



From the Desk of the Pastor...

Luke 12:48b From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded.

It has almost been a year since I first took the pulpit of Trinity UMC. I stated that first Sunday how blessed I felt to be called to this Church and how much respect and admiration I had for this congregation. It truly is the church I most wanted to be appointed to. And thus far into my tenure here, I can echo the sentiment again and again.

I am continuously impressed with the level of talent and the knowledge of our congregation. Our choir and bell choir, especially under the direction of Phyllis and Jackie, and the musical prowess of David is unrivalled in any congregation on the Eastern shore. Our praise team continues to develop with a faithful group of musicians learning new styles and songs each week. And our Bible Studies continue to be opportunities to learn from each other with the wealth of knowledge and experience that is gathered around the table.

Our mission teams including the Trinity Choices Academy Partnership, the Apalachian Service Project, the various feeding and ministry teams for Halo, Christian Shelter, Salisbury Urban Ministry, Helping Hands Ending Homeless and others continue to reach out with love and concern to our community, truly showing the heart of Jesus. The people of Trinity truly consider working for the Lord to be a blessing and an opportunity to bless others.

Clearly we have tremendous people who are willing to do and start new things as well as we have restarted a children's ministry downtown, have begun new outreach and events programming, and began a new worship service monthly at Halo. Trinity believes in doing the work of the ministry, to make disciples of Jesus Christ.

Of course there is more work to be done in all of these areas as we have needs for youth programs, for van drivers to bring new people to church, new opening for praise band and choir members, new mission projects and opportunities for new leaders to step up and help plan outreach events. Of course there is still the need to evangelize and to share the gospel in new ways to reach new people. There is much more that we could do.

One of the other great blessings of Trinity is the faithful members, many of whom celebrated fifty years of continuous membership on Heritage Sunday in May. We have new members continuing to join, and new faces continuing to attend. We recognize the church is all of the people who God has placed within our congregation to work together in ministry. We have truly been blessed.

We have also been greatly blessed with tremendous physical resources in the area of buildings and property. Each building donated or otherwise designated with gifts by faithful and loving members of this congregation. We have seven free standing buildings and several acres of property which truly sets us apart among our peers.

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Yet, here's the rub. Since we have been given much, we are required to do much with what we have been given. This understanding of stewardship is directly from the words of Jesus and is something that we must heed. For with all the wonderful aspects of Trinity which make it the best congregation with which to be involved, the best congregation to be appointed, the best congregation to serve the community, we must also understand our need to be good stewards of our resources.

We have buildings being underutilized because we have not developed our youth program. We have not developed our outreach to young families so as to need the nursery. We have not discovered ways to utilize the retreat house. And if we are to be good stewards, if we are to be faithful, we must. It is demanded of us according to Jesus' words in Luke 12.

I believe as I said last month the best of Trinity is still ahead. I believe we can grow a great youth program, a great family program, a great retreat environment. Yet in order to do so, much is required. Someone must step up. Someone must answer the call. Someone must invite new people with youth, new families with children because we believe we are called to minister to them. For if we are not, then perhaps we should let the properties go to someone who can. I believe we have an opportunity to forge our way forward, to be the church to minister to all in ways that are second to none. But I am not the church... we are.

We all have to buy in to the vision. We all have to commit to being evangelists for the sake of the people who need the Lord, who need what we have to offer. It is our opportunity. So this summer as you hear of events, plan on attending and inviting someone. As you build relationships, invite someone. As you vacation, or work, or whatever you do, consider how we can allow Trinity to minister to our communities with the resources we have. And be sure to consider how God is calling you to use your resources. This year could be the best year yet. But we have to do our part to make it so.

Looking forward to the best year ever!

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



Summer Worship Schedule

After much input, prayer and consideration regarding the summer schedule, the decision has been made for this year. Our summer worship will begin on June 18th and run through September 3rd. Since the 9:00 a.m. downtown service is doing well, we do not want to derail that service by moving it or the time, so it will stay as is. Regarding an outside service, the plan is to have the Family Life Center service at 10:30 a.m. outside unless the weather prohibits it (either too hot, or rainy). I know that this will not please everyone, but for now it is deemed the best way to continue the momentum we have seen. Please continue to be in prayer for our worship services as we seek to offer ample opportunities for all.



IRV BRUMBLEY & FRIENDS GOSPEL CONCERTS

Directed by Irv Brumbley & Paul Klaverweiden

IN MEMORY OF JACK SAVAGE

VIDEO TAPPING LIVE BY RICH
BENEDICK

Alan Schultes :AV SUPPORT& Ray
Bennet :Sound & Paul on the Piano.



JUNE 25, 2023

TRINITY FAMILY LIFE CENTER (Holds over 700 people)

31193 Mt. Hermon RD. Salisbury, MD

**CONCERT WILL START AT 3:30 WITH SPECIAL
SINGERS.**

PRESHOW AT 3:30PM.....SHOW AT 4:00PM

**Special guests— Ray Bennet, Reverent Qt., Homeland
Singers, Real Hope, Jackie Andrews & Many more.**

**COME EARLY. THIS IS A SPECIAL NIGHT FOR IRV. IF
YOU SANG YEARS AGO PLEASE COME AND JOIN THE
CHOIR TODAY.**

We started at Friendship U.M. Church Berlin, MD, then to Stephen Decatur High School and then Ocean City Jamboree Theatre in Ocean City, MD and then many churches all over. Come and join us on this special day as we relive those fun and inspirational 'old time church sings'. In the tradition of Bill & Gloria Galtner's popular concerts, gospel recording artist Irv Brumbley & a lot of singers & a live band will bring together on the same stage. You will laugh, praise and inspire each other with so many of your favorite gospel songs and

hymns from days gone by. Come sing along, tap along, clap along and lift your voice to the Heaven's with this fantastic gathering of extremely talented singers and musicians from a lot of different states. Beautiful padded pews it is a great building with pews. **There will be a free-will love offering taken up. There is a lot of expenses involved in this . Please we need Your help.

Irv Brumbley 443-359-1159 Ray Bennett (757) 685 3229



Membership News

DEATHS

April 29, 2023
George Pearce

May 8, 2023
Rev. Jack Savage, Jr.

May 12, 2023
Sue Lankford

May 19, 2023
Barbara Phillips

Thank You Notes

Dear Friends and Members of Trinity,

I have enjoyed all of the cards, calls and flowers from Trinity Church and especially Deborah Circle. Thank you all for remembering me.

Mildred Palmer

My Dear Trinity Friends,

I can't find the words that I would love to say to each one of you. But I was so blessed for all the cards, calls and visits during my loss of Tom. They meant so much and I'll always remember how special that you Trinity people are.

My Love to All of You,
Sarah Hopkins

Dear Friends at Trinity,

I would like to thank my church family for all the prayers and messages that I received before my surgery. My surgery went well and I hope when I am through with physical therapy we can get back to church.

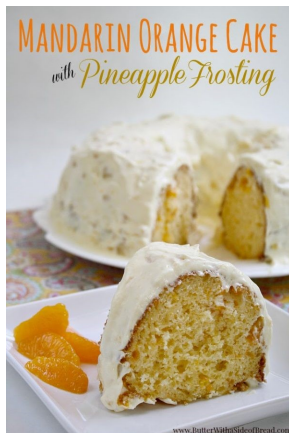
Linda Glagola

CONGREGATIONAL CARE

Our card ministry continues to thrive and I am so happy that we can offer this ministry.

I want to restart the visitation ministry and call ministry but not sure if we will get people together until fall.

There are activities being planned for the congregation each month of the summer season and I pray that you will make an effort to support them.



RECIPE CORNER

Million Dollar Cake

- 1 can (11 ounces) mandarin oranges, undrained
- 1 package yellow cake mix (regular size)
- 1-1/4 cups cold 2% milk
- 1 package (3.4 ounces) instant vanilla pudding mix
- 1 can (20 ounces) crushed pineapple, well drained
- 2 cups whipped topping
- 8 ounces cream cheese, softened
- 1/2 cup confectioners' sugar
- 1 teaspoon vanilla extract

Drain mandarin oranges and reserve liquid. Add reserved liquid to a liquid measuring cup (there should be about 1/2 cup) and fill with water to measure 1 cup. Prepare cake mix according to package directions, using the juice and water mixture in place of the water called for on the package. Bake in two greased 9-in. round baking pans according to package directions. Cool for 10 minutes before removing from pans to wire racks to cool completely.

In a large bowl, whisk milk and pudding mix for 2 minutes. Stir in pineapple. Spread 1 cup between cake layers. In a small bowl, beat cream cheese, sugar and vanilla until smooth. Beat in 1 cup whipped topping. Fold in remaining topping. Spread on top and sides of cake. Cover and refrigerate for 3 hours or overnight. Decorate with mandarin oranges prior to serving.



2023 GRADUATES

HIGH SCHOOL GRADUATES

Luke Alexander Dunne
James M. Bennett High School
Parents: Stacy & Mick Dunne

Ben O'Brien
The Salisbury School
Parents: John & Janet O'Brien

COLLEGE GRADUATES

Kathleen Bryson
Bloomsburg University of Pennsylvania
Parents: Kirby & Christine Bryson

Joseph Daniel Hayden
Salisbury University
Parents: Vaughan & Tammy Hayden

Emma E. Chandler
Salisbury University
Parents: David and Leigh Ann Chandler



Trinity United Methodist Church Scholarship Recipients 2023

Dora K. Ashby
Daughter of Bryan and Leisl Ashby

Grace P. Ashby
Daughter of Bryan and Leisl Ashby

Allison S. Hooper
Daughter of David and Jennifer Hooper

Katelyn E. Menzel
Daughter of John and Lori Menzel

Lindsey E. Menzel
Daughter of John and Lori Menzel

Dylan J. Warwick
Son of Rodney and Kathy Warwick

Patterson Scholarship Recipient 2023

Joseph D. Hayden
Son of Vaughan and Tammy Hayden

JUNE... & THE BEANSTALK



JUNE'S DONATION
FOR THE LAZARUS
FOOD PANTRY IS:

BEANS

NO MAGIC
REQUIRED!

STARS

+

BARS



GRANOLA BARS!

Bring them in July
All donations benefit the Lazarus Food Pantry

Aren't
U
Glad
U
Support
Trinity!

Bring any food
you want:
canned, boxed
or packaged!

SALISBURY URBAN MINISTRIES

By Carroll Thamert

The Lazarus Food Pantry and its distribution of food continues to be a very important part of the Trinity Family. We have been averaging about 15 or more donations per Sunday as well as various members volunteering their time, monies, and talent. For the last month reported, the Food Pantry has given out over 445 bags of food (163 Gov't food/282 donated or purchased)(183 families/430 individuals served).

The Kid's Café Program of SUM has hired a new assistant coordinator. Bernie Rene is a SU student who worked with disabled children in Haiti prior to coming to the USA five years ago. Colleen Quinn has moved up to the coordinator position. As stated earlier, bottled water and snacks are needed for this program. Also volunteers are welcomed. A big shout out of thanks goes to the Esther Circle for their support of the Kid's Café.

SUM thanks the Trinity Family for their continued support of the Program! The prayers, volunteer hours, and donations are greatly appreciated.



SALISBURY URBAN MINISTRIES

DONATIONS NEEDED FOR LAZARUS FOOD PANTRY:

- Ramen noodles
- Canned tuna & chicken
- Peanut butter

KIDS CAFÉ:

- Individually packaged snacks for summer camp

MEN'S WELCOME CENTER:

- Bug spray

Donations can be dropped off at:

Salisbury Urban Ministries Office
326 Barclay St
Or call 410-749-1563



Military Family Coupon Program

*Tommy and Carolyn Lewis,
Coordinators*

We are requesting that you clip coupons individually and make sure that the dates are current. We collected \$5,036.16 worth of coupons for April and May. Coupons can be placed in the church mail slot at the Palmer Building front door or we can receive them by mail.





By Carroll Thamert

Can you believe that Summer has so quickly come upon us! The Summer of 2023 is here: June, July, and August with their longer days, warmer weather, relaxing vacations, and family get togethers. Hopefully summer and God's gift of nature gives us time to "refresh our batteries" for the days ahead, to know that our work for God is always present and needed. Summer is truly God's gift to us to replenish our lives and to prepare to finish the work ahead. God's enduring love and beauty never takes a break for us and those in need, the sheep of his flock!

Even with the freshness, celebration, and relaxation of the summer months, the missions of Trinity and the work of God are never on vacation.

This summer take time to pray; to listen to God; and to continue His Work in the Community. We could use the example of the two ladies that joined us at our last Mission Committee Meeting to share about a missionary project that they are part of called InterCP International 10/40 Mission. It was at the meeting that Gladys Akinjo, a young SU student, and Rosa Morale, an older lady nearer my age, shared how they have been active in InterCP, a non-denominational Christian Mission that takes the Gospel to countries such as Korea, Iraq, Jordan, and Egypt. In fact, both ladies have served as missionaries to spread the Word to those that otherwise would not get the opportunity to experience God if not for their work. Rosa, at the time of the meeting, was preparing to leave for a two week summer mission to Korea. These ladies are hoping to secure missionary candidates from local churches such as Trinity as well as a place for their Vision School. Look the Mission up on the internet if you want to find out more and pray for their continued service/work.

Closer to home, as Pastor Hayden said in a recent sermon, "We can Finish God's Work by Passing the Mantle" this summer by supporting local missions, helping the needy, and preparing for the future needs. For example, Santa's Angels, even in its off season, is preparing for its upcoming Christmas Season by having online Auctions via Facebook in April, July, and later in the Fall to raise money. We can support this Mission by bidding on many donated items. There are items for everyone's taste! Not only is it a fun activity for summer but also helps to prepare for and support a very worthy project!

Maybe during the summer, you like to prepare food or serve those that are hungry for both food and God's Word. There are missions supported by Trinity that are meant for you. The Lazarus Food Pantry is always in need of food as well as volunteers to distribute the food bags each Tuesday and Thursday at SUM located at 326 Barkley Street. Continue to make food donations each Sunday after each service, at the Church Office, or at the SUM Office. If you wish to volunteer at SUM or the Pantry, call (420) 749-1563 Monday through Thursday.

Robin Ritchie and the Trinity Team are always looking for additional volunteers for to serve dinner at HALO the 2nd Monday of each month from 5:30-7:00 pm. Our ASP Team as well as a T-CAP Team have also been serving meals on various Tuesdays of the month. Volunteers and prayers for this feeding program are always welcomed.

Trinity continues to provide 40 lunches to the Joseph House day program on the 3rd Wednesday of each month. Maureen Williams is always looking for additional volunteers to help 3-4 times per year. Beginning in May, the Café at Joseph House will again be open to the public and Trinity will begin providing 80-100 meals. If food is your expertise, there is definitely an opportunity for you to volunteer with the Trinity Team. Maybe you're not prepared to commit now, but might be later in the year when the Hearts and Hands Ending Homelessness starts up again by preparing breakfast, lunch, and dinner for the homeless. Volunteers are always needed for the Winter Shelter Program.

There are other opportunities this summer for the Trinity Family to put prayers, talents, donations, and service hours to use to help others in the community. Pastor Hayden is looking for a volunteer to coordinate a Van Ministry to provide transportation to people wishing to attend services at Trinity and the FLC. The vans would be used to travel to such locations as HALO, SU, Mallard Landing, and members' houses to bring people to the worship services. Or maybe you have a Green Thumb when it comes to outside garden work. The Boundless Community Garden located behind the Chipman Center is looking for volunteers to help in the garden this summer.

Maybe your heart and thoughts are with the next generation of young people. Trinity and God have provided a place for you! The Kid's Café of SUM for the Summer Program and their YMCA Summer Camp have opportunities for volunteers and donations. Bottles of water (240 total) and individually wrapped snacks such as Goldfish, cereal bars, Skinny popcorn, Mott's fruit snacks, crackers, pretzels and veggie straws are needed (480 items for 2 snacks/day). Donations can be made after each service, at the Church Office or SUM Office. T-CAP is a partnership between Trinity and the Choice Academy of Wicomico County Public Schools to support the students and staff. Joyce Dunn and her Committee are planning to host a Trunk or Treat at the FLC on October 30 along with the many other activities they have done for the school. Maybe you would like to decorate your car for the event or donate candy/treats for the event which would be greatly appreciated. From June 17-24, 14 youth and 10 adults will be traveling to Dickson County, Virginia for the yearly ASP Mission sponsored by Trinity to do house repairs but more importantly to spread God's Love. Donations and Prayers are appreciated!

As you can see, God's Work is continuous. Even with summer upon us, there is still a lot to be accomplished and to be prepared for with the Trinity Missions. Your thoughts, prayers, talents, and donations are needed more than ever. May God Bless you and give you Peace and Rest this summer as we continue God's Work. If you wish to know more about any of the missions or you want to volunteer or donate, call the Church Office or contact one of the Mission Committee Members

Let me close with this prayer: "Dear God, We thank you for opportunity to serve you and do your Work of Love. As the days grow longer and the air gets warmer and the pace of life slows for this Summer, May we your servants find replenishment and peace in your Hands. Fill us with your Love and Compassion for all your Creation. In Your Blessed Son's Name, Amen"



**Our mission is to provide Christian hospitality and programming
that promote God-inspired life-changing experiences.**

Pecometh • 136 Bookers Wharf Road • Centreville, MD 21617 • (410) 556-6900 • www.pecometh.org

Dear Friend,

Did you know the cost of a week of Riverside, our traditional summer camp program, is \$599? That's a lot of money. Our costs for staffing, food and supplies have risen and we have no choice but to charge this amount to remain viable.

The question is, how does a family afford summer camp, especially if they have multiple children?

The answer is camperships. We'll provide \$200 toward the cost of a week of camp for any child because we know that camp makes a difference. Parent feedback from this last summer bears this out:

- 95% said their child enjoyed their cabin counselor or group leader.
- 89% said their child had fun at camp.
- 82% were satisfied that camp effectively taught the Christian faith.
- 78% said their child learned more about the Bible.
- 76% said their child made a new friend.
- 71% said their child grew in self-confidence.
- 69% said their child was strengthened in their faith.

More importantly, the parent comments bring these statistics to life. Here are two of the many we received.

"Both of my daughters went to camp the same week, but were in different cabins. The older wears an upper torso brace - her counselor was amazing and supportive throughout the entire week. Both girls were really happy to learn more about the Bible with Pastor Paul. They learned things they didn't know before and it has had a huge impact on their faith. I am really, really happy about that."

"He loves the exposure to other cultures through the international counselors. He loves forming relationships with people of all ages and backgrounds. We are always so grateful of the caliber of the young people who are hired as counselors and staff who lead by example and leave lasting impressions on both of our children. I know how important Christian summer camp was to me as I was growing into a teenager and young adult. My husband and I are so happy we can provide a similar experience for our kids through all of the wonderful outreach and summer experiences Camp Pecometh has provided!"

Will you help us make camp possible for every child that wants to come? Your gift WILL make an impact on someone you likely will never meet. That impact will last a lifetime and could last for eternity. Thank you for your prayerful consideration.

Grace and Peace,

Augie Lankford
Executive Director



P.S. Have you considered having your gift given in automatic monthly increments with your credit card or ACH? Donate online using our new QR code!



UNITED METHODIST WOMEN

by Jennifer Doyle, President

Summer is almost upon us and with this time of year comes warmer weather, outdoor barbecues, beach days, swimming, boating and family vacations. It is a time to get outside and enjoy nature and all of God's beautiful creation!

The Trinity UMW wrapped up their activities until fall with a wonderful Spring Luncheon. It was held in the fellowship hall at the FLC on May 23. Christina Savage Wilson, the Spiritual Development Administrator at HALO enlightened us with her role and all the activities at HALO. It was most informative and was enjoyed by all.

I would like to highlight some important dates for Trinity UMW coming up this fall:

- Tuesday, September 12 at 10:00 in the JMB will be our next UMW executive board meeting.
- Tuesday, September 19 will be our UMW fall luncheon. The speaker and location will be announced at a later date.
- Saturday, October 7 at 11:00 in the JMB will be our Pampered Chef fundraiser featuring appetizers for the holidays.
- Saturday, December 16 at 9:00 in the JMB will be our second annual jewelry, scarf and Christmas cookie sale.

I wish everyone a happy and healthy summer and look forward to our gathering together again in the fall!

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



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.

JUNE BIRTHDAYS

1 - Julie Ayd
Frank DelGaudio III
Tom DuPont
Jamie Flaig
Andrea Hudson
Chris Mitchell
Chris Shaffer
Jennifer Trader
Laurie Webb

2 - Robert Abel
Anne Collins
Zander Devies
Darryl McJilton
Sophia Peters

3 - Kim Gordy
Hulda Kreis
John Long II
T. J. Mumford III
Gray Turner

4 - Sheila Darrah
Debbie Harris
Ellen Moran
Allen Wootten

5 - David Barnes
Sherie Debelius
Chana Emge
Tom Mertensotto
Katie Parsons
Michael Payne
Blake Twilley
Jennifer Underwood
Dale Vroman
Steve Windmuller

6 - Christopher Bozman
Luke Emge
Allie Guy
Jackson Luppens
Harper Mills
Mildred Palmer
Rick Smoak, Jr.

7 - Logan Barnes
Debra Downing
Denise Eberspeaker
Casey Lynch
Susan Richardson
Penny Wilson Neil

8 - Cale Ashcraft
Stephen Ashcraft
Sherri Harkins
Tanner Leonard
Liam Nelson
Mary Nelson
Micah Outten
Macallan Trader
Chuck Ulm
Brian Wright

9 - Kevin Billard
Michael Murray
Jesse Saywell
Gayle Whitelock

10 - David Downes
Maysen King
William Layfield
Lucas Payne
Leanna Pusey
Donna Thompson
Morgan White

11 - Violet Jones
Landry Parsons
Catherine Shockley
Linda Townsend

12 - Alivia Devies
Brittany Grier
Melissa Kiser
Elizabeth Nelson
Trevor Peters
Sophia Senkbeil
Kennedy Soper
John Timmons
Richie Wright II

13 - David Hooper, Jr.
Kurt Kohler
Jill McCabe

(Mrs. Douglas)

Tilghman Mills
Peyton Pearce

14 - Michael Abercrombie
Leisl Ashby
Linda Brown
Rebecca Edney
Paige Greenwood
Amanda Howard
Christine Okerblom
Karen Payne
Kaye Thomas
Tom Ward

15 - Kirby Ashcraft
Katlinn Barnes
Matthew Gilland
Griffin Harmon

16 - Margo Hunt
Graham Moore
Barbara Nazelrod
Jay Reading
Scott Robertson
Karen Smith

17 - Thomas Leonard
Marcie McGrillies
Rachel McGrillies
Warren Pitsenbarger
Woody Wilson, Jr.

18 - Bruce Bostwick
Danny Gregory, Jr.
Kristi Jenkins
Norman Webster
Dan Williams
Claire Wright

19 - Rory Darrah
Jaqueline Leanne Irvine
Brett Miles
Brynne Moore

20 - Claire Blevins
Cindy Collins
Jamie Holland
Gavin Mann
Bettie Nichols
Tom Preller
Michael Shockley

21 - Holly Agnew
Terri Corbin
Chad Lowe

22 - Joe Beach, Jr.
Marisa Farrelly
Katie Fox
Chip Jenkins
Susan Jordan
Sydney Mills
Lynne Smoak

23 - Ken MacFarlane
Glen Parsons
Brian Tregoe
Marlene Waller
Pam Wiseman

24 - Ellie Ennis
Dora Larimore
John O'Brien

25 - Barbara Culver
Caden Pavese
Jordan Plymale
Jane Seagraves
Lindsay Wallingford
Emily Wright

26 - Mark Blades
Jacob Corry
John Fleming
Taylor Lawson
Kim Miles
David Reichenberg
Mitzi Scott
Charles Staiger
Lois Wootten Shockley

27 - Sonnie Lucas
Peter Whaley

28 - Natalie Booth
June Burton
Jacob Chandler
Julia D'Angelo

29 - Jordan Adams
Alyssa Massey
Tim Pusey
Pam Weeg

30 - Kathleen Hearne
Dawn Hinman
Hannah Johnson
Michelle Mann
Philip Mason
Brooke Reese
Alison Wootten

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JULY BIRTHDAYS

1 - Hannah Ashcraft
Lisa Boltz
Lauren Crouse
Hannah McCabe
Jennifer Race

2 - Teresa McCain
Teri Nelson
Coral Rychener
Caleb Wilson

3 - John Culver
Shirley Davis
Natalie Shaffer
Frank Taylor

4 - Mimi Boulden
Marissa Dickerson
Colbey Hunt
Mike Kelley

5 - Harrison Brennan
George Fahner
Krissy Gilbert
Michelle Hillyer
Courtney Wilkins

6 - Carole Adkins
Robert Horsey III
Sharon Kriegisch
Amy Luppens
Dan Peters
David Price
Alexa Sande
Keith White

7 - Dylan Maine

8 - Tyler Barnes
Linda Boltz
Liam Charlton
Melissa Waller

9 - Konley Brewer
Casie Culver
Adalyn Doyle
Mason Shetler
Keith Staton

10 - Chase Bostwick
Jack Calloway
Allison Ford
Shelby Frost
Julie Marvel
Bruce Mooney
Barrie Smiley

11 - Nicole Acle
Cameron Barnes
Joseph Bernstein
Vickie Blades
Allison Dickson
Bill Fowler
Bleecker Hawkins
Joseph Ireland
Cory Kohler
Regina Lankford
Carol Mears
Kaylyn Propst

12 - Gary Brown
John Shores
Charles Smith, Jr.

13 - Emily O'Brien
Jay West

14 - Cassie Dempsey
Hannah Hillyer
Genevieve Payne
Nancy Pusey
Jeffery Thamert
Jaclyn Zockoll

15 - Darlene Breeding
Shelby Byrd
Carolyn Chandler
Natalie Dunn
Mark LaVorgna
Everett Morton
Ruth Nichols
Mark Shipley
Monroe Trader
Jim Wiese

16 - Morgan Helfrich
Judi Mason
David Roe
Wynn Smith
Kate Soper
Clay Thompson

17 - Marcia Helms
Brady Hunt
Tyler Mitchell
Michael Nichols

18 - Harper Ferro
Lauren Follebout
Cindy Laws

19 - Karen Culver
Joshua Henderson
Russell Parsons
Cheryl Plymale
Zachary Savage

20 - Gorden Abercrombie
Terry Dix
Jennifer Dwiggin
Isabelle Mahon
Samantha McJilton
Joseph Scott
Peggy Sheeran

21 - Kimberly Carey
Gavin Shipley
Addie Tregoe
Jeffery Webster

22 - Nathan Douse
Emily Hooper
Bev Horner
Janice Morton

23 - Richard Carlson
Loudell Insley
Kaytlyn Senkbeil

24 - Emma Chandler
Ethan Hall
Tracy Horsey

25 - Melissa Bell
Linda Lloyd
Isaac Mah
Victoria McIntyre
Melody Whitelock

26 - Hannah Hooper
George Murdoch
Connor Smith

27

28 - Jonah Corry
Samuel Evans
Edward Mahon
Charley Meeks
John Stuart

29 - Gabriel Alfano
Jordan Davies
Don Denayer
Devon Fahner
Gary Moore
Christopher Okerblom
Emil Paul
Wendy Simpson
Libby Truitt

30 - Logan Charlton
Kennedy East

31 - Jack Kutchen, Jr.
Jackson Phiefer
Terry Sell
Mike Williams

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AUGUST BIRTHDAYS

1 - Brita Ayd
Jay Bozman, Jr.
Erika Corry
Ed Glagola
Vicki Gray
Lee Larimore
Brock Lawson
Logan McIntyre
Jimmy Sarbanes
Luke Twilley
Trent Warfield

2 - Debbie Benedict
Tom Berry
Finley Helfrich
Jamie Hudson
Susan Lloyd
Natalie Tull

3 - Don Bilski
Abigail Custis
David Duplechain
Mimi Parks
Justin Shipley
Krista Warfield
Olivia West

4 - Jack Bowne
Georgia Cooper
Ryan Dunn
Devin Dunsten
Suzanne Harkins
Brady Leonard
Ryder Nelson

5 - Clark Blackburn
John Rivello
Hunter Shaner

6 - Suzy Benedict
William Custis
Donna Malone
Scott Malone
Howard Phoebus
Connie Taylor

7 - Keeley Block
Zachary King
Ella Meadows
Ashley Wood

8 - Corrie Culver
Ashton Evans
Christopher Howard
Ron Laws
Aaron Waller

9 - Todd Grier, Jr.
Josephine McJilton
Colton Payne
Dana Ryan
Julien Scott IV
Gwyn Terrell
Zachary Titus

10 - Barbara Baker
Joni Boyce-Butler
Jack Brixner
Evan Kiser
Aiden Pusey
Stephen Roser
Andrew Thorsten

11 - Nancy Johnson
Bailey Moses
Tonya Price
Josh Shaffer

12 - Joseph Fahner
Jessica Fox
Frank Harrison
Bradley Henderson
Sue Posey
Calvin Robinson

13 - Chad Brown
John Custis
Jeffery Duplechain
David Huddleston
Matt Lankford
Barry Tull

14 - Gigi Anderson
Andrew Endicott
Nancy Horner
McKayla Mahon
Jill McCabe (Mrs. Hap)
Bill Mengason
Connie Strott

15 - Lisa Barnes
Luke Clatterback
Ashlyn Ennis
Jenny Roser
Julie Stout

16 - John Calloway, Jr.
Joey Choquette
Tyler Dunn
Ian Hinman
Elliott Meeks
Emily Ritchey
Ruth Ann Savage
Mace Smith

17 - Jane Ashcraft
Gary Chandler
Jackson Doyle
Madison Dunn
Katherine Giles
Walker Harman
Hillary Hogg
Estella Luppens
Scott Mahon
Will Quigley
Richard Snyder
Cohen Weeg
Phillip Wood

18 - Maude Ahtes
Bill Draucker
Matthew Menzel
Karen Rouse
John Routenberg
Laura Smith
Hunter Wright

19 - Larry Albright
Christine Bryson
Leigha Early
Leonard Evans
Kathy Hensley
Peter Lischick
Alex Mah
Angie Mills
Colleen Mooney
Nancy Schofield

20 - Joel Davies
Tom Hehman
Laurie Jones
Cindi Martin
Sam Shannahan
Pat Stein

21 - Ryan Boyce
Robert Bullock
Helen Burns
Ron Gilland
Donna Knopf
Martha Usilton
Blake Washington

22 - Ryan Hedger
Joe Hetherington
Robbie Shaw III
Suzanne Wilson

23 - Heather Hammond

24 - Karalynn Fykes
Marie Graef
Patty Green
Ava Sammons
Lindsay Smith

25 - Laura Benedict
Scott Booth
Ross Hammer
Matthew Jones
Paul Lewis, Jr.
Carly Veditz

26 - Josh Downes
Will Harmon

27 - Sonya Prado

28 - Kasey Ashcraft
Emma Douse
Mark Edney
Lindsay Hall
Shelly Hall
Amanda Harris
Dan Jackson
Doug McCabe
Joshua Price
Susan Smith

29 - Rebecca Boyce
Hugh Jackson
Ronald Nelson
Sky Smith

30 - Maddox Ferro
Robert Hudson
Dwight King
Doug Ward
Cody Wheatley

31 - Matthew Cooper
Frederick Duncan
Lorraine Ford
Ryan Mann
Laura Orbino

SUMMER SAFETY



Now that summer is upon us and we begin to think about vacations and outdoor activities, we need to be ever mindful of safety.

Outdoor barbequing can cause fires unintentionally and could cause major damage to your home.

Large crowds gathering on your elevated deck can sometimes cause it to collapse under the weight and people maybe injured or the worse-case scenario death could occur with one or more of the guests or residents.

None of these things bring warm feelings to those who enjoy summer and all the activities they can participate in outside like swimming, water skiing, boogie boarding, jet skis, fishing, crabbing, and many other enjoyable activities.

Many folks are tired of being shut up in the house and are looking for fun things to do but perhaps they don't have the means or finances to do what they want. How can we help people?

1. Ask how you might help neighbors and friends and see what their needs are and see if you can help them with a chore.
2. Look for opportunities to help other without being asked.
3. Maybe you know how to knit or crochet and you could teach friends or even teach a church group.
4. Is someone you know hurting? Just listening to someone who is hurting or giving them a hug if appropriate maybe all they need to know someone really cares.
5. Being nonjudgmental with your listening skills. For many of us this is extremely difficult as we always have our own opinions and often that is not what the person wants to hear but rather just have a safe sounding board.
6. Give praise and compliments to people who are trying to do good things that have never been easy for them.
7. Your neighbor's grass needs cutting and they are having some medical issues, perhaps it would mean a lot if you cut their grass. Just being a friendly neighbor is often so meaningful.
8. Sending hand written cards to people or taking them a gift basket of food is such a treat for some folks and they really appreciate your thoughtfulness. Hand written notes are so precious these days as many prefer to send a text or email which is just not the same.
It is also great especially to the elderly to get a thinking of you card from someone they know or don't know; it is just the thought that means so much.
9. If someone does something for you please remember to say thank you in person and also a note of appreciation. It doesn't take that long to sit down and write a note to a person and send it in the mail.
10. Perhaps you have some free time to donate to organizations that need help. Check with you local organizations to see what or if you can help them with a project or program.
11. Make a monetary donation to important causes like HALO, God's Kitchen, HOPE, Hospice, Red Cross, UMCOR etc.
12. Some people choose to use their birthdays as a way to make donations to charitable organization. I have seen many people ask folks who might want to give them a birthday or Christmas gift to donate to a special organization.

We as believers in Christ know that He wanted us to follow His teachings and being kind and helpful was one of the things He taught us to do. We can always remember that Jesus taught us to love one another and to help your neighbors.

I hope you all have a wonderful summer and hopefully I will see you at church this summer, and if not I will see you in the fall.



FRUITS & VEGGIES – Make Good Choices

Health Outreach Ministry



“Eat 5-9 per day for better health”

So, what’s the big deal with Fruits and Veggies? Well, did you know that eating Fruits & Veggies **BOOSTS** your health? They contain lots of vitamins, minerals, fiber, and phytochemicals (plant substances that protect from/prevent diseases). Some phytochemicals are: *Antioxidants* (protect our body cells from damage by unstable substances called free radicals); *Anti-bacterials* (protect from infection); *Physical actors* (bind to our cells to keep diseases away); and, *Stimulators/Interferers* (act in various ways to reduce risk or prevent cancer cells from multiplying). Fruits & Veggies are lower in calories & higher in fiber – so we can fill up on them and eat fewer high calorie foods.

Examples of fruit & veggie contents: **Beta-carotene** helps prevent cancer, heart disease, stroke, cataracts, aging, & brain conditions such as Alzheimer’s disease. Eat orange foods (sweet potatoes, carrots, squash, cantaloupe, pumpkins) and green leafy veggies (spinach, kale). **Lycopene** is a powerful antioxidant. Eat tomatoes, tomato sauce, watermelon, apricots. **Fiber** helps prevent heart disease, diabetes, and colon disease. Eat most any Fruit & Veggie (such as cabbage, oranges, grapefruits, broccoli, apples) to get fiber. **Lutein** helps with eye health. Eat green leafy veggies (spinach, kale, collards). **Folic acid** helps prevent cancer, heart disease, and birth defects known as neural tube defects. Eat grain cereals, beans, leafy greens, orange juice. **Potassium and calcium** help prevent stroke & high blood pressure and promote bone health. Eat broccoli, banana, asparagus, celery, melons, sweet potatoes. **Vitamins C & E** fight infections & are antioxidants. Eat most fruits & veggies, including broccoli, kiwi, tomatoes, oranges, grapefruit, melons, berries. **COLOR MATTERS!** Eat a variety of orange, yellow, green, purple, red, white, and blue. Each color adds to our health.

So, **how many** Fruits & Veggies do we need to eat EVERY day? Go for 5-9 servings per day. One cup leafy greens (spinach, kale). 3 /4 cup real fruit/veggie juice (tomato, orange, mixed veggie). 1 /2 cup raw or cooked cut up or small fruits/veggies (green beans carrots, grapes). 1/4 cup dried fruit (raisins, apricots, apple bits). One medium piece whole fruit (apple, orange, banana). 1 /2 cup freeze-dried fruits or veggies (corn, peas, blueberries). Fill one-half of your plate with fruits & veggies. You can do it!

What types to eat? Fresh, frozen canned, dried or freeze-dried, 100% juice. **What types to avoid?** Fried/deep fat fried (chips, fries). Candy coated (chocolate coated raisins). Heavy sugared or salted (dill/sweet pickles, olives, candied fruit). High in fat (coconut, olives – can use for garnish). Fruit drinks with little real juice (“ades” & punch). Fruit roll-ups.

FIVE REASONS TO GET YOUR 5-9 FRUITS & VEGGIES A DAY?

It’s healthy - It’s tasty - It’s easy - It’s economical - It can help you watch your weight - It’s for the entire family! So, stock your kitchen, store fruits & veggies in snack bags to grab as-you-go, use fruits & veggies with every meal and snack, make healthy choices when you eat out, and set a good example for your kids. Put physical activity into your routine.

ENERGIZE with fruits & veggies and **MOBILIZE** with physical activity.



Bike Benefits, Safety Tips & Games

Health Outreach Ministry
Dr. Dot Baker

We are moving into an active season.

Think about starting or reviving your bike activity.



BENEFITS of biking include: is a good choice to begin a physical activity, helps balance and leg strength, improves posture, and helps mental outlook. See more benefits and general safety tips @ [Cycling Benefits: 12 Reasons Cycling Is Good for You \(healthline.com\)](https://www.healthline.com/health/cycling-benefits)

GENERAL & SAFETY TIPS include: riding, helmets, crashes, and riding rules.

National Highway Traffic Safety Administration (written & video resources) @

<https://www.nhtsa.gov/road-safety/bicycle-safety>

Additional resources with 15 safety guidelines for all ages @

<https://www.informedcyclist.com/bicycle-safety/>

Safe Kids Worldwide ® helmet and riding guides @

https://www.safekids.org/sites/default/files/documents/bike_safety_tips_2019.pdf

GAMES at these websites: “Safety” @ <https://www.pinterest.com/pin/173459023131611785/>

and “Bingo” @ <https://www.pinterest.com/pin/tiger-cub--111041947053347647/>

and “Teaching session/activities” @ <https://www.teacherspayteachers.com/Product/Bicycle-Safety-Ready-for-Riding-2037819>

CAA SAFETY REMINDERS TO KEEP CYCLISTS SAFE



BE SEEN

Wear lightly-toned or brightly coloured clothing



BE SEEN

Use reflectors and reflective tape on your helmet, clothes and bicycle



BE READY

Equip your bike with a cage and water bottle that can be easily and safely accessed



BE SEEN

Equip your bike with a headlight and taillight for night riding



BE READY

Avoid loose fitting pants that can get tangled in your bike chain



BE READY

Always wear running or cycling shoes while riding



BE HEARD

Equip your bike with a bell or horn to signal pedestrians and drivers, and to pass other bikes safely





Trinity United Methodist Church
112 High Street
Salisbury, MD 21801

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Contact Us:

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

Church: 410-749-5562

Fax: 410-749-8830

E-mail: trinity@trinityumcsalisbury.org

Office Hours: Monday - Thursday

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

Lunch: Closed one hour

Friday

8:00 a.m. to Noon

