



## PASTOR'S MESSAGE

What a blessing for me to have been appointed to be your pastor at Trinity Church, one Church blessed with two locations! Both locations have warmly received me and continue to make me feel like I am in the right place at the right time. That is how I feel. I believe I have been called to Trinity to help lead this wonderful congregation into the next steps toward the future. I know the last few years have been troubling for most congregations as we have all had to navigate through the pandemic, deal with various mandates and regulations, all while trying to worship the Lord and do vital ministry. It has not been easy. But you have not given up.

You have been through adversity, through pastoral changes, and other staffing issues, through changes to worship times and locations, etc. Yet here we are. Poised to move forward together. With two locations offering uplifting and encouraging worship to our God in slightly different ways, we are positioning each location to grow and reach new people. We are looking forward to new ministries that we would like to start, and hopeful to reinvigorate ministries that were sidelined during the pandemic. Because people still need the Lord, people still need to worship together, to study together, to fellowship together, and to experience Jesus together.

As we enter the fall, we will be looking to ignite passions to fuel ministries. As Jesus is proclaimed in worship and Bible Studies, through singing and music, online and in person, we hope that new people will come to know the saving grace of Jesus and will want to utilize their gifts in ministry for the Lord. We hope to bring new families of all ages, which also means we will need more workers to staff our programs. If we wish to have a Sunday School (and I know we do), we will need people willing to help to teach. If we wish to have a youth group (and I know we do), we will need people willing to lead. If we wish to have young families with infants and toddlers (you know the rest), we will need people willing to tend to them. From my time meeting with so many of you, I have heard time and time again how you are willing to help in whatever way is needed. These are ways that are needed. I hope you are willing to help.

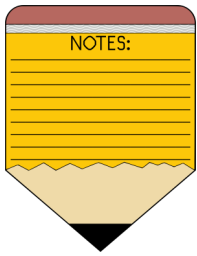
I am excited about being your pastor because I am excited about what God has done, and what God is doing. I see how God has blessed this church with so many tremendous assets, but the most important one is each of you. You are what makes Trinity so special, and such a wonderful place to encounter God. I am excited about being here as the pastor as we help the next generation to encounter God together. We are better together.

Co-worker in the field of the Lord,

Pastor Hayden

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## **NOTES FROM PASTOR HAYDEN**

### **LOOKING FORWARD**

As I mentioned in my letter, we are looking to re-launch or start several ministries, but they require human capital, people willing to do the work. If you have a ministry that you are passionate about and are willing to take a pivotal role in launching, I would love to talk to you about it. Please contact the church office to set-up a time to meet with me.

If you are interested in any of the following, please let us know as soon as possible. We would like to start and/or continue these things before the end of the year.

- \* Sunday School Workers - Downtown
- \* Youth Group - Downtown
- \* Nursery - Downtown
- \* Nursery - FLC
- \* Praise Band Members - FLC
- \* Choir Members
- \* Adult Sunday School - Downtown
- \* Midweek Children's program
- \* Midweek Youth Program
- \* Midweek Worship
- \* Dinner Church
- \* Sunday Van Ministry
- \* Midweek Van Ministry

*We appreciate all that you do and look forward to seeing what we can do together to share the love of Jesus in Salisbury.*

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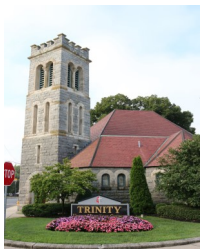
### **TRINITY'S MEET & GREET**



I would just like to say how great it has been meeting with so many of you at our Meet and Greet Meetings. I have enjoyed learning your names, and trying hard to remember them, as well as learning about your lives, your history with Trinity and many other things. I hope you have enjoyed meeting me. I look forward to meeting those who have not yet attended one of these sessions.

I would especially like to thank all those who have volunteered to host a meeting, as your hospitality has been tremendous. Also, a special thank you to Terry Greenwood for his coordinating, Sue Posey for her scheduling and Wayne Tull for his set-up for the meetings at the church.

*You have all continued to prove what I suspected about Trinity, that you have a heart for God, and a love for people. Thank you for allowing me to be your Pastor!*



## **Membership News**

### **DEATHS**

**June 14, 2022**

Norma Lee Dashiell Phillips

**June 22, 2022**

Jack Slayton, Jr.  
Janice Harrington

**June 25, 2022**

Lucia Bozzelli

**July 2, 2022**

Beverly B. Hamill

**August 10, 2022**

Edwin W. Ford

**August 14, 2022**

Carolyn S. (Peggy) Cartwright

**August 26, 2022**

David E. Corry

### **THE LAY LEADERSHIP DEVELOPMENT/ NOMINATIONS COMMITTEE**

The Lay Leadership Development/Nomination Committees seeking nominations for various church committee's and leadership positions. These include: Lay Leader; Church Council Vice Chair; Board of Trustees and Strategic Planning Committee; Staff Parish Relations Committee (SPRC); Finance Committee; Lay Leadership Development Committee. If you are interested in serving Trinity Church, please contact Pastor Hayden, Senior Pastor at (410)749-5562 or [pastorhayden@trinityumcsalisbury.org](mailto:pastorhayden@trinityumcsalisbury.org), or Braxton Dees at (410) 422-8110 or [dees.braxton@gmail.com](mailto:dees.braxton@gmail.com)

### **ASP INTEREST MEETING**

The Trinity ASP team will hold an interest meeting for the upcoming project year on September 25th at 3 PM at the FLC. This meeting will be an opportunity to learn more about the ASP experience and how the Trinity team supports local missions in order to help prepare the team for the annual summer trip to Appalachia. You will have the opportunity to have questions answered following a short presentation. If you have questions please contact Bryan Ashby at [lbashby@comcast.net](mailto:lbashby@comcast.net) or (443) 880-6127.

## **Recipe Corner**

### **Coconut-Cranberry Bars with Pecans**

Easy and delicious! Family and friends truly enjoy these wonderful bars. I hope you do as well!

By NancyLou

**Prep:** 15 mins **Cook:** 25 mins **Yield:** 3 dozen bars

#### **Ingredients:**

1½ cups graham cracker crumbs  
½ cup butter, melted  
1½ cups sweetened dried cranberries (such as Craisins®)  
1 (14-ounce) can sweetened condensed milk  
1¼ cups pecan halves  
1 cup flaked coconut  
¾ cup white chocolate chips  
¾ cup bittersweet chocolate chips

#### **Directions:**

Preheat oven to 350 degrees F (175 degrees C). Line a 9x13-inch baking dish with parchment paper or grease. Mix graham cracker crumbs and butter together in a bowl; press into the prepared baking dish. Stir cranberries, sweetened condensed milk, pecans, coconut, white chocolate chips, and bittersweet chocolate chips together in a bowl; gently spread over the graham cracker crust. Bake in the preheated oven until edges are golden brown, 25-28 minutes, cool on a wire rack.

### **TRINITY'S NEW YOUTUBE CHANNEL**

We have launched a new YouTube Channel and need your help! While many people watch our service from Facebook, there are many who do not have Facebook but would watch from YouTube, therefore we have begun a new YouTube Channel. Yet in order for our channel to be easy to find, we need to get at least 100 subscribers which would allow us to name our channel something that newcomers would be able to more readily identify, such as YouTube.com/trinityumcsalisbury. How you can help is to go to the link on the website [www.trinityumcsalisbury.org/resources/newsletter/](http://www.trinityumcsalisbury.org/resources/newsletter/) click on YouTube Channel and then subscribe to the channel. We appreciate your help!

### **CHURCH / CHARGE CONFERENCE**

November 17, 2022  
6:30 p.m.

Bethesda United Methodist Church.



# FALL STUDY OPPORTUNITIES

This fall, Pastor Hayden will be leading a few different study groups.

## Character Study on Moses

This will be an eight-week Character Study on Moses, from his rescue in the Nile, to his seeing the promised land. Topics will include Moses' encounter with God, overcoming his sin, learning obedience, developing as a leader and his giving and receiving the Law among others. Materials are being developed by Pastor Hayden and will be distributed at the first class. Currently this is an in person only study, so be sure to register with the church office. Classes will begin on Tuesday, September 6<sup>th</sup>.

## Methodism

This opportunity will be an eight-week study on Methodism, with the first four weeks being about Methodist history and the second four weeks on Methodist doctrine and polity. The dates for this have not been determined yet, but it is anticipated to start in late October or early November. If you are interested, please call the church office to register.



## **UPCOMING EVENTS**



## Mark Your Calendars

### **September 4 - Labor Day/Communion**

Special Student Scholarship Offering will be taken. The Pen-Del Conference is offering this scholarship to students in our conference no matter what college they are attending.

### **September 11 - Honoring Our Heroes**

We are inviting our community of heroes for a special tribute to our local military, fire fighters, police and medical personnel.

### **September 18 - Grandparents Day/Sunday School Begins/Church-Wide Picnic**

Bring your grandchild or bring your grandparent to church.

### **September 25 - Go Purple Sunday**

Wicomico Goes Purple is a substance misuse awareness campaign focusing on prevention, treatment, and recovery resources available in our community. It also emphasizes the important role that our enforcement agencies play in combating this epidemic. Everyone is encouraged to wear purple to church that day.

### **October 2 - World Communion Sunday/Community Service**

A possible Community Service to be held at Riverwalk Sunday afternoon. Details will be coming soon.

### **October 16 - Laity Sunday**

Laity from our congregation will be doing both the downtown and FLC services on Sunday.

### **October 30 - Reformation Sunday**

Reformation Sunday is the day we remember the beginning of the Protestant Reformation.

### **November 6 - All Saints Sunday/Communion**

We will be remembering members of our congregation who have passed in the last year. Their families will be invited to worship with us at the downtown or the FLC service.

### **November 20 - Stewardship Sunday**

Remember to bring your Volunteer Ministry/Stewardship Cards.

### **Thursday, November 24 - Thanksgiving Day Service**

Pastor Hayden will be doing this service in the downtown sanctuary at 9:00 a.m.



Trinity continues to serve those in need through our volunteers, donations and financial support. The need for food, medical assistance and even shelter has grown substantially in our local community. There are many opportunities to give of your time, energy and talents to offer hope and love to the hurting.

**NEW MINISTRY:** Beyond Your Walls is restoring hope and dignity to local men by providing a hot shower to those experiencing homelessness. The shower trailer is parked at the Community of Joy Church in Salisbury every Tuesday afternoon. Trinity has agreed to provide bagged lunches one Tuesday a month for the men 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 10 bagged lunches every few months for this ministry.

**HALO** is still offering three take-out meals daily to both HALO residents and walk-ups. The Trinity team is looking for additional volunteers one Monday each month. Contact Robin Ritchie [robinbru@aol.com](mailto:robinbru@aol.com) if you would like to get involved.

**THE SALISBURY URBAN MINISTRIES** is reopening the **Men's Welcome Center** on Saturday mornings. Trinity has provided two volunteers on the 4th Saturday of each month in the past. If you are interested in volunteering every few months, the time would be from 8:45 a.m. to 11:15 a.m. Please let the church office or John Terrell [jet118@comcast.net](mailto:jet118@comcast.net) know if you have questions and would be interested in volunteering.

**TCAP:** Very soon, September 6<sup>th</sup> as a matter of fact, we will be seeing yellow school buses travelling the roadways. School staffs are getting ready for students to enter school buildings. Community groups, PTAs in some schools, faith-based partners in others are making plans to help support students and staff.



Trinity is a proud faith-based partner with Choices Academy, an alternative setting for students in Wicomico County who need additional support to be successful. Our Mission members named our mission T-CAP (Trinity-Choices Academy Partnership) to illustrate the bond between Choices Academy and Trinity UMC.

Because the State Board of Education recognizes Choices Academy as a program, not a school, we felt we needed to partner with the program.

We are planning some activities for the beginning of the school year. Shirts are being ordered for new staff to wear with the returning staff at large and small gatherings with other schools to show school pride. A luncheon will be served to the staff during the first week back. We are planning to make our now famous "No Sew" blankets with the help of selected students.

Our 19 mission members work enthusiastically to support the students and staff and all of us appreciate the support given by the congregation as well.

**THE TRINITY ASP TEAM** will hold an interest meeting for the upcoming project year on September 25th at 3:00 p.m. at the FLC. This meeting will be an opportunity to learn more about the ASP experience and how the Trinity team supports local missions in order to help prepare the team for the annual summer trip to Appalachia. You will have the opportunity to have questions answered following a short presentation. If you have questions, please contact Bryan Ashby at [lbashby@comcast.net](mailto:lbashby@comcast.net) or (443) 880-6127.



Please feel free to contact me if you are interested in any of Trinity's many missions' programs or if you have an idea for a new mission that Trinity could support.

Maureen Williams 410 251-0491 or [mowilliams@comcast.net](mailto:mowilliams@comcast.net)



## **ACTIVE BELIEVERS CHRISTIAN BIBLE STUDY GROUP AND MISSION**

Active Believers Christian Bible Study Group meets twice a month to study the Bible using books with study guides and videos. We meet the first and third Thursday of the month at 2:30 – 3:30 pm at the church's Sunday school building on the 3<sup>rd</sup> floor.

In addition to the study group, we have a mission to supply food to Halo Ministries which is our local homeless shelter. For the first 8 months of 2022, we donated over \$2000.00 in food. We get the food at Sam's Club after Halo informs us of their needs. We donated meat, cheese, milk, eggs, sugar and other items that the Shelter needs.

If you would like to join our group, please email Jenny Roser at [Jroser20@comcast.net](mailto:Jroser20@comcast.net). If you would like to make a donation to support Halo food donations, please send a check to the church with ABC Bible group in the memo line. We send out a signed receipt of the food to ensure that 100% of donations go directly for food for Halo. Thank you in advance for your support of our group and our mission.



**HALO**  
Hope And Life Outreach

### **LETTER FROM CELESTE SAVAGE**

EXECUTIVE DIRECTOR OF HALO  
(A shelter for the homeless)

Dear Active Believers Christian Bible Group

How in this world do we say THANK YOU and get the message of our sincere thanks and gratitude. So many times, we have run low on food items, meats and staple foods, this and that- then the phone comes in – “Teresa, its ABC Bible Group, what do you need?  
So Faithful, So Consistent, So on Time!

Looking back over the past months, Your servant heart has had a HUGH impact on our guests' lives. You know its so much easier to talk to someone about Jesus when their belly is full.

The realization of the impact of what you do will be brought to light when we get to Heaven.

I'm reminded of a scripture in the Proverbs22:9. “The generous will themselves be blessed, for they share their food with the poor.”

Count your blessings my friends – You have given “unto the least of these” you have unto the Lord. Thank you for EVERYTHING – you do for Halo.

Celeste Savage  
Executive Director  
HALO



of Salisbury Urban Ministries

## **Salisbury Urban Ministries**

**Lazarus Program**

**Monthly Report**

“Whoever is generous to the poor lends to the Lord, and he will repay him for his deed!” Proverbs 19:17

Can you believe that with the arrival of September, Fall is right around the corner. It seems as though Summer had just started and was over before we knew it! With the Summer ending, Salisbury Urban Ministries would like to thank the Trinity Family for a job well done! The generosity that you have displayed through your financial support, your volunteer hours, your food/monetary donations, and your continued prayers during the Summer months is greatly appreciated.

You really came through in August with your donations to the Kids’ Café School Clothing/Uniform Program as well as donations to the School Supplies Program. The smiles on the kids’ faces when they went back to school in their new clothes and carrying new supplies said it all, “Thank You for having caring hearts!”

However, with the coming of Fall and the “cold months” ahead, the need of those less fortunate in the community is still there. Donations to the programs of Salisbury Urban Ministries are always needed. Suggested donations for September are as follows but not limited to:

Lazarus Food Pantry: Ramen noodles; meat seasonings; packet gravy; toiletries; and ChapStick®

Kids’ Cafe’: Moon pies

Men’s Welcome Center: Body wash

Donations can be dropped off after each church service in the containers provided or at the Salisbury Urban Ministries Office, 326 Barclay Street. Volunteers, mentors, and tutors are always needed at the different programs. God Bless!





# **UNITED METHODIST WOMEN**

by Ginny Riffle, President

Summer seemed to go by fast and the United Methodist Women are starting their circle meetings and have some fun activities planned.

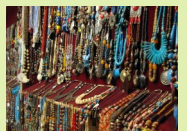
We are excited to be looking into supporting a Tiny House Village. The UMW members will be working to get the items needed to support this mission project. Sylvia Robinson is our coordinator.

Our Fall Gathering will be held **Tuesday, September 27, 2022 - Brown Bag Lunch at the FLC Pavilion at noon.** Please come and bring your lunch. Pastor Hayden will be our guest speaker and hope all ladies of the church will come and bring a friend.

Please **mark your calendars** for the upcoming fundraisers. All proceeds support local missions.

- **A Pampered Chef Breakfast Sampling**  
Saturday, November 5 at 10:30 a.m. in the JMB Fellowship.
- **Christmas Cookies and Jewelry Sale**  
Saturday, December 10 at 9 a.m. in the JMB Fellowship.

The Pampered Chef



More details will be available in the October Trumpet.

If you would like to join one of our three circles, please give me (Ginny) a call at (208) 420-8600.







# It's Time for the Trinity Family Picnic!



## Join us for Food, Fun and Fellowship

**Who:** Trinity members, family & friends

**When:** Sunday, September 18<sup>th</sup> at 12:00

**Where:** The FLC Pavilion.

**What:** food, bounce house, music, games & more



**Grief Support Group:** We would like to start another session of Grief Share, a support group that meets weekly for 13 sessions and features Biblical concepts for healing from your grief. The program will be led by caring people who have also experienced grief and have successfully rebuilt their lives.

There are three components to the sessions:

**Video Seminar** – Encouraging videos packed with information and featuring leading grief recovery experts

**Support Group** – Small group discussion about the weekly video content

**Workbook** – Journaling and personal study exercises that reinforce the weekly session topics.

Help and encouragement after the death of a spouse, child, family member or friend. If you are still grieving and struggling in dealing with your grief, please come. All are welcome. If you have any questions or would like to join us, please feel free to contact the church office at (410) 749-5562.

Sessions will be led by Shelly Hall, Ann Hill and Ken MacFarlane.

Look for more information in upcoming bulletins for start dates and times. We hope you will join us.

Check more about program online at: <https://www.griefshare.org/>

*"The experiences I had in Grief Share after the passing of my mother brought me from mourning to joy. I will be forever grateful to the program, participants, and leaders." – Shelly*

## **TRINITY GOES PURPLE ON SEPTEMBER 25TH**

September is National Recovery Month, and Trinity will be "Going Purple" along with many other churches in our community. On Sunday, September 25<sup>th</sup>, we ask that you wear purple in support of our project. There will be brochures available in our church office and in the sanctuary. You may also visit our website [www.wicomicongoespurple.com](http://www.wicomicongoespurple.com) for more information.

- What is Wicomico Goes Purple (WGP)? - is a substance misuse awareness campaign focusing on prevention, treatment, and recovery resources available in our community. It also emphasizes the important role that our enforcement agencies play in combating this epidemic. It is our hope that this awareness campaign will engage our community and our youth to stand up against substance misuse.
- Why Go Purple? - Addiction is taking the lives of our community members, especially those who are losing their lives to overdoses. In 2020, Maryland saw its highest overdose death rate in history with 2,799 people losing their battles with addiction. That was 400 more than in 2019 and sadly, although the data have not yet been released, we are on trend to see those numbers remain high. In Wicomico County 47 people lost their lives due to an overdose-related death in 2020. Overdose is now the leading cause of accidental death in people under 50. Our community needs to keep this crisis and those impacted by it in the forefront of our community.
- Go Purple and COVID impacts - COVID has created unique challenges, and research has shown an uptick in overdoses nationwide due to the pandemic. More than 107,000 deaths were reported in the United States between December 2020 and December 2021.
- What we hope to accomplish? - It is our hope that this campaign will assist everyone in becoming more involved in the conversation and helping our community move forward. We hope that those in need of treatment and recovery resources will be made aware of our robust network of services. We hope that this project will also decrease the stigma associated with the disease of addiction and provide our youth and our community with important education and information.
- How can you help and get involved? - The Faith Community can Pray for Wicomico Goes Purple (WGP) and people with opioid and other drug addictions. You can Share the WGP flyer, talking points, and Resource List. Become Narcan trained, light up your home or business purple, have conversations with your children about the dangers of substance misuse, dispose of any unwanted or expired medication at one of our 11 prescription drop off locations, like WGP on social media and share our educational messages. You can make a difference.

On September 30<sup>th</sup>, Wicomico Goes Purple will be holding a Night of Hope at the City Park near the Fountain from 5:30 - 7:30 p.m. We invite you to attend and are grateful for Trinity's donation of the candles that will be used in the candle lighting ceremony. Faith offers hope to people struggling with substance misuse. Your prayers would be most welcome.

Please reach out to me for more information.

Stephanie Willey  
410-726-2041  
[stephwilley@comcast.net](mailto:stephwilley@comcast.net)



## **SEPTEMBER**

**1 - Bruce Bozman**  
Emma Hall  
Robert Horsey  
Chip Leonard  
Wesley Richardson  
Jimmy Sarbanes  
Michael Saywell  
John Terrell  
Bonnie Walston

**2 - Gwen Acle**  
Richard Cheng  
Chuck Dix  
Craig Dodd  
Chris McCabe  
Sara Shearer

**3 - Serena Alfano**  
Jim Lackie  
Joe Paradis  
Jamison Price  
Michael Truitt

**4 - Jay Darrah**  
Vonda Rossi  
Brett Wiseman

**5 - Cory Baysinger**  
Christine Bernstein  
Jenna Bowne  
Heidi Galloway  
Emma Hillyer  
Becky Merritt  
Joseph O'Brien  
Albert Townsend

**6 - Buddy Adkins**  
Jordan Jones  
Lindsay Long  
Kellie Noonan

**7 - Sam Edney**  
David Irvine  
Mary Johnson  
Gavin Mariner  
Kristen Messick  
Sarah Smith  
Carter Thomas  
Fran Tracy-Mumford

**8 - Curt Hickman**  
Jamie Hill  
Morgan Hill  
Grayson Miller

**9 - Kylor Berkman**  
Johnathan Crockett  
Andrew Emge  
Rosemary Greenwood  
Nicholas Hearne  
Jack Kostelac  
Valerie Landon

**10 - Vicki Bozman**  
Remi Howard  
Parker Mason  
Laura McCarty  
Michael Moses

**11 - Colby Clifton**  
Allison Hooper  
Ryan Nelson  
Addy Seagraves  
Charlie Strickler

**12 - Ann Marie Desjardins**  
Fred Hall  
Jenna Hussey  
Kailey Moyers  
Julie Pryor  
Pat Snyder  
Ann Stevens

**13 - Ed Baker**  
Gerry Farrelly  
Michael Merritt  
Erin Mumford  
Jay Savage  
Jon Shearer  
Carl Wilson

**14 - Charles Meeks**  
Heidy Richter  
Beryl Whaley

**15 - Clarence Andrews**  
Case Dempsey  
Matt Elliott  
Katie Jones  
Tom Lewis

**16 - Ann Marie Barnes**  
Joseph Duncan  
Lorna Lyster  
Blaine Mason  
Jami Myers  
John Phillips  
Matthew Shores  
Katherine Slaughter  
Staci Sousa

**17 - Fernando Acle**  
Ernie Bailey  
Griffin DelGaudio  
Andrea Fletcher  
Michael Hannemann  
James Rapp

**18 - Katie Belfield**  
Gary Breeding  
Mary Sue Gladden  
Anita Hearne  
Kay Hopkins  
Jennifer Lopez deVictoria  
Conor Mason  
Matthew Morris

**19 - Linda Hearn**  
Dixie Herweh  
Scarlett Johnson  
Taya Robertson

**20 - Wayne Blades**  
Baker Custis  
Lillie Marvel

**21 - Sonny Chiofolo**  
Nathanel Dees  
Rex Hammer  
Jamie Lawson  
Cheryl Sandt  
Andrew Thorsten  
Maureen Truitt

**22 - Missy Covert**  
Katie Oldham  
Ruth Richins  
Kim Snyder

**23 - Craig Booth**  
Eugene Ely  
Ethan Giles  
Julie Peters

**24 - Spencer Brown**  
Christina Danzi  
Erin Douse  
Sheree Draucker  
Andrew Haldeman  
Joey Kutchen  
Eleanor Marquez  
Paige Paxton  
Tracy Shannahan  
Jason Thompson

**25 - Mulan Bell**  
Mark Brennan  
Greg East  
Lesley Grier  
Mark Nay  
Naman Nay  
Harrell Pitsenbarger  
Melissa Saywell

**26 - Lou Bradley**  
Kyle Mills  
David Morris

**27 - James Crouse**  
Julia Early  
Marisa Post  
Denise Rapp

**28 - Linda Gardner**  
Blair Ritchie  
Dan Todd

**29 - Eva Ageloff**  
Katie Burkett  
Erin Carlisle  
Christina Gordy  
Elizabeth Lawson  
Hanna Nechay  
Dale Pusey  
Louise Robertson  
Carter Smarte  
Matthew Webster

**30 - Todd Bellamy**  
Chad Culver  
Bill Lankford  
Robert Mulford  
Nancy Murphy  
David Thompson  
Diane Tull

**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.

I don't know where the time has gone for us this summer as we are just about to start a new school year. I always had mixed emotions when my children got ready to go back to school as I hated to get back on a stricter schedule with bedtimes and homework.

All of my children and grandchildren are now out of high school and I have two in college and one going to trade school in January. What a change in cost from 60 years ago.

I admire all the students who have worked hard in advanced placement classes and those in the vocational programs. The school systems in Wicomico County have done well to educate our children both in hands-on vocational skills and also academic preparation for college programs.

Kudos to all our teachers and administrators.

There is a lot of information on the internet today regarding dietary supplements and I found these five tips to consider. Remember always talk to your physician before you start taking any new pills.

### What Consumers Need To Know About Dietary Supplements

Many people take dietary supplements in an effort to be well and stay healthy. Herbal medicines or botanicals, also called "natural products," are one type of dietary supplement. Dietary supplements can come in the form of pills, powders, or liquids and are widely available. While there is a lot of evidence that dietary supplements help in preventing and treating nutrient deficiency, there is much less evidence about their usefulness in preventing or treating other diseases. So, there is a lot we don't know.

If you are thinking about or are using a dietary supplement, here are five tips to consider.

**1. Take charge of your health by being an informed consumer.** The standards for marketing supplements are very different from the standards for drugs. For example, marketers of a supplement do not have to prove to the Food and Drug Administration that it is safe or that it works before it arrives on grocery store shelves. Find out what the scientific evidence says about the safety of a dietary supplement and whether it works. The resources below can help you.

**2. "Natural" does not necessarily mean "safe."** For example, the herbs comfrey and kava can cause serious harm to the liver. Also, when you see the term "standardized" (or "verified" or "certified") on the bottle, it does not necessarily guarantee product quality or consistency.

**3. Interactions are possible.** Some dietary supplements may interact with medications (prescription or over-the-counter) or other dietary supplements, and some may have side effects on their own. Research has shown that St. John's wort interacts with many medications in ways that can interfere with their intended effects, including antidepressants, birth control pills, antiretrovirals used to treat HIV infection, and others.

**4. Be aware of the potential for contamination.** Some supplements have been found to contain hidden prescription drugs or other compounds, particularly in dietary supplements marketed for weight loss, sexual health including erectile dysfunction, and athletic performance or body-building.

**5. Talk to your health care providers.** Tell your health care providers about any complementary health products or practices you use, including dietary supplements. This will help give them a full picture of what you are doing to manage your health and will help ensure coordinated and safe care.

### CONGREGATIONAL CARE

Please know that we are trying hard to keep up with our church family with cards and calls and we do appreciate all who send out cards to our sick and shut-ins.

I would like to thank you for the many cards I have received since being confined to home and hospitalizations. Believe me when I say, they mean so much and the little notes telling me I was missed were also nice.

I want to thank those church members who have willingly stepped up and help with the serving of a number of funeral receptions both at our downtown location and also the FLC. I also want to thank Alice Kilgour and Tom Holder for taking care of covering the tables. Your help has been greatly appreciated.

We plan to reinvent our phone and visitation ministry this fall and also some other things that will welcome visitors to our church. The exact plan has not been worked out as of this date.



## Back-to-School Safety Tips: Everyone is a Player

Health Outreach Ministry  
Dr. Dot Baker



**EVERYONE IS RESPONSIBLE** for back-to-school safety for students of all ages—nursery through college! Think about the possibilities---Are you a student? A parent? A grandparent? A friend? A teacher? A driver? A volunteer? An employee? Well then, you might walk to school, ride a bike, ride a bus, drive a car to carry students or drive through school zones, use the playground, play/coach sports, pack lunches, etc. Major areas to consider are: transportation, play and sports equipment, school supplies and food, and “overall” safety tips. Let’s work together for safety!

**TRANSPORTATION:** Review and use basic rules for getting to and from school (walk, bus, drive, bike). Cross at crosswalks or with crossing guard, obey traffic lights, walk with partner or small group when possible, wear bright clothing, watch school bus signals as they load and unload students, buckle up, keep bikes in good shape, wear helmets, and set an example for younger students. As always, BE AWARE and AVOID talking to strangers.

Drivers beware! Be alert! Obey all speed limits and special school zone speed limits. Obey school bus rules as students load and unload at each bus stop. Watch “everywhere” for students who walk, bike, ride a bus, ride in a car, or drive themselves. Tips for drivers at AAA’s School’s Open Drive Safely website.

**PLAY and SPORTS EQUIPMENT:** Check for safe play surface, types of equipment and activities, equipment repair, a plan to supervise play, appropriate dress to avoid accidents in which jewelry or clothing gets caught in equipment, and appropriate & matched age groups play together. Talk with coaches about equipment & other expectations: Will school/team/parents supply? Who monitors choices & maintenance? Who checks safety of sports play surfaces? Who teaches students about general safety for each sport/activity? Who monitors hydration, rest periods, & any medical conditions that students may have? Will medical personnel be present at activities? Who transports students for away games? How can parents be involved?

**SCHOOL SUPPLIES and FOOD:** Check school’s supply list and purchase supplies that match student’s needs and school’s expectations. Prevent injury – carefully choose backpacks and teach students about backpack posture. Be alert for sharp objects and other factors that might injure the student or a classmate. Be sure that everyone eats breakfast. Encourage healthy food and drink choices – whether the student packs or buys their meals. Decide if packed lunches need to stay cool or at room temperature. Offer healthy snacks after school.

**OVERALL SAFETY TIPS:** The school year offers challenges and adjustments for all players. Take some safety steps as God holds us safe. **KNOW** the names and credentials of persons who have access to each student. **KNOW** the safety measures that each school has in place. **KNOW** the policy about emergency notifications and release of students to adults. **KNOW** the policy about posting photos and other info online. **UPDATE** the student’s ID photo and health/emergency info. **PRACTICE** walking/bus routes. **TEACH** about stranger danger and a plan of action. **PREPARE** for before and after school situations in which the student(s) may be alone. **TALK** about bullying and any situation that the student needs to discuss with parents and safe and trusted adults. **PRACTICE** “what if” situations and appropriate actions for the student’s age and experience. **EVERYONE** is a responsible player – step up to the challenge of back-to-school safety in all areas.

**Resources:** Use these resources to obtain tips and checklists. AAA, Centers for Disease Control & Prevention, Consumer Product & Safety Commission, National Highway Traffic Safety Administration, National Safety Council, Safe Kids Worldwide





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Lunch: Closed one hour

Friday

8:00 a.m. to Noon

