



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

## Our Mission:



Evangelical Lutheran  
Church in America

# TRINITY TRUMPET



## CTOBER 2015



A MONTHLY NEWSLETTER PUBLISHED BY  
TRINITY EVANGELICAL LUTHERAN

CHURCH of PITTSBURG

(A Mission Congregation of the ELCA)

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## October Anniversaries

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| <i>1 Darrel and Sanny Schneider</i> | <i>22 Pat and Jack Rademacher</i>     |
| <i>13 Larry and Susan Harter</i>    | <i>23 Keith and Jill Witters</i>      |
| <i>18 Paul and Rita Erdmann</i>     | <i>25 Gary and Katherine Obringer</i> |
| <i>20 Sherri and Kent Shelley</i>   | <i>25 Sara and Jason Moberly</i>      |
| <i>22 Bill and Betsy Clauss</i>     | <i>26 Vicki and Kevin Ressler</i>     |

1 Deborah Thompson  
 1 Morgan McKinney  
 2 Connor Jasinski  
 2 Miranda Harleman  
 3 Becky Warner  
 3 Ronnie Bridenbaugh  
 4 Claudette Diceanu  
 7 Karen Hoblitt  
 7 Sheila Campbell  
 10 Holly Cotner  
 10 Mary Lamb

10 Tori Wright  
 11 Autumn Myers  
 12 Parker Hesler  
 12 Sarah Erdmann  
 13 Sharon Grice  
 16 Jennifer Spalding  
 18 Jason Clauss  
 19 Brenda Canan  
 20 Melissa Sagan  
 21 Bill Clauss  
 21 LaJeanne Stump

22 Christopher Chapman  
 23 Beau Nickol  
 24 Hilbert Piel  
 24 Tom Tauscher  
 26 Katherine Obringer  
 27 Allison Warner  
 27 Mallory Long  
 28 Alexis Merzke  
 28 Dylan Sagan  
 31 Rose Lucas



## October Baptisms

- |                         |                              |
|-------------------------|------------------------------|
| <i>1 Jill Witters</i>   | <i>18 Quintin Muhlenkamp</i> |
| <i>1 Paul Erdmann</i>   | <i>18 Riley Sagan</i>        |
| <i>2 Bill Ulrich</i>    | <i>19 Emily Jordan</i>       |
| <i>3 Angela Morelli</i> | <i>20 Amber Thacker</i>      |
| <i>15 Mary Lamb</i>     | <i>20 Madison Sagan</i>      |
| <i>16 Leah Witters</i>  | <i>21 Michael Long</i>       |
| <i>18 Cory Campbell</i> | <i>24 Connor Jasinski</i>    |
| <i>18 Noelle Warner</i> | <i>29 Stephanie Burrell</i>  |

## \$ FINANCIAL NEWS FROM AUG. 30, 2015 - SEPT. 27, 2015 \$

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>
<b>08/30</b>	\$ <b>1,430.00</b>	\$ <b>305.00</b>	\$ 375.00	94
<b>09/06</b>	\$ 1,750.00*	\$ <b>205.00</b>	\$ 70.00	57
<b>09/13</b>	\$ <b>1,446.00</b>	\$ <b>300.00</b>	\$ 140.00	87
<b>09/20</b>	\$ 1,748.50*	\$ <b>305.00</b>	\$ 65.00	72
<b>09/27</b>	\$ <b>1,176.00</b>	\$ <b>110.00</b>	\$ 65.00	58

\* 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.

There is no set budgeted amount for the building fund. It is sustained by individual members' generosity, who choose to contribute to it.

### Ye Olde Richmond Inn



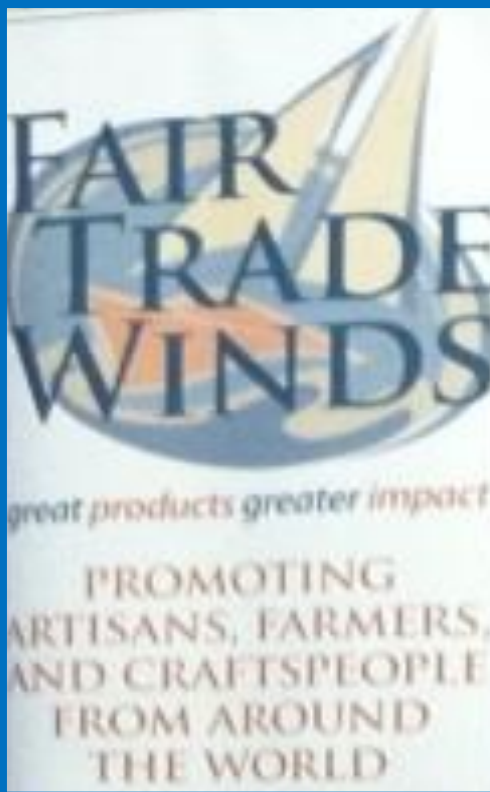
### Come Join the Fun!!! Ladies Luncheon League

Wednesday, October 14<sup>th</sup>, the girls are headed off to Richmond, Indiana once again to one of their favorite restaurants. The Olde Richmond Inn, 138 South 5th Street, Richmond, Indiana, 47374. The Olde Richmond Inn has been serving fine food for over 26 years. Entrees are prepared

to order by locally famous Chef Galo Molina. Menu choices range from appetizers, seafood, steaks & chops, poultry, sandwich platters and desserts. From carefully crafted comfort food, to lighter meals, to decadent desserts to culinary dishes that can only be created by an experienced chef with international influences. Please let Shirley Rhoades (937-737-0097) know by Monday, October 11<sup>th</sup> if you are planning to attend. Join us! It's good food, great company, and lot's of fun. Please join with us women for an afternoon of Christian fellowship!!!







## Coming To Trinity, Sunday November 8th

Be sure to save the date and get your hand made Christmas gifts from all over the world. There are only 7 stores in the U.S. Donna Jarzab of Springfield will be bringing an amazing assortment of gift items of which 10% of sales will come back to Trinity's WELCA Thankoffering that Sunday. Shopping is available before and after worship service!



**Prayers & Squares Quilters** will be meeting Friday, Oct. the 9<sup>th</sup> from 9 AM until 1 PM, and then Monday Oct. 26<sup>th</sup> also 9 AM to 1 PM. As always be watching in your weekly bulletins or in the projected announcements as sometimes an extra day of quilting is added and sometimes quilting days get changed altogether. Come join in the fun!!! There's a job for everyone and anyone that's willing!

OCTOBER



4 Eldon Erdmann  
11 Kami Schmitmeyer  
18 Josh Schmitmeyer  
25 Judy Ulrich



# Trunk or Treat



Enter the Best  
Decorated "Trunk"  
Contest  
Call: 937-692-5670

Prizes for Best Trunk and  
Best Costume  
Food  
Face Painting  
Pumpkin Decorating  
Contest  
Bouncy House  
Games  
And More



Trinity Lutheran Church  
8520 Oakes Rd.  
Pittsburg OH 45383

October 18<sup>th</sup> 2015  
5:00-6:30 pm

A safe and fun activity for all family members!

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AUGUST 30<sup>TH</sup>

2015



# October Health Tips

Good Samaritan Hospital Health Ministries



## Breast Cancer – Early Detection is Important

### Breast Cancer – Early Detection is Important

It is important to find breast cancer early to increase the chances for successful treatment. Waiting until symptoms are present usually means the cancer will be larger and possibly will have spread beyond the breast. Following the American Cancer Society's guidelines for the early detection of breast cancer improves the chances the breast cancer can be diagnosed at an early stage.

#### Women age 40 and older:

- Should have a mammogram every year and should continue to do so for as long as they are in good health.
- Should have a clinical breast exam (CBE) by a health professional every year.

#### Women in 20s and 30s:

- Should have a CBE by a health professional every 3 years.

#### Breast Self-Exam (BSE)

- BSE is an option for women in their 20s, but they should be told the benefits and limitations. Changes to the breast tissue should be reported to their health professional immediately.
- Doing BSE regularly is one way for a woman to know how her breasts normally look and feel so she can detect any changes, which should be reported to a doctor or nurse right away.



### High Risk Women:

- Should additionally get an MRI with a mammogram every year. Includes women who:
  - ✓ Lifetime risk of breast cancer of 20% - 25% or greater, according to risk assessment tools based mainly on family history.
  - ✓ Known BRCA1 or BRCA2 gene mutation.
  - ✓ First-degree relative (parent, brother, sister, or child) with BRCA1 or BRCA2 gene mutation and have not had genetic testing.
  - ✓ Have had radiation therapy to the chest when between ages of 10 – 30 years old.
  - ✓ Have Li-Fraumeni syndrome, Cowden syndrome, or Bannayan-Riley-Ruvalcaba syndrome, or have first – degree relatives with one of these syndromes.



Lutheran  
World  
Relief

Matthew 25:35-40

<sup>35</sup> for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; <sup>36</sup> I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' <sup>37</sup> "Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? <sup>38</sup> When did we see You a stranger and take You in, or naked and clothe You? <sup>39</sup> Or when did we see You sick, or in prison, and come to You?' <sup>40</sup> And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'

In an ongoing effort to minister to those less fortunate than ourselves, Trinity has once again responded to the Lord's command to take care of our fellow man, woman, and child by shipping 55 Quilts, 96 personal care kits, and 159 school kits to Lutheran World Relief. Without those of you who donate the goods, the time to sew, pack up, donate money for fabric and supplies we would not be able to accomplish all that we do for LWR. There are some who do much, and many who do some, but the point is TOGETHER we do something amazing, no matter how much or how little was done by whomever. Thank you to all those who contributed and/or participated. A special thank you to Billy Ulrich for transporting all the goods to Dayton for us in his delivery truck. Wherever the items go may they be a beacon of Christ's love from Trinity.



# NOTES FROM YOUR PARISH NURSE

## TIME TO BREATHE



Everyone knows that breathing is essential to life!!! But are you breathing correctly? The average respiratory (breathing) rate for a healthy adult at rest is 12–20 breaths per minute

### **Let's take a test to determine if you are breathing correctly.**

Lie flat on your back, stand up straight, or sit up straight in a chair.

Place your hand just below your ribs, on your abdomen.

Breathe as you normally do.

Notice: Does your hand on your abdominal area rise or does your upper chest rise?

If your abdomen rises and your chest stays relatively flat, you are breathing properly.

If your abdomen barely moves and your chest rises, you are not breathing properly.

### **If you are not breathing correctly- here is how you can improve your breathing skills.**

Lie on your back with your knees bent and your feet flat on the floor. (Although you can do this exercise while sitting or standing, it's easiest to practice by lying down at first.)

Place your hands on your abdomen.

Breathe in through your nose, counting to four. Picture a balloon in your belly that you're inflating with the air you are inhaling. Your hands should rise as your abdomen fills with air.

Hold the breath for a few seconds.

Exhale slowly through your mouth, counting to four. Picture letting the air out of your belly balloon. Your hands should go down as your abdomen deflates.

**Breathing exercises can reduce stress, make you feel more energized, and can improve your mood. Here is a breathing exercise to practice.**

Exhale completely through your mouth - make a whooshing noise.

Close your mouth and inhale through your nose for a count of four (think of smelling a rose).

Hold your breath for a count of seven.

Exhale completely through your mouth for a count of eight - making a whooshing noise (think of blowing out a candle).

Repeat steps one through four three more times.

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

Parish Nurse

PJ Musser MSN RN CNRN RN-BC



## **From Seat to Seat A Sea of Quilts**

The 55 quilts that were made by the women who sew for Lutheran World Relief efforts @ Trinity. A total of 59 were made this year, four were given to a local family who lost their home to a devastating fire. Read about all Trinity sent to Lutheran World Relief in the LWR article on the following page. Thanks for the tremendous good works Trinity!!

Hello Women of the ELCA!

As September has come to a close, we have finished some of our year-long projects. This year we put together 59 quilts (all of them beautiful and four of which were given locally to the family who lost their home to a fire here in Pittsburg.) 55 of them have been packed up and will be on their way to Dayton along with 96 personal care kits, and 159 school kits on Saturday, October 2<sup>nd</sup>.



Our garage sale went well. We raised \$422 from the garage sale, and also sold an additional \$47 in knives bringing the total of the Rada knives and utensil sales to \$321. We could do a garage like this as an annual project to replace the rummage sale we used to do.

Our Sunshine Committee would like to remind everyone to let us know if you know a member of Trinity who happens to be in the hospital. We do not want to miss anyone who could use a visit and a little "Sunshine Gift!" Contact Linda Baker @ 937- 547-0975 or call Jr Koos @ 262-374-0620.

The Ladies Luncheon League will be going to the Olde Richmond Inn October 14<sup>th</sup> @ 12 Noon. Please let Shirley Rhoades know by Sunday the 11<sup>th</sup> if you would like to join us, so she can make the necessary reservations. All ladies are welcome! We have a lot of fun!

Our next meeting is October 7<sup>th</sup> @ 6:30 PM. Our lessons for the women are very interesting. They are presented to us on 1/2 DVD format from the Women of Faith Series with discussion led by people such as Patsy Clairmont this past month, following the video. Our hostesses this month are Jr Koos and Katherine Obringer. Our meetings are for all the Trinity ladies. Please come join us!

Sharon Wirrig- WELCA President

## URGENT ITEMS NEEDED!

- Girls Sports Bras (All Sizes)
- Girls Colored Plain T-shirts (All Sizes)
- Girls Underwear (4-8)
- Girls Sweatpants (All Sizes)
- Men's Boxers (All Sizes)
- Men's Plain Colored T-Shirts (All Sizes)
- Men's Socks (9- 12)
- Men's Sweatpants (Med, LG, XLG)
- Men's Sneakers (9-14)
- Men's Hoodies (All sizes)



Feel free to make a donation through our website by copying and pasting the following address in your browser and click on donate at the top of the homepage.

[development@wernle.org](mailto:development@wernle.org)





## Trinity Animal Lovers!

### Blessing of the Animals is Back!!!

Bring all your non-human household members for a special Worship Service especially for them on **Saturday, October 3<sup>rd</sup> at 10:30 AM** under the Portico in back of the Church. They will hear all about their special saint, St. Francis of Assisi, and receive a blessing along and an anointing with oil for health and wellness. This will be our third annual **Blessing of the Animals**. Spread the news to all your animal loving friends and invite them for this special occasion!



From Your Congregational Council President

## The President's Perspective

Dear Trinity Family,

On behalf of my brother and sisters and all of our families I want to thank you for the outpouring of love from our church family at Trinity. The service, and the meal following were wonderful. Thank you to Pastor Mel for his support, visits, and many prayers that helped us all get through this difficult time. Thank you to the ladies for all your hard work and the abundance of food that was prepared. It is a wonder the tables weren't sagging in the middle. Thank you to my church family for all the love and the support you showed us at the time of Mother's passing. God bless you for your kindness.

Now about the business of the church. As Pastor and PJ are not going to return home from Germany until the 18<sup>th</sup> of October, we are going to reschedule the Church Council meeting to Tuesday, the 20<sup>th</sup> instead of October 13<sup>th</sup>. To all the treasurers and anyone else who have to submit a report for the Annual Congregational Meeting scheduled for November 1<sup>st</sup>, you still need to have your reports in to the church secretary by no later than Tuesday, October 13<sup>th</sup>, to allow our secretary sufficient time to compile all the necessary information for the packets to be passed out at the annual meeting. The nominating committee should have their completed ballot turned in to the secretary by this date too so that she can prepare the ballot for the voting. Thank you to all of you for your cooperation in this matter and for all your hard work for the ministries of the Church. God bless you all.

The grateful family of Myrl Lephart and your council President,

Dean Thompson

# October The Trinity Trumpet 2015



<sup>43</sup> Awe came upon everyone, because many wonders and signs were being done by the apostles. <sup>44</sup> All who believed were together and had all things in common; <sup>45</sup> they would sell their possessions and goods and distribute the proceeds to all, as any had need. <sup>46</sup> Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, <sup>47</sup> praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved. (Acts 1:43-47)

Greetings Trinity Family, may God's grace and peace be with you!

We're getting back into the swing of things this fall and we really hit the ground running. It's been good to see so many of you back in worship after the long summer break. I have to admit I've missed you. I hope you felt the same way while you were away. As I thought about the attendance patterns of church members in today's culture, not just here at Trinity, but in the Church in America in general, I've noticed a huge change since I was young. Back then, what was thought of as a regular attender was some-one who was warming a pew nearly every week all year long. That was the way it was back in the 1960s...

Here we are in a whole new century and Church attendance patterns have radically changed for so many people. In 2015 someone who is considered a regular attender perhaps worships once or twice a month. Worship seems to have lost much of the relevance and centrality it once held in people's lives. Maybe we're looking for that feeling of awe to come over everyone as in the passage above from the Book of Acts, but the distinct lack of wonders and signs leaves us, well, unimpressed. So, we search for that awe and excitement in other places. We follow our children and grandchildren around as if they were performing signs and miracles every time they take the field. (Don't take this personally, I'm not judging anyone here, just making an observation...)

When I was a kid I remember asking my mom how often I had to go to church. I never got a straight answer to that question. It just seemed to me that every time we were physically able to make it to church we were there. I tried to follow that example with my children when they were growing up too. A couple of weeks ago my granddaughter, Lexie, told her mother, my daughter, Niki, that going to Church was her favorite part of the entire week. That's the feeling I pray catches on everywhere! I silently pray before I even arrive at church on Sunday morning that this Lord's Day might be a small slice of heaven for every person who gathers for worship.

My guess is far too many people in the world today see worship as a burden. It's a duty they feel obliged to fulfill. The very question I used to ask, "How often do I have to go to church?" comes from a spirit of obligation. Worship is never a duty you are obligated to perform. It's an opportunity to gather with your family, those who believe like you do and publicly proclaim your faith. It's a time set apart to hear the words of eternal life and to break the bread of life and drink the wine of salvation. It's an encounter with the living God in the flesh and blood of His Son, Jesus Christ. As we gather together in the Name of the Father, and of the Son, and of the Holy Spirit we are united with each other and with all Christians alive today and those who have already run their race.

I no longer ask how often I have to go to church. I love Jesus Christ's Church! I pray you love His Church too! When you love the Church and the people gathered there you don't even think to ask how often do I have to attend; you wonder when the door will be open again and when do we get to come together as the Body of Christ once more because you just... can't... get ... enough...

May you come to count the days before we gather in the Name of the Lord for Worship every week! May worship be for you a time-less connection between you and The Lord God. May Trinity Evangelical Lutheran Church be a slice of heaven for all of us where we are filled with awe and are amazed by all the signs and wonders every time we gather. Amen!

In Christ's Love,

Pr. Mel