



Wednesday 16 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](#))



From the archives: watch Pastor Eli's announcements, reading of the gospel and inspiring sermon, recorded Sunday March 14 2021 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.

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

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 this Sunday March 20.

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, this Friday March 18 at 10AM in Trinity Hall.** Light refreshments will be provided, please RSVP by calling the church office at 814-943-3972.

Trinity's hand chimes are back for Easter Sunday April 17! There will be two groups, one that will perform at the 8:15AM service and the other at the 10:45AM service. Rehearsals for the 8:15AM group will begin Sunday March 27 at 6PM, while the 10:45AM group will practice immediately after the 10:45AM service that day. Both hand chime groups are open to all ages. For more info, please call John Ebersole at 814-946-8612.

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 :)

PULSE PIC OF THE WEEK: TREE O' GREEN



Trinity's tree for all seasons, ready for tomorrow: St. Patrick's Day

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 countdown moves on with **#13 This Is My Father's World**, as performed by the sanctuary choir of First United Methodist Church, Houston TX..





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