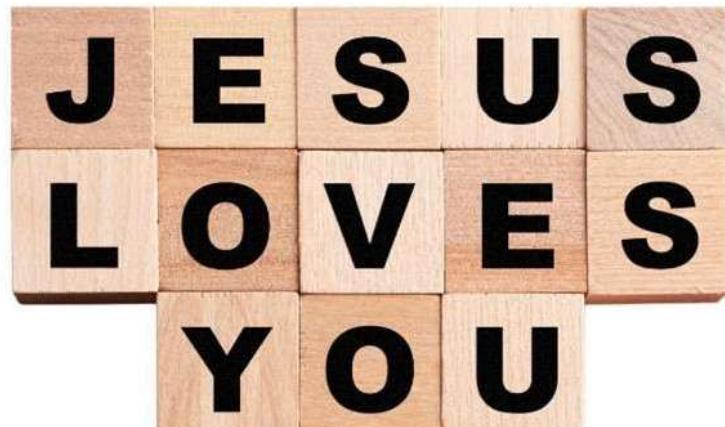


Church Events

- Men's Prayer Breakfast
Sunday, February 1 at 7:00 am
- Adult Bible Study
Sundays at 8:30 am
- Youth Sunday School
Sundays at 9:00 am
- Worship (Nursery available)
Sundays at 10:00 am
Children's Church during worship
- Dartball Tuesdays at 7:30 pm
- Ash Wednesday Meal & Worship
February 18 at 6:00 pm
- Lenten Meal & Worship
Wednesday, February 25 at 6:00 pm
- LEO at the Garrison
Thursday, February 26 at 6:00 pm



Trinity *Times*



February 2026



231 South Maple St.
PO Box 246
Lindsey, OH 43442
419-665-2262
lindseytrinity.org

Occupant
Lindsey, OH 43442

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TRINITY WILL SEEK, SERVE, AND SHARE GOD'S LOVE

Pastor's Page



“Zone In”

Some news is too good to miss. The New York Post has reported that a new form of exercise has emerged: “Zone Zero” exercise. “Emerged” may be overstating it a bit. It probably slow rolled onto the scene, unnoticed, until the New York Post found it.

“Zones” in exercise represent how intense a workout is in relationship to a person’s maximum heart rate. At age 50 the maximum heart rate would be about 170 bpm. Zone 5 represents exercises that would take a 50 year old up to 90-100% of that rate, or 153-170 bpm. Until recently, the lowest zone a person could reach that would still be considered “exercise” was Zone 1, or 50-60% of maximum heart rate. That’s 85-102 bpm. You read that right... until recently. Until the Post discovered “Zone Zero” exercise.

Much like the intensity of reporting done to unearth Zone Zero exercise, this form of workout takes little effort. Alex Kirkup-Lee, an exercise content writer noted, “While [Zone Zero exercise] may seem easy peasy... the gains from this zone of training are deceptive but necessary.” Gains are deceptive? You mean, like the interest on my savings account?

According to the experts, “Zone Zero requires a heart rate of 50% or less of maximum heart rate.” 50% or “less?” Zero beats per minute is less. If that’s the case, I’m taking Zone Zero exercise to the grave. I’ll be the David Goggins of corpses. You can’t stop me!

The average resting heart rate for a 50 year old is about 75. That’s doing nothing but breathing. Logically, doesn’t that mean the goal is to reach 75-85 bpm. As long as I’m not resting, I’m exercising? I think that all this exercise I’m doing should be rewarded with a bowl of ice cream! I bet I could hit Zone One by aggressively eating. Shoot, I might be able to hit Zone One by thinking about my favorite foods.

Alex noted, “While Zone Zero exercise can be extremely beneficial, I would recommend incorporating different zones into your week to ensure you are continuing to improve your aerobic capacity and strength.” That’s like saying, “Congratulations on moving. I would recommend actual exercise now.”

Is anyone else amused at the fact that if you abbreviate Zone Zero it turns into “ZZ”?

It doesn’t matter if a person has health difficulties or if the person is a professional athlete. Isn’t it worth noting that a person generally reaps rewards relative to the effort they put in? In many ways, the Christian faith works similarly. Authorities can tell us what to believe. Are we not more willing to accept what we work hard to understand ourselves? We can see others act in faith, or we can act in faith and truly experience its power. Others can pray for us, or we can set time aside and connect with God. Make no mistake, the smallest “Zone Zero” faith will have benefits. Imagine what greater effort could yield.

- Pastor Travis Montgomery



Scan the QR code
to check out
Pastor Travis’s
podcast,
“City of Seekers”



Lindsey Trinity Church Men's Group presents its

68th Annual Corned Beef & Cabbage Dinner

Thursday, March 12 at 6:30 pm at Ole Zim's Wagon Shed

**Featuring:
Mentalist & Magician, Brenden Trojan**

All you can eat menu includes:

Corned Beef, Cabbage, Carrots, Potatoes, and Pie

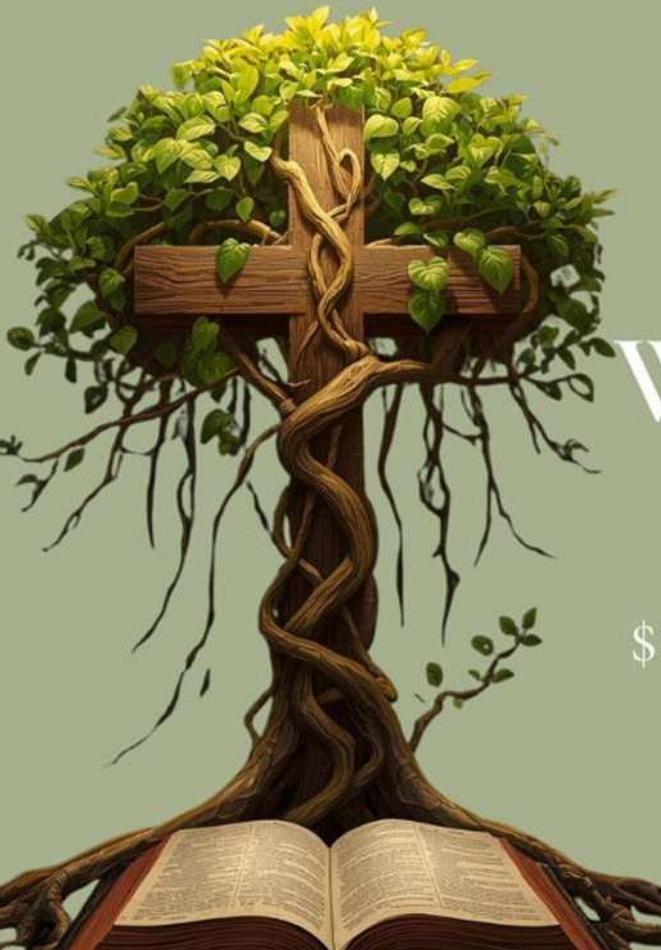
Tickets only sold in Advance.

Adults: \$29.00

Kids 12 & Under: \$17.00

Reservations must be received by 3/3

To request tickets, see Dave Voelker
or email: lindseytrinity@plex.net



Rooted.

Lindsey Trinity Church

Women's Retreat

Saturday, April 25, 2026

9:00 am - 2:30 pm

\$15 per person - lunch included

For tickets contact

Andrea Smith or email

lindseytrinity@plex.net



Ellie H. has volunteered to lead our Operation Christmas Child program to carry the torch for Bob.

Spread the warmth and love.
Year round shoebox shopping starts now!
This month is hats, gloves, and scarves.
It is also a good time to watch those post Valentine's Day sales for small toys and stuffed animals.

Thank you! - Ellie



This Lent we will have Wednesday evening

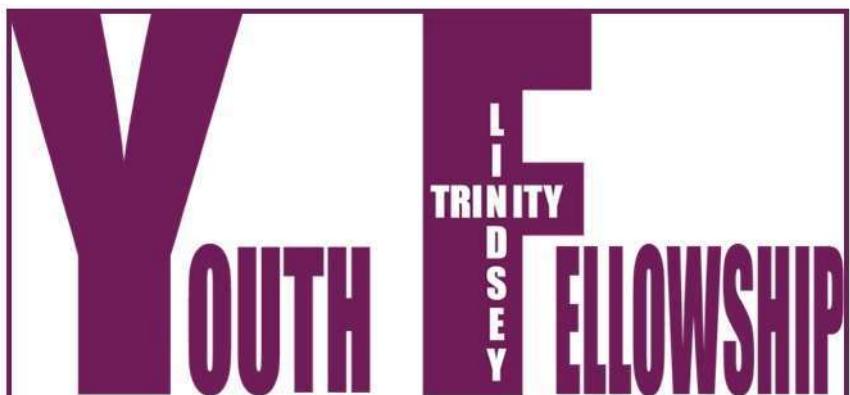
Meals & Worship

Ash Wednesday, February 18th through March 25th.

The meal will begin at 6 pm & service in the sanctuary at 7 pm.

A sign up sheet is posted at the back of the sanctuary for volunteers to sign up to provide the meal/light supper.

Any questions, see Nancy Lipstraw or email lindseytrinity@amplex.net.



In December, the Youth Fellowship group joined the Young Adult group for a Christmas Bible study. They talked about the journey Mary and Joseph took and all they went through. They also discussed keeping the true and humble story of Christmas in their hearts this season.

In January, Ava Smith shared her testimony about finding her relationship with God and how she juggled her Christian life and College life at Heidelberg.

Unfortunately, we did not attend the Winter Jam concert in Columbus due to the snow and bitter cold.

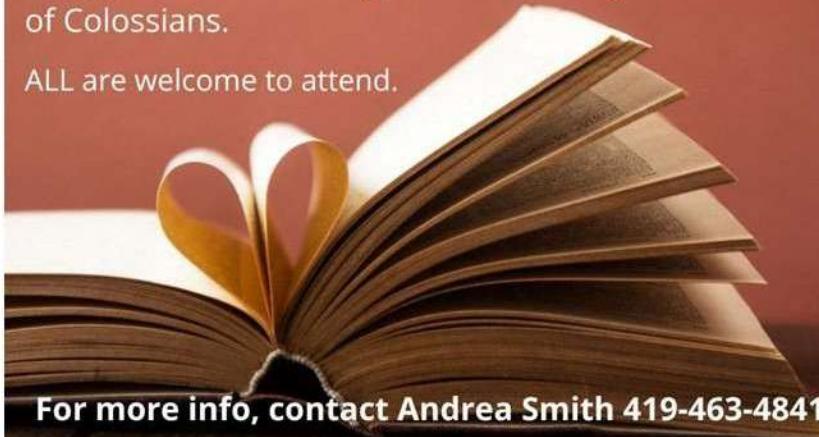
Join us for a new...

Women's Study

Sunday mornings 8:45 - 9:45 AM

Bring your bible and together we will dig into the book of Colossians.

ALL are welcome to attend.



For more info, contact Andrea Smith 419-463-4841

Join us for a new...

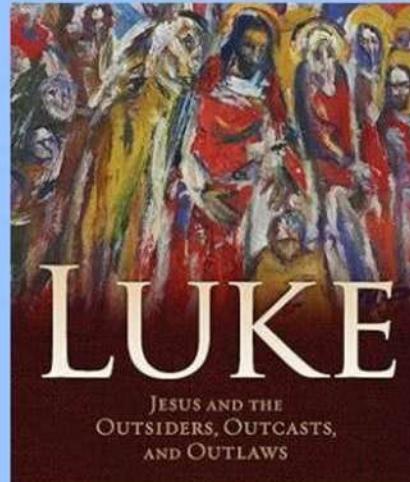
Men's Bible Study

Sunday mornings
8:45 - 9:45 AM

Together, we will dig into
a study by Adam
Hamilton on the book of
Luke.

ALL are invited to join us.

For more info, contact Ryan Smith 419-680-6301



DIGGING
INTO



Children's Church

During the 10 am Worship Service!
Open to all kids potty trained - 5th grade.

"The Heart of God - Reflecting God in Everyday Life."

Sundays
at 9am

Youth

SUNDAY SCHOOL

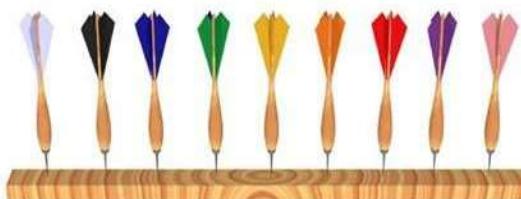


CHURCH DARTBALL

The Lindsey Trinity Dartball Team is
now seeking new players!
No experience required, we will teach you!
You don't have to be good at it to play.
Come join in a fun game and fellowship.

2/3 Burgoon @ Lindsey
2/10 Fremont Trinity @ Lindsey
2/17 Lindsey @ Hayes
2/24 Make up game if needed

Games start at 7:30 pm
Call Tim Arnold for more information
at 419-680-0594



L.E.O.

This lovely group of ladies will gather again to
eat and enjoy each others company on
February 26th at 6:00 pm at

The
GARRISON
food & spirits
•••

Please RSVP to Barb Opelt, Ruth Zimmerman,
or Cate Knipp, or email the church at
lindseytrinity@amplex.net



Email: lindseytrinity@amplex.net

Website: lindseytrinity.org

Phone: 419-665-2262 (office)

or 419-559-7840 (secretary)

Office hours: most Wednesdays 6-7 pm

& Fridays noon - 4:00 pm

Prayer chain: cate.knipp@gmail.com

Live streaming on our website at 10:00

am on Sundays.



Scan the QR Code to give
through Easy Tithe.



February Birthdays

2/1 Mary Cox

2/1 David Michael

2/2 Craig Eppley

2/7 Charlotte Eppley

2/7 Jeff Opelt

2/14 Elijah Harriman

2/15 Cherie Bennett

2/16 Tracie Baker

2/16 Jaydie Lantz

2/23 Brad Hoffman

2/28 Tom Hetrick

February Anniversaries

2/1 Jim & Nancy Lipstraw

2/10 Russ & Ruth Zimmerman

2/26 Sean & Terri Connors

Email lindseytrinity@amplex.net
to be added to the
birthday & anniversary list

To be added to the Prayer Chain, send an email to cate.knipp@gmail.com.

February Worship Assistants

Ushers	Andrea & Ryan Smith, Larry Hasselbach, and Kathy Arndt			
	February 1	February 8	February 15	February 22
Worship Assistant	Anne Arnold	Jim Parkhurst	Karen Hetrick	Linda Eppley
Acolyte	Ellie Hetrick	Lily Montgomery	Eowyn Montgomery	Gavin & Landon Voelker
Children's Church	Carol Montgomery & Brayden Legg	Erica Overmyer & Lily Montgomery	Anne Arnold & Gavin Voelker	Chris Opelt & Lily Montgomery
Nursery	Erica Overmyer & Eowyn Montgomery	Tammy Jahns & McKenzie Montgomery	Korrin & Leah Durbin	Becky Jahns & Taylor Sworden
Greeters	Liane Jaquillard & Kathy Arndt	Jim & Nancy Lipstraw	Melissa Coe & Chris Opelt	Matt & Erica Overmyer
Open & Close Church	Ryan Smith	Jim Lipstraw	Barb Opelt	Eric Jahns
Media	Ryan Smith & Russ Zimmerman	Eric Jahns & Vaughn Billow	Becky & Allen Jahns	Eric & Allen Jahns