



Wednesday 21 December 2022 Edition

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Submission Deadline: Sundays 12:00 Noon

Worship With Us: Saturdays 6:30PM, Sundays 8:15AM & 10:45AM

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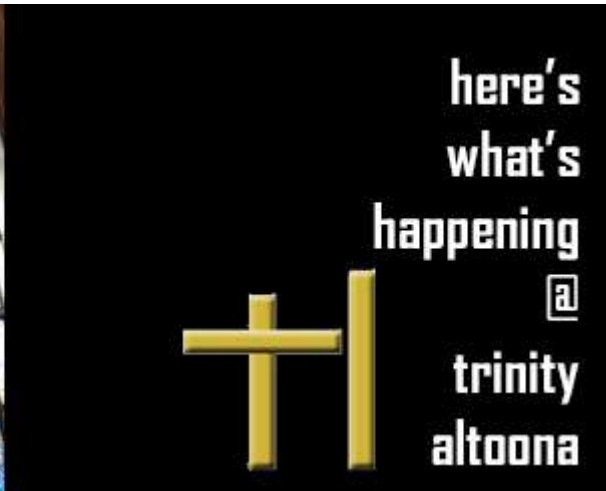


Now you can get your recommended daily allowance of Pastor Eli seven days a week! Join her in church Saturdays and Sundays and catch her online Monday thru Friday. Introducing "Out to Pastor," an uplifting new series available now on YouTube. [Visit our YouTube channel to subscribe!](#)

WELCOME WINTER!



Although we "enjoyed" some early wintry weather in November and again this past week, Winter officially begins today. Take comfort in knowing today is the shortest daylight day of the year and we'll see more daylight each day moving forward. Remember, Spring is only three months away!



Christmas is just 4 days away and we invite you to share the joy of the season with us this weekend! **Trinity Altoona will be holding 3 candlelight services on Christmas Eve Saturday (5 PM, 7PM and 10 PM) and our traditional pajama-friendly service at 9AM Christmas Day Sunday.** Come share the joy of Christmas at Trinity!



Your church needs you! **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.

Did you know Trinity Altoona has a **YouTube Channel**? Now you can watch our daily **Out to Pastor** series (plus 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 (Tuesdays 9-10AM, we're studying the Book of Psalms), 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: THE GIFT OF MUSIC



Cindy Finnegan poses with the Three J's, her advanced piano students who performed at our Sunderman Memorial Concert earlier this month. Pictured L-R: Josh Warmath, Cindy, JJ Steinbugl and Jack Kuhns. Photo courtesy Cindy Finnegan.

HELP WANTED!

We are always working to make **The Pulse** bigger and better than ever, but we can't do it without your help.

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!



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