



# TRINITY TRUMPET

Trinity United  
Methodist Church

November 2022

## From the Desk of the Pastor



**1 Thessalonians 5:16-18 Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.**

November in the Christian calendar is actually the last month of the year. Advent begins the Christian New Year and it starts four Sundays before Christmas, so at the beginning of December we begin anew. Therefore, with November being the end of the Christian year, it gives us a great opportunity to consider the year we have had, and the year we look forward to beginning.

That is why it is so appropriate that we give Thanks during November, almost as the last thing we do in the year, before we start over, we give God thanks for all that he has given us. Yes, we know we have had tough times, and tough circumstances, but we also have joys and promises fulfilled. We can give God thanks for all of these, even the difficult ones. For we know that every good thing comes from God.

One of the other great things we do at Trinity in November is we look forward to how we can continue to serve God in the coming year. We get the opportunity to fill out the stewardship cards that list various ministries that may coincide with our spiritual gifting, or our natural talents or interests. We can decide, through prayerful conversation with God, what things God would like us to do to serve him with our prayers, our presence, our gifts, our service and our witness.

We believe that every member takes seriously the commitment to pray for the church, to be present when possible, to witness for Jesus Christ and for the ability of Trinity to help lead people to faith. But we also need your input so that our ministries can continue. Ministries, like the choir, the altar guild, the events committee, the missions team, the greeters, the ushers, the Sunday School helpers, the van drivers, and so many more. There is literally something for everyone to do, so we hope you will let us know where your interests are to help you fulfill your call to serve.

Of course, we also commit to Trinity with our tithes and offerings, for this allows us to do ministry. We have a long history of great ministry, great facilities and great outreach, but these all require financial support from our members. We hope you will consider your commitment level for the coming year as you see the new things we are doing to reach new people and that you will desire to help us to accomplish these goals.

I have been so blessed to be your Pastor and I am confident that as we continue to grow as a church family and a community presence that we will accomplish all that God has for us. He has put us here for a purpose, but it is up to us to accomplish that purpose. With God's help, and your commitment, Jesus will be glorified, disciples will be made, and the world will be transformed.

Co-worker in the field of the Lord,

Pastor Vaughan Hayden

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## 2023 Charitable Donations

By Tracy Shannahan

For your donations to be recorded as 2023 giving, the church must either receive your donation in the church office or offering plate by December 31, 2023, or it can be mailed, but must be **postmarked by December 31, 2023**.

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.

## 2024 CHURCH OFFERING ENVELOPES

Church offering envelopes will be mailed in December for 2024. 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](http://TrinityUMCSalisbury.com)

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

Online Giving- On our Website



**NEW  
PHONE APP**



# Community Thanksgiving Eve Service



**When: Wednesday, November 22 at 7:00 p.m.**

**Where: Asbury United Methodist Church**

On Wednesday, November 22nd, Asbury UMC 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: Trinity UMC, Bethesda UMC, and Wesley Temple UMC. Bring your family and friends to celebrate God's goodness together.

Together we can make 2023  
**A True Family**  
*Christmas*

## THE COLLINGSWORTH FAMILY



**LIVE IN CONCERT**  
**Thursday,**  
**November 30, 2023**  
Wicomico Youth & Civic Center  
500 Glen Ave., Midway Room  
7:00PM

*Bring your family, church family, friends and small group and join us as we "Sing" in the Christmas Season!!*

*Beautiful Christmas music to help make the season Merry and Bright and a photo booth area to capture Christmas Memories.*

**Let's make this year**  
**"A True Family Christmas"**

Your ticket purchase will help HALO continue their work to help the homeless in our community.

**For tickets:**  
[www.HALOministry.org](http://www.HALOministry.org) or  
Wicomico Youth & Civic Center

**DOORS OPEN @ 6:00PM**  
**SHOW STARTS @ 7:00PM**  
**ARTIST CIRCLE - \$45**  
**RESERVED SEATING - \$30**  
(FACILITY FEES MAY APPLY)

Hope And Life Outreach - P.O. Box 2227, Salisbury, MD 21802-2227  
[www.HALOministry.org](http://www.HALOministry.org)  
410-742-9356 or email: [tschevel@HALOministry.org](mailto:tschevel@HALOministry.org)



### PARENTS' HOLIDAY POWER HOURS

**Saturday, December 2<sup>nd</sup>**

**9:00 – 12:00**

**Trinity Family Life Center**

Children ages 4-10 are invited to join us for crafts, games, snacks, holiday movie, and fun! (This might provide parents a few hours to take care of some holiday list activities. 😊)

If you are interested in helping with this event, please join us for a planning meeting at the FLC on Wednesday, November 15th at 7:00 p.m.



# GIVING TUESDAY

## Please Support Trinity's Giving Tuesday

November 28, 2023

Please support the many local missions of Trinity United Methodist Church through your special contributions on **Trinity's Giving Tuesday**, November 28, 2023. Look for the special contribution cards in the pews on Sunday, November 26, 2023 and make your contributions by cash, check (payable to "Trinity UMC") or electronically to support and help to grow Trinity's Local Missions budget. Trinity currently supports several local missions through our annual budget and manpower (see list below), but unfortunately Trinity's financial support for local missions has decreased by 64% over the past 5 years due to budget constraints. **Please consider making a special contribution to Trinity's Local Missions Budget on Trinity's Giving Tuesday** so we can restore funding for these critical local services that provide food and shelter and reflect GOD's LOVE for those who are most in need in our community. If you are unable to attend services on November 26, 2023 but would still like to give, please feel free to mail your contribution to the church office (112 High Street, Salisbury, MD 21801) along with the form below and your check payable to "Trinity UMC".

Below is a brief summary of the Local Missions which Trinity currently supports. For Trinity's Giving Tuesday - Please check the box next to each mission you wish to support and return this form with your donation (cash, check or electronic) checks payable to "Trinity UMC"

- Salisbury Urban Ministries** - mission is to develop and implement programs that serve and minister to the needs of materially impoverished people in our community. Trinity is one of the covenant churches which formed Salisbury Urban Ministries in 1992.
- Joseph House Café** - providing more than 500 hot lunches annually on the third Wednesday of each month at the Joseph House on Boundary Street.
- God's Kitchen (Grace Church)** - addresses the need for meals and health services for the homeless and impoverished serving an average of 200 meals per week or 10,400 meals per year.
- TCAP Ministry** - The Trinity-Choices Academy Partnership provides support for the students and staff at our adopted local school, Wicomico County's Alternative Learning Center.
- Homeless Shelter** - Supporting homeless men in our community through the Hands and Hearts Ending Homelessness Project where we interact with guests, prepare, deliver and serve meals.
- Santa's Angels** - making Christmas brighter for 600+ individuals through shopping, wrapping, and delivering Christmas gifts to local underprivileged families.
- HALO Café** - Trinity prepares and serves dinners at the Hope And Life Outreach (HALO) Café on the 2nd Monday of the month and two Thursdays each month.
- Lazarus Food Pantry** - Trinity accepts food donations each week at all services and volunteers help sort and distribute the items to those in need.
- HOPE** - Help and Outreach Point of Entry (HOPE) assists those who are homeless and in need to obtain healthcare, social, and basic living services through assessments, guidance and education, and other support to end the cycle of homelessness and poverty.
- ABC Study Group Mission** - shops for and delivers needed items to HALO each month.
- Beyond Your Walls** - provides lunches on the 2nd Tuesday of the month for homeless people waiting to use the mobile shower.
- I wish for my donation to support ALL Local Missions of Trinity United Methodist Church.

God Bless You for Your Support!

Kelly Shannahan, Coordinator  
Trinity's Giving Tuesday

## Thank You

## MEMBERSHIP NEWS

### DEATHS

October 9, 2023

Gene Martin

October 25, 2023

Bob Taylor

### 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.

A Thank You to One and All...

On Pastor Appreciation Sunday (Oct. 8th), I did not expect and was quite surprised when I was asked to come forward and receive a thank you in kind words as well as the gift I received. I have met many wonderful people over the course of the last few months, and have been blessed (and hopefully a blessing) by those I have visited at home, in the hospitals, the nursing homes and the rehab facilities from Seaford to Berlin and all the places in-between. Our Parish Nurse (Carolyn Lewis) and Office Manager/Secretary (Sue Posey) have also been a great help, and I am glad that Carolyn is bringing back the Volunteer Home Visitors and Telephone Callers unto our shut-ins as this is greatly needed by our shut-ins. But once again, thank you all!

Yours in Christ  
Rev. Joe Burris  
Pastor Elder/Visitation Pastor

### Special Thanks

I cannot thank the congregation of Trinity enough for your continual care for me. Your cards of appreciation during Pastor Appreciation month were overwhelming, as was your many gifts. You truly make me feel as though you are as proud to have me as your pastor, as I am to have that position. And then, to top it off, your continued care for me during my illness only proves what a loving and generous congregation God has placed in the middle of Salisbury. I truly am blessed by you and give thanks to God for you.

Pastor Hayden

Thank you to everyone who participated in this year's Trinity's Holy Jolly Shopper's Fair. Whether you were a vendor, volunteer, donor, or shopper, without you there would not have been a fair! Our goal was to provide a place for our community to showcase their talents. With that in mind, we feel that the event was a success. Profit from the event will go to benefit the programming of Salisbury Urban Ministries.

Sue Posey  
Ann Stevens  
Debbie Donaway  
Co-Coordinator



*For each new morning with its light,  
Father, we thank Thee.  
For rest and shelter of the night,  
Father, we thank Thee.  
For health and food, for love and friends,  
For everything Thy goodness sends,  
Father, in heaven, we thank Thee.  
-Ralph Waldo Emerson (1803-1882)*

While reading one of my devotionals recently, I found this lovely prayer for November. This is the month we celebrate one of my favorite holidays, Thanksgiving Day, where we gather together as families to give thanks for all the many blessings that God has bestowed upon us.

I give thanks for all the wonderful women of Trinity's UMW who continue to give so much of their time, energy and talents to all the projects we have to improve the quality of life for those less fortunate in our community.

In October, we had a very successful Pampered Chef fundraiser. Over 20 women and men attended this wonderful event with Karen Rogers preparing some delicious appetizers which we all got to sample! With all the orders, both in person and online we were able to raise over \$1000 for our community projects. The UMW demonstrated their baking skills for the baked goods table at the Holly Jolly Shoppers Fair which was also a successful fundraiser for our community projects raising a little over \$400. Our next big fundraiser will be our second annual jewelry, scarf and Christmas cookie sale which will be held Saturday, December 16th in the JMB. Be sure to mark this your calendars for this fun event!

The Deer's Head monthly residents Birthday Party has been rescheduled for Tuesday, November 21st at 2:00 pm. If you are interested in helping out with this, please contact Ellen Moran (410-860-8363 or 410-960-5055).

The annual Salvation Army Christmas stockings with instructions are here for everyone to take and fill. After they are filled they will be distributed by the Salvation Army to children in our community. You can pick up an empty stocking at the church office, in the back of the downtown sanctuary or at the FLC. The filled stockings need to be returned to the office by Tuesday, November 28th.

Instead of circle meetings in December, we will have our Christmas luncheon with all the circles together on Tuesday, December 5th at Green Hill Country Club at noon. We welcome guests and this is always a festive and special time for everyone. If you and any guests would like to attend this Christmas luncheon at Green Hill Country Club please let your circle leader or Jennifer Doyle (410-430-8869) know by Friday, December 1st.

I wish everyone a happy and healthy November as we thank God for all our many blessings!

In Christian Love,  
Jennifer Doyle  
UMW President  
410-430-8869



# CHRISTMAS SALE!

**SATURDAY  
DECEMBER 16  
9AM - NOON**

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Jackson Memorial Building  
Trinity United Methodist Church  
Salisbury, MD

Corner of N Division & Broad Streets  
Across from church sanctuary

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Come out to purchase  
homemade Christmas  
cookies and gently used  
jewelry & scarves!



**PROCEEDS GO TO LOCAL CHARITIES**

# MISSIONS

By Carroll Thamert

*“Be the Kind of Person Your Dog Thinks You Are...Be the Kind of Person God Wants You To Be...”*

As I sat down to write this Mission Moment for the November Trinity Trumpet in my favorite chair, one of my “rescued” dogs, Maddie, climbed on the back of the chair and plopped down by my head. As I used her body as a pillow, she pawed me for attention. At that moment, in this the month of Thanksgiving, I realized how thankful I was that dogs were put in this world by God. Just as “I Have A Friend in Jesus”, I think he put dogs in this world to represent His Love and Friendship on Earth. Sometimes I believe dogs are God’s “Angels” he put here to represent His Love and what kind of person he wants us to be.

As Suzanna Molina Singleton pointed out in an article entitled, “Fourteen Ways My Dog is like God” printed in the July 2, 2018, “Catholic Review”, we can learn so much about God from our relationship with our dogs! In fact, “dog” spelled backwards is “God”! Unconditional love is the centerpiece of God’s feeling towards each of us, just as it is with our dog. Love is there for you for who you are without judgement. Like God, your dog is always at your side, always devoted, always loyal, and always protective in all the circumstances of your life. Your dog is always there walking with you, knowing when you’re lonely, sad, sick, or happy and how to react appropriately or to guide you if needed...just like God!

Just like God, I might ignore my dog for a day or more. I might not play with my dog or I may not Pray to God, but each will still love me even though I ignore them. At times I might shout or get angry with my dog just as I do sometimes when I question God; but guess what, just as God does, my dog still loves me and forgives me regardless of my bad actions. Just as God hears and answers our prayers in his own way, our dogs hear our calls and comes to us.

Have you ever noticed how your dog is the first to greet you when you return home, whether it’s only been ten minutes or months, wiggling a tail or jumping for joy. God is the same way! He welcomes you back into his flock with open arms even if you have ignored him or left him, turning your back on him through your actions for awhile. Sometimes just as your dog might seemed ignored and “nudge” you with a “paw” or a “lick” to the face, God will give you an “Ah Hah” Moment to show you that He is still there beside you!

Our dogs are there to give us comfort and to help us. Dogs visit hospitals and nursing homes to cheer people up and help with recovery. There are dogs that guide the blind as well as those that search for people that are lost and need to be rescued. There are support and therapy dogs that give comfort to those in need. Just as the old saying goes....“Be the kind of person your dog thinks you are”...likewise, “We should all be the kind of Person that God wants us to be!” Learn from the dogs’ example and the teachings of God, to give and spread unconditional love, to forgive others, and to help those in need. Spread God’s Love, His Word, and bring others into His Flock by our acts of kindness, love, and service to others.

The Trinity Family has a lot to be thankful for this year in the month of Thanksgiving. We also have many opportunities to share our thankfulness and love to others, being the disciples that God wants us to be by reaching out to the needy served by our missions.



## Trinity Missions Update

Carroll Thamert

**Santa's Angels** gives us one of those opportunities. They will have their next Facebook Auction on November 1-10 to raise money for gifts at Christmas. Delivery to the families will be December 23. As in the past, donations will be accepted and suggested gifts can be chosen by taking tags off the Christmas Trees located at both Worship Locations. Last year 151 families were helped by this worthy program. Your help is always needed, such as volunteers to serve and deliver gifts on December 23.

**HALO** has Trinity members serving meals the 3<sup>rd</sup> Monday of each month. Trinity could always use additional volunteers to serve and fellowship with others in this program.

**ASP** had its first interest meeting for the parents/youth on September 24 to begin planning for its next project in Appalachia. If you know of anyone who might be interested in participating or if you have a skill you would like to share, let the Church know. Donations and volunteers are always welcomed. ASP will be helping on an additional Monday each month this winter serving meals at HALO. They will also hold a fundraiser for their Summer Project in December with details coming at a later date.

**Hands and Hearts Ending Homelessness** will again be housed at the Seventh Day Adventist Church this winter. Trinity again will take part in the Cold Weather Project by serving meals the week of February 10, 2024. If you're interested in helping, look for future information and signups. The Trinity UMW have also signed up for a week in January.

**T-CAP** is always looking for volunteers and donations to help the Choices Academy. Last month they sponsored a Trunk or Treat Event that was very successful due to the Partnership of the Trinity Family and the Choice Academy's staff and students. Look for ways to help this worthy mission throughout the year.

**Joseph House** again has re-opened its doors to on-site meals for the homeless. Trinity has already helped by serving meals on the Tuesday it re-opened in October. Trinity serves meals once per month. Maybe you would like to be involved in this mission. A Thanksgiving Dinner is already in the planning stages.

**Giving Tuesday Project** - A new mission of Trinity, the Giving Tuesday Project under Kelly Shanahan's leadership, is scheduled for November 28. Details are in this Newsletter. Maybe this is a way for you to get involved.

**The Van Ministry** is up and running bringing more people to Jesus with the help of Trinity Volunteer Drivers on Sunday mornings. Guests from HALO and other organizations/locations in the community are being picked up for services at both the Sanctuary and FLC. Drivers are still needed for this outreach for God's Word.

**Salisbury Urban Ministries** is a mission that Trinity has supported for over 30 years as one of its founding Covenant Churches. Donations and volunteers are always needed to support the needy. Each Sunday, donations of food, clothing, snacks, hygiene items, etc. can be made after each Worship Service by using the available containers. We average 12-20 items each Sunday, but more could always be used since over 300 bags of food are distributed to the families and needy individuals of the County monthly. The Kid's Café that mentors 12 students in an after school and summer program as well as the Men's Welcome Center which provides needed items to the homeless are two other programs of SUM that could use your help. SUM, also, co-sponsors God's Kitchen which provides meals each Saturday morning out of Grace Church. Trinity helps monthly with this program. The following fundraisers for SUM could use your help: 1). The Pat Marvel Winter Survival Project/Care Package is scheduled for October-November to collect knit caps, scarves, gloves, socks, and hand warmers for the needy. Items can be donated in the Lazarus containers at both services or delivered directly to the Church or SUM Offices; 2). Containers are also in the Sanctuary and FLC to support the November "Spare Change, Change a Life" Fundraiser for SUM. Put your spare change in for the needy; 3). Look for the Fall Letter Fundraising Campaign or Giving Tuesday where donations can be made directly to SUM and the needy.

As you can see, a lot is happening at Trinity where each of us is being given an opportunity and a mission to spread God's Love and Word to others; an opportunity for each of us "to be the Kind of Person God wants Us to be" as well as "to be the Kind of Person our Dog thinks We are!" God Bless



## Santa's Angels

Santa's Angels began 34 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, 151 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 17, 2023. Volunteers are also needed for shopping, wrapping, and delivery. If you wish to help load and deliver, we will be delivering on Saturday, December 23, 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 [mrstool@yahoo.com](mailto:mrstool@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 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>5:30pm Game Palooza Night &amp; Pot Luck Dinner Fellowship Night</p> <p>7:30pm FLC Praise Team</p>	<p>2</p> <p>10am UMW "Ruth" Circle</p> <p>2pm ABC Study Group</p> <p>4:30pm Handbell Choir</p> <p>6:30pm Sanctuary Choir</p>	3	4
<p>5</p> <p><b>Communion</b></p> <p>9am Worship Service - Downtown</p> <p>10:30am Worship Service - FLC</p> <p><b>ALL SAINTS SUNDAY</b></p> <p><b>DAYLIGHT SAVINGS TIME ENDS</b></p>	<p>6</p> <p>1:30pm UMW "Deborah"</p> <p>3:30 Hebrew Class</p> <p>6pm Outreach &amp; Events Committee</p>	7	<p>8</p> <p>7:30pm FLC Praise Team</p>	<p>9</p> <p>9:30am Altar Guild</p> <p>4:30pm Handbell Choir</p> <p>5pm GriefShare</p> <p>6:30pm Sanctuary Choir</p>	10	11
<p>12</p> <p>9am Worship Service - Downtown</p> <p>10:30am Worship Service - FLC</p> <p>7:30pm Worship at HALO (Communion)</p>	<p>13</p> <p>3:30 Hebrew Class</p>	14	<p>15</p> <p>5:30pm Fellowship Night</p> <p>7:30pm FLC Praise Team</p> <p><b>NEWSLETTER ARTICLES DUE</b></p>	<p>16</p> <p>2pm ABC Study Group</p> <p>4:30pm Handbell Choir</p> <p>5pm GriefShare</p> <p>6:30pm Sanctuary Choir</p>	17	18
<p>19</p> <p>9am Worship Service - Downtown</p> <p>10:30am Worship Service - FLC</p> <p><b>STEWARDSHIP/ THANKSGIVING SUNDAY</b></p>	<p>20</p> <p>3:30 Hebrew Class</p>	<p>21</p> <p>5:15pm "The Unstuck Church"</p>	<p>22</p> <p>7:30pm FLC Praise Team</p> <p>7pm Community Thanksgiving Service</p>	<p>23</p> <p><b>THANKSGIVING DAY</b></p> <p><b>CHURCH OFFICE CLOSED</b></p>	<p>24</p> <p><b>CHURCH OFFICE CLOSED</b></p>	25
<p>26</p> <p>9am Worship Service - Downtown</p> <p>10:30am Worship Service - FLC</p> <p><b>FIRST SUNDAY OF ADVENT</b></p>	<p>27</p> <p>3:30 Hebrew Class</p>	<p>28</p> <p>5:15pm "The Unstuck Church"</p>	<p>29</p> <p>5:30pm Fellowship Night</p> <p>7:30pm FLC Praise Team</p>	<p>30</p> <p>4:30pm Handbell Choir</p> <p>5pm GriefShare</p> <p>6:30pm Sanctuary Choir</p>		

# NOVEMBER BIRTHDAYS

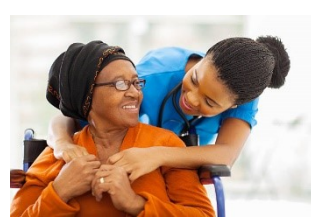


- |  |  |  |   |
|--|--|--|---|
| 1 - Chris Burkett<br>Patricia Derby<br>Briden Edney<br>Kevin Ireland<br>Cam Jackson<br>John Koch<br>Brian Ritchie<br>Carolyn Ryan<br>Jay Scott III<br>Alex Titus | 9 - Connor Banks<br>Nancy Chernoff<br>Chip Galloway<br>Ann Hudson<br>Jane Menzel<br>Dylan Pusey<br>Daniel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

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.

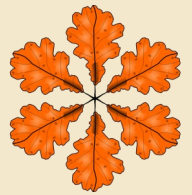
**Caregiving Scriptures:** **For I**, the LORD your God, hold your right hand; it is I who say to you, “Fear not, I am the one who helps you.” (Isaiah 41:13) **Fear not**, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous 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](#)



## November Nurses Corner

By Carolyn Lewis, R.N.



We are into fall and that means we are in the season where we see flu cases rise.

We are once again able to offer the flu vaccine for free thanks to a member of our congregation who donated the vaccine.

**Influenza**, also known as the flu, is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly.

It is estimated that in the United States, each year on average 5% to 20% of the population gets the flu and more than 200,000 people are hospitalized from seasonal flu-related complications.

According to the Centers for Disease Control, typical seasonal flu outbreaks cost employers some \$10.4 billion in hospitalization and outpatient visits— that number doesn't include the costs related to the worker being away from the job and lost productivity.

The precise timing and duration of flu seasons can vary, but activity often begins to increase in October, peak between December and March, and last as late as May.

People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue or tiredness

Some people may have vomiting and diarrhea, though this is more common in children than adults.

Those are the symptoms, but what can you do to help prevent contracting the flu?

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Another precaution you can take is by getting a flu vaccine. The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

Staying healthy is also important:

- Regular exercise
- Adequate sleep
- Proper diet
- Thorough hand washing
- And avoiding those who have the flu are all smart strategies for wellness.

People with weakened immune systems are more susceptible to the flu.

Encourage workers not to bring the flu into work and spread the illness to workers and to of course understand and comply with organizational policies for sick leave.

If you have not gotten your flu vaccine yet, please call the church office to make an appointment. Have a blessed Thanksgiving holiday.

### CONGREGATIONAL CARE

We had our first meeting of the visitation/ phone ministry group and we reviewed the names of those we thought would appreciate a phone call or a in person visit.

Some of our group have already made contact with some members and they really have enjoyed hearing from church family members.

Rev. Joe Burris is doing a great job of visiting the shut ins and also the nursing home residents as well as our members who are unable to get out and come to church.

We have two circles who are also visiting and calling some of our members in addition to the group of folks on our visitation team.

If you would like to participate in this ministry, please call the church office and let Sue or Carolyn know so we can let you know when our next meeting is going to be.

# RECIPE OF THE MONTH

Submitted by Carolyn Lewis

## Stuffing Crust Turkey Potpie

### **Ingredients:**

2 cups cooked cornbread stuffing  
3 to 4 tablespoons chicken broth  
2 oz. cream cheese, softened  
1/2 cup turkey gravy  
2 cups cubed cooked turkey  
1 cup frozen broccoli florets, thawed  
1/2 cup shredded Swiss cheese  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 cups mashed potatoes  
1/4 cup half-and-half cream  
2 tablespoons butter, melted  
1/2 cup french-fried onions, optional

### **Directions:**

- 1. Preheat oven to 350°. In a small bowl, combine stuffing and enough broth to reach desired moistness; press onto the bottom and up the sides of a greased 9-in. deep-dish pie plate. Bake until lightly browned, 10-15 minutes.
- 2. In a large bowl, beat cream cheese and gravy until smooth. Stir in the turkey, broccoli, Swiss cheese, salt and pepper. Spoon over crust.
- 3. In a small bowl, combine potatoes and cream; spread over turkey mixture. Drizzle with butter. If desired, sprinkle with onions. Bake until heated through and lightly browned, 20-25 minutes.

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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

