



Trinity Trumpet

October
2022

From the Desk of the Pastor

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,²⁰ and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

Matthew 28:19-20

I thoroughly enjoyed all the meet and greet opportunities we had together over the summer. Many of you attended and got to learn things about me that I may never share any other time, including (of course) the answer to the secret question. I was happy to answer, or try to answer all the questions that were posed, at least from my perspective and my understanding of Scripture and its intersection with life. Yet I was a bit surprised that no one (at least as far as I can recall) asked me what my favorite Scripture verse was.

If I have not shared it yet in a sermon or two, I am sure that before long you will recognize my favorite verse as the Great Commission from Matthew 28:19-20. I love these verses because it helps me to focus and understand what God expects or requires of me. I know that others may have different verses that they lean on and extol as the supreme ideal, but as I see it, this is the final command that Jesus gave to his disciples, his last words before he ascended into heaven, the last words Matthew chose to include, the final instructions to be carried out. So they have extra significance as last words often do.

These verses are also apt for my motivation for ministry and my call to serve God. So often we wonder, "What does God want us to do?", or "What would Jesus want us to do?" To me, the answer has always been clearly on display. Go and make disciples, teaching them to obey all that I have commanded. It has been my North Star, my guiding directive, and my passionate pursuit. I love to teach and to make disciples. I am thrilled when I can baptize someone who has decided to follow Jesus, who has realized the truth of God and has received the Holy Spirit. And I am emboldened by the knowledge that I never go it alone, for He is always with me.

These words are important in the United Methodist Church as well, for they form the basis of our stated mission, "To make disciples of Jesus Christ for the transformation of the world." I have been encouraged by that, because I know that I am squarely in the middle of Methodist understanding, that our mission, our goal, our aim is to make disciples. As we enter into a new season in the church, with a new direction and a new focus on reaching people, it is of course nothing really new; it is what we have always been called to do.

As I seek to live out this verse, I encourage you to adopt it as your life verse too, if you do not already have one. Let these words be the encouragement and motivation you need as we together seek to bring people into a relationship with Jesus so that they can be true disciples that make a difference in this world.

Let's work together to make disciples of Jesus Christ, for the transformation of Salisbury, and then the world.

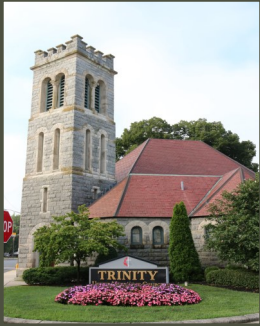
Co-worker in the field of the Lord,

Pastor Hayden

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MEMBERSHIP NEWS

DEATHS

September 1, 2022
Lewis Carman, Jr.

COUPON MINISTRY

Our coupon ministry has declined the last few months and we hope that now fall is here more folks will cut out coupons and either leave them in the back of the church, drop them off at the office, or mail them in. Our coupon amount for August was \$5,322.35.

SUNDAY SCHOOL

We also want to thank those who stepped in to make sure we had something for the children. We are looking for more willing servants who would desire to help in this ministry as well so that all who participate will have ample opportunity to worship as well as serve. If you wish to be a part of our Children's Ministry team, please contact Pastor Hayden as soon as possible as we need to build on the momentum and we need the support in order to do that.

HONORING OUR HEROS Sunday, September 11

It was a blessing to be able to honor our Heroes on September 11, 2022 and we would like to give special thanks to Chief John Tull for his presentation in commemoration of the events of 2001. It was great to honor so many of those who are serving and those who have served because of their love for others, our community, and our nation.

UPCOMING WORSHIP OPPORTUNITIES

October 2 - World Communion Sunday

October 16 - Laity Sunday

October 30 - Reformation Sunday

November 6 - All Saints Sunday

Daylight Savings Time Ends

November 20 - Christ the King Sunday/Stewardship
Sunday

November 27 - First Sunday of Advent

December 4 - Second Sunday of Advent

December 11 - Third Sunday of Advent

December 18 - Fourth Sunday of Advent

December 24 - Christmas Eve Services -

5:00 p.m. - FLC; 9:00 & 11:00 p.m. - Downtown

December 25 - Christmas Day

CHARGE CONFERENCE

Thursday, November 17

6:30 p.m. Bethesda United Methodist Church

FALL CHURCH PICNIC Sunday, September 18

We had a wonderful picnic and celebration of grandparents and grandchildren on September 18. We want to thank all the many people who came and had a good time at the picnic, and especially all those who worked behind the scenes to allow us to have a church-wide gathering again. It was a much needed time of fellowship and getting together with our brothers and sisters in Christ where we could break bread, talk, and play together. We hope to be able to do more activities like this in the future. If you should wish to help and support the team, please contact Pastor Hayden.



All Saints Sunday

All Saints Day is a time for the Church to remember all those saints, known and unknown, who have gone before us and have faithfully walked the Christian path.

Christian communities have been honoring martyrs and saints in their worship as far back as the fourth century. In the early 700s, such rituals were formalized to be celebrated annually in November.

Trinity UMC will recognize **All Saints Sunday on November 6th during the 9:00 a.m. Downtown Service and 10:30 am FLC service.**

As a faith community, we seek to express our reverence to God within a contemplative service, allowing quiet reflection in the midst of a tolling bell as the necrology of loved ones and friends who departed this past year are lifted in remembrance.



October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 World Communion Sunday 9am— Downtown Worship Service 10:30am — FLC Worship Service	3 1:30pm — UMW 'Deborah' 3:30pm — Hebrew Class	4 1pm — UMW Esther' 6:30pm - Pastor's Bible Study	5 5:15pm — SPRC 6pm — FLC Praise Team	6 10am — UMW 'Ruth' 2:30pm — ABC Study Group 4pm — Handbell Choir 5pm - GriefShare 7:00pm - Sanctuary Choir	7	8 8:30am Women Supporting Women
9 9am— Downtown Worship Service 10:30am — FLC Worship Service	10 Columbus Day 3:30pm — Hebrew Class 5:30pm — HALO Café Feeding	11 5:15pm — T-CAP 5:15pm — Bd of Trustees 6:30pm - Pastor's Bible	12 5:15pm - Missions Committee 6pm — FLC Praise Team	13 4pm — Handbell Choir 5pm - GriefShare 7:00pm - Sanctuary Choir	14	15 Trumpet Articles Due God's Kitchen
16 Laity Sunday 9am— Downtown Worship Service 10:30am — FLC Worship Service	17 3:30pm — Hebrew Class	18 6:30pm - Pastor's Bible Study	19 Joseph House Feeding 6pm — FLC Praise Team	20 2:30pm — ABC Study Group 4pm — Handbell Choir 5pm - GriefShare 5:30pm — HALO Café Feeding 7:00pm - Sanctuary Choir	21	22 SUM Men's Welcome Center
23 9am— Downtown Worship Service 10:30am — FLC Worship Service	24 3:30pm — Hebrew Class	25 6:30pm - Pastor's Bible Study	26 6pm — FLC Praise Team	27 4pm — Handbell Choir 5pm - GriefShare 7:00pm - Sanctuary Choir	28	29 9:00 a.m. Alzheimer's Walk
30 Reformation Sunday 9am— Downtown Worship Service 10:30am — FLC Worship Service	31 3:30pm — Hebrew Class		4			

OCTOBER

- 1 - Christopher Shetler
Diane Smith
Laura Thompson
Connie Wigton
- 2 - Alexander Acle
Grace Acle
Hunter Greenwood
Makaila Keenan
Gwen Owen
Matt Shockley
Kerry Turner
- 3 - Bill Doyle
Alison Dunn
Louis Freshwater
Kendall King
Ken Layfield
Brandon Mahon
Nancy Moyers
Steve Richardson
Katie Rouse
- 4 - Steve Benedict
Alison Blevins
Katelynn Fleming
Ann Holder
Kevin Kenney
Louise Soper
Alyssa Warfield
Christian Webb
- 5 - Cynthia Dykes
Donald Kohler
Michael Waller
- 6 - Linda Baker
George Kreis
Nancy Leer
Andrew Owen
Rebecca Rossi Hamill
Chris Shaner
- 7 - Annamarie Hogg
David Nelson
- 8 - Lucy Doyle
Michelle Mauzy
- 9 - Nancy Dix
Linda Dumeyer
Keegan Dunne
George Jones
Joni Martin
Stephanie Phoebus
- 10 - Rick Darrah
Nicole Eberspeaker
Jonathan Guy
Ann Hill
Lily Howard
Nicholas Luppens
Carter Mason
Phillip Menzel
Sara Moore
Regina Trader
- 11 - Nathan Abercrombie
Lila Hooper
Beth Nichols
George Steber
Cynthia Todd
- 12 - Kyle Banks
Jay Bozman
Tracy Duvall
Jason Hussey
Hayden Mengason
Conner O'Malley
- 13 - Robert Dees
Lee Esham
Bill Hetherington
Stephen Mason
Daniel Mills
Monica Shores
- 14 - Keller Hoch
Bud Horner
John Jordan
Ryenne Nelson
Tommy Oechsli
George Pearce
- 15 - Linda Carrano
Adam Corry
Nathan Downes
David Elzey
Julia Fisher
Ashley Godfrey
Michael Sartorio
- 16 - Jacob Adams
Betty Baker
Fred Briggeman
Brian Howard
Rebecca Taylor
Lisa Timmons
Erin West
Pamela Zorzi
- 17 - Sandra Fowlkes
Julie Horner
Jana Jones
Michelle Kane
Allie Mertensotto
Madilyn Nechay
Kyle Stevenson
Joann Todd
- 18 - Scott Albright
Jonathan Evans
Bonnie Gibson
Ashley Mertensotto
Whitney Morris
Saige Oechsli
- 19 - Matthew Baysinger
Judy Briele
Patty Burris
Justin Giles
Daryl Ann Hudson
Nicholas Malone
John Moran
Jennifer Ritchie
Nancy Slayton
Samuel Thorpe
Geraldine Wright
- 20 - Patty Blevins
Rebekah Cocola
Bob Menzel
Linda Mundt
Ray Shaffer
- 21 - Dot Bowden
- 22 - David Esham
Levi Hall
Jodi Happe
Bill McCain
- 23 - Tashya James-Mahon
Finn Meeks
Elizabeth Menzel
Bailey Pearce
Brian Webb
- 24 - Kyler Clifton
Angela Gray
David Hearne
Walter Lischick
JaneEllen Mengason
John Terrell
Kelsea Wilson
- 25 - Thomas Ayd
Amanda Bryan
David Gladden
John Kencec
Cindy Lunsford
- 26 - John Menzel
Chris Miles
Tiffany Pugh
Sally Rivello
Jessica Rossi Becker
- 27 - Alexandra Ayd
Cindy Ayd
Kyle Coffin
Ashley Phippin
William Wiseman
- 28 - Dean Gray
Karlie Reichenberg
Ryan Shannahan
Linda Thomas
- 29 - Laurie Collins
Matthew Hedger
Shelley Hogg
- 30 - Gina Grier
- 31 - Ioana Elburn
Margy Meeks
Lance Webster

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.



MISSIONS

“What should we do then?” the crowd asked. John answered, “Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.” Luke 3:10-11

Lazarus Food Pantry - The theme for the Lazarus Food Pantry for October is any brand of canned tuna, salmon or fish. The pantry is always in need of breakfast foods (cereal, oatmeal, pop-tarts, fruit bars), canned soups, vegetables, canned fruit, macaroni and cheese, plus hamburger, chicken, and tuna helper. In addition, feel free to leave your plastic grocery bags with your food donation as they are needed to pack food items. They also have a continuing need for large diapers as well as men's and women's personal hygiene items.

Beyond Your Walls restores hope and dignity to local persons by providing a hot shower to those experiencing homelessness. The shower trailer is parked at Wicomico Presbyterian Church in Salisbury every Tuesday afternoon. Trinity has agreed to provide bagged lunches the second Tuesday of the month for those who may be waiting much of the afternoon for their opportunity to take a shower. Please contact Maureen Williams (410) 251-0491 if you are able to provide 15 bagged lunches every few months for this ministry.

Joseph House Café - Trinity members continue to feed the hungry and homeless at the **Joseph House** the third Wednesday of each month by providing bagged lunches. Contact Maureen Williams if you are interested in packing bagged lunches every third month.

HALO Café - Two teams of Trinity volunteers continue to prepare and serve dinner at the HALO Café one Monday and two Thursdays each month. HALO is always in need of additional volunteers to help in the café, shelter and bargain center. Anyone interested in this mission can contact Robin Ritchie at robinbru@aol.com or (443) 880-4748 or Maureen Williams.

God's Kitchen - Trinity is scheduled to provide 100 hot meals to the needy in our community at Grace Church on Saturday, October 15th. Please contact Maureen if you are able to help serve at God's Kitchen on that Saturday.

Maureen Williams
(410) 251-0491
mowilliams@comcast.net



TRINITY UNITED METHODIST WOMEN
UNITED WOMEN IN FAITH

By Barb Morris, Fundraiser Coordinator

FUNDRAISING PROJECTS

The United Methodist Women will be conducting two events for fundraising this fall. The money earned is donated to the following organizations:

Christian Shelter	Joseph House
Salisbury Urban Ministries	Hope and Life Outreach
Help Outreach Point of Entry, Inc.	ASP Project
Deer's Head Hospital Volunteers	Women Supporting Women
Life Crisis Center	

Please mark your calendars:



Pampered Chef Party

Saturday, November 5

10:30 a.m. - JMB Fellowship Hall

Please bring friends and family

Karen Rogers, who is a pampered chef consultant and sister-in-law of Ruth Ann Savage, will be doing a cooking demonstration with the theme of breakfast recipes. You will be able to sample the breakfast dishes. She will show various Pampered Chef items that you may purchase. If you have a pampered chef item still available in the catalog, please bring it to show how you use it. All earnings will go toward our projects. Last year's Pampered Chef Party was lots of fun. Items purchased will arrive before Christmas for those of you purchasing for Christmas Gifts.



Christmas Cookies and Jewelry Sale

Saturday, December 10

9 a.m. - JMB Fellowship Hall



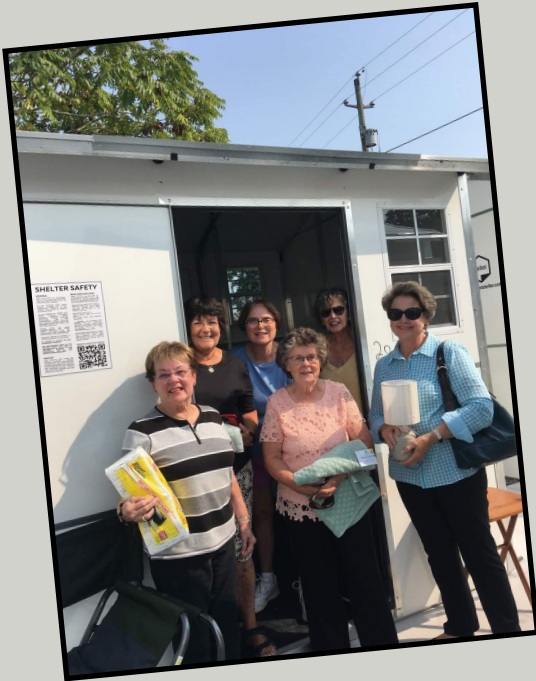
Christmas cookies will be made by the women for sale as well as gently used jewelry items from the UMW. Let the UMW do the baking for you and see if some of our jewelry would fulfill your gifting needs. All jewelry will be donated by UMW members so you might find some great pieces of jewelry to buy.

As always, everyone is invited to attend these fundraisers.

Please come and bring a friend with you. We appreciate the support we get for our projects.

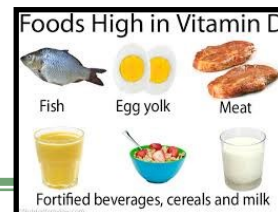
We hope to see you there.

TRINITY UMW SPONSORS AN ANNE STREET VILLAGE TINY HOUSE!



The Trinity United Methodist Women (United Women in Faith) are sponsoring one of 24 tiny houses being built in Salisbury. “Anne Street Village” is a community for Salisbury’s unsheltered population. These tiny homes will be occupied by late October of 2022. Each of the three circles bought needed items to supply one of the homes. We are so proud to be funding this project in the community.





Fall has officially arrived and so far we have been blessed with beautiful weather. We have seen some of the leaves beginning to fall and some have begun to turn to beautiful colors that we associate with fall. It is hard to believe we are just one month away from Thanksgiving, then Christmas the next month. Time flies faster I think as I get older.

VITAMIN D

Vitamins are very important to our health and Vitamin D is extremely important. We are finding more and more people are Vitamin D-deficient.

Vitamins are substances that your body needs to grow and develop normally. Vitamin D helps your body absorb calcium. Calcium is one of the main building blocks of bone. A lack of vitamin D can lead to bone diseases such as osteoporosis or rickets. Vitamin D also has a role in your nerve, muscle, and immune systems.

You can get vitamin D in three ways: through your skin, from your diet, and from supplements. Your body forms vitamin D naturally after exposure to sunlight. However, too much sun exposure can lead to skin aging and skin cancer. So many people try to get their vitamin D from other sources.

Vitamin D-rich foods include: egg yolks, saltwater fish, and liver. Some other foods, like milk and cereal, often have added vitamin D.

You can also take vitamin D supplements. Check with your health care provider to see how much you should take. People who might need extra vitamin D include:

- Older adults
- Breastfed infants
- People with dark skin
- People with certain conditions, such as liver diseases, cystic fibrosis and Crohn's disease
- People who have obesity or have had gastric bypass surgery.

(NIH: National Institutes of Health Office of Dietary Supplement)

I hope that all of you are making sure you are getting enough Vitamin D in your diet and you might want to ask your primary physician if you need to have your levels checked.

I want to wish each of you a blessed month and ask that you pray for all our member who are sick or who have lost loved ones recently.

CONGREGATIONAL CARE

We want to thank all those who have helped with the recent funeral receptions at the Family Life Center. The luncheons were catered but it still required a lot of work on the part of those helping.

Our card ministry continues to be strong and we want to say thank you to those who are sending cards to our list of names in the Sunday bulletin as well as to those on our nursing home, assisted living and at home lists. We also want to thank those who are making phone calls to our members who are at home. This means so much to them.



RECIPE CORNER

Roasted Butternut Squash

- 3 lbs butternut squash
- 2 tablespoons olive oil or any neutral-flavored oil
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- kosher sea salt
- 1/2 teaspoon nutmeg optional

Preheat the oven to 425-degrees F.

Line two large rimmed baking sheets with aluminum foil.

Using a sharp knife, cut the butternut squash lengthwise and scoop out the seeds. Discard or save to roast the seeds later (see recipe below).

Chop the butternut squash into bite-sized pieces - about 1-inch cubes.

Add the cubes of butternut to a large bowl and toss with the olive oil, brown sugar, cinnamon and salt.

Arrange the squash onto the baking sheets in a single layer.

Roast the squash in the oven for 40-45 minutes until the squash is fork tender.

Serve hot.

FLU VACCINE

The Flu Vaccine is Here

Trinity has received 50 doses of flu vaccine and Carolyn Lewis, our Parish Nurse, will set up a schedule for administering them beginning in October. There will be no charge for the shots this year as we had an anonymous donor who paid for them. We thank this person very much for her generosity.



LAY LEADER TO FACILITIES MANAGER

By Jim Thomas

Dear Trinity Congregants,

After Pastor Hayden arrived on July 1, there was great concern that we were replacing four pastors with one. True, two of the pastors were part-time, but each provided very much needed services to our congregation. Reverend Vroman had been handling mostly all of our visitation to the hospitalized, sick and bereaved members. Pastor DeFino was the defacto pastor at the Family Life Center (FLC). Pastor Hayden has been working hard to do all of these jobs. Dr. Terry Greenwood, our chair of the Staff/Parish Relations Committee (SPRC) and Pastor Hayden, has brought to the attention of the church leaders that one of the responsibilities that they thought would assist Pastor Hayden would be to have a Facilities Manager to oversee all of the church properties, as well as Wayne Tull, our Sextant.

I volunteered for the position because of my past experience with building and site maintenance and design and permit approval working with local jurisdictions. It is a paid position and I am working, effective September 1, as a half-time Facilities Manager. Formal written duties have been developed and can be reviewed by contacting Dr. Greenwood, our SPRC chair. FYI, my father always taught me that especially if you are doing a job in the public arena, you need to be paid for it or people will believe you are getting what you are paid for (i.e. 0 x 0).

Pastor Hayden asked me to stay on as Lay Leader through December 31, 2022. I personally felt there is a conflict of interest with me being a paid employee of the church and being the Lay Leader, so the Leadership Development Committee is actively looking for my replacement.

I've very much enjoyed being your Lay Leader for the past 3 years and appreciate the confidence you have placed in me. It has taught me a great deal about the church. The Lay Leader as many of you know, attends every formal committee meeting the church holds. That has really been an eye opener, especially with what Covid and leadership changes that have occurred during the last three years. I have great respect for Tony Sarbanes, who held the post for over 20 years. You really have to keep your pulse on the church and what is occurring.



Alzheimer's Disease Awareness
Health Outreach Ministry
Dr. Dot Baker



September is World Alzheimer's Month, October marks our local Walk to End Alzheimer's event, and November is National Alzheimer's Awareness Month. **WHAT** is Alzheimer's Disease (AD)? It is the most common type of dementia - meaning a loss of brain function that affects and causes problems with memory, thinking, language, judgment, and behavior. The dementia usually progresses slowly and interferes with daily tasks as it worsens through about 7 stages. Some types of dementia related to AD, Parkinson's Disease, Multiple Sclerosis, stroke damage, and brain infections cannot be reversed. Some types of dementia related to brain tumors, blood sugar changes, medication use, and low B12 levels may be reversed. **WHO** is at risk? Over 6 million Americans are living with AD. A majority of persons are age 65 and older. However, about 5 percent of persons are age 40-50 (younger onset). Risk factors include: age, family history/heredity of AD.

WHAT can I do? know your family health history, protect your brain from repeated injury, give your brain a good blood supply via a healthy heart, stay fit to promote healthy aging.

WHAT are 10 warning signs? We may all be a bit forgetful as we age. However, AD is not a normal part of aging. Each person's signs may occur in different degrees. #1 - memory loss that "disrupts daily life" #2 - changes in ability to make & follow a plan or work with numbers #3 - trouble to finish familiar task at home, work, or leisure #4 - trouble with time or place #5 - trouble with vision/space (read, judge distance or color, not recognize self in mirror) #6 - trouble with words in speaking or writing #7 - problem with misplace things/unable to retrace steps #8 - decrease in judgment/decision-making, appearance #9 - withdraw from work, social & hobby interests #10 - change in mood or personality (confused, anxious, fearful, suspicious) **HOW** do I know if I have AD? Talk with your healthcare provider who will take your history, do physical and mental exams, and order blood/tests for other possible medical conditions. Early detection offers available treatments, time to plan, and care & support services. **WHAT** are myths about AD? Read about myths at [Alzheimer's & Memory Loss Myths | Alzheimer's Association](#)

WHAT are tips to live with Alzheimer's Disease? Goals of living with AD are to manage signs and symptoms, maintain quality of life, and provide for families and caregivers. Areas to consider are: dealing with the diagnosis, communication, treatments, dressing, bathing, eating, activities, exercise, continence, sleep problems, wandering, home safety, driving, healthcare visits, coping with holidays, information for families, spousal care, financial issues, legal issues, and caregiver information and support. Resources include: *Understanding Alzheimer's* and caregiver guides at the Alzheimer's Disease Education & Referral Center, support groups, and healthcare providers.

RESOURCES: >> 24-hour helpline @ 800-272-3900

>>Alzheimer's Disease Education & Referral (ADEAR) Center offers numerous resources such as information, publications, videos, & research @ <http://www.nia.nih.gov/alzheimers>

>>Alzheimer's Association @ Alzheimer's Association | Alzheimer's Disease & Dementia Help



Trinity United Methodist Church
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Salisbury, MD 21801

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Office Hours: Monday - Thursday

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

Lunch: Closed one hour

Friday

8:00 a.m. to Noon

