



Trinity Trumpet

Trinity United
Methodist
Church

March 2022

A MESSAGE FROM THE ADMINISTRATIVE BOARD

Greetings Trinity Family:

I pray this message finds you enjoying warmer temperatures as spring approaches. As I sit and write this, it's the day after Valentine's Day where I noticed several mentions of 1 Corinthians 13:4-8 "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails". This bible verse was on the bookmark that we gave to guests at our wedding. Although sage advice regarding marriage, the origin of this bible verse had nothing to do with romantic love, it was written by Paul in response to a lack of love in the church in Corinth. The City of Corinth at the time was known for its depravity and paganism. The letter was focused on what love does, Paul was challenging the Corinthian church to focus on patience, kindness, humility, forgiveness, trust, hope, and perseverance. In an article by Joel Ryan, he points out, "Patient love also means choosing to love the other person even when you don't feel like it or it isn't easy. Even when someone has wronged you, you choose to love them anyway and won't call it quits just because you're tired, frustrated, or hurt." Joel goes on to explain "Paul encouraged the Corinthian church to be patient in their love for each other and patient in their love for others. When members of the church are patient and committed to loving each other, there is unity, purpose, and strength." As humans, looking at each other through the eyes of Christ can be a challenge. However, we know that everyone is precious in Jesus' sight. One way to we can work to see each other as Christ sees us is through prayer, especially prayers for patience. The end of Joel's article summarizes the importance of patience, "Patient love doesn't look for immediate payoff or instant gratification either. It sees the big picture and focuses on the eternal worth of every human being, whether saved or not." I pray that as members of Trinity we collectively pray for patience, to prepare our hearts for a new Senior Pastor as well as work to see each other as Jesus sees us. "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!" 1 John 3:1

In Service & Love,

Leisl Ashby

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Ash Wednesday
— Lent Begins



DOWNTOWN

*Worship services are available on our Trinity Facebook page (<https://www.facebook.com/trinityumcsalisbury/>).
You do not have to have a Facebook account to access this information.*

FEBRUARY 27 – Rev. Elmer Davis will be preaching

MARCH 6 – Rev. Christina Blake will be preaching

MARCH 13 – Rev. Joseph Burriss will be preaching

MARCH 20 – Rev. Dale Vroman will be preaching

MARCH 27 – Rev. Glen Catley will be preaching

FAMILY LIFE CENTER

KIDS' CHURCH provided every Sunday during service.

(See bulletin announcement for details)

FEBRUARY 27 – Rev. Boyd Etter will be preaching

MARCH 6 – Rev. Benita Harris will be preaching

MARCH 13 – Mr. Paul Ranney will be preaching

MARCH 20 – Rev. Fred Duncan will be preaching

MARCH 27 – Rev. Casey Farlow will be preaching

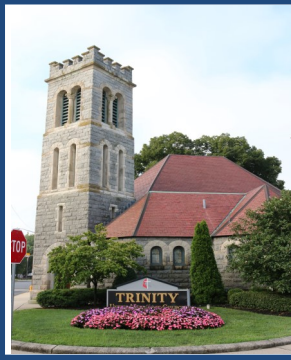
Stories from the Basement Help and Outreach Point of Entry, Inc. by Donna Clark RN, Director

Have you ever had tooth pain? Our agency has helped over 100 people obtain dental care since 2015. We have been blessed over the years to have donations from churches, foundations and community members to enable the assistance to be available to those in need. This past fall the Community Foundation of the Eastern Shore (CFES) recognized that our area is in an adult dental health crisis. It's not just the need for financial assistance but a lack of dental providers causing the scheduling of dental appointments in a timely fashion to be very difficult for all of us. Thanks to an Adult Dental Task Force coordinated by CFES there has been a concerted effort to address all the issues related to increasing accessibility to dental care and help to pay for care. Our agency was recognized as the organization that could best reach those at an annual income of \$35,000 or less receive financial assistance to pay for care. Thanks to the Robert Schattner Foundation, CFES, other foundations, and private donors we can help with dental care. God certainly does provide when there is a need.

Update: In a previous article I talked about a baby born at home and then transported to Tidal Health. Because the child was not born at the hospital, obtaining a birth certificate was almost impossible. Thanks to the persistence of our AmeriCorps volunteer we did succeed and the child has the documentation needed to receive benefits.

Working here and helping others is a joyous job and we all feel God's presence as we serve the lost, the least and the last.

*O give thanks to the Lord, for he is good; His steadfast love endures forever. **Psalm 107:1***



Membership News

NEW MEMBER

February 7, 2022
Anita Vroman



Salisbury Urban Ministries Donations Needed for

LAZARUS FOOD PANTRY:

- STUFFING
- CEREAL

KIDS CAFÉ:

- TAKIS CHIPS
- INDIVIDUALLY PACKAGED SNACK CAKES
- YOUTH DEODORANT & LOTION

MEN'S WELCOME CENTER

- MEN'S LONG SLEEVE T-SHIRTS
(SIZES Large, X-Large & XX-Large)

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

TRINITY UMC COLLEGE SCHOLARSHIP APPLICATIONS

Applications for the Trinity United Methodist Church scholarships are available in the church office, through the church website and also on the Community Foundation scholarship page at cfes.org. Eligible students should note that the correct application form must be used and the due date for all completed applications to be delivered to the church office is April 1, 2022.

Use our Easter Lily Order form, pictured below, to place your order this year! Just print it and cut it out, and bring it into the church office. You're also welcome to pick up an order form at the FLC or the sanctuary. Remember, our last day for orders is March 26.

Easter Lily/Christmas Poinsettia Order Form

In Honor of: _____

In Memory of: _____

Given by: _____

Please Check One:

- I wish to have a flower I wish to make a donation

\$14.00 each



MISSION: *MOMENTUM*

MARCH INTO TRINITY...
WITH CEREAL!

OUR FOOD REQUEST - CEREAL (AGAIN)

AS BEFORE, ALL DONATIONS WILL BE
WELCOMED BY THE LAZARUS FOOD PANTRY.

TRINITY GIVES MORE THAN FOOD:
WE GIVE HELP FOR THE HUNGRY AND
A MESSAGE SENT WITH LOVE AND HOPE.



For there will never cease to be poor in the land. Therefore I command you, "You shall open wide your hand to your brother, to the needy and to the poor, in your land." Deuteronomy 15:11

Trinity continues to serve the most vulnerable in our community through our donations of meals, food items, and funds. Several of the missions we support assist the homeless and those living in poverty with basic items such as food, hygiene items, medical assistance and lodging. In addition, we have many faithful volunteers who give of their time, energy and spirit to show Christian love to those in need. Trinity members have donated a total of 307 items to the Lazarus Food Pantry for this year. Although our food pantry donations are down, the need is still great. The food item for March is CEREAL! Volunteers are still preparing and serving meals at HALO several times each month with upwards of 100 meals served on a given evening. Our ASP team can be found many Thursdays helping out in the Café. Trinity members have provided bagged lunches to the hungry and homeless at the Joseph House the second Tuesday and the third Wednesday of each month. Since the café' closed down in April of 2020, more than 2300 lunches have been provided by 47 Trinity families. Many families have signed up to help with the Hands and Hearts Ending Homelessness Emergency Shelter Project but they are still in need of people to provide meals and help with check-in. The ABC study group continues to provide much needed food items to the HALO Café.

Please feel free to contact me if you are interested in joining us in spreading kindness to those in need!

Maureen Williams 410 251-0491 or mowilliams@comcast.net

MISSION

Active Believers Christian Bible Group

by Deb Morse

ACTIVE BELIEVERS CHRISTIAN Bible group at Trinity United Methodist Church donated over \$350.00 in food donations to the Hope & Life Outreach (HALO) homeless shelter in Salisbury, Maryland in January. Your donations provided over 60 pounds of ground meat, 480 slices of cheese, 10 gallons of milk, butter and various snacks. We will make our next donation at the end of February.

If you would like to participate in the mission, send money to the church and mark ABC Bible mission HALO on the memo line.

Our group has grown over the past year. We currently meet by zoom. We have a notice of our Bible study group in the bulletin if you would like to join our wonderful group.



Soup-er Bowl of Caring

By Carroll Thamert



Salisbury Urban Ministries and the Lazarus Food Pantry would like to thank all of the Trinity Family for participating in the 2022 Soup-er Bowl of Caring. Regardless of what team you wanted to win, you made the less fortunate in the community the real winners in Christ with a donation of \$409.00/ The totals were as follows...

	<u>Bengals</u>		<u>Rams</u>		<u>Total</u>
	\$117.00	Downtown Sanctuary	\$ 33.00	=	\$150.00
	<u>\$238.00</u>	FLC	\$ <u>21.00</u>	=	<u>\$259.00</u>
TOTAL	\$355.00		\$ 54.00		\$409.00

Thank you again for your kindness!

T-CAP

By Joyce Dunn

The members of T-CAP, the students and staff would like to express sincere appreciation to the Trinity congregation for their generous donations of gift cards. These cards are being provided to students who have outstanding attendance as well as students showing good citizenship.



Our annual "No Sew" blanket day was held on Saturday, February 5th at the Jackson Memorial Building. We finished eight blankets, with six being set aside for students to complete at Choices Academy on February 17th.

Our members continue to facilitate morning prayers at Choices Academy for any staff member interested. Usually, we hold our prayer session around the flagpole unless weather sends us to the school foyers. Thanks to Rev. DeFino and Rev. Vroman for writing some of the prayers we have shared with the staff.



Pecometh Needs YOU!

Pecometh is Hiring!

YOU can support God-inspired, life changing experiences at Pecometh.

Pecometh team members combine passion, commitment and competence to achieve meaningful results that seek to be faithful to God's call for what we do. We understand the importance of a balanced life and encourage our staff to exercise self-care for their own physical, emotional and spiritual well-being, as well as to attend to the needs of their families.

We are looking for year-round Housekeepers, Maintenance, and Kitchen Staff! For more information about these positions and how to apply, click [here](#).

WANTED: Young adults looking for a challenging and skills-building opportunity to work with kids in an outdoor Christian camp setting. Camp is perfect for hardworking college-aged individuals looking for a better-than-average summer job or internship to boost their resume with real-life skills. To learn more about our summer staff positions or to apply, click [here](#).

Find our current hiring information here: <https://www.pecometh.org/employment>

Find out about our summer staff position here: <https://www.pecometh.org/summer-staff>



Donations Needed

Pecometh is looking for a variety of items that you might have sitting around at home that you're not using. We are looking for:

- Tents; catering tents, carports, etc.,
-
- Appliances; Washer/Dryers, refrigerators
-
- Lawn Equipment; Mowers, Weed-eaters, etc.
-

Any donations would be greatly appreciated. We could not do the work we do without support from you. Contact Buddy Landing (buddylanding@pecometh.org) to learn more and make a donation.

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1pm - UMW "Esther" Circle-	2 12 pm - Ash Wednesday Ashes in Sanctuary 1pm - Handbell Choir Rehearsal 5:00 pm – Ash Wednesday Ashes in Sanctuary Ash Wednesday	3 10am - UMW "Ruth" Circle 4pm - Handbell Choir 7pm - Sanctuary Choir	4	5
		6 8:30am & 10am Worship Service - Downtown 10am - Worship Service - FLC Lent Begins	7 12 pm - UMW "Deborah" Circle- 3:30 pm - Hebrew Class	8	9 1pm - Handbell Choir Rehearsal	10 9:30am - Altar Guild Meeting 4pm - Handbell Choir 7:00pm Sanctuary Choir
13 8:30am & 10am Worship Service - Downtown 10am - Worship Service - FLC Daylight Saving Time Begins	14 3:30pm Hebrew Class 5:30pm - Halo Café Feeding	15 NEWSLETTER ARTICLES DUE	16 Joseph House Feed- ing 1pm - Handbell Choir Rehearsal	17 4pm - Handbell Choir 5:30pm - HALO Café Feeding 7:00pm - Sanctuary Choir-	18	19
20 8:30am & 10am Worship Service - Downtown 10am - Worship Service - FLC	21 3:30pm - Hebrew Class	22	23 1pm - Christian Book Club 1 pm - Handbell Choir Rehearsal	24 4pm - Handbell Choir 7:00pm - Sanctuary Choir	25	26 SUM Men's Welcome Center
27 8:30am & 10am Worship Service - Downtown 10am - Worship Service - FLC	28 3:30pm - Hebrew Class	29	30 1pm - Handbell Choir Rehearsal	31 4pm - Handbell Choir 7:00pm - Sanctuary Choir		



6 - Sandy Dickerson
Joshua Fauver
Jane Long
Robin Ritchie
Lucy Seagraves
Joyce Townsend

7 - Martin Curry
Heather Ferro
Julie Schneider

8 - Roger Follebout
Louise Hearne
Philip Taylor
Kiera Vickers

9 - Shelby Cropper
Linda Kent
Brandon Laws
Jeri Miller
Tommy Rollins
Sophia Sarbanes
Curtis Snyder

10 - Nancy Brown
Eva Clifton
Ellie Doyle
Marty Zeskind

11 - Samantha Ennis
Dwayne Mears
Blair Todd
Anita Vroman

12 - Ethan Baker
Taylor McCoun
Robert Stewart

13 - Rachel Bailey
John Hill
Laura Lewis
Jacob Price

14 - Patricia Bozman
Cheryl Coffin
Linda Glagola
Melanie Mason
Caleb Thompson
Matthew Trader
Thomas Veditz
Carol Wallingford
Emma West

15 - Billie MacFarlane
Noah Mason
Lindsay Meeks
Hailey Owens
Susan Pitsenbarger
Anna Taylor

16 - Stefany Adams
Thomas Ayd, Sr.
Joshua Fleming
Blair Hunt
Kim Jones
Kelly Norman
Teresa Peters
Caitlyn Terrell
Bill Turner

17 - Isabelle Devies
Avanlee Flaig
Sylvia Rozaieski
Justin Tull

18 - Grace Godfrey
Noah Jordan
Griffin Moore
Jack Savage

19 - Gale Culver
Sarah Guy
Joe Magoon
Leah McCabe
Mary Nelson
Laurie Pearce
Scott Smith
Jacklyn Soule
Jacalyn Wood

20 - Allison Hearne
Cassandra Horner
Mary Leidner

21 - Debbie Emge
Fawn Hinman
Brenda Jones
Nancy Knight

22 - Michael Kauffman
Stanley Kiser
Eric Twilley

23 - Sydney Block
Kristie Dunn
Mary Mengason
Lauren Paul
James Payne
Lyndsay Smoak-Downey

24 - Mary Farrelly
John Lloyd, Jr.
Andrew Mengason

25 - Addison Ashcraft
Allie Boram
Bruce DiCintio
Jill Easton
Jason Hickman
Michael Kenney
Martha Marvel
Kevin Moyers

26 - Phyllis Collins
Alexandra Henderson
Vicki Purkey

27 - Katharine Satterlee
Jordan Smarte

28 - Joanna Abercrombie
Melissa Andrews
Carly Dobson
Gregory East
Eric Haldeman
Josie Kostelac
Alexis Robertson
Jennifer Stevens

29 - Larry Plymale
Dean Pusey
Julie Wheatley

30 - Amanda Carlisle
Lisa Ulm

31 - Kathy DuPont
Roger Fleming
Linda Kenney

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.

MARCH

1 - Gregory Clifton
Curt Coffin
Shelby Elburn
Harry Hansen
Charles Shores

2 - John Cummins
Vera Emge
David Hill
Jenna Marquez
Cheryl Shores

3 - Barbara Adkins
Jennifer Bernardi
Mitchell Fletcher
Cynthia Walter
Taylor White

4 - Barbara Burkett
John Butler
Mark Hopson
Benjamin Jordan
Colton Kessick
Isabella Kiser
Lisa Mellone
Phyllis Pearce
Marilyn Simpson
Betty Jo Smith

5 - Anne Blades
Gary Blevins
Bob Dickerson
Sylvia Robertson
Shey Veditz



COLORECTAL HEALTH AWARENESS

Health Outreach Ministry
Dr. Dot Baker

**Be Aware-
Take Action**

March is "National Colorectal Cancer Awareness Month"

Colorectal Cancer that occurs in our large intestine (colon) and rectum needs our attention---Why? Overall, colorectal cancer is the third most common cancer (exclude skin cancer) found in women and men in the U.S. The American Cancer Society estimates 151,000 new cases of colon and rectal cancer in 2022 in the United States. Combined, they were expected to cause over 52,580 deaths. Survival rates depend on the stage of

How does colorectal cancer **START**? Usually with a polyp (or growth) that should not be in the colon or rectum. Over time, the polyp can turn into cancer. What are the **SYMPTOMS** of colorectal cancer? Colorectal cancer does **not** always have symptoms, especially at first. Symptoms can include: (a) blood in/on your bowel movement (b) pain, aches, or cramps in your stomach - & you do not know why; (c) change in bowel habits - bowel movement may be more narrow than usual or you may be constipated; (d) nausea & vomiting; (e) lump in your abdomen; (f) weight loss & you do not know why; and/or (g) chronic fatigue.

WHO gets colorectal cancer? Both men & women, most often age 50 & older. Risk increases with age. *Recently*, more people younger than 50 get colorectal cancer. Risks include: >> personal and/or family history of colorectal cancer, polyps, bowel disease; >>high fat diet; >>lack of exercise; >>overweight; >>smoking; >>heavy alcohol use; >>diabetes; and >>ethnic background.

How do I get **TESTED/SCREENED** for colorectal cancer? Screening tests can find polyps before they turn into cancer. Screening tests can find colorectal cancer early - when there is a better chance of cure. Usual tests include: rectal exam, bowel movement/stool test for blood; sigmoidoscopy (flexible tube with light checks inside rectum and lower third of colon); colonoscopy (longer flexible tube with light checks inside rectum & entire colon or virtual exam method); DNA test (collect entire bowel movement and send it to a lab to be checked for cancer cells); and double contrast barium enema (special type of enema & x-ray procedure). (6/2020)

What is the **TAKE HOME POINT**? Do you have any risks as mentioned above? If so, you may need earlier or more frequent tests than other people. Are you 45 years old or older (American Cancer Society, 2021)? It's time to get your screening test(s) done NOW. Fact sheet (2021) @

Colorectal (Colon) Cancer | CDC

[YOUR RESOURCES: >>Health care provider >>Local resources: health department, American Cancer Society >>Internet resources: American Cancer Society @ www.cancer.org National Cancer Institute @ Colorectal Cancer—Patient Version - National Cancer Institute Centers for Disease Control & Prevention Screen for Life (1-800- 232-4636) or @ Screen for Life: National Colorectal Cancer Action Campaign | CDC Colon Cancer Alliance @ [Prevention, Research, Patient Support | Colorectal Cancer Alliance \(ccalliance.org\)](http://Prevention, Research, Patient Support | Colorectal Cancer Alliance (ccalliance.org))

Do Not Delay – Get checked NOW



By Carolyn Lewis, R.N.

AGING

Aging is not a subject most of us over 65 want to think about but one or more of these are likely to affect you or your loved ones as they get older.

Eight Common Ailments We Develop as We Age

Bette Davis said it well: "Getting old is not for sissies." No matter who we are — man, woman, rich or poor — we all grow old. But the pace and precise way it happens varies from person to person, depending on genetic and environmental factors. While someone's genetic makeup plays a huge part in determining his life expectancy, the quality of health care received and a healthy lifestyle are significant contributors to longevity.

Nonetheless, dealing with the aging process is a challenge, and when it begins, the impact is felt throughout the body — in the respiratory, cardiovascular, nervous, musculoskeletal, and immune systems. And while an individual can age and remain healthy, some ailments are directly linked to age-related change.

Those conditions include:

1. Vision changes/cataracts
2. Hearing loss
3. Arthritis
4. Sleep changes/disorders
5. Osteoporosis
6. Cardiovascular diseases and stroke
7. Diabetes
8. Cancer

1. Vision changes/cataracts, glaucoma and macular degeneration

Before an individual turns 50, his eyes have begun to change. As they age, the eyes become less able to produce tears, the retinas thin, and the lenses gradually turn yellow and become less clear. As aging progresses, the iris (the colored portion of the eye) stiffens, turns less responsive and it is more difficult to adapt to different light levels. The three most common ailments related to aging eyes are cataracts, glaucoma and macular degeneration.

A cataract is a clouding of the lens that affects vision. Most cataracts are related to aging. In a patient with the eye disease glaucoma the normal fluid pressure inside the eyes slowly rises, which can lead to vision loss or blindness if not treated. Age-related macular degeneration causes no pain but gradually robs an individual of his/her clear, central vision. AMD is the leading cause of vision loss in people over 60.

2. Hearing loss

One in three people older than 60, and half of those older than 85 have hearing loss, according to the National Institute on Deafness and Other Communication Disorders. Gradual hearing loss that occurs from aging is called presbycusis and is thought to run in families. NIDCD reports that hearing loss can also be caused by a virus or bacteria, heart condition or stroke, head injury, tumors and certain medications. Hearing loss hinders or prevents vital communication with family, friends and caregivers, banishing an individual to virtual isolation. This can cause frustration, anger and depression.

3. Arthritis

This chronic disease is an inflammation of the joints. The most common type is osteoarthritis, and although it can occur in any joint, it most often affects the hands, knees, hips or spine. The exact cause is not known. Although it occurs after considerable wear and tear on the joints (in older people and athletes, for instance), heavy "wear and tear" alone cannot cause it to occur. It is believed the disease runs in families.

4. Sleep changes/disorders

By the time an adult is 65 or older, their sleep-wake cycle does not work as well. Typical changes an older person experiences include getting sleepy earlier than usual, trouble falling asleep, not sleeping soundly and waking early. Alcohol, caffeine and smoking can wreak havoc on the sleep cycle, as can illness, pain or certain medications. The elderly are especially vulnerable to insomnia, a disorder that prevents sleep, sometimes night after night, which can lead to sleep deprivation.

Sleep disorders such as sleep apnea (can cause daytime sleepiness and worsen high blood pressure and heart disease), restless leg syndrome (may prevent falling asleep) and periodic limb movement disorder (can interrupt sleep and result in daytime sleepiness), affect older people and are treatable.

5. Osteoporosis

This silent disease is more common in women than in men, because they have less bone mass to begin with, tend to live longer and take less calcium and need estrogen to keep their bones strong. However, if men live long enough, they too are at risk. As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis, according to the National Institutes of Health. Risk factors for the disease include aging, a thin body and small bone frame, a family history of osteoporosis, taking certain medications, being a Caucasian or Asian woman and low bone mass.

An individual with osteoporosis is often unaware she has the disease until she suffers a broken bone, low back pain or develops a hunched back. The disease can cause the vertebrae to collapse, so the person may also get shorter over time. There is no cure, so those afflicted must learn to manage the disease with nutrition, exercise and medication.

6. Cardiovascular disease and stroke

With age the heart becomes less efficient and must work harder to circulate blood throughout the body. Blood vessels lose their elasticity. The loss of elasticity, along with atherosclerosis (caused by hardened fatty deposits on the arterial walls), makes the arteries inflexible, which forces the heart to work harder. This process leads to high blood pressure.

High blood pressure, along with atherosclerosis and uncontrolled diabetes (see below) are two major risk factors for stroke. A stroke can occur without warning and cause temporary or permanent brain damage and related loss of bodily function(s), depending on the area of the brain where the blockage occurs.

"One in three people older than 60, and half of those older than 85 have hearing loss." — National Institute on Deafness and Other Communication Disorders

Thought at one time to be part of the normal aging process, cardiovascular disease and stroke are two disease processes that are now known to be influenced by lifestyle. Smokers, those who eat a lot of meat and fat and have high cholesterol levels are at high risk for this condition. will appear and everyone will be out and about again.

7. Diabetes

Nearly 17 million people have diabetes in the U.S. today, according to the American Academy of Family Physicians (AAFP). The blood sugar levels of a person with diabetes are too high. The disease prevents the body from producing any insulin (Type 1); or, the body does not produce enough insulin or the cells ignore the insulin (Type 2). As a result, the glucose/sugar builds up and stays in the blood instead of being distributed to the cells. Nearly 95% of people with diabetes have Type 2, according to AAFP.

There is no cure, but people with diabetes can live a healthy life by controlling their glucose levels. This can be accomplished with good nutrition, exercise, maintaining a healthy weight and taking oral medications or insulin. Untreated, diabetes can lead to blindness, heart disease, nerve and blood vessel damage and kidney damage.

8. Cancer

This disease evokes universal fear when mentioned, and while it strikes people of all ages, adults are more likely to get cancer as they age (even if no one in your family has had it).

According to the National Institute on Aging, cancer begins when cells in one part of the body become abnormal and begin multiplying. These extra cells form a mass of tissue called a tumor; as it gets larger it can harm nearby tissue and organs. The cancer can break away and spread to other parts of the body.

People over 50 should have tests on a regular basis to screen for specific cancers: breast cancer (clinical breast exam and mammogram); cervical and other cancers (pap test and pelvic exam); colorectal cancer (fecal occult blood test, sigmoidoscopy and colonoscopy); mouth and throat cancers (oral exams); prostate cancer (digital rectal exam and Prostate Specific Antigen (PSA)); and skin cancer (skin exams).

NIH reports, "No matter what your age, the chances of surviving cancer are better today than ever before." www.parentgiving.com

I pray that you will have a wonderful month and enjoy the spring like weather. It won't be long before the warm weather will appear and everyone will be out and about again.

Congregational Care

We continue our card ministry and also many phone calls are being made to check on our member.

We are in need of someone who would like to take over the coupon ministry. It is not a hard job and the military personnel really like the idea of getting coupons to use when they shop.

Our current coupons are going to Germany and Japan.

MILITARY FAMILY COUPON PROGRAM

We are requesting that you clip coupons individually and make sure that the dates are current. We collected \$5,387.72 worth of coupons for January. Coupons can be placed in the church mail slot at the Palmer Building front door or we can receive them by mail.



Chicken Tater Bake

- 2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted
- 1/2 cup 2% milk
- 1/4 cup butter, cubed
- 3 cups cubed cooked chicken
- 1 package (16 ounces) frozen peas and carrots, thawed
- 1-1/2 cups shredded cheddar cheese, divided
- 1 package (32 ounces) frozen Tater Tots

Directions

1. In a large saucepan, combine the soup, milk and butter. Cook and stir over medium heat until heated through. Remove from the heat; stir in the chicken, peas and carrots, and 1 cup cheese.
2. Transfer to 2 greased 8-in. square baking dishes. Top with Tater Tots.
3. Cover and freeze 1 casserole for up to 3 months. Bake the remaining casserole at 400° until bubbling, 25-30 minutes. Sprinkle with 1/4 cup cheese; bake until cheese is melted, about 5 minutes longer.
4. **To use frozen casserole:** Remove from the freezer 30 minutes before baking (do not thaw). Sprinkle with 1/4 cup cheese. Cover and bake at 350° until heated through, 1-1/2 to 1-3/4 hours.

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Trinity United Methodist Church
112 High Street
Salisbury, MD 21801

Return Service Requested

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US POSTAGE

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SALISBURY, MD 21801

PERMIT NO. 19



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Monday - Friday