



**Wednesday 1 November 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 back!  
Catch up on all 150+ archived episodes anytime and watch new episodes every  
Monday-Friday. [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](http://TrinityAltoona.com/Give).



Welcome to November! The Stewardship Committee has **designated the November Thank Offering** be directed to **St. Andrew Pre-School** at Trinity Altoona. Please give what you can to support this outreach of Trinity to the community. Thanks for giving!



A quick reminder: **Daylight Savings Time ends this Sunday at 2AM**. Remember to set all your clocks back one hour before bed Saturday night.

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, we're studying The Book of Isaiah), the Healthy You Program (Tuesdays and Fridays 10-11AM), the Prayer Breakfast group (Thursdays 9-10AM) and Sunday School (9:30AM).

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

**PULSE PIC OF THE WEEK: GOLDEN GIRLS**





*The Healthy You group recently honored three members who turned 80 this year: Norma Stenger, Sandy Hofmann and Claire Goon. Photo courtesy Sharon Kutz.*

## **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](mailto: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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