



The Trinity Trumpet

A Monthly Newsletter Published by
Trinity Lutheran Church, Pittsburg, OH
March, 2020



Prayer Concerns— Current and ongoing

- Chet & Sharon Wirrig—Health
- Mike Hangen—Health
- Patty Sackett—Health
- Jr Koos—Health
- Jody Burns—Cancer
- Mindy Brandon—Awaiting kidney transplant
- John & Karen Davis & family
- Ronda Hanes—Health
- Maxine Didier—Healing
- Kerry Young—Coma & for wife, Julia
- JR Alltop
- Holly McEldowney—Cancer
- Sarah Wolfe—In Hospice, kidney failure
- Kenny Hesler—Stroke
- Frank Trimble—Illness
- Greg Perry—Heart problems
- Ev Kaiser—Heart problems
- Kenny Johnson—Heart and health issues
- Jacob Riffle—Heart issues
- Connie Rowland—Cancer
- Aubree Myers—Lupus and MS
- Marvin Brumbaugh—Cancer
- Amanda Spahr—Brain issues
- Joe Spahr—Heart issues
- Reese Addington—10 year old with auto-immune disease
- John Young—Cancer
- Mary Philpot—Cancer
- Aiden Snyder—Leukemia returned
- Miranda Nolley (Katherine's granddaughter)—Deployed to Kuwait
- Crystal Proffitt—Health
- Ray Chester
- Zane Rhodehamel—Leukemia
- Kelly VanDeGrift—Cancer
- Dennis Riffle
- Jason Couvutsakis—Medical issues
- Tony Matamoras—Health
- Barry Ulrich—Vision
- Michelle Lawrence—Baby
- David Netzley—Health

- Bill Mahaffey—Chemo treatments
- Bob & Rochelle Sadowski—House fire
- Bobby Jagelski—Cancer
- Auzzy Monroe—Diagnostic tests
- Janice Rosenberger—Stroke
- All families suffering with addiction
- Tommy Scarlis—Brain tumor
- Jason- Brain tumor
- Dawn Oswalt—Cancer
- Stephen Angles—Tourettes
- Dave Sroufe—Back surgery
- Brian Henderson
- Jaimie Campbell
- Shirley Hensel
- Mary Ann Shellhaus—recovering from a stroke
- Helena Proffitt
- Jack Myers—Heart issues
- Jeannie Myers—Health
- Pat Ferguson—Spinal surgery
- Bob Harter
- Lowell Unger
- Ruth Baker
- Jeanne Cassel—Alzheimers
- Kevin Henninger—Cancer
- Susie Weisenbarger—Cancer
- Pat Netzley—Asthma, cold
- Ruth Baker
- Julie Erk—Health
- Jim Neitzelt—Heart issues
- Jack Rademacher—Hospitalized with sepsis/dialysis
- Carolyn Fourman—Heart issues
- Crew Baker—RSV
- Lois Baughman—Health
- Nancy Longo—Heart surgery
- Sierra Stryker—Sight & head trauma
- Sandra Williams—Eyes
- Sandy Booher
- Bob Tiborn
- Cindy Lou—Knee surgery
- Peace in the Middle East
- Portia Boord & Family
- Linda Baker—Knee replacement
- Marilyn Fenstermaker—Cancer recurrence
- Eli Brown—Leg infection
- Mrs. Henninger—Fertility
- Eric Snyder—Return of brain tumor
- Australian Fires
- Ukranian Plane Crash
- Puerto Rico Earthquake
- Troy Tornado Victims
- Jerry Higgins—Cancer
- Robert Strunkenburg Family
- Janet Gilliland—Cancer
- Quana Tate—Complications from a stroke
- Eli Brown—Leg infection
- Pat Fleury—Hospice Care
- Charlotte Payne's Daughter—Stroke & paralysis
- Mark Baker—Liver transplant
- Irma Arling—Small stroke
- Gary Hill—Lung cancer beaten
- Victims of the coronavirus
- Shirley Rhoades—Knee surgery
- David Green—Peace
- Pastor Jim Castello & family
- Any suffering from traumatic brain injury
- Relief from locusts in East Africa

*Our sympathy
to the families of*

**Vivian Bausman
Tom Whitt
Ernest Kuhn
Kobe Bryant & other
helicopter crash victims
J. D. Johnson
Ed Obringer
Marilyn Barga**

Prayer requests may be
emailed at anytime to
trinityprayers@woh.rr.com
and upon receipt your request
will be shared so that many
will be praying immediately.

President's Perspective 2020



As we were entering Trinity last Sunday, I received this message from our son, Matt, and it struck me that it was surely referring to Pastor Jim Castello. But as I think more about it, it seems more like a message from him. We should all continue to seek to be instruments of God's Peace in the world every day. That's truly the best testimonial of what we learned from Pastor Jim and continue to learn from Pastor Mel. Let us all continue to be Good and Faithful Servants.

One way to do that might be to reach out to members who haven't been at services lately and let them know that we miss them. If there is a newsletter left for someone you know you will or can see in the coming week, take it with you and give it to them. Personal contact is so meaningful. I am thankful all of you and for the many ways you are God's servants.

Bev Erdmann

SPRING FORWARD

Daylight Savings Time
2:00 am
Sunday, March 8th.



DON'T FORGET!! Starting in February, the meeting dates for Christian Education, Finance, and Council have changed.

Each month —

- Christian Education meets on the second Wednesday
- Finance & Council meets on the third Wednesday

Ladies LUNCHEON

March 11 — 11:30 am

Tangies

(In Sutton's Grocery Store)
Arcanum OH

Please contact Linda Baker at
937-547-0975 if you plan to attend.

WELCA PROJECT JANUARY thru MARCH

Personal Care Kits

- 1 Adult Tooth Brush
- 2 Bath Size Bars of Soap
- 1 Wide Tooth Comb
- 1 Bath Towel (Dark in color & no larger than 52X27)
- 1 Nail Clippers (w/ optional nail file)



PRAYERS & SQUARES QUILTING

March 13 & 30

9:00 am

**DEADLINE FOR THE APRIL
ISSUE OF THE TRINITY TRUMPET
IS MARCH 24th.**

WELCA News for March

Our January 8 meeting was started with a devotion about the new year followed by a Marilyn Meberg Women of Faith video. The shows we watch every month are great for all women. Enjoyed by all was food made by Bev Erdmann. A brief business meeting was held. Future discussion about a possible spaghetti dinner and the Mother/daughter/friend banquet will be held next month.



Our meetings are pretty flexible with a devotion, a short lesson, food, and a business meeting. Women of all ages are welcome to join for some wonderful fellowship. Learn about the many ways WELCA impacts Trinity and can improve your spiritual life, too.

***Women, March 5 come prepared with ideas for an Italian theme for the Mother/Daughter/Friend Banquet in May. We are very lucky to have Noah Back booked for entertainment as his schedule is very full. Please pass the word.

***Please note that our next meeting is on Thursday, March 5 due to the Lenten season. The March hostesses are Pam Oswalt and Pat Netzley.

Women get involved with a great group!!! See you March 5!

Marge Warner - WELCA President 937-623-2544

2019-2020 WELCA OFFICERS

Pres. - Marge Warner	Vice President—Katherine Jump
Secretary - PJ Musser	Treasurer—Portia Boord
Wernle Rep. - Judy Ulrich	Quilting - Judy Ulrich and Linda Baker
Dinner Chair - Katherine Jump	Christmas Party Committee - Portia Boord and Linda Baker
Sunshine Cards - Julie Kossler	Luncheon Chair - Linda Baker
Giving Tree - Pat Netzley and Pam Oswalt	Mother-Daughter-Friend Committee - Vacant
Devotions—Marge Warner	

CHRISTIAN EDUCATION

...News for Pre-K through 6th Grade



Our group is excited to be using new curriculum for Sunday School. An excellent variety of stories, games, songs, and crafts will teach the kiddos many important Bible points about Jesus. The kids will actively be participating. However, teacher help is needed on Sundays. This curriculum is easy to follow for the teacher and child. Please get involved with our children a couple of times a year. See the sign up sheet in the entry. I'm willing to help anyone interested.

Coming in April - On Palm Sunday the kids will be singing at the front of the church a song called Palm Trees to Easter Garden. On Easter Sunday the kids will be singing at the front of the church a song called The Race. I have sent a copy of both songs home for the kiddos to practice. Your help would be appreciated! The songs are sung to familiar nursery rhyme tunes.

Our team meets the second Wednesday of the month and would love to have a few more of you to step up and help!

Thanks, Marge Warner 937-623-2544

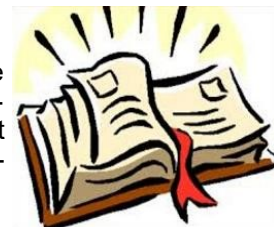
The Team - Pam Oswalt, Linda Baker, Stephanie Kemp, Michelle Groff, Bev Erdmann, and Pastor Mel

Word from Our Pastor

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ² Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God-- what is good and acceptable and perfect. (Rom. 12:1-2)

My Dear Congregation,

Every Christian knows, the importance of a vibrant devotional life. Unfortunately, more than we like to admit, we're overcome by life. Between work, family obligations, meetings, children's activities, and so much more, our days are jam packed from sunrise to sunset. What's it all for if we aren't meeting daily with our Lord? What meaning does it all have if we aren't regularly encountering the one who made it all possible in the first place?



A good devotional life is one that pursues Jesus Christ on a regular basis, if not a daily basis. If we intend to pursue Christ, then we will pursue an active devotional life. This side of heaven we live by faith and not by sight (2 Corinthians 5:7). This faith comes by faithful hearing of the Word of God. Our devotional life is of vital importance for the sustenance of our faith. We feed on Christ by feeding upon His Word. This should be the aim of our devotions: pursuing Christ through His Word, in prayer, in song, in meditation, and various other biblical means. So, according to Philippians 3, what does this pursuit of Christ entail? All people are gifted so that they might be a blessing to the world.

Once we decide to follow Jesus, then Jesus himself is our chief desire! Our flesh can make an idol of any and everything. WE might place a high value on our family, but if they interfere with your worship and devotional life, then they have become your idol. Literally, anything that comes between you and Jesus Christ is your idol.

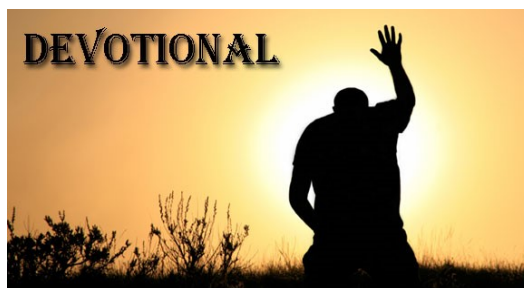
Your devotional life is of great importance to your spiritual health. Worship and daily devotions are not important because they are ends in themselves, but because they are the chief means to the pursuit of Christ and his glory. Christ is the object of our devotions, but He is also the source of our devotion. It may seem obvious to point out, but *the greatness of knowing Christ comes from great knowledge of Christ!* We often speak only of Christ as the one who has done so much for us. The extraordinary truth of the gospel is *not* that somehow Christ is great *because* he has done so much for us. Rather, the gospel is remarkable because Christ, who is in himself so great, has taken pity upon sinners like us—that Christ, who is all in all, has been humiliated to death on a cross for those who were condemned rebels. Christ, the radiance of the Father's glory, the splendid display of divine perfection, is worthy of our adoration and our devotion for who He is and not just because of what he has done or can do for us.

Our churches' great need is for people who know Jesus, people who are devoted to pursuing Christ. Paul's message to the Philippian Church is the same today. In our pursuit of Christ through our Worship and Daily Devotions our minds are transformed and we do become living sacrifices to our God. My commitment to Jesus and to myself for this year of 2020 is to make my devotional life much more intentional and to never forget that in devoting myself I'm always pursuing Jesus Christ my savior and my Lord.

May we who profess to be Christians rediscover the grace and inspiration of daily devotions and in so doing, may we discover we have a deepening personal relationship with our Savior. How have you pursued Christ through your devotional life?

Amen.

In His Grace,
Pastor Mel





February Meeting Summary

- A quorum of Council Members was present allowing important business to take place. Thanks to all who attended.
- We were able to study the first seven pages of the Constitution and will continue with the next section at the March meeting.
- We discussed ways we might be able to help the family of Pastor Jim & Carol Castello.



to all of you for your thoughts prayers, cards, visits and food during my recovery from knee replacement. Your love and support is greatly appreciated.

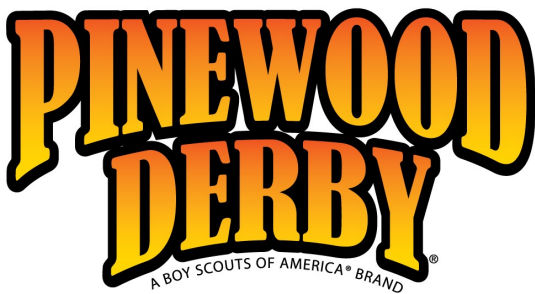
Linda Baker



Dartball News

Well, the season is over. It was not as successful as we would have liked to have had as far as wins and losses but in the area of having a lot of fun and fellowship, the season was full of success. Men, if you enjoy laughing at a bunch of men and having a bunch of men laugh at you and having a great evening's entertainment, you should consider joining us next year for a season of DARTBALL.

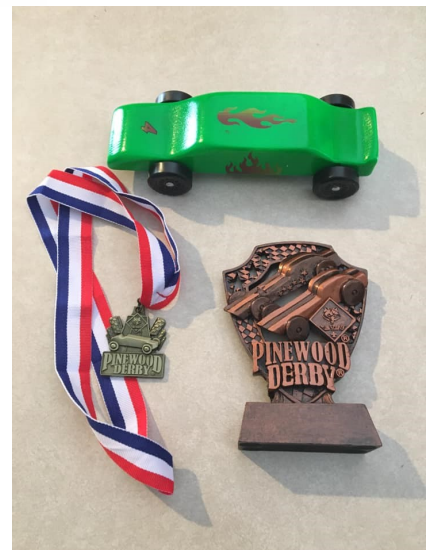
Dean



Noah Harleman, son of Brad & Miranda Harleman, recently competed in the Pinewood Derby where he placed 1st in his den and 3rd place overall.



Noah!





Here's what's planned for Wernle Youth & Family Services

We will again be celebrating spring and Easter 2020 with the "40 days of Lent" fundraiser. The Giving Tree will have special ornaments decorated for Easter and will also suggest many different ways for Trinity's members to support Wernle residents. Have you decided what you will be giving up during Lent?

This project will allow everyone to give up, *sacrifice*, "something they love" and to give "love" to a Wernle youth. Help them have a meaningful Easter!

The list of birthdays for March has been updated. Fourteen new residents have come to Wernle for help and fourteen youth have achieved success and have moved back into society. We wish them the very best and we should keep them in your prayers.

The following are: Scarlett B., Madisen M., Aiden M.

Also, there are large pre-labeled envelopes to mail your cards to the boys and girls at Wernle. There is a correction in the **zip code** — **47374** **Not 47375**. If you have older envelopes, please change the zip code.

If you have selected one of the youth to "shower" with a year of cards, please check with me (937-417-5590) by a call or text and I will tell you if they are still in residence. Also there is a current list of residents on the table in the main entrance. If you don't find yours on the list, please sign up for a replacement. Thanks!!!!

Thank you for your continuing support of the Wernle Youth and their families.

Judy Ulrich, Wernle Rep.

This year, we will publicize the birthdays of the Wernle residents for each month and you are invited to send a birthday card to one or more to help them celebrate their special day. However, there are some instructions to follow:

Sign your first name only and Trinity Lutheran Church if you want. Place your card in the envelope unsealed, and write the recipient's name on the outside. Place this envelope in another envelope and address it to:

Attn: Resident's Greeting Card Inside!
Wernle Youth and Family Treatment Center
2000 Wernle Rd., P O Box 1386
Richmond IN 47374-1386

Use the church's return address:
Trinity Evangelical Lutheran Church
8520 Oakes Rd.
Arcanum OH 45304

If you would like to include a gift card (\$15-\$25) for food or shopping, place it in the outer envelope. Staff will need to monitor it and make plans for them to use it.



Birthdays during March:

Tyler G.	3/1/04	Ja Waun M.	3/10/03
Amy D.	3/4/05	Camren B.	3/12/04
Logan P	3/10/06		

Myths And Realities Of Coconut Oil

If we could believe everything we read on the internet, we'd embrace coconut oil as a wonder food that can conquer belly fat, curb your appetite, prevent heart disease, make your immune system strong, and protect your brain from dementia and Alzheimer's disease. In reality, the Alzheimer's Association states that there is no credible evidence that coconut oil helps with the effects of Alzheimer's disease.

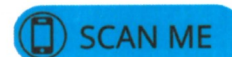
Those who tout coconut oil's heart-healthy properties are in direct opposition to health experts. The American Heart Association (AHA) has issued a strong advisory to limit consumption of coconut oil and other foods high in saturated fat.

Cardiologist Mukul Chandra, MD, Director of Preventive Cardiology at Miami Valley Hospital, comments, "What we know for sure is that cholesterol and heart disease have a strong association, and cholesterol has a connection to diet."

He further adds, "Saturated fats are bad for the heart." They raise your LDL (low-density lipoprotein cholesterol levels). As a result, they increase your risk of developing heart disease. Coconut oil is about 80 to 90 percent saturated fat. By comparison, butter is 63 percent saturated fat, beef fat is 50 percent, and pork lard is 39 percent. Olive oil and canola oil have less than 15 percent saturated fat.

And those who tout coconut oil's heart-healthy properties are in direct opposition to health experts.

One tablespoon of coconut oil contains about 120 calories and 14 grams of fat – that's around the daily limit of fat grams recommended for people who have or are at risk for heart disease. Although studies have shown that people from India, the Philippines and Polynesia, who include coconut in their diets, have low rates of heart disease, other aspects of their diets and lifestyles are more likely to contribute to their heart health. Plus, the coconut they eat is not processed as it is in most U.S. coconut oil products.



(over)

Focusing On the Positive

As an alternative to saturated fats, Dr. Chandra advises, “There are very good dietary fats — mono- and polyunsaturated fats.” Monounsaturated fats include olive and avocado oils, and polyunsaturated fats include canola, peanut, corn oil, and soybean oils.

If you need further motivation to choose these healthier fats, Dr. Chandra says, “Switching from saturated fats to mono- and polyunsaturated fats in your diet can lower LDL cholesterol and the risk of heart disease by as much as 30 percent. That’s the same benefit of taking statins” — a type of medicine commonly prescribed to lower cholesterol and risk of blocked arteries and heart attacks.

“Trading bad fat for bad carbs doesn’t reduce cardiovascular disease,” Dr. Chandra cautions. “You wouldn’t tell people, ‘Hey, reduce your saturated fat and replace it with sugary soft drinks or donuts and refined carbohydrates like white bread and pasta.’ You’d tell them to replace it with unsaturated oils, whole wheat bread, grains, vegetables, nuts, or beans.”

As for coconut oil, it has other beneficial uses. It’s an effective moisturizer for your skin and hair. You can apply it directly to skin and scalp. It also can be useful as a natural treatment for head lice and is a primary ingredient in the non-toxic shampoo for lice treatment called Paramide Plus Coconut Oil Emulsion.

Sources: Mukul Chandra, MD, director of Preventive Cardiology, Miami Valley Hospital; Harvard School of Public Health; NutritionFacts.org

The material above is general medical information provided for informative and educational purposes only. General medical advice can never substitute for personal, professional advice given based on your medical history, your family medical history, your medication history, and other factors. Because these factors are different for every person, you should always consult your physician before relying on this information. These health tips should not be construed as establishing a patient-physician relationship between you and Premier Health and/or any staff members. If you need medical assistance, contact (866) 608- 3463 to make an appointment with a physician, or call 9-1-1 immediately if it is an emergency.

Lent

Ash Wednesday, February 26 thru April 11, 2020



What is Coronavirus Disease (COVID-19)?

The Centers for Disease Control and Prevention (CDC) are closely monitoring an ongoing outbreak of Coronavirus Disease (COVID-19) in Wuhan, China. Cases have been identified in multiple countries, including the United States. Coronaviruses are not a new family of viruses and are common in different species of animals including camels, cattle, cats, and bats.¹ In humans, there are multiple strains that can cause mild respiratory symptoms or even the common cold. In years' prior, other strains have been associated with SARS and MERS.

According to the CDC, early cases of COVID-19 identified a link to a large seafood and live animal market suggesting emergence from an animal reservoir and animal-to-person transmission. However, subsequent patients reporting no exposure to animal markets revealed person-to-person transmission. Person-to-person transmission occurs among close contacts (within approximately 6 feet) via respiratory droplets produced from coughs or sneezes.

Information that remains under on-going investigation includes additional modes of transmission, virus severity, spread of the virus in the absence of symptoms, and the length of time a patient can spread the virus. Symptoms associated with COVID-19 include mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath.² The CDC believes the incubation period lasts 2-14 days. However, the full scope of illness associated with COVID19 remain under investigation.

While the overall risk to the American public is low, the U.S. Department of Homeland Security has activated travel restrictions and mandatory quarantine protocols to minimize the risk of exposure to COVID-19.

- ♦ Wash your hands for at least 20 seconds with soap and water.
- ♦ If you are in close contact with an individual who has traveled to China within the past 14 days or with an individual with a confirmed or suspected diagnosis of COVID-19, follow the CDC's guidelines to prevent spread within your home and community.
- ♦ If you have been exposed and develop fever, cough, or shortness of breath, stay home and call your health care team for instructions for testing and treatment.

2019 Novel Coronavirus, Wuhan China Transmission. (2020, January 24). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

2019 Novel Coronavirus, Wuhan China Symptoms and Complications. (2020, January 24). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

WASH YOUR HANDS





MARCH CELEBRATIONS



Birthdays

- | | | |
|---------------------|---------------------|-------------------|
| 1 Mark Oswalt | 12 Darlene Morris | 27 Daniel Netzley |
| Pat Rademachir | 13 Dave Gilmore | Gary Obringer |
| 3 Brian Baker | 15 Julie Kossler | Neil Stump |
| Debra Harleman | Riley Sagan | 28 Mary Piel |
| Marvin Fourman | 16 Alyna Nelson | 31 Kenneth Hesler |
| 5 Kraig Ressler | 17 Betty Merzke | |
| 7 Sandra Williams | 18 Darrel Schneider | |
| Sharon Wirrig | John Beard | |
| 8 Dean Thompson Jr. | 19 Tracy Muhlenkamp | |
| 9 Kerry Vanatta | 20 Wesley Harleman | |
| 10 Dana Heckman | 24 Greg Barga | |
| Holly Merzke | 25 Madisyn Nelson | |
| Jamey Rismiller | 26 Judy Howard | |



Anniversaries



- | | |
|-----------------------------|----------------------------|
| 1 Wayne & Claire Wilt | 19 Shane & Brandy Warner |
| 7 Danny & Claudette Diceanu | 28 David & Penny Wills |
| 18 James & Amber Thacker | 29 Troy & Amanda Troutwine |



Baptisms



- | | | |
|--------------------|--------------------|--------------------|
| 1 Kerry Vanatta | 18 Rita Erdmann | 28 Logan Ressler |
| Shawn Hein | Sara Moberly | 29 David Hofacker |
| 2 Becky Daniels | 22 Claire Hein | David Netzley |
| 7 Monica Heckman | Courtney Jasinski | Pat Rademachir |
| 14 Carolyn Fourman | Emma Hein | 31 Jennifer Arling |
| Ethan Tauscher | 23 Penny Wills | |
| 17 Betty Sutton | 26 Carolyn Blocher | |
| | Trudie Arling | |



MARCH

DATE	GREETERS	READERS	ACOLYTES	FLOWERS
1	David & Pat Netzley	Robby Arling	Trudie Arling	
8		Jennifer Arling	Lexie Angles	
15	Eldon & Bev Erdmann	Larry Harter		
22		Trudie Arling		
29	Tony & Linda Baker	Dean Thompson	Robby Arling	

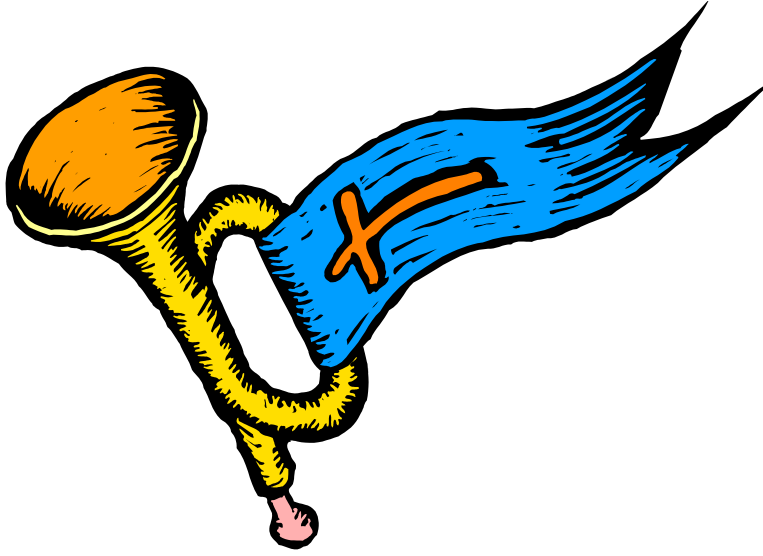


MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 am Confirmation Class 9:30 am Adult Sunday School 10:30 am Worship & Kid's Sunday School	2	3	4 11:20 am FM Core Club	5 6:30 pm WELCA Mtg. 6:30 pm Worship Team Meeting (if needed)	6 3:30 pm FISH Choice Food Pantry	7
8 <i>Daylight Savings Time — Spring Forward 1 hr. at 2 am</i> 9:30 am Confirmation Class 9:30 am Adult Sunday School 10:30 am Worship & Kid's Sunday School	9	10	11 11:20 am FM Core Club 11:30 am Ladies Luncheon 6:30 pm Christian Education Team Meeting	12	13 9:00 am Prayers & Squares Quilting 3:30 pm FISH Choice Food Pantry	14
15 9:30 am Adult Sunday School 10:30 am Worship & Kid's Sunday School 11:30 am Blood Pressure Screening	16	17 	18 8:30 am GGMA Meeting 9:30 am GRCC Soup Kitchen 11:20 am FM Core Club 6:00 pm Finance Team 7:00 pm Trinity Council	19	20 3:30 pm FISH Choice Food Pantry	21
22 9:30 am Confirmation Class 9:30 am Adult Sunday School 10:30 am Worship & Kid's Sunday School 11:30 am Blood Pressure Screening	23	24 	25 11:20 am FM Core Club	26	27 3:30 pm FISH Choice Food Pantry	28
29 9:30 am Confirmation Class 9:30 am Adult Sunday School 10:30 am Worship & Kid's Sunday School	30 9:00 am Prayers & Squares Quilting	31				

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March, 2020

A MONTHLY NEWSLETTER PUBLISHED BY
TRINITY LUTHERAN CHURCH

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Trinity Evangelical Lutheran Church
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To—

**Evangelical Lutheran Church
In America**