

Trinity Lutheran Church



Upcoming Events:

- TrinARTy—November 1st
- Game Night—November 4th
- Fall Clean Up Day—November 5th
- Fellowship Meeting—Nov. 5th
- Barn Party—November 6th
- Mom’s Group—Nov. 7th & 21st
- Comfort Stitchers Meeting—November 7th
- Outreach Meeting—November 8th
- UDS Gift Wrapping Training—November 9th
- Community Memorial Service—November 12th
- Giving Tree Begins—Nov. 13th
- Operation Christmas Child Packing Party—November 18th
- Advent Night—November 16th
- Women’s Self Defense Class—November 19th
- Thanksgiving Eve Service—November 23rd

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A Message from Pastor Mike: “Thanks *breathing...*”

In his famous work, “8 Weeks to Optimal Health”, Dr. Andrew Weil asked readers to do many things. And many of his ideas were ahead of their time.

For example? He told readers to go through their cupboards and throw away anything containing partially hydrogenated oils.

Many said this was ridiculous. Most don’t say that anymore.

But some of the lifestyle habits he advocates for in the book are very old. And one of those habits is “giving thanks.”

Weil says that, even if one does not believe in a higher power, studies show that saying a “prayer of thanks” before meals aids digestion and generally can improve mental and physical health. In a sense, being “grateful” is an important component to living a good, fulfilling life.

Life, after all, can only be sustained, sadly, in taking life. We all get our energy, in the end, from the sun. And the “vehicles” by which this energy comes to us are the plants, animals, and animal products we consume. Living beings that die so that we might live.

When I think about this, I’m reminded of the wisdom of Native American culture. Upon shooting a deer with a bow and arrow, a Native American hunter would thank God in prayer for placing the animal in his path, and then actually thank and “apologize” to the spirit of the deer—explaining that he needed the deer to feed his family.

All of this can be linked to our lifestyle theme for the season—Breathe.

Our efforts to remind each other to take a moment, stop the chatter in our minds, look at the world before us, close our eyes, and “Breathe” are centered on mindful living.

1 Mindful living notices the gifts we are receiving. Shelter. A working heating/cooling system. The hug of a child. The beauty of music. The comfort of clothing. The wisdom of a friend. The joy of laughter and perhaps a glass of wine.

2 And yes, FOOD.

2 Saying “grace” is good for us because it stops us and makes us mindful that we are being given a gift.

3 I hope, this Thanksgiving, that gift will include for you the joy of gathering with friends and family and that we will all “breathe” and be mindful of these gifts as well!

3 Peace to you as we enter the joyous, and busy, holiday season!

Breathe



Daylight Savings Time ends November 6th!
Don't forget to turn your clocks back one hour



Evangelical Lutheran Church in America

God’s work. Our hands.



Everyone is welcome to join our Festival Choir

Festival Choir Practices for the Christmas Cantata- Come Join Us!

Preparation for this Advent season are underway and it all begins with the start of cantata practice! This year's Christmas cantata is scheduled for Sunday, December 18th. The music selection will be *Let Heaven and Nature Sing Gloria!: A Worship Celebration* by Mark Hayes.

Cantata rehearsals are held on Thursday evenings from 7:30pm to 8:30pm with a dress rehearsal for choir members on Saturday, December 17th from 10:00am-12:00pm. There are no Sunday rehearsals this year. Everyone is invited to participate.

If you are unable to attend the Thursday night cantata rehearsals but would like to sing in the cantata, please contact Tara Beitzel.

We hope to see you at one of these rehearsals soon!!



Please join us to as we worship and give thanks.

Join Us for Thanksgiving Eve Service!

Please join us Wednesday evening, November 23rd at 7:00 p.m. for our Thanksgiving Eve worship service! It's a wonderful way to bring in the holiday.

This year we will again be collecting non-perishable food items for the Mount Joy Food Bank. Please bring items to worship and place them near the altar during communion.



A special service of remembrance

Trinity Will Host This Year's Annual Community Memorial Service

Each year Sheetz Funeral Home sponsors a community memorial service for area residents who have lost a loved one. This year Trinity will host this special service of remembrance.

November 12th. Special music will begin at 10:30 a.m. and the service will begin at 11:00 a.m. A luncheon in our Fellowship Hall will follow the service.

If you would like your loved one's name shared during the service, please contact the church office at 653-4168.

The Community Memorial Service will be held on Saturday,

All those who have lost a loved one in the past year and want to share in this service are invited.

Please join us and Sheetz Funeral Home for this service of healing and remembrance.



A fun night for youth!

Barn Party at the Wittel Farm—Sunday, November 6th

Get ready for a fun night at The Wittel Farm in Elizabethtown! Children, youth and families ages K through 12 – plan to join us for this outstanding night of outdoor fun. We'll have dinner, games, hayrides, and so much more! Please bring along a covered dish item to share with all. The main dish, beverages, and paper products will be provided.

K-5th grade—3:30 to 5:00 pm

- 3:30: kids register, games begin
- 4:20: hayride
- 4:45: prayer, eat dinner

6-12th grade—5:30 to 7:00 pm

- 5:30: kids register, eat right away
- 6:00 pm: begin man-hunt games
- 6:45: hayride

Driving directions to this location: Travel on route 230 towards Elizabethtown. At the far edge of town, make a right onto Spring Garden Street, then a quick left onto Mill Road. The Wittel Farm is nine-tenths of a mile on right.

Advent Night– Wednesday, November 16th at 6:45 PM

Join us for an all-family event as we prepare for the birth of our Savior!

Children and youth of all ages and their families will gather in the sanctuary at 6:45 pm for an Advent kick-off play designed by Pastor Mike and performed by Trinity teens. After the short performance, everyone will head downstairs for Christmas Cookies, crafts, and advent calendar fun!

Sr. High Supper Club will still meet at 5:45 pm. Children’s Choir will gather as usual at 6:15 pm. PreK BOLD will not be held, but the rooms will be opened for family-time play until the program begins.

We can’t wait to see you all as we prepare for the season of Advent!



A great family fun night!

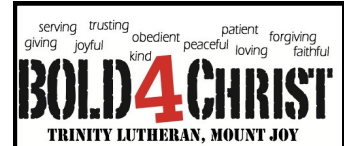
Camp Mount Luther Retreats Coming for Jr. and Sr. High!

Camp Mount Luther is calling . . . and we are ready to answer! Trinity teens: mark your calendars and invite your friends to these fabulous retreats. More information coming soon!

- Sr. High Retreat: January 20-22, 2017
- Jr. High Retreat: February 24-26, 2017



Watch for sign-ups, coming soon!



Wednesday Night Schedule:

5:45pm - 7:15pm

- Sr. High Supper Club
Trinity Place

6:15 pm - 6:45 pm

- Children’s Choir

6:15 pm - 7:15pm

- Preschool BOLD for ages 4 and 5

6:45 pm - 7:45pm

- Elementary & Teen BOLD

ROC and BOLD Offerings—Teach Your Kids to Be Givers!

Trinity has created opportunities for you to teach your children to give. This example starts at home and makes a life-long impression on our youth! Talk about what you give and why. Give your children dollars and coins on Wednesdays and Sundays and let them be hands-on givers.

These are the offerings we are supporting through our kids programs this year:

At BOLD we collect “spare change” each week to raise the necessary funds for the Stop Hunger Now meal packing event in April. Together our congregation must bring in \$3,000 before our packing day. Each week bring your

“spare change” to BOLD and help us reach our goal.

At ROC on Sunday mornings, each of our classes has chosen a charity to support. Here is the list for this year:

- Two-year olds: Donegal Power Packs
- Three-year olds: Humane League
- Fours and Fives: Raven Ridge Wildlife Center
- Kindergarten: Operation Christmas Child
- First Grade: Operation Christmas Child

- Second and Third Grades: Operations Christmas Child/Donegal Power Packs
- Fourth and Fifth Grade: World Wildlife Fund
- Jr. High: Ronald McDonald House
- Sr. High: Water Street Rescue Mission

Thank you for teaching the next generation to give – together we can make a huge impact on the needs in our world!





Space is limited! Register today!

Self Defense Class for Women

This world can be a tricky place – arm yourself with knowledge and skills to stay safe! Trinity is offering a Self Defense Class for Women by f2 instructors trained in Rape Aggression Defense techniques. The course will take place in the Fellowship Hall on Saturday, November 19th from 8 am to 12:00 noon.

Cost: \$40.00 per person

Ages: 13-100

Maximum Class Size: 20

(Class will not be held if participation is less than 10)

Registration is first-come, first-serve. Payment given to Michelle Shirk reserves your spot.

Guidelines for training day: dress comfortably, wear sneakers, remove all jewelry except stud-type earrings & stuck wedding bands, and prepare for a fun, informative, life-saving day!

For more information, visit: www.f2womensselfdefense.com.



Please help if you are able.

Fall Clean Up of Trinity Grounds

“THANK YOU” to all who participated with Trinity’s “Adopt a Garden” program. This was greatly appreciated and kept the grounds looking wonderful!

The Fall season is upon us and it is time to tidy up Trinity’s exterior for the winter.

Mark your calendars for Saturday, November 5th at 9:00AM as the more hands we have, the easier the job will be for everyone.

There may be a small amount of pruning, pulling of dead plants and gathering debris as our new landscaping plans

have begun or will begin shortly. A sign up sheet can be found at the rear of the sanctuary and don’t forget your rake!

Any questions can be directed to Tracey Olson, traceyoviking@embarqmail.com



Read what's happening...

“Council Corner” – Highlights from the September Meeting

Trinity’s Church Council is a group of nine volunteer men and women who meet monthly. In addition to reviewing monthly staff and financial reports, they discuss and make decisions regarding church “business”.

Following updates from each committee and task force, discussion during the September

meeting turned to the steps being taken to prohibit overnight parking in our auxiliary lot, updates regarding Phase 2 from the Renovations Task Force, and the landscaping plan.

New business items included preparation for the 2017 budget process and election of

health care benefits for 2017.

Minutes of the council meeting are available on the Council Bulletin Board.



Offering up prayers for those in need.

Prayer Warriors

We have a small group of dedicated Prayer Warriors here at Trinity who receive an email with a request for prayer. The request can be for you, a member of your family or friends. We take that request to the Lord. Sometimes we are not even sure of what to pray for,

but as Pastor Mike once said...“God knows.”

We have received a “Thank You” from a person who was in need of prayer all the way from California. She took the time to thank us for praying for her. God is good!

If you would like to be added on to the Prayers Warriors list or have a prayer request, just email Janice Rockel at granjan8@comcast.net!

Joy and Peace!

Operation Christmas Child Packing Party—November 18th

Trinity Moms group is once again partnering with Samaritan's Purse to help provide over 8 million shoeboxes filled with Christmas joy to children around the world. In the past years, our congregation has generously donated enough supplies to pack over 100 boxes each year.

Please consider donating items to fill the shoeboxes. Tags with

donation recommendations are available on a display board outside the church office. Or visit the Samaritan Purse website for additional suggestions.

Items will be collected until November 13th.

The annual "Pizza and Packing Party" will be held on Friday, November 18th at 6:00 p.m. to 8:00 p.m. Families are invited to enjoy this fun time of dinner &

packing shoeboxes. Pizza will be provided. Each family is asked to bring a side dish or dessert to share.

Please sign up in the back of the sanctuary, and join us for this evening of fun, fellowship and family outreach!



Join us for this family outreach opportunity.

Advent Day Apart—An Opportunity to "Breathe" This Holiday Season

Saturday, December 10th, join others at The Wittel Farm in Elizabethtown, PA.

We don't like to wait for anything, and especially Christmas. With all its secular attraction, this holiday is often a focus on over-indulgence, and too often neglected is the best gift of all... one worth our waiting.

You are invited to The Wittel Farm for a day apart from the busyness of life for prayer and contemplation as we journey toward the celebration of Christmas.

Please register by November 25th. The event includes lunch. Registration fee: \$15. Forms can be found in the church office.



Registration forms are available in the church office.



Please remember to help those in need this holiday season!



Timbers Christmas Luncheon featuring the Donegal Rhythm Singers Monday, December 5th at 11:00 a.m. Watch for the sign-up coming soon!





Begins November 13th!

Trinity's Annual Giving Tree to Benefit "Alyssa's Bedtime Stories"

Books open the doors of our imagination. For children, reading is more than just a pastime; it's a window into a better world. Trinity's annual "Giving Tree" will be adorned with angel tags this year representing one book and one pair of pajamas. Each tag will list "boy" or "girl" and an age. Simply supply a "brand-new" or "gently used newer" book and pajamas appropriate for the age listed. These gifts will be presented to a local non-profit, "Alyssa's Bedtime Stories".

Seven years ago, a 10 year old named Alyssa, wanted to share her love for reading while helping those less fortunate. Since then she has given out more than 10,000 books and 5,000 pair of pajamas to children in need. The majority of the gifts have stayed in Lancaster County, but have also assisted in areas experiencing tragedy. She has stated, "As long as there are children that need comfort, affection and love, she'll continue to try and bring joy into their lives.

Beginning November 13th, stop by our "Giving Tree" at the rear stairwell entrance and pick up an angel tag. Place the book and pajamas with the tag, unwrapped, under the tree no later than December 11th. Sorting and delivery date of collected items to be announced. Watch the Outreach Board to volunteer. Any questions can be directed to Elayne Olson.
www.alyssasbedtimestories.org.



A fun way to volunteer!

Do You Like to Wrap Gifts?

The United Disabilities Services Foundation (UDS) is in need of volunteers to wrap holiday gifts at Park City Center during the Christmas season. Proceeds from this event directly support the foundation. Trinity will participate by supplying volunteers, ages 14 and older, for two four-hour shifts. You can plan to stay the entire four hours, or indicate what part of the shift fits your schedule. Watch future announcements for Trinity's scheduled date and time.

All are welcome to attend a training session on November 9th from 1 to 3pm or 7 to 9pm at the Park City Community Room (Kohl's Mall). You may attend on your own, or sign-up in the back of the sanctuary or the Outreach Board to carpool from Trinity. Contact Elayne Olson directly at elayne@trinitymountjoy.org or call the church office with any questions.



Invite friends and co-workers to donate their clothing.

Save the Clothes- Save the Date

As the colder weather approaches, please keep in mind Trinity's Annual Free Clothing Give Away! It's really not that far away! New and gently used clothing of all sizes are very much in need for our community. Don't forget to mention our event to friends and co-workers as their clothing donations are appreciated too! Please

bundle in bags marked by gender and size as this was extremely helpful last year. The event date will be Saturday, January 28, 2017 with the storage POD delivery on January 4th.

Watch for postings and sign-up sheets on the Outreach Bulletin Board for this cannot be

successful without our Trinity family. If you have ideas and an interest in helping to plan this event, please contact Elayne Olson or plan to attend any Outreach Committee meeting held the second Tuesday of every month at 6:30PM as new members are always welcome.

November 2016

Worship: Traditional 9:45 am Contemporary Worship: 8:30/11:00 am

Sunday ROC Education: Children age 2 through Adult: 9:45 a.m.

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|--|---|--|---|---|--|---|
| | | 1 11:15am-Seasoned Men's Group 7pm- TrinARTy Small Group | 2 9am- Yoga 10am-Pastor Foltz Bible Study 10:30am- Yoga BOLD | 3 9am-Quilting 10am- Women's Bible Study 7:30pm- Cantata Practice 8:30pm- Choir Practice | 4 9:10am- Walk & Stretch Yoga 7pm- TLC Game Night | 5 9am- Fall Clean Up 9am- Fellowship Mtg |
| 6 9:20am- Youth Choir Practice Barn Party | 7 9am- Yoga 9:30am- Mom's Group 10:30am- Yoga 6pm- Comfort Stitchers | 8 11:15am-Seasoned Men's Group 6:30pm- Outreach Meeting | 9 9am- Yoga 10am-Pastor Foltz Bible Study 10:30am- Yoga 1pm- Training UDS Event 6pm- Training UDS Event 6:45pm- Finance Committee BOLD | 10 9am-Quilting 10am- Women's Bible Study 7:30pm- Cantata Practice 8:30pm- Choir Practice | 11 9:10am- Walk & Stretch Yoga | 12 11:00am- Annual Community Memorial Service sponsored by Sheetz |
| 13 "Giving Tree" Begins Operation Christmas Child Ends 9:20am- Youth Choir Practice | 14 9am- Yoga 10:30am- Yoga | 15 11:15am-Seasoned Men's Group 7pm- Congregational Council | 16 9am- Yoga 10am-Pastor Foltz Bible Study 10:30am- Yoga BOLD- Advent Night | 17 9am-Quilting 10am- Women's Bible Study 7:30pm- Cantata Practice 8:30pm- Choir Practice | 18 9:10am- Walk & Stretch Yoga 6pm- Operation Christmas Child Packing Party | 19 9am- Women's Self Defense Class- Preregistration Required |
| 20 9:20am- Youth Choir Practice | 21 9am- Yoga 9:30am- Mom's Group 10:30am- Yoga | 22 11:15am-Seasoned Men's Group | 23 9am- Yoga 10:30am- Yoga 7pm- Thanksgiving Eve Service | 24 Happy Thanksgiving!  | 25 9:10am- Walk & Stretch Yoga | 26 |
| 27 First Sunday of Advent 9:20am- Youth Choir Practice | 28 9am- Yoga 10:30am- Yoga | 29 11:15am-Seasoned Men's Group | 30 9am- Yoga 10:30am- Yoga BOLD | | | |

Trinity Staff

| | | | |
|-----------------------------------|----------------------|--------------------------------|----------------|
| Senior Pastor | Michael J. Martine | pastormike@trinitymountjoy.org | 368-2791 |
| Associate Pastor | Matthew B. Pensinger | pastormatt@trinitymountjoy.org | 253-1132 |
| Parish Nurse | Judi Cosgriff, RN | judi@trinitymountjoy.org | 689-3332 |
| Outreach Coordinator | Elayne Olson | elayne@trinitymountjoy.org | 669-3897 |
| Inside Sextons | Beth and Tom Parker | beth@trinitymountjoy.org | 517-8145 |
| Director Youth/Family | Michelle Shirk | michelle@trinitymountjoy.org | 426-3783 |
| Dir. of Children's & Youth Choirs | Christa Schimitsch | christa@trinitymountjoy.org | (570) 832-0245 |
| Adult Choir Director | Tara Beitzel | tara@trinitymountjoy.org | 405-1733 |
| Organist | Joy Ide | joy@trinitymountjoy.org | 464-4684 |
| Business Manager | Kim Zern | kim@trinitymountjoy.org | 471-4237 |

Congregation Council Members

| | | |
|-----------------------------|--------------------------------------|----------|
| Tom Schulz, President | tom.schulz@trinitymountjoy.org | 426-1930 |
| Debbie Williams, Vice Pres. | debbie.williams@trinitymountjoy.org | 426-2959 |
| Wayne Chappel, Treasurer | wayne.chappel@trinitymountjoy.org | 393-2322 |
| Missy Burkholder | missy.burkholder@trinitymountjoy.org | 426-0119 |
| Alex Decaria | alex.decaria@trinitymountjoy.org | 892-3697 |
| Jessica Johnston | jessica.johnston@trinitymountjoy.org | 928-4008 |
| Scott Noon | scott.noon@trinitymountjoy.org | 626-2627 |
| Geoff Ottens | geoff.ottens@trinitymountjoy.org | 653-9322 |
| Doug Rinehart | doug.rinehart@trinitymountjoy.org | 653-8232 |
| Bruce Rockel | bruce.rockel@trinitymountjoy.org | 492-2959 |

Committee Leaders

| | |
|---------------------|---------------------|
| Christian Education | Gayle Watson |
| Evangelism/Comm. | Scott Noon |
| Fellowship | Tina Ahrens |
| Finance | Linda Umberger |
| Outreach | Wayne Chappel |
| Property | Carol Rago |
| Staff Relations | Tracey Olson |
| Worship and Music | Marc Spiridigliozzi |
| Youth | Becky Noon |
| | Scott Everhart |

Volunteer Coordinators

| | | | |
|-----------------------------|------------------|-----------------------|------------------|
| Altar Duty | Cathy Hoffmaster | Greeters, 9:45 | Linda Hoffines |
| Communion Assistants, 8:30 | Open | Greeters, 8:30 | Open |
| Communion Assistants, 9:45 | Helene Wallauer | Greeters, 11:00 | Tom & Tracey Cyr |
| Communion Assistants, 11:00 | Open | Lectors, 8:30 | Madolin Heisey |
| Communion Bread | Cathy Hoffmaster | Lectors, 9:45 | Donald Miller |
| | | Lectors, 11:00 | Linda Boozer |
| | | Altar Flower Delivery | Open |



Trinity Lutheran Church

Return Service Requested

47 West Main Street
Mount Joy, PA 17552
(717) 653-4168



Evangelical Lutheran Church in America

God's work. Our hands.