A L P I B B B E T O  
S N I N T D L F I E S U S S P D T  
E A A S T T E A W I E Y T N H C S  
M R N T O R G S R I T O T E R M T  
A C A O T P E R K T E R I E A R T  
R S N W U O A T E T N O P R T I O  
N A I N N H H G O R S O P G A E P



Allentown	Gettysburg	Pittsburgh
Altoona	Greensburg	Pottstown
Bethlehem	Harrisburg	Reading
Carlisle	Hazleton	Scranton
Chambersburg	Indiana	State College
DuBois	Johnstown	Wilkes Barre
Easton	Lancaster	Williamsport
Ephrata	Lebanon	York
Erie	Philadelphia	

#### **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](mailto: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.

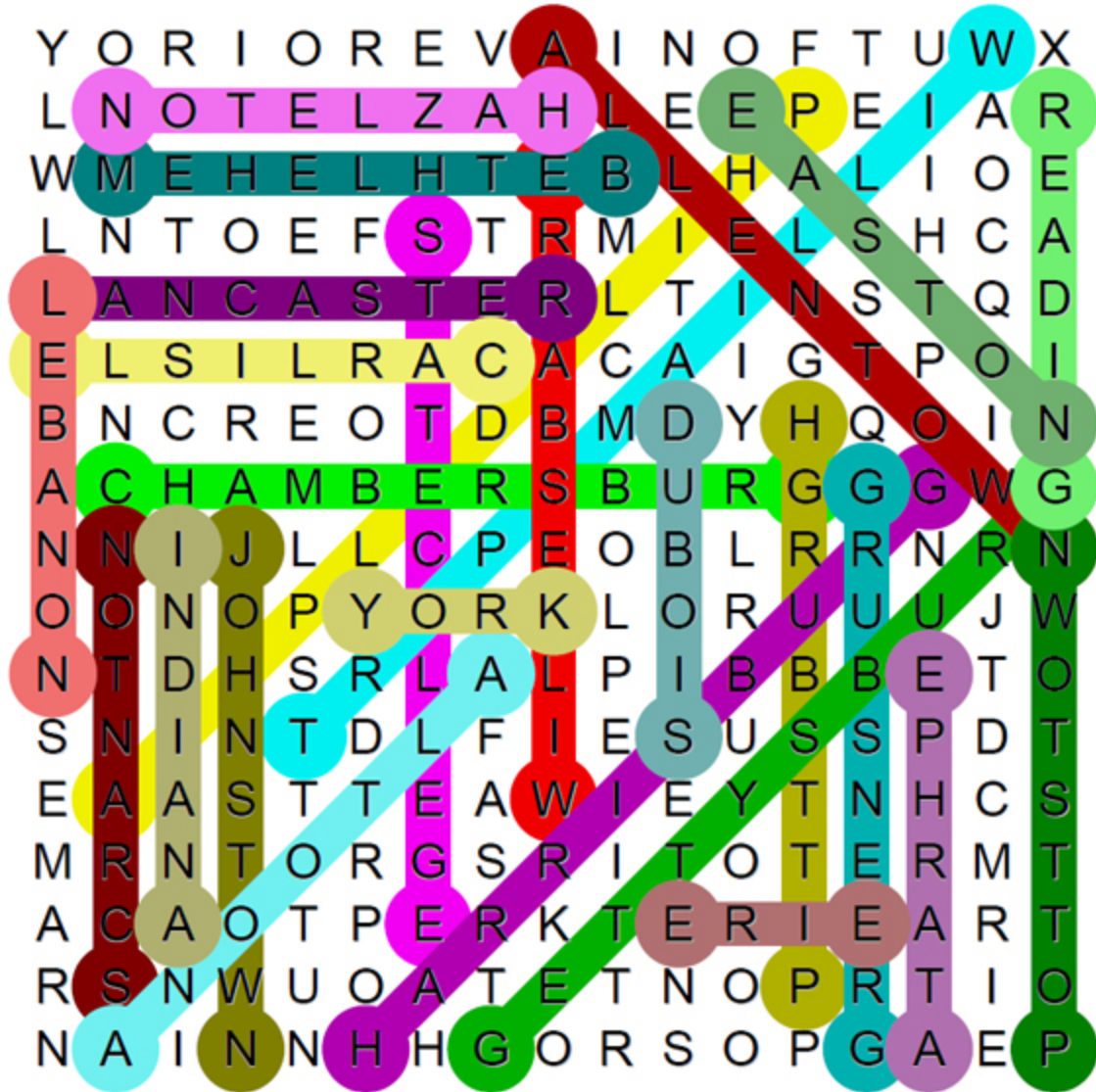
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## **HELP WANTED!**

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](mailto:thepulse@trinityaltoona.com). Please include your phone number in case we have any questions. Thanks!

WORD SEARCH SOLUTION



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