



Wednesday 15 July 2026 Edition

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Editor: Tom Settle thepulse@TrinityAltoona.com

Submission Deadline: Sundays 6:00PM

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

Can't Make It To Church? [Please Give Online](#) (Endorsed by the [ELCA](#))

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



Trinity's Vacation Bible School is just a few weeks away, coming Sunday August 2 through Thursday August 6. This year's theme is *Snowball Mountain Challenge*, based on Philippians 4:13: "I can do all things through Him who strengthens me." There will be music, arts and crafts, games, snacks and much more. Volunteers are always needed so if you'd like to help, please get in touch with Pastor Eli.

Speaking of VBS, we've put together a wish list for snacks:

Small Plates(100)_____

Cups 8 oz (100)_____

Napkins (100)_____

Plastic spoons (100)_____

Lemonade mix (two large containers)_____

Kool Aid mix (two large containers)_____

Chocolate pudding (enough for 30)_____

Vanilla pudding (enough for 30)_____

Oreos (two family size bags)_____

Gummi worms (one large bag)_____

Item Name

Strawberries (one large box)_____

Melon (one)_____

Grapes (one bunch)_____

Blueberries (one large box)_____

Goldfish (one large box)_____

Pretzel sticks (one bag)_____

M&M's (one large bag)_____

Cheerios (one large)box_____

Raisins (one large box)_____

Chocolate chips (one large bag)_____

Mini marshmallows (one large bag)_____

Large marshmallows (two bags)_____

Mini Powdered donuts (two bags)_____

Our annual Church Picnic returns Sunday August 23 at Legion Park in Hollidaysburg. Stay tuned for more details.

Did you know Trinity Altoona has a **YouTube Channel**? You can watch our archived short-form series **Out to Pastor** (plus classic 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 10:30-11AM, Fridays 10-11AM), the Prayer Breakfast group (returns in September) 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, 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!



Our mailing address is:

Trinity Evangelical Lutheran Church
408 N. 6th Street
Altoona, PA 16601

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