



Wednesday 2 March 2022 | 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](#))



Watch Pastor Eli's announcements, reading of the gospel and inspiring sermon,
recorded Sunday February 27 2022 at Trinity Altoona

COME WORSHIP WITH US THIS WEEKEND

As of September 2021, Trinity Altoona is once again recommending all attendees wear masks regardless of vaccination status.

We also encourage the congregation to spread out and socially distance during worship services. The offering plate remains on the table at the rear of the sanctuary, there is no

passing of the peace and the continuous communion format will stay in place for the time being.

As a service to those unable to worship in person, we continue to record our 8:15AM Sunday announcements, gospel and sermon for broadcast later in the day on Facebook, YouTube and TrinityAltoona.com.

Please support your church by mail, dropbox or online at TrinityAltoona.com/Give.



Your church needs you in '22! **Consider serving as a lector, usher or Altar Guild member.** We will train you for the position of your choice. **We're also looking for volunteers to join our various church committees,** including Christian Education, Evangelism & Fellowship, Finance, Personnel, Property, Social Ministry, Stewardship and Worship & Music. It's a great opportunity to serve your church AND your community. If you're willing to help, please reach out to Pastor Eli or call the church office at 814-943-3972.



Lent starts today and Trinity Altoona is holding our **traditional Ash Wednesday worship services at 12 Noon and 6:30PM**. [Click here](#) for our complete Lenten and Holy Week schedules.

Trinity's Youth Troop **will be holding their monthly meeting this Friday evening at 6PM in Trinity Hall**. The group provides a variety of activities and crafts and is open to all elementary age kids.

Trinity's Family Choir is back and you're invited to join the chorus! Practice will be held on Sunday March 13 at 11:45AM and the choir performs the following Sunday March 20 during the 10:45AM worship service. If you'd like to take part, please contact Cindy Finnegan.

Dealing with chronic pain? Recovering from knee replacement surgery? As we age, it's more important than ever to explore the benefits of physical therapy. Please join Guest Speaker LaNika Cushon of Phoenix Physical Therapy **for a special presentation and discussion about PT, Friday March 18 at 10AM in Trinity Hall** (this event was originally scheduled for last week). Light refreshments will be provided, please RSVP by calling the church office at 814-943-3972.

Did you know Trinity Altoona has a **YouTube Channel**? Now you can watch our archived worship services and sermons anytime, on your computers, smartphones, tablets and smart TVs. [Subscribe to Trinity's YouTube channel today :\)](#)

Our regular weekly activities include the Sewing Group (Mondays 10AM-2PM), Adult Bible Study (we're studying the Book of Tobit), the Healthy You Program (Tuesdays and Fridays 10-11AM), the Prayer Breakfast group (Thursdays 9-10AM) and Sunday School (9:30AM).

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

HELP WANTED!

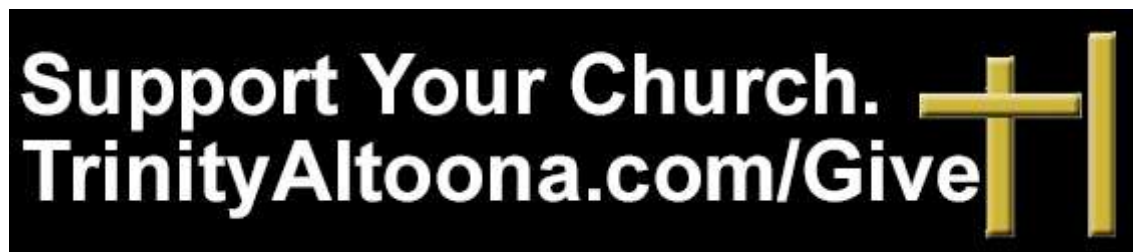
We continue to strive to make **The Pulse** bigger and better than ever before...but we can't do it without you!

Email your articles and photos (including who, what and where info for each photo) to thepulse@trinityaltoona.com. Be sure to include your phone number in case we have any questions. Thanks!



TRINITY'S TOP 20 COUNTDOWN

Counting down the 20 favorite hymns chosen by the congregation of Trinity Altoona. Our survey is moving on up with **#15 Stand Up Stand Up for Jesus**, as performed by students of the Fountainview Academy. They are a Christian high school located in southern British Columbia, Canada.





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