Trinity Trumpet

Trinity United Methodist Church

September/October 2026

Pastor Hayden Update and An Invitation to Prayer



One of my favorite songs is "I need thee every hour". I continue to sing that because Jesus is consistently with me and Jesus knows what's going on. The doctors and I are still trying to figure it out. I did get therapy this week but we are still trying to tweak the plan and figure out how best to move forward.

I continue to feel overwhelmed with love as I receive gifts, pictures, cards, prayers and donations to Salisbury Urban Ministry.

I hear reports of the great leadership continuing to do the works of the Lord and I continue to worship with the people of Trinity. I am grateful for each of you and the support of the Lower Shore District, the Peninsula Delaware Conference churches and clergy, and Bishop Easterling.

In other words, I know I am not alone. As Joseph continues to take good care of me I know that each of you continue to pray and support me.

Your love for Jesus and people is always on display as a testimony that gives glory to God.

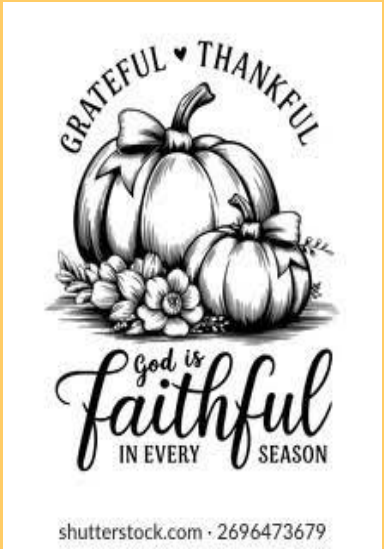
Thank you all .
Pastor Hayden

The District Superintendent is offering an opportunity for us to pray for Pastor Hayden every Thursday morning at 8:45 a.m.
(for approximately 15 minutes). She will host prayer via Zoom.
As you are able, join us via the link below.

Join Zoom Meeting
https://us02web.zoom.us/j/82797298490?pwd=rcGrABG4TfBwXPVa75ngxhEKNQAHFu.1

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You're Invited!

Bring your children and be a
PART OF SOMETHING BIG
in their faith journey!

SUNDAY SCHOOL

STARTING IN SEPTEMBER!

A place where children learn, grow, and belong!

MEET YOUR LEAD TEACHER

Danielle Farrell

I am so excited to lead your children in discovering God's love, building friendships, and growing in faith together this year!

Our lessons are rich with **FUN-FILLED GAMES, ARTS & CRAFTS,** and a **RELATABLE STORY** themed towards our lesson.

VOLUNTEERS NEEDED!

We are looking for caring, dependable volunteers to help make Sunday School an amazing experience for our kids!

WHAT TO EXPECT:

- **FUN-FILLED GAMES** — Learning through play and teamwork!
- **ARTS & CRAFTS** — Creative activities that bring the lesson to life!
- **RELATABLE BIBLE STORIES** — Stories that connect to real life and help grow young hearts.
- **FAITH & FRIENDSHIPS** — Building confidence, character, and lasting relationships.

CONTACT INFORMATION:

Danielle Farrell, Lead Sunday School Teacher	410-422-7160
Bethesda Church Office	410-742-8855
Trinity Church Office	410-749-5562

Trinity Nursery Building
109 High Street
Salisbury, MD 21801

JOIN US AND HELP MAKE A DIFFERENCE!

Please reach out if you have questions

"Train up a child in the way he should go; even when he is old he will not depart from it."
– PROVERBS 22:6

Giving to Trinity Through Appreciated Stock and Qualified Charitable Distributions (QCDs)

A Tax-Wise Way to Support Trinity United Methodist Church

Many members faithfully support Trinity United Methodist Church through regular cash gifts. However, if you own appreciated investments or are required to take Required Minimum Distributions (RMDs) from an IRA, there may be more tax-efficient ways to make your charitable gifts. As always, you should consult your tax advisor regarding your specific situation.

Donating Appreciated Stock

If you own stocks, mutual funds, or other publicly traded securities in a taxable investment account that have increased significantly in value, donating those shares directly to the Church can provide substantial tax benefits.
Potential benefits include:

- You generally will not pay capital gains tax on the security's market appreciation.
- You may receive a charitable income tax deduction for the fair market value of the donated shares if you itemize deductions and meet IRS requirements.
- The Church receives the full market value of the donated security.
- Your generosity may accomplish more than if you sold the stock first and donated the proceeds.

For many donors, avoiding long term capital gains tax can significantly reduce the after-tax cost of making a charitable gift.

Qualified Charitable Distributions (QCDs)

If you are age 70 1/2 or older and have an Individual Retirement Account (IRA), you may be eligible to make a Qualified Charitable Distribution (QCD).

A QCD allows your IRA custodian to send funds directly from your IRA account to Trinity United Methodist Church.

If you are required to take Required Minimum Distributions (RMDs), a QCD may:

- Count toward satisfying part – or all – of your annual RMD amount.
- Exclude the distributed amount from your taxable income (subject to IRS rules).
- Reduce your overall taxable income, even if you do not itemize deductions.

Many retirees find this to be one of the most tax-efficient ways to support their church and other charities.
Note: If you have a 401(k) plan, you may want to talk to your tax advisor about converting your 401(k) plan into a "Rollover IRA" account, in order to receive the available tax benefits when making a charitable contribution via Qualified Charitable Distributions.

How to Make a Stock Gift

Step 1 - Notify the Trinity United Methodist Church Finance Chairman (Dan Williams currently) that you intend to make a stock gift. To allow us to monitor the account and properly acknowledge your donation, please provide the following information:

- Your name
- Name of the security
- Stock symbol
- Number of shares
- Approximate transfer date
- Any special instructions regarding the gift

Step 2 - Ask your financial advisor or brokerage firm to transfer the shares using the following information:

- Receiving Firm - Wells Fargo Advisors
- DTC Number - DST 0141
- Account Name - Trinity United Methodist Church
- Account Number - 67578030

Step 3 - After the transfer is received, the Church will send you a written acknowledgment for your records.

Questions?

If you have questions about making a gift of appreciated stock or a Qualified Charitable Distribution, please contact the Finance Chairman (Dan Williams at 410-430-8803).

We also encourage you to consult your financial advisor or tax professional to determine the tax benefits available in your individual circumstances.

Thank you for considering tax-advantaged giving options to support the Trinity United Methodist Church.

Sincerely,

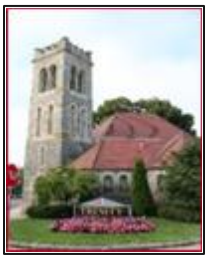
Dan Williams

Dan Williams, Trinity Finance Committee Chairman



A Brand-New Christmas Musical LIVE Onstage.
Wednesday, November 11, 2026 at 2pm
At the World Stage Theater (Top floor of the Museum of the Bible), Washington, DC

Rear orchestra seating ($69/pp) and Jor-Lin Coach bus transportation departing from the Walmart in Fruitland, leaving at 10am and returning at approximately 7pm. Bag lunch and drinks provided with snacks for the return trip. Sorry but no refunds. Total Cost $120 per person with the possibility of cash back if we fill the bus. Please call the church office to reserve your spot(s) asap. Deadline for payment is Monday, September 28.



Membership News

NEW MEMBERS	**BAPTISMS**	**DEATHS**
May 17, 2026 Lehama Macenat Lootchero Gwes Lidjy Rene Olivia Renee West **June 14, 2026** Jennifer Spivey	**June 14, 2026** Bob Graves Lori J. Brant **June 21, 2026** Jordensley Oliver Molin Gressy Kingsley Lovens Molin	**April 7, 2026** Maxine Duggan **June 22, 2026** George “Gee” Dunsten **July 31, 2026** Michael G. Murray **August 23, 2026** Terry B. Nyquist **September 16, 2026** Theodore D. Graef

Trinity Altar Guild

INVITES YOU TO BE A MEMBER

The Trinity UM Altar Guild assists the minister in preparing for worship, weddings and funerals at our downtown sanctuary and at the Family Life Center. We have five meetings a year during which time we discuss any changes needed for the sanctuary and/or Family Life Center.

Each member is on a monthly committee and the chair assigns weekly duties as needed. We all help with decorating and coordinating the additional needs for Advent, Christmas and Easter. We would love to have more members. If interested, please contact Cynthia Dykes at cynad1@yahoo.com or (301) 351-7752.

September Chairperson: **Patti Burris**	**October Chairperson:** **Marlene Waller**	
September Committee Members: Carroll Thamert Bobbie Thamert Jennifer Doyle	**October Committee Members:** Patti Burris Margy Meeks Vicki Corbett Nancy Turner	

TRINITY THREADS OF LOVE MINISTRY

A new ministry is being offered at Trinity. We are looking for people who would be interested in joining a "Trinity Threads of Love" ministry to meet one morning starting in the Fall. If interested contact the church office or Ginny Riffle, 208-420-8600 or Cindy Lawson at 443-235-5844.

This ministry is a beautiful way for our church family to share God's Love through both prayer and handmade gifts. This ministry would bring together people of all ages and skill levels who enjoy crafting with their hands. As we gather, we will spend time in fellowship, encourage one another, and intentionally pray over every item we create. Each stitch would be made with love, knowing that the finished blanket, hat, scarves, prayer shawls will become a tangible reminder of God's comfort, hope and presence.

Our mission is to bless those who may be facing illness, grief, loneliness, hardship or new beginnings by giving them handcrafted items that have been lovingly prayed over by our church daily. Our prayer is that each person who receives one will feel surrounded by God's love and the care of his people. Through this ministry we hope to strengthen relationships within our church while extending Christ's compassion beyond our walls, one prayer and one stitch at a time.

1 James 3:18 - *Dear Children, let us not love with words or speech but with actions and in truth"*

Charge/Church Conference

October 14th

6:00 p.m.

Bethesda UMC

We will be having our Annual Charge Conference at Bethesda UMC on October 14 at 6:00 p.m. At the Bishop's request, all are invited. This has been approved as a Church Conference at which all members are able to vote, whether or not you are on the Church Council.

TRINITY TCAP

Trinity TCAP is once again hosting Trunk or Treat for our faith-based partner school, Choices. We would appreciate any candy, snack packs or individually wrapped treats for the students. Please leave these items in the back of the sanctuary or the church office by October 26th. Choices students and TCAP appreciate your support. If you would like to join our fun or have any questions, contact Barb Dix (410) 430-1970.

COLLEGE SCHOLARSHIPS

Do you need money for college? Trinity can help. We have a scholarship fund that we distribute each May. Scholarships are available for students who meet the scholarship criteria, which includes attendance at Trinity UMC and being active at the church.

You can access the scholarship application, which includes the criteria, on the Community Foundation of the Eastern Shore website (cfes.org) and the Trinity United Methodist Church website (trinityumcsalisbury.org). The scholarships have an application deadline of April 1 and are presented in the spring for the following school year. If you meet the requirements, our scholarship committee will review your application and consider granting you funds to help you further your education!



MISSION: *MOMENTUM*

By Carroll Thamert

In late August, our guest minister delivered a powerful message on the parable of the Good Samaritan. Rev. Carpenter reminded us of a fundamental truth: God calls us to love and help others in need, completely regardless of who they are, where they come from, or what they look like. It's the Golden Rule in its purest form. Later that same day, I watched a movie, "Ordinary Angels", on Netflix suggested by my son. Based on a heartwarming true story from the 1990s, it follows a hairdresser struggling with alcoholism who transforms her life by rallying her community to secure a life -saving liver transplant for a young girl with only weeks to live.

Together, the sermon and the film not only brought tears to my eyes, but also served as a reminder of how God sometimes uses ordinary, imperfect people to bring His extraordinary work to fruition as well as to witness to those in need. This beautiful reality naturally turned my thoughts to my own journey, filling me with immense gratitude for how God has blessed my own life by way of two distinct church families.

For the first twenty years of my life, I was wrapped in the care of the small country church congregation of my hometown-Neavitt Methodist Church located on Broad Creek. As fellow Broadcreeker, the Church Family genuinely looked out for each others welfare. For the last fifty-plus years, my wife and I have been blessed to be members of Trinity UM Church. Both of our children were baptized at Trinity, growing up in its many programs (MYF; Sunday School; VBS; Appalachia Service Project; and serving as Acolytes) that helped to shape their adult lives.

Over the years, like many of you, I have found the "beauty" of Trinity. It is like that old hymn says…"The church is not a building…The church is a people…I am the church…You are the church…We are the church…All who follow Jesus…Yes, we are the church together!" I am so happy to be part of a welcoming, church family where the people so readily step up, like the Good Samaritan or the ordinary hairdresser, to help others when a need arises. The congregation uses its many God given talents to help and inspire others. I saw this recently when our fellow Trinity Family members from the Haitian Community needed help. Two members of Trinity and their friends delivered bags of groceries provided by Salisbury Urban Ministries (one of our missions) to their homes. This was also evident when only one week after an appeal to help Trinity members in need, the box in the back of the Sanctuary was overflowing with food, diapers, and other necessities. When sickness arises, meal trains are quickly organized to lesson the burden. Yes…We are a people that care! The Trinity Family is willing to step up as God wants us to to spread His Love and Salvation. God through Trinity United Methodist Church has provided each of us the opportunities to use our talents to spread the His Love through its many programs and missions. The Choir; the Praise Team; the Bible Studies; Grief Share; Trinity UM Women and Men; Sunday School; and the Nursery are all possibilities to spread God's Truth. The Missions supported by Trinity are always looking for volunteers and donations. Considered giving your talents to: The Joseph's House; Hearts and Hands for the Homeless; HOPE; Santa's Angels; HALO and its programs; and Salisbury Urban Ministries with the Lazarus Food Pantry, God's Kitchen, and the Men's Homeless Outreach! Each of these Missions will be highlighted in future articles. In the meantime, thanks goes out to each member of the Trinity Family for your commitment, service, prayers, donations, and love for others in the Community. God Bless!

Salisbury Urban Ministries

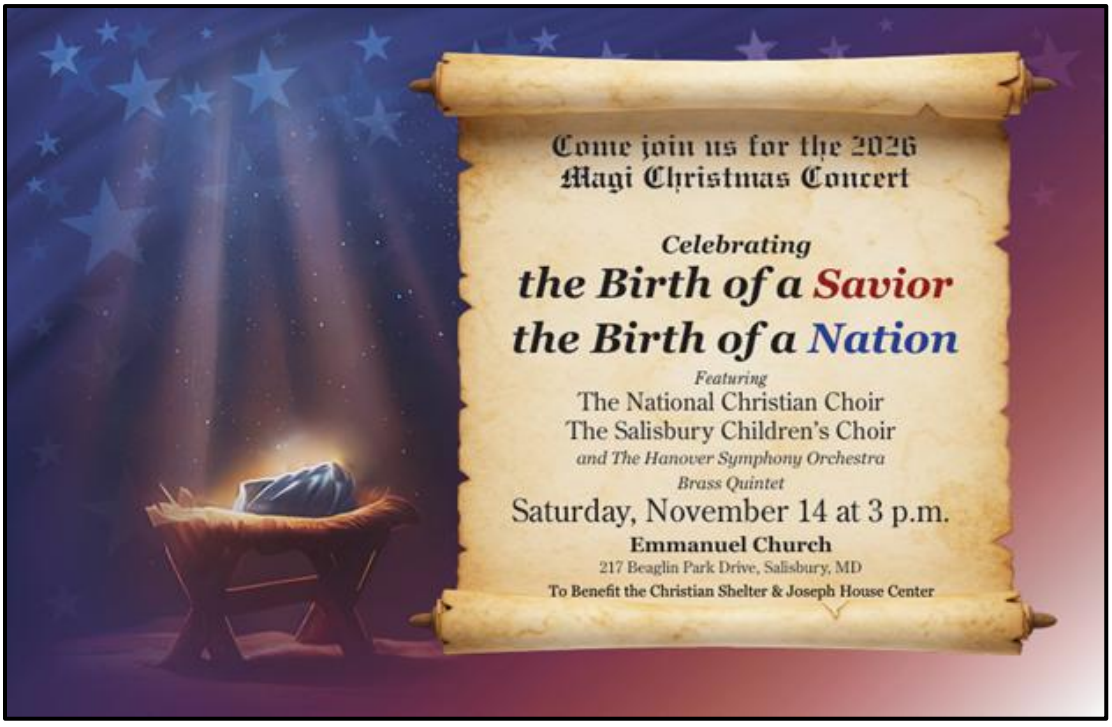
By Carroll Thamert

Members of Trinity continue to volunteer with the programs of SUM. Members of Trinity volunteer to bag the food at the Lazarus Food Pantry, restock shelves, and recently delivered food. Others serve on the various committees of SUM including the Parish Council which had its most recent meeting at Trinity's JMB on September 9th. Trinity has also continued to support SUM with its donations of non-perishable food items, school supplies, snacks, diapers, and hygiene supplies each Sunday after each service. The donations increased ten-fold when our Pastor urged members to donate to SUM when he became ill. With the Fall and cooler weather around the corner, the need for donations and volunteers will be greater than ever. Donations can be placed in the back of the Sanctuary each Sunday or at the church and SUM offices Monday-Thursday. Thanks for all you do!

United Methodist Men

By Carroll Thamert

The first meeting the Fall for the Trinity Men was held on Monday, September 14th, at 6:00 pm at the Deli at Pecan Square. The men will continue to unload the Maryland Food Truck on the third Tuesday of each month at SUM's Food Pantry as well as to serve lunch at God's Kitchen on two Saturdays for SUM. They will unload the Food Truck at 8:00 a.m. on Tuesday, September 15th. They will prepare and serve bag lunches for God's Kitchen on Saturday, October 31st (Halloween), from 9:00 a.m. – 12:00 noon. The next meeting of the TUMM will be Monday, October 12th, at 6:00 p.m. at the Deli at Pecan Square. All men and guests are invited to attend.



Our Nursery is Growing!

by Heather Porter

When Trinity re-launched the nursery in March 2024, our hope was to provide a welcoming, safe space for our youngest children while allowing parents and caregivers to fully participate in our traditional worship service. Thanks to the dedication of our wonderful volunteers, that vision has become a thriving ministry!

Over twenty volunteers, including three youth helpers, have generously shared their time caring for our youngest church members. Their willingness to serve has created a warm and nurturing environment where children engage in play, hear the sounds of worship through the livestreamed service, and experience God's love through their care and kindness.

We have also seen exciting growth! What began with one or two children at a time has steadily grown, with up to seven children joining us on some Sundays. This increase is truly a blessing and a sign that more young families are finding a home at Trinity.

We are also thrilled to welcome three new assistants to our children's ministry team this fall: Marissa Dickerson, Claire Radford, and Kenadie Williams. All three assistants are college students. Marissa attends Wor-Wic Community College, and Kenadie and Claire attend Salisbury University. Marissa and Claire provide care in our nursery, and Kenadie is leading Sunday School for our third-fifth grade children. Their presence will provide greater consistency for children and families while complementing the ongoing support of our volunteers. Please help us welcome them to their new roles by stopping by the Parker Building to say hello!

If you or someone you know would like to get involved in our children's ministry, please contact the church office. We welcome additional adult volunteers as well as youth helpers. Thank you to our volunteers, families, and congregation for helping Trinity be a place where children and families feel welcomed, cared for, and at home!

GRIEFSHARE®

Our GriefShare® sessions will start Monday, February 1, 2027 from 5pm-7pm, at Trinity UMC in the church parlor. Sessions continue every Monday for 13 weeks. If you are grieving, we hope you will consider joining us.

This year we are also offering two opportunities to attend Surviving The Holidays: Nov 7 at 2pm-4pm and December 6 at 2pm-4pm. You can attend either session as they cover the same material. Grieving through the holiday season can be overwhelming, we hope GriefShare® can help.

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

Dear Trinity Church,
Thank you for all the donations you gave to us and especially the sound and lighting system. We are so grateful for all you do for us at H.A.L.O. You are so appreciated.

In Gratitude,
The H.A.L.O. Family

SALISBURY URBAN MINISTRIES

DONATIONS NEEDED FOR

LAZARUS FOOD PANTRY:

- **Women's Soap**
- **Women's Shampoo**

KIDS CAFÉ:

- **Individual Snacks**
- **New/Used Laptops for Tutoring**

HOMELESS OUTREACH:

- **Lance Crackers**
- **Spam/Vienna Sausages**

We appreciate any donations that you can give to help us meet the needs of our clients.

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

SEPTEMBER BIRTHDAYS

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

2 - Chris McCabe
Sara Shearer

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

4 -

5 - Cory Baysinger
Jenna Bowne
Heidi Galloway
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
Valerie Landon

10 - Vicki Bozman
Remi Howard
Parker Mason
Michael Moses

11 - Allison Hooper
Ryan Nelson
Sally Rankin
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 -Tom Lewis

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

17 - Andrea Fletcher
Michael Hannemann

18 - Mary Sue Gladden
Kay Hopkins
Connor Mason
Kensley Molin
Kingsley Molin
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
Maureen Truitt

22 - Missy Covert
Katie Oldham
Ruth Richins

23 - Craig Booth

24 - Erin Douse
Sheree Draucker
Andrew Haldeman
Joey Kutchen
Eleanor Marquez
Paige Paxton
Tracy Shannahan
Jason Thompson

5 - Mulan Bell
Greg East
Lesley Grier
Mark Nay
Naman Nay

26 - Kyle Mills
David Morris

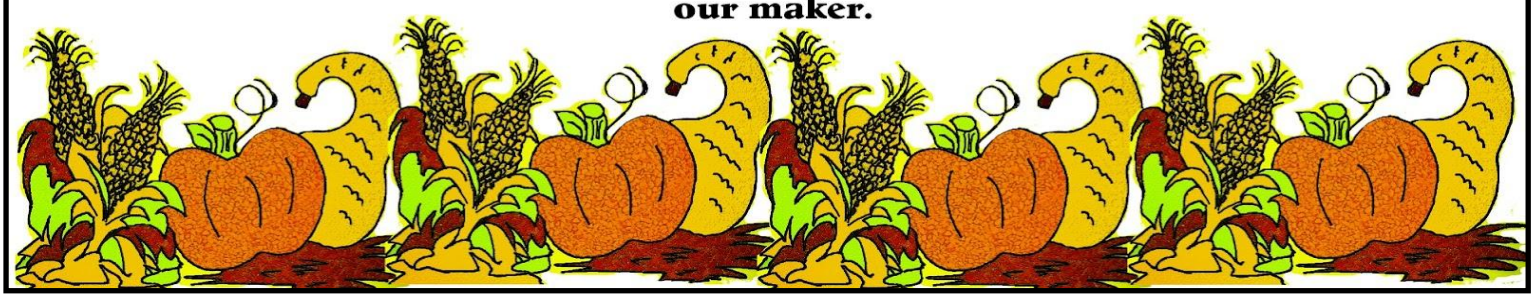
27 - Julia Early
Raymonde Macenat
Lucia Orbino
Marisa Post

28 - Blair Ritchie

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

30 - Bill Lankford
Robert Mulford
Londan Showelll
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.



October Birthdays



1 - Diane Smith

2 - Alexander Acle
Grace Acle
Hunter Greenwood
Makaila Keenan
Matt Shockley

3 - Bill Doyle
Alison Dunn
Louis Freshwater
Kendall King
Nancy Moyers
Lester Richardson

4 - Steve Benedict
Katelynn Fleming
Ann Holder
Kevin Kenney
Louise Soper

5 - Cynthia Dykes
Michael Waller

6 - Linda Baker
Nancy Leer
Rebecca Rossi Hamill
Chris Shaner

7 - Annamarie Hogg
David Nelson

8 - Lucy Doyle
Chilove Joinice

9 - Linda Dumeyer
Keegan Dunne
George Jones
Joni Martin
Laura Robertson

10 - Rick Darrah
Ann Hill
Nicholas Luppens
Carter Mason
Phillip Menzel
Regina Trader

11 - Nathan Abercrombie
Lila Hooper
Beth Nichols
George Steber

12 - Jay Bozman
Tracy Duvall
Conner O'Malley

13 - Robert Dees
Lee Esham
Daniel Mills

14 - Bud Horner
John Jordan
Ryenne Nelson
Tommy Oechsli

15 - Adam Corry
Nathan Downes
David Elzey
Julia Fisher
Ashley Godfrey
Michael Sartorio

16 - Jacob Adams
Fred Briggeman
Brian Howard
Rebecca Taylor
Lisa Timmons
Erin West
Pamela Zorzi

17 - Sandra Fowlkes
Julie Horner
Jana Jones
Michelle Kane
Madilyn Nechay

18 - Scott Albright
Jonathan Evans
Bonnie Gibson
Whitney Morris
Saige Oechsli
Jennifer Spivey

19 - Judy Briele
Patty Burris
Daryl Ann Hudson
John Moran
Jennifer Ritchie
Nancy Slayton
Samuel Thorpe

20 - Linda Mundt

21 - Dot Bowden

22 - David Esham
Levi Hall
Bill McCain

23 - Finn Meeks
Bailey Pearce

24 - Walter Lischick
Jane Ellen Mengason
John Terrell
Kelsea Wilson

5 - Thomas Ayd
Amanda Bryan
David Gladden
Cindy Lunsford

26 - John Menzel
Chris Miles
Sally Rivello

27 - Alexandra Ayd
Kyle Coffin
Ashley Phippin

28 - Dean Gray
Karlie Reichenberg
Ryan Shannahan
Linda Thomas

29 - Matthew Hedger
Shelley Hogg

30 - Gina Grier

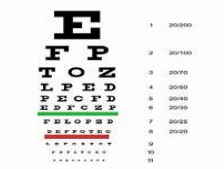
31 - Margy Meeks



October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:45am Weekly Prayer with Rev. Blake 2pm ABC Study Group 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	**2**	**3**
4 9am Worship 10:30am Worship 3pm Youth at Bethesda **World Communion Sunday**	**5** 1:30pm UMW "Deborah 3:30pm Hebrew Class	**6** 1pm UMW "Esther" 2pm Prayer Group 5:15pm Outreach & Events Committee	**7** 6pm Trustees Investment Meeting	**8** 8:45am Weekly Prayer with Rev. Blake 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	**9**	**10**
11 9am Worship 10:30am Worship 3pm Youth at Bethesda	**12** 3:30pm Hebrew Class 6pm UMM - Deli at Pecan Square	**13** 10:30am UMW "Ruth" 5:15pm Board of Trustees 5:15 pm T-CAP	**14** 6pm Charge Conference - Bethesda UMC	**15** 8:45am Weekly Prayer with Rev. Blake 2pm ABC Study Group 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	**16**	**17**
18 9am Worship 10:30am Worship 3pm Youth at Bethesda	**19** 3:30 pm Hebrew Class	**20** 2pm Prayer Group 5:15pm Finance Committee	**21**	**22** 8:45am Weekly Prayer with Rev. Blake 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	**23**	**24**
25 9am Worship 10:30am Worship 3pm Youth at Bethesda	**26** 3:30 pm Hebrew Class 5:30pm HALO Café Feeding	**27**	**28** 1pm Christian Ladies Book Club	**29** 8:45am Weekly Prayer with Rev. Blake 4:30 pm Handbell Choir 6:30pm Sanctuary Choir	**30**	**31**

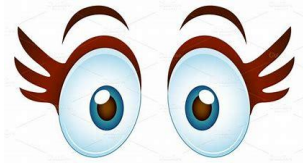




Healthy Vision Month

Health Outreach Ministry

Dot Baker, RN



September is "Healthy Vision Month". A traditional proverb once said that the eyes are the window of the soul. Helen Keller said, "Of all the senses, sight might be the most delightful." Let's talk about information that our eyes can show about our health status, safe use of technologies, and strategies to promote eye health. As a conclusion, let's find a few scriptures that discuss our eyes.

WHAT CAN OUR EYES SHOW ABOUT OUR HEALTH? Our **eye care providers check** the health of our blood vessels, retina, and optic nerve. At the back of our eye, the retina is a light-sensitive layer that triggers/transfers nerve impulses to the optic nerve; this nerve takes those impulses to form visual images in our brain. **Eye care providers look for** conditions such as glaucoma, cataracts, age-related macular degeneration, and others. Additionally, **providers may see** signs/symptoms of high blood pressure, diabetes/diabetes complications, thyroid disease, Lyme disease, vitamin A deficiency, and possible blood circulation predictors of future cognitive impairment.

WHAT ARE ISSUES WITH TECHNOLOGY USE? Our "screen time" with computers, phones, tv, etc. drastically increases. This lengthy and increased use can **create eye fatigue** (digital eye strain), **interfere with sleep** (i.e., digital blue light signals our brain to stay awake), and **promote inactivity** (i.e., sit without moving around). Examples of eye strain can include: dry & itchy eyes, headaches, blurry vision, etc. **Remedies** for our tech use issues? **Adjust** computer screen height in order to look slightly downward and **sit** about 25 inches away, **blink** more frequently, **use** the 20-20-20 rule (look at something 20 feet away for 20 seconds for each 20 minutes of looking at the screen), **use** artificial tear drops, **avoid** glare/use matte filter, **take** 5-minute activity break every hour, **wear** glasses rather than contacts, and **quit** screen use about ½ hour before sleep time.

HOW DO WE PRESERVE OUR HEALTHY VISION? Bottom line: we need healthy blood vessels, circulation, nerves, and habits for healthy vision. **Obtain** recommended routine eye exams per your age; **obtain** prompt medical care for eye emergencies and concerns; **use** treatments and meds that your eye care provider orders/recommends; **obtain** "routine" medical and specialty health care as indicated; **monitor** and treat medical conditions such as high blood pressure, diabetes, and others; **use** UV-approved sunglasses year-round; **pay** attention to wise screen time use; **protect** your eyes during sports, outdoor activities, hobbies, etc.; and, **quit** smoking. **Follow** an eye-healthy nutrition plan: vitamin C (fruits/veggies), Vitamin A (carrots, squash, milk, eggs), Vitamin E (avocado, nuts & seeds), zinc (red meat, poultry, beans, nuts), omega-3 fatty acids (fish, nuts, seeds), and lutein/zeaxanthin (green leafy veggies, broccoli, eggs).

Scriptures (KJV): The hearing ear, and the seeing eye, the Lord hath made even both of them (Proverbs 29:12); Open Thou my eyes that I may behold wondrous things out of Thy law (Psalm 119:18)

Resources: National Eye Institute, American Public Health Association, American Academy of Ophthalmology, S. Kraft

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