



Wednesday 19 July 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](#))



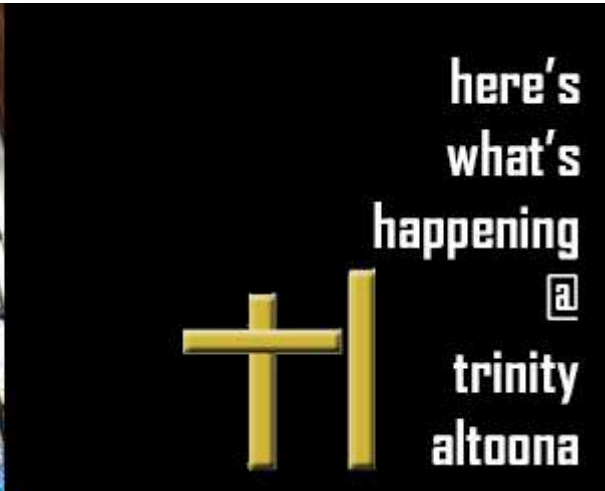
Our daily YouTube series "Out to Pastor" is currently on summer vacation. Catch up on all 120 archived episodes anytime and stay tuned for new episodes coming soon. [Visit our YouTube channel to subscribe!](#)

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 8:15AM 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.



Vacation Bible School is less than two weeks away, running Sunday July 30 to Thursday August 3 from 6 to 8PM each evening. This year's theme is "Hero Hotline"



and we invite children from pre-K through 6th grade to answer the call to serve God together. Join Mike the Meerkat (pictured) as young heroes learn to strive for the things that bring peace and the things that build each other up as we're taught in Romans 14:19. There will be special theme days for the children: **Superhero Monday** (dress as your favorite superhero), **Crazy Socks Tuesday** (wear your favorite crazy socks) and **Wacky Hair Wednesday** (come sporting your wackiest hairdo). There will be music, science, crafts, recreation and (of course) snacks! For more info, please contact Geri Selfridge at 814-937-3582 or geri@kerrpromotions.com.

Trinity Altoona's annual Church Picnic is coming soon! **We'll be getting together Sunday August 27 at Legion Park in Hollidaysburg.** Donations of soda, water and tea can be brought to Trinity Hall up

until August 26. Please mark your donation "for picnic." Thank you!

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 (returns in September), the Healthy You Program (Tuesdays and Fridays 10-11AM), the Prayer Breakfast group (Thursdays 9-10AM) and Sunday School (returns in September).

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

HELP WANTED!

We are working to make **The Pulse** bigger and better 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 share 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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