

TRINITY TRUMPET

Trinity United
Methodist Church

November 2022

From the Desk of the Pastor



4 Now there are varieties of gifts, but the same Spirit; 5 and there are varieties of services, but the same Lord; 6 and there are varieties of activities, but it is the same God who activates all of them in everyone. 7 To each is given the manifestation of the Spirit for the common good. (1 Corinthians 12:4-7)

Blessed to be a blessing! I am so blessed to be the pastor of Trinity Church and you continue to encourage me each week as we worship the Lord together, minister through missions, and reach out with love to our neighbors. There are so many things that we do here at Trinity as a reflection of the goodness of God and the many ways he has gifted us, and I am still learning about all the many strengths of this congregation!

One thing I know is that we have been blessed, so that we will be a blessing. As we approach Thanksgiving and Christmas, the time of the year where we focus on the good things in life, may we be able to truly recognize all that God has done and given to each of our lives. As we do so, it is my hope that the Holy Spirit will also spark excitement in us about the future at Trinity and how we can utilize all these blessings to further God's work. As you look through this newsletter, you will see many things that we are doing, some new ministries, some traditional offerings, Bible studies, events, etc. We hope that you will find a place to be involved in some or many of these. But we also recognize that God may be speaking to you in a new way, having gifted you to serve in a way we have not considered. We are excited about that, too. We want to see how God can use that gift to bless others.

Over the last few months we have started or been working on some new ministries. We had a picnic at the Family Life Center, we began a Children's ministry downtown and are looking at many more possibilities. But as we start these things, we often put out a plea for helpers, volunteers, ministry servants to assist us in these programs. We know that these programs can only operate as we have people that are willing to serve in these areas.

That leads us to the wonderful opportunity for our stewardship profile. Each year, (as most of you know, but I am just learning) the congregation does a self-discernment process whereby each person considers how they desire to serve God and the Church in the coming year. This profile will be coming out soon, but I wanted to highlight it because there will be new opportunities on it that you may not have seen before, perhaps even things that we are not doing yet, or not prepared for yet. This is because we are looking to the future and planning for things that we do not yet have servants for. Our hope is that some or many of you will choose to serve in these areas, so that we can begin these programs in earnest, knowing we have the servants to make them happen.

Of course, part of this stewardship profile goes hand-in-hand with what Marlene Waller preached during laity Sunday in fulfilling our vows that we made to the church when we joined, including praying for the church, attending the worship services, serving with each other, witnessing to our faith in support of our church and also giving of our tithes and offerings. We hope that you spend time prayerfully discerning how to fulfill your vows as we serve God together at Trinity. Together, we can make a bigger impact than any of us alone.

We have been blessed, to be a blessing. I thank God that you have been a blessing to me, and to the whole community of Salisbury. Thanks be to God!

Co-worker in the field of the Lord,
Pastor Hayden

Inside This Issue

Pastor's Message	1
Membership/Thank Yous	6
United Methodist Women	7
Missions	8-10
Calendar	11
November Birthdays	12
Health Outreach	13
Nurses Corner	14
Recipe of the Month	15



Director of Family Ministries

**Trinity United Methodist Church
Salisbury, MD, United States**

Accountable to: Senior Pastor and Staff-Parish Relations Committee

Position Summary: The Director of Family Ministries is responsible for development, administration, supervision, and leadership of programs for children, youth and families in the areas of Christian education, discipleship, mission, and outreach.

Spiritual:

- Profess Jesus Christ as personal Lord and Savior
- Commitment to God-honoring professionalism, personal spiritual growth, and healthy lifestyle consistent with the Social Principles of the United Methodist Church
- Consider this position a life ministry, not just a job
Model standards and expectations of church leaders within our fellowship, including worship attendance, small group participation, lifestyle of generosity, and serving out of call and giftedness

Skills:

- Work creatively, think strategically, and move ministries forward
- Practice team-based leadership and exhibit strong relational skills with people of all ages and situations
- Maintain familiarity with current Christian education and spiritual development curriculum for all ages.
- Possess exceptional written and oral communication and organizational skills
- Possess working knowledge of social media for communication with youth, parents, and families. Able to create and manage a budget.

Education and Experience:

- Bachelor's Degree required.
- Minimum of three years of related experience recommended.

Responsible for:

- Leadership through building and oversight of the Family Ministry Team and its members, in alignment with the Trinity's mission and vision.
- Providing general direction, guidance and vision for Christian education such as Sunday school, youth fellowship, Bible studies, prayer groups and special programs, at times coordinating with other committees.
- Overseeing planning, coordination, volunteer recruitment and training for activities including seasonal activities (Lent/ Easter, Vacation Bible School, Fall Festival and Advent/ Christmas).
- Recruiting and providing general direction, guidance, and vision for the youth ministry with a focus on empowering youth leadership.
- Recruiting and providing general direction, guidance, and vision for children's ministry.
- Adherence, training and administration of Safe Sanctuary policies to ensure the safety of all persons.
- Administration of children and youth ministry tasks including evaluation and purchase of appropriate resources and educational materials including curriculum and supplies within budget.
- Establishing and using feedback systems for regularly assessing program effectiveness.
- Making recommendations to the Senior Pastor regarding issues that may need to be addressed for the future development of the church ministries.
- Provide leadership and methods to evaluate all ministry efforts of your team.
- Encourage the creativity and development of leadership skills in your team members

Additional Responsibilities:

- Work with the Senior Pastor and Pastoral staff to carry out the mission and vision of Trinity Church.
- Expected to have regular office hours (to be determined).
- Expected to be visible and active in the community (attending games, and community events.)
- Contribute to Trinity Church communications channels such as monthly bulletin, church website, social media postings, bulletin boards
- ◇ Chaperoning or directing youth retreats and mission trips.
- ◇

Committee and Ministry Team Responsibilities:

- Church Staff Meeting – weekly
- Church Council (bi-monthly)
- Additional weekend or evening hours required for Retreats and Mission Trips.

Additional duties as assigned by the Senior Pastor in consultation with the SPRC.

Serious inquiries only, please. Interested parties may apply by submitting a cover letter and resume to trinity@trinityumcsalisbury.org

Trinity United Methodist Church is an equal opportunity employer

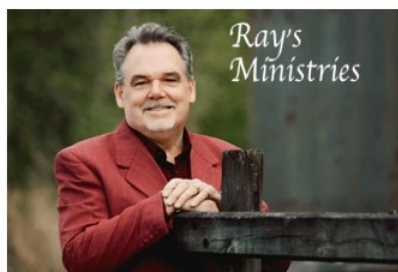
Community Thanksgiving Eve Service

When: Wednesday, November 23 at 7:00 p.m.

Where: Trinity's Downtown Sanctuary

On Wednesday, November 23rd, Trinity will be hosting a Thanksgiving Eve Service for the community of Salisbury and you are invited. We will be having several other churches participate including: Asbury UMC, Bethesda UMC, and Wesley Temple UMC. As the host church, we would love to provide great hospitality and show up strong to give God thanks for all that God has done this year. As a recognition of the traditional original Thanksgiving celebration in 1621, we ask that everyone bring a canned good to share with the community. We will donate the canned goods to the Salisbury Urban Ministry Food Pantry. Bring your family and friends to celebrate God's goodness together.

Ray's Ministries Gaither Style Singing



**November 20th
4-6pm**

**Trinity Family Life
Center
31193 Mt. Hermon Rd.
Salisbury, MD. 21804**



**Come Worship With Us
And Many More Of Our Friends From The
.....Surrounding Area.....
For Information: Ray Bennett (757)685-3229**



Pastor's Class on Methodism

Monday evenings from 4:30-5:30 PM beginning on November 28 and going through January 30 (with a two-week break for the holidays). Join Pastor Hayden to learn about United Methodist history, our doctrine, our structure, our mission, and our identity. Learn about our official UMC books, who can speak for the denomination, and what our core values are. We hope this will be informative and a blessing. Please email the office if you wish to sign up to attend.

2022 Charitable Donations

By Tracy Shannahan

For your donations to be recorded as 2022 giving, the church must either receive your donation in the church office or offering plate by December 31, 2022, or it can be mailed, but must be **postmarked by December 31, 2022**.

If you want to give cash to the church, please use your giving envelopes or otherwise identify the cash so that your donations can be recorded and reported to you on a statement from the church. Since 2007, in order to claim any charitable deduction on your taxes, you must be able to show a bank record of the donation, such as a canceled check or a written communication from the charity that includes the charity's name, date of the donation and the amount.

We have a generous church, and we want to make sure you get tax credit for giving.

Our church is truly blessed to have so many members who generously support our mission and ministry to those in need. If you're looking for an opportunity to make a difference in the lives of worthy, disadvantaged souls, we would welcome your participation.

2023 CHURCH OFFERING ENVELOPES

Church offering envelopes will be mailed in December for 2023. If you currently do not use offering envelopes but would like to begin using them or if you are currently using them but no longer want to, please call the church office and let us know before December 1.

Trinity UMC Get Plugged In!

We have numerous ways for you to connect

Text Message Giving- Text **TrinityUMC** to **77977**

Phone App- Text **TrinityUMC App** to **77977**

Website- TrinityUMCSalisbury.com

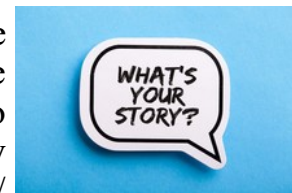
Facebook- [Facebook.com/TrinityUMCSalisbury](https://www.facebook.com/TrinityUMCSalisbury)

Online Giving- On our Website



Share Your Stories

God is at work all around us and often we don't notice it, but occasionally we have an opportunity to recognize the little (or big) things that God has done. We would like you to share some of your stories with us to offer encouragement to our congregation and to help us learn to recognize how active God is in our daily lives. If you should wish to contribute to the Newsletter or on our social media/webpage, please send your stories to trinity@trinityumcsalisbury.org with the title GOD IS AT WORK! Thank you in advance for sharing your testimonies.



Lifewater International *Give a Christmas Gift to Jesus!*

As much as we love to share the blessings of God with those we love at Christmas time, let us not forget to give to those we love around the world who do not even realize what Christmas means, or who Jesus is. There are many in parts of the world where Christianity does not have a stronghold, or in some places is even illegal who struggle with basic things that we take for granted. Many areas around the world lack clean drinking water. As Jesus declares, *"but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."* John 4:14. For this reason, we are partnering with Lifewater International, a Christian water charity that provides healthy drinking water, educational training, and local empowerment to create a sustaining water program in many parts of the world while sharing the love and grace of Jesus Christ. Our part is to give a monetary Christmas gift to this ministry on Christmas Eve (or throughout December) so that we can partner with them in a project that will make a lasting difference to bless the world. After all, Jesus came for the world, so let's give him a gift that will bless the world. More information will be coming in December, or you can begin discerning by going to lifewater.org

FACILITY MANAGEMENT

Dear Trinity members,

I wanted to briefly tell you what I have been up to since starting my new job as Facilities Manager. I'm in the office on a very staggered basis, but if anyone spots something that needs repair or upgrade or has not been attended to, don't hesitate to call me at 410/726-8144.

My most time consuming item has been an upgrade to our audio/visual system in the Sanctuary. We have solicited and analyzed proposals for same. They were taken to the Board of Trustees on October 11.

Thanks for your Trust.
Jim Thomas

MEMBERSHIP NEWS

DEATHS

October 6
Jack Williar

October 10
Terri Wattay

Trinity Membership

Is it time to join? Have you been visiting or attending Trinity Church but are not yet a member? Contact Pastor Hayden to discuss what it means to be a member and to schedule an opportunity to join with us as we serve and worship Jesus together.

Thank Yous

As November is the time to give thanks, I cannot stop giving thanks to God for you, the people of Trinity Church. Your Pastor Appreciation gift and kind words have been such a blessing and encouragement to me and my family. We truly believe you are a gift to us and we are so grateful to be serving the Lord with you. Thank you so much!

Pastor Hayden

Dear Trinity Family,

Perhaps the most difficult decision I have made in life was surrendering the Trinity pulpit in January to care and be more present for Mom and Dad as the circle of their lives became smaller and smaller

Trinity, as you well know, walking by faith is not easy, but God sees what we cannot, yet is always working for good to those who are called according to God's purpose.

I can only now begin to see my decision was the best one of my life as it allowed me to be with Mom and Dad as Mom was passing. Spending sacred time with them was the correct decision and yet I have felt often that I failed you as a congregation. I also now know these were false feelings and that the reality was God would be sending Rev. Link and others to come to Trinity's aid as well as my own. And today I can say you are so so blessed with the ministry oversight of Rev. Hayden. I still miss the Trinity Staff and Congregation and pray for you often.

With Mom's recent passing, Carol and I have received a stack of letters and notes of sympathy over a foot high! Carol and I have been so moved by the loving kindness of a congregation.

Trinity you have brought healing to our souls. Thank each of you who sent notes, attended Mom's Memorial Service, and held us in prayer.

Grace & Peace,

Rev. Rich and Carol Evans





TRINITY UNITED METHODIST WOMEN

UNITED WOMEN IN FAITH

By Ginny Riffle, President

In October, we held our Fall Gathering with a Brown Bag Lunch at the Family Life Center Pavilion and Pastor Hayden gave a wonderful talk on the importance of women in the Bible. Twenty-seven ladies attended. It is always fun to gather with all three circles.

CHECK OUT THE FOLLOWING UPCOMING FUNDRAISING PROJECTS

Everyone is welcome! Please invite family and friends.



PAMPERED CHEF PARTY

SATURDAY, NOVEMBER 5 - 10:30 A.M. - JMB FELLOWSHIP

Karen Rogers will be doing a cooking demonstration with the theme of breakfast recipes. You will be able to sample the food and Karen will be showing you lots of items to view. Please consider bringing your favorite Pampered Chef item you own and share why you love it. This was a huge fundraiser for us last year and hope everyone will attend again. Items will arrive in time for Christmas. If you can't attend, you can still order online and proceeds will go to UMW. RSVP if attending to Barbara Morris, by November 3 at (410) 726-0189



CHRISTMAS COOKIES/JEWELRY SALE

SATURDAY, DEC. 10, - 9 AM. - JMB FELLOWSHIP

Leave your Christmas cookie shopping to us and come and buy cookies made by the women. All the jewelry items will be donated by the women so you might find some great pieces of jewelry to buy.



United Methodist Women

Christmas Luncheon

Green Hill Country Club

Tuesday, December 6, 2022 at noon

Once again, we will be holding a Christmas luncheon at Green Hill Country Club. Any woman from the church is invited to attend and you can bring a friend.

MISSIONS

Trinity members continue to be actively involved in our community and serving those in need. According to author John Ortberg, "If you want to walk on water, you've got to get out of the boat".

Salisbury Urban Ministries (SUM) Update

By Carroll Thamert

Donations for the Holidays

Where has the year gone? It's November and Thanksgiving is right around the corner with Christmas close behind! With the holidays approaching, the Lazarus Food Pantry is looking for items to fill the Holiday Bags so their clients can know the blessings of the Seasonal Meals as well as being Thankful for God's Blessings.

Donations are being requested for this worthy cause. For the Food Pantry, canned yams, sweet potatoes, and desserts are suggested. Hostess Snack Cakes would be great for the Kid's Cafe with gloves being the ideal gift for the Men's Welcome Center. As in the past, the Trinity Family can make their donations each Sunday morning by placing them in the Lazarus Containers located both in the Downtown Sanctuary and the Family Life Center. Donations can also be dropped off at the SUM Building on Barclay Street. Holiday donations should be in by December 16th.

Lazarus Food Pantry

The Lazarus Food Pantry gave out 482 bags of food this past August with the Eastern County Pantries giving out 62 additional ones. Trinity has been an integral part of this ministry over the years. The last few weeks we have been averaging 20 or more donations per Sunday. Donations are needed more than ever due to food price increases, an increase of need, and donations overall being down across the Community.

Prescription Program

The Prescription Program has also been active for SUM clients. If you know anyone that might need help with prescription prices, refer them to SUM.

SUM Budget

As of August 15, SUM has reached its 8 month point or 67.6% of the 22 Plan. Even with donations down somewhat, SUM is still in the Black not the Red. Total Income is up by 76.6% or 5% above Plan with Expenses at 64.49 % or 3% below Plan. Fundraising and grants received has helped with this.

Anne Street Tiny Houses

SUM has reported that 24 Tiny Houses have been put up for the homeless on Anne Street behind the SUM Building. This development should open November 1. Various churches, including the United Methodist Women of Trinity, are sponsoring a house for \$500. The Food Pantry will be available for bags of food.

Lease Agreement

The Lease Agreement between SUM and Grace UMC has been extended. Two security cameras were also donated for the property.

Programing

Programs of SUM are progressing steadily. As with the Pantry, God's Kitchen which serves lunches each Saturday at Grace, has been steadily increasing its numbers back to pre-Covid levels. A few Saturdays ago, they had 110 clients served by area Churches, including Trinity. This was the most since Covid. SUM has also provided bags of food for an Asbury UMC sponsored Afghan family.

Kid's Café

The Kid's Café had a great Summer Program with mentoring, games, field trips, food and the YMCA Camp. The Fall Program started in September with 13 full-time students after school. WMDT TV even did a short video of the Café. Through the generosity of Church members including Trinity, donations of over \$3690 were raised for school clothes and supplies. Each student received two outfits and a back bag filled with supplies. Enough money was left over for winter coats for each later in the year.

Men's Welcome Center

The Men's Welcome Center reopened August 15 for homeless men to bathe and wash their clothes each Saturday morning. Snacks are provided and lunch served at God's Kitchen.

Staffing

SUM has also brought on a new Assistant Coordinator for the Kid's Café, a new Food Pantry Director, and a new AmeriCorps worker for year.

Salisbury Urban Ministries as you can see is a very active in helping those in need. None of the Programs would be possible without the help of the Community, such as you the Trinity Family. Donations of food, clothing and money are always welcomed. Volunteers are always needed in the various programs to keep them running. You might have a talent that could be used by God to strengthen SUM. Please support the fundraisers such as "Coins for a Change"; "The Fall Letter Campaign"; "The Soup-er Bowl Contest"; and "The Care for the Cause" to be held in February '23 at Christ UMC. And, of course, prayer for God's guidance is always needed.

Thank you Trinity for All you do to help SUM successfully serve the less fortunate of God's Children.

God's Kitchen, which serves lunches each Saturday at Grace Church, has been steadily increasing its numbers back to pre COVID levels. Area churches, including Trinity, have been serving 100+ clients.

HALO Café - Robin Ritchie and Maureen Williams reported the HALO Café will open back up for in-person dining on November 1st. The once monthly Monday team is in need of additional volunteers. The ASP team will begin serving again on the 1st and 4th Thursday of the month.

ASP team leaders David Phippin and Bryan Ashby held their annual kick-off meeting on September 25th and are looking forward to another season of service in the local community and in Appalachia next June. The team will be holding a fundraiser this year.

Joseph House - Trinity continues to provide 40 lunches to the day program at the **Joseph House** the third Wednesday of each month. Maureen is looking for additional volunteers to help 3-4 times per year.

Beyond Your Walls - Trinity members are also providing 30 lunches for the **Beyond Your Walls** program the 2nd Tuesday of the month to homeless persons waiting to use the mobile shower. Ten families have signed up so each family will be contacted twice a year to prepare and drop off 15 bagged lunches and drinks. The shower is parked behind Wicomico Presbyterian Church every Tuesday from 1:00-4:30. Contact Maureen if you want to volunteer.

The Hearts & Hands Ending Homelessness emergency shelter located at the Park Seventh Day Adventist Church on John Deere Drive will be open beginning November 12th. Maureen will do a Mission Moment at both services on November 13th. Volunteers are needed to prepare dinner, provide breakfast and lunch fixings and be at the shelter during the evenings and overnight.

T-CAP

Choices staff enjoyed a back-to-school luncheon to celebrate the opening of the new school year. Monogrammed school shirts were given to all new staff members.

On October 5, Pastor Hayden visited Choices Academy. Courtney Elliott, the Principal, took Pastor Hayden on a tour of the buildings and then they met in Mrs. Elliott's office. Pastor Hayden is planning to meet with the new Superintendent, Micah Stauffer, to discuss ideas shared at this meeting to benefit students at Choices.

T-CAP members will continue to provide prayer for staff around the flagpole twice per month.

On November 4, several T-CAP members will work with students at the school putting "No Sew" Blankets together.

Since students love gift cards that are given as incentives for attendance and/or positive behavior, we are going to provide twenty \$10 gift cards to be used for that purpose.

The administration is discussing the **possibility** of having a Christmas Bazaar as they have done in the past. The congregation has been very supportive of this project. Please start looking for gently used or new items around your house that you would like to donate to the school. Students will be allowed to select items as Christmas gifts for members of their family. Each gift will be wrapped by volunteers. **An announcement will be put in the bulletin if the decision to go ahead with the bazaar is made. Please do not send any items to the church until that announcement is made.**

Ministry Opportunity

With all the great work that the ministry team at HALO does for those in need in our community, they also have a worship service every week for their residents who are staying at their facility. We have been asked to provide a worship service for them once a month, so beginning on December 11, Trinity will be providing worship on the second Sunday of the month! If you are interested in serving the homeless in this way, please contact Pastor Hayden for more details.



Santa's Angels

Santa's Angels began 33 years ago with a local family who wanted to show their two daughters how blessed they were. The family blessed three families that year with Christmas and have continued to do so each year with the creation of Santa's Angels. Last year, 145 families were blessed by Santa's Angels. The families are selected through the school system and receive gifts, food, and a Bible marked to the Christmas Story. This year we will have a list with specific types of toys that are needed and used to fill Christmas lists, as well as used for extra gifts that are taken out by the Santas and their elves on their routes. If you wish to donate monetarily, please make your check payable to Santa's Angels and drop it off in the church office. All donations and unwrapped gifts are due back to the church by Sunday, December 11, 2022. Volunteers are also needed for shopping, wrapping, and delivery. If you wish to help load and deliver, we will be delivering on Saturday, December 24, 2022 between 7:00 a.m. and 12:00 p.m. All routes leave from the Family Life Center. For additional information or if you wish to volunteer, please contact Beverly Tull at (443) 235-1423 or mrstoool@yahoo.com or Lora Adkins at (410) 726-2977.

Santa's Angels Shopping List

Hoverboards for kids 12 and over
Scooters for boys or girls
Baby Alive dolls
Barbie Dolls with accessories (i.e. Barbie townhouse, car, airplane, etc.)
Barbie Doll Heads to do hair
Baby dolls for all ages from age 1 to age 12 (*New Generation or Journey dolls)
Any outfits and/or accessories for dolls
Arts and crafts for boys and/or girls (Jewelry making , rock painting, weaving, slime kits)
Discovery Science kits and Kinetic Sand kits
Elmo
Anything for Paw Patrol
Anything with LOL Dolls
Action Figures (Spiderman, Superman, Avengers, Ninja Turtles, & Transformers)
Remote control cars or trucks
Board games (i.e. Trouble, Fortnite, Jenga, Life, Clue, Scrabble, etc.)
Legos for all ages
Karaoke machines
Fire 7 Tablets or any tablet that connects to internet
Bikes

***Please include batteries for any items that require them**

Gift for Teenagers:

Make-up kits or purses
Jewelry (Necklaces, bracelets, & pierced earrings)
Wireless earbuds like Apple, but generic and less expensive




Gift Cards for Kids:

Roblox
X-box live membership
Fortnite V

Gift Cards for Adults:

Walmart
Target
Gas gift cards

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1pm UMW "Esther" Circle 6:30pm No Bible Study	2 1pm Handbell Choir 6pm FLC Praise Team	3 10am UMW "Ruth" Circle 3pm ABC Study Group 4pm Handbell Choir 5pm Grief Share 7pm Sanctuary Choir	4	5 10:30am UMW Pampered Chef Party
6 9am Worship Ser- vice - Downtown 10:30am Worship Service - FLC ALL SAINTS SUNDAY DAYLIGHT SAVINGS TIME Communion	7 1:30pm UMW "Deborah" 3:30 Hebrew 5:15pm SPRC	8 6:30pm Pastor's Bible Study	9 1pm Handbell Choir 6pm FLC Praise Team	10 9:30am Altar Guild Meeting 4pm Handbell Choir 5pm Grief Share 7:00pm Sanctuary Choir	11	12
13 9am Worship Ser- vice - Downtown 10:30am Worship Service - FLC 4pm Irv & Friends - FLC	14 3:30 Hebrew	15 5:15pm Church Council (Admin. Bd.) NEWSLETTER ARTICLES DUE	16 1pm Handbell Choir 6pm FLC Praise Team	17 2:30pm ABC Study Group 4:30pm Handbell Choir 5pm Grief Share 6:30pm Charge Conference 7:00 pm Sanctuary Choir	18	19
20 9am Worship Ser- vice - Downtown 10:30am Worship Service - FLC Ray Bennett Con- cert STEWARDSHIP/ THANKSGIVING SUNDAY	21 3:30 Hebrew	22	23 1pm Handbell Choir 6pm FLC Praise Team 7pm Community Thanksgiving Ser- vice	24 THANKSGIVING DAY CHURCH OFFICE CLOSED	25 CHURCH OFFICE CLOSED	26
27 9am Worship Ser- vice - Downtown 10:30am Worship Service - FLC FIRST SUNDAY OF ADVENT	28 3:30 Hebrew 4:30pm Pastor's Class on Method- ism	29	30 1pm Handbell Choir 6pm FLC Praise Team			



NOVEMBER BIRTHDAYS

- | | | | |
|---|--|---|---|
| <p>1 - Chris Burkett
Patricia Derby
Briden Edney
Kevin Ireland
Cam Jackson
John Koch
Brian Ritchie
Carolyn Ryan
Jay Scott III
Alex Titus</p> <p>2 - Megan Bailey
Todd Dunsten
Matthew Duvall
Cynthia Malone
Meghan Miller
Donna Webster</p> <p>3 - Alyssa Fleming
Shawn Kelley
Jeanne Kniceley
Charlotte Miller
Christine Quigley
Jake Richardson</p> <p>4 - Gino Bailey
Dana Richardson</p> <p>5 - Brooks Ennis
Mark Merritt</p> <p>6 - Maxine Duggan
Tricia Payne
Alex Shetler
Patricia Whitelock
Joseph Wright</p> <p>7 - Matthew Eberspeaker
Shepard Edney
Joe Godfrey
Liam Payne</p> <p>8 - Kirby Bryson
Jonathan Doyle
Dennis Klingenberg
Kyle Lewis
Colton Mann
Shelly Messick</p> | <p>9 - Connor Banks
Nancy Chernoff
Chip Galloway
Ann Hudson
Carson Marvel
Jane Menzel
Dylan Pusey
Daniel Rogers
John Soule
John Wilson</p> <p>10 - Jackie Bounds
Dorothy Butler
Michael Carey
Benjamin O'Brien
Kathy Riggins
Christa Shaner</p> <p>11 - Lauran Collins
Kevin Darcey
Ann Nelson
Ethan Thompson</p> <p>12 - Susan Glenn
Robert Hearn
Ryan Lewis
Christopher Lloyd
Leann Mah
Glenn Marvel
Chris Mason</p> <p>13 - Ted Bowne
Amanda Collins
Morgan Esham</p> <p>14 - Whitney Ballard
Lacey Dunn
Gains Hawkins II
Joseph Hayden
Donovan Howard
Bryce Miller
George Patterson
Betsy Rouse
Jim Webster
Gabnielle Wright
Ruth Yesko</p> <p>15 - Robbie Horner</p> | <p>16 - Donna DeFino
Donna Gilkerson
Pat Gray
Mark Lopez DeVictoria
Kevin Menzel
Charles Moore
Sonya Pusey
Nancy Rogers
Andrea Williams</p> <p>17 - Sally Choquette
Rob Freshwater
Jennifer Hooper
Rachel Lopez DeVictoria
Keith Mitchell
Robert Rozaieski
Douglas Smith</p> <p>18 - Sam Ennis, Jr.
Harper Meeks
Ryan Payne</p> <p>19 - Grace Ashby
Ryleigh Jones</p> <p>20 - Sarah Hopkins
Hailey Jones
Lynnleigh Tregoe
Ryan Wootten</p> <p>21 - Victoria Abel
John Agnew
Nancie Booth
Emma Boram
Ryan Duvall
Steven Hearne, Jr.
Susan Purnell</p> <p>22 - Hannah Arrington
Andy Kitzrow</p> <p>23 - Evan Ford
Casey Hoch
Nancy Richins</p> <p>24 - Debbie Abbott
Jayme Block
Jordyn Bostwick
Kelsey Miller
George Noonan
Nathan Stanley</p> | <p>25 - Hannah Boltz
Clinton Corbin
Sharon Corry
Kim Fehrer
Christina Fishburn
Joan Haldeman
Ben Hawkins, III
Melissa Marcum
Carol Parsons
Christopher Simpson
Chris Snyder
Pyda Sterling</p> <p>26 - Dot Baker
Riley Greenwood
Rebecca Parsons
Megan Struthers
Stephen Trader
Tara Truitt
Christina Wilson
H.G. Wilson, Jr.</p> <p>27 - Scott Baker
Jacob Shaffer
Alice Smith
Daniel Todd
Garrett White</p> <p>28 - Sophia Brennan
Craig Dobson
Grant Henderson
Stephanie Mason
Lisa Mertensotto
Dick Parsons
Jordan Waller</p> <p>29 - Terry Banks
Kathryn Bowne
Cody Clifton
Renee Esham
Edward McCarty
Charlotte Trice</p> <p>30 - Jonathan Huddleston
Griffin Jones
Linda Nelson
Taylor Walter
Joan Windmuller</p> |
|---|--|---|---|

PLEASE NOTE: If your name does not appear on this list, it does not mean that we do not have you as a Trinity member. It only means that we do not have your birth date. Please give the church office a call with any additions to, or corrections, of this list.



National Caregiver Month

Health Outreach Ministry

Dr. Dot Baker



November is National Caregiver Month. The National Alliance for Caregiving (NAC) & American Association of Retired Persons (AARP) noted in their recent publication that about 50 million Americans (23%) were family caregivers in 2020 – a 9.5% increase from 2015. Caregiving touches all ages, racial groups, income levels, types of families, belief systems, and other demographics. Caregivers report that persons who need & receive care have increasing physical, mental/emotional, and memory needs – often with more than one need. More Americans report unpaid caregiving - often without adequate/affordable services and support. Caregivers report that their caregiving situations are fragmented, uncoordinated, dispersed, costly, and stressful. Importantly, family caregivers' health has declined. This article offers information about a few caregiver resources.

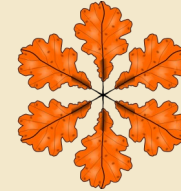
National Family Caregivers Association (NFCA)/Caregiver Action Network (CAN) offers numerous resources such as a toolbox, tips, online chat, caregiver stories, & caregiving per condition for new to seasoned caregivers. Website @ [Caregiver Action Network](#) **AARP's Family Caregiving** discusses basics, care at home, medical, financial, legal, coping, support groups, family leave, family conflict, long-distance caring, respite, and local resources per zip code. Website @ [AARP Resources for Caregivers and their Families](#)

Centers for Disease Control & Prevention (CDC) offers a "Caregiving Care Plan Form" @ [Caregiving \(cdc.gov\)](#) **Well Spouse Association** offers resources for spouses who care for ill or disabled partners @ [Well Spouse Association](#) The **Veterans Administration (VA)** offers information & list of resources @ [VA Caregiver Support Program Home](#) **National Alliance for Caregiving (NAC)** builds global partnerships for research, advocacy, and innovation to improve life for caregivers. Website @ [About | The National Alliance for Caregiving](#)

Suggested steps: **Make** a list of current diagnoses and needs. **Explore** local and national resources. **Reach out** to family, friends, clergy, support groups, primary and specialized professional providers, emotional/mental health resources, social workers, food services, transportation, medical and public health centers, specialty organizations, government and social care agencies, and financial and legal agencies. **Develop** a plan. **Discuss and measure** goals periodically. **Seek** ongoing caregiver support and respite.

Caregiving Scriptures: **For I**, the LORD your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you." (Isaiah 41:13) **Fear not**, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. (Isaiah 41:10) **As for me**, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God! (Psalm 40:17) **When** the righteous cry for help, the LORD hears and delivers them out of all their troubles. The LORD is near to the brokenhearted and saves the crushed in spirit. (Psalm 34:17-18) **Blessed be** the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. (2 Corinthians 1:3-4) **"Encouragement"** @ [8 Encouraging Bible Verses for Caregivers \(guideposts.org\)](#) **"Cast Your Cares"** @ [BIBLE VERSES ABOUT CAST YOUR CARES \(kingjamesbibleonline.org\)](#)

Resources for article: AARP, CDC, NAC, NFCA/CAN, VA, Well Spouse Association, online Scripture sources, links to NAC/AARP 2020 report and related resources @ [Caregiving in the US 2020 | The National Alliance for Caregiving](#)



It is hard to believe that Thanksgiving is just around the corner and as I write this article most of the trees are just beginning to change the color of the leaves and many of the leaves have fallen off during the many windstorms, we have had this past August and September and October.

It is the time of harvest and the farmers have been hampered by the rain showers. Soybeans get gummy if they are wet and it causes the farmers to not cut them as they will take a cut in price due to moisture, the corn doesn't get bothered as much with moisture; however, if it is too wet, the combines and trucks will have trouble in the fields.

This year the consumers are having to pay so much more for produce and meat and staples than ever before. One person checked on a bushel of sweet potatoes and they were almost \$50.00, now that is a high price to pay for anyone. We really need to support our local food pantries if at all possible to help those less fortunate to get food to sustain their families.

There has been much said about the fact that due to modern medicine folks are living longer and I found this short article from CDC that gives you some perspective into the statistics.

Increasing Number of Older Adults

The increase in the number of older adults in the United States is unprecedented. In 2019, 54.1 million US adults were 65 or older, representing 16% of the population—or more than 1 in every 7 Americans. Nearly 1 in 4 older adults are members of a racial or ethnic minority group.

By 2040, the number of older adults is expected to reach 80.8 million. By 2060, it will reach 94.7 million, and older adults will make up nearly 25% of the US population.

Aging increases the risk of chronic diseases such as dementias, heart disease, type 2 diabetes, arthritis, and cancer. These are the nation's leading drivers of illness, disability, death, and health care costs. The risk of Alzheimer's disease and other dementias increases with age, and these conditions are most common in adults 65 and older. In 2021, health care and long-term care costs associated with Alzheimer's and other dementias were \$355 billion, making them some of the costliest conditions to society.

CDC's National Center for Chronic Disease Prevention and Health Promotion funds partners to improve the health of older adults by:

- Helping those with dementia remain active, independent, and involved in their community as long as possible.

- Providing resources to help caregivers stay healthy and deliver quality care to their care recipients.
- Increasing early assessment and diagnosis, risk reduction, and prevention and management of chronic diseases for people with or at risk of Alzheimer's disease and other dementias.
- Increasing the use of other clinical preventive services like blood pressure checks, cancer screenings, and blood sugar testing.
- Increasing the number of people who speak to a health care provider about their worsening memory.
- Providing the National Diabetes Prevention Program (National DPP) lifestyle change program to Medicare beneficiaries through CDC-recognized organizations to reduce the risk of type 2 diabetes. Promoting physical activity programs to reduce the risk of dementia and arthritis pain.

National Center for Chronic Disease Prevention and Health Promotion

CONGREGATIONAL CARE

We continue to reach out to our members through our card ministry and phone calls. We can only support our members if they or their families let us know what is going on. Please let us know if you are sick or have family members who are sick or in the hospital or nursing home so we can add them to our ministry.

Our military coupons have really fallen off in the last few months and I do hope that we can get our numbers back up again in the coming months.

Our military people really use the coupons when they are shopping, and I am sure it helps their food and home budgets just like it helps ours.

Our volunteer ministry forms will soon be coming out and I would ask that you pray about where you can share your time and talents at church.

We have so many ministries that can be meaningful to you and to those we serve so please look over the list and find one thing that you can support with your time and talent.

Ushering is a very important job in the church and we need ushers for the 9 am service and also the 10:30 services and will be looking for ushers for Christmas Eve services.

MILITARY COUPONS

The total dollar amount of coupons that was mailed for the month of October was \$4,249.10.

RECIPE OF THE MONTH

Submitted by Carolyn Lewis

Pumpkin Cake

Ingredients

- 2 cups (250g) all-purpose flour (spoon & leveled)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 and 1/2 teaspoons ground cinnamon
- 2 teaspoons store-bought or homemade pumpkin pie spice
- 1 cup (240ml) canola or vegetable oil
- 4 large eggs
- 1 cup (200g) packed light or dark brown sugar
- 1/2 cup (100g) granulated sugar
- 1 (15 ounce) can pumpkin puree
- 1 and 1/2 teaspoons pure vanilla extract



Cream Cheese Frosting

- 8 ounces (224g) full-fat block cream cheese, softened to room temperature
 - 1/2 cup (115g) unsalted butter, softened to room temperature
 - 3 cups (360g) confectioners' sugar, plus an extra 1/4 cup if needed
 - 1 teaspoon pure vanilla extract
 - 1/8 teaspoon salt
- Preheat the oven to 350°F (177°C) and grease a 9×13 inch baking pan. I always use a glass pan. Whisk the flour, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice together in a large bowl. Set aside. Whisk the oil, eggs, brown sugar, granulated sugar, pumpkin, and vanilla extract together until combined. Pour the wet ingredients into the dry ingredients and use a mixer or whisk until completely combined. Batter will be thick.
 - Spread batter into the prepared pan. Bake for 30-36 minutes. Baking times vary, so keep an eye on yours. The cake is done when a toothpick inserted in the center comes out clean. If you find the top or edges of the cake is/are browning too quickly in the oven, loosely cover it with aluminum foil.
 - Remove the cake from the oven and set the entire pan on a wire rack. Allow to cool completely. After about 45 minutes, I usually place the cake in the refrigerator to speed things up.
 - **Make the frosting:** In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add 3 cups confectioners' sugar, vanilla, and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add the extra 1/4 cup of confectioners sugar (I add it). Spread the frosting on the cooled cake. Refrigerate for 30 minutes before serving. This helps set the frosting and makes cutting easier. Cover leftover cake tightly and store in the refrigerator for 5 days.



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112 High Street
Salisbury, MD 21801

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E-mail: trinity@trinityumcsalisbury.org

Office Hours: Monday - Thursday

8:00 a.m. to 4:00 p.m.

Lunch: Closed one hour

Friday

8:00 a.m. to Noon

