



Trinity Lutheran Church

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



Altar Flowers
These flowers are
dedicated to the glory
of Jesus, and the
celebration of Gerry
Delmonico's birthday



Lenten Soup & Salad
Dinners

Wednesdays during Lent

Please sign up on the doors to Fellowship Hall.

Dinner is at 6:00 pm

Holden Evening Prayer at 7:00 pm

Soups for Wednesday,
March 18th:

- Roasted Chicken Noodle Soup**
- Spicy Clam, Chorizo & White Bean Soup**
- Baked Potato & Bacon Soup**

There is a Salad Bar and the "fixings" for Sandwiches also, donated desserts

A Freewill offering will be received.

Readings

Exodus 17:1-7

Psalm 95

Romans 5:1-11

John 4:5-42

QUILTERS

Mark your calendars for Saturday,
March 14th

9:00 AM in the Faith Room

If you have questions, please talk to: Barb Roberts (barbroberts1960@gmail.com) or Jean Ross (gdnrj@comcast.net)



EASTER FLOWER ORDER FORMS

are on the stand in the back of the sanctuary

Flowers are \$10/pot

White Lilies, Tulips or Hyacinths (various colors)

Orders are due no later than Sunday, March 29th

Please include payment with order form

TRINITY EVENTS

SATURDAY, MARCH 14

9:00 am Quilting

10:00 am Zumba

5:00 pm Worship with Communion

SUNDAY, MARCH 15

8:15 am Worship with Communion

10:45 am Worship with Communion

11:45 am Social Time

MONDAY, MARCH 16

10:00 am Foxdale Bible Study - **CANCELLED**

7:00 Bible Study

TUESDAY, MARCH 17

10:00 am Women's Exercise Group

5:45 pm Zumba

7:00 pm Church Council

WEDNESDAY, MARCH 18

6:00 pm Soup & Salad Dinner

7:00 pm Holden Evening Prayer

THURSDAY, MARCH 19

10:00 am Women's Exercise Group

5:45 pm Zumba

7:00 pm Small Group Book Discussion at Delmonico's Home - **CANCELLED**

SATURDAY, MARCH 21

10:00 am Zumba

5:00 pm Worship with Communion

SUNDAY, MARCH 22

8:15 am Worship with Communion

9:30 am Sunday School

10:45 am Worship with Communion

11:45 am Social Time

12:00 pm Deeper Water Lunch/Movie

PRAYER LIST

TLC DISCIPLES

Jerry Wion, Carolyn Kresen, Carol Bernlohr, Dee Kiel, Donna Weller, Sylvia Musheno, Cleo Campbell

TLC FRIENDS

Kathy Costello, Edwina Keim

Handbell Concert Benefits Strawberry Fields, Inc.

The annual Nittany Valley Handbell Festival concert will be held on March 28, at 7:00 p.m. at the Bellefonte High School gymnasium. Handbell choirs from central Pennsylvania and beyond will combine for a concert under the direction of Nick Hanson, internationally known composer/conductor. Strawberry Fields, Inc. and Good Day Café will be the beneficiary for concert proceeds. Tickets are not required. Donations of \$5 will be received at the door. The public invited.



Easter Egg Hunt

Get your baskets ready and join us for an Easter Egg Hunt. This year's egg hunt will take place on Palm Sunday, April 5th during Sunday School.

All children are welcome. Bring your own basket.

Candy donations are requested - All are welcome to donate candy for the egg hunt. Please bring candy to the Sunday School office by 9:30 AM Sunday, March 29th

EASTER SUNDAY BREAKFAST

Sunday, April 12st after the first service at 9:15 AM

Sign up sheet is on the doors to Fellowship Hall with requests for food donations for that day.



Sign up no later than Sunday, April 5th.

SMALL GROUP SERIES

DUE TO THE AMOUNT OF SICKNESS:

THE SMALL GROUP BOOK SERIES:

“IF YOU WANT TO WALK ON WATER, YOU HAVE TO GET OUT OF THE BOAT”

HAS BEEN CANCELLED

EFFECTIVE

IMMEDIATELY.

FOXDALE BIBLE STUDY

BIBLE STUDY AT FOXDALE VILLAGE, DUE TO THEIR REQUEST, IS CANCELLED UNTIL MAY 15TH, 2020 AS A PRECAUTION DUE TO THE CORONAVIRUS

SAVE THE DATE, The 19th Annual Brunch and Fashion Show, sponsored by the Centre County ALSM Auxiliary will be held at The Oaks in Pleasant Gap on Saturday, April 25th from 11 a.m. to 1 p.m.

Fashions will be by Helen Foxx and Co., Bellefonte.

Tickets are \$20.00 and may be purchased from

Jean Quinn or Karen Delmonico.

More info to follow.

This is a major fundraiser for the Oaks!!

Thank you for your support!!





Inspiring kids to be:

CREATIVE

A FRIEND

FAITHFUL

PERSISTENT

CONFIDENT

THEMSELVES

**PART OF A
COMMUNITY**



crafts

TRINITY LUTHERAN CHURCH
HOSTS

games

SEQUANOTA DAY CAMP

June 29 - July 3, 2020

Kindergarten - 6th grade

Monday - Friday from 9:00 until 4:00 PM

\$75 / camper

**Bible
study**

friends

2020 Day Camp Registration Form

Camper Name: _____ 2020 grade completed _____ Gender M F

Parent/Guardian Name: _____ Camper's Birthdate: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email: _____ Emergency Contact: _____ Phone: _____

Is this the camper's first camp experience? No Yes

Parents must sign the following for campers under 18:

I give my child permission to participate in the programs and activities provided at camp. Any photos, video recordings, or interviews taken at camp or during activities in which my child appears may be used for promotion, including on Sequanota's website free of claims. I also understand that if my child's behavior does not adhere to the Sequanota guidelines, or if his/her conduct threatens the safety of other campers, my child may be dismissed from camp, whereby I am responsible for transportation, with no refund of camp tuition.

Parent/Guardian Signature _____ Date _____

Adults authorized to pickup my child: _____

Health History & Emergency Authorization

Health Insurance Co.: _____

Policy or ID # _____ Group Plan ID # _____

Doctor's Name: _____ Phone: _____

Dentist's Name: _____ Phone: _____

List any allergies: _____

Date of last Tetanus shot: _____

Dietary or activity restrictions: _____

List any past medical history/treatments: _____

Current Medications (send in original containers with instructions): _____

This health history is correct as far as I know, and the person herein described has permission to engage in all camp activities except as noted. **Emergency Authorization:** I hereby give permission to medical personnel selected by the day camp directors/camp nurse to order x-rays, routine tests, treatment; to release any records necessary for insurance purpose; and to provide or arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the day camp administration to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips out of camp.

Signature of Parent/Guardian _____ Date _____

TRINITY'S

CORONAVIRUS PRECAUTIONS:

More Hand Sanitizer has been ordered
All hymns are listed in the bulletin
All pews and door handles have been disinfected

Hand Sanitizer is placed in the worship space & throughout the building

IF YOU FEEL SICK - PLEASE STAY HOME

Okay, so you are told to wash your hands for 20 seconds.....

Are you tired of singing the ABC's song or Happy Birthday?

Try going to the website:

<https://washyourlyrics.com>

Enter your favorite song and artist and get a poster with those song lyrics & hand washing instructions to post in your bathroom.

Jelly Bean Prayer

Red
is for the blood He gave.

Green
is for the grass He made.

Yellow
is for the sun so bright.

Orange
is for the edge of night.

Black
is for the sins we made.

White
is for the grace He gave.

Purple
is for the hours of sorrow.

Pink
is for the new tomorrow.

Happy Easter!



April Birthdays

Jean Quinn	1
Dick Frisque	3
Delores Breon	4
Taylor Gonet	5
Bethany Fedorko	10
Danielle Lanagan	12
Caitlin Gallo	12
Tim Lorich	14
Angelo Card	15
Marlin Donahey	15
Seth Trout	16
Matthew Gustafson	19
Robert Bernlohr	20
Rachel Webb	22
Carol Smith	24
Jacob Wenrich	26
Linda Lorich	27

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
oppgrade9@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)

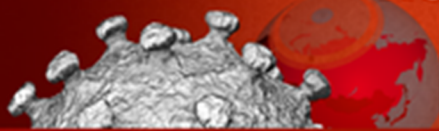
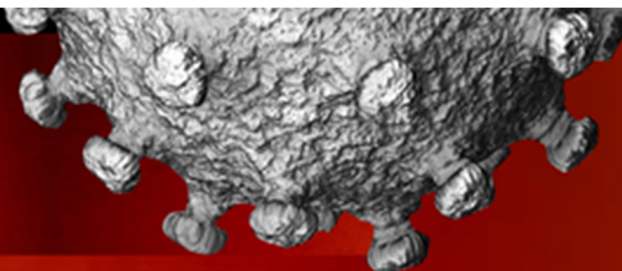
MEMBERS AT LARGE

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)

DR. OZ'S CORONAVIRUS SURVIVAL PROTOCOL



LIFESTYLE

GET ENOUGH SLEEP



- > 7 HOURS PER NIGHT

EXERCISE REGULARLY



- AIM FOR 30 MINUTES EVERY OTHER DAY

IMPROVE YOUR AIR QUALITY



- VIRUSES DISLIKE HUMID AIR SO USE HUMIDIFIER
- HEPA FILTERS DECREASE THE NUMBER OF VIRUS PARTICLES IN THE AIR

MEDITATE



- MAY SUPPORT IMMUNE SYSTEM

HYGIENE

HANDSHAKES ARE CANCELLED



- HANDSHAKING TRANSFERS 10X MORE GERMS THAN FIST-BUMPING
- EMBRACE THE POWER OF A GOOD HEAD NOD

ELIMINATE FACE TOUCHING



- CORONAVIRUSES TYPICALLY LIVE FOR OVER A WEEK ON MANY SURFACES
- FINGERS TRANSFER THE VIRUS TO YOUR EYES, NOSE, OR MOUTH DOZENS OF TIMES PER HOUR

TRIPLE YOUR HANDWASHING TIME



- ONLY 5% OF US WASH OUR HANDS WITH SOAP AND WATER FOR 20 SECONDS
- USE HAND SANITIZER WITH AT LEAST 60% ALCOHOL

DISINFECT SURFACES



- USE DISINFECTANT SPRAYS INSTEAD OF WIPES, WHICH CAN SPREAD GERMS FROM ONE SURFACE TO ANOTHER
- LET THE SURFACE REMAIN WET FOR 3 MINUTES PRIOR TO DRYING

PREPARATION

HAVE A TWO-WEEK SUPPLY OF ESSENTIAL ITEMS, INCLUDING:

HOUSEHOLD SUPPLIES



- TOILET PAPER, SOAP, DETERGENT

FOOD



- TRY FOR SHELF-STABLE PANTRY GOODS AND FREEZER-FRIENDLY ITEMS

MEDICATIONS



- PRESCRIPTION & O.T.C.

IMMUNITY SUPPORTS

START NOW

EAT YOUR FRUITS AND VEGETABLES



- EATING LEAFY GREENS AND FRUITS HIGH IN VITAMINS LIKE CITRUSES, BLACKBERRIES, AND KIWI PROVIDE YOUR BODY WITH ESSENTIAL VITAMINS AND MINERALS

VITAMIN D3



- 1200 IU DAILY

GET THE FLU SHOT



- TO AVOID CONFUSING SEASONAL FLU WITH COVID-19

IF YOU'RE SICK

ZINC



- 80MG DAILY

VITAMIN C



- 250MG TWICE DAILY

BETA-GLUCAN



- 250MG DAILY

ELDERBERRY



- SYRUP OR LOZENGES FOUR TIMES A DAY FOR 5 DAYS