



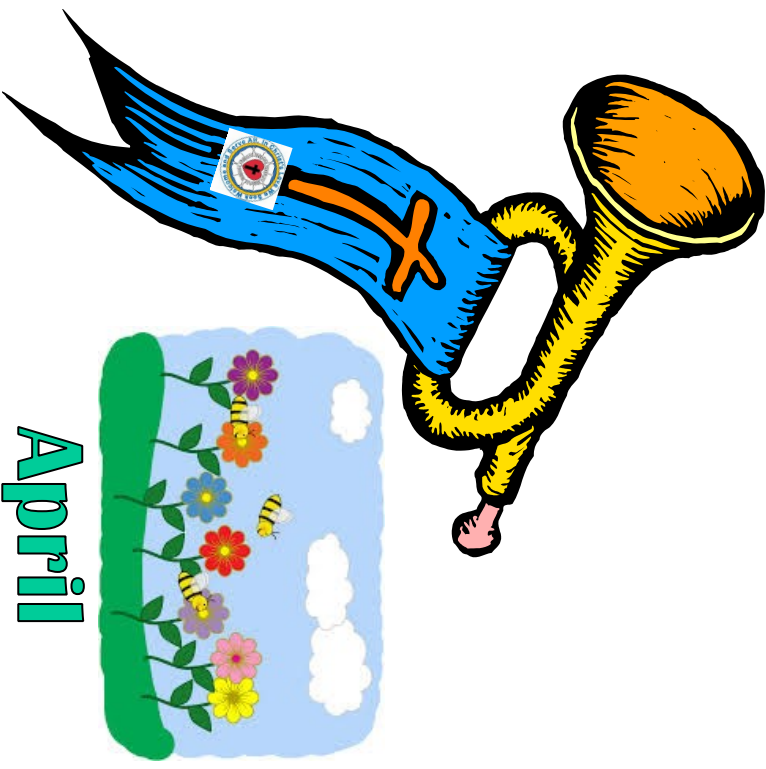
Trinity Evangelical Lutheran Church  
P.O. Box 64 - 8520 Oakes Road  
Pittsburg, Ohio 45358

## *Our Mission:*



**Evangelical Lutheran  
Church in America**

# TRINITY TRUMPET



**April  
2016**

A MONTHLY NEWSLETTER PUBLISHED BY  
**TRINITY EVANGELICAL LUTHERAN  
CHURCH of PITTSBURG**

(A Mission Congregation of the ELCA)

P.O. Box #64 - 8520 Oakes Rd. - Pittsburg, Ohio 45358

Phone: 937-692-5670

Email: [secretary@pitsburgtlc.org](mailto:secretary@pitsburgtlc.org)

Website: [pitsburgtlc.org](http://pitsburgtlc.org)

Pastor Mel Musser - 937-626-7100 - [pastor@pitsburgtlc.org](mailto:pastor@pitsburgtlc.org)



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# That's right! It's school kit time!

Each School Kit contains the following items:



Four 70-sheet notebooks of wide- or college-ruled paper approximately 8" X 10½"; no loose-leaf paper



One 30-centimeter ruler, or a ruler with centimeters on one side and inches on the other.



One pencil sharpener



One blunt scissors (safety scissors with embedded steel blades work well)



Five black or blue ballpoint pens (no gel ink); secure together with a rubber band



Five unsharpened #2 pencils with erasers; secure together with a rubber band



One box of 16 or 24 crayons



One 2½" eraser


Please help us to put together as many school kits as we possibly can this year by purchasing these items that we put in the hand sewn school kit bags made by our amazing Prayers & Squares ladies here at Trinity. These are sent all over the world to help children in need of school supplies.

# 150<sup>th</sup> Anniversary Update

Things are rolling right along according to schedule as your Trinity 150th Celebration Team is hard at work getting all the details in place for our BIG CELEBRATION. Please spread the word about our puzzles and mugs that are for sale at the very reasonable price of \$10 = mugs & \$15 = puzzles.

**NEW ITEM FOR SALE! NOTECARDS!!** Yes, hot off the presses our just recently released elegant notecards w/envelopes. This beautiful set of four original artworks from two of our members, Judy Ulrich and Marge Warner depicting different times in the life of our beloved Trinity Evangelical Congregation, each with its own verse spiritually created by Peggy Didier. All of the proceeds go to help reduce the cost of the catered meal the afternoon of the celebration on July the 10th.

We still have plenty of "Save the Date" postcards for relatives and/or friends that you know used to attend at Trinity or who used to call Trinity their church "home" and might want to celebrate this special day in the history of our church. You may take them home and address them and all you need to do then is bring them back to the church and drop them in the wooden drop box . We will put a stamp on them and mail them for you. This will allow us to record the address of the people you're sending to so that when it comes time to mail out the invitations for the big event we will have all the addresses in advance. All we ask is that you don't take more cards than what you will use as we have to pay for each one that we print.

	<div data-bbox="760 1024 1065 1100"><p>PLEASE JOIN WITH US <b>JULY 10, 2016</b></p></div> <div data-bbox="760 1108 1065 1171"><p>AS WE CELEBRATE THE 150<sup>th</sup> ANNIVERSARY</p></div> <div data-bbox="760 1180 1065 1260"><p>of TRINITY EVANGELICAL LUTHERAN CHURCH</p></div> <div data-bbox="717 1268 1097 1579"><p>of PITTSBURG, OHIO 8520 OAKES RD, PITTSBURG, OHIO Worship with Holy Communion @ 10:30 AM A Celebration Dinner @ 1:00 PM Will be held @ Franklin-Monroe School To share pictures, memorabilia, or for more info contact <a href="mailto:secretary@pittsburgtlc.org">secretary@pittsburgtlc.org</a> or Phone: 937-692-5670 You may write to us: Trinity Evangelical Lutheran Church P.O. Box 64 Pittsburg, Ohio 45358</p></div> <div data-bbox="1421 1054 1502 1081"><p>stamp</p></div> <div data-bbox="1239 1299 1330 1329"><p>Name</p></div> <div data-bbox="1239 1360 1333 1390"><p>Street</p></div> <div data-bbox="1187 1421 1466 1453"><p>City, State Zip</p></div>
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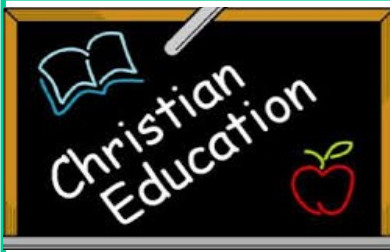
**Save the Date**

Message side for you to address, return to church, and we will record the address and supply postage and mail it for you.

Front of Postcard

Please help us to make this day a very special milestone in the history of our beloved church and in your own lives as well. On behalf of the 150<sup>th</sup> Celebration Team we want to thank you in advance for your help and cooperation.

150<sup>th</sup> Celebration Team  
Portia Boord - Team Leader



# Christian Education Team News

Trinity congregation and family of children, thank you so much for your help and support with our recent events! Our team is excited about plans in the works!

The Easter Egg Hunt on Easter morning was a huge success. Weren't you impressed by the number of young people participating in the hunt? Thanks to all who helped by donating and filling eggs!

FAMILY FUN DAY is coming to Trinity on April 10 at 5:00 - ????. The whole congregation is invited to attend this fun evening. The main event is karaoke with several acts already lined up. Some are wearing costumes to match their group or individual artist. If not participating come to watch the fun and have some good laughs. We will be serving sloppy joes, chicken sandwiches, snacks, and ice cream. Come to support this Christian Education event. Guests are welcome and encouraged!!!

Good news for Trinity! Yes, we will be having Bible School with a Barnyard Roundup theme. The June 26 picnic in the park will be the kickoff day with 4 more sessions on Wednesdays in July. A petting zoo is in the works for the last session!

The young people are vital to our church future, but we do need volunteer helpers to take turns teaching Sunday School on Sunday and helping with Bible School. Get to know the children of our church.

Our next meeting is Tuesday, April 19. Those helping with Bible School are encouraged to attend.

Christian Education Leader, Marge Warner

## Prayers & Squares Quilters

The ladies of the Prayers and Squares Quilt Ministry have been finding shelter from the cold winter weather by meeting twice a month in the warmth of our church basement. It's warmed by the smiles, laughter and joy of our members who are busy creating colorful quilts. We are happy that each quilts will provide comfort for those who are suffering from the disasters that happen around the world. We have completed 24 quilts and another 9 are ready to be layered, pinned, sewed and tied. There's always room for another worker at the table. Come, pull up a chair and join our merry ministry. Warm your heart with the flame of the spirit from this ministry that brings warmth and shelter to God's children in need.

### Urgent Needs and You Can Help!!!

We gladly accept donations of cotton and flannel fabrics you might have on hand, new or lightly used washed sheets and spools of white thread. If you purchase fabric for prayer quilts, we need 44-45" cotton flannel in 2 yard pieces for the back of the quilts or any cotton cut yardage in at least 1 yd. pieces for the top. Monetary donation can be used for the purchase of rolls of batting and other supplies. We need large (Diaper changing size) safety pins to hold the quilts together while they are tied too! Thanks for any and all help!



# April Health Tips

Good Samaritan Hospital Health Ministries

## Osteoarthritis and Exercise

While you may worry that exercising with osteoarthritis could harm your joints and cause more pain, research shows that people can and should exercise when they have osteoarthritis. Exercise is considered the most effective non-drug treatment for reducing pain and improving movement in osteoarthritis.

Three kinds of exercise are important for people with osteoarthritis: exercises involving range of motion, also called flexibility exercises; endurance or aerobic exercises; and strengthening exercises. Each one plays a role in maintaining and improving your ability to move and function.

**Range of motion/flexibility:** Range of motion refers to the ability to move your joints through the full motion they were designed to achieve. Range-of-motion exercises include gentle stretching and movements that take joints through their full span. Doing these exercises regularly – ideally every day – can help maintain and even improve the flexibility in your joints.

**Aerobic/endurance:** These exercises strengthen your heart and make your lungs more efficient. This conditioning has the added benefit of reducing fatigue, so you have more stamina throughout the day. Aerobic exercise also helps control your weight by increasing the amount of calories your body uses. Furthermore, this type of exercise can help you sleep better and improve your mood.

**How much should you exercise?** Current recommendations for 150 minutes of moderate-intensity aerobic exercise per week or, 75 minutes of vigorous-intensity aerobic exercise per week or, an equivalent combination of moderate and vigorous exercise.

**Strengthening:** Strengthening exercises help maintain and improve your muscle strength. Strong muscles can support and protect joints that are affected by arthritis.

**How will losing weight help?**

Excess body weight is a risk factor for both the development and progression of osteoarthritis. For every pound of body weight you gain, your knees gain three pounds of added stress; for hips, each pound translates into six times the pressure on the joints. After many years of carrying extra pounds, the cartilage that cushions the joints tends to break down more quickly than usual.

Conversely, losing weight can reduce additional stress on joints that can cause cartilage to wear away. Easing the pressure on joints by shedding extra pounds can also reduce pain in osteoarthritis-affected joints, which will help you feel and move much better.

[Speak with your doctor or physical therapist](#) about exercising with osteoarthritis and the specific exercises that are best for you.

# EXERCISE

Source: arthritis.org

*The material above is general medical information provided for informative and educational purposes only. General medical advice can never substitute for personal, professional advice given based on your medical history, your family medical history, your medication history, and other factors. Because these factors are different for every person, you should always consult your physician before relying on this information. These health tips should not be construed as establishing a patient-physician relationship between you and Premier Health, 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.*

- \* Are there certain foods, drinks, supplements, other medicines or activities (for example, smoking, driving, sun exposure) I should avoid while taking this medicine?
- \* Will the medicine affect my sleep?
- \* What are the possible side effects I should look out for? How can I prevent them?
- \* Are there certain medications I should avoid if I'm pregnant, planning to become pregnant or breastfeeding?
- \* How and under what conditions should I stop taking a medicine? Can I stop taking the medicine if I start to feel better?
- \* What if I miss a dose?
- \* How should I store this medicine?
- \* How do I get this medication refilled? Do I need to have another physician appointment or can the prescription be called in to my pharmacy?

**Medication safety is the responsibility of both the individual taking the medication as well as the physician that prescribes the medication!!!! Know what you are taking and why you are taking it.**

**Blood pressure Screenings are the third and fourth Sundays of the month in the adult Sunday school classroom immediately following church service.**

## News from our WELCA President,



To all my sisters in Christ,

Join us the first Wednesday of this month, April 6th at 6:30 PM, for our WELCA meeting. We will be drawing for our secret sisters for the this year. If you can't be there and would still like to participate, you may have someone draw for you.

We will also will be electing our new officers for next year, and continuing our "Women of Faith" series that PJ Musser brought to us this year. This month our ladies will be having lunch at the Fairlawn in Greenville, Wednesday April 13<sup>th</sup> at Noon. Contact Shirley Rhoades if you are going to attend. We always have a great time and all ladies are welcome to come and feel free to bring a friend! May 4<sup>th</sup> will be our annual Mother, Daughter, Friend Bunco Night. Please plan to join us and put this date on your calendar. Tuesday, May 10<sup>th</sup> we will be preparing dinner for the Lion's Club of Pitsburg. This is an annual money raising project, so please see Katherine Obringer or sign up on the sheet on the table across from the office for what you are willing to bring food wise and if you're able to help with set-up or clean-up. April, May, and June we are assembling the school kits. (See list of items on last page!) Saturday, April 9<sup>th</sup> the Northwest Conference Spring Gathering will be held at St. John's Lutheran Church, 248 Wood St. in Piqua, Ohio. We have 9 ladies who are planning to attend. There will be an informative presentation on Dementia and also Human Trafficking. Donna Jarzab, of Fair Trade Winds, will also be there with merchandise from around the world for purchasing. Our annual Mother's Day bake sale will be at Sutton's on May 7<sup>th</sup>. We need baked goods and also workers and as usual there is also a sign-up sheet on the table across from the office. Thank you to everyone who always comes through for all the worthy projects our busy ladies of Trinity work on for the good of humanity as we were commanded by Jesus.

In Christ's love,  
Sharon Wirrig

*Sharon' thought: Laughter is like a needle and thread, it mends everything!*



# NOTES FROM YOUR PARISH NURSE

## MEDICATION SAFETY

### Statistic

- \* 70 percent of Americans are on at least one prescription drug, and more than half receive at least two prescriptions.
- \* Antibiotics, antidepressants and painkiller opioids are the most common prescriptions given to Americans.
- \* Twenty percent of U.S. patients were found to be on five or more prescription medications.
- \* The second most common prescription was for antidepressants -- that suggests mental health is a huge issue and is something we should focus on.
- \* The third most common drugs are opioids (pain medication), which is a bit concerning considering their addicting nature."
- \* Women and older adults receive the most prescription drugs.
- \* One in six hospital admissions of older adults is because of an adverse drug event.
- \* Americans filled 4.3 billion prescriptions and doled out nearly \$374 billion on medicine in 2014, according to new data from the IMS Institute for Healthcare Informatics.

### \* Safety Concerns

- \* Do not keep old medications around.
- \* Go over your list of medications with your health care provider at least yearly.
- \* Make sure to keep a list of all medications that you take, be certain to include over the counter medications as well as herbal supplements and vitamins. Make sure someone has that list.
- \* Do not take someone else's medications.
- \* Take your medications only as directed.
- \* Especially important- take the full amount of your prescribed antibiotic.
- \* Know how to safely dispose of medications- it is not advised to flush medications down the drain or place them in the garbage. The Darke county police department has a medication drop box. Medication drop sites are advertised from time to time.

### \* Questions to ask your healthcare provider

- \* What is the name of the medicine and what is it supposed to do?
- \* Is this the brand name or the generic version? Is a generic version of this medicine available?
- \* How soon should I expect the medicine to begin to work? How will I know if it's working?
- \* How and when (morning or night time) should I take this medicine?
- \* How long will I need to be on this medication?
- \* Are any monitoring tests required with this medication (for example, to check liver or kidney functions)?

\*

## \$ FINANCIAL NEWS FROM MAR. 6, 2016 - MAR. 27, 2016 \$

Current Operating Budget per week: Budgeted giving is **\$1,543.00/** Per Week

Benevolence Budget Per Week: **\$341.54**

Building Fund: No budgeted amount. The restroom project is paid in full.

<u>Date</u>	<u>Current</u>	<u>Benevolence</u>	<u>Building</u>	<u>Attendance</u>
03/02-L	\$	\$ 247.00		37
03/06	\$ 1,427.00	\$ 100.00	\$ 85.00	85
03/09-L	\$	\$ 113.00	\$	24
03/13	\$ 1,820.00	\$ 255.00	\$ 280.00	75
03/16-L	\$	\$ 130.00	\$	40
03/20	\$ 1,250.00	\$ 140.00	\$ 40.00	74
03/24-MT		\$ 146.00		37
03/25 No Offering On Good Friday				
03/27	\$ 825.00	\$ 290.00	\$ 10.00	72
03/27	\$ 825.00	\$ 275.00	\$ -0-	94

**150th Anniversary Donations & Proceeds of Sales to Date = \$1757.64.**

Envelopes for giving specifically to this fund are on the back middle window sill in the church, or you may use a Plates and Potholes envelope. Please include your envelope number if you wish to have it recorded

\* Denotes Sundays we met or exceeded our budgeted giving.

**Figures printed in red are those amounts not meeting budgeted giving.**

**Current** total includes both envelope giving and loose funds placed in the offering plate.

**Benevolence** funds come from member's envelopes who designate an amount specifically for the Benevolence fund in the appropriate box.

**Building Fund** has no set budgeted amount and is sustained solely (or should we say souly) by individual members' generosity,

**A  
P  
R  
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L**



**3 Chris Cassel**  
**10 Rick Myers**  
**17 Trevor Musser**  
**24 Jennifer Arling**





**Wednesday, April 13, 2016 - 12 Noon & You're Invited to the Fairlawn**  
**925 Sweitzer St., Greenville, Ohio 45331**

Please let Shirley Rhoades know if you are planning to attend by Sunday, April 10. Phone 937-737-0097 or simply let her know before or after worship service. There's lot's of fun and laughter along with great food and decadent desserts! Come join us in the fun!

1 Brandon Groff	17 Diana Hesler
1 Rita Erdmann	18 Josh Schmitmeyer
2 Sherri Shelley	19 Beth Hein
2 Terri Brumbaugh	19 Cody Troutwine
4 Barry Ulrich	20 Keith Witters
5 Carla Hesler	20 Ryan Garwood
5 Kim Harleman	21 Bryanna Diceanu
6 Bucky Burrell	22 Donna Thompson
8 Lucas Witters	23 Aubree Myers
8 Pam Barga	25 Kalysta Thobe
9 Andy McKibben	26 Blake Gettinger
9 Ed Muhlenkamp	26 Stephanie Vanatta
10 Bill Ulrich	27 Sarah Beard
10 Todd Ulrich	28 Kami Schmitmeyer
11 Bradly Burrell	29 Teresa Long
11 Nina Unger	30 Linda McKibben
11 Nychelle Cool	30 Madison Sagan



**Greg and Pam Barga**

**Gerald and Betty Merzke**

**13 Mary and Stanley Lamb**

**17 Terry and Diane Warner**

**30 Brenda and Tom Tauscher**

1 Jamey Rismiller	14 Sarah Sarver
1 Pat Netzley	14 Zachary Long
3 Linda McKibben	15 Caleena Hesler
6 Kristen Netzley	15 Claudette Diceanu
7 Allison Warner	15 Vicki Ressler
8 Dana Heckman	17 Emily Warner
8 Terry Altic	18 Mark Oswalt
9 Jennifer McKibben	18 Ronnie Bridenbaugh
13 Debra Harleman	20 Katie Ressler
14 Joshua Long	21 Tracy Muhlenkamp
14 Kristen Sarver	25 Brent Shofner
14 Mallory Long	26 Ashton Myers
14 Pamela Oswalt	26 Sierra Bruner
14 Roxanne Groff	29 Paul Barga
	30 Pam Myers



*April*  
*Baptisms*

holes donations are “above and beyond” and reflect what you are willing to sacrifice for your God and your Church.

The 150<sup>th</sup> Planning Team hopes to bless this congregation with the most spectacular Worship Celebration any of us has seen in our lifetime! Of course what makes these events so special is when everyone participates in whatever way they are able. If you haven’t figured out where your gifts and talents should be used, ask someone on the 150 Team or ask me. We will be more than happy to get you on board and contributing in some way.

Before I conclude this lengthy article, I have to offer a word of caution. I realize we all have limits as to the things we can physically accomplish. That’s true of our Church as a whole as well. I’ve already heard some folks say things like, “we can’t do this or we can’t do that because we’re already doing so much for the 150<sup>th</sup>.” My dear congregation, if we’re curtailing or cutting back valid, worthwhile ministries in favor of this celebration, no matter how wonderful it will be, I suggest our priorities are misplaced. Just like the Plates and Potholes donations must not detract from our regular offerings, this celebration must NEVER detract from our loving outreach into God’s world. Enough said on that...

As always thanks for everything you already do for God’s Kingdom. May all our good deeds be done to give glory and honor to our Father in Heaven and may our Father in Heaven continue to bless each and every one of us in this very real world. Amen!

*Pastor Mel Ma*

From Your Congregational Council

## The President’s Perspective



He Is Risen! He Is Risen Indeed!

It is always so inspiring to greet someone on Easter morning with “He Is Risen” and hear “He Is Risen Indeed” in response. Another inspiring thing is to witness all of the wonderful things that Trinity members step forward and do, from prayers and concerns for community people to the love and compassion for all in our Church family.

The 150<sup>th</sup> Anniversary Committee has been working very hard on our July 10 celebration. Their call to “alms giving” project of “Filling Plates and Potholes” envelopes is a very unique fundraiser where we can help often to show how we have been blessed over and over.

The newly formed monthly Saturday Men’s breakfast group is a promising opportunity for growth and fellowship as well as a time to work together maintaining our building and grounds. The group meets on the first Saturday of the month, so join us, please.

If you come to the Church to help on any of the many project or just to socialize, please help us to remember to shut off all of the lights and relock our doors when we leave. Thanks to everyone for all that you do.

Eldon Erdmann

Council President

# March The Trinity Trumpet 2016



FROM THE  
PASTOR'S DESK

*<sup>10</sup> While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. <sup>11</sup> They said, "Men of Galilee, why do you stand looking up toward heaven? (Acts 1:10-11)*

Greetings to you in the name of our Risen Lord!

By the time you read this "Pastor's Missal" we will have already celebrated the Passover/Seder Meal with Jesus. We've already seen the cruel treatment He received at the hands of the religious leaders and the Roman soldiers. We've been to the cross and seen his lifeless corpse and just when we thought all was lost, once again we witnessed

the miracle of the empty tomb. It was truly a glorious Easter celebration complete with a delicious Easter Breakfast, thanks to all who helped prepare the feast. And the fun of the Easter Egg hunt for all our marvelous children. Yes, Easter around here is a faith filled and inspiring time of year!

As we now move beyond the empty tomb into the real world we must now come back to "reality". When I say reality I don't mean to imply that the resurrection isn't reality, nor do I mean our faith isn't a deep and significant part of our "real world" experience. What I'm saying is exactly what the two angels in white said to the disciples as they were gazing into that now empty space where they had last seen the Lord Jesus before He disappeared into heaven. The longer we stare into that space the less time we have to accomplish all those things Jesus has taught and commanded.

So, what are we to be about doing once we come back from the mount of ascension? I have a few suggestions... In case you haven't heard, Trinity is celebrating our 150<sup>th</sup> Year of spreading the Gospel of Jesus Christ! 150 Years! That's longer than most of us have been around! Everyone I talk to says they want this to be a real celebration worthy of a century and a half of faithful service. A celebration where we honor all those who have gone before us and from whom we inherited this beautiful legacy we call Trinity Evangelical Lutheran Church. My brothers and sisters in Christ, if we're going to make this an epic celebration, it's going to take each and every one of you. We can't do this relying on the same small group of volunteers to make it all happen.

There are so many moving parts to planning such an event as this. If you are good with crafts, we could use you helping with decorations. If you've been around here quite a long time we desperately need you to help identify and track down all those who have moved away or just stopped attending. We believe the best way to honor those who built this congregation from the early days is to invite all the living relatives we can find to come back to worship and celebrate with those of us who are still keeping the Trinity legacy alive for yet another generation. Every person you can help us ID and locate is one more of our ancestors who we can honor for their faithful service.

Besides your skills and knowledge, we need some extra capital to pull off a classy celebration befitting of 150 years in the business of saving souls. You've probably heard about the "Filling Plates and Potholes" fundraiser. For anyone who hasn't heard, we have 150 envelopes hanging on a line by the windows in the Narthex. Each envelope is numbered with an amount of money from \$1 to \$150. Some envelopes have already been taken so all are not still available. We're asking every person in this congregation to take at least one envelope marked with an amount of money you can afford to donate, place that amount into the envelope and place it into the offering plate during service that day. Please don't take envelopes home. If you can afford to fill more than one envelope, God has truly blessed you and this congregation! Remember, this is a "Sacrificial Gift" and is not part of your regular giving to the Church. The Filling Plates and Pot-

