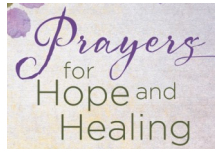


# The Trinity Trumpet

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



## Prayer Concerns— Current and ongoing

- 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 grand-daughter)—Deployed to Kuwait
- Crystal Proffitt—Health
- Ray Chester
- Zane Rhodehamel—Leukemia
- Kelly VanDeGrift—Cancer
- Dennis Riffle

- Jason Couvutsakis—Medical issues
- Tony Matamoras—Health
- 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
- 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—Mental health
- Julie Erk—Health
- Jim Neitzelt—Heart issues
- Jack Rademachir—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
- Portia Boord & Family
- Marilyn Fenstermaker— Cancer reoccurrence
- Mrs. Henninger—Fertility
- Eric Snyder—Return of brain cancer
- Jerry Higgins—Cancer
- Robert Strunkenburg Family
- Janet Gilliland—Cancer
- Quana Tate—Complications from a stroke
- Eli Brown—Leg infection
- 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
- Any suffering from traumatic brain injury
- Relief from locusts in East Africa
- President, House, & Senate & other leaders
- Freezing children in Syria
- Bring people together in justice, decency, & dignity
- Joseph Shumaker—Heart stent
- Jerome Axton—Leg amputation
- Camilla Migal—Hospice
- Kirby & Lori Sutton—Business loss
- Mark Groff—Pacemaker

*Prayer requests may be emailed at anytime to [trinityprayers@woh.rr.com](mailto:trinityprayers@woh.rr.com) and upon receipt your request will be shared so that many will be praying immediately.*

**DEADLINE FOR THE JUNE ISSUE OF THE TRINITY TRUMPET IS MAY 19th.**

## June 7 is the TENTATIVE date to resume services at Trinity!

This date was set on April 20 at an Executive Council meeting following the guidelines for Phase One of reopening the state. We are very hopeful we will be able to keep this date, but there will be many changes in how we do things. All of us would like to just go back and do the service the way we always have, but that just isn't possible right now. We love our Trinity family and want to conduct services in a way that will be safe, communal and spiritually enriching.



- ◇ You **must** wear a mask. (There will be some masks available outside the doors if you don't have one.)
- ◇ All entrance will be **only** through the double glass doors. There will be someone at that door to allow only one family to enter at a time. Please maintain safe distance while waiting.
- ◇ Your temperature will be scanned and you must have **no** fever.
- ◇ A few bulletins will be available for those who need a printed copy rather than reading the screen in front. Please let Pastor, the Church secretary, Bev Erdmann, or Dean Thompson know by Thursday before the service if you need one.
- ◇ Seating will be in every other row and you should maintain a safe distance of 6 feet apart within the pew.
- ◇ There will be NO Sunday School.
- ◇ The offering plate will be at the back of the sanctuary and you can place your offering there either when entering or exiting the service.
- ◇ Communion will be available only in prepackaged, sterile portions. Distribution may be upon entrance, but we will all commune at one time.
- ◇ A Deacon or appointed person will dismiss parishioners by row from the back of the sanctuary. You will need to wait to be dismissed and immediately exit the building.

Trinity Executive Council Members

### Community

Blood  Drive

Trinity Evangelical Lutheran Church

Thursday, May 14

3:00—6:30 PM

**PRAYERS & SQUARES  
QUILTING**

**NO QUILTING IN MAY**

*Ladies*  
**LUNCHEON**

**MAY GATHERING IS CANCELLED**



### FABRIC MASKS ARE STILL NEEDED!

For instructions on sewing these masks, you may contact Judy Ulrich at 937-692-5054 or Bev Erdmann at 937-678-0122 or even go to [www.deaconess.com/masks](http://www.deaconess.com/masks) or many other YouTube.com sites. There is a plastic tub outside the glass doors at Trinity where you may drop in any that you make or take as many as you may need.

## WELCA News for March



The Mother/Daughter/Friend Banquet is supposed to be held on May 3. The evening's Italian theme will include a nice dinner followed with entertainment by Noah Back. Noah is well known in the area and has performed at many local venues including Greenville Memorial Hall (to a sold out crowd) and the Darke County Fair. This young entertainer is not only a phenomenal singer but is gifted on many instruments. Have your requests ready as he can perform many styles of songs. Check out YouTube for some examples. THE BANQUET IS UP IN THE AIR FOR NOW AND MAY HAVE TO BE RESCHEDULED. WILL LET YOU KNOW SOON.

Time will tell, due to the virus, which activities will continue at Trinity. Fill your hearts and minds with prayers for the world!

PEACE BE WITH YOU!

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	

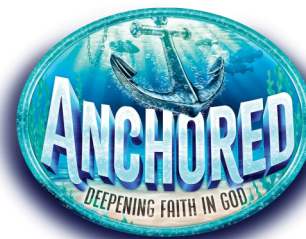
## CHRISTIAN EDUCATION

### ...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.

Even though things are unsure right now, plans are moving forward for July Bible School. The tentative dates are the 2nd week of July (2 evenings only) with the kids presenting a program in church on July 19. The theme is Anchored (Deepening Faith in God). The kiddos tend to love water themes like this. More details soon.



Thanks, Marge Warner 937-623-2544

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

*Apart for a Time ..... Together in Spirit*



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## Word from Our Pastor

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**<sup>3</sup> Judah has gone into exile with suffering and hard servitude; she lives now among the nations, and finds no resting place; her pursuers have all overtaken her in the midst of her distress. <sup>4</sup> The roads to Zion mourn, for no one comes to the festivals; all her gates are desolate, her priests groan; her young girls grieve, and her lot is bitter. (Lamentations 1:3-4)**

Dear Church In Exile,

Grace and peace to you from God our Father and from the one who came to end our exile, Jesus Christ our Savior and our Lord, amen.

Another month has come and gone and still we sit in exile. Still we wait... I for one am wondering when this self-imposed exile will be over. Will we ever get to go back to the good old days when we could laugh, talk, and break bread together? I'm not a priest as in the passage from Lamentations above, but I admit freely these days of sheltering at home are causing me to groan! At least I've been able to get some of my yard work caught up. Two flower beds have been completely remade and three more to go. The alpaca stalls have been mucked out and are ready for Alpaca Shearing day, which should be finished by the time you read this article. Despite catching up on all this housework, I still feel like I've been exiled.

We've all been exiled from the Church we love and from gathering with our sisters and brothers in Christ whom we love so much. Dear Trinity, know this, I miss every one of you and can't wait for the day we can finally get together and put this exile behind us! In the meantime, just because the Church building is empty, doesn't mean we've given up being Church. We have so many heroes among us who go out, into the world every day using the talents and skills given to them by God and shining their light so others can come to know Jesus. Shout outs to all healthcare workers, teachers, truck drivers, and farmers. Thank you to all you realtors, retailers, and secretaries. Here's a huge THANKS to retired persons and others who find themselves with extra time on their hands who have repurposed your talents to make facemasks and ear protectors for all of those who need them. If I missed anyone, know that every large and small thing you do to help your neighbor is a blessing and inspires me and untold others to keep up a positive and hopeful attitude. God is most certainly working miracles through your hands.

So, my dear Church in Exile, do not lose faith, but be of good cheer. This will not last forever, but your salvation does last forever! When Christ chose you, it wasn't by chance nor was it a mistake. When Jesus Christ chose you for eternal life, He freed you from sin, death, and from Satan himself. He freed you from those things for a life of abundance and for service. I know this one thing for sure, no virus can stop such an unstoppable force!

Remember the words of the Psalmist who wrote so long ago, "**Truly the eye of the LORD is on those who fear him, on those who hope in his steadfast love, <sup>19</sup> to deliver their soul from death, and to keep them alive in famine. <sup>20</sup> Our soul waits for the LORD; he is our help and shield. <sup>21</sup> Our heart is glad in him, because we trust in his holy name. <sup>22</sup> Let your steadfast love, O LORD, be upon us, even as we hope in you.**" (Psalm 33:18-22)



May the COVID-19 Virus and the resulting exile never gain control of your better self. Rather, may each of us spur one another on to even greater acts of faith and courage. May the spirit of the living God renew your strength each day with new hope until that glorious day when our exile ends and we can boldly rejoice once more, praising God for all He has done. Amen!

Patiently living out this current exile,

Pastor Mel

# President's Perspective 2020

Well, Trinity family, here we are. No one could ever have imagined that we would not be having anything at Trinity for a month or two or more, but that's where we are. It was very exciting for us to actually plan for a return to services at our beloved Trinity. We so much want to be together, but it has to be done safely. We have to protect each other and stay healthy and that means that every precaution must be taken. The list is long and I'm sure we forgot some things, but we will continue to refine and improve. We will all get through this together.

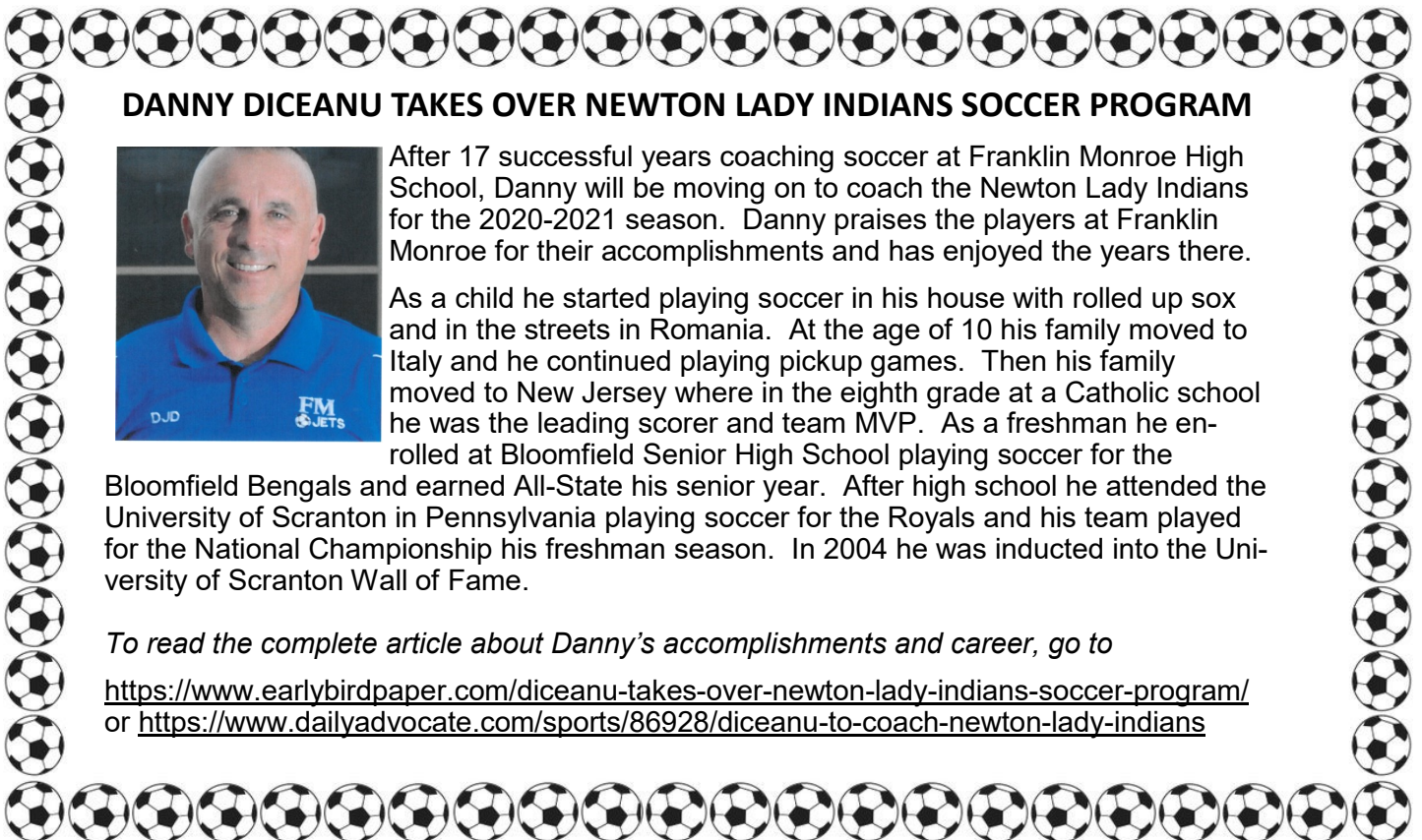
I often hear that God uses things for the good, and I'm thinking that the list of good things coming from the Covid-19 virus is long. The family unit is being restored as we shelter in place together. (I'm cooking again and eating healthier and not gaining weight.) We actually sit at our tables at mealtime to eat together, and that's been missing for a long time. Many of our members are uniting in the goal to provide masks for those who need them. With Pastor Mel's Thrivent card, we have ordered elastic, nose pieces, and ribbons as supplies. As of this writing, we've shared ribbon and are waiting for the other items to be delivered. If anyone needs any of these or anything else, please let me know. Others are helping at food kitchens, praying fervently, and making quilts and that's very important also. I know many of you are helping in ways that no one knows. I'm so very proud of God's work that is being done by our hands. We all must do our part to help everyone through this pandemic.

I want to thank you for sending your offerings so that Trinity can continue to serve. We have had some members mail checks and some donate electronically through [www.pitsburgtgc.org](http://www.pitsburgtgc.org), our web site. If you haven't checked lately, the web site was updated and you can click on prayer requests and immediately email your requests.

Keep in touch with your Trinity Family. If you see someone in need, let us know.

May the peace of God be with all of you. Keep the faith, stay strong, and as Pastor Mel said, "boldly have confidence in God's love."

Bev Erdmann



## DANNY DICEANU TAKES OVER NEWTON LADY INDIANS SOCCER PROGRAM



After 17 successful years coaching soccer at Franklin Monroe High School, Danny will be moving on to coach the Newton Lady Indians for the 2020-2021 season. Danny praises the players at Franklin Monroe for their accomplishments and has enjoyed the years there.

As a child he started playing soccer in his house with rolled up sox and in the streets in Romania. At the age of 10 his family moved to Italy and he continued playing pickup games. Then his family moved to New Jersey where in the eighth grade at a Catholic school he was the leading scorer and team MVP. As a freshman he enrolled at Bloomfield Senior High School playing soccer for the

Bloomfield Bengals and earned All-State his senior year. After high school he attended the University of Scranton in Pennsylvania playing soccer for the Royals and his team played for the National Championship his freshman season. In 2004 he was inducted into the University of Scranton Wall of Fame.

*To read the complete article about Danny's accomplishments and career, go to*

<https://www.earlybirdpaper.com/diceanu-takes-over-newton-lady-indians-soccer-program/>  
or <https://www.dailyadvocate.com/sports/86928/diceanu-to-coach-newton-lady-indians>



# MAY NEWS

Don't forget to send your resident's birthday card and a gift card for May.

- (5-08-2004) Caleb H.-Marge Warner,
- (5-26-2004) Zoey R.-Diane Warner
- \* (5-21-2002) Jordon V.- not selected at this time !! Judy Ulrich at 937-692-5054  
(\* I will send Jordon V. a birthday card and gift card if no one contacts me by May 15.

Thanks to Pastor Mel for delivering the item that were donated for the "40 days of Lent" Giving Tree.

The face masks will be needed so continue to make and donate them. Drop off any of the masks at church, or call the church or Judy.

Thanks to all those who donated items and made face mask for the youth and staff at Wernle. They were greatly appreciated.

There are fleece blankets to tie if you want to take one home and make it, please feel free to do so. You will find them on the table in the church basement. Please sign your name on the paper provided.



Judy Ulrich, (937-692-5054),

Your Trinity Rep. at Wernle Youth and Family Treatment Center

There are still some residents that haven't been chosen for the card shower yet. Please contact Judy if you would like to send cards for birthdays, special days, or encouragement.

If you wish to send greeting cards or gifts to any of the residents, sign the card with 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. 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.

Address your card 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**



*Here is a note from Chris Parker, Church Relations Officer for Wernle Home:*

Dear Friends,

I hope this letter finds you well. Thanks to all of you that have made, and are making, masks for the staff and kids here at Wernle. This is so important as our medical staff strives to keep the virus from ever entering our campus. To date they have done an amazing job. I am praying that the Coronavirus will stop spreading and perhaps allow us to feel a little less anxiety about the situation. I'm hoping to return to my church visits soon. I miss the fellowship you offer when I visit.

It is amazing how many experts there are out there to tell you how to raise money for your organization. They all make it sound so easy. In these uncertain times nothing has been easy for any of us. Businesses are hurting and individuals are hurting. It seems like everyday we learn of something affected by this virus that we hadn't thought of before. Our faith is what will get us through.

Of all the advice that I have sifted through in the past several weeks there is only one thing that has rung true to me. You should just tell your donors exactly what's going on and if they can help, they will. In addition, donors do not want to see their favorite organization suffer.

The reality of the matter is we have approximately sixty kids we are caring for and we are behind in our monetary donations. Anything you can do is greatly appreciated.

Accepting clothing and other gifts is temporarily on hold. I will make arrangements with you if you have any gift-in-kind donations at a later date.

## Join Martin Luther in social distancing.

In April of 1521 Martin Luther appeared in Worms for an imperial diet which is a fancy term for council meeting. It is most often referred to as the Diet of Worms because the council meeting was in Worms.

It was at the Diet of Worms that Luther was given the choice to recant, or take back, the challenges that he issued in his 95 theses. When presented with the recant or face excommunication, it is said that Luther replied "Here I Stand, I can do no other. God help me, Amen."

Once Luther refused to take back his challenges, he was in fact, excommunicated from the Catholic church. Because the Catholic church was the state church, Luther became an enemy of the state and became an outlaw.

Luther's supporters orchestrated a kidnapping and Luther hid in the Wartburg Castle for 9 months. During his time in Social isolation, Luther translated the Bible into German. This is the first time that the bible was made available in the language of the people.

We don't expect you to take on such a project while you are in self isolation but perhaps now would be a good time to celebrate the Diet of Worms and make a dirt cake for you and your family.

### INGREDIENTS

- 1 (14.3 ounces) package Oreo cookies
- 2 (3.9 ounce) packages instant chocolate pudding
- 4 cups of milk
- 8 ounces cream cheese (at room temperature)
- ¼ cup butter (at room temperature)
- 1 cup powdered sugar
- 1 (8 ounces) container cool whip
- Gummy worms



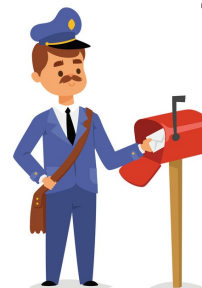
### INSTRUCTIONS

1. Crush the Oreo cookies using a food processor into fine crumbs. Set aside.
2. In a large bowl whisk together instant pudding mix with milk for about 2 minutes. Let sit for 5 minutes.
3. In another bowl beat together the cream cheese and butter on medium speed until light and fluffy, about 3 minutes. Reduce speed to low and add the powder sugar, increase the speed to medium and beat until fluffy. With a rubber spatula fold the cream cheese mixture into the chocolate pudding, and fold in cool whip until well combined.
4. Layer in a bowl or square baking dish by alternating layers of crushed Oreos and pudding.

### UPDATING OUR RECORDS.....

- \* How would you like to receive your monthly Trinity Trumpet?
- \* If you are currently receiving it by postal mail, perhaps you would like to change to email ... or visa versa.
- \* Or maybe you would like to receive it both ways.
- \* Maybe you would like to add someone to our mailing list.
- \* Please contact the church office at 937/692-5670 or email [secretary@pitsburgtlc.org](mailto:secretary@pitsburgtlc.org) with any changes.

### Trinity Trumpet



OR





## Looking for something to make your time sheltering at home more pleasant?

### *The best* **DATE NIGHT IDEAS**

I found these suggestions from Prepare/Enrich, the organization we use to help guide couples preparing for marriage. They had previously put out a list of 12 dates you could go on with your spouse or partner. Since we're all mostly sheltering at home, they modified some of their great date suggestions for us to do while we can't go to movies, concerts, or other social gatherings. I hope you find these helpful and maybe even enjoyable!

Here they are — six fun, low-key, (mostly) at-home date activities to try out when you're craving some intentional quality time with your partner:

- **Create the ultimate movie/Netflix-binge experience.** Well, let's be real. We've probably all been doing our share of this lately. But think of how you could make it fun, special, or different. Maybe you make it a theme night, or randomly pick a movie and see who can write the funniest review to share after.
- **Give an in-depth lesson.** Take turns teaching each other about one of your favorite subjects or hobbies. Keep in mind that the "learner's" engagement is key to making this fun.
- **Have a picnic – whether it's in your backyard or your bedroom.** Cook or order in your favorite meal or build an appetizer tray from whatever is in your pantry. Make it feel special by dressing up a bit and playing some music for ambiance.
- **Watch a sunrise or sunset.** Grab some coffee or a nightcap and scope out a spot with a view (even if it's just the bay window of your living room). Reflect on the day ahead or behind you after enjoying nature's colorful show. Share three things you're feeling thankful for.
- **Take a hike.** In most areas, outdoor activities are still encouraged as long as you practice social distancing. Scout out a park or hiking/walking trails near you and throw on your comfy shoes. Enjoy the fresh air and each other's company. (I hear there's a great park for hiking or biking in Troy...)
- **Exchange gifts.** This probably sounds like an odd one, especially if you don't have a gifting occasion coming up – although do you really need one? You're probably not going to go out shopping for one either. Here's where the fun comes in! Create a gift out of things you already have around the house, hiding in a closet, or a box of old memorabilia in the basement. The thought- and creativity- is what really counts here.

By the way, if you currently do not have a spouse or partner, you can modify these entertainment options to do them either solo or to share over the phone or internet. For example, you can meet a family member or friend at a park and hike together, keeping a social distance of 6 feet apart of course. You and a friend can each watch the sunrise/sunset from your own porch or backyard while comparing what you see over the phone. There are many ways to make these suggestions and a million other ideas come to life helping to bring joy and sanity back into our lives.

I hope you can give at least one or two of these date suggestions a try. If you have other suggestions, shoot me a text or an email and I'll pass them along next month. Until then, happy dating!



### AVAILABLE AT TRINITY

Just go to our website: <https://pitsburgtlc.org>  
Click on the "GIVE TO TRINITY" box,  
fill in the form and follow the prompts.



## When Arthritis is a Pain in the Back

Ankylosing spondylitis (AS) is a type of arthritis that inflames the vertebrae or bones of the spine, causing pain and stiffness. In more advanced cases, AS can wear down the sacroiliac joints – between the spine and hip bones – and fuse the vertebrae, as bone forms between them. As a woman, you're at less risk of AS than men, but if you have relatives who have been diagnosed with AS, your risk could be increased. AS affects about half a million Americans and tends to run in families. A gene associated with AS – the HLA-B27 gene – is present in more than 95 percent of Caucasian Americans with the condition, compared to only 50 percent of African Americans with AS. (However, many people with the HLA-B27 gene do not have AS.) Ankylosing spondylitis can present differently in women – with symptoms starting in the neck rather than lower back.

### Symptoms Of Ankylosing Spondylitis

Symptoms most commonly begin between the ages of 17 and 35, but ankylosing spondylitis can also affect children and older adults. The most common early symptoms are frequent pain and stiffness in the lower back and buttocks. However, ankylosing spondylitis can present differently in women – with symptoms starting in the neck rather than lower back, and for some – particularly children – the pain begins in a peripheral joint – for instance, the hip, knee, ankle, elbow, heel or shoulder. In these cases, the pain is caused by inflammation around the area where a ligament or tendon attaches to bone.

### AS symptoms, which vary person to person, may include:

- Straight, stiff spine
- Appetite loss
- Mild fever
- Weight loss
- Fatigue
- Anemia
- Skin rashes
- Gastrointestinal illnesses such as Crohn's disease or ulcerative colitis
- Stooped posture as a result of bending forward to relieve pain
- Stiffness and pain that spread up the spine, into the neck, along with pain and tenderness spreading to the ribs, shoulder blades, hips, thighs, and heels
- Difficulty breathing deeply when the inflammation of AS affects joints between the ribs and spine
- Mild eye inflammation – iritis or uveitis – which affects about a third of people with AS - symptoms include painful, watery, red eyes, blurred vision and sensitivity to bright light
- Damage to organs such as the heart, lungs and eyes
- Back pain that often worsens at night during rest, leading to pain and stiffness in the morning (A warm shower and light exercise or activity can provide some relief)



## Diagnosis

Some AS symptoms resemble those of other conditions, so see your health care provider for an examination and diagnosis. Your health care team may use the following diagnostic tools:

- Physical exam to determine sites of inflammation, pain and tenderness and to check for limits to spinal mobility
- Personal and family medical history of AS
- X-rays to check for signs of the inflammation of ankylosing spondylitis, including possible erosion of the sacroiliac (SI) joints. Your doctor may recommend an MRI, because changes in the SI joints can be undetectable by x-ray before seven to 10 years into the disease process.
- Blood work, including a test for the HLA-B27 gene. More than 95 percent of Caucasian Americans with AS have the gene, as do 80 percent of AS patients from Mediterranean countries and 50 percent of African American AS patients.
- Erythrocyte sedimentation rate (ESR) test, which looks at how quickly red blood cells fall to the bottom of a test tube. The blood's proteins clump together and become heavier during inflammation and swelling, making them fall faster in an ESR test.

## Treatment For Ankylosing Spondylitis

Your health care provider will prescribe treatment based on your symptoms, age, severity of your condition and general health. The aims of treatment: to reduce pain and stiffness, help you maintain as normal a lifestyle as possible and prevent deformities.

Treatment may include:

- Medication to reduce pain, inflammation and swelling. This may include nonsteroidal anti-inflammatory medicines, tumor-necrosis-factor blockers, interleukin-17A inhibitors, disease-modifying antirheumatic medicines, and corticosteroids. Muscle relaxants and pain relievers may also be prescribed to relieve severe pain and muscle spasms.
- Exercise and physical therapy. Staying active can help reduce AS pain. An exercise program designed especially for you by a physical therapist can help you maintain good posture and flexibility, strengthen back muscles and lessen pain. Lifestyle changes can improve your quality of life.
- Applying heat/cold to relax muscles and reduce joint pain
- In severe cases, posture-correcting surgery and surgery to replace a joint, place rods in the spine or remove parts of thickened and hardened bone

When you notice symptoms, call your health care provider to help take advantage of treatment as soon as possible.

*Source: Spondylitis Association of America; Arthritis Foundation*

*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.*



# SPECIAL DAYS IN MAY



## May 5

Officially commemorates the anniversary of an early victory by Mexican forces over French forces in the Battle of Puebla on May 5, 1862. It is seen as a day to celebrate the culture, achievements and experiences of people with a Mexican background, who live in the United States.

One of the largest Cinco de Mayo celebrations are in cities such as Los Angeles, San Jose, San Francisco, San Antonio, Sacramento, Phoenix, Albuquerque, Denver and El Paso in the USA's southwestern regions.



## May 16

Among the many military holidays celebrated each

year is Armed Forces Day. Celebrated the third Saturday in May, Armed Forces Day falls during Military Appreciation Month and joins Memorial Day, Military Spouse Appreciation Day, and Victory in Europe Day (V-E Day) as another May military-themed holiday.

On August 31, 1949, Defense Secretary Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy, and Air Force Days. The single-day celebration stemmed from the unification of the armed forces under one agency — the Department of Defense.

In a speech announcing the creation of the day, President Truman “praised the work of the military services at home and across the seas.” He said, “It is vital to the security of the nation and to the establishment of a desirable peace.”

In an excerpt from the Presidential Proclamation of February 27, 1950, Truman stated:

“Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America’s defense team of its progress, under the National Security Act, toward the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces of our land, sea, and air defense.”



## May 10

**Mother's Day** is celebrated on the second Sunday of May.

The holiday began as mothers supporting world peace, but over time has become a celebration of all the hard work moms do everyday. On Mother's Day, children cook breakfast for their moms, buy them flowers and shower them with small surprises. In fact, each year Americans send over 133 million cards to their mothers just for Mother's Day alone!

Mother's Day was first celebrated in the United States in 1914. It was introduced by Anna Jarvis in 1908 to honor her own mother. The day is marked by being the busiest day of the year for restaurants as Americans give their moms the day off from their day-to-day chores.

This year Mother's Day is Sunday, May 10th. Take some time to show your mom how special she is to you by making her a Mother's Day card, getting her flowers or singing her favorite song.



## A Prayer for Memorial Day May 25

We remember, O Lord, all those people throughout the years who have made the supreme sacrifice for our country, for liberty, for us. Whenever we breathe the air of freedom or claim the right to justice or enjoy the privilege of worship, fill us with gratitude for those who selflessly gave the last full measure of devotion — their very lives — for our benefit. May these brave men and women now know the joy of eternity and your presence. And may the families of the fallen receive comfort and peace amid their grief. Help us as we minister to their needs. Through Jesus Christ our Lord. Amen.



# MAY CELEBRATIONS



## Birthdays

- |                    |                    |                       |
|--------------------|--------------------|-----------------------|
| 1 Russ Spalding    | 12 Carol Castello  | 20 Hayley Harleman    |
| Yvonne Barga       | Jennifer Baker     | Stanley Lamb          |
| 3 Tricia Rismiller | Sarah Jasinski     | 24 Callie Schmitmeyer |
| 4 Shannon Ressler  | Sharon Archer      | 25 Bradley Harleman   |
| 5 Shawn Thompson   | 13 Kurt Baker      | Kyle Ressler          |
| 6 Jonathan Brandon | 15 Miles Baker     | 26 Micah Angles       |
| 7 Justin Vanatta   | 16 Danyelle Cool   | 27 Wayne Wilt         |
| 9 Cindy Bruner     | Jennifer Hemmerich | 28 Austin Harleman    |
| David McKibben     | 17 Jean Cool       | Anna Netzley          |
| Larkin Ressler     | 18 James Neitzelt  | 29 Maya Diceanu       |
| 10 Nicolas Daniels | Joshua Snider      | 30 Jr. Koos           |
| Stephanie Tromba   | Zayden Hemmerich   |                       |



## Anniversaries



- |                            |                            |
|----------------------------|----------------------------|
| 9 Russ & Jennifer Spalding | 18 Jeff & Cassondra Creech |
| 15 B.J. & Bethany Nickol   | Joe & Kelly Netzley        |
| 16 Paul & Christi Jasinski | 24 Jon & April Zderad      |
| 17 Stephen & Julie Kossler | 25 Don & Rose Lucas        |

## Baptisms



- |                     |                      |                    |
|---------------------|----------------------|--------------------|
| 1 Julie Kossler     | 12 Diana Hesler      | 22 Melanie Merzke  |
| Shirley Thompson    | Tyler Tauscher       | 23 Shannon Ressler |
| 3 Joyce Hofacker    | 15 Ava Erdmann       | 24 Natalie Snider  |
| Justin Troutwine    | Wesley Harleman      | 26 Kalysta Thobe   |
| 9 Barbara Gettinger | 20 Judy Ulrich       | 28 Ryan Garwood    |
| 10 Pam Barga        | 21 Isabella Harleman | Tony Garwood       |
|                     | Morgan McKinney      | 31 Blake Gettinger |







## MARCH

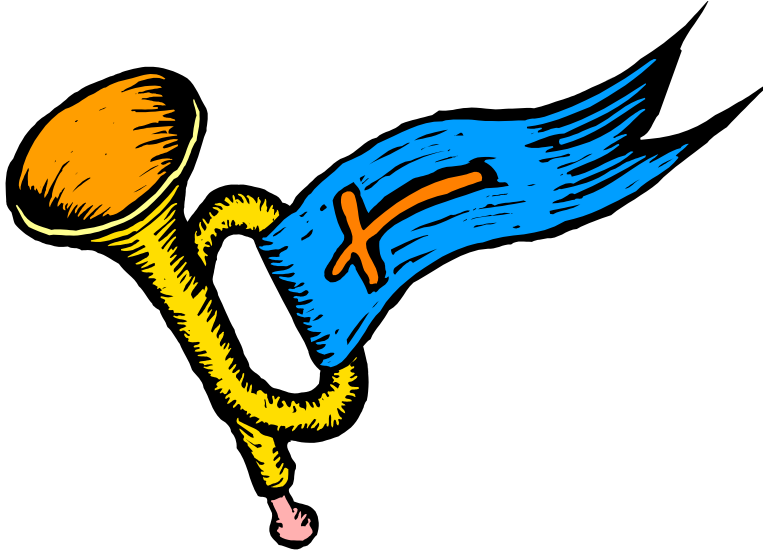
DATE	GREETERS	READERS	ACOLYTES	FLOWERS
3				
10				
17				
24				
31				





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 3:30 pm FISH Choice Food Pantry	2
3 <del>9:30 am Confirmation Class 9:30 am Adult Sunday School 10:30 am Worship &amp; Kid's Sun. Sch.</del>	4	5 	6 <del>6:30 pm WELGA Meeting</del>	7 <del>7:00 pm Worship Team Meeting (if needed)</del>	8 <del>9:00 am Prayers &amp; Squares Quilting</del> 3:30 pm FISH Choice Food Pantry	9
10 <i>Mother's Day</i> <del>9:30 am Confirmation Class 9:30 am Adult Sunday School 10:30 am Worship &amp; Kid's Sun. Sch.</del>	11	12	13 <del>11:30 am Ladies Luncheon 6:30 pm Christian Education Team Meeting</del>	14 3:00 pm Community Blood Drive at Trinity	15 3:30 pm FISH Choice Food Pantry	16 
17 <del>9:30 am Confirmation Class 9:30 am Adult Sunday School 10:30 am Worship &amp; Kid's Sun. Sch. 11:30 am Blood Press. Screening</del>	18	19 	20 8:30 am GGMA 6:00 pm Finance Team 7:00 pm Trinity Council	21	22 3:30 pm FISH Choice Food Pantry	23
24 <del>9:30 am Confirmation Class 9:30 am Adult Sunday School 10:30 am Worship &amp; Kid's Sun. Sch. 11:30 am Blood Press. Screening</del>	25  <del>9:00 am Prayers &amp; Squares Quilting</del>	26	27 11:20 am FM Core Club	28	29 3:30 pm FISH Choice Food Pantry	30
31 <del>9:30 am Confirmation Class 9:30 am Adult Sunday School 10:30 am Worship &amp; Kid's Sun. Sch. 11:30 am Blood Press. Screening</del>						

# TRINITY TRUMPET



## May, 2020

A MONTHLY NEWSLETTER PUBLISHED BY  
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To—

**Evangelical Lutheran Church  
In America**