



Trinity Trumpet

Trinity United
Methodist
Church

September
2024

FROM THE DESK OF THE PASTOR

For so the Lord has commanded us, saying, 'I have set you to be a light for the Gentiles, so that you may bring salvation to the ends of the earth.' Acts 13:47

Summer is coming to a close and the busy season is quickly upon us. School is back in session with all the soccer and football games, the fall festivals and events, as we settle in to a new routine. Plus we have the election looming with all that it entails, and of course much ministry that needs to be done. But let us not forget our mission.

Trinity church council recently adopted a new mission statement as a result of our work from the Unstuck book in which all were invited to participate. We understand Trinity's mission is... **To make disciples of Jesus Christ for the transformation of the world by promoting worship, service and fellowship opportunities in our church family and in our community.**

This is a big mission, but it echoes from the Great Commission that Jesus gave in Matthew 28:18-20, and it builds upon the mission statement of The United Methodist Church. We have expanded it slightly to reveal our core values as those of worship, service and fellowship, and indicate our desire to build our church family as we reach out to our community. We intend to flesh this out even more with a new vision statement that we will begin crafting on Tuesdays at 5:15 p.m. starting September 3rd.

Nonetheless, with that as our mission, to make disciples through the avenues of worship, service and fellowship, one of the key things that each of us can do is to invite people to join us. Invite friends and family to worship. Invite them to serve at Halo, or Joseph House, or any of our other projects. Invite them to join us at our picnic, or our hymn sing. Invite them to fellowship through our Bible Studies or Men's or Women's ministries. But we need to invite them.

In the book of Acts, as the church was growing, we see the apostles going out into the community to reach people. At first they went to those they thought would be most interested, the Jews. But when the Jews rejected them, they went to the Gentiles, to those who were not like them, but who needed Jesus anyway. And they found that when they went to those who were on the outside of their social circles, they found people eager for Jesus, eager for transformation, eager to know God. As Acts 13: 47 reveals, they were a light to the Gentiles.

So many people need the light of Jesus, and we can share it simply by inviting them. They may say no. But they may say yes. So let's invite them. We have several opportunities for worship (every week), for service (also weekly), and for fellowship (several times a month). Invite someone to come with you, and walk alongside them as they begin the journey of discipleship.

Together we can live out this mission and truly make disciples of Jesus Christ for the transformation of the world.

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

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Lay Servant Ministries Academy

September 23, 2024 – October 28, 2024

Welcome to 2024 Fall Lay Academy!

Information about becoming a Lay Servant is available at the office but anyone is welcome to begin the process by taking the Basic Course offered at Trinity this year!

Classes will begin on Monday, September 23, 2024 at Trinity United Methodist Church, Jackson Building and conclude on Monday, October 28, 2024, meeting from 6:30 – 8:30 pm.

For those who have already completed the Basic Course, other course options include:

ENGAGING YOUR COMMUNITY: A GUIDE TO SEEING ALL THE PEOPLE, led by Rev Shane Moran

FOR THE COMMON GOOD: DISCOVERING AND USING YOUR SPIRITUAL GIFTS, led by Rev. LaVaughn Price

There are also two Saturday classes October 12, and 19 held from 9 am – 1 pm at Community UMC, located at 11227 Racetrack Rd. in Berlin, MD.

LIVING OUR UNITED METHODIST BELIEFS, led by Rev. Dale Brown

LEADING PUBLIC PRAYER, led by Rev. Karen Sadvari

The cost for the course is \$40.00. There is a registration form due by Sept 16.

More information is available at the office.



Dear Trinity,

As you may have heard, our Facebook pages for both the Downtown and the Family Life Center were hijacked some time ago. We made several efforts with Facebook to recover them, but to no avail. Therefore, we are launching new pages and we would like you to follow both of them for a few reasons. One, in order for Facebook to allow us to stream our services they have implemented a new policy that any such pages must be at least thirty days old and have 100 followers. So we need to get both pages to 100 followers in order to stream our services from both locations on Facebook.

Of course, we will be able to include announcements and pictures from events on these pages so they can be a useful resource to the church. We appreciate your willingness to help in this endeavor as we seek to make disciples for the transformation of the world by promoting worship, service and fellowship opportunities in our church and in our community.

<https://www.facebook.com/TrinityUnitedMethodistChurchSalisbury> (Downtown)

<https://www.facebook.com/TrinityFLCCampus/> (Family Life Center)

Co-worker in the field of the Lord,

Pastor Hayden



Fall Study Opportunities



VISIONING GROUP

Beginning on Tuesday September 3rd at 5:15 in the Jackson Building and lasting only a few weeks all are invited to attend our visioning team as we flesh out our new Mission Statement with concrete plans and goals on how to achieve the mission. If you attended the Unstuck study, your help will be invaluable, but all are welcome to attend.

LAY SERVANT BASIC COURSE (Led by Pastor Hayden)

The Lower Shore District Lay Ministries Academy is coming to Trinity and Pastor Hayden is teaching the Basic Course. This course is foundational for all courses in Lay Servant Ministries. Participants are encouraged to discover and employ personal spiritual gifts as God intended and to consider the importance of exercising servant leadership, developing future leaders, remaining rooted in consistent spiritual practices, and being part of a group that holds members accountable in their discipleship. It will meet on Mondays from 6:30-8:00PM for 10 weeks beginning Sept 23rd. There is a \$40 cost and a special registration form. (available in the office.)

PASTOR'S BIBLE STUDY

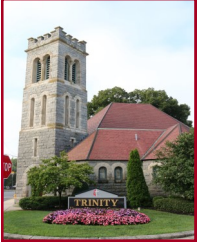
This fall we will offer another opportunity to study the Word of God with Pastor Hayden, but the format will be different. We will be including the Pastor's study during our Family Nights at the FLC on Wednesdays beginning September 18th from 6-7pm. This will be an open study so that people can join at anytime as we encourage invitation to the group. (We will have food starting at 5:30).

ACTIVE BELIEVERS CHRISTIAN BIBLE STUDY GROUP AND MISSION

Active Believers Christian Bible Study Group (ABC 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 2:00 –3:00 pm at the Jackson Building on the 3rd floor.

In addition to the study group, we have a mission to supply food to Halo Ministries which is one of our local homeless shelter. Active Believers Christian Study Group members donate and coordinate buying food for HALO's Cafe. Open 7 days per week providing 3 prepared meals a day to anyone who comes to eat, you can imagine the needs they have particularly with the price of food so high. High food prices are causing more people to need this valuable community resource. Our most recent purchase and delivery of food to the café included Jam, milk, cheese, sugar, spaghetti sauce, Pop Tarts, and ground beef. Halo tells us what they need most, we purchase it from Sam's club and deliver it to HALO. Many of the items purchased are staple items used with other food donations to make an actual dish to serve. Won't you please consider donating to this important mission? You may send a check to the church office and in the memo, section write ABC Mission-HALO. Thank you so much for helping our less fortunate neighbors.





Membership News

DEATHS

February 23, 2024 (notified 7/24)

Virginia Lehman Wiese

May 30, 2024

Patricia Heath

July 6, 2024

Joseph Bernstein

July 15, 2024

Lois Wootten Shockley

Welcome



Sarah Jensen-Smith

Greetings Trinity UMC family! Sunday School kicks off on September 8, 2024!! My name is Sarah (Jensen-Smith), and I am excited to be your new Sunday School teacher! I have a passion for teaching children the Bible using music, crafts, games, and lots of interaction. I look forward to sharing God's love with them, I will need at least one volunteer every Sunday; it's a great way to nurture spiritual growth and spend quality time with the future of Trinity UMC! Please consider volunteering.

May the Lord Bless You and Keep You,
Sarah



United Methodist Men

By Carroll Thamert

Calling All men of Trinity UMC! With the Fall Season upon us, the United Methodist

Men of Trinity will again meet the 2nd Monday of each month at the dinner hour. If you're looking for good conversation, meaningful Christian fellowship, and excellent food, join us for the first meeting of the Fall on Monday, September 09, 2024 from 6:00-7:00 pm at The Deli at Pecan Square, 1210 Nanticoke Road, Salisbury, MD . This will be an organizational and planning meeting for the year. Please bring your ideas!

CHARGE CONFERENCE

November 16, 2024

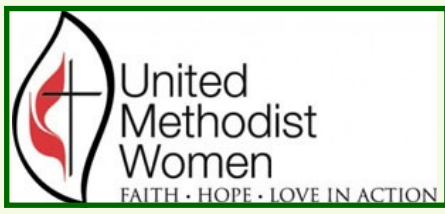
10:00 p.m.

Family Life Center

SCHOLARSHIP INFORMATION

To all high school seniors, or those intending to go to college next year, we want to inform you early about the Trinity Scholarship program. We invite students who regularly attend (at least once a month) and who are active in the church (missions, youth group, events, etc.) to apply for our Trinity Scholarship next spring. We look forward to helping these students attend the college they choose, and we want to make sure we can invest in their lives before they go off to school. Therefore, attendance will be a qualifying factor in eligibility. We look forward to worshipping with you this year!





UNITED METHODIST WOMEN

Let your Light Shine before others, so that they may see your good works and give glory to your Father who is in heaven. Matthew 5:16

As we enter this beautiful month of September, many of our activities that took a break during the summer months will be starting up again including those of Trinity's United Methodist Women!

All three of the UMW circles will begin meeting again in September with some exciting new book and Bible studies! Please check the weekly church bulletin for exact days, times and locations of the circles as some of these have changed. Our next executive board meeting will be on Wednesday, August 28th at 1:00 in the JMB. We will be discussing our plans for the remainder of the year. I encourage all the officers and circle leaders to attend.

Our annual fall luncheon and program will be held at Noon on Tuesday, September 24th at the FLC pavilion. Pastor Reverend Vaughan Hayden will be our speaker. This will be a brown bag lunch with drinks and dessert provided. All the women of Trinity are invited to come and learn more about the activities and local mission projects of Trinity's UMW.

Our fall fundraiser will be a baked goods table at the Holly Jolly Shoppers Fair on Saturday October 12th at the FLC from 9:00-3:00. We will have lots of yummy fall and early Christmas baked goodies so come on out and do some early Christmas shopping as well as support Trinity and the United Methodist Women's local mission's projects.

The annual UMW fall dinner hosted by the United Methodist Women of Asbury UMC will be held at Asbury UMC on Wednesday, September 25th at 6:00 pm in their fellowship hall. The speaker will be Kate Douglas who will provide an overview of the Big Brothers Big Sisters organization of the Eastern Shore. If interested, please RSVP to your circle leader or to Star Weaver 410-474-6583 by Wednesday, September 18th.

I am looking forward to the start of our activities in September! If you have questions about UMW or any of our circles or activities, please don't hesitate to contact me.

Fall Blessings,
Jennifer Doyle
UMW President
410-430-8869



By Carroll Thamert

With a busy Fall right around the corner, I sincerely hope that you have had an enjoyable, restful Summer. If you're like me, it seems that as I get older the seasons get shorter. Before you know it, the year has come and gone! It seems that the world is so fast paced anymore. Before you can say goodbye to the summer, the school bells are ringing. The many meetings are called to order, the programs are scheduled, and the appointments are booked. Of course, all of this is done while still taking time to root your children/grandchildren on in their games. Political ads or signs are everywhere, and, well, you get the idea. Halloween, Thanksgiving, and Christmas will have come and gone in the snap of your fingers. If this fast paced lifestyle is not enough, social media and the news reminds us each day of the chaotic times we live in. The headlines are filled with war; rumors of war; crime; natural disasters; riots/protests; political/cultural division; and potential assassinations. Counterculture, disrespect, COVID, and Active Shooter School Drills are words we are hearing more often. The war on Christianity seems to be heating up in the world with outright mockery. I know many of us are worried over what kind of world are we passing on to our children and grandchildren.

Sometimes I long for the "good old days" when Mom and Dad brought me up in a small town on the water where you knew all your neighbors and everyone seemed to care, looking out for each other. I was born a so called "Boomer Baby" in 1950. I have lived in 8 decades, 2 centuries, and 2 millennia as many of you have. Probably if I'm truthful, my parents, if still alive today, would dispute this. They would point out that their worries for their children growing up in the 1950s and 1960s were just as bad as mine today. They would point out that during my elementary years, we were recovering from major wars, that I was faced with Atomic Bomb Drills in the school hallway because there was fear of nuclear annihilation by the "Bomb". The Polio scare was the COVID of this period often devastating families. They would tell me my teenage years of the 1960s ending with my graduation and first 2 years of college, were filled with the periods of darkness: the Cuban Missile Crisis; the Vietnam War; riots; crime; assassinations; political and civil unrest on the streets and college campuses; and the counterculture revolution of "Flower Power". They would also remind me that the war on Christianity started at this time when an atheist mother got prayer banned from schools! You see, our parents had their worries about the world that they were passing on to future generations just as we do today. The problems and worries sound similar. Time marches on, but some things never change, they just go by new names. History sometimes repeats itself; mankind continues to not learn from their mistakes. However, the Truth helped to give us Light in the darkness and set us free, and will do the same today for all that seek it.

My parents helped to shield me from the problems of their day by their love and caring nature. They built a great foundation for me with their belief in honesty, hard work, lending a helping hand, and, above all, a strong faith in God. Through their prayers and actions, they showed me that there is always one constant regardless of the dark times we all might face: God is always with us and is in Control, guiding us through the storms of life. The Light always shines in the darkest periods through the Saving Grace of Jesus. Like the commercial on television says, I have become my parents! Now that doesn't mean that I didn't rebel against their beliefs. Can you believe that my Dad had the audacity to say that the "Beatles" with their long hair played the "music of the devil"! At 74 years of age I might not move to the music like I use to, but I still listen to the Fab Four and sing their songs! However, like my parents before me, I take my fears and worries to God. (By the way, I can't stand some of the music that my children and grandchildren play on the car radio!)

Yes, I've become my parents and worry about the world we are leaving future generations! Like my parents, I've leaned on my faith in God being with us every step of the way as we navigate the hills and valleys of life. Like my parents before me, I pray for guidance and I know that God will provide. He will bring people into our life at the times when we most need His love and guidance. It is like the television show that my parents religiously watched back in the day and I still watch every morning in reruns to start my day, "Highway to Heaven" where God, "The Boss", sends an angel in human form and his buddy to help those in need on their life journey. Now, I don't know about real angels, but I believe, like my parents did, that God brings other people into our lives at the most critical times. As I look back, I see the many "angels" that have helped me starting with my parents. There were my teachers in Sunday School, regular school, and college as well as my many coaches that directed me. There were friends throughout life, then and now, that I could always depend on to keep me on track. My wife of over 45 years, that I believe God brought into my life at a critical time, has been my "rock" in the good times as well as the bad. My wife was instrumental to introducing me to the Trinity Family nearly 50 years ago. It was here that my faith in God and Jesus has come full cycle through the guidance of the "angels" of The Church: the friends, leaders, and pastors (past and present) that God has Blessed me with.

Through their guidance and examples they directed me to the true "Highway to Heaven": Exodus 14: 14—"The Lord will fight for you....There will always be trials and tribulations in life, but God will carry you through every storm in life. And give you strength to make it....Praise Him."

John 14: 6—"Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but my me".

Even though the world past and present seems to be in perpetual darkness and chaos, the Light of God through the saving Grace of Jesus is the path that will get us through only if we accept the Truth and the Way. Thankfully we have a Church, Trinity UMC, that has given us the opportunity to find this highway to salvation over the years through its programs, its missions, and its study of the Bible. What's more, God has blessed us with great pastors, such as Rev. Gordy that was my mentor early on, and Rev Dr. Hayden today, who preaches the true map to Heaven each Sunday, the Bible.

The Missions of Trinity

We can be the angels to spread God's Love and Jesus Salvation to the community/world just as others have done to us. We can pray. Time, talents, and money can be donated. It could be like one of our newest members does: invite his friends and family to Trinity while translating the sermons in their native language. It could be driving the Van. It could be praising God through singing in the choir, lifting voices in the praise group, or playing an instrument for the Glory of God. The Tuesday Prayer Group, the Grief Support Group, and Sunday School are available to find guidance and comfort. It could be serving on one of the church committees where your expertise could be put to work. And there are the Missions of Trinity that will be back in full swing for the Fall:

...Maybe you would like to bring a smile to a student or staff member of Choices through T-CAP.

...If helping the needy, the homeless, and the hungry of the Community, volunteers are always needed at The Joseph House, Salisbury Urban Ministries, God's Kitchen, and HALO.

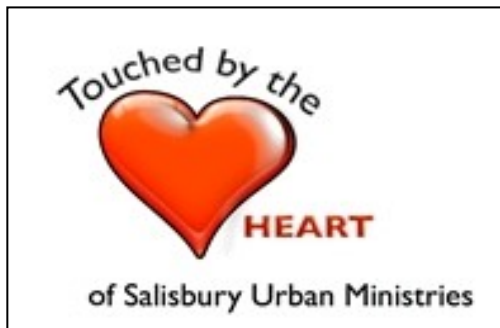
...Santa's Angels is there for those who like to gift of love showing the real meaning of Christmas during the Season. Look for auctions that will be coming up soon to help this worthy mission.

...It won't be long before Hearts and Hands will be looking for help for the needy and the homeless.

...HOPE which helps those with drug addiction can always use the help of others.

...The Van Ministry can always use more drivers.

There are definitely other ways to spread Gods Love for each of us. Together we can be the "Angels" that lead others out of the darkness and to the true "Highway to Heaven", JESUS THE SAVIOR, Amen!



Salisbury Urban Ministries

The work of Salisbury Urban Ministries never slows down for a change in the seasons. The need for help for the needy, the hungry, and the homeless is always at full throttle. Trinity UMC, as one of the original Covenant Churches, has always supported SUM through volunteering, praying, and donations. With fall upon us, the Kid's Café is hard at work in its after school program geared for 12 students from East Salisbury Elementary School. God's Kitchen serves lunches to the needy on Saturday Mornings. The Men's Welcome Center, though not open, still provides warm clothing, snacks, and hygiene items to the homeless on the streets, in the parks, and in the camps.

The Lazarus Food Pantry of SUM is hard at work from 10-12 on each Tuesday and Thursday providing bags of food for the needy of the community. There are also two satellite pantries in Willards and Pittsville. With the state of the economy and food prices, the need seems to be growing. In June of 2024, the Food Pantry with a data base of 1,666 families, spent \$3,096.94 on food, while handing out a total of 335 bags of food (166 Govt purchased food/169 grant, donated, purchased food) assisting 156 families, 287 individuals, and 2 with food only.

Volunteers are always needed for SUM's programs. You can call Mon-Thurs at (410) 749-1563 from 9-12. Donations can be made each Sunday after both services at the Downtown Trinity Sanctuary or at the FLC or during the week in the Church Office. Monetary donations can be made by check with food pantry in the memo section. Food can be donated at 326 Barkley Street, Mon-Thurs, 9-12 Mon-Thurs. Orders of non-perishable items from Amazon and WalMart can be sent to SUM. Your help is appreciated.

Upcoming Events

September 21 - Mystery Tea Excursion

December 8 - Christmas Church Tour

T-CAP

In July T-CAP members welcomed the new principal at Choices Academy, Mr. Matt Brady. When we shared our activities supporting students and staff, he was very impressed.

We have planned monthly activities for staff thanks to the generous support of our congregation and donor gifts. At the conclusion of summer school at Choices, the staff was treated to an ice cream social. Thanks to Carroll Thamert, Becky Taylor, Martha and John Usilton for providing toppings and/or serving the ice cream. Another ice cream treat is planned for those staff returning for the school year. Gift cards will be provided monthly to students displaying positive behavior and attendance. Our prayer circle will continue this year, providing prayers for interested staff twice per month around the flagpole. Jenette Kauffman will be shopping soon for fleece that we are planning to use for our now famous "No Sew" blankets. Students helping with this project will be able to take the blankets home for themselves or a family member.



Camp Firelight: A Summer Camp Adventure with God

What a wonderful time children, leaders and volunteers had at VBS this year! The first since COVID, 25 children attended 3 evenings of activities ending with an ice cream social for all including parents. Bible stories, science projects, crafts and games, music, dancing, and puppet show all centered around Psalm 56:3, "Whenever I'm afraid I put my trust in you." My granddaughter still sings the songs in the car! This was an experience that will stay with all the children.

It would not have been possible without the many volunteers from Trinity and Bethesda. These folks worked hard to prepare our space with awesome decorations in the fellowship hall and the third-floor hallway and classrooms. They conducted and worked together on all the activities needed to make this happen, having fun along the way. Let us hope next year's VBS will be as enjoyable as this one!

Mark Your Calendars



September 1 - 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 2 - Church Office Closed

In observance of Labor Day

September 8 - Grandparents Day/Sunday School Begins (Downtown)/3rd Grade Bibles Presentation

Bring your grandchildren to Sunday School as we highlight the little ones that make us Grand!

September 22 - Trinity Goes Purple Sunday/Trinity Family and Friends Gathering

Join us in donning your best purple outfit as we raise awareness about substance misuse, treatment, prevention and recovery in our community.

Join us at Noon at the Family Life Center for an all church gathering. Bring a side dish to share as we enjoy hamburgers and hot dogs, and fun activities for the children.

October 6 - World Communion Sunday

This is one of our UM Special Sundays that allow us to take a special offering for worldwide scholarships.

October 11-12 - Holly Jolly Shoppers Fair

Come shop our local vendor tables for those early, unique Christmas gifts! There will also be fun music by Jerry McClymont and great food by Sam Ennis' Malibu Beach Eats food truck, along with a bake table and silent auction items to bid on.

October 20 - Laity Sunday/Pick A Hymn Potluck

This special Sunday of the year features and focuses on the ministry of the laity, and allows for greater participation. Beginning at 5:00 p.m., this will be a fun evening of singing and fellowshiping together.

November 2 - Fall Campfire With S'mores

Join us at the Family Life Center for a firepit evening with singing, s'mores and family fun.

November 3 - 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. This special worship service highlights and honors the saints from our fellowship that have gone to be with the Lord. A moving worship service.

November 16 - Charge Conference

We will be joining with eleven other UM Churches throughout Salisbury for a joint Charge Conference and worship service at Family Life Center at 10:00 a.m.

November 17 - Mystery Dinner "U-Solve-It"/Stewardship Sunday

Remember to bring your Stewardship Response Cards to worship.

Come join 5:00 p.m. in the Jackson Building. Bring a dish to share as we find ourselves as the key to solving a mystery. Teams will have to work together to discover clues, interview witnesses and solve this unique adventure.

November 24 - Christ the King Sunday

November 27 - Thanksgiving Eve Worship Service

This year's service will be held at Asbury UMC. We will be joining with other local UMC churches again to celebrate all that God has given us as we worship together for Thanksgiving.

November 28 - Thanksgiving Day

December 1 - Communion 1st Sunday of Advent

December 8 - 2nd Sunday of Advent/Salisbury Urban Ministries Christmas Church Tour

From 1-2:00 p.m. Feel the spirit of the season as we share hope, joy, and the true meaning of Christmas. The churches on tour include Asbury, Bethesda, Grace, St Andrews, Trinity and Wesley Temple.

December 15 - 3rd Sunday of Advent

December 22 - 4th Sunday of Advent

December 24 - Christmas Eve Worship

December 25 - Christmas Day



Trinity Family & Friends Gathering



Join us for Food, Fun and Fellowship

Who: Trinity Members, Family & Friends

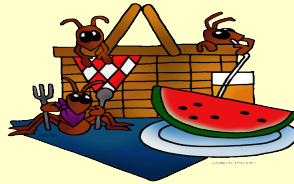
When: Sunday, September 22nd at 12:00 p.m.

Where: The FLC Pavilion

What: Food, Bounce House, Music, Games & more

RSVP: To the Church Office at 410 749-5562 by September 9th if you plan to attend.

*** Hot dogs, hamburgers, ice cream and beverages will be provided. Please plan to bring a dish to share. Side dishes and salads preferred as we will have lots of ice cream!!!!**



Thank You

Thank you Trinity for the thoughts, prayers and cards.

Sincerely,
Becky Taylor

Dear Trinity Church,

We want to thank you and the drivers for picking up HALO guests on Sunday mornings. Your faithfulness is so appreciated, as the guests worship at both of your locations. It is a blessing to have these resources.

In Gratitude,
The HALO Family

SALISBURY URBAN MINISTRIES

DONATIONS NEEDED FOR:

LAZARUS FOOD PANTRY

- Canned Spam
- Cereal Bars
- Boxed Scalloped/AuGratin potatoes

KIDS CAFÉ

- Small Bottled Water

MEN'S WELCOME CENTER

- Body Wash
- Bug Spray
- Peanut Butter – Cups or Squeeze

Donations can be dropped off at
Salisbury Urban Ministries Office
326 Barclay St
Or call 410-749-1563



SEPTEMBER BIRTHDAYS

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

Andrew Emge
Rosemary Greenwood
Jack Kostelac
Valerie Landon

Matthew Shores
Katherine Slaughter
Staci Sousa

Andrew Haldeman
Joey Kutchen
Eleanor Marquez
Paige Paxton
Tracy Shannahan
Jason Thompson

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

10 - Vicki Bozman
Remi Howard
Parker Mason
Michael Moses

17 - Fernando Acle
Griffin DelGaudio
Andrea Fletcher
Michael Hannemann

25 - Mulan Bell
Mark Brennan
Greg East
Lesley Grier
Mark Nay
Naman Nay

3 - Serena Alfano
Jim Lackie
Joe Paradis
Jamison Price
Shannon Thomas

11 - Allison Hooper
Ryan Nelson
Sally Rankin
Addy Seagraves
Charles Strickler

18 - Gary Breeding
Mary Sue Gladden
Kay Hopkins
Connor Mason
Matthew Morris

26 - Kyle Mills
David Morris
Vera Patterson

4 - Vonda Rossi

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

19 - Linda Hearn
Scarlett Johnson
Noldo Oneus
Taya Robertson

27 - James Crouse
Julia Early
Lucia Orbino
Marisa Post

5 - Cory Baysinger
Jenna Bowne
Heidi Galloway
Becky Merritt
Joseph O'Brien
Albert Townsend

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

20 - Wayne Blades
Baker Custis

28 - Blair Ritchie
Dan Todd

6 - Jordan Jones
Kellie Noonan

14 - Charles Meeks
Beryl Whaley

21 - Sonny Chiofalo
Nathanel Dees
Rex Hammer
Jamie Lawson
Cheryl Sandt
Maureen Truitt

29 - William Brumbley
Katie Burkett
Erin Carlisle
Elizabeth Lawson
Hanna Nechay
Dale Pusey
Louise Robertson
Carter Smarte
Matthew Webster

7 - Sam Edney
David Irvine
Mary Johnson
Kristen Messick
Carter Thomas
Fran Tracy-Mumford

15 - Case Dempsey
Katie Jones
Tom Lewis

22 - Missy Covert
Katie Oldham
Ruth Richins
Kim Snyder

30 - Chad Culver
Bill Lankford
Robert Mulford
Nancy Murphy
Londan Showell
David Thompson
Diane Tull

8 - Curt Hickman

16 - Ann Marie Barnes
Joseph Duncan
Lorna Lyster
Blaine Mason
Jami Myers
John Phillips

23 - Craig Booth
Eugene Ely
Julie Peters

24 - Spencer Brown
Christina Danzi
Erin Douse
Sheree Draucker

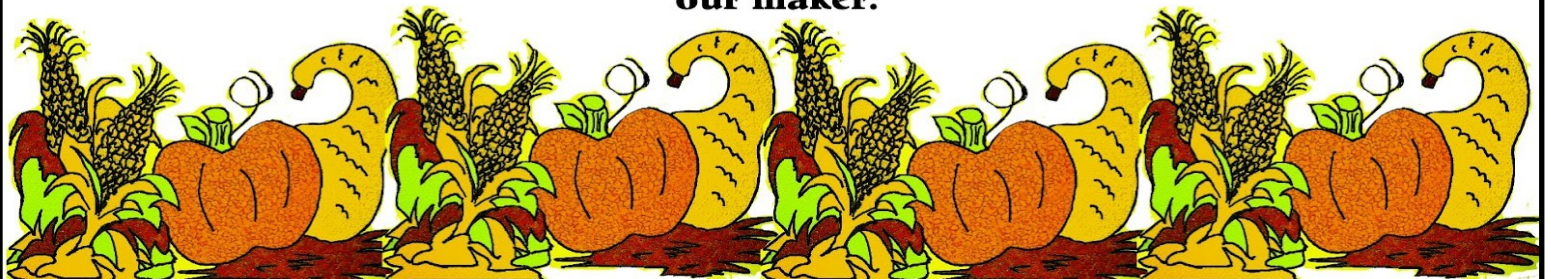
9 - Kylor Berkman

Psalms 95:1,2,6

O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation.

Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.

O come, let us worship and bow down: let us kneel before the LORD our maker.





September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Communion 9 am Worship Downtown 10:30 am Worship FLC	2 LABOR DAY Church Office Closed 3:30 pm Hebrew Class	3 1 pm UMW "Esther" 5:15pm Visioning Team	4 7:30 pm FLC Praise Team	5 2 pm ABC Study Group 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	6	7
8 Sunday School Begins (Downtown) 9am 3rd Grade Bible Presentation GRAND-PARENT'S DAY 9 am Worship Downtown 10:30 am Worship FLC	9 1:30 pm UMW "Deborah" 3:30 pm Hebrew Class 6pm UMM—Pecan Square	10 2pm Prayer Group 5:15pm Visioning Team	11 7:30 pm FLC Praise Team	12 9:30 am Altar Guild Meeting 4:30 pm Handbell Choir 6pm Outreach & Events Committee 6:30pm Sanctuary Choir	13 10am Visitation Committee	14
15 9 am Worship Downtown 10:30 am Worship FLC October Trumpet Articles are due	16 3:30 pm Hebrew Class	17 5:15pm Visioning Team	18 5:15 Missions Meeting 5:30pm Bible Study 7:30 pm FLC Praise Team	19 10:30am UMW "Ruth" 2 pm ABC Study Group 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	20	21
22 GO PURPLE SUNDAY 9 am Worship Downtown 10:30 am Worship FLC 12pm Church-Wide Picnic	23 3:30 pm Hebrew Class Lay Academy	24 12pm UMW Luncheon 2pm Prayer Group 5:15pm Visioning Team	25 1 pm Christian Book Club 5:30pm Bible Study 7:30 pm FLC Praise Team	26 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	27	28
29 9 am Worship Downtown 10:30 am Worship FLC	30 3:30 pm Hebrew Class Lay Academy		12			



Dance as a Healthy Activity
Health Outreach Ministry
Dot Baker, RN



Have you ever danced? Can you dance? Do you like to dance? Do you ever dance?

Well, here is the bigger question: Shall we dance now?

The American Public Health Association's recent "Healthy You" publication by author T. Nicolaus offers extensive information about the value of dance in our healthy lifestyle plans.

What is dance? Your body is moving in rhythm to something – usually to music. The purpose is to express an idea or emotion, to release energy, and/or to enjoy the movement itself. Dance is "art in motion." Dance can use very simple movements or can be intricately choreographed with deliberate (simple to complex) movements to tie the "art" and the "ideas" of movement together. Dance can help you express feelings and emotions and turn those into motion.

What are types/genres of dance? Dance is a universal art form of expression, communication, and creativity that transcends language and culture (online definition). Examples of types of dance include: ballet, salsa, hip-hop, jazz, disco, classical, folk, modern, western, spiritual, and cultural (such as Greek, Native American, African-American).

What are the benefits of dance? Dance can improve heart, lung, brain, & mood health. DEVELOP/maintain young and aging motor, balance, coordination, posture, flexibility skills and functions. RELEASE endorphins (feel-good chemicals). PROMPT cognitive recall of steps and actions. PROMPT creative juices to make up own movements and actions. STIMULATE musical and dance memories (yes, could be that you were a gangly teen who always stepped on your partner's feet or bounced aimlessly about the dance area OR that you were a suave and talented ballroom dancer OR somewhere in between these talent levels). NEWS ALERT: Dance can grow and boost "social connections." B. Stieg (11/15/23) asserts that these connections foster relationships, meaning, and a "healing power" to counteract loneliness and isolation. Find folks to share these benefits. NEWS MESSAGE: Dance can include everyone – folks who use walkers, scooters, wheelchairs, canes; who have hearing and/or other sensory difficulties; who may welcome encouragement and sense of community.

How can we use dance in every step of our day? THINK about formal dance classes and/or less formal actions. CREATE your own dance opportunities at home, at school, in the office, at social events, in the park, in the gym, around the church, in your car with care to stay focused on driving actions. STEP it up while you cook. WALTZ around the church kitchen or fellowship hall. JOIN a group setting. FIND your rhythm while you fold laundry, walk dog, shower, do dishes. ENJOY music of life such as rain, wind, birds. BREAK to dance as you step away from your desk and use your footwork. TUNE in, stand up & sit down 10 times; add some fun arm & shoulder moves. ADD UP small moves as you set a phone reminder – one weekly dance hour mimics a walk from Chicago to Indianapolis – 183 miles. BUILD family and friend relationships.

Find out what touches your heart and concentrate on how it feels to move your body – not how you might look.

Scripture: Scripture reminds us to move, express joy, and use music and dance to serve the Lord with gladness --enter His gates with thanksgiving and a song-- connect with Him-- build community-- take care of our bodies-- show our faith and relationship with Him. Sillfaith offers 83 scriptures about dance @ [83 Bible Verses about Dance \(KJV\) | StillFaith.com](#)

So, reap dance benefits: play the music and start your dance moves by yourself, with a partner, and/or with a group.
Enjoy your life as you dance, dance, dance....

Holly Jolly
SHOPPERS FAIR

FOOD TRUCK!
Malibu's Beach Eats
Owner, Sam Ennis

LIVEMUSIC!
Cup of Joe
Jerry McClymont
NOON-3PM

FRIDAY, OCT. 11 | 4PM - 7PM
SATURDAY, OCT. 12 | 9AM - 3PM

TRINITY UNITED METHODIST CHURCH
FAMILY LIFE CENTER
31193 MT. HERMON ROAD
SALISBURY, MD 21804

Shop our vendor tables for those early, unique Christmas gifts!

SILENT AUCTION & BAKE TABLE!

HOLLY JOLLY NEEDS YOU:

Vendors:

We still have space for vendors.

Volunteers:

Volunteers are needed to help at the event on Saturday and for set-up the week of the event.

Bakers:

The UMW ladies will be manning our bake table. We are in need of baked goods for the table.

Silent Auction Items:

We need volunteers to solicit silent auction items. We are also collecting items if you have a new item that we could auction.

If you are interested in helping in any of these areas, please call the church office at (410) 749-5562.

All proceeds will go to benefit Trinity ministries.

2024 Holly Jolly Shoppers Fair Volunteer Form

Name: _____

Address: _____

Phone Number: _____

Email: _____

I would like to help with:

- _____ Advertisement – Hanging posters around town, posting the flyer on my social media pages, etc.
- _____ Set-up and decorating the week of the event
- _____ Volunteering on Saturday during the event
- _____ Clean-up after the event on Saturday
- _____ Baking something for the bake table
- _____ Soliciting for or donating a new item or gift certificate for the silent auction



Save the Date

“Christmas Church Tour”

Sunday, December 8, 1:00 PM

Supporting Salisbury Urban Ministries

Outreach Programs

**Experience the magic of Christmas
with our enchanting Church Tour!**

**Join us for a festive journey through the
heartwarming traditions and timeless beauty of our
decorated sanctuaries. Feel the spirit of the season as
we share hope, joy, and the true meaning of
Christmas. The churches on tour include:**

Asbury, Bethesda, Grace,

St Andrews, Trinity and Wesley Temple.

Don't miss out on this special holiday experience.





Trinity United Methodist Church
112 High Street
Salisbury, MD 21801

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SALISBURY, MD 21801
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Contact Us:

Visit us on the web at
<http://www.trinityumcsalisbury.com>

Church: 410-749-5562

Fax: 410-749-8830

E-mail: trinity@trinityumcsalisbury.org

Office Hours: Monday - Thursday

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

Lunch: Closed one hour

Friday

8:00 a.m. to Noon

