



Trinity Lutheran Church

2221 North Oak Lane  
State College, PA 16803  
814-238-2024 www.trinitystatecollege.org



PRAYER LIST

TLC DISCIPLES

Jerry Wion, Carolyn Kresen, Karl Raynar,  
Rhonda Walker-Hall, Carol Bernlohr, Dee  
Kiel

TLC FRIENDS

Richard Broking, Laurie, Grace, Ed McGowan,  
Susan Klein, Luke & family

Readings

Isaiah 58:1-9a[9b-12]  
Psalm 112:1-9[10]  
1 Corinthians 2:1-12[13-16]  
Matthew 5:13-20

TRINITY EVENTS

SATURDAY, FEBRUARY 8

10:00 am Zumba  
5:00 pm Worship with Communion

SUNDAY, FEBRUARY 9

8:15 am Worship with Communion  
9:30 am Sunday School  
10:45 am Worship with Communion  
11:45 am Social Time

MONDAY, FEBRUARY 10

10:00 am Foxdale Bible Study  
7:00 pm Bible Study

TUESDAY, FEBRUARY 11

10:00 am Women's Exercise  
5:30 pm Executive Team  
5:45 pm Zumba

THURSDAY, FEBRUARY 13

10:00 am Women's Exercise  
5:45 pm Zumba

SATURDAY, FEBRUARY 15

10:00 am Zumba  
5:00 pm Worship with Communion

SUNDAY, FEBRUARY 16

8:15 am Worship with Communion  
9:30 am Sunday School  
10:45 am Worship with Communion  
11:45 am Social Time

IHS Blanket Drive

Help take a little chill out of the lives of some of our fellow  
Centre County residents. Please consider donating  
to the Interfaith Human Services Blanket Drive.

Donation Dates: January 19th to February 16th

There has been a box placed in the narthex for  
New and Gently Used Blankets

If you have question please contact:

Carol Smith (piffy1957@gmail.com) or 814--441-3183



Mardi Gras Themed Dinner  
Wednesday, February 19th  
6:00 pm in Fellowship Hall

Sign up on the doors to  
Fellowship Hall

Desserts are requested  
A freewill offering will be  
received.



QUILTERS

Mark your  
calendars

Quilting dates:

Saturday, February 29th  
Saturday, March 14th

9:00 AM in the Faith Room

Barb Roberts & Jean Ross

have all the  
answers to any  
questions.



*Altar Flowers*

*We are grateful for  
God's graciousness.  
He loves and takes  
care of us.*





HAVE YOU THOUGHT ABOUT EXERCISE?  
CAN'T FIND A PROGRAM RIGHT FOR YOU?

WE NOW HAVE AN OPTION FOR WOMEN 55 AND OVER  
RIGHT HERE AT TRINITY

A group of senior women who have graduated from the Penn State Extension-sponsored exercise programs, Strong Women and Lift, have established an informal, low impact exercise group here at Trinity. We would like to extend an invitation to Trinity Women, 55 and older, who have been active or relatively sedentary for the past few years and who are interested in improving their health and vitality, to join us.

**We meet every Tuesday and Thursday in Fellowship Hall from 10:00 to 11:00 AM**

**What to expect:** 5 minute warm-up, strength-training exercises, an informal nutrition discussion and a 5 minute cool down.

**What you will need:** one set of free weights (1, 3, or 5 lbs), ankle weights (5-10 lbs), an exercise resistance band, a large towel or exercise mat for floor exercises, a bath or beach towel, and water to drink & hydrate.

**What to wear:** clothing comfortable for exercise, ankle high socks & athletic shoes or sneakers

Weights are not necessary for the initial sessions, we have a few sets of extra hand weights and resistance bands to try out before purchasing.

Our classes are free, but we will collect anonymous donations for Trinity and the use of their facility.

We would love to welcome new members.

Come try this out - it can change your life!!

Questions: Call Beth at the church office - 814-238-2024 or email at [tlcoffice2@comcast.net](mailto:tlcoffice2@comcast.net)

Classes are led by: Carolyn Lembeck & Barbara Perkons



---

## Milestone Negro Spirituals



Milestone Negro Spirituals: When Folksongs Bring Freedom Hilliard Greene, double bass  
**Saturday, February 8, 2020 4:00 p.m.**

**Unitarian Universalist Fellowship of Centre County 780 Waupelani Drive Ext., State College**

[www.uufcc.com](http://www.uufcc.com) **Suggested donation: general \$10-15, students free.** This performance in words and music brings to light the significance and beauty of the remarkable songs associated with the Underground Railroad. These uniquely American heritage songs are recognized as a distinct musical genre. The music that will be featured is based on the coded Negro spirituals that runaway slaves used to elude capture. Hilliard Greene performs and teaches in New York City. He is touring with this program for Black History Month.

<http://hilliardgreene.com/index.php/negro-spirituals-performance/> He will be joined by Cathy Herrera, a well known local flutist. She teaches at Juniata College and performs with the Nittany Valley Symphony, Altoona Symphony and several other groups. <https://music.psu.edu/cathy-herrera>