

# Trinity Parish

Trinity Evangelical Lutheran Church · Camp Hill, Pennsylvania · September 2014 Edition  
A Congregation of the Evangelical Lutheran Church in America

## Fall Family Events at Trinity

Check out these wonderful events for families this fall at Trinity!

### Sept. 7 Sunday School Kickoff 9:30 –10:30 a.m.

Join us for a special kickoff “sing and praise” event and then travel to your classroom to meet your teachers and new friends! Classes for toddlers through adult! Register now for fall 2014 at <http://www.timetosignup.com/trinitycamphill>.

### Sept. 14 Sunday Church School Classes: Toddlers – Grade 5



New this year, the preschool – Grade 5 classes will be using Whirl, a video based curriculum with fun characters, challenging questions and awesome lessons that follow the same scriptures being used in worship. Join us!

### Sept. 28 Bible Sunday

This special milestone event is intended for kids entering third grade or above who have not yet received their very own Bible. More details coming soon!

### Oct. 4 Blessing of the Animals! 8:30 a.m. and 4:30 p.m.

Bring your loveable critters to Trinity’s lawns on Market Street for a special blessing in honor of St. Francis of Assisi. Special donations will also be requested for local animal shelters. Details coming soon!

### God and Family

Wednesdays, Oct. 8 – Nov. 5  
(Part of “Sup & Study”)

Gather at 5:30 p.m. for supper. Classes begin at 6:30 p.m. Supper is optional.

This fall Dr. Ryan Argot has offered to facilitate a course constructed for boys and girls in fourth and fifth grades. The God and Family course is designed to help young children understand the importance of family and God’s role in a healthy family.

### Colorful Parenting

Coming in Winter 2014

Led by Gail E. Hamilton, CRNP at Penn State Hershey Medical Center, and specialist in adolescent health.

Is your nine-year-old driving you crazy? Does your toddler have a mind of his own? This special one-day seminar will help parents better understand themselves and their kids using Gail’s unique personality profiling tools. Grounded firmly in the belief that we are all fearfully and wonderfully made by God, her presentation offers tips and tools for how to create harmony among sometimes very divergent personalities!

### OUR MISSION

“Disciples in the making, making disciples”

### OUR VISION

“Called by the Holy Spirit to be Christ’s Disciples, we seek to equip ourselves and others to live like Christ, and to be sent into the world proclaiming and living the Good News as daily witnesses of God’s transforming love.”

# Staff Notes

How does our congregation communicate effectively in a media-driven, image-rich society? What makes Trinity unique and how do we tell people? How do we share who we are and get out our message to the world? This year the Publicity and Communications Team sought to find a way to intersect a “trinity” of three perspectives: the unchurched or seeker, our members and the community to better define ourselves, our messaging and our evangelical outreach to the community. Our study gave us insight into developing our unique faith “brand” and ongoing strategy for sharing our message with our community.

In May we engaged *717 Studios* to develop a new logo and branding guide for Trinity’s communications. It was very helpful to have an outside perspective and talented designers work with us. They shared over a dozen ideas that the team was able to narrow down to what we are pleased to share now.



From *717 Studios*, “The logo is a nod to the cross and heart that is incorporated into the Lutheran rose. We’ve modernized that with an abstract heart and cross, that creates a shield (all Biblical symbols). The 2 different colors represent diversity coming together. It still shows that you’re Lutheran, but it has a friendly, modern, community driven look so that people can relate to it.” The committee liked the modern twist on a familiar symbol that captured Trinity’s desire to express both our compassion and strength as a congregation. The sides of the heart/shield are uneven, and therefore not perfect, yet belong together to complete the logo. This design choice fit well with the duality often present in Lutheran theology: Law and Gospel, Saint and Sinner, Word and Sacrament, etc. One person pointed out it also looks like two people facing each other. The font choice is modern and stylistic and uses the name we are most identified with, “Trinity, Camp Hill.” We felt it important to include “Lutheran Church” and were really pleased with how the designer incorporated it into the logo with the placement, font size, and all caps.

We hope you like the new logo and see it as good representation of who we are as a congregation. You can expect to see the new logo begin to make its way into publications, communications, and signage over the next few months.

Your servant in Christ,

**PASTOR JACK HORNER**

## Council Update

### From the June 9 meeting:

- ▶ Council approved the new Trinity logo concept as presented by the Branding Task Force (a sub-committee of the Publicity and Communications Ministry Team) and authorized the task force to finalize the logo and other branding materials, including trademark registration.

### From the June 29 special meeting:

- ▶ Council met to consider a tabled motion from the June 9 meeting. Council accepted a recommendation from the pastoral staff that same-gender weddings held at Trinity must follow the same marriage policy guidelines as outlined in the “Planning Your Wedding Day” wedding guidelines adopted by the Congregation Council on Feb. 10.

### Executive Committee actions:

- ▶ On July 23, by email ballot, the Executive Committee unanimously approved a request from the Finance Committee to purchase new tables and chairs to replace existing tables and chairs at a cost not to exceed \$9,000 from MIRA funds.
- ▶ On July 28, by email ballot, the Executive Committee unanimously approved a request from the Evangelism Ministry Team to approve receiving five people into membership at Trinity.
- ▶ On Aug. 4, Council received a letter from Vice President Lynn DeSantis resigning from the Congregation Council effective immediately.

## Letters to Trinity

A little note with lots of love and a special thank you to everyone who sent me cards and to Pastor Nancy Easton for all her visiting and giving me communion. Also Betsy for all her visits and the bulletins, flowers and a special thank you to all the ladies for the prayer shawl. I appreciate it all very much.  
Pearl H. Weaver

Dear Trinity Family,

Thank you for all the love, support, and kind words of sympathy about my dear mother, Gladys Meyer. It is comforting to be a member of this caring congregation.  
Sincerely yours, Jackie Fosselman

Dear Brothers and Sisters in Christ,

We have received your most recent check in the amount of \$250 for Christ Church Health Ministries. Thank you so much!

Your support allows us to help many, and I pledge that the gifts sent are met with careful stewardship among those who need them most. With your help, we are an oasis of kindness and very practical assistance in an area that needs us most.

Thank you again for your continued support. Your gifts help us serve our neediest neighbors. Bless you!  
Sincerely, Rev. Jody Silliker

*(Portion of a letter sent to Sophie Rice, Coordinator of Trinity's Military Coupon Program)*

The staff and volunteers of Army Community Service (ACS) and the service members and families in the Wiesbaden (Germany) community would like to thank you for your continuous support of the ACS Coupon Program. We provide individual and family services to over 30,000 service members, including their spouses and children. All coupons received from individuals, businesses and organizations are greatly appreciated and widely used among all branches of the military.  
Crystal Davenport, Information & Referral Specialist, ACS, USAG Wiesbaden

Dear Trinity,

Thank you for your prayers and well wishes following the birth of our daughter, Kara. We also appreciated the meal we received from the New Parent Meal Ministry team. It was great to have a delicious homemade meal dropped off at our house. We are very excited for Kara to grow up in such a wonderful faith community.

Sincerely, Allison and James Roberts

## Stewardship At Home: Philippians 1:3

BY THE STEWARDSHIP TEAM

Trinity's 2015 Stewardship Campaign begins soon. This year's theme is from Philippians 1:3: "I thank my God every time I remember you." We asked several members of the congregation to complete that sentence - - to think about God, and to identify the steward(s) in their life, their role models. As you read this, think about how *you* would complete this passage.

"When I think of God, I am surrounded with a sense of strength and goodness. I thank God for many blessings in my life. My husband of 30 years provides me with love and laughter every day. I love my career, working with the public and providing leadership and vision to employees and my community. These experiences have equipped me to serve organizations in my community, including Trinity, fulfilling God's mission to serve others."

"I'm thankful for my wife and kids! Thinking longer, a place comes to mind; full of old friends and new faces; a place to gather and organize my thoughts. I thank God for Trinity Lutheran Church; I leave recharged for the journey ahead."

"When I think of God I am thankful for:

- ▶ The peace of mind that comes from believing in God
- ▶ My wife, brother and three babies
- ▶ My family (most of them), and friends
- ▶ A job that provides income and a comfortable lifestyle
- ▶ The ability to think/reason/learn
- ▶ The upbringing provided by parents/grandparents."

Now it's your turn. "I thank my God every time I remember you." Please complete the sentence and share your thoughts with a member of the Stewardship Team. Judy Collins can tell you who we are. Many of us have much to be thankful for! Look for the *Stewardship at Home* column next month: sharing what our fellow congregants are thankful for.

**4Gs: God, Gifts, Gratitude, Grace**

## PRAYER CONCERNS

*"Be joyful in hope...faithful in prayer."  
Romans 12:12*

Lord, we pray:

- ❖ For grace, mercy and wisdom to be continually given to our pastoral staff as they lead us in our ever deepening Christian walk.
- ❖ For our confirmation students and our Youth Ministry.
- ❖ For Sunday church school teachers. May they be energized for the children in accordance with the promises made in baptism.
- ❖ Social Ministry:
  - ▶ For Channels Food Rescue as they make a transition in leadership.
  - ▶ For Camp Curtin YMCA's children and staff.
- ❖ Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for their selfless acts they perform for us.

*Hear my prayer, O God; listen to the words of my mouth."  
Psalm 54:2*

## Make Your Reservations for Dutch Apple Theatre Outing

Reserve soon to join the Fellowship Team's outing to the Dutch Apple Dinner Theatre, Lancaster, on Saturday evening, Oct. 25. The buffet starts at 6 p.m. and the performance of the musical comedy, **Crazy for You**, at 7:30 p.m. The show, a recent high-energy Broadway hit, features classic Gershwin songs.

Don't miss our special pricing! Due to a generous gift certificate, the Fellowship Team made a group reservation for 32 Trinity members and friends at a cost of \$31 per person, including the dinner, show, tax and gratuity. After the 32nd

reservation is received, the per-person cost will revert to the Dutch Apple's usual group price of \$49 per person, and seating with our group cannot be guaranteed.

Reservation forms with more information are available on the front desk in the Gathering Space and in the Church Office during normal business hours.

Arrangements will be made for those who need transportation and for carpooling from Trinity. Our group reservation period closes on Thursday, Sept. 25.

## Lutherfest Returns! Martin, too!

**Saturday, Oct. 18**

**5-8 p.m. at Messiah Lutheran Church  
901 N. 6<sup>th</sup> Street, Harrisburg, 17102  
to benefit the Ecumenical Food Pantry  
and the Messiah Youth Mission Trip!**

Yes, it's true! We're bringing Lutherfest back to Messiah Church with all of the trimmings of past years: hors d'oeuvres, live music and an amazing silent auction in the Gathering Space, a delicious German banquet (BYOB) in the candle-lit decked out Social Hall, **and a visit from Martin Luther himself** (Kevin Pry)!

Mark your calendars and spread the word. Tickets went on sale in August (contact Linda Roberts: 737-9997 or [labrooke@mac.com](mailto:labrooke@mac.com) for your reservation) only \$40 for an evening of fun, food and charity!

**We're getting back to our Lutheran roots and rooting for your support again! Let's make this the best Lutherfest ever!**

# YG NEWS

Greetings to all in the name of the Lord. The YG (youth group) season is back for 2014. With the advent of a new YG season upon us, things are very busy. This summer provided a good time of strong preparation for this season to begin. New Jr. High nites, new Sr. High nites, new retreats, new events, and new friendships all await our youth. A lot of hard work has gone into this year to make it a success. The Jr. High and Sr. High calendars are jam-packed. There is something YG related every weekend. It will be a blast!

Eleven of our Sr. High YG and two advisors went on the SR. HIGH SERVICE TRIP to Atlantic City, NJ from July 13-29 with the local organization LutheranHANDS. Altogether there were around 135 people on this trip from different churches. We traveled by bus and it took about three and a half hours to get there. Once we arrived we had dinner and had a large group time to get set for the week of service. Each day, we worked at our site from 8 a.m. until 3 p.m. or so, having lunch there. We served throughout the week in various locations around Atlantic City. Mostly all of the sections that we worked in were hit hard by Hurricane Sandy two years ago. Some of our site projects that the small group teams worked on were rebuilding a roof, fixing water damaged walls, demolishing structures, rebuilding foundations, and painting and

landscaping around homes. Personally, I led a small group which was tasked with tearing down several walls, treating the water damaged areas, putting up new drywall, fixing electrical work and adding new outlets.

Once each work day concluded we went back to the church, located in nearby Linwood, NJ, for dinner and large group worship and fellowship. Then we got some "family time" each night to spend with our individual youth groups in prayer and conversation. We had ours at the bay, under the stars, just blocks away from our church. This was awesome! Then it was off to bed around 10 p.m. This was the day-to-day schedule for most of the week. Once one project finished at one site, people were moved to another that needed help.

On Friday we worked in the morning at the various sites and then cleaned up and got to spend the rest of the day in Ocean City, NJ for some much needed rest and relaxation. It was an awesome and rewarding week for all who attended. We made a difference! It might be a small one in the grand scheme of things, but we did make a difference to the people we served.

Now it's time to look forward to this coming season. I am excited for it all. It promises to be a great year.

Yours in Christ,  
Peter A. Fox,  
Director of Youth & Student Ministries



## WEEKLY PRAYER LIST

### September 5-11

Diane Seibert; June Seeds; Nanci and Nicole Searfoss; Thomas and Bonnie Seaman; Ray and Barb Seaman; Meghan and Greg Schwindaman; Patti, Lauren, and Lindsey Schwenger.

### September 12-18

Sandra Schwalm; Mike, Jennifer, Katie and Lydia Schwalm; Annabel Schutter; Jim, Tamara, Carson, Ethan and Caroline Schulz; Carolyn Schubert; James and Lillian Schreier; Barbara Schreckengast.

### September 19-25

Jenn Scholl; Sadie Schoffstall; John Schneiderhan; Mark, Cindy, Ashley, and Matthew Schmidt; Ann Schmidt; Mike, Sara and Meredith Schmehl; Karen Schlauder.

### Sept. 26- Oct. 2

Brad and Elizabeth Schenk; Jack and Jean Schelhas; Lou Schaffer; Leslie and Carly Schaefer; Bob, Robin, Emily, Mark, Megan and Madison Scaer; Debbie and Lauren Savidge; Ron and Doris Savage; Kathy and Nathan Sauter.

# Kits for Kids: School Supplies Needed

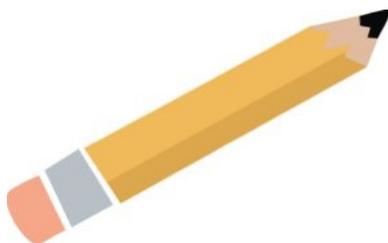
School supplies are needed for first and second graders at Downey, Steele and Foose elementary schools in the Harrisburg School District.

Members of Trinity have been tutoring first and second graders from Foose and Downey schools for years (if you're interested in this effort, contact Jane Hess or Stella Ludwig). Last year, they added students from Steele Elementary. We have seen the progress these children gain in one crucial short year, due to the diligence and skill of wonderful dedicated teachers who are increasingly hampered by large pupil numbers and many times lack of basic supplies. These are children who are hungry to learn, they work hard and are very proud of their successes.

In the past, we have collected school kits to be sent abroad by Lutheran World Relief. Recently

we have sent our kits to the Harrisburg students where our tutors work.

Last year, due to the generosity of our parishioners, Trinity was able to assemble 310 kits, which were distributed by Santa Claus at a Christmas party at the schools.



You can help by either providing a full kit or any part or by purchasing a bulk pack of any one item (like a covered dish dinner, it will work out that we won't end up with 1,000 pencils and no crayons). If it's easier, a donation of money will be helpful to buy additional items.

So, check the store sales -- many have already started-- and bring your items to the box in the gathering space. If everyone pounces on this opportunity really early, we can get the items at the best prices. Happy shopping!!

## School Supplies needed:

- ▶ Number 2 pencils
- ▶ Pencil tip erasers
- ▶ Small pack of crayons
- ▶ Small pack of markers
- ▶ Plastic pencil box
- ▶ individual pack of tissues

Thank you for your support! Please help us reach our goal of 315 kits this year.

**P.S. Special thanks to the students of our Vacation Bible School. This summer they collected enough items to assemble 50 kits!**

## WANT TO BE A TUTOR?

If you are a current, past or potential tutor in Trinity's weekly outreach program to young children in the Harrisburg School District who need extra help with reading and math, then consider yourself invited to a Dutch-treat luncheon and meeting on Tuesday, Sept. 9 at 1 p.m. in Perkins Restaurant, 7 Erford Road, Lemoyne. This will be an open discussion about the tutoring program that we hope to get rolling by mid-September at Downey, Foose and Scott elementary schools. We are optimistic that we will have the tutoring times for each school worked out by the luncheon meeting.

Please consider recruiting your friends and neighbors to tutor, whether they're Trinity members or not. All are welcome and the need is so great! Contact Jane Hess or Stella Ludwig for more details about tutoring.

## Men's Prayer Breakfast: New Starting Time

On Sept. 9 when men gather for another season of fellowship, breakfast and Bible Study at Brother's Restaurant, the starting time will be 8 a.m. We will finish by 9 a.m. Our initial study this year will be the book of Hebrews.

All men are invited and encouraged to bring others with them. Our time together is not just for men of Trinity. We have men attending from several other Christian churches, which adds an ecumenical flavor to our discussions. It's a great way to start your day.

We meet the second and fourth Tuesdays of each month. Pastor Edmiston is our leader, except when the Lord calls him to check the fishing in North Carolina.

### uPlan College Planning Workshop Wednesday, Sept. 24 at 7 p.m.

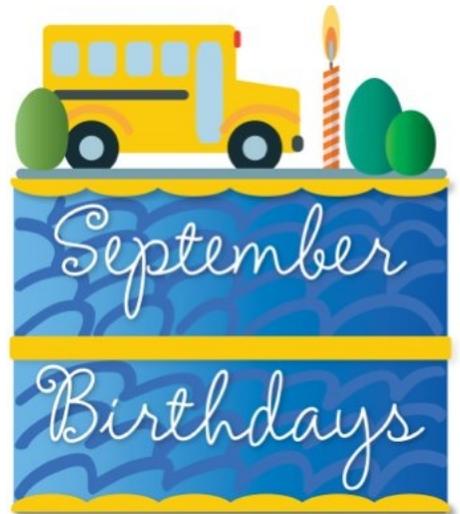
Learn how academics, admissions and financial strategies can work together to help save you money on college expenses. Students are encouraged to attend this complimentary, 90-minute overview with their parents.

This event sponsored by The West Shore Chapter of Thrivent. RSVP at [Thrivent.com/uplan](http://Thrivent.com/uplan) and select Pennsylvania.

## Congratulations, Trinity Graduates

Congratulations to the following recent Trinity Graduates:

- ▶ **Allison Kirkpatrick**, daughter of Richard and Leora Kirkpatrick, graduated summa cum laude from Drexel University with a Bachelor's and Master's degrees in chemical engineering and a minor in Business Administration. Allison recently relocated to New Orleans, Louisiana, where she began employment with Shell Oil Company on Aug. 4, supporting off shore oil drilling in the Gulf of Mexico.
- ▶ **Ashley Schmidt**, daughter of Mark and Cindy Schmidt and granddaughter of Ann Schmidt, recently graduated summa cum laude from West Chester University with a Bachelor of Science degree in Elementary Education.



## SEPTEMBER BIRTHDAYS

### Our Homebound

- Sept. 4 Peggy Everhard  
801 N. Hanover Street  
Room 211A  
Carlisle, PA 17013
- Sept. 12 Charles Frey  
100 Freemason Drive  
Apt. 3548  
Elizabethtown, PA 17022
- Sept. 12 Marcia Swartz  
770 Poplar Church Road  
Room 201  
Camp Hill, PA 17011
- Sept. 29 Doris Pond  
100 Mount Allen Drive  
Room 406  
Mechanicsburg, PA 17055

### Our Staff

- Sept. 25 Judy Collins

## Volunteer for God's Work, Our Hands

Volunteer! The ELCA has designated Sunday, Sept. 7 as a special event- God's Work, Our Hands.

Lutheran congregations across the country will be working on projects to benefit those in need. Our congregation's special project will be supporting the Lighthouse Outreach Center of Harrisburg.

The Lighthouse Outreach Center is located at 1839 Market St., Harrisburg and is a ministry for women needing transitional housing as a result of addiction, abuse, homelessness, brokenness and incarceration.

Volunteers are needed for Saturday, Sept. 6 and Sunday, Sept. 7 to help with repairing windows, fencing and painting.

For details contact Barb Musselman, [bdmusselman@verizon.net](mailto:bdmusselman@verizon.net) or 329-3710.



PSALM 100:2, ESV

## 2015 Mission Trip for Maine Seacoast Mission

The Missions Team will sponsor a summer 2015 Mission Trip. This will be the fifth year the team has traveled to Cherryfield, Maine to work on home repair projects for the **Maine Seacoast Mission**.

If interested in participating the week of June 15, plan to attend an orientation meeting on Sunday, Sept. 14 at 12:15 p.m. in the library. Contact Daryl Ackerman ([maggie\\_daryl@msn.com](mailto:maggie_daryl@msn.com)) for more information.

## Grief Support Group

A support group for those who are grieving the loss of a loved one will be meeting on Sunday mornings in room 235 from 9-10:30 a.m. beginning Sept. 28. There will be ten sessions, led by Marjorie Woodward, formerly Caring Ministry Counselor at Trinity. The book Understanding Your Grief by Alan Wolfelt will be used as a guide.

If you are interested in participating and/or would like more information, please call Marjorie at 717-761-0147 or email [mumwood@verizon.net](mailto:mumwood@verizon.net) after Sept. 1. She would like to meet with you individually before the group begins to explain the group process and answer any questions you might have. The group will be limited to a maximum of 10 participants.

## Save the Dates: Fall Sup 'n Study

Oct. 8 - Nov. 5  
Dinner 5:30 - 6:30 p.m.  
Class 6:30 - 7:30 p.m.

## New Member Orientation

Sundays, Sept. 14 - Oct. 26  
9:15 a.m. in the church library

Meet the pastoral and program staff. New members will be received the weekend of Oct. 25-26. Contact Judy Collins ([judy.collins@trinitycamphill.org](mailto:judy.collins@trinitycamphill.org)) for more information.

# Trinity Concert Series 2014-2015



Opening Concert  
Sunday, Oct. 5 at 4 p.m.

## **Festival of Keyboards! 4 Pianos, 8 Hands**

Festival Of Keyboards! is a grand concert of four pianos featuring Ovid Young, Jeff Bennett, Stephen Nielson and Jerry Anderson. The concert features sacred, classical and pop music and includes solos, duets and of course, the thrilling foursome together.



***Save the dates and invite your friends!***

Oct. 5, 4 p.m.  
Festival of Keyboards!  
4 pianos, 8 hands!

Nov. 2, 4 p.m.  
For Us the Living: Candlelight  
Vespers for the Festival of All  
Saints

Dec. 14, 4 p.m.  
Christmas at Trinity  
Combined choirs and orchestra

Jan. 18, 2015, 4 p.m.  
Ugandan Children's Choir  
Singers, dancers and  
instrumentalists in colorful  
costume

Feb. 22, 2015, 4 p.m.  
Popcorn Hat Players  
Live theatre for the whole family

March 15, 2015, 4 p.m.  
Music From the Cathedrals  
Trinity's Concert Choir and the  
St. Paul's Brass

April 25, 2015, 7:30 p.m.  
Harrisburg Singers  
Pops to Broadway

## "The Lutheran" Adult Forum - Sunday, Sept. 28

Please join us at 9:30 a.m. in Room 237 for a discussion on "Evangelism Basics" from pages 16-22 of the August 2014 issue of *The Lutheran* magazine.

Like the people He met two millennia ago, Christ calls us from our varied stations in life to follow Him, be His disciples and make disciples of all nations. And in the succeeding 2,000 years Christians have struggled with exactly how to be faithful disciples of Christ while keeping their jobs, raising families, paying taxes and being good citizens of the countries in which they live. We'll discuss how Trinity's mission statement – "Disciples in the Making, Making Disciples" – affects how we approach evangelism in the 21<sup>st</sup> century.

If you do not have access to the articles, paper copies will be available about two weeks in advance of the session and may be picked up at the reception desk in the Gathering Space. If you have any questions, please contact class coordinators Craig Staller or Doug Bonsall (921-1957).

### SAVE THE DATE! March 22, 2015

Trinity is sponsoring a Camp Nawakwa Benefit on March 22, 2015, in Fellowship Hall from 4-6 p.m. Mark your calendars! Details to be announced later this fall.



## Social Ministry Highlights: Bethesda Mission

2014 marks Bethesda's century of rescuing, redeeming and restoring those hurting men, women and children who had lost hope. "Rescue is our Mission" has captured the heart of what Bethesda has meant for so many years. "We look forward at the ripe old age of 100 to what God has in store for us," said Chuck Wingate, Executive Director. Trinity and the Social Ministry team have supported Bethesda Mission for many years and the relationship continues to grow stronger through our financial support and volunteers.

## Christmas in July was successful, Thanks be to God

Thank you for supporting our Giving Tree celebration of "Christmas in July."

*"God loves a cheerful giver."  
11 Corinthians 9:7.*

To all who took an ornament from our Giving Tree, it is because of you we say thank you on behalf of five benevolence ministries whose needs are on-going, not just at Christmas holiday time.

We thank you on behalf of Church Affiliated Child Care Centers (CACCC), Domestic Violence Services of Cumberland/Perry Counties, Camp Curtin Y kids, Delta House and Trinity members in need.

***Social and Parish ministries***

YOU'RE INVITED TO A  
**MEMORY  
CAFÉ**

SHARE YOUR STORIES, BE OUR  
GUEST FOR A LIGHT DINNER,  
ENJOY SOME MUSIC AND  
SOCIALIZE.

**FRIDAY, OCT. 10  
4 P.M. TO 5:30 P.M.**

**FELLOWSHIP HALL  
TRINITY LUTHERAN CHURCH  
CAMP HILL**

**RSVP NO LATER THAN SEPT. 26  
(RESERVATIONS LIMITED TO 50 GUESTS)**

*This event is for those who have early-to-moderate dementia and their caregivers, as well those who worry about memory problems.*

*For more information and to RSVP contact:  
Donna Sprowls at 717-649-7919 or  
[SprowlsD@aol.com](mailto:SprowlsD@aol.com).*

## Parish Ministry Corner

BY DONNA SPROWLS

**Do we have your loved one serving in the military on our mailing list?**

Our Military Outreach Ministry sends regular mailings to those Trinity members and family of Trinity members serving in the military.

If you have a family member who might not be on our list and should be or if there are address changes to the information we already have, please call Military Outreach Coordinator Marie Bake at 676-1317. We want to be sure our list is up to date. We also want to make sure we are sending to all who are connected to Trinity.

### HEALTH TIP

**Does olive oil prevent heart disease?**

**Answer: Yes**

The health benefits of olive oil come from the presence of polyphenols, antioxidants that reduce the risk of heart diseases and cancers. But to get these healthy compounds, consumers should buy good-quality, fresh "extra-virgin" olive oil, which has the highest polyphenol content. Most commercially available olive oils have low levels of polyphenols associated with poor harvesting methods, improper storage, and heavy processing.

### Blood Bank

Sunday, Sept. 14

**Fact About Blood:** Giving blood will not decrease your strength because the blood is replaced very quickly.



# trinity | camp hill

LUTHERAN CHURCH

2000 Chestnut Street  
Camp Hill, PA 17011-5409

[www.trinitycamphill.org](http://www.trinitycamphill.org)

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## *Trinity Parish Deadline*

The deadline for the October 2014 edition of **Trinity Parish** is **Wednesday, September 10-- no exceptions**. If emailing articles, please send to: [parish@trinitycamphill.org](mailto:parish@trinitycamphill.org). Please keep all articles to 300 words or fewer. Articles may also be dropped off in the **Trinity Parish** mailbox in the church office.