



Trinity Lutheran Church

2221 North Oak Lane  
State College, PA 16803

814-238-2024 [www.trinitystatecollege.org](http://www.trinitystatecollege.org)

Christ  
is  
Risen!

# Happy Easter

## TODAY - Thursday, April 9th

Pastor Ron has made soup and it will be available from 11:30 - 1:00 or while supply lasts.

Tortilla Soup w/Chorizo & Beef Meatballs  
Roasted Tomato Soup w/Cheddar Cheese (GF)  
Grandma's Chicken & Dumpling Soup  
Beef Stew (GF)

There will be a cart with the cold soups on it at the front entrance of the church with a basket for a freewill offering.

If you or someone you know can use a meal, please come by and pick up a quart or two of soup.

Pastor Ron is going to continue making soups for pick up here at the church on Thursdays from 11:30 am to 1:00 pm

Next week's soups will be:

Corned Beef & Cabbage  
Corn & Cod Chowder  
Corsican Bean Soup w/Greens and Pork

### TRINITY EVENTS

SUNDAY, APRIL 12/EASTER SUNDAY

YouTube Service w/Bulletin Emailed

MONDAY, APRIL 13

7:00 pm Bible Study- Zoom Video

WEDNESDAY, APRIL 15

10:00 am Bible Study - Zoom Video

THURSDAY, APRIL 16

11:30 am - 1:00 pm Soups Available

SUNDAY, APRIL 19

YouTube Service w/Bulletin Emailed

### Readings

Acts 10:34-43  
Psalm 118:1-2; 14-24  
Colossians 3:1-4  
Matthew 28:1-10

### PRAYER LIST

#### TLC DISCIPLES

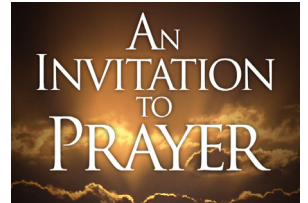
Jerry Wion, Carolyn Kresen, Carol Bernlohr, Dee Kiel, Donna Weller, Sylvia Musheno

#### TLC FRIENDS

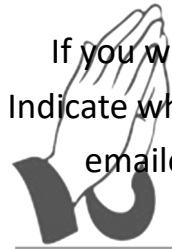
James Brigman, Linda Phillips-Ferry, Rachel, Mardi, Dan & Sandy



## Virtual Easter Prayer Vigil



Every year St. John's UCC in Boalsburg holds a prayer vigil. This year they will be taking it virtual. Individuals are asked to take an hour (or more) and join them "In Spirit". Anyone who participates will receive scripture passages and a prayer concern(s) to pray and meditate over during their time. They've extended it this year from 3:00 p.m. Good Friday to 7:00 a.m. Easter Sunday for over 40 hours of prayer/meditation.



If you would like to participate email Tammy Williams at [tammy-williams@comcast.net](mailto:tammy-williams@comcast.net) Indicate what time/day you'd like to have and the scripture passages/prayer concerns will be emailed to you. Any prayer concerns you would like lifted up can also be included.

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TRINITY WHEELMEN HAVE BEGUN MEETING:

TUESDAYS AT 5:00 PM AND THURSDAYS AT 3:00 PM

We will do a mountain bike ride on Tuesdays at 5:00pm and an easier ride on bike paths on Thursdays at 3:00p.m. We have been meeting at the Pine Hall Circle (the intersection of Old Gatesburg and Pine Hall roads). If we have 6 or more riders we will divide into smaller groups while maintaining social distancing of at least 6 ft.



## *From the Pastor's Desk*

April 12, 2020

Dear Sisters and Brothers in Christ,

“Christ is risen!” I have always found that proclamation to be the highlight of my worship especially when a worship space full of people responds, “He is risen indeed! Alleluia!” And the music! And the children! And communion! And the flowers! All the culmination of what’s normally a busy week for me!

Unfortunately, we are not in normal times! These are extraordinary times—and not in a good way, as you well know!

As the pandemic continues to unfold new regulations are put in place by Governor Wolf. Beth and I are forbidden to spend much time in the building; do as little as possible and get out. We are no longer permitted to record worship in our worship space! So, we will have to find an alternative space. As to soup, not sure we can continue to provide it, but will until I get definitive word that doing so is a violation. (I will make sure we sanitize all the containers before the soups are made available!)

Still, there are ways by which we continue. I will continue phone calls as time and energy permit. I will continue to pray for those on the frontline—medical personnel, grocery store workers, mail delivery people, and all first responders. As needed, I will make food—did you know I like to cook?!—just sent two full meals with a woman that volunteers at House of Care. If you know of someone or some organization that is in need let me know. We have also bought a gift card from a business we use to help them during this time of shutdown and hope to do a few more!

No, life right now is far from normal and still I hear of folks who just do not seem to get it, conducting life as if nothing is wrong! No wonder the Governor has had to declare more stringent requirements!

Still, the saying is no less true: “Christ is risen!” Nothing can stop that, not coronavirus if death itself could not stop him! So, despite how abnormal life is right now, please, know you are in my thoughts and prayers! We will adjust to the current guidance and requirements and do our best to love and support one another, because that is what we do, no matter what!

This too shall pass, let us hope and pray it passes quickly, and completely!

He is risen indeed! Alleluia!

Peace, joy and love,

Pastor Ron







Some  
Face  
Mask  
Alternatives  
if you can't  
find any.



People can  
be so creative and  
humor will help get  
us through these  
trying times.



Definitely not sure how effective any of  
these would be.





# Allegheny Synod Evangelical Lutheran Church in America

God's work. Our hands.

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Bishop Michael L. Rhyne

A Pastoral Letter from Bishop Michael Rhyne

Monday of Holy Week  
April 6, 2020

May God's grace and peace be with you!

As we begin Holy Week in the time of COVID-19, we find ourselves unable to be together in this holiest of weeks. We are separate from each other and keeping our distance to slow the spread of this virus, prevent our medical systems from being overwhelmed, and protect the most vulnerable among us. I am so deeply thankful for the care you are showing to your siblings in Christ as we negotiate this unusual time.

This is new territory for all of us. Our daily routines have been interrupted and we worry about friends and neighbors who might be affected by the virus. We may feel a sense of being at sea and in a wilderness not of our own making. The combination of the anxiety in the world along with the work of adjusting to a new normal can be exhausting.

That is why it is extremely important for all of us to take care of ourselves in this time. I do not just mean our rostered ministers in the Allegheny Synod. Our leaders are working hard and looking for new and creative ways to keep us connected as the body of Christ in this uncertain time. I thank God for them and I hope you will join me in praying for and thanking God for our pastors and deacons in the Allegheny Synod.

All of us need to take care of ourselves right now. I invite you to make the most of the situation we find ourselves in. Most of us are home under the 'stay home' order. Please utilize this change in our regular schedule to take time with our Lord.

I encourage you this Holy Week – and throughout our time of shut-down – to develop a habit of spending time every day in God's word. Take time to reflect on the Scriptures. If you don't know where to start, I suggest opening one of the Gospels or reading a Psalm. The word of God will still your anxious heart and reminds us that we are not alone. God also will remind us that though this is a new experience for us, our Lord God has led his people through trial and tribulation before and God will bring us through to the other side. It is all the more fitting we remember that during Holy Week as we recall the story of our Lord Jesus who went through the trial and suffering of the cross, descended into death, and rose from that death to show us his true victory which brings us into eternal life.

It also is important to take care of your mind and body in this time. Please make sure you are getting enough sleep. Doctors and therapists who I have spoken with have repeatedly said that sleep is one of the best remedies for stress and anxiety. Sleep allows us our body to reset and be ready for the next day.

Make sure you are eating healthy food and getting enough to eat. In times like this we can go to two extremes in our diets. Anxiety and stress can kill our appetite and thus deprive us of the nutrients we need to function in this time. The other extreme is we stress eat to deal with the situation and over consume the sweets, fats, and sugars that our body craves in stressful times. To care for ourselves we want to make sure that we are getting nutritious foods, getting our vitamins, and eating our vegetables.

I would encourage you to get outside if that is possible for you. We have been given an order to stay home, but that doesn't mean we have to stay inside. I would encourage you to get out in your yard, sit on the porch, or find ways to get into the sunshine. I recommend this because it is important we keep moving as we are able in this time. That movement and sunshine can make us feel better while also reminding us that we are staying at home rather than being stuck at home.

Finally, check on your friends and neighbors. We may not be able to be together in person, but we can call those people around us. Your friends and neighbors may have a need that you can help with now. Especially check on any of our older friends who may not be able to get out in this time. Perhaps you can help by picking up some of the essentials which they need. This is a way we can continue to care for each other, and be the church.

You are precious to God. So please take care of yourselves in this time. Rest in the Lord. Get the sleep that you need. Try to eat well to fuel your body. Find ways to move and enjoy the sunshine. Look out for each other.

I thank God for you. Please take care of yourself and be good to yourself. We will get through this. We are all in this together.

In Christ,

+Bishop Michael Rhyne

