

The Trinity Trumpet

A Monthly Newsletter Published by
Trinity Lutheran Church, Pittsburg, OH
January, 2019



DID YOU KNOW.....



Parents Trent & Michelle Groff welcome baby Trevor to their family. Trevor's happy siblings are Colton and Brynnlee.

This area of the newsletter is available to share all important happenings in your family and friends. Please submit any news so the rest of us can celebrate with you! News can be sent to secretary@pitsburgtlc.org or call the Trinity office at 937/692-5670.

Prayer Concerns

Current and ongoing and from the past month:

- Chet & Sharon Wirrig—Health
- Olis McKibben—Health
- Myrna Warner—Health
- Patty Sackett—Health
- Jim Neitzelt—Health
- Jr & Laszlo Koos—Health
- Buster Casto—Health
- Jody Burns—Battling cancer
- Mindy Brandon—Awaiting kidney transplant
- John & Karen Davis & family—For John's kidney transplant
- David Allen Brumbaugh
- Shannon Hall—For strength as she continues battling cancer
- Jerry Higgins—Fighting cancer
- Ronda Hanes—Health
- Maxine Didier—Healing
- Kerry young—Coma & for wife, Julia
- Kenny Gates—Health issues
- JR Alltop
- Holly McEldowney—Battling Cancer
- Sarah Wolfe—In Hospice, kidney failure
- Matt Martin—Father of 5, fighting aggressive thyroid cancer, Continued healing. Praise God for shrinking tumor.
- Kenny Hesler—Recovering from stroke
- Frank Trimble—Illness
- Katie Cottrell—Healing
- Greg Perry—Heart problems
- Ev Kaiser—Heart problems
- Kenny Johnson—Heart and health issues
- Mary Lou Rosenberger—Battling cancer
- Jacob Riffle—Heart issues
- Portia Boord & family for Ron's passing
- Connie Rowland—Battling cancer
- Tom Schoeberl—4 yr. old recovering from kidney tumor removal surgery
- Aubree Myers—Lupus and MS
- Becky (Cool) McMullen—Mobility issues
- Chris Suttle—Treatment for Non-Hodgkin's Lymphoma
- Marvin Brumbaugh—Battling cancer
- Amanda Spahr—Brain issues
- Joe Spahr—Heart issues
- Diane Warner—For continued recovery from knee surgery
- Reese Addington—10 year old with auto-immune disease
- Denny Cool—Health issues
- Shirley Hensel—Recovering from cancer surgery
- John Young—Battling cancer (Chemo)
- Mary Philpot—Battling cancer
- Craig Cotner—Health issues
- Tracy & Bob—Help through a difficult time
- All those affected by the earth quake in Alaska
- Aiden Snyder—Battling leukemia
- Trent & Michelle Groff—on the birth of their 3rd child, Trevor
- Logan Nolley (Katherine's grandson)—Deployed to Afghanistan for a year
- Miranda Nolley (Katherine's granddaughter)—Deployed to Kuwait



Following their loss, we offer our sympathy to the families of

- Tonia Thompson
- Delbert Riegle
- Jim Kelch

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.



PRAYERS & SQUARES QUILTING

January 11 & 28
9:00 am

Ladies Luncheon

January 9
11:30 am

DEADLINE FOR THE FEBRUARY ISSUE OF THE TRINITY TRUMPET IS JANUARY 22nd.

President's Perspective

Good morning to all,

Once again, no business was conducted because of not having a quorum. This is an issue that we need to address.

We are going to be doing some cleaning, painting and sprucing up around here sometime. This is in the planning stage.

If you have any thoughts, plans or concerns, feel free to contact the Pastoral Relations Committee.

Here is what we do as a church family. We help, pray for, are with, console and love each other. We have an older, established and long term membership or new people possibly looking for a place to call home, welcome.

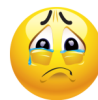
Be bold. Be proud. Be gentle. Be kind. Be as He would have us to be. Here for each other.

I love you all very much.

In His Name,
Dean



Well, our team has fallen on hard times.



We have many hits but can't seem to put them together to score runs. Three weeks ago we were in first place but now we have fallen to third. We will have two weeks off because of the holidays. I have spoken to the team and we will regroup while we are off. These guys are a great group of guys and a lot of fun to be with.

Dean

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All games are on Mondays, usually at 7:30 pm, and following is the January schedule — come to any game as a “cheerleader” for the team!

1/7 at Beech Grove Ch. of the Brethren  
1/14 at Trinity vs. First Presbyterian  
1/21 at Painter Creek Ch. Of the Brethren  
1/28 BYE



**Trinity Giving Report as of 12/16/18** Given: \$91,325.25 Needed: \$102,100.00 (- \$10,774.75)

May the coming year be one of increased riches of grace—  
hearing His voice more clearly,  
knowing His heart more deeply,  
resting in His love more fully,  
trusting His care more completely,  
walking His pathway more peacefully,  
knowing His presence more intimately,  
blessed by His goodness more abundantly.

-Roy Lessin, [www.meetmeinthemeadow.com](http://www.meetmeinthemeadow.com)

## CHRISTIAN EDUCATION

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



The Christmas Program, Rhyme - Time Nativity, which took place on December 16, was phenomenal. What an outstanding group of children! 22 kids were able to participate in the event. The rhyming songs were so much fun for kids and all! Thanks to all the helpers - Linda Baker, Pam Oswalt, Bev Erdmann (costumes), Stephanie Kemp, Michelle Groff, Larry Harter, Andy McKibben, Pastor Mel, and parents. A special thank you to Katherine Obringer and friends ( they created the cd for the program).

Take a look back at 2018 at all the great events involving the kids:

- \*On February 11 we celebrated "We Love God Sunday" with children assisting with the service. Many children received Bibles.
- \*A second Sunday School room was fixed up in March to be used as needed.
- \*On April 16, a successful Easter Egg Hunt took place thanks to the many donations and helpers.
- \*Mother's Day was celebrated on May 13 with the children leading the church service. Also, the children made beautiful flower pictures for the women of Trinity.
- \*Camp Moose on the Loose Bible School kicked off on June 24 with the picnic in Pittsburg Park. Bible School continued for 4 more Wednesday's through August 1. An average of 15-20 kids participated as well as many adult helpers.
- \*Rally Day took place on August 26 with a United in Christ's Love theme. The day included the kids participating in the service, backpack blessing, The Wandering Dog food wagon, ice cream and toppings, a giant banner, etc.
- \*A Sunday School room in the basement was renovated for use by kids and adults in September. Check out the blue room.
- \*A Lemonade Stand/Bake Sale sponsored by the kids took place on September 30. Proceeds went to help Children's Medical Center.
- \*The Fall Festival/Trunk or Treat Day was Sunday, October 21. The day included decorated trunks, prizes, free food, games, costumes, bouncy house, music by Noah McCabe, and more. Thanks so much to all the fantastic helpers.

Thanks to Thrivent Action Teams! Almost all events happened due to funding from Action Teams!

Ideas for 2019?? Please talk to Marge Warner. We could still use additional helpers.

Christian Education Team: Marge Warner, Christian Education Superintendent 937-623-2544 Pam Oswalt, Linda Baker, Michelle Groff, Stephanie Kemp



## *Rhyme-Time Nativity*



## **Children's Christmas Program December 16, 2018**





*From our Pastor .....*

<sup>6</sup> O come, let us worship and bow down,  
let us kneel before the LORD, our Maker!  
(Psalm 95:6 )



Happy New Year Trinity Family and Friends!

Once again we face the New Year when we assess where we are and from where we've come. I hope and pray your holiday season was joyful. Unfortunately, the holiday season for far too many of us brings sad or even painful memories of Christmas's of our past. Some are in the grip of grief while others suffer in silent depression or the very real oppression of too many expectations and not enough ability to meet all those expectations. Some of us spent way too much on the holidays and now face the consequences of our over spending. Some are ashamed of our lethargy or apathy or just plain laziness. We all come to this new year with our share of regrets over things we've done or left undone.

If you find yourself described in any of those situations in the paragraph above, I have good news of great joy. To you a Savior has been born! His name is Jesus and you shall find Him not exactly wrapped in cloths or laying in a manger, but certainly you will find Him where two or more gather in His precious and life giving name. The past is over and no matter how hard we try, it can't be changed. The promise we have from God is our future isn't dependent on our past. Because of Jesus, everything has changed.

For me, even when I make it past all those sad, painful memories and when I break through the depression and find my joy during the holidays, and even when I stick to our household budget, I still can't help feeling the let down after all the hoopla of Thanksgiving, Advent, Christmas, and the New Year's celebrations. It's like that feeling when all the family and relatives leave after the party's over and you're left sitting there with all the mess from the party to clean up.

I'm not sure how people get past all that junk... I should say, I'm not sure how people get past all that junk without having Jesus and His life-giving promises to cling to. I can't tell you how to get past your junk as you approach this new year, but I will tell you how I get past mine. I forget all my troubles when I come to God and lay them at God's feet. When I come to this house of God and Worship God and when I kneel in submission to God's will for my life, that's when God's joy and peace settle over me. That's when I truly find my joy. The joy that comes from Worship is a joy no amount of junk can overcome. It's not the same as happiness. Happiness is a fickle and fleeting emotion, but joy fills the heart to overflowing and gives the true peace of Christ. Real joy doesn't depend on us, it's a gift of God and one of the fruits of God's holy Spirit that comes to us in worship. So, my call out to each and every person who reads this newsletter and wants to experience real joy and real peace, "come, let us worship and bow down, let us kneel before the LORD, our Maker!"

May God's spirit move you to come to worship and bow down regularly this new year. May this house of worship be a place where we can all experience the true joy of Christmas every day of the year. May the love and peace of Christ break down all the junk you carry and lead you to eternal peace and joy, amen.

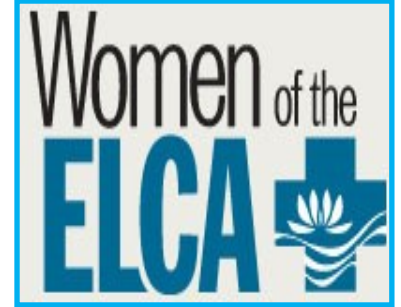
In Christ's Limitless Love,  
Pastor Mel



## WELCA News for January

Dear Sisters in Christ,

2019, 2019, 2019- yep a new year and I'm trying to practice writing 2019. It usually takes me weeks to get the New Year right on my checks. As I look back over 2018, I feel blessed. I know that 2018 started off shaky with having a broken arm, a flooded basement, and the news that my hospital would be closing. However, 2018 ended with my arm healed, my basement dry, and my new hospital employment going better than expected.



The December WELCA Christmas party was a lot of fun. We were blindfolded and spun around- our mission was to pin the halo on the Angel. The winner was Judy Ulrich- how special was her winning since it was her birthday. The prize was a wonderful drawing of an angel by our resident artist Marge Warner.

Our January meeting will be on Wednesday January 2nd at 6:30-8:30ish. Snacks will be provided by Diane Warner and Peggy Didier.

Our service project for January thru March is personal care kits.

- Adult tooth brushes
- Bath size bars of soap
- Wide tooth combs
- Bath towels-dark in color and no larger than 52x27
- Nail clippers with nail file included

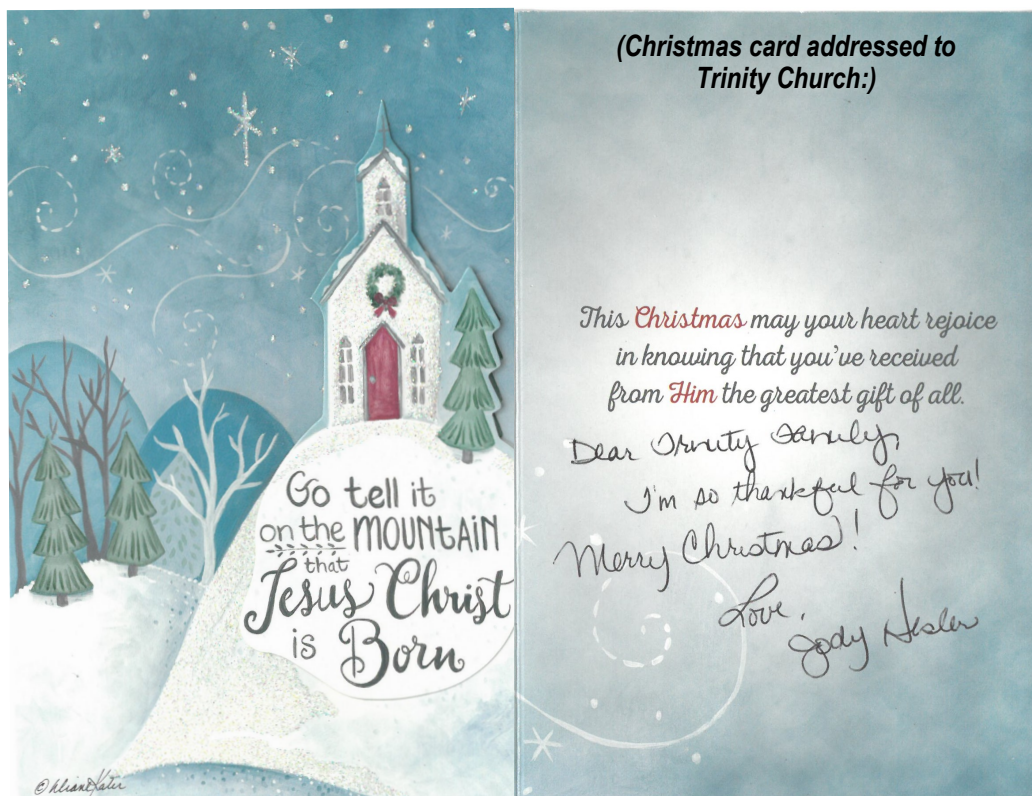
Each woman at Trinity is welcome to attend the monthly meetings and share in a time of fellowship and spiritual growth. Come on out and celebrate the New Year with your sisters here at Trinity.

Upcoming WELCA Events:

- ◇ January 2<sup>nd</sup>- WELCA meeting
- ◇ February 6<sup>th</sup>- WELCA meeting

God Loves you and so do I!

PJ Musser-WELCA President



# FRANKLIN MONROE 2018 HOMECOMING COURT



Franklin Monroe held their Homecoming ceremony on Friday, December 14th following the junior varsity basketball game. (Left to right:) Sophomore representatives: Raegan Warner & Micah Stacy; Queen & King candidates Shelby Bowser, Luke Booher, Jordan Rhoades, Kennedy Morris, Ethan Coppess, Anna Flora, **Peyton Archer**, **Larkin Ressler**, Kirsten Zink and Ethan Conley; Princess Lillian Moore; junior representatives Chloe Peters and Jarod Hegemier; and freshmen representatives **Maya Diceanu**, Mitchell Schmitmeyer. Not pictured is Prince Wyatt Bixler.

**Dr. Martin Luther KING, JR.**

*Celebration Day*  
**January 21, 2019**

*Born Jan. 15, 1929—*  
*Assassinated Apr. 4, 1968*

*Quote: "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."*

*Between the years 1957 and 1968*

|                                             |                                      |                                      |
|---------------------------------------------|--------------------------------------|--------------------------------------|
| Traveled more than <b>SIX MILLION MILES</b> | Arrested more than <b>20 TIMES</b>   | Awarded <b>FIVE HONORARY DEGREES</b> |
| Spoke more than <b>2,500 TIMES</b>          | Assaulted at least <b>FOUR TIMES</b> |                                      |

Delivered the "I Have a Dream" address before **250,000 PEOPLE** in Washington D.C.

## Notes from Your Parish Nurse



January 2019

You will notice that starting this month the health ministry flyers are now two pages. Since these flyers provide more health information than in prior years, I will only be providing the flyers as part of the Health Ministry Program. If I feel that there is a special need for a specific health topic I will add a second health article in the Trumpet.

I will continue to provide blood pressure screenings on the 3<sup>rd</sup> and 4<sup>th</sup> Sundays of the month when I'm able.

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

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





# January Health Tip

## Health Ministries

### Coming to Terms with Anxiety

Anxiety is that feeling of uncertainty or dread we get before a big interview, meeting a future in-law or presenting at an important meeting. If your temporary worry becomes a common theme of fear and nervousness that disrupts the flow of your life, you may have an anxiety disorder. About 40 million American adults each year suffer from anxiety disorders, says the *Anxiety and Depression Association of America*. Children and teens also have anxiety disorders, often starting around age 6. From age 13 to 18, about 8 percent of teens experience symptoms. Women are twice as

likely as men to have an anxiety disorder. You typically feel dread or extreme concern that is out of proportion to the situation or not appropriate to your age if you have an anxiety disorder. Additionally, your anxiety disrupts how you function in daily life and causes you to avoid certain activities or places.



#### Signs of Anxiety Disorder Include:

- Feelings of fear or dread of a situation or object that occur regularly and continue over weeks and months (for example, fear of crowds, obsessive thoughts, worry that paralyzes you and keeps you from taking action)
- Avoidance of activities that bring you face to face with a dreaded object or situation or performing rituals you can't seem to control
- One or more physical symptoms, including weakness, shortness of breath, rapid heart rate, chest pain, muscle tension, nausea, dizziness or upset stomach

Here are five ways (other than medication) that may help you to face your fears and reduce their power in your life:

- **Talk Therapy:** Also called *psychotherapy*, talk therapy is a way of talking through your anxiety and fear with a trained professional. It may be uncomfortable at first but facing your fears with someone who can support and guide you helps you move beyond those fears to live more fully. Cognitive behavioral therapy is a specific type of talk therapy in which you train your mind to think differently about your fears. This can lead to reduced reactions to situations that cause you anxiety and new behaviors that help you overcome excessive worry, fear or panic. It may include techniques for relaxing or practicing social skills.



You may work with a psychologist, psychiatrist or social worker on identifying, challenging and neutralizing unhelpful thoughts that are the foundation of your disorder. Your mental health provider may also encourage you to engage in activities you have been avoiding.

Usually, talk therapy is conducted one on one, but it can be helpful to talk in groups, especially if you have anxieties focused on being around other people.



- **Self-Help or Support Groups:** Consider joining a self-help or support group and sharing your problems, stresses and achievements with others. This can be especially helpful if a trained expert facilitates the group. You may like the idea of an internet chat room, but be cautious about any advice you receive from people you don't really know. Talking with a trusted friend or church leader may be helpful, although they should not be a substitute for a trained professional.
- **Stress Management Strategies:** Stress management techniques, including guided imagery or meditation, can help you calm yourself and keep fears from escalating. Breathing exercises or physical activity such as walking also may calm you.
- **Yoga:** This complementary therapy can vary from instructor to instructor, but it commonly includes physical stretching and balancing postures, breathing exercises and meditation. Its underlying philosophy of personal peace and calm provides some relief for many people with anxiety.
- **Acupuncture:** Evidence is becoming stronger that acupuncture is helpful in treating anxiety disorders. The traditional Chinese practice requires inserting hair-thin needles into the body at specific points to open blockages to the body's energy flow.

If you believe you might have an anxiety disorder, consult with your primary care physician right away for a diagnosis and to discuss the best treatment plan for you.

Source: American Psychiatric Association; WomensHealth.gov; National Institutes of Health; Mental Health America

*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.*



# JANUARY CELEBRATIONS



## ***Birthdays***

- |                      |                      |                     |
|----------------------|----------------------|---------------------|
| 1 Beth Thompson      | 13 Courtney Jasinski | 26 Elizabeth Martin |
| David Warner         | Matthew Dornbusch    | Eric Campbell       |
| 2 Joshua Long        | 16 Kevin Ressler     | 27 Harold Harleman  |
| 3 Roxanne Groff      | 18 April Zderad      | 30 Claire Wilt      |
| 4 Pastor Mel Musser  | Mark Brumbaugh       | 31 Jim Payne        |
| Jack Rademachir      | Theresa Sarver       | Michael Long        |
| Pat Netzley          | Zachary Gettinger    | Steven Vanatta      |
| Terry Warner         | 20 Ava Erdmann       | Tess Tauscher       |
| 5 Gabriel Angles     | Jay Merzke           |                     |
| 6 Nonnie Myers       | Nick Morelli         |                     |
| 7 Josiah Zderad      | Olivia Martin        |                     |
| 8 Marie Beard        | 21 Betsy Clauss      |                     |
| Melanie Merzke       | Justin Troutwine     |                     |
| Sara Moberly         | 22 Lee Stanley       |                     |
| 10 Pam Myers         | 23 Ashton Myers      |                     |
| 12 Barbara Gettinger | 24 Elainah Nickol    |                     |



## ***Anniversaries***

- 17 Dean & Donna Thompson      30 Lowell & Nina Unger



## ***Baptisms***



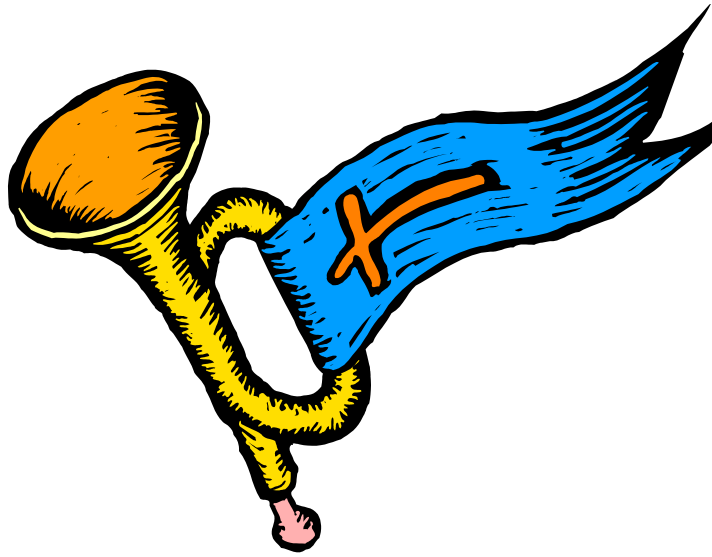
- |                 |                   |                   |
|-----------------|-------------------|-------------------|
| 1 Olis McKibben | 12 Wyatt Tauscher | 29 Theresa Sarver |
| Rhonda Rich     | 23 Barbara Sease  | 31 Denny Cool     |
| 3 Parker Hesler | 24 Tyler Hofacker |                   |
| Patty Sackett   | 26 Jack Mehaffie  |                   |
| Shirley Rhoades | 28 John Erdmann   |                   |

| JANUARY |          |         |          |         |
|---------|----------|---------|----------|---------|
| DATE    | GREETERS | READERS | ACOLYTES | FLOWERS |
| 6       |          |         |          |         |
| 13      |          |         |          |         |
| 20      |          |         |          |         |
| 27      |          |         |          |         |



| <div>    </div> |                                                                                                                                                         |                                                                                             |                                                                              |                                               |                                                                             |                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| SUNDAY                                                                                                                                                                                                                                                             | MONDAY                                                                                                                                                  | TUESDAY                                                                                     | WEDNESDAY                                                                    | THURSDAY                                      | FRIDAY                                                                      | SATURDAY                                                                                          |
|                                                                                                                                                                                                                                                                    |                                                                                                                                                         | 1<br>    | 2<br>11:20 am FM Core Club<br>6:30 pm WELCA Meeting                          | 3<br>7:00 pm Worship Team Meeting (if needed) | 4<br>3:30 pm FISH Choice Food Pantry                                        | 5                                                                                                 |
| 6<br>9:15 am Confirmation Class<br>9:30 am Adult Sunday School<br>10:30 am Worship & Kid's Sunday School                                                                                                                                                           | 7<br>7:30 pm Dartball at Beech Grove Ch. of the Brethren                                                                                                | 8<br>6:00 pm Finance Team Meeting<br>7:00 pm Trinity Council Meeting                        | 9<br>11:20 am FM Core Club<br>11:30 am Ladies Luncheon                       | 10                                            | 11<br>9:00 am Prayers & Squares Quilting<br>3:30 pm FISH Choice Food Pantry | 12                                                                                                |
| 13<br>9:15 am Confirmation Class<br>9:30 am Adult Sunday School<br>10:30 am Worship & Kid's Sunday School                                                                                                                                                          | 14<br>7:30 pm Dartball at Trinity vs. First Presbyterian                                                                                                | 15<br>6:30 pm Christian Education Team Meeting                                              | 16<br>8:00 am Greater Greenville Ministerial Assoc.<br>11:20 am FM Core Club | 17                                            | 18<br>3:30 pm FISH Choice Food Pantry                                       | 19                                                                                                |
| 20<br>9:15 am Confirmation Class<br>9:30 am Adult Sunday School<br>10:30 am Worship & Kid's Sunday School<br>11:30 am Blood Pressure Screening                                                                                                                     | 21<br><br>7:30 pm Dartball at Painter Creek Church of the Brethren | 22<br> | 23<br>11:20 am FM Core Club                                                  | 24                                            | 25<br>3:30 pm FISH Choice Food Pantry                                       | 26                                                                                                |
| 27<br>9:15 am Confirmation Class<br>9:30 am Adult Sunday School<br>10:30 am Worship & Kid's Sunday School<br>11:30 am Blood Pressure Screening                                                                                                                     | 28<br>9:00 am Prayers & Squares Quilting<br>Dartball (BYE)                                                                                              | 29                                                                                          | 30<br>11:20 am FM Core Club                                                  | 31                                            | February 1<br>3:30 pm FISH Choice Food Pantry                               | February 2<br> |

# TRINITY TRUMPET



## January 2019

A MONTHLY NEWSLETTER PUBLISHED BY

TRINITY LUTHERAN CHURCH

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Trinity Evangelical Lutheran Church  
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Pittsburg, Ohio 45358



To—

**Evangelical Lutheran Church  
In America**