



Trinity Trumpet

Trinity United
Methodist
Church

September
2025

FROM THE DESK OF THE PASTOR

1 Timothy 2:1-2 First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for everyone, for kings and all who are in high positions, so that we may lead a quiet and peaceable life in all godliness and dignity.

I am so thankful for our prayer team at Trinity. Last year, after preaching about the importance and efficacy of prayer I asked Ruth Ann Savage to lead Trinity's prayer group. Once she accepted that role, she told me that it had actually been a sort of calling on her life for quite some time and she was glad for the opportunity to step into God's calling for her.

Every two weeks we meet to pray about the concerns that people turn in to us through prayer cards in the pews, Connect Cards at the Family Life Center, phone calls, visits, emails, and even through a form on our website. Ruth Ann compiles a list to ensure that each concern or person is mentioned in prayer that week. Then she chooses who will receive a blessing card informing them that we have prayed for them today. We pray for all the names but do not send the cards to the same people each week. Each card is signed by all who were in attendance. Currently there are between six and ten each time we meet.

We also take time each session to have a devotion and usually a song or two so we can truly be in worship together. And we pray for the church. We pray for Trinity, we pray for our committees, our events, our leaders, our staff our projects and all the ministries to which we are connected. And then we pray for our communities, our families, our nation, our rulers, our society, and our world. There are so many things to pray for.

No one is pressured to pray but everyone is invited to pray.

And often we hear stories of how our prayers have been effective in the lives of those whom we have lifted in prayer. Often from far away.

Never underestimate the importance of being prayed for.

I have noticed on more than one occasion as I visit a shut-in that they have their prayer card prominently displayed. They are glad that they have been prayed for. Often times there are cards from many Trinity members on display, who have prayed for the individual and have sent a card.

When I was 21, I took a summer missionary trip to Phoenix, Arizona. Of course I asked everyone I knew to pray for me. When I returned at the end of the summer I visited a church in Baltimore, which was about sixty miles away from where I lived at the time. On the back of their bulletin was their prayer list and I was floored to see my name on it. They had been praying for me, and they didn't even know me. It still warms my heart. To me, one of the best ways to care about someone, is to pray for them, even if you don't know them. Because the one we pray to, certainly does!

So make sure you check the prayer list each week, and pray for those, even if you don't know them. And if you find the time, come pray with the prayer group. It will be a blessing for you and for others.

Co-worker in the field of the Lord,

Pastor Hayden

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READINESS 360

Welcome: An Overview

Multiply your impact.

Introduction

Trinity is taking seriously our call to make disciples of Jesus Christ for the transformation of the world. To that end we are asking you to take an online survey called Readiness360. (It should take 20 minutes.)

The Readiness360 survey will help us identify opportunities for strengthening our multiplication DNA through assessing our spiritual intensity, dynamic relationships, missional alignment, and cultural openness. After a critical mass within our congregation takes the online survey, we will report back our findings and discover next steps together.

[Click here](#) to log in and type in our congregation's survey code: **1816153352**

Or you can use this QR code but you still need the code: 1816153352

If you need help, please contact: Abby Butler-Cefalo, abcefalop@pdcwbc.org, or Bill Brown, bbrown@bwcumc.org



Thanks in advance for helping our congregation assess and grow into God's preferred future. **PLEASE COMPLETE BY SEPT 14!**

What is it?

Readiness 360 is an online tool used to measure & strengthen the four areas of "multiplication DNA" – its capacity to multiply like the church in the book of Acts. Readiness360 will uncover beliefs and behaviors in your faith community that will either accelerate or slow down your ability to grow and multiply. Readiness360 measures "multiplication DNA" by assessing four areas (listed below) present in faith communities. These 4 areas are the building blocks that multiply a faith community's witness and impact. Readiness360 has been designed to give useful feedback for congregations to understand how ready they are to embark on a new initiative that creates new places -- inside and outside the walls of the church -- for new people in a wide variety of approaches.

The 4 Theme Areas in Detail



Spiritual Intensity.

All of the great church movements worldwide are intense spiritually, marked by a deep love for God and a surrendering to what God is seeking to do through human beings. Understanding the degree to which a spiritual fire burns within the hearts and souls of those leading and participating in the life of the church is critical. Is your congregation driven by its passion for Christ?



Dynamic Relationships.

Good habits and skills for leading new persons into a deeper relationship with God through Christ is vital. Healthy congregations work as a system to accomplish this. Your relationships with others directly impact the strength of your evangelism muscle. How dynamic and healthy are your relationships with those inside and outside your church?



Missional Alignment.

The degree to which a church consistently prioritizes investment of its resources (time, talent, treasure) according to a biblical vision and mission indicates readiness in this dimension. It is critical that your church's plans, major initiatives and pruning of ministry stem clearly from a biblical vision/mission and drive for fruitfulness instead of from habit. Does your activity flow from your stated values?



Cultural Openness.

Since the first century, effective churches have been reaching across cultural boundaries to share the Christian good news with diverse people, who begin with different experiences, perspectives, and stories. Churches that exhibit fortress behaviors or who spend excessive time mourning social change often have difficulty sharing life with new kinds of people. Does your congregation exhibit a capacity for embracing people from diverse cultures?



Trinity Partners With Bethesda **UMC**



We're excited to announce a new partnership between Bethesda UMC and Trinity UMC! This collaborative effort, called *The Bethesda-Trinity Partnership Ministry*, will allow us to grow together in faith and fellowship.

As part of this new partnership, we will share Sunday School programs for children in grades K–5 and join together for youth ministry activities and events. In addition, all Bible studies at either church will now be open to members of both congregations, offering more opportunities for spiritual growth and connection.

We believe this partnership will strengthen both of our churches as we work together to nurture faith in all ages. Stay tuned for more details and upcoming events!



SUNDAY SCHOOL BEGINS SEPTEMBER 7TH

We will be launching our Fall Sunday School on September 7th at 9AM. There will be some changes this year as the Sunday School will begin at 9AM in the Parker building, not dismissing from the Sanctuary. We also hope to have two classes, one up until second grade, and one from 3rd grade until 5 grade. If you would like to help teach or be a volunteer, please contact the office.



ATTENTION ALL MIDDLE & HIGH SCHOOLERS

As part of our Bethesda Trinity Ministry Partnership we are forming a joint youth group! We will be meeting at Bethesda UMC on Sunday afternoons from 3:00PM to 4:00pm beginning September 7th. We will also have various events and service projects with which to be involved. Join with other youth in our community to grow in your faith and have a great time doing it! For more information, or to volunteer to help, contact Pastor Hayden.



NEED SERVICE HOURS?

We have opportunities each week for you to serve in our nursery or our Sunday School. These hours can be counted toward your service requirements. To sign up to help contact Heather Porter at 809-439-1737.



COLLEGE SCHOLARSHIPS

Do you need money for college? Trinity can help. We have a scholarship fund that we distribute each May that has a few basic requirements:

- You must be a member (if you are not now, you can join during the year.)
- You must attend worship service regularly. (We require at least once a month attendance in worship. Serving in the nursery or Sunday School does not count toward this goal.)
- You must fill out an application and submit it by April 1st. The applications are through the Community Foundation of the Eastern Shore and can also be obtained through the office.

If you have met all those requirements, our scholarship committee will review your application and consider granting you funds to help you further your education!



Upcoming Bible Studies



PASTOR'S BIBLE STUDY

Join Pastor Hayden and others for a time of food and Fellowship on Wednesdays at 5:30 PM beginning on September 3rd at the Family Life Center Retreat House. Just bring a dish to share. At 6 PM we will open up our Bibles to Study Second Corinthians. This is an open study with no homework so you can come any-time you are available without worrying about missing any assignments. Just come and join the fun, and let's learn together.

DAYTIME DOWNTOWN BIBLE STUDY

Beginning on Tuesday September 23, at 3:30 in the afternoon in the Jackson Building we will begin an eight week study on *Elijah: the Prophet for the Dry Season*. Each week will be one hour and we will conclude before Thanksgiving. There will be a workbook for this class, so please be sure to sign up by September 15th.

New Members Class

We will be having a new members seminar for anyone wishing to join the Church on Saturday, October 4th. This will be from 9:00 a.m. to Noon. Anyone interested should contact the office to sign up.

Charge/Church Conference

**October 27th
6:00 p.m.
Asbury UMC**

We will be having our Annual Charge Conference at Asbury UMC on October 27, at 6PM, but at the Bishop's request, all are invited. This has been approved as a Church Conference wherefore all members are able to vote, whether or not you are on the Church Council. This will also be a joint worship service with 11 other Churches in our area, so it should be a great time of fellowship.



Trinity Family & Friends Picnic

Join us for Food, Fun and Fellowship

Who: Trinity members, family & friends

When: Sunday, September 14th at 12:00

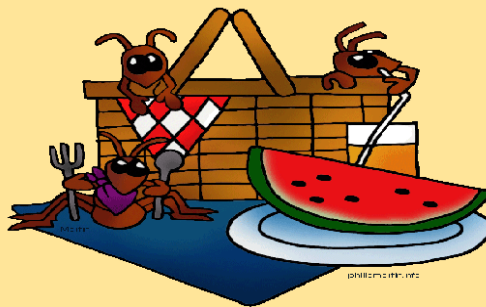
Where: The FLC Pavilion.

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 side dish to share.**





By Carroll Thamert

PSALM 23:1; 4. "The Lord is my shepherd, I shall not want...Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me..."

ISAIAH. 40:8. "The grass withers and the flowers fall, but the word of God endures forever..."

Fall is almost here, with the exception of Spring, my favorite season. It is a transitional period, where we witness the beauty of the changing colors of the leaves as they fall, coating the ground in layers of gold and red. The falling leaves, shorter days, and cooler temperatures remind us that Summer is over with the darkness of winter ahead.

I don't know about you, but I'm kind of glad to say goodbye to the Summer of 2025. Even though it gave us some good times, the heat and humidity seemed at times unbearable. The Summer bombarded us 24/7 by the doom and gloom generated by the news and social media! Everywhere you turned, it seemed death and destruction followed. Crime, riots, hate, natural disasters (floods, fires, tornadoes, volcanos, etc) touched many. I thought growing up as a teenager in the "turbulent" 1960s was hard, but it was a "piece of cake" compared to what young people face today. Some of the same problems, but magnified ten fold by the internet and the media. Where have the values and the role models gone? Bullying over personal opinions; name calling; and even cursing openly, even by our politicians (I suspended kids as a assistant principal for this) seems to be the norm. At times, it seemed like Darkness was winning and overspreading the World!

But then I remember: while the seasons change, One thing always stays the same, that being "Hope through Jesus"! My parents taught me that "God is in control at all times! Put your trust in Him, love Him, and pray to him. He will guide you through life". As I learned Psalm 23 in Sunday School, "The Lord is my shepherd..." and "...His Word endures forever!" God got me through the 1960s; God gets me through today; and God will get future generations and us through the darkness! You only have to Believe!

I looked on the internet and found a true story of goodness that truly exemplifies that God does intervene in our lives. (If you look hard enough, you'll find the good outshines the gloom just as Jesus shines through the Darkness and Spring follows Winter!) The book authored by Michael Hingson with Susan Flory was titled "Thunder Dog" published in 2011.

Like me, Michael Hingson is a Baby Boomer, both of us being born in 1950! His parents like mine taught him to pray and that God is in control. Psalm 23 is also his favorite scripture. However, Michael was born blind! This is the true story of God guiding Michael through the darkness using his dog, Roselle.

At the very instant I started my first full week as Principal at Wicomico Middle School, Michael was arriving at his work at 7 am with his guide dog, Roselle, hundreds of miles away. He met his friend, David, early to prepare for a big investment meeting that day. His offices were located on the 78th floor of the North Tower of the World Trade Center. The date was September 11, 2001. Since a storm the night before had scared Roselle and kept Michael awake 3 hours giving comfort, his beloved dog took a nap under his desk while he worked.

At approximately 8:26 am, there was a big "Boom" that shook the building. Being blind, Michael could not see the flames or debris falling outside his windows. He could feel the building swaying and leaning 20 feet as well as hear the chaos/screams. He prayed, "God don't let this building tip over!" David and he tearfully said their goodbyes. The building straightened; Roselle, his "thunder fearing guide dog", awoke from her nap, remaining calm and showing no fear. It was then that Michael knew there was a chance. After getting all the coworkers out, with Roselle in the lead began guiding them down the 1,463 steps, through the jet fuel, blooded victims, and erupting panic. At one point, David lost hope, shouting "We're not going to make it!" Michael gently said, "If Roselle and I can do it, so can you!"

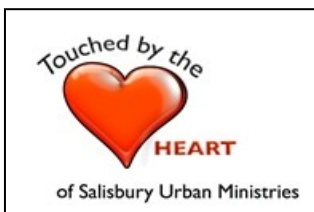
Roselle steadily guided them down. At the 39th floor, firefighters stopped them to inquire about their safety. One firefighter rubbed Roselle's ear and she licked his hand, the last act of love that the firefighter probably felt before his death! An hour later with just minutes to spare before the Towers collapsed, they reached the lobby. Just as they started out the door, the South Tower was attacked. Within 10 seconds it started to fall with glass, metal, fire, and dust pounding down on Michael's group. With Roselle in the lead, they ran through the darkness, choking on the rolling dust.

It was at this time that God talked to Michael. In his own words from page 110 of his book, Michael wrote:

Roselle and I run away from the noise. I don't understand why this is happening. My heart cries out to God in anguish. "How could you get us out of the building just to have it fall on us?" As soon as I silently scream out the question, God answers...inside my head and heart. He speaks directly to me. "Don't worry about what you cannot control. Focus on running with Roselle, and the rest will take care of itself"...God's voice so close and so clear. Immediately I feel peace and a sense of protection. My mind and heart begin to settle down, and I start to focus on Roselle. The harness feels solid in my hand, and our bond is sure...Now I am more stronger and more confident. I know that beyond any shadow of doubt that God is directing me just as I direct Roselle".

With God in control and Roselle leading, Michael soon finds safety. Roselle and he sleep a good sleep that night in their own bed. Roselle is honored and lives 10 more years until she dies in 2011 due to problems caused by smoke inhalation from 9/11. Michael now retired continues to advocate for the disabled and guide dogs.

As Michael points out, "God gives us challenges, wants for us to overcome them and then Rejoices"! With the changing of the Season, may we be like Michael and Roselle spreading God's Love and Comfort to others. Love one another; pray for one another; and help one another. Trinity with its programs and Missions give us the opportunity to spread His Word so His Light always overcomes the Darkness thrown in our paths. Pray for and help if possible the Missions like Salisbury Urban Ministries, T-Cap, Joseph's House, Santa's Angels, HALO, HOPE, and Hands & Hearts for the Homeless. As a childhood friend of mine said recently, ..."Never forget that in the difficult moments of your life, that is when God is closest to you. When you feel you're "Drowning" in life situations, don't worry. Your Lifeguard Walks on Water!" Amen....May we spread the Light of Jesus!



Members of Trinity have been active this summer giving time, donations, and monetary gifts. Many have been active in the Programs, Parish Council, and Projects of SUM. Highlights are:

- 10-12 members help with the Lazarus Food Pantry preparing and distributing bags of food on Tuesdays and Thursdays. Trinity continues to donate food each Sunday (15-20 items each Sunday on average) and money periodically. In June the Pantry gave out 350 bags of food to 366 clients in need.
- A group of Trinity UM Men have helped to unload the Maryland Food Bank Truck the 3rd Tuesday of each month during the summer. One member of the Trinity UMM helped with projects in the building including remodeling a bathroom.
- The Trinity UM Women and Men continue to help to prepare/distribute bag lunches at God's Kitchen on two Saturdays per year, the next being Saturday, September 13th, 2025, from 9:00 am-12:00 noon.
- The Spring Letter Campaign was successful in raising funds to buy food for the Pantry.
- Future Fundraisers to look for:
 1. July-August 20th: Monetary donations will be taken for the Kid's Café school/ supplies and clothing (see Bulletin for information).
 2. August: This will be Dental Hygiene Month with monetary and product donations for families.
 3. Fall Letter Campaign: TBA

Thank you! Let's continue to spread God's Love to the needy of the Community as we enter into the Fall Season.



United Methodist Men

By Carroll Thamert

After a Break for Summer, the Trinity United Methodist Men will resume with their September meeting schedule. The first meeting of the Fall will take place on Monday, September 8 th , 2025 (the 2 nd Monday of the month). The meeting will be a Dinner Meeting at the Deli at Pecan Square at 6:00 pm. After dinner, the meeting will take place starting off with Prayer and Devotion followed by discussion on projects and business for the year. All men of Trinity and their guests are invited to attend.

Even though there were no Summer meetings, some of the men who were able of the UMM stayed busy with helping with projects of the Church as well as Salisbury Urban Ministries. At SUM, 4-6 men volunteered to unload the Maryland Food Bank delivery truck at the Lazarus Food Pantry each Third Tuesday of the month, the last being August 19 th . One Trinity UMM member spent time remodeling a bathroom at SUM. This same gentleman along with other members helped to remodel the Parker Building as well as putting up the shelving in the Palmer Building to House the new library. Members of the UMM also cleared out the top two floors of the JMB and moved items to the Parker Building and FLC. The Treasurer of the Trinity UM Men has also generated a list in conjunction with the Visitation Committee of men who would possibly benefit from a visit, phone call, or card from a UMM member.

Upcoming events where UMM volunteers are needed are: 1). Preparing and serving bag lunches to the needed at God's Kitchen on Saturday, September 13 th from 9:00am-noon; 2) The next unloading of the Food Truck at The Lazarus Food Pantry will be Tuesday, September 16 th , 2025. If you would like to be part of the Trinity UM Men, join us for the first Fall Meeting. See You There!

Membership News

NEW MEMBERS

July 6, 2025

Louis Wislo
Johanne Zamor

DEATHS

June 9, 2025

Wayne Smith, Sr.

June 13, 2025

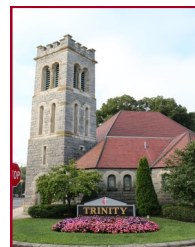
John Kencec

June 19, 2025

June Burton

August 7, 2025

William Humphreys III





Announcing the Re-Retirement of Rev. Joe Burris

Rev. Joe has been active visiting our shut-ins and those in the nursing home for the last few years and has decided its time to call it a day. He and Patty will still be around in church and at events. He may even still visit a time or two, but for now the duties will be assumed by Pastor Hayden. Be sure to thank Pastor Joe for his service to our church when you see him at worship.

Are you Going to the Hospital? The Pastor wants to Pray with you!

If you should find yourself going to the hospital for either an emergency visit or a scheduled visit, please contact the Pastor so he can visit and pray with you. You can reach him on his cell phone - 443-553-5541. (You may need to leave a text as service is spotty where he lives.) And when you register at the hospital, be sure to tell them your religious affiliation is United Methodist. Also feel free to call the office to let us know. Thank you!

Bishop Easterling's Day on the District

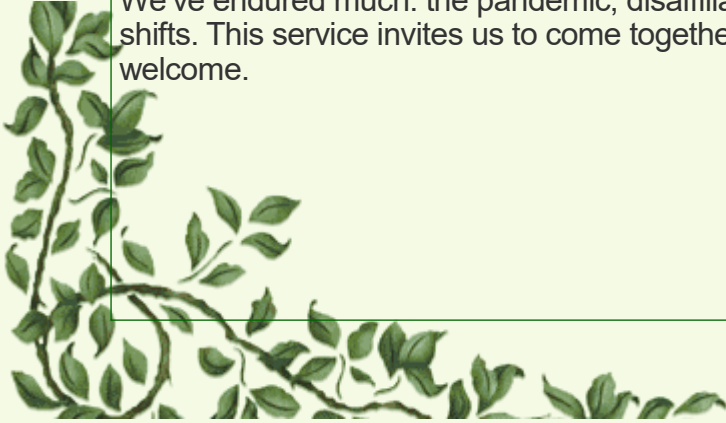
Bishop Easterling will be visiting the Lower Shore district this fall to meet with clergy and laity for a time of sharing, listening, and connection. As we begin a new appointment year and build new relationships, these gatherings will be vital moments of unity and vision. Join us on **September 28 at 4:00 p.m. at Wesley Temple UMC**, 1322 West Road, Salisbury, MD 21801.

Peninsula-Delaware Annual Conference Service of Lament

□ **Saturday, September 27 at 1:00 PM**
Location: Asbury UMC, Smyrna, DE - Reception to follow

During the spring gathering with Bishop LaTrelle Easterling in Dover, clergy and laity engaged in deep conversation about our shared mission and ministry. One powerful outcome was the call for a **Service of Lament**—a sacred space to acknowledge our collective grief, disappointment, and loss.

We've endured much: the pandemic, disaffiliation of churches and colleagues, and rapid cultural shifts. This service invites us to come together, name our pain, and seek God's healing love. All are welcome.





Our GriefShare sessions will start Monday October 13th, 4pm-6pm, at Trinity UMC Family Life Center Retreat House, 31193 Mount Hermon Road, Salisbury MD. Sessions continue every Monday for 13 weeks. If you are grieving, we hope you will consider joining us.

Expressing sympathy is always difficult, all we can say is how sorry we are and we want you to know we care. Whether the loss of your loved one has been recent or years ago, the journey of grief is a painful process. You do not need to walk it alone. We would like to encourage you to come to this support group offered at Trinity United Methodist Church called GriefShare. The materials specifically address topics and issues for those who are grieving a loved one.

GriefShare is a support group that meets weekly. You'll find it to be a warm, caring environment. The program is nondenominational and features biblical concepts for healing from your grief. Learn more about GriefShare at www.GriefShare.org

Please know your loss when shared with others is easier to bear knowing others are listening and do care. May God's love continue to comfort and strengthen you.

For more information, please feel free to call Liz MacFarlane: 443-614-9232. You can sign up by calling the church office: 410-749-5562, online at www.GriefShare.org, or call Liz MacFarlane.



Thank You

I would like to thank everyone who sent cards and notes to me over this difficult summer. They were most appreciated. I look forward to being back with you and the Choir in the fall.

Phyllis Oldham

SALISBURY URBAN MINISTRIES

DONATIONS NEEDED FOR:

LAZARUS FOOD PANTRY

Sloppy Joe/ Mix/Manwich
Stuffing Mix

KIDS CAFÉ

16 oz. Bottled Water
Individually Packaged Snacks (Chips, Pretzels)
Individual Cereal Bowls

MEN'S WELCOME CENTER

Saltines/Ritz Crackers

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

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

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

4 -

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

6 - Jordan Jones
Kellie Noonan

7 - David Irvine
Mary Johnson
Carter Thomas
Fran Tracy-Mumford

8 - Curt Hickman

9 - Kylor Berkman
Andrew Emge
Rosemary Greenwood
Jack Kostelac
Valerie Landon

10 - Vicki Bozman
Remi Howard
Parker Mason
Michael Moses

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

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

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

14 - Charles Meeks
Beryl Whaley

15 - Case Dempsey
Katie Jones
Tom Lewis

16 - Ann Marie Barnes
Joseph Duncan
Lorna Lyster
Blaine Mason
John Phillips
Matthew Shores
Staci Sousa

17 - Fernando Acle
Griffin DelGaudio
Andrea Fletcher
Michael Hannemann

18 - Mary Sue Gladden
Kay Hopkins
Connor Mason
Matthew Morris

19 - Linda Hearn
Scarlett Johnson
Noldo Oneus
Taya Robertson

20 - Wayne Blades
Baker Custis

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

22 - Missy Covert
Katie Oldham
Ruth Richins
Kim Snyder

23 - Craig Booth
Eugene Ely

24 - 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

26 - Kyle Mills
David Morris

27 - Julia Early
Raymonde Macenat
Lucia Orbino
Marisa Post

28 - Blair Ritchie
Dan Todd

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

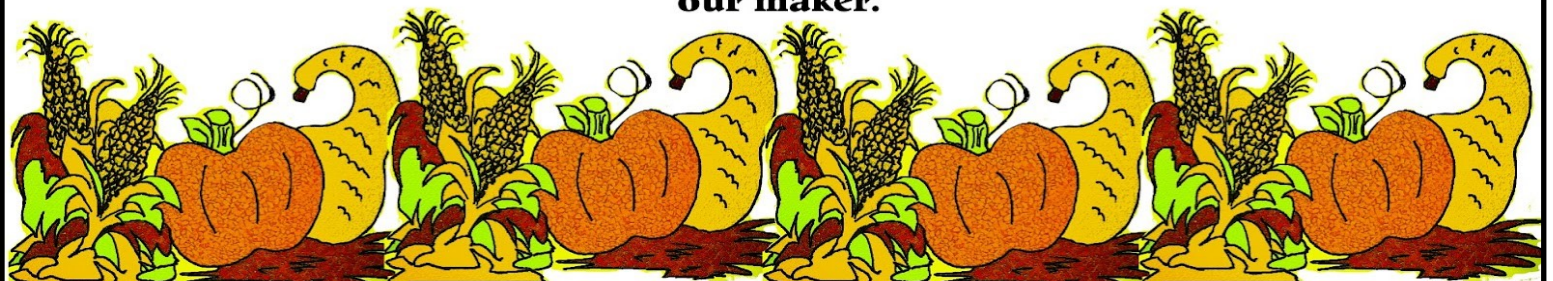
30 - Bill Lankford
Robert Mulford
London Showell
David Thompson
Diane Tull

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 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Church Office Closed NO Hebrew Class LABOR DAY	2 1 pm UMW "Esther" 2pm Prayer Group	3 9-Noon Pastor Hayden's Walk-In Hours 5:30pm Pastor's Bible Study 7:30 pm FLC Praise Team	4 1-3pm Pastor Hayden's Walk-In Hours 2 pm ABC Study Group 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	5	6
7 9am Worship Downtown 9am Sunday School Begins (Downtown) 10:30am Worship FLC Communion GRAND-PARENT'S DAY	8 1-4pm Pastor Hayden's Walk-In Hours 1:30 pm UMW "Deborah" 3:30 pm Hebrew Class 6pm UMM	9 10:30am UMW "Ruth" 5:15 p.m. Outreach & Events Committee	10 9-Noon Pastor Hayden's Walk-In Hours 5:30pm Pastor's Bible Study 7:30 pm FLC Praise Team	11 9:30 am Altar Guild Meeting 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	12	13
14 9am Worship Downtown 9am Sunday School (Downtown) 10:30am Worship FLC 12pm Church Picnic 7:30pm HALO Worship	15 1-4pm Pastor Hayden's Walk-In Hours 3:30 pm Hebrew Class 5:15pm SPRC October Trumpet Articles are due	16 2pm Prayer Group 5:15 p.m. Finance Com.	17 9-Noon Pastor Hayden's Walk-In Hours 5:30pm Pastor's Bible Study 7:30 pm FLC Praise Team	18 2 pm ABC Study Group 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	19	20
21 9am Worship Downtown 9am Sunday School (Downtown) 10:30am Worship FLC GO PURPLE SUNDAY	22 1-4pm Pastor Hayden's Walk-In Hours 3:30pm Hebrew Class	23 3:30pm Downtown Bible Study 5:15pm Church Council	24 9-Noon Pastor Hayden's Walk-In Hours 5:30pm Pastor's Bible Study 7:30 pm FLC Praise Team	25 12pm UMW Fall Luncheon 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	26	27 Bishop's Day of Lament
28 9am Worship Downtown 9am Sunday School (Downtown) 10:30am Worship FLC Bishop's Day on the District	29 1-4pm Pastor Hayden's Walk-In Hours 2pm Prayer Group 3:30 pm Hebrew Class 3:30pm Downtown Bible Study	30 2pm Prayer Group 3:30pm Downtown Bible Study				



First Aid Kit Information Health Outreach Ministry

Dot Baker, RN



NOTE: This article contains basic/general information. Be sure to buy or assemble a kit(s) that best fits the needs of your family and situation (house, car, work, school, college, sports, travel, hobbies, camping, ages/numbers of persons, special needs, allergies to materials or meds, etc.).

WHAT IS FIRST AID? the immediate care/assistance given to any person who is suddenly not feeling well or is injured; the care aims to preserve life, prevent the condition from worsening, and promote recovery until professional medical care arrives (OSHA). **WHAT IS A FIRST AID KIT?** a collection of supplies and equipment to give immediate medical treatment that treats injuries and other mild/moderate medical conditions (OSHA). So, a first aid kit can “prepare” you for emergency situations and “act” as a personal safety measure.

WHAT ARE “BASIC” CONTENTS FOR FIRST AID KITS? **List of Emergency Numbers:** **First Aid Guidebook insert:** **Hand Sanitizer:** Use to avoid the transmission of bacteria and viruses; apply before and after putting on gloves **Latex Free Gloves:** Protect the first aider from infection and cross-contamination **Sterile Alcohol Pads:** Protect the body from potentially harmful germs; disinfect minor injuries (cuts) **Antibiotic Ointment:** Apply on top of the skin to kill bacteria; make faster healing; Clean the area before applying **Sting Relief:** Provide relief from the pain, itching and discomfort that result from bug bites and stings **Adhesive Bandages & Gauze:** Absorb blood, compress, help prevent infection, and limit movement in the wound area; Gauze is thin and made of cotton and requires an adhesive to keep it in place **Scissors:** cut gauze & tape **Q-tips:** Apply ointment or clean areas to prepare for treatment **Tweezers:** Pull out splinters or insect stinger; Pick up unclean materials such as bloody bandages **Pain Reliever:** Over-the-counter medicines to relieve pain, fever (such as Acetaminophen [Tylenol] Ibuprofen [Advil & Motrin]. Read & follow dosage recommendations. EXAMPLE of kit contents for family of four (American Red Cross) @ [Make a First Aid Kit | Supplies & Contents | American Red Cross](#)

WHAT ARE STEPS TO USE KIT? **Label** clearly; **Teach** family, work, etc. about first aid, about kit and location(s), how to use kit, when to call 911; **Store** in safe and accessible location; **Check** kit (routine checks, re-check after use); **Maintain** kit (replace outdated, soiled contents, add new contents as needs change). **Additional Tips:** **Take** a first aid class **Note location** of first aid kits when you enter buildings, schools, work, churches, travel, etc.

WHAT ARE SOME ADDITIONAL RESOURCES? Click on links to build & see pictures of kits:

- > WebMD @ [Building an At-Home First Aid Kit? Here Are 12 Essentials to Include](#)
- > GoodRx @ [Build a First-Aid Kit: 13 Supplies and Essential Items You Need - GoodRx](#)
- > List 10 essentials and pictures of types of contents @ [10 First Aid Kit Essentials | Emergency Preparedness | Survival Tips | Safety Facts | Hiking Guide](#) > MedicineNet
- (extensive lists and information) @ [What Are 27 Items in a First Aid Kit and Their Uses?](#)
- > Pictures of various commercial kits @ [First Aid Kits in First Aid - Walmart.com](#)

Resource about First Aid for numerous conditions A-Z (Mayo Clinic, 2025) @ [First aid - Mayo Clinic](#)

Sources: American Red Cross, Mayo Clinic (2025) @ [First aid - Mayo Clinic](#) , OSHA (2025) @ <https://www.osha.gov/medical-first-aid/recognition>



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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

