TRINITY TRUMPET

Trinity United Methodist Church

November 2026



On Sunday, October 25th, Pastor Hayden was given a Prayer Quilt. Those who wished to help complete the quilt, tied a knot in the quilt and prayed for Pastor Hayden's comfort and healing. He was very happy and pleased to receive it from the church that loves him so very much.

The maker of the Pastor's quilt gained inspiration from a few sources. A former church she and her family attended had a Prayer Quilt program and she was given a book about this ministry as a gift. Quilting has always been a cherished tradition in her family, so this was something she knew she could do for Pastor Hayden.

The Prayer Quilt ministry began in a United Methodist Church some years ago and continues nationwide. The quilts that have been made over the years have brought comfort and love to those who need it during times when they need The Lord the most. There are so many times someone might need a quilt, or another handmade item, that has been prayed over by people of strong faith.

For our Pastor's quilt, it began back this summer when he told the church of his diagnosis. A design began to form, fabrics were chosen, the pattern was drawn out, and before long the quilt began to take shape. It took a while, but the day came when all the layers could be put together and the strings could be placed for the congregation to pray over.

This is where the real ministry happens. Granted, the maker has done her part by praying over every knot she put into the quilt while sewing it. But now is the time when the real power, the power of Trinity Church, gets infused into the layers of fabric and stuffing! We as a church have the ability to bring so much love, compassion, comfort, and the power of heaven to help heal Pastor Hayden of this cancer. That is just what the quilt was made for.

Trinity is starting a new program soon, Threads of Love. During the monthly meetings, handmade gifts will be created to have the same purpose - to bring love, comfort, and the power of prayer from a loving church to someone who needs it. Look for more information in upcoming bulletins and newsletters. Come join us!

The maker of the Pastor's quilt was moved to see all of the members of Trinity praying over the quilt at Sunday services. Prayer is a powerful tool, isn't it!

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All Saints Sunday

All Saints Day is a time for the Church to remember all those saints, known and unknown, who have gone before us and have faithfully walked the Christian path.

Christian communities have been honoring martyrs and saints in their worship as far back as the fourth century. In the early 700s, such rituals were formalized to be celebrated annually in November.

Trinity UMC will recognize All Saints Sunday on November 1st at the 9:00 a.m. and 10:30 a.m. worship services.

As a faith community, we seek to express our reverence to God within a contemplative service, allowing quiet reflection in the midst of a tolling bell as the life of loved ones and friends who departed this past year are lifted in remembrance.

Trinity Altar Guild

INVITES YOU TO BE A MEMBER

The Trinity UM Altar Guild assists the minister in preparing the sanctuary for worship, weddings and funerals. We meet five times a year. 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.

November Chairperson:
Margy Meeks
November Committee Members:
Nancy Turner
Sylvia Robertson
Jane Vickers

MINISTRY FAIR

Discover Your Gifts.
Share Your Talents. Serve Your Church.

On **Stewardship Sunday, November 22nd,** Trinity will once again host its annual Ministry Fair! Between the **9:00 a.m. and 10:30 a.m. services,** various Trinity ministries will have tables where parishioners can learn more about the many opportunities to serve and get involved in the life of our church.

As you visit each table, you'll discover the different ways you can share your time, talents, and gifts with our church family. Whether you are already involved in a ministry or looking for a new way to participate, the Ministry Fair is a wonderful opportunity to explore how you can make a difference at Trinity.

Stop by, meet our ministry representatives, and discover where your gifts can best be shared!

TRINITY'S ANNUAL THANKSGIVING GATHERING

If you find yourself alone or away from your loved ones for this special holiday, you are invited to join others from your Church family who are in the same situation – even at the last minute.

DATE: NOVEMBER 26, 2026

TIME: 11:00 AM - 1:00 PM

PLACE: JOJO'S FAMILY RESTAURANT
LOCATED AT 301 E. NAYLOR MILL RD, SALISBURY, MD

FORMAT: ORDER AND PAY FOR YOUR OWN MEAL

HOSTS: JOHN AND ANN HILL

NOTE: CONTACT KAREN ALBRIGHT AT 443-235-5585 OR THE CHURCH OFFICE FOR FURTHER INFORMATION.



2027 CHURCH OFFERING ENVELOPES

Church offering envelopes will be mailed in December for 2027.

If you currently do not use offering envelopes, but would like to begin using them in 2027 or if you are currently using them but no longer want to, please call the church office and let us know before December 1.



Santa's Angels Gift Wrapping

Trinity is pleased to support the annual Santa's Angels Program by hosting a gift-wrapping event on Friday, December 11th, from 9:00–11:00 a.m. in the JMB. Bring a roll of wrapping paper, scissors, and tape, and enjoy fellowship and refreshments with your Trinity friends while supporting a wonderful holiday cause!

If you are available to help, please contact Maureen Williams at mowilliams@comcast.net or Monta Kutchen at kutchen7@comcast.net.
We hope you can join us!







Santa's Angels

Santa's Angels began 37 years ago with a local family who wanted to show their two daughters how blessed they were. The family blessed three families that year with Christmas and have continued to do so each year with the creation of Santa's Angels. Last year, 155 families (480 kids and 220 adults) were blessed by Santa's Angels. The families are selected through the school system and receive gifts, food, and a Bible marked to the Christmas Story. This year we will have a list with specific types of toys that are needed and used to fill Christmas lists, as well as used for extra gifts that are taken out by the Santas and their elves on their routes. If you wish to donate monetarily, please make your check payable to Santa's Angels and drop it off in the church office. All donations and unwrapped gifts are due back to the church by **Wednesday, December 9th**. Volunteers are also needed for shopping, wrapping, and delivery. If you wish to help load and deliver, we will be delivering on Tuesday, December 23, 2025 between 7:00 a.m. and 12:00 p.m. All routes leave from the Gun Club on Dagsboro Road. For additional information or if you wish to volunteer, please contact Beverly Tull at (443) 235-1423 or mrstoool@yahoo.com or Lora Adkins at (410) 726-2977.

Santa's Angels Shopping List

Scooters for boys or girls
Baby Alive dolls
Barbie Dolls with accessories (i.e. Barbie townhouse, car, airplane, etc.)
Barbie Doll Heads to do hair
Baby dolls for all ages from age 1 to age 12 (*New Generation or Journey dolls)
Arts and crafts for boys and/or girls (Jewelry making , rock painting, weaving, slime kits)
Discovery Science kits and Kinetic Sand kits
Elmo
Anything for Paw Patrol
Anything with LOL Dolls
Action Figures (Spiderman, Superman, Avengers, Ninja Turtles, & Transformers)
Remote control cars or trucks
Board games (i.e. Trouble, Fortnite, Jenga, Life, Clue, Scrabble, etc.)
Legos for all ages
Fire 7 Tablets or any tablet that connects to internet

Please include batteries for any items that require them

Gift for Teenagers:
Make-up kits purses, cologne
Jewelry (Necklaces, bracelets, & pierced earrings)
Wireless earbuds like Apple, but generic and less expensive

Gift Cards for Kids (Denominations of $25, $50):
Roblox
X-box live membership
Fortnite V buck cards

Gift Cards for Adults (Denominations of $25, $50):
Walmart
Target

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. They will be meeting the 2nd Monday of each month, beginning on November 9th, in the church parlor from 10:00 -11:30 a.m. .

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 will 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.
For more information please call: Ginny Riffle at (208) 420-8600 or Cindy Lawson at (443) 235-5844.

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



Please Support Trinity's Giving Tuesday
December 1, 2026

Please once again support the many local missions of Trinity United Methodist Church through your special contributions on **Trinity's Giving Tuesday**, December 1, 2026. Look for the special contribution cards in the pews on Sunday, November 29, 2026 and make your contributions by cash, check (payable to "Trinity UMC") or electronically to support Trinity's Local Missions budget. Thanks to your generous contributions last year, we raised more than $12,000 to restore funding for the many local missions of Trinity Church. So we are asking once again that you **please consider making a special contribution to Trinity's Local Missions Budget on Trinity's Giving Tuesday** so we can continue funding these critical local services that provide food and shelter and reflect GOD's LOVE for those who are most in need in our community. If you are unable to attend services on November 29, 2026 but would still like to give, please feel free to mail your contribution to the church office (112 High Street, Salisbury, MD 21801) along with the form below and your check payable to "Trinity UMC".

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

□ **Salisbury Urban Ministries** - mission is to develop and implement programs that serve and minister to the needs of materially impoverished people in our community. Trinity is one of the covenant churches which formed Salisbury Urban Ministries in 1992.

□ **Joseph House Café** - providing more than 500 hot lunches annually on the second Tuesday of each month at the Joseph House on Boundary Street.

□ **God's Kitchen (Grace Church)** - addresses the need for meals and health services for the homeless and impoverished. We serve an average of 150 meals twice each year as hosted by the United Methodist Men group from Trinity.

□ **TCAP Ministry** - The Trinity-Choices Academy Partnership provides support for the students and staff at our adopted local school, Choices Academy.

□ **Homeless Shelter** - Supporting homeless men in our community through the Hands and Hearts Ending Homelessness Project where we interact with guests, prepare, deliver and serve meals.

□ **Santa's Angels** - making Christmas brighter for 600+ individuals through shopping, wrapping, and delivering Christmas gifts to local underprivileged families.

□ **HALO Café** - Trinity prepares and serves dinners at the Hope And Life Outreach (HALO) Café on the 2nd and 4th Mondays of each month.

□ **Lazarus Food Pantry** - Trinity accepts food donations each week at all services and volunteers help sort and distribute the items to those in need.

□ **HOPE** - Help and Outreach Point of Entry (HOPE) assists those who are homeless and in need to obtain healthcare, social, and basic living services through assessments, guidance and education, and other support to end the cycle of homelessness and poverty.

□ **Water For Good (Lifewater)** - Providing fresh drinking water solutions to communities in need throughout the world.

□ I wish for my donation to support ALL Local Missions of Trinity United Methodist Church.

God Bless You for Your Support!

Kelly Shannahan, Coordinator

Trinity's Giving Tuesday



Joyful News! Trinity is going Caroling! Mark your calendars now - you don't want to miss it. On Tuesday, December 15th at 5:30 p.m., we will meet at the Jackson Building before heading out into the community to sing our favorite Christmas carols to a special group of our church members. Whether your voice is golden or makes ears ring (or both!), come join us for an evening of fun and fellowship. We'll break into groups and caravan around in the church vans and cars to share the sounds of the season. Be sure to bundle up! Don't forget your flashlights and festive spirit! Songbooks will be provided so you can belt out the lyrics to "Jingle Bells" and "Joy to the World." After an evening of spreading joyful noise, we'll return to the Jackson Building to warm up with hot chocolate and cookies. Come enjoy the holiday spirit with your

Mark Your Calendars Now!

Christmas Eve Services

3:00 p.m.- Service with Communion at Bethesda UMC

7:00 p.m. - Contemporary Service at Bethesda UMC

9:00 p.m. - Trinity UMC with Communion & Traditional Christmas Eve Solos

11:00 p.m. - Traditional Service at Bethesda

Four different times to suit your family's needs.
Rev. Zac Wheeler will be preaching all four services.



Trinity United Methodist Men

by Carroll Thamert

The Trinity UM Men had their Dinner Meeting on Monday, October 12, 2026 (6:00 pm). A total of 14 men attended the meeting at the Deli at Pecan Square for a period of prayer, fellowship, and good food followed by a business meeting to plan for future projects.

1) With the last $50 turned in from the Candy Sale, the Treasury has a total of $1,036.15 for future projects. This was after a $200 donation was made to SUM in honor of Pastor Hayden.

2) The TUMM will help serve a Chili Dinner planned and prepared by the Trinity UM Women in January or February of 2027.

3) The Trinity Men will continue to help unload the Food Truck for the Lazarus Food Pantry one Tuesday per month (TBA) throughout the fall and winter months.

4) Volunteers from the TUMM also prepared and served bag lunches to the needy on Saturday, October 31 (Halloween) from 9 am-12 noon. They will do this again in the spring.

5) Cards continue to be sent out to shut-ins.

6) Quite a few of the TUMM participated in the Pastor Appreciation Sunday Car Convoy Drive-by to honor Pastor Hayden. The cloudy skies and drizzle could not dampen the spirit of the event for all involved. The next meeting of the TUMM will be held on Monday, November 9th, at the Deli at Pecan Square (6:00!pm). All Trinity men are invited. Hope to see you there!



MISSIONS

By Carroll Thamert

Psalm 18:2…."The Lord is my rock, my fortress, and my deliverer.my shield and the horn of my salvation…."

Psalm 62:6. " He alone is my rock and salvation.,,,"

Psalm 46:1. "God is our refuge and strength, an ever-present help in trouble…"

As we reach the month of November with the chill in the air and the darkness of the night coming earlier, we are reminded of God's unyielding love for each of us. It's a love that takes each of us "where we are" in an unconditional way. He is the "Rock" that is solid and always there for us. As we enter this Month of Thanksgiving with winter right around the corner, we can be Thankful for His Giving Us another Year to enjoy the Beauty of His World. I know this time of year, I see the Beauty of His Love and Light in the beauty of nature—the falling, colorful leaves; the beautiful sunrises/sunsets; and the squirrels playfully gathering an abundance of acorns!

As I get older (and I'd like to say wiser even though my wife, Bobbie, might dispute this), I tend to see God more and more in everyday life and events— how He uses the talents, time, and service of ordinary people and events to spread His Word and Salvation to others. On a Saturday night this past September, Bobbie and I had the pleasure of attending a candlelight classical concert at St. Paul's Episcopal Church in Georgetown Delaware. In the setting of this beautiful Church of Victorian Gothic Architecture (built 1844) with its many Stained Glass Windows and arches lit by hundreds of candles, we listened to the sounds of music presented by three talented musicians, two female violinists and one male playing the cello. Here in a church almost 200 years old that has been filled been filled over the years with the Holy Spirit through the singing and playing of hymns, I would feel God's presence through the string trio playing music you wouldn't normally perceive as being spiritual.

The hour long concert was presented by LUMOS, a company with the UK as its headquarters. As the ad said, the organizers "created a magical atmosphere" in a beautiful candlelit setting with "incredible musicians" playing the "hits" of the rock group "Queen" versus the mellow hits of pop star " Elton John". What a combination— classical music for Bobbie and Rock & Roll for me performed in a quiet place where peace, faith, and hope surrounded us both. I doubt that Queen or Elton John ever thought of their music as conveying a spiritual theme, but music is a universal language that speaks directly to a person's very soul.

As I listened to the music surrounded by the lights of the candles and looked at the stained glass windows depicting scenes from the life of Jesus, I realized the songs reflected the relationship between a suffering world and its Savior! The songs of Queen's Freddie Mercury and Elton John seem to emphasize Christian themes in a troubled world— loneliness, suffering, the saving grace of salvation, the search for unconditional love, and the joy of the ultimate victory! As we listened to the classical renditions of Queen's " We Are the Champions"; "We Will Rock You"; and "Somebody to Love" as well as "Rocket Man" and "Don't Let the Sun Go Down on Me" by Elton John, I realized that when it seems like the world is getting more crazy with each passing day, we are Blessed with a real "Rock" to stand on. As we seem to be lost in the darkness of the times, we have a real "Champion" who has already won the battle for us; a "Rock and Mighty Fortress " who promises to always let His Light shine through, never letting the sun set on His salvation. God is our solid Foundation who gave His Son, Jesus, as our victorious Champion.

As I left that concert, I was so at peace and comforted by the Love of God that had surrounded me at St. Paul's that night! As we enter this month of Thanksgiving, I realized that each of us should thank God that we live in a Country that has freedom of religion and thought and that we have a Church like Trinity that like a Family shows love to others. We have all been blessed by God with talents and time that we can use to serve others through the Love of Jesus. Whether it's singing, writing, sharing your thoughts, teaching/mentoring, or just listening to others, there is a Program or Mission at Trinity for you.

Put your talents to work in one of the programs such as a Choir; Bible Studies; Ushering; Sunday School; Bells; Prayer Group; TUMM; or TUMW to name a few. You also might witness to others by using your time and talents to serve one of the Trinity supported Missions, such as Santa's Angels; Joseph House; HALO; Salisbury Urban Ministries; HOPE; the Van Ministry; or Hearts and Hands for Ending Homelessness. God Bless!

Touched by the HEART of Salisbury Urban Ministries

Salisbury Urban Ministries (SUM)

Trinity UM Church continues to support the programs and missions of SUM through donations, prayers, and volunteering of members' talents and time. Donations of non perishable food items, water, snacks, hygiene items, and winter gloves/socks can be made after each Sunday service. A container for donations is located in the back of the Sanctuary. Donations can also be dropped off at the Church Office and SUM Office during the week. Monetary donations are accepted. So far for September and the first two weeks of October, 170 items have been donated. If you wish to volunteer at SUM, help is always welcomed. Thank you for your continued support of the Lazarus Food Pantry, the Kid's Café, God's Kitchen, and the Men's Outreach Program.



Thank You

Your thoughts, prayers and just taking th time to send a card speaks volumes. Thank you so much it is very much appreciated and has helped in the ever slow process of healing

Nancy Nyquist

Dear Church Family,
Thank you so much for the cards and prayers during Ted's illness. They brought great comfort. We are truly blessed to belong to such a caring family.

Marie Graef & Family

NOVEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Communion** 9am Worship Service 9am Sunday School 10:30am Worship Service 3pm Youth Group **ALL SAINTS SUNDAY** **DAYLIGHT SAVING TIME ENDS**	**2** 1:30pm UMW "Deborah" 3:30 Hebrew Class	**3** 1pm UMW "Esther" 2pm Trinity Prayer Group 5:15pm Church Council	**4**	**5** 8:45am Weekly Zoom Prayer w/ Rev. Blake 2pm ABC Study Group 4:30pm Handbell Choir 6:30pm Sanctuary Choir	**6**	**7** 5pm GriefShare
8 9am Worship Service 9am Sunday School 10:30am Worship Service 3pm Youth Group	**9** 10am Threads of Love 3:30 Hebrew Class 6pm UMM - Pecan Deli	**10** 10:30am - UMW "Ruth" 5:15pm SPRC	**11** **VETERANS DAY**	**12** 8:45am Weekly Zoom Prayer w/ Rev. Blake 9:30am Altar Guild 4:30pm Handbell Choir 6:30pm Sanctuary Choir	**13**	**14**
15 9am Worship Service 9 am NO Sunday School - Children to attend Worship 10:30am Worship Service 3pm Youth Group **NEWSLETTER ARTICLES DUE**	**16** 3:30 Hebrew Class	**17** 2pm Trinity Prayer Group	**18**	**19** 8:45am Weekly Zoom Prayer w/ Rev. Blake 2pm ABC Study Group 4:30pm Handbell Choir 6:30pm Sanctuary Choir	**20**	**21**
22 9am Worship Service 9am Sunday School 10:30am Worship Service 3pm Youth Group **STEWARDSHIP SUNDAY** **CHRIST THE KING SUNDAY**	**23** 3:30 Hebrew Class	**24**	**25** 1pm Christian Ladies Book Club	**26** **THANKSGIVING DAY** **CHURCH OFFICE CLOSED**	**27** **CHURCH OFFICE CLOSED**	**28**
29 9am Worship Service 9am Sunday School 10:30am Worship Service 3pm Youth Group **1st SUNDAY OF ADVENT**	**30** 3:30 Hebrew Class					

NOVEMBER BIRTHDAYS



1 - Chris Burkett
Kevin Ireland
Cam Jackson
Brian Ritchie
Carolyn Ryan
Alex Titus

2 - Daniel Dunsten
Matthew Duvall
Cynthia Malone
Donna Webster

3 - Alyssa Fleming
Shawn Kelley
Jeanne Kniceley
Charlotte Miller
Jake Richardson

4 - Dana Richardson

5 - Mark Merritt

6 - Tricia Payne
Patricia Whitelock

7 - Joe Godfrey
Liam Payne

8 - Jonathan Doyle
Dennis Klingenberg
Colton Mann
Shelly Messick

9 - Connor Banks
Chip Galloway
Ann Hudson
Jane Menzel
Dylan Pusey
Daniel Rogers
John Soule
John Wilson

10 - Jackie Bounds
Dorothy Butler
Benjamin O'Brien
Kathy Riggins
Christa Shaner
Tom Townsend

11 - Lauran Collins
Kevin Darcey
Ann Nelson

12 - Susan Glenn
Robert Hearn
Christopher Lloyd
Glenn Marvel
Chris Mason

13 - Ted Bowne
Amanda Collins
Morgan Esham

14 - Whitney Ballard
Lacey Dunn
Joseph Hayden
Bryce Miller
George Patterson
Jim Webster
Ruth Yesko

15 - Robbie Horner

16 - Pat Gray
Kevin Menzel
Sonya Pusey
Nancy Rogers

17 - Rob Freshwater
Jennifer Hooper
Brusner Isma
Robert Rozaieski
Douglas Smith

18 - Sam Ennis, Jr.
Harper Meeks
Ryan Payne

19 - Ryleigh Jones

20 - Sarah Hopkins
Hailey Jones
Ryan Wootten

21 - Victoria Abel
Ryan Duvall
Susan Purnell

22 - Andy Kitzrow

23 - Michael Hoch

24 - Kelsey Miller
George Noonan
Nathan Stanley

25 - Clinton Corbin
Sharon Corry
Christina Fishburn
Joan Haldeman
Melissa Marcum
Carol Parsons
Christopher Simpson

26 - Dot Baker
Riley Greenwood
Megan Struthers
Stephen Trader
Christina Wilson

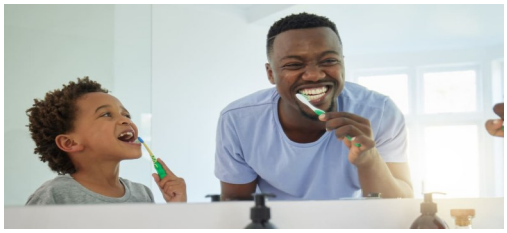
27 - Alice Smith
Garrett White

28 -

29 - Kathryn Bowne
Renee Esham
Charlotte Trice

30 - Linda Nelson

PLEASE NOTE: If your name does not appear on this list, it does not mean that we do not have you as a Trinity member. It only means that we do not have your birth date. Please give the church office a call with any additions to, or corrections, of this list.



Oral Health & Hygiene Overview

Health Outreach Ministry

Dot Baker, RN



WHAT is "Oral Health"? is the overall condition of the parts of your mouth and surrounding structures (teeth, gums, tongue, hard and soft structures [palates], saliva, lips, etc. "Oral Hygiene" includes the actions and habits to keep your mouth clean and prevent disease.

WHY is oral health important? Oral health is a window to your general health; it affects your abilities to take in, chew, and begin digestion of foods and beverages; it gives foundation/structure & shape to your face; it helps to show your emotions such as a smile or pout; and it helps you to talk, sing, make sounds.

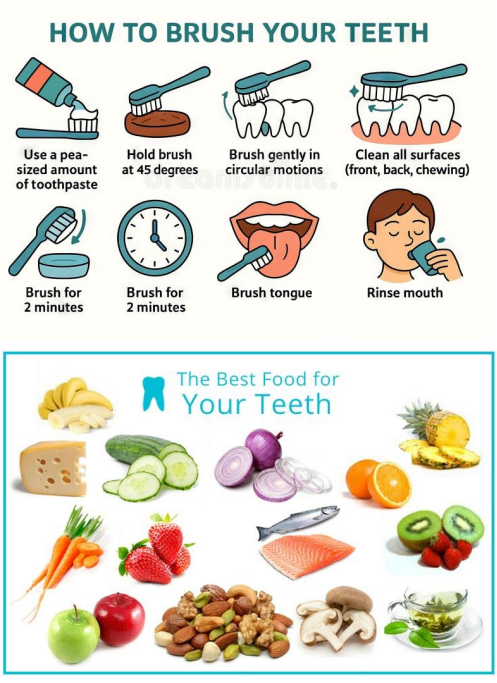
DID you know? Your active oral hygiene can stop/limit/prevent issues such as cavities, gum disease (gingivitis, periodontitis), bad breath, possible tooth loss, etc.

WHAT are connections between oral health and health conditions? A common motto is that good oral health = good overall health. This means that your oral health is connected to the health of your whole body. Examples of connections may include: heart and vessel disease, stroke, pneumonia, pregnancy issues, oral cancer, etc. Also, some of your health conditions may affect your oral health. Examples may include: diabetes, osteoporosis, HIV/AIDS, Alzheimer's disease, eating disorders, some cancers, some medications, etc. Poor oral health may be related to missed work/school/social/ physical activities, altered sleep and eating patterns, decreased nutrition, emotional strain, increased pain, lower quality of life, job potential, etc.
WHAT are warning signs of problems? bleeding/swollen gums, tooth ache, tooth decay, frequent bad breath, loose teeth, jaw swelling, excessive dry mouth, persistent mouth sores, etc.

WHAT can we do? Be aware of the condition of your mouth areas. Follow recommendations for at-home care (brush, floss, limit sugary intake, eat a nutritious diet, replace toothbrush every 3-4 months, stop tobacco use, avoid oral piercings, etc.) and professional dental care (cleaning, exams, x-rays, specialized care as indicated).

Check out inserts below for additional oral health and hygiene tips.





Resources: American Dental Association, CDC, Cleveland Clinic, Mayo Clinic, National Institute of Dental & Craniofacial Research

Trinity United Methodist Church
112 High Street
Salisbury, MD 21801

RETURN SERVICE
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US POSTAGE
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SALISBURY, MD 21801
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Contact:

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http://www.trinityumcsalisbury.com

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E-mail: trinity@trinityumcsalisbury.org

Office Hours: Monday - Thursday
8:00 a.m. to 4:00 p.m.
Lunch: Closed one hour
Friday - Closed