



Wednesday 22 March 2023 Edition

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Editor: Tom Settle thepulse@TrinityAltoona.com

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 short-form 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.



There's still time to order your Easter flowers! Choose from Hyacinths, Lilies 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 Friday March 31.

Speaking Of Easter, everyone is invited to join us for Trinity Altoona's Easter Breakfast, our first since 2019. We'll be serving up a delicious menu including Cheesy Potato Casserole, Denver Veggie Omelet Bake, French Toast Casserole, Ham, Sausage Gravy, Scrambled Eggs and Toast. We'll also have Assorted Pastries and Fresh Fruit, along with your choice of beverages (Coffee, Tea, Milk and Chocolate Milk). We are so excited to bring back our traditional Easter Breakfast and hope you will come share in the fellowship. A free will offering will be accepted after the breakfast. **Please join us Sunday April 9 at 8AM in Trinity Hall**, immediately following our Sunrise Worship Service.

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.



Lent is underway and Trinity Altoona is providing our traditional expanded services during this most solemn season:

Lenten Schedule

This Year's Theme: "Daily Readings and Meditation"

- Today March 22: 12 Noon and 6:30PM
- Wednesday March 29: 12 Noon and 6:30PM

Holy Week Schedule

- Palm Sunday April 2: 8:15AM and 10:45AM
- Wednesday April 5: 12 Noon and 6:30PM
- Maundy Thursday April 6: 12 Noon and 6:30PM
- Good Friday April 7: 12 Noon and 6:30PM
- Holy Saturday April 8: 6:30PM

Easter Schedule (Sunday April 9)

- 6:30AM Easter Sunrise Worship Service
- 8:00AM Easter Breakfast
- 10:45AM Easter Worship Service

We invite you to worship with us during these special Lenten services and our regular weekly services: 6:30PM Saturdays, 8:15AM Sundays and 10:45AM Sundays.

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).

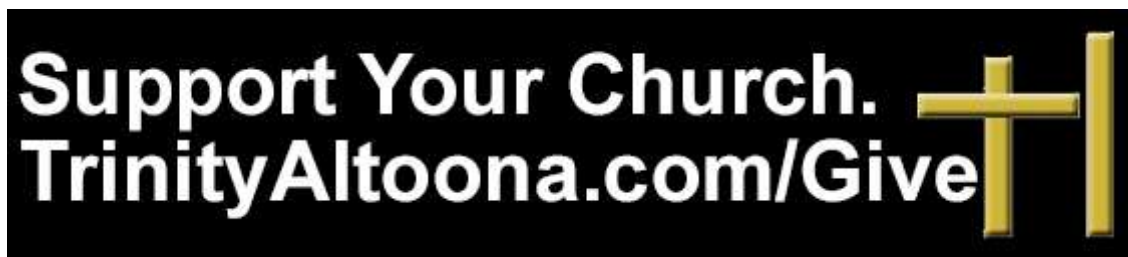
Winter, Spring, Summer and Fall. Faith, fun and fellowship are always in season at Trinity Altoona :)

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 good 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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Altoona, PA 16601

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