



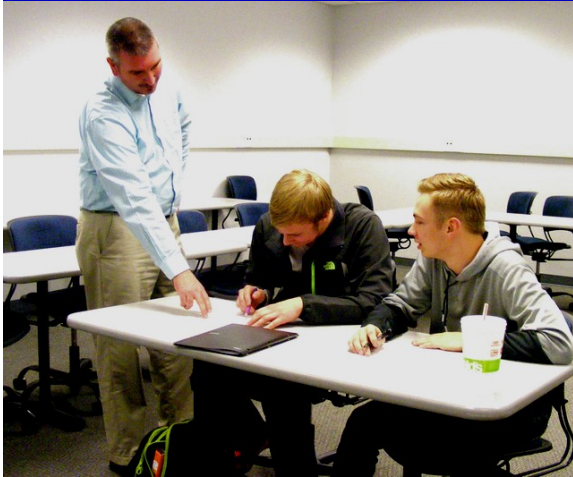
# The Trinity Trumpet

A Monthly Newsletter Published by Trinity Lutheran Church, Pittsburg, OH  
April, 2017

## Did You Know ...

- ♥ Mark Groff celebrated 40 years at Wright-Patterson Air Force Base on March 29.
- ♥ Niki Angles passed her Ohio Nursing Boards to become a licensed RN.
- ♥ A sweet child from our congregation told me that what she loved about Trinity was that "Everybody is my friend."
- ♥ You can email our treasurer, Katherine Obringer, at [treasurer@pitsburgtlc.org](mailto:treasurer@pitsburgtlc.org)
- ♥ Our new secretary, Sharon Fourman, will use the email address: [secretary@pitsburgtlc.org](mailto:secretary@pitsburgtlc.org)
- ♥ Quintin Muhlenkamp made the Dean's list for first semester at Wittenberg University.
- ♥ Eric Warner has reached his highest level and will become an ordained elder on May 23.
- ♥ Michelle Heckman was named to the Provost's List at Capitol University.

Brad Lentz, the agriculture program director at Edison State College in Greenville, assists two students, Wyatt King, seated left, and Logan Ressler, on a class project. Both boys are seniors at Franklin Monroe.



Yes, this was in last month, but I left out the part that asked you to take a look at that clarinet player on the right side of the picture. It's our own Landon Muhlenkamp! And the trumpet player on the left (third one from the front) is Jacob Watson, Judy Ulrich's grandson. Then we learned that Alexandra Scarberry, Barb Sease's great granddaughter and Roxanne Groff's niece, is the clarinet player in the back.



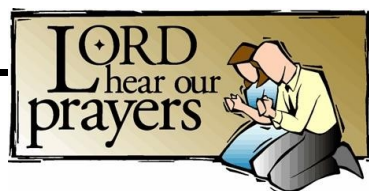
Layni Ressler is holding the 1st place trophy won by her cheer competition squad, Twister All Stars, at the left and is demonstrating her great skills in the picture on the right.





Haylee Hanes, granddaughter of Ron and Portia Boord, will represent Greenville High School at the Business Professionals of America (BPA) national competition in Orlando in less than two months.

Haylee won state in the Presentation Management Individual category on Friday, March 17 in Columbus.



## Recent Prayer concerns

Dave Netzley (recovering from surgery on foot)  
 Tammy Hoening (cancer)  
 Mary Ann Mehaffie (back surgery May 2 & 4)  
 James Alhop, Julie Kossler's father (stroke)  
 Robert Kossler (age related issues)  
 Harry Ogle (recovering from back surgery)  
 Patti Troutwine (stroke recovery)  
 Doris Lephart (age related issues)  
 Charlie & Sue Byrum (Sue has bone cancer)  
 Laszlo Koos (heart)  
 Eric Warner (thankful for upcoming ordination)  
 Don Lucas (recovering from heart surgery)  
 Buster (general health)  
 Sherri (in Hospice)  
 Sue Strawser (broken knee cap)  
 Karen & Dave Knapp & family—(Death of Kristina, their daughter)  
 Karla Berger (recovering from heart surgery)  
 Kamalpreet Singh (in need of support)  
 Mark Maxwell (surgery recovery)  
 Mahayla Locke (headaches—Josh's daughter)  
 Lois Schenck (hip replacement surgery)  
 Ron and Sammy Wade (expecting a first child)  
 Pat Seger (Sandra Williams' friend)  
 The family of Joe Williams  
 The family of Patty Mong

## Welcome!



Please welcome our new secretary, Sharon Fourman, who was hired at the February Council meeting. Sharon has already started and we will be setting regular hours for her in the near future. If she sounds or looks familiar, that's because she served as our secretary 30 years ago.

## Readers for April

April 2	Kathy Kathman
April 9	Passion Sunday
	Narrator Jennifer Arling
	Judas Dean Thompson
	Jesus Pastor
	Peter Mark Oswalt
	High Priest Christy Jasinski
	Servant Girl Trudie Arling
	Bystander Callena Hesler
	Pilate Rob Arling
	Pilate's Wife Peggy Didier
	Bystanders Kathy Kathman
	Centurion Robby Arling

Good Friday Rob Arling

### Easter

Sunrise	Dean Thompson
10:30	Mark Oswalt
April 23	Teresa Long
April 30	Bradey Hesler





## Ladies Luncheon

Our next luncheon will be at nearby  
**Farmer Brown Restaurant** at

6363 Hollansburg-Sampson Road near Arcanum, OH at 11:30 am on Wednesday, April 12.

Please let Jr Koos know if you can attend.

Home: 937-698-6028 OR Cell: 262-374-0620



Don't forget our  
**Wernle  
40 Day Project!**



We are collecting body wash for the 40 days of Lent to send to the boys and girls at Wernle Home. Again, if you can't shop, you can donate money and someone will shop for you.

## Pittsburg Trinity Has Secret Sisters



©Prawny \* illustrationsOf.com/78522

All of the ladies of the church are invited to participate in this ministry of caring and sharing with other sisters in Christ. Each lady that chooses to participate in this program will be given a form to fill out and then will draw a name. One does not have to attend the monthly WELCA meetings to participate. You should pray for and encourage your secret sister. It is wonderful to have someone that prays for you daily and is there to send you an encouraging note from time to time. We keep our sister a secret; so don't let anyone know who you have. Of course it may be fun for you to guess as we go along. At the

end of the program year, we reveal our sisters.

What are Your Responsibilities if you participate in the Secret Sisters program?

1. Know that it is a commitment. The lady you are assigned will be expecting you to uphold her in your prayers and she should be able to rely on you for encouragement.
2. Pray daily for your sister. Get to know her needs and her family's needs so that you may pray specifically for them.
3. Make an effort to get to know your sister. Discover the likes and dislikes of your sister. Know her favorites. Find out all about her.
4. Be an encouragement to your sister. Send her cards or notes of encouragement.
5. Remember your sister on her special occasions. Don't forget to send cards for her birthday and anniversary or special landmarks in your sister's life.
6. Keep it a secret! Don't let anyone know whom you have. Leave your cards or notes when no one is around or have someone else deliver them.
7. If you are unable to continue, contact the women's ministry leader. If you find you are unable to continue participating in the Secret Sister program, let someone know so another sister can be found for the lady you were assigned.

### You will have fun and enjoy getting to know your sisters!

You can be the instrument that God has placed in this person's life to give them the encouragement they need right when they need it. "A word spoken in due season, how good it is!" Proverbs 15:23. Praying daily for your sister will strengthen you, and the rewards can be immeasurable.

Secret Sister forms are available on the table in the back of the church. Please fill one out and return it to either Marge Warner or PJ Musser.

New secret Sisters will be chosen at the April WELCA meeting, if you want to participate but cannot attend the WELCA meeting- we will be sure your name is included in the drawing.

PJ Musser  
Secret Sister Coordinator



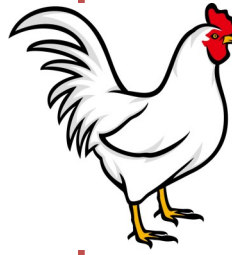
## Soup Kitchen Meal

We will be serving the luncheon at the Soup Kitchen at Grace Resurrection Community Center



at 433 Water Street in Greenville again on Thursday, March 30. We usually need help from 10:00 am to 1:00 pm.

If you can help in any way, please contact Katherine Obringer at 937-423-2333.



## WELCA Chicken Dinner

April 20 ~ 5:00 to 6:30

Carryout at Trinity

4 piece Dinner with roll, applesauce, and chips

Pie will be available for purchase.

\$7.00 (Advance ticket needed - Ticket Deadline is April 10)



Quilting will only be on April 24 since the Friday work day falls on Good Friday



## LWR Personal Care Kits

We are collecting items for the Personal Care Kits through March. Our greatest need continues to be -



Towels

Wide Tooth Combs



Bars of Bath Size Soap



If you would like to contribute to this project, but don't want to shop, you can give money to Linda Baker and she will shop for you.

## The President's Perspective ...

During a recent weekend when there were four NCAA basketball games on at one time, I think I had the TV remote and Bev both smoking hot. Hopefully they will be cooled off in time for Fall football.

My concern this month is meeting our Trinity Budget. Our expenses go on week after week even though we may not attend Church every week. I would hope that we are all as religious in our Church giving as we are about making house payments, loan payments, and utility bill payments.

Trinity is so great about responding to needs. We helped with Mark's Bike Drive, our 150th Anniversary Celebration, funeral dinners, and on and on.

You name it, and we respond. God has blessed each of us so much. Thank you all for giving your time, talents, and treasures to our Church.


Please keep Trinity in your prayers and may God continue to bless each of us as we seek, welcome, and serve all.

Eldon Erdmann



## Trinity's Vital Statistics

General Fund <sup>As of March 18, 2017</sup>

	Needed	Actual Given
General Fund Fiscal YTD	\$45,271.00	 \$37,347.00
Deficit	\$ (7,924.00)	



Our next meeting will be held on Thursday, April 6, (not Wednesday due to Lenten Services) at 6:30 PM. The hostesses will be Katherine Obringer and Marge Warner. This is an important meeting as we will discuss the BARBECUE CHICKEN DINNER, the MOTHER/DAUGHTER/FRIEND BANQUET (The Magic of Spring), and the SECRET SISTER reveal.

Get your BARBECUE CHICKEN DINNER tickets now, either at the church on Sundays or by calling Katherine at 937-423-2333. This is our primary fundraiser for the year. The dinner includes 1/2 chicken, applesauce, chips, and a roll for \$7.00 each. Pies and drinks will be available for purchase, too. The dinner will take place on Thursday, April 20 from 5-6:30 PM on a drive-thru basis. \*\*\*\*Tickets need to be purchased by April 10 to guarantee your meals. PIE donations are much needed. Please sign up on back table. Your support in selling dinners and buying dinners would be much appreciated!!!

It's been a long time, but as requested, a MOTHER/DAUGHTER/FRIEND BANQUET will take place on May 3. Just a hint: The MAGIC of Spring is our theme. MAGIC!!!!!! This free event will be a dinner with entertainment. Guess what? You women will not need to bring anything except yourself, friends and family. MAGIC!!!! All ages will enjoy (female kids) the MAGIC of the evening. The May 3 event will take place from approximately 6:15 PM to 7:45 PM. MAGIC! We would enjoy seeing the younger faction, as well as all ages, at our church support and enjoy this event! FREE! Reservations will be needed in order to cater an appropriate amount of food. Start planning! Look for signup sheet soon!!!! We need MEN to help make this eve special!

The next Ladies Luncheon will take place at Farmer Brown's in Arcanum on Wednesday, April 12, at 11. Let Jr Koos know if you can attend.

If you haven't been to a meeting lately or ever, give our group of caring ladies a try. Our meeting consists of a short devotion, a DVD series on various pertinent life situations,

delicious food, a short business meeting, and prayer concerns.

SECRET SISTER REVEAL and final gift will take place at April 6 meeting (at the end). Please come to this meeting even if you do not have a Secret Sis. Join in the drawing of new secret sisters for a fun year of giving (and receiving).

MAGIC!!!!!!

Thanks for your support!!!

Marge Warner, President. 623-2544

## Christian Education News ...

### **NEEDED - Teachers and helpers!**

Hey, come to a Christian Education Meeting! Your input is needed. Our meetings are usually the 3rd Tuesday of the month, but can be adjusted if helpful.

Easter is coming soon, and so is the Annual Easter Egg Hunt. April 16 will be a great celebration with not only 2 amazing services and breakfast in between the services, but also the Egg Hunt at 9:45 AM. Baskets will be available at Trinity for your use, or bring your own. Children up through 6th grade are welcome to participate. **DONATIONS NEEDED FOR THE EASTER EGG HUNT** - small candies, coins or money so candy can be purchased.

We are looking ahead to summer and already making plans for Bible school, A Mighty Fortress is our God. Stories, games, crafts, and food will be included. Awesome decor will include Knights, castles, etc.. The kickoff begins with the picnic on June 25 (for adults and kids). The Bible school dates are **July 12, 19, 26, and August 2 from 6:30 - 8:00 PM**. INPUT FROM YOU ALL IS WELCOME!

Your ideas are appreciated.

Marge Warner, Christian Education Leader 623-2544



- 1 Brandon Groff
- 2 Terri Brumbaugh
- 5 Kimberly Harleman-Boyle
- 9 Andrew McKibben
- 9 Ed Muhlenkamp
- 10 Bill Ulrich
- 10 Todd Ulrich
- 11 Bradly Burrell

- 11 Nina Unger
- 11 Nychelle Cool
- 17 Diana Hesler
- 18 Josh Schmitmeyer
- 19 Beth Hein
- 19 Cody Troutwine
- 20 Keith Witters
- 20 Ryan Garwood
- 21 Bryanna Diceanu
- 22 Donna Thompson

- 23 Aubree Myers
- 24 Lexie Angles
- 25 Kalysta Thobe
- 26 Blake Gettinger
- 26 Stephanie Vanatta
- 27 Sarah Beard
- 28 Kami Schmitmeyer
- 29 Teresa Neitzelt
- 30 Linda McKibben
- 30 Madison Sagan



- 9 Greg and Pam Barga
- 10 Gerald and Betty Merzke

- 13 Mary and Stanley Lamb
- 17 Terry and Diane Warner



- 1 Jamey Rismiller
- 1 Pat Netzley
- 3 Linda McKibben
- 6 Kristen Netzley
- 7 Allison Warner
- 8 Dana Heckman
- 8 Terry Altic

- 9 Jennifer McKibben
- 13 Debra Harleman
- 14 Joshua Long
- 14 Kristen Sarver
- 14 Mallory Long
- 14 Pamela Oswalt
- 14 Roxanne Groff
- 14 Sarah Sarver
- 14 Zachary Long
- 15 Caleena Hesler
- 15 Claudette Diceanu

- 15 Vicki Ressler
- 17 Emily Warner
- 18 Mark Oswalt
- 18 Ronnie Bridenbaugh
- 20 Katie Ressler
- 21 Tracy Muhlenkamp
- 25 Brent Shofner
- 26 Ashton Myers
- 26 Sierra Bruner
- 29 Paul Barga
- 30 Pam Myers

## February Council Meeting Highlights

### Treasurers' Reports

Building Fund—Available balance \$1,077.94 & Parking Lot Fund \$10,948

Benevolence--\$1,000 behind right now

General—Written report and checkbook balance \$4,647.75 (28Feb2017)

- Terry Warner is working on the Neon Light behind the outdoor cross
- There was discussion on stewardship and it was decided that for the next 4 weeks we would have temple talks.

March 19—Eldon Erdmann

March 26—Teresa Neitzelt

April 2—Mark Oswalt

April 9—Tony Baker



## From the Pastor ...

### Trinity Members, Here Are 10 Ways to KILL Your Church

First, I have the awesome privilege of serving a Christ Centered, Spirit led active Lutheran Congregation that has been that way for over 150 years. I'm confident Trinity isn't going to fade away or die anytime soon. On the other hand, many congregations are struggling just to stay alive in what most scholars agree is a "Post-Christian" America. Lest we become smug and over-confident, we should pay attention to the fate of many of our brother and sister congregations, even some that have been around as long or longer than Trinity.

Considering the staggering statistics on church mortality in America, we are grateful to God for still standing strong. Some researchers suggest that between 3,500-4,500 churches close their doors (or die) each year. If true, in the time since our congregation was founded over 150 years ago, a minimum of 553,000 churches have died!

I suspect that most church "deaths" occur for a few simple (and oftentimes avoidable) reasons. Recently, I came across an article that quoted a church newsletter from 1959, I was one-year-old at the time. In that newsletter was an article titled, "10 Ways to Kill a Church." The thing that interested me the most is how this list of "church killers" from 1959 looks so much like the usual suspects in many church deaths today.

### Here's my paraphrased version of the 1959 list of "10 Ways to Kill a Church":

#### 1. Don't come.

One of the biggest church killers is waning attendance. Many people simply can't find the time to spend an hour or two in the Lord's house. We find excuse after excuse as to why we can't come to church. I wonder what our lives would look like if God only showed up at our house as often as we showed up at His. The Bible is clear about the importance of assembling or coming together (Hebrews 10:25). If we don't go to church, we just might be playing a part in killing the church.

#### 2. If you do come, make sure it's late.

So many of today's worshipers (and apparently those of 1959) have a lackadaisical attitude toward worship. We have an "I'll get there when I get there" attitude when it comes to church attendance. I wonder, however, if we showed up to our job the way we show up to our church ... how many of us would still be employed? We say that God is an "on time" God, but can He say the same about us? A lack of punctuality when it comes to worship is a microcosm of our overall view of God. It says that whatever else we are doing is more important, and God can just wait until we get there. This type of attitude is a major church killer.

#### 3. Only show up when the weather is good.

Ever been to church in a driving rainstorm? Neither have most of the other churchgoers! Some people only go to church when the sun is out and there are no clouds in the sky. We have produced a culture of "fair-weather" Christians, who only attend church when everything is going right in their lives. The moment a storm hits their life, they get mad at God, the pastor and the church. The only thing that dies with that kind of attitude is the church.

#### 4. Find fault with everything (and/or everyone).

Most homicide investigations begin by researching those who had something negative to say about the victim. Similarly, when a church dies, you can be sure that the fault finders are prime suspects. These are the folks who sit "in the seat of the scornful" (Psalm 1:1). Fault finders can always SPOT a problem, but they never SOLVE a problem. They are definitely church killers.

#### 5. Never accept a leadership role or responsibility.

Many people have a "renters" mentality when it comes to church; they take no ownership. When you rent an apartment, if something breaks, you call the landlord to fix it. Since you don't own it, you have no obligation to fix it. There are too many people renting pews (and some pulpits). It's far easier to criticize than to mobilize. As Seth Godin says, "No one has ever built a statue to a critic." If we want to make a difference, we have to accept the responsibility to lead—whether formally or informally. Leadership is not about position; it's about productivity. A congregation full of followers is on life support and is getting ready to die.

#### 6. Get mad if you're not appointed to a leadership position.

So many people in church are focused on titles. They want to be directors, deacons and dignitaries, and when they are not appointed to a position, they begin to stir up trouble. This is a manifestation of deep-seated pride, and pride is one of the most dangerous killers of all.

## From the Pastor (continued)

### **7. Never give your opinion in a meeting ... wait until AFTER the meeting.**

A surefire sign of a church that is on its deathbed is one that has major “meetings-after-the-meeting.” You know, where no one voices their honest opinion or offers useful insight during the official meeting, but are quick to huddle in a corner or the church parking lot after the meeting to harp on how “it ought to be done.” There are chalk lines all over church parking lots outlining exactly where the murder took place.

### **8. Do nothing more than absolutely necessary.**

Show up, go home, but don't be an active, engaged member of the church. It's hard to reach “the least of these” when we're only doing the least we can do. The sad reality, however, is that most people who only want to do the least, love to criticize those who are doing the most! They howl about how the church is being run by a clique, when they never offered or took initiative to get any work done. They just stand on the side-line and watch the church die. At the very least, they are an accessory to the murder.

### **9. Hold back on your giving to the Lord.**

It takes money to do ministry—especially to do mercy ministry for the underserved in our communities. Tim Keller says that “mercy ministry is expensive.” When we hold back on our giving to the Lord and His work, we are limiting the work that can be done through the local church. Additionally, since there are operational costs associated with a church or ministry, a lack of giving can lead to the church being foreclosed, laying off staff and other adverse results. Some people say, “Well, all the church wants is money.” The same can be said of Walmart, yet they keep taking their money there! While I do not discount that there have been those who have abused and misused the church for financial gain, there are thousands of churches serving in their communities who are dying because of a lack of finances. When we stop giving, we are killing those churches ... and the countless lives they touch each day.

### **10. Don't reach out to the unchurched.**

The primary purpose of the church is to introduce people to Jesus. The people in the pews must take ownership of that responsibility and become “mini-churches” that reach out to the unchurched every day of the week and bring them to the house of the Lord to be discipled. Churches need regular and consistent “transfusions.” When new people are brought into the church, they bring new life and vibrancy. They ensure the church doesn't get stuck in the old way of doing things. They bring fresh perspective, and they help keep the church alive. Don't kill your church! Go and bring in some new people today.

These are 10 ways to kill a church.

*Can you think of any others? Do you agree or disagree with any on this list? Where does Trinity stand, in your opinion? Where do you stand on each of these Church killing issues? I'm interested in starting a discussion so, please let me know what you think! ...*

*Yours In Christ,*

*Pr Mel*

## Notes from Your Parish Nurse

### ***How's your Mental Health- Dealing with Depression***

Depression is not something that you can just “snap out of.” It is a medical illness that requires medical attention and treatment. If left untreated, it can last for months or even years.

#### **What causes depression?**

It is widely believed that depression probably results from a combination of genetic, biochemical, environmental, and psychological factors. Research suggests that environmental and genetic factors, such as family history of depression, may make a person more likely to develop this disorder. Medical experts believe that an imbalance of certain chemicals in the brain can cause symptoms of depression. A person can suffer from episodes of depression that can last as long as months or years.

- > 17.5 million Americans are affected by some form of depression, 9.2 million have major or clinical depression
- > Two-thirds of people suffering from depression do not seek necessary treatment
- > 80% of all people with clinical depression who have received treatment significantly improve their lives



## Parish Nurse Notes continued...

- > The economic cost of depression is estimated at \$30.4 billion a year but the cost in human suffering cannot be estimated
- > Women experience depression about twice as often as men

According to the U.S. Centers for Disease Control and Prevention (CDC) suicide was the tenth leading cause of death in the United States in 2013.

Depression is a whole body illness that affects a person's physical health as well as how he or she feels, thinks, and behaves towards others.

Specifically, clinical depression is a persistent, depressed mood that is often characterized by feelings of sadness or emptiness. People who have depression, or more formally, Major Depressive Disorder, experience at least five of the following symptoms, nearly every day, for a period of at least two weeks:

- > Sad, low, empty, depressed mood
- > Loss of interest or pleasure in nearly all activities
- > Feelings of worthlessness, or guilt
- > Difficulty thinking, concentrating, or making decisions
- > Decreased energy, fatigue, and feeling "slowed down"
- > Changes in appetite and/or weight
- > Oversleeping, early-morning awakening, or insomnia
- > Thoughts of death, suicide, plans or attempts

### **What are the different types of treatment?**

The most common treatment for depression includes the combination of antidepressant medicine and psychotherapy.

Psychotherapy is sometimes called "talking therapy." Psychotherapy can be done on an individual or group basis and can include family members and spouses. It is most often the first line of treatment for depression. Medicines are commonly used to treat depression. Your family doctor can prescribe the medications or refer you to a psychiatrist. The medications are chosen based on your symptoms.

The most widely prescribed antidepressants come from a class of medications known as selective serotonin reuptake inhibitors (SSRIs). The SSRIs include drugs such as Prozac, Zoloft, and Paxil. SSRIs act on a chemical in the brain called serotonin. Serotonin helps regulate mood, but it also plays a role in digestion, pain, sleep, mental clarity, and other bodily functions.

There are a variety of newer depression drugs, called atypical antidepressants, which target other neurotransmitters either alone or in addition to serotonin. Some of the brain chemicals they affect include norepinephrine and dopamine. The atypical antidepressants include: Bupropion (Wellbutrin), Venlafaxine (Effexor), Duloxetine (Cymbalta), Mirtazapine (Remeron), Trazodone (Desyrel), and Nefazodone (Serzone).

There is a danger that, in some people, antidepressant treatment will cause an increase, rather than a decrease, in depression. In fact, the U.S. Food and Drug Administration requires that all depression medications include a warning label about the increased risk of suicide in children and young adults.

### **Questions to ask your Physician**

- > How much mental health care training have you had?
- > Are there any medical conditions that could be causing my depression?
- > What are the side effects and risks of the antidepressant you are recommending?
- > Are there any foods or other substances I will need to avoid?
- > How will this drug interact with other prescriptions I'm taking?
- > How long will I have to take this medication?
- > Will withdrawing from the drug be difficult?
- > Will my depression return when I stop taking medication?

Your mental health is as important to your wellbeing as your physical health.

Together we live into the mission of sharing God's grace.

Parish Nurse

PJ Musser RN, MSN, BA, RN-BC, CNRN

# April Health Tips

Good Samaritan Hospital Health Ministries

## Can Lung Cancer Be Prevented?

Not all lung cancers can be prevented. But there are things you can do that might lower your risk, such as changing the risk factors that you can control.

### Stay away from tobacco

The best way to reduce your risk of lung cancer is not to smoke and to avoid breathing in other people's smoke. If you stop smoking before a cancer develops, your damaged lung tissue gradually starts to repair itself. No matter what your age or how long you've smoked, quitting may lower your risk of lung cancer and help you live longer. Limiting your exposure to secondhand smoke might also help lower your risk of lung cancer, as well as some other cancers.

### Avoid radon

Radon is a major cause of lung cancer. You can reduce your exposure to radon by having your home tested and treated, if needed.

### Avoid or limit exposure to cancer-causing chemicals

Avoiding exposure to known cancer-causing chemicals, in the workplace and elsewhere. When people work where these exposures are common, they should be kept to a minimum.

### Eat a healthy diet

A healthy diet with lots of fruits and vegetables may also help reduce your risk of lung cancer. Some evidence suggests that a diet high in fruits and vegetables may help protect against lung cancer in both smokers and non-smokers. But any positive effect of fruits and vegetables on lung cancer risk would be much less than the continued increased risk from smoking.

Talk to your doctor about lowering your risk or if you have a health concern.



Source: American Cancer Society

*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, Good Samaritan Hospital and/or any staff members. If you need medical assistance, contact 1-866-GSH-WELL to make an appointment with a physician, or call 9-1-1 immediately if it is an emergency.*

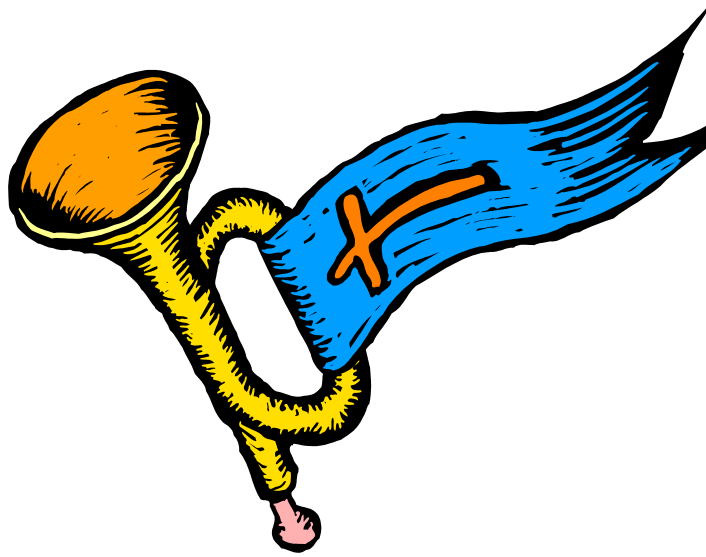


# April 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 26 9:30 am Thrivent Social Security Workshop	27 9:00 am Prayers & Squares Quilting	28 4:00 pm Worship Team 7pm Revive Core	29 11:00 FM High School Core Club 11:30 Women's Lunch 6:00 pm Soup Supper 7:00 pm Lenten Worship Service	30 10:00 Grace Resurrection Meal	31 3:30 PM- FISH Choice Food Pantry	1 7:00 am Revive Outreach Day
2 9:30 Adult Sunday School 10:30 Worship with Holy Communion & Kids Sunday School	3	4	5 11:00 FM High School Core Club 11:30 Women's Lunch 6:00 pm Soup Supper 7:00 pm Lenten Worship Service	6 6:30 pm WELCA	7 3:30 PM- FISH Choice Food Pantry	8 7:00 am Revive Outreach Day
9 9:30 Adult Sunday School 10:30 Worship & Kids Sunday School 11:30 Blood Pressure Screen	10	11 7:00 pm Trinity Council Meeting	12 11:00 FM High School Core Club 11:30 Ladies Luncheon 6:00 pm Soup Supper 7:00 pm Lenten Worship Service	13 <b>Maundy Thursday</b> 7:00 pm Maundy Thursday Worship Service	14 <b>Good Friday</b> 3:30 PM- FISH Choice Food Pantry 6:00 pm Walk of Sorrow 7:00 Service of Shadows -Church of Brethren	15 12:00 pm - 3:00 pm Easter Prayer Vigil
16 <b>Easter Sunday</b> 8 Sunrise Service with Holy Communion 9:15 Breakfast 9:45 Egg Hunt 10:30 Worship with Holy Communion	17	18 6:45 pm Christian Education Team	19 11:00 FM High School Core Club 6:00 pm Soup Supper 7:00 pm Lenten Worship Service	20	21 3:30 PM- FISH Choice Food Pantry	22
23 9:30 Adult Sunday School 10:30 Worship & Kids Sunday School 11:30 Blood Pressure Screen	24 9:00 am Prayers & Squares Quilting	25	26 11:00 FM High School Core Club 6:30 pm Confirmation	27	28 3:30 PM- FISH Choice Food Pantry	29
30 9:30 Adult Sunday School 10:30 Worship & Kids Sunday School						

# TRINITY TRUMPET



## April 2017

A MONTHLY NEWSLETTER PUBLISHED BY

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To—

**Evangelical Lutheran Church  
In America**