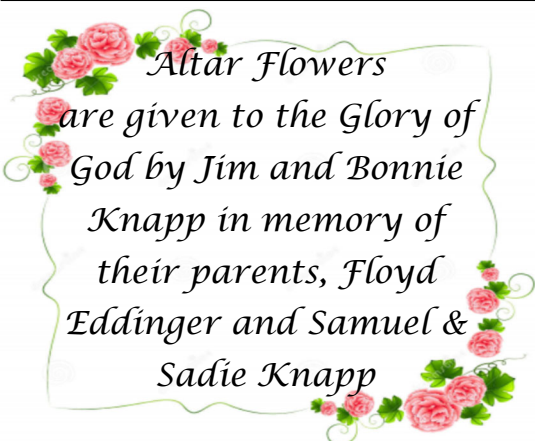




Trinity Lutheran Church

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,  
Donna Weller

TLC FRIENDS

Richard Broking, Laurie, Grace,  
Ed McGowan, Susan Klein, Luke  
& family & caregivers & those  
suffering from the Corona Virus

TRINITY EVENTS

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

MONDAY, FEBRUARY 17

10:00 am Foxdale Bible Study

7:00 pm Bible Study

TUESDAY, FEBRUARY 18

10:00 am Women's Exercise

5:45 pm Zumba

7:00 pm Council

WEDNESDAY, FEBRUARY 19

6:00 pm Mardi Gras Themed Dinner

THURSDAY, FEBRUARY 20

10:00 am Women's Exercise

5:45 pm Zumba

SATURDAY, FEBRUARY 22

10:00 am Zumba

5:00 pm Worship with Communion

SUNDAY, FEBRUARY 23

8:15 am Worship with Communion

9:30 am Sunday School

10:45 am Worship with Communion

11:45 am Social Time

**LAST WEEK FOR THE 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**

Place New and Gently Used Blankets in the box in the narthex.

If you have question please contact:

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



Saturdays, February 29th and March 14th the Quilters  
will meet in the Faith Room at 9:00 am.

Talk to Barb Roberts or Jean Ross for more information.

**FYI:** I will be on vacation from  
Thursday afternoon, February 20th to Monday, March 2nd.

Tuesday, March 3rd I will be back in the office.



During this time I will have very limited access  
to email. If there is something you would like in  
the newsletter in the next 2 weeks, please email  
it to me by Wednesday, February 19th. *Beth*

Readings

Deuteronomy 30:15-20

Psalms 119:1-8

1 Corinthians 3:1-9

Matthew 5:21-37

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

An informal, low impact exercise group for women  
55 and over is meeting here at Trinity.

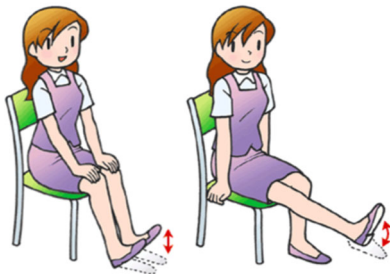
**Tuesday and Thursday - 10:00 - 11:00 AM**  
**in Fellowship Hall**

The classes are free, but they do collect anonymous  
donations for Trinity and the use of our facility.

The class consists of a 5 minute warm-up, strength training exercises,  
an informal nutrition discussion and a 5 minute cool down.

If you are unsure if this is the class for you, come try it.

They have free weights and exercise resistance bands to  
borrow, before you purchase your own.



If you have questions: call or email the  
church office (814) 238-2024 or  
tlcoffice2@comcast.net

Classes are led by: Carolyn Lembeck &  
Barbara Perkons



**March Birthdays**

Robert Phillips	1
Alyce Mehring	4
Marcia Oselinsky	4
Robert Coyle	6
Karen Hammel	6
Jeffrey Gonet	7
K.C. Kim	7
Peter Weyandt	9
Gerry Delmonico	13
Henry Linden	17
Teena Peachey	21
Esther Lauchle	22
Mark Merritt	22
Bonnie Knapp	26
Richard Coulter	27
Tara Merritt	27
Bennett Taverno	27
Susan Glad	28
Doug Perkins	28
Darin Fedorko	31

**TRINITY LUTHERAN CHURCH**

**STAFF**

Pastor Ronald C. Miller, Jr.  
tlcrevron@comcast.net

Beth Robbins  
Office Administrator  
tlcoffice2@comcast.net

Barbara Roberts, Pianist  
barbroberts1960@gmail.com

Brian Woodland, Custodian  
opprgrade9@yahoo.com

**COUNCIL**

JULY 2019 - JUNE 2022

**EXECUTIVE TEAM**

John Fryer, President (chenita@earthlink.net)  
Carol Smith, Vice President (piffy1957@gmail.com)  
Laurette Gonet, Secretary (Laurette.Gonet@gmail.com)

**CHURCH PROPERTIES TEAM**

Jay Aubuchon (jayaubuchon@gmail.com)  
Bob Coyle (bcoyle63@gmail.com)

**MEMBERS AT LARGE**

Kayla Smith (kayjosmith22@gmail.com)  
Sue Glad (gladsam@comcast.net)  
Elaine Burn (ejb559@comcast.net)  
Sue Ellen Krupa (sekrupa77@gmail.com)

**FINANCIAL TEAM**

Christy Bartley, Treasurer (cek4@psu.edu)  
Debbie Fryer, Financial Secretary (debbieconrad19522@yahoo.com)



## One more exercise opportunity - YOGA

Christina Pillot is training to be a certified yoga instructor. She needs to practice teaching to build confidence and a rhythm for her teaching. She is offering informal yoga classes on Wednesday mornings in February in Fellowship Hall at 10:00 am.

Bring a yoga mat, a sense of humor and a positive attitude.

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

### PROPOSED MENU\*

Good New Orleans Creole Gumbo  
Cajun Crawfish & Shrimp Etouffee  
Z'Herbes (Cajun Pork)  
Steamed Rice  
Tasty Collard Greens  
Sausage & Oyster Stuffing  
Blackened Salmon Fillets OR Cajun Catfish Supreme  
Cajun Chicken Caesar Salad  
Quick Zesty Green Beans  
Meody's Corn Maque Choux

Sign up sheet is on the doors to Fellowship Hall

Desserts are requested  
A Freewill offering will be received



*\*Subject to change as may be needed. Sorry!*

## *From the Pastor's Desk*

February 16, 2020

Dear Sisters and Brothers in Christ,

Israel, like many countries, is a fascinating place. We had a wonderful trip with 40 other folks, most of them from PA. For some of us, Capernaum in Northern Israel, was more moving to see than anywhere else. This was the town out of which Jesus operated much of his ministry.

While I do have pictures this one is much better than anything I have:



According to the website (<https://www.israeljerusalem.com/capernaum-israel.htm>):

Capernaum was a town on the shores of Lake of Gennesaret in Israel. In the foreground above are the excavated ruins of the town's houses; in the background are the excavated ruins of the synagogue of Capernaum.

Capernaum served as Jesus' base during His 3-year ministry in Israel: Now when Jesus heard that John had been put in prison, He departed to Galilee. And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea... (Matthew 4:12-13)

The Roman army spared Capernaum while sacking the towns in northern Israel during its 67-70 AD campaign against the Jewish rebels. But the town declined after Jesus' era and eventually died out, as Jesus said it would for not believing in Him despite the many miracles He did there: "And you, Capernaum, who are exalted to heaven, will be brought down to Hades; for if the mighty works which were done in you had been done in Sodom, it would have remained until this day." (Matthew 11:23)

After lying buried for centuries, the ruins Capernaum were discovered in 1838, and the ruins of the synagogue of Capernaum, in 1866. Excavation still continues today.

Many of us were moved to think that Jesus had actually walked and talked and healed there. It is here, where Jesus began his ministry according to Mark 1: "Then they went into Capernaum, and immediately on the Sabbath he entered the synagogue and taught. (21)"

In fact, it is here where Jesus healed Peter's mother-in-law.

Peculiarly, the centerpiece of the ruins of Capernaum, managed by the Catholic church, isn't what or where Jesus taught, but where Peter lived. A state-of-the-art chapel (below) with transparent glass floor was built right over the house of Peter so that Catholic mass could be held while peering down into his house.



Just as Jesus healed in Capernaum, so he still does today. As you may know, I brought back a cold with me from Israel and have struggled with it for nearly three weeks. A doctor's visit led to a prescription that has helped immensely and I'm happy to share that I am on the mend.

We also know that not everyone is healed, despite our prayers and desires. One day all of us will suffer and lose our battle with sin and sickness. Still, the ruins of Capernaum remind us of the one who healed will ultimately heal us all, raising us to be with him forever, where tears and pain and suffering will be no more!

Until then we walk in faith! A visit to Israel can certainly strengthen one's faith! Thanks be to God!

Yours in Christ,

*Pastor Ron*

Pastor Ron