



Wednesday 9 March 2022 | [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](#))



Watch Pastor Eli's announcements, reading of the gospel and inspiring sermon, recorded Sunday March 6 2022 at Trinity Altoona

### **COME WORSHIP WITH US THIS WEEKEND**

Trinity Altoona recommends 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](https://TrinityAltoona.com).

Please support your church by mail, dropbox or online at [TrinityAltoona.com/Give](https://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 continues and Trinity Altoona is holding our **traditional Wednesday worship services at 12 Noon and 6:30PM**. [Click here](#) for our complete Lenten and Holy Week schedules.

**Trinity's Family Choir is back and you're invited to join the chorus!** Practice will be held this 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.

The Social Ministry Committee **continues to gather toiletries, socks and underwear** that will be delivered to Family Services of Blair County next week. These donations will be distributed to shelters in the area serving women, men and children who are escaping abusive situations. Thank you for your support!



**It's time to order your Easter flowers.** Choose from Hyacinths, Lilies, Mums and Tulips, priced at \$10 each. Order envelopes are available in the rear of the church...please indicate your choice of flower(s) and if you plan to take them home. You can also place your order by calling Cindy in the church office at 814-943-3972. Deadline is Sunday March 20.

Get ready to spring forward! **Daylight Savings Time begins this Sunday at 2AM.** Don't forget to set all your clocks forward one hour before bed Saturday night so we'll see you in church on time Sunday morning!



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](mailto: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 journey to the top continues with **#14 Silent Night**, as performed by The Winchester Cathedral Choir in Winchester, Hampshire, England.

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