



Wednesday 1 February 2023 Edition

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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](#))



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!](#)

COME WORSHIP AT TRINITY THIS WEEKEND

We invite you to join us at one of our three convenient worship services this weekend: Saturday at 6:30PM, Sunday at 8:15 AM or Sunday at 10:45AM.

Please note the offering plate is on the table at the rear of the sanctuary, there is no passing of the peace and the continuous communion format remains in place.

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



Welcome to February! **Ash Wednesday is just three weeks from today, marking the beginning of the Lenten season and Trinity's traditional expanded worship schedule.** Watch for our complete 2023 Lenten schedule in next week's edition of *The Pulse*.

Your church needs thee in 2023! **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), the Healthy You Program (Tuesdays and Fridays 10-11AM), the Prayer Breakfast group (Thursdays 9-10AM) and Sunday School (9:30AM).

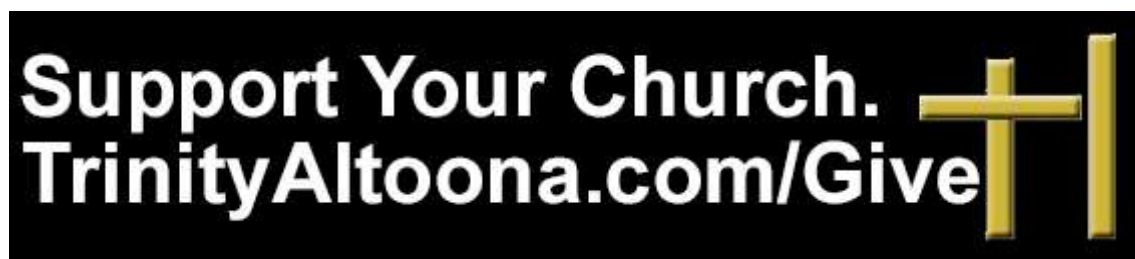
Winter, Spring, Summer and Fall. Faith, fun and fellowship are always in season at Trinity Altoona :)

HELP WANTED!

We are working to make **The Pulse** bigger and stronger than ever in 2023, 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.

We'd also like to start sharing news from our Trinity family, such as births, birthdays, graduations, engagements, weddings, anniversaries, job changes, pets, promotions, retirements, travels etc. *The Pulse* is Trinity and you are the pulse!



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