



The Trinity Trumpet

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

Did You Know ...

- News for this section can be sent to secretary@pittsburgtlc.org or erfdam3@gmail.com or call Bev at 678-0122
- You can request prayers through our Trinity email prayer chain at trinityprayers@woh.rr.com
- Landon Muhlenkamp made the Honor Roll at Greenville Middle School for the 3rd nine weeks.
- Teresa Neitzelt is retiring April 28 after 36 years of working as a nurse at Wayne Healthcare & Comprehensive Health Network.
- Quentin Muhlenkamp received the Geology Alumni Award for student development at Wittenberg.

Recent Prayer concerns:

Erin Fout—recovering from surgery and infection

Lauren with rare and aggressive cancer

Shai Eller, Harry Ogle's granddaughter, having surgery to update her cochlear implant on June 15

Cheryl Wade, Bev Erdmann's cousin, having back surgery on April 25

Jamie Michael, Wayne Wilt's grand niece, fighting breast cancer

Pam Chandler, friend of Teresa Neitzelt, with health issues

Bob Kossler with health issues

Harry Ogle, still recovering from back surgery.

Patti Troutwine recovering from her stroke

Sue Byrum fighting bone cancer

Doris Lephart with age related illness

The family of Rose Mary Wetzel

The family of James Alltop, Julie Kossler's father

The family of Craig Rismiller

The family of Illah June Sink

Prayers of thanks for the birth of healthy little

Sydney Kay Wade, daughter of Sammy and Ron Wade, granddaughter of Cheryl and Ron Wade, born April 5. Mommy and baby are doing great!



Courtesy photo

The Franklin Monroe (FM) students of the month for February are, from left to right, Chloe Zink, Logan Ressler, Davis Flora and Kaitlyn McNutt. These students were selected by teachers for their hard work and good habits in the classroom. Each student will receive a certificate of commendation and a coupon from Vint's, the FM student of the month sponsor.



An invitation for Trinity—



Logan Dean Ressler

Please join us for a
Graduation Celebration
Sunday May 21st, 2017
4:00 P.M.-7:00 P.M.
3108 Schnorf-Jones Rd.
Arcanum, OH 45304



Year to Date Giving \$45,760
Needed: \$53,675
(-\$7,915)



FYI

Church Council did not meet
in April

No one has signed up to provide Altar
Flowers for the month of May



OR

To acolyte in May



Now's your chance to have
first pick!

CHRISTIAN EDUCATION NEWS

What a great turn out of kids on Easter Sunday for the Egg Hunt! Thanks to all who helped with the Easter Egg Hunt and the delicious breakfast!

Our next kids' event will be MOMS ARE SPECIAL DAY on Sunday, May 14, Mother's Day. Children of all ages will be leading the service. Parents, we encourage you to allow your child to help make Moms special on SUNDAY, MAY 14 at the 10:30 service.

PARENTS, preschool through 2nd grade should have received the children's story Bible, and children 3rd through 6th grade should receive the regular Bible. Please let Marge know if your child is due to receive one of the previously mentioned Bibles at 623-2544.

We are looking ahead to summer and already making plans for Bible school, A Mighty Fortress is our God. Stories, games, crafts, and food will be included. Awesome decor will include Knights, castles, etc.. The kickoff begins with the picnic on June 25 (for adults and kids). The Bible school dates are July 12, 19, 26, and August 2 from 6:30 - 8:00 PM. Helpers will be needed!! You do not need to volunteer every week to help us out! IN-PUT FROM YOU ALL IS WELCOME!

ANY IDEAS? Let us know.

Call Marge at 623-2544.



Ladies' Luncheon ...



Montage Café

11:30 AM on
Wednesday, May 10 at
527 S Broadway St, Greenville, OH



Wernle's 40 Days of Lent



Wernle Youth and Family Services The 40 days of Lent campaign to collect body wash for the residents is nearing an end. We will be delivering the bottles of soap to Wernle on **May 6** when we attend the Annual Spring Meeting of Representatives. If you are planning to donate body wash or money to purchase items, please get them to Julie Kossler or Judy Ulrich as soon as possible. Thanks for your continued support of Wernle.



-Judy Ulrich

WELCA NEWS ...

The Mother/Daughter/Friend Banquet will be a catered event on May 3 at 6:30 sharp. This banquet is designed for all ages including female children. The event is for friends and family and many will be coming alone, too. The evening will include a delicious meal, a small present for all and entertainment by "The Amazing Cindini" (not Sindini.) This event is sponsored by WELCA and is free for all attending. Call Marge at 623-2544 to book your request for chicken or pork dinners for the banquet.

Thanks to all who helped prepare for the barbecue chicken dinner event. Thanks to the congregation for your support. Money earned will go to charities supported by WELCA!

Body washes are still being collected for Wernle. Thanks for your continued support for Lutheran World Relief and FISH Food Bank!

Marge Warner, WELCA President 623-2544



May Celebrations



Birthdays

| | | |
|-----------------------------|-----------------------|-----------------------|
| 1 Russ Spalding | 12 Carol Castello | 24 Callie Schmitmeyer |
| 1 Yvonne Barga | 12 Jennifer Baker | 25 Bradley Harleman |
| 4 Shannon Ressler | 12 Sarah Jasinski | 25 Kyle Ressler |
| 5 Shawn Thompson | 12 Sharon Archer | 26 Micah Angles |
| 6 Jonathan Brandon | 13 Kurt Baker | 27 Wayne Wilt |
| 7 Justin Vanatta | 16 Danyelle Cool | 28 Austin Harleman |
| 9 Cindy Bruner | 16 Jennifer Hemmerich | 29 Maya Diceanu |
| 9 David McKibben | 18 Joshua Snider | 30 Harol-dene Koos |
| 9 Larkin Ressler | 20 Hayley Harleman | |
| 10 Stephanie Kossler Tromba | 20 Stanley Lamb | |

Anniversaries

9 Jennifer and Russ Spalding
 15 Beau and Bethany Nickol
 16 Christi and Paul Jasinski

17 Stephen and Julie Kossler
 24 April and Jon Zderad
 25 Rose and Donald Lucas



Baptisms

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

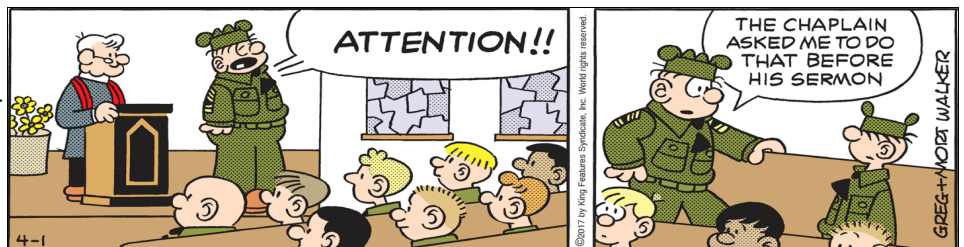
The President's Perspective ...

Lenten services were special with Pastor's good messages and the participation by the youth. Thanks to everyone who helped get us through April's soup suppers, elevator certification, Good Friday, Easter festivities, Chicken Dinners, etc. It takes not only people to plan and carry out these functions, but everyone of us to support them. Thanks to all!

If anyone has ideas of outreach to the community, let someone on Council or Pastor Mel know. We will need some volunteers to trim bushes sometime in the near future, so be ready for a couple hours of fun. Time—Talents—Treasures.

Some warm Sunday when we are not completely focused on the sermon, picture this cartoon. After All Pastor is retired military.

In Christ we Seek, Welcome, and Serve all. - Eldon Erdmann



From our Pastor ...



The Lord's Supper on the Moon

²³ For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, ²⁴ and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." ²⁵ In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." ²⁶ For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. (1Co 11:23-26 NRS)

I've received Holy Communion in many places and in several ways. Of course, Holy Communion is normally celebrated with a congregation when we gather for worship, but I've taken Communion outdoors while at camp, in people's homes when visiting them, and in nursing homes. When I was deployed during my active duty days in the Air Force, we sometimes set up our worship and Communion outside on the tarmac where they parked the jets. When we went to Israel we even took communion aboard ship on the Sea of Galilee. All these memories of the different places I've received the Body and Blood of Jesus were brought to mind because I recently read an article about the first moon landing.

"That's one small step for [a] man, one giant leap for mankind." These words, known to just about everyone, were spoken by Neil Armstrong as he stepped onto the lunar surface Sunday July 10, 1969. However, a little-known fact of history described by Buzz Aldrin in his memoirs, is that one of his first acts after stepping onto the surface of the moon involved partaking of the Lord's Supper. He wrote, "I opened the little plastic packages which contained the bread and the wine. I poured the wine into the chalice our church had given us. In the one-sixth gravity of the moon, the wine slowly curled and gracefully came up the side of the cup. Then I read the Scripture, "I am the vine, you are the branches. Whosoever abides in me will bring forth much fruit." I had intended to read my communion passage back to earth, but at the last-minute Deke Slayton had requested that I do not do this. NASA was already embroiled in a legal battle with Madylyn Murray O'Hare, the celebrated opponent of religion, over the Apollo 8 crew reading from Genesis while orbiting the moon on Christmas. I agreed reluctantly, . . . I ate the tiny Host and swallowed the wine. I gave thanks for the intelligence and spirit that had brought two young pilots to the Sea of Tranquility. It was interesting for me to think that the very first liquid ever poured on the moon, and the very first food eaten there were the communion elements." Wow! I never knew that our NASA astronauts actually received Holy Communion as one of their first acts on the moon! Unfortunately, because of the protests of Madylyn O'Hare most people never knew this bit of religious history. As we are in the season of Easter we partake of Communion every week when we gather for worship. We do this to honor Our Lord because of all the blessings we have received from God our Father. I like the fact that NASA thought Communion was so crucial to our lives they allowed the first men to set foot on the moon to bring along the elements of the Holy Sacrament. May we likewise place that kind of importance and value on receiving Holy Communion that we would go to the moon and back to receive the life-giving Body and Blood of Our Lord Jesus. Thanks be to God that we don't have to fly to the moon. All we have to do is come to Worship any Sunday during the Season of Easter! Amen.

In Christ,
Pastor Mel

Notes from Your Parish Nurse ...

May 2017

Sleep Apnea

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain and the rest of the body may not get enough oxygen.

There are two types of sleep apnea:

Obstructive sleep apnea (OSA): Caused by a blockage of the airway, usually when the soft tissue in the back of the throat collapses during sleep.

Central sleep apnea: Airway is not blocked, but the brain fails to signal the muscles to breathe, due to instability in the respiratory control center.

Who is at risk?

Sleep apnea can affect anyone at any age, even children.

Risk factors for sleep apnea include:

Being overweight

Being over age 40

Having a large neck size (17 inches or greater in men and 16 inches or greater in women)

Having large tonsils, a large tongue, or a small jaw bone

(continued)

Notes from Your Parish Nurse (continued)

- Having a family history of sleep apnea
- Gastroesophageal reflux, or GERD
- Nasal obstruction due to a deviated septum, allergies, or sinus problems

Sleep apnea can result in a growing number of health problems, including:

- High blood pressure
- Diabetes
- Heart failure, irregular heartbeats, and heart attacks
- Worsening of Attention Deficit Hyperactivity Disorder
- Headaches
- Stroke
- Depression

In addition, untreated sleep apnea may be responsible for poor performance in everyday activities, such as at work and school, motor vehicle crashes, and academic underachievement in children and adolescents.

Common sleep apnea symptoms include:

- Waking up with a very sore or dry throat
- Morning headaches
- Occasionally waking up with a choking or gasping sensation
- Sleepiness or lack of energy during the day
- Forgetfulness, mood changes, and a decreased interest in sex
- Loud snoring
- Restless sleep
- Sleepiness while driving
- Recurrent awakenings or insomnia

How is Sleep Apnea Diagnosed?

A polysomnogram – or sleep study -- is a multiple-component test that electronically transmits and records specific physical activities while you sleep. The recordings are analyzed by a qualified sleep specialist to determine whether or not you have sleep apnea or another type of sleep disorder.

Treatment for Sleep Apnea

Sleep apnea treatments range from lifestyle changes, such as losing weight or changing sleep positions, to CPAP therapy, and even surgery.

You may be able to treat mild cases of sleep apnea by changing your behavior, for example:

- Losing weight.
- Changing sleep positions to improve breathing.
- Stopping smoking. Smoking can increase the swelling in the upper airway, which may worsen both snoring and apnea.
- Avoiding alcohol and sleeping pills.
- Avoiding sleeping on your back.

Continuous Positive Airway Pressure (CPAP)

A mask is worn over the nose and/or mouth while you sleep. The mask is hooked up to a machine that delivers a continuous flow of air into the nose. This air flow helps keep the airways open so that breathing is regular. CPAP is the most common treatment for sleep apnea. There's also bi-level positive airway pressure, or BPAP, which is similar to CPAP but the air flow changes when you breathe in and then breathe out.

Dental Devices

Help keep the airway open during sleep. Such devices can be specifically designed by dentists with special expertise in treating sleep apnea

Surgery for Sleep Apnea

If you have a deviated nasal septum, enlarged tonsils, or a small lower jaw with an overbite causing the throat to be too narrow, surgery may be needed to correct sleep apnea.

Other Treatment Options for Sleep Apnea

There are minimally invasive office procedures that reduce and stiffen the soft tissue of the soft palate. While these procedures have been effective in treating snoring, their effectiveness in treating sleep apnea in the long term isn't known.

Many times the person with sleep apnea may not even know they are having problems during sleep- it is a family member that will first notice the person is snoring or having periods that they stop breathing during sleep.

If you think you have sleep apnea- please talk with your primary care physician.

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

Parish Nurse

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

Information obtained from WebMD Medical Reference Reviewed by James Beckerman, MD, FACC on February 26, 2016

May Health Tips

Good Samaritan Hospital Health Ministries

Mental Health

Know the Warning Signs

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness. Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches and/or vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance (most often seen in adolescents)

Don't be afraid to reach out if you or someone you know is experiencing any of these symptoms. Learning all you can about mental health is an important first step. Reach out to your primary care doctor or state/country mental health authority for more resources.



Source: National Alliance on Mental Health

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.

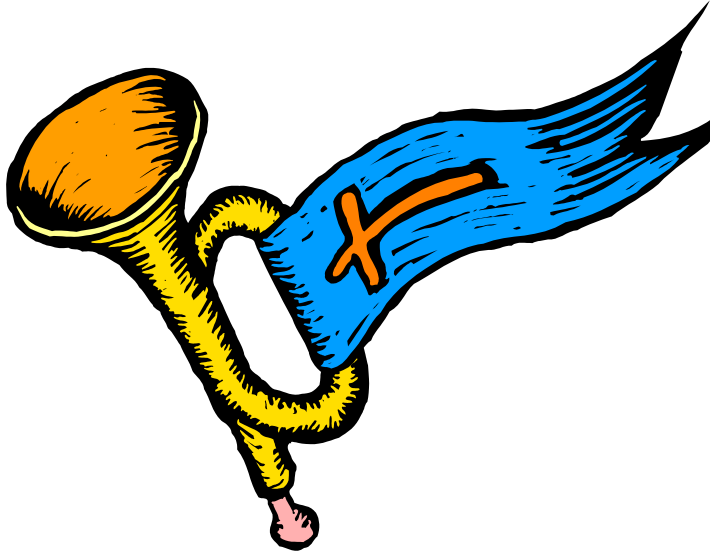


May 2017



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------|--|---|---|--|---|
| 7 9:30 Adult Sunday School 10:30 Worship with Holy Communion & Kids Sunday School | 8 | 9 7:00 pm Council Meeting | 10 11:00 am FM High School Core Club 11:30 Ladies Luncheon @ Montage in Greenville 6:30 pm Confirmation | 11 | 12 9:00 am Prayers & Squares Quilting 3:30 pm- FISH Choice Food Pantry 7:00 pm Revive Come and See night @ St Paul in Yorkshire 9:00 pm Revive Teens | 13 7:00 am Revive Outreach Day @ St Paul in Yorkshire |
| 14 MOTHER'S DAY 9:30 Adult Sunday School 10:30 Worship & Kids Sunday School | 15 | 16 6:45 PM Christian Education Meeting | 17 11:00 am FM High School Core Club | 18 | 19 3:30 pm- FISH Choice Food Pantry | 20 |
| 21 9:30 Adult Sunday School 10:30 Worship with Holy Communion & Kids Sunday School 11:30 Blood Pressure Screen | 22 | 23 | 24 11:00 am FM High School Core Club 6:30 pm Confirmation | 25 | 26 3:30 pm- FISH Choice Food Pantry | 27 |
| 28 9:30 Adult Sunday School 10:30 Worship & Kids Sunday School 11:30 Blood Pressure Screen | 29 MEMORIAL DAY | 30 | 31 | June 1 7:00 pm Worship Team Meeting | 2 3:30 pm- FISH Choice Food Pantry | 3 |

TRINITY TRUMPET



May 2017

A MONTHLY NEWSLETTER PUBLISHED BY
TRINITY LUTHERAN CHURCH

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Pastor Mel Musser - 937-626-7100 pastor@pitsburgtlc.org



Trinity Evangelical Lutheran Church
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To—

**Evangelical Lutheran Church
In America**