



# The Trinity Trumpet

A Monthly Newsletter Published by  
Trinity Lutheran Church, Pittsburg, OH  
September, 2018



## Did you know.....

- Pastor Mel will be celebrating his 10th anniversary as a Lutheran Pastor this September!

*News for this section can be sent to [secretary@pitsburgtlc.org](mailto:secretary@pitsburgtlc.org) or call the Trinity office at 692-5670.)*

## Prayer Concerns - Current and ongoing and from the past month:

- Doris Lephart—Recovering from fall and hip surgery
- Chet & Sharon Wirrig—Health
- Olis McKibben—Health
- Myrna Warner—Health
- Patty Sackett—Health
- Jim Neitzelt—Health
- Lazlo 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—Battling cancer
- Jerry Higgins—Fighting cancer
- Skip Blankenhorn—  
Recovering from surgery
- Ronda Hanes—Health
- Barry Ulrich—Eye problems
- Roxanne Groff—Eye inflammation

- Maxine Didier—Healing
- Kerry Young—Coma and for wife Julia
- Kenny Cates—Health issues
- Judi Peters—Surgery
- J R Alltop
- Larry Feitshans—Battling cancer
- Holly McEldowney—Battling cancer
- Jackie Tricks—Heart trouble
- Sarah Wolfe—In Hospice—  
Kidney failure
- Kenny Hessler—Recovering from stroke
- Frank Trimble—Illness
- Katie Cottrell—Healing
- Matt Martin—Father of 5,  
fighting aggressive thyroid cancer
- Greg Perry—Heart Problems
- Ev Kaiser—Heart problems



- Steve Angles—Recovering from surgery
- Sarah Erdmann—Recovering from illness
- Victims of fires & floods
- Kenny Johnson—Recovery from illness
- Marylou Rosenberger—Battling cancer
- Mel Ewing—God knows his needs

*Upon the passing of their loved one, we offer our sympathy to the family & friends of:*

- ◊ Barb Cotner
- ◊ Carol Kessler
- ◊ Jane Morrison

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

## President's Perspective

Hello everyone,

Here I sit on a very comfortable Monday night at the Darke County Fair. We have had a little heat and a little rain and hoping to not get drowned out tomorrow. The rest of the week looks to be pretty good.

We are heading into the season when with all the treasurers help, we will be putting things together to be preparing for the November Annual Church Meeting. I will be meeting with the Nominating Committee to get the church ballot prepared. Please, if asked, consider running for a position on the church council. If not asked and you would like to run for a position on council, go to the Nominating Committee or myself and we will see to it that it happens.

God bless you all,  
Dean Thompson

- AWAY ON -

## Vacation

I will be out of the office from October 3rd through the 10th but will be working Monday & Tuesday, October 1 & 2 and then Thursday & Friday, October 11 & 12.

Your secretary,  
Sharon Fourman

## MOVIE NIGHT AT TRINITY.....



**Sunday  
September 2  
6:00 pm**

We will be viewing the movie "I Can Only Imagine", a faith-based film following MercyMe's lead singer, Bart Millard, and his relationship with his father. Millard wrote the song about losing his father at age 18 and the movie breathes life into the lyrics of the song along with messages of forgiveness, hope, inspiration, family, etc.

Bring snacks to share and join us in Fellowship Hall for an inspirational and entertaining evening.

## Ladies Luncheon

September 12, 2018 11:30 am



## PRAYERS & SQUARES QUILTING

September 14 & 24  
9:00 am

**DEADLINE FOR THE OCTOBER ISSUE  
OF THE TRINITY TRUMPET IS  
SEPTEMBER 25th .**

## CHRISTIAN EDUCATION

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



Fundraiser service project - Lemonade Stand and Bake Sale will be held by the kids (PreK - 6th grade) on September 30th before and after church. The profits will go to buy toys and/or needed items for Children's Hospital with the kiddos shopping. The kids and any willing adult helpers will be meeting on Saturday, September 29th from 4-6pm to make cookies for the Sunday sale. Pizza will be provided for anyone helping on Saturday. Of course, we will need some adult help in providing additional baked goods. Donations accepted.

Trunk or Treat/Fall Festival News!!!! This year we are trying a trunk decorating theme (Disney Movies or Shows). Prizes for top 3 trunks. Food will be provided upstairs (grilled hot dogs, chips, drinks). Musical entertainment by Noah McCabe. Games for kids. A costume parade with a treat for all participants. Bouncy house, too. Start planning your trunks and costumes now!! The whole congregation is needed to make this community event a success.

The St. Nicholas Day event will be on December 2. The Christmas program will be December 16. More information later.

Trinity family, most of the kids' events have happened due to funding by Thrivent Action Teams! Thanks! More events coming and we need more Action Teams!

How about teaching a kid's Sunday School class once or twice a year??? Let Marge know if you can help out.

Marge Warner, Sunday School, Superintendent. 937-623-2544. The Team - Pam Oswald, Linda Baker, Michelle Groff, Stephanie Kemp, Bev Erdmann, Pastor Mel



Trinity Giving Report as of 8/19/18

Given: \$90,061.25

Needed: \$95,880.00 (- \$5,818.75)

From our Pastor ...

## Geographic reach of Lutheran World Federation— We are a Global Church!



THE  
LUTHERAN  
WORLD  
FEDERATION

The Lutheran World Federation (LWF) Council has voted to welcome with joy three new member churches to the LWF. They are the Christ Lutheran Church (India), the United Evangelical Church en Cuba – Lutheran Synod, and the Augustinian Lutheran Church of Guatemala. This brings the number of member churches to 148 and the countries to 99.

The Christ Lutheran Church (India), is made up of 54 congregations and outreach centers in six states. Congregations are served by 18 ordained pastors and 18 evangelists. Membership of the church stands at just over 2700.

The United Evangelical Church en Cuba - Lutheran Synod, extends the communion's geographic reach to a new country. It has 1500 members, 11 congregations in seven provinces, seven ordained pastors, a bishop and an auxiliary bishop, six ordained deacons and 15 preachers.

The Augustinian Lutheran Church of Guatemala is made up of 3000 members in 17 congregations, located in El Quiché, Cobán, Alta Verapáz, Petén and Guatemala City. The church counts eight ordained pastors, two catechists, an evangelist, a preacher, a minister for Eucharist, as well as 16 health promoters and various volunteers.



Churches that apply for LWF membership accept the doctrinal basis of the LWF, must be autonomous bodies, legally recognized in their respective country, and consisting of more than one local congregation.

In Christ's Love,  
Pastor Mel



Our annual congregational meeting will be held Sunday, November 4th, following the worship service. Plan to attend to hear reports of the past fiscal year and plans for the next! Voting for the election of officers to fill various positions on the Trinity Church Council and the budget for the upcoming year will take place at this time.

Please prayerfully consider saying YES if you are asked to be on the ballot for a position on the 2019 Church Council. If you would like to be considered for a position, contact one of the Nominating Committee members or Dean Thompson, Council President.

Pam Oswald 564-0939  
Linda Baker 545-8410 or twobakers@roadrunner.com  
Bev Erdmann 621-6748 or erdfam3@gmail.com  
Dean Thompson 459-2791 or dean.t@earthlink.net

All reports needed for the Annual Meeting must be received in the church office by Sunday, October 14th. You may mail them to P. O. Box 64, Pittsburg OH 45358 or email them to [secretary@pitsburgtlc.org](mailto:secretary@pitsburgtlc.org).



## Online Giving Is Finally A Reality At Trinity!

Trinity can now accept your offering or special donations on line! That's right, we've jumped into the digital donation age. It's very simple to do. All you have to do is go to our web site at [www.pitsburgtlc.org](http://www.pitsburgtlc.org) and click on the **Give to Trinity** button. After that you fill out the information to set up either a onetime gift or a recurring donation. There's even an option for you to include the transaction fee in your gift so that it doesn't come out of what you intended the Church to receive. This is a safe and convenient way to make your tithe to the Lord, even when you are out of town on vacation or traveling for business. You even get a receipt sent right to your email so you can file it for your taxes at the end of the year. If you use this convenient method of giving to the Church and have questions or suggestions, please let our Secretary, Sharon Fourman know so we can improve our service.



## WELCA News for September



Dear Sisters in Christ,

I am excited to be taking on this challenge of President of our Women's group here at Trinity. I cannot do this alone. I am looking forward to walking along side each woman here at Trinity to continue to show God's love through the actions of the Women here at Trinity Lutheran Church.

I invite each and every one of the women here at Trinity to come out to our monthly meetings for a time of fellowship and spiritual growth.

Our September meeting will be on Wednesday September 5<sup>th</sup> at 6:30-8:00. Snacks will be provided by Linda Baker and Marge Warner.

In September we will be watching around the first 20 minutes of *Pray the Devil Back to Hell* a documentary film. This film documents a peace movement called Women of Liberia Mass Action for Peace. Organized by social worker Leymah Gbowee, the movement started with praying and singing in a fish market. Leymah Gbowee organized the Christian and Muslim women of Monrovia, Liberia to pray for peace and to organize nonviolent protests. Dressed in white to symbolize peace, and numbering in the thousands, the women became a political force against violence and against their government. This film shows the power and impact a small group of women can make to change the world.

### Upcoming WELCA Events:

- September 5<sup>th</sup>- Meeting
- September 27<sup>th</sup>- Chicken Dinner Fund Raiser
- October 3<sup>rd</sup>- Meeting
- October 21<sup>st</sup>- Assist with Fall Celebration

*God Loves you and so do !!*

PJ Musser-WELCA President



**Our July—September Donation Emphasis is the Lutheran World Relief school kits we have supplied in the past. Our greatest need at this time are rulers and notebooks. We have plenty of pens, pencils and erasers for this year.**

- |   |   |
|---|---|
| 1 Sturdy drawstring backpack style cloth bag— approximately 14" X 17", w/shoulder straps (handmade) | 1 Pencil Sharpener                            |
| 1 Ruler—30 cm on one side (May have inches on the other side.)                                      | 1 2 1/2" Eraser                               |
| 1 Box of Crayons (16 or 24)   | 1 Pair Blunt Scissors                         |
| 5 Unsharpened Pencils w/Erasers   | 5 Blue or Black Ball point Pens (No GEL pens) |
|   | 4 70 Sheet College or Wide ruled Notebooks    |

### COLLEGE STUDENT ADDRESSES WANTED



We want to keep our college students aware of all the news and events of Trinity Church while they are away. Please contact the church office by email at [secretary@pitsburgtlc.org](mailto:secretary@pitsburgtlc.org) or call 937/692-5670 with the following information as soon as possible.

NAME, COLLEGE, YEAR OF COLLEGE, MAILING ADDRESS, EMAIL, PHONE

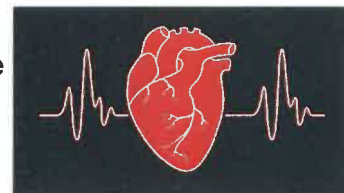
*Also, let us know if we may publish their address so others may write to them.*



## Heart Failure

**As many of you are aware I am now working at Miami Valley hospital in Dayton. I am still working as a case manager (discharge planner). I work on a new unit at the hospital which focuses on Heart Failure; so this month I wanted to focus on what is Heart failure.**

If you have heart failure, you're not alone. About 5.7 million Americans are living with it today. In fact, it's one of the most common reasons people age 65 and older go into the hospital. It can take years for heart failure to develop. Heart failure is called congestive heart failure when fluid builds up in various parts of the body. So if you don't yet have it but are at risk for it, you should make lifestyle changes now to prevent it! Heart failure symptoms usually develop over time as your heart becomes weaker and less able to pump the blood that your body needs. Heart failure usually results in an enlarged heart (left ventricle).



**Does your heart stop?** When you have heart failure, it doesn't mean that your heart has stopped beating. It means that your heart isn't pumping blood as it should. The heart keeps working, but the body's need for blood and oxygen isn't being met. Heart failure can get worse if it's not treated. Your heart does not pump enough blood. Blood backs up in your veins. Fluid builds up in your body, causing swelling in your feet, ankles and legs. This is called "edema." Fluid builds up in your lungs. This is called "pulmonary edema." Your body does not get enough blood, food and oxygen.

### What are the signs of heart failure?

- ◆ Shortness of breath, especially when lying down
- ◆ Tired, run-down feeling
- ◆ Coughing or wheezing, especially when you exercise or lie down
- ◆ Swelling in feet, ankles and legs
- ◆ Weight gain from fluid buildup
- ◆ Confusion or can't think clearly

### What are the causes?

The most common cause of heart failure is coronary artery disease (CAD). CAD occurs when arteries that supply blood to the heart muscle become narrowed by buildups of fatty deposits called plaque. Other common risk factors that lead to heart failure are:

- ◆ Past heart attack that has done some damage to the heart muscle
- ◆ Heart defects present since birth
- ◆ High blood pressure
- ◆ Heart valve disease
- ◆ Diseases of the heart muscle
- ◆ Infection of the heart and/or heart valves
- ◆ Abnormal heart rhythm (arrhythmias)
- ◆ Being overweight
- ◆ Diabetes
- ◆ Thyroid problems
- ◆ Alcohol or drug abuse
- ◆ Certain types of chemotherapy

### How is it treated?

Your doctor may give you medicine to strengthen your heart and water pills to help your body get rid of excess fluids. Your doctor will recommend a low-sodium (salt) diet. You may be provided oxygen for use at home. Your doctor may recommend certain lifestyle changes. Surgery or cardiac devices may be needed, in some cases.

**Cont'd on page 8**

### What can I do to manage my heart failure?

- ◆ Follow your doctor's advice.
- ◆ Quit smoking, if you smoke
- ◆ Take your medicines exactly as prescribed
- ◆ Weigh daily to check for weight gain caused by increased fluid
- ◆ Track your daily fluid intake
- ◆ Monitor your blood pressure daily
- ◆ Lose or maintain your weight based on your doctor's recommendations
- ◆ Avoid or limit alcohol and caffeine
- ◆ Eat a heart-healthy diet that's low in sodium, saturated fat and trans fat
- ◆ Eat less salt and salty foods
- ◆ Be physically active
- ◆ Get adequate rest.



**Although it can be difficult living with a chronic condition like heart failure, many people learn to manage the symptoms – and enjoy full lives.**

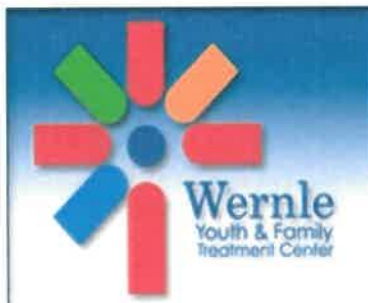
Advanced heart failure means the condition has progressed to where traditional therapies and symptom management are no longer working. Of the more than 6 million American adults living with heart failure, about 10 percent have advanced heart failure. Their treatment decisions can become more complex.

Information obtained from: <https://www.heart.org/en/health-topics/heart-failure/heart-failure-tools-resources>

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

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

Blood pressure screenings are the third and fourth Sundays of the month after church service.



Wernle Center has an urgent request .....

Our youth are heading to school soon and are in need of:

1. Men's Liquid Body Wash (we are no longer able to receive bar soap)
2. Men's Shampoo/Conditioner
3. Men's Deodorant

Would you consider donating any of these items or maybe a gift card to WalMart or Meijer?

Your Wernle Representatives: Judy Ulrich & Claire Wilt

**DEDICATION  
SERVICE**

You may wish to join the Wernle Youth & Family Treatment Center (Richmond, IN) for the dedication service of the Hawk Center and 140th Anniversary celebration on Saturday, November 3, 2018 at 11:00 am on the campus at the Lingle Wellness Center. The Hawk Center will be open one hour prior to, and one hour following the service. Seating is limited so you must register early either online directly at <https://bit.ly/2HoUg1g> or by contacting Judy Ulrich at 937/692-5054, 937/417-5590, or [jbulrich2000@yahoo.com](mailto:jbulrich2000@yahoo.com) and Judy will make a group reservation.



# September Health Tips

## Health Ministries

### Can Prostate Cancer Be Prevented?

There is no sure way to prevent prostate cancer. Many risk factors such as age, race, and family history can't be controlled. But there are some things you can do that might lower your risk of prostate cancer.

#### Body weight, physical activity, and diet

The effects of body weight, physical activity, and diet on prostate cancer risk are not clear, but there are things you can do that might lower your risk, such as:

- Eating at least 2½ cups of a wide variety of vegetables and fruits each day.
- Being physically active.
- Staying at a healthy weight.

#### Vitamin, mineral, and other supplements

Some earlier studies suggested that taking certain vitamin or mineral supplements, such as vitamin E or selenium, might lower prostate cancer risk. But in a large study, neither vitamin E nor selenium was found to lower prostate cancer risk.

Several studies are now looking at the possible effects of soy proteins (called *isoflavones*) on prostate cancer risk. The results of these studies are not yet available. Any supplement has the potential for both risks and benefits. Before starting vitamins or other supplements, talk with your doctor.

#### Aspirin

Some research suggests that men who take a daily aspirin might have a lower risk of getting and dying from prostate cancer. But more research is needed to show if the possible benefits outweigh the risks, such as an increased risk of bleeding.



#### 5-alpha reductase inhibitors

The drugs finasteride (Proscar) and dutasteride (Avodart) have been studied to see if they can lower prostate cancer risk, but it's not clear if the benefits outweigh the risks for most men. Still, men who want to know more about these drugs should discuss them with their doctors. These drugs are currently used to treat benign prostatic hyperplasia (BPH), a non-cancerous growth of the prostate.

#### Other drugs

Other drugs and dietary supplements that might help lower prostate cancer risk are now being tested in clinical trials. But so far, none have been proven to do so.

Source: American Cancer Society

*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, if you need medical assistance, make an appointment with a physician, or call 9-1-1 immediately if it is an emergency.*



# SEPTEMBER CELEBRATIONS



## Birthdays

4 Emily Campbell  
 8 Linda Baker  
 10 Susan Harter  
 12 Leah Witters  
 13 Zachary Long  
 16 Trevor Shelley

17 Bev Erdmann  
 Brent Shofner  
 Mollie Watson  
 19 Sanny Schneider  
 Stephanie Burrell  
 20 Hunter Rich

21 David Dornbusch  
 24 Paul Erdmann  
 28 Darryl Mehaffie  
 29 Patty Sackett



## Anniversaries

3 David & Joyce Hofacker  
 4 Michael & Lori Mehaffie  
 8 Harold & Debra Harleman  
 10 John & Janessa Erdmann

13 Brian & Jennifer Bakr  
 14 Charles & Peggy Didier  
 21 Kerry & Stephanie Vanatta  
 22 Barry & Judy Ulrich

23 Mark & Roxanne Groff  
 24 Neville & Sandra Hughert  
 30 Eric & Sheila Campbell



## Baptisms



1 Sandra Hughert  
 Susan Harter  
 4 Brian Baker  
 Joshua Snider  
 19 Cody Troutwine  
 Jordan Mattox

20 Noah Mehaffie  
 21 Bradey Hesler  
 22 Angelo Morelli  
 24 Brooklyn Proffitt  
 Helena Proffitt  
 Joshua Kossler

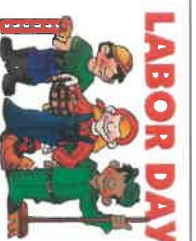
26 Deb Sease  
 28 Jeremy Netlzey  
 30 Cassandra Creech  
 Katelynn Burrell-Troutwine



SEPTEMBER				
DATE	GREETERS	READERS	ACOLYTES	FLOWERS
2	PJ & Melanie Musser	Gary Obringer	Helena Angles	
9	Rob Arling & Family	Robby Arling		
16	Peggy Didier & Christi Jasinski	Chris Cassel		Eldon Erdmann
23	Darrell & Sanny Schneider	Katherine Obringer		
30	Sheila & Emily Campbell	Rob Arling		Mel & PJ Musser



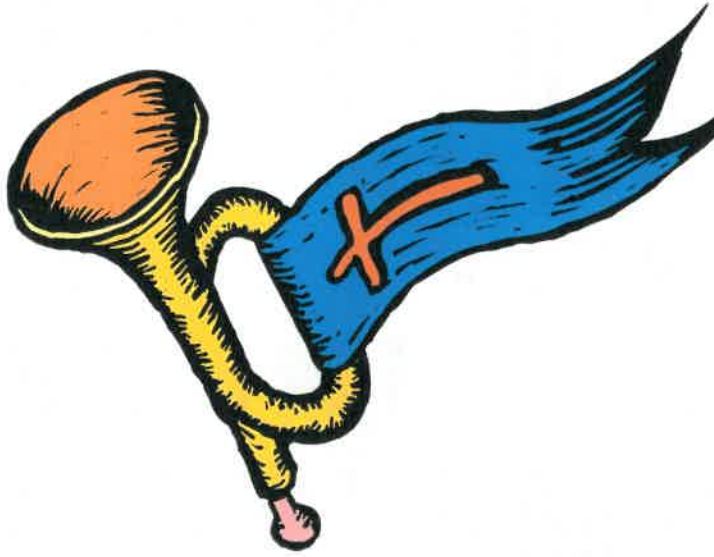


# September



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 9:30 am Adult Sunday School 10:30 am Worship & Kids Sunday School 6:00 pm Movie Night—"I Can Only Imagine"	3 	4	5	6 7:00 pm Worship Team Meeting (as needed)	7 3:30 pm FISH Choice Food Pantry	8
9 9:30 am Adult Sunday School 10:30 am Worship & Kids Sunday School	10	11 6:00 pm Finance Team Meeting 7:00 pm Trinity Council Meeting	12 11:30 am Ladies Luncheon	13	14 9:00 am Prayers & Squares Quilting 3:30 pm FISH Choice Food Pantry	15
16 9:30 am Adult Sunday School 10:30 am Worship & Kids Sunday School 11:30 am Blood Pressure Screening	17	18 6:30 pm Christian Education Team Meeting	19 9:30 am GRCC Soup Kitchen	20	21 3:30 pm FISH Choice Food Pantry	22
23 9:30 am Adult Sunday School 10:30 am Worship & Kids Sunday School 11:30 am Blood Pressure Screening	24 9:00 am Prayers & Squares Quilting	25 	26	27	28 3:30 pm FISH Choice Food Pantry	29
30 9:30 am Adult Sunday School 10:30 am Worship & Kids Sunday School	Oct 1 SECRETARY IN THE OFFICE	2 SECRETARY IN THE OFFICE	3 SECRETARY OUT OF THE OFFICE	4 7:00 pm Worship Team Meeting (as needed)	5 3:30 pm FISH Choice Food Pantry	6

# TRINITY TRUMPET



## September 2018

A MONTHLY NEWSLETTER PUBLISHED BY  
TRINITY LUTHERAN CHURCH

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



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



To—

**Evangelical Lutheran Church  
In America**