



Wednesday March 4 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](#))

## THINK SPRING!



Daylight Savings Time returns this weekend as we turn our clocks FORWARD one hour this Sunday at 2AM.

Although many electronic devices like smartphones and computers will automatically reset, it's still a good idea to check everything. The list includes wall clocks, alarm clocks, watches, microwaves, coffee makers, DVRs, your car/truck/SUV etc. It's also a good time to change your smoke detector and carbon monoxide monitor batteries.

Daylight Savings ends Sunday November 1.



Trinity Altoona invites you to worship with us **today and every Wednesday throughout Lent** as Pastor Eli teaches us about "The Villains of the Crucifixion." Please join us at 12 Noon or 6:30PM. You can find our complete Lenten & Easter schedule at [TrinityAltoona.com](http://TrinityAltoona.com).

The Triniteens youth group is hard at work raising money for their trip to the **2021 ELCA Youth Gathering in Minneapolis**. Here's what they're doing:

- Selling **Odor Eliminator Candles** on the table outside the cry room. Cost is \$10 per candle
- Making and selling **Chocolate Peanut Clusters**. One pound bags will be available on the table outside the cry room, starting Sunday March 29. Cost is \$5 per bag
- Hosting a **Spaghetti Dinner** (eat-in or take-out) on Palm Sunday (April 5) from Noon-2PM in Trinity Hall. Dinner includes spaghetti, meatballs, salad and roll. Cost is \$5 at the door

The Triniteens is open to any youth in middle school (6th grade) through high school (12th grade). Their next monthly meeting is this Sunday March 8 from 5-6:30PM in Trinity Hall.

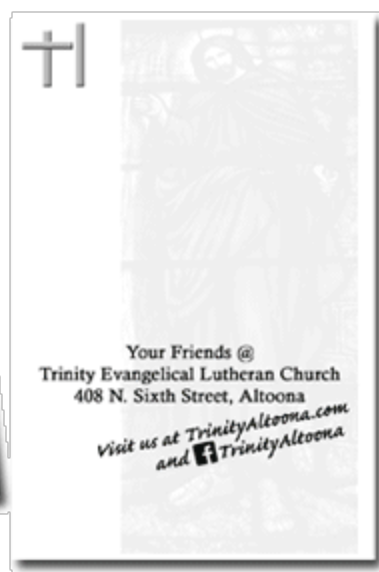
The Healthy You group will be hosting another **educational program on caregiving and stress management**. Sandy Ebersole will lead the presentation and discussion, Friday March 20 at 10AM in Trinity Hall.

**Trinity's Family Choir** will be holding their next practice Sunday March 22 at

11:45AM. They will perform the following Sunday, March 29, during the 10:45AM service.

Easter is coming Sunday April 12 and we're now **accepting orders for Easter flowers**. Choose from Hyacinths, Lilies, Mums or Tulips. The cost is \$10 per flower and order envelopes are available at the back of the church. Please indicate which type of flower(s) you want and if you will be picking up your flower(s). Order deadline is Sunday March 29. Questions? Call Patty Bennett at 944-4823.

Freedom Excursions will be going to Sight & Sound Theater in Strasburg PA for the **Wednesday May 20 3PM performance of Queen Esther**. Cost is \$145 which includes transportation, ticket, dinner and gratuity. Call Freedom at 941-3430 to reserve your seat...make sure you mention you are with the Trinity Altoona group. Deadline is Tuesday March 31. Questions? Call Lois Gutshall at 942-7334.



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 big and small glue sticks, hand sanitizer, juice boxes, paper lunch bags, postage stamps, Scotch tape and tissues. 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: AN APPLE A DAY**



*Sunday School students Vinny, Holden and Annalisa learned about Adam and Eve and the first sin. They made an apple tree in the Garden of Eden and had apples for a snack. Photo courtesy Angela Counterman*

**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!



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