

Trinity Evangelical Lutheran Church
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The GOLDEN NUGGET

Newsletter for the Senior Citizens of Trinity Lutheran Church, Latrobe, PA

You may find "The Nugget" online at: TrinityLatrobe.com > Groups

January, 2020

It Can't Happen Here?

*We need 4 hugs a day for survival.
We need 8 hugs a day for maintenance.
We need 12 hugs a day for growth.*

Virginia Satir

We always teach people to hug each other in our workshops and seminars. Most people respond by saying, "You could never hug people where I work." Are you sure?

Here is a letter from a graduate of one of our seminars.

Dear Jack,

I started out this day in rather a bleak mood. My friend Rosalind stopped over and asked me if I was giving hugs today. I just grumbled something but then I began to think about hugs and everything during the week. I would look at the sheet you gave us on How to Keep the Seminar alive and I would cringe when I got to the part about giving and getting hugs because I couldn't imagine giving hugs to the people at work.



Well, I decided to make it "hugs day" and I started giving hugs to the customer who came to my counter. It was great to see how people just brightened up. An MBA student jumped up on top of the counter and did a dance. Some people actually came back and asked for more. These two Xerox repair guys, who were kind of just walking along

not really talking to each other, were so surprised, they just woke up and suddenly were talking and laughing down the hall.

It feels like I hugged everybody in the Wharton Business School, plus whatever was wrong with me this morning, which included some physical pain, is all gone. I'm sorry that this letter is so long but I'm just really excited. The neatest thing was, at one point there were about 10 people all hugging each other out in front of my

counter. I couldn't believe this was happening.

Love, Pamela Rogers

PS: On the way home I hugged a policeman on 37th Street. He said, "Wow! Policemen never get hugs. Are you sure you don't want to throw something at me?"

Another seminar graduate sent us the following piece on hugging:

Hugging is healthy. It helps the body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects and hugging is nothing less than a miracle drug.

Hugging is all natural. It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100 percent wholesome.

Hugging is practically perfect. There are no movable parts, no batteries to wear out, no periodic checkups, low energy consumption, high energy yield, inflation proof, nonfattening, no monthly payments, no insurance requirements, theft-proof, nontaxable, nonpolluting and, of course, fully returnable.

Source Unknown

Jack Canfield

"The best and most beautiful things in the world

cannot be seen nor touched....

but are felt in the heart."

Helen Keller

The best portion of a good man's life,
His little, nameless, unremembered acts

Of kindness and love.

William Wordsworth

The Prez says.....

Oh, sing to the Lord a new song!
Sing to the Lord, all the earth.
Psalm 96: 1

As we enter this new year 2020, Christ gives each of us an opportunity to sing a new song! Indeed, every second of every day offers the same opportunity to make a choice to offer Christ's love to everyone we encounter ... and to accept it for ourselves!

Happy New Year,
Jim Beatty, The Prez



The Senior's December 9th, 2019 Luncheon
MINUTES

The Senior Luncheon was held in the parish hall. Jim Beatty, President, welcomed us, then Nancy Busch led us in recognizing birthday friends, reciting the Pledge of Allegiance and asking for a blessing upon our food. We were served by Fuggenthaler Catering. Everyone enjoyed the meal including Jane Fritz and the kitchen crew. Margaret Conrad encouraged those who could to join Pastors Schock and Clement at Brookdale Home to sing carols for the members there. Pastors Schock and Clement accompanied by Debbie Morely gave a lovely presentation on the colors of Christmas. It tied in the Christmas story of Jesus along with many traditions from around the world. And, of course, we sang Christmas Carols too! We all had an enjoyable afternoon.

REMEMBER we will NOT have meetings in January or February. Our **NEXT LUNCHEON** will be **Monday, MARCH 9th, 2020.**

Respectfully Submitted,
Margaret Conrad, Secretary

“If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.”

“The World According to Mister Rogers”

Jesus's Dad's Name

A Sunday school teacher asked her class, “What was Jesus' mother's name?” They answered, “Mary.” The teacher then asked, “Who knows what Jesus' father's name was?” A little boy said, “Verge.” Confused, the teacher asked, “Where did you get that?” The boy said, “Well, you know, they are always talking about Verge 'n Mary.”

Time Flies...No, Really!

Bob inquired at the Indianapolis airport about a plane to Chicago, unaware that Indianapolis is on Eastern Standard Time and Chicago on Central Standard Time. “The next flight leaves at 1:00 p.m.,” the ticket agent said, “and arrives in Chicago at 1:01 p.m.”

“Would you repeat that, please?” Bob asked. The agent did so and then inquired, “Do you want a reservation?” “No,” said Bob, “But I think I'll hang around and watch that thing take off.”

Inquiring Minds Want to Know

Is it OK to use the AM radio in the afternoon?

What do people in China call their good plates?

What do you call a male ladybug?

Why didn't Noah swat those two mosquitoes?

Why doesn't glue stick to the inside of the bottle?

Why are cigarettes sold at gas stations where smoking is prohibited?

If all the nations in the world are in debt, where did all the money go?

If flying is so safe, why do they call the airport the terminal?

Brilliant!

Two golden-agers were discussing their husbands over lunch. “I do wish that my John would stop biting his nails. He makes me terribly nervous.” My Fred used to do the same thing,” the other woman replied. “But I broke him of the habit.” “Really, how?” asked the first woman. “Easy, I hid his teeth.”

And Finally....

“If you obey all the rules, you miss all the fun.”

Katherine Hepburn

“Housework can't kill you, but why take a chance.”

Phyllis Diller

“If you marry for money, you will earn every penny.”

Dr. Phil McGraw

The Next
Trinity Seniors' Meeting

NO MEETINGS
in
January or February 2020

NEXT LUNCHEON
will be held on

MARCH 9th, 2020

Watch this space for updates.
