



PASTOR'S MESSAGE

During Covid of 2020-2021, I discovered what has become a favorite Christian Contemporary song by the group, Sanctus Real. It is titled: Confidence © 2018. I have listened over and over to this song. I was so enthralled with this song that I wrote a 4-part devotional on the lyrics plus preached a sermon! The refrain of the song is this:

So give me faith like Daniel in the Lion's den, Give me hope like Moses in the wilderness,

Give me a heart like David, Lord, be my defense, So I can face my giants with confidence.

We are in the Easter season here at Trinity Church of Salisbury. We have boldly proclaimed once again that Christ is Risen, He is Risen Indeed!

Now is our task to live with this reality and face our GIANTS with confidence. Do we all have Giants? Sure! A Giant can be a health issue or family experience or psychological trauma or work situation that just seems incredibly large and overwhelming. We feel lost next to it, and yet...can we decide to live with the confidence of faith in God that 'nothing can separate us from the love of God' (Romans 8)?

A Giant can happen in the church, too. Currently, a Giant is the uncertainty of the direction of the United Methodist Church, both internationally, nationally, and locally. Personally, I came to peace with this Giant a few years back when I realized that the church is not designed around me and my wants or desires but is made up of thousands and millions of unique persons with many, many different points of view. When I sang "Blessed Assurance" with a group of Methodists in a basement church in Beijing, China or preached in a UM Church in Harare, Zimbabwe or visited a UM Church in Juneau, Alaska, I discovered that what unites us is vastly more important than what divides us.

It's when I learn that good folks are spending too much time inspecting the dust in other eyes while ignoring the log in their eyes (Mt. 7:3-5) that I get sad and discover that the Giant is still super big!

Of course, many will not see Giants where I see Giants, and many will not see solutions where I see solutions. This is all part of the human condition and being part of an extremely diverse population.

During this Easter Season, may God be with you as you discover and name the Giants in your life. May God's rich love and mercy, forgiveness and insight, be yours as, with confidence, you confront your Giants.

Peace,

Rev. Conrad O. Link, D.Min., Interim Pastor Trinity UM Church of Salisbury, MD.

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APRIL ATTENDANCE & OFFERING TOTALS

ATTENDANCE:

April 3 – Total 193 (9:00 a.m. service 128; 10:30 a.m. service 65)

April 10 – Total 230 (9:00 a.m. service 149; 10:30 a.m. service 81)

April 14 (Maundy Thursday) - 114

April 17 – Total 365 (9:00 a.m. service 257; 10:30 a.m. service 108)

April 24 – Total 197 (9:00 a.m. service 143; 10:30 a.m. service 54)

Average Online Views - 193

OFFERING:

April 3 – \$10,335.00

April 10 – 14,881.00

April 17 – 13,165.00

April 24 – 10,183.00

CALLING ALL YOUNG ADULTS TO THE FLOOR!

On May 21st from 10am to 2pm, we're inviting all young adults to our 2022 Young Adult Summit, "It's MY Time, it's MY Turn".

This will be an outdoor gathering with Family, Fun, & Fellowship for all young adults of the Peninsula-Delaware Conference!

Stay tuned for more details but please MARK THE DATE!

A FEW QUESTIONS AND A FEW ANSWERS

The other day at a church meeting someone quoted John Wesley, the ‘founder’ of Methodism.

Here is my favorite quote of his:

Though we cannot think alike may we not love alike? May we not be of one heart, though we are not of one opinion? Without a doubt, we may! Herein all the children of God may unite, notwithstanding the small differences.

I think of this quote every time I attend a church meeting and hear people argue and accuse each other of ‘unchristian’ behavior. (Truth be told- if one is unchristian the other one probably is too. Disagreeing with each other in love and with respect is Christian.)

John Wesley is suggesting to US that there is more that unites us than divides us. Can we agree to that? If so, let’s focus on the common connection and give each other a pass on the differences. Yes, and that means forgiving each other, too. (Remember how, when questioned how many times to forgive, Jesus said not just 7 times but 7 times 70! – Matthew 18:22).

With forgiveness and with hope, I offer the following thoughts and reflections:

1. Have people at Trinity Church been hurt and confused by decisions made? Sadly, Yes.
2. Have people at Trinity Church tried to understand what has happened and become dissatisfied with the answers, or lack of answers, offered? Sadly, Yes.
3. Have people at Trinity Church taken advantage of confusion and contributed to it by gossip, innuendo and partial truths which has increased stress? Sadly, Yes.
4. Have we figured out what can repair our church relationships? Well, Yes, but it will take a willing spirit and commitment (and I am not sure we are there yet).
5. In a few short years, Trinity Church has lost pastoral leadership to retirement, leave of Absence from ministry for personal reasons, and dismissal. There were real, logical, personal, professional, and rationales for each action.
6. Will Trinity Church know all the details of each action? Sorry, No. Some things are better left to confidential conversation. This is where Trinity needs to trust one another (which I understand is a difficult concept for many people right now.)
7. Is it possible that the people of Trinity Church do not understand how Trinity Church governs itself? I think the answer is “Yes, we do not understand what kind of church we are or how decisions are made.” So let me suggest three things:
 - a. As a United Methodist Congregation Trinity is governed and structured in a “democratic/representative” manner: We elect people, men and women, every year to be our leaders, to guide us and make decisions on our behalf. Many other churches around us are either congregational in structure: the entire congregation votes on everything; or Elder/Deacon Board led: where a select group of board of directors (typically all men) are chosen to make the decisions.

- b. Trinity Church leadership group is called the Administrative Board/Church Council. Currently it has approximately 50 members. Various committees do ministry and coordinate with one another through the Ad. Bd/CC.
- c. Trinity Church, as a United Methodist Congregation, celebrates an open Holy Communion Table. People, all people, are welcome to the Lord's table. It does not matter what your marital status is or your political party or your level of giving or the job you hold – you are welcome at the Lord's table. It does not matter if you live in Salisbury, MD or Salisbury, NC or Salisbury, England – as a follower of Jesus you are welcome. It does not matter the color of your skin or the color of your hair or your gender or your DNA; whether your age is 10 or 25 or 42 or 61 or 79 or 93 – as a believer in Jesus you are welcome. In other words, Trinity Church stands for what God stands for as all are created in the image of God. (Genesis 1:26). This is the Lord's Table: May God's Will be done on earth as it is in heaven.
- d. The United Methodist Church follows the essential aspects of decision-making and theology by relying on four essential practices: 1. Scripture is primary. 2. Then we seek to understand the Traditions of the church and how it has functioned in the past and in the present as we prepare for the future. 3. Scripture and Tradition are tested against our experiences as individuals and as a community. 4. Finally, we conclude using the gift of our minds, and the ability to Reason, to put things all together. Four Practices: Scripture-Tradition-Experience-Reason

I hope these questions and answers will help us move forward with Christian forgiveness and love. As we work together in ministry; as we offer a variety of songs of faith; as we bow our heads and lift our hands in worship, may we look forward to a bright future for Trinity Church – A United Methodist Congregation – ONE Church blessed with two locations. The best is yet to be!

Blessings for a joyous Easter season through May and beyond!
 Rev. COLink, Interim. revcolink2022@gmail.com

Things to Know...

- 1. It has been discovered that Trinity UM Church has not had a membership audit for over 20 years. Therefore, one is now under way by a team coordinated through the church office. A membership audit is a review of the “prayers, presence, gifts, service and witness” members make when joining the church.
- 2. Starting in May, the church office will be closing at Noon on Fridays. Hours will be: M-Th. 8-4; F. 8-Noon.
- 3. Beginning May, the reserving on building use by committees and groups, both outside groups and inside church groups, will be scheduled through the church office. This is returning to the previous process Trinity had for many years and will streamline the building use process. The Board of Trustees will no longer be scheduling building use.
- 4. Interim Pastor, Rev. Link, is pulling together a small group of regular attenders of both the Downtown Campus and the FLC Campus for general history and conversation. This group will have only a 2-month (May and June) duration.



A NOTE FROM REV. DALE VROMAN

It is time for me to retire for the third time! It has been a joy these past nine years to serve as an associate pastor at Trinity UMC. Due to personal health issues, I have decided it is time to step away effective May 31, 2022. During this time of transition, Dr. Link can call on me to assist with pastoral care concerns as needed. I am appreciative of Trinity's congregation and staff for the opportunity to serve the Lord.

***Per Rev. Vroman's request, there will be no special reception
or Sunday selected for a farewell event.***

***One way to celebrate Rev. Vroman's recent ministry here at Trinity is to send him a card or
note. You may address them to:***

Rev. Dale Vroman

c/o Trinity UMC

12 High Street

Salisbury, MD 21801

CONGREGATIONAL CARE

By Carolyn Lewis

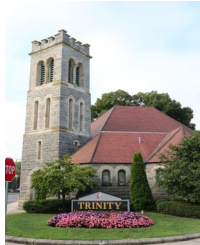
We are trying to keep our list of nursing home residents and those who are shut in at home up-to-date and we would really like for our members to keep us posted of anyone they know who is in a nursing home or confined at home. We have no way of knowing this without your help.

I would like to take this opportunity to thank Rev. Dale Vroman for the many acts of kindness he has displayed not only to me but more importantly to our church family.

He has made phone calls and sent cards all through Covid and tried to keep in contact with our church family and their needs.

His support of the ministry at Pine Bluff when we were doing our monthly visits down there, his leadership with the programs at Lunch Bunch, and his many funerals for our members and ministry to their families.

Dale, we will miss you but we wish you a healthy and rich retirement and know we will welcome you here to worship with us anytime.



Membership News

WEDDINGS

April 1, 2022

Scott Albright & Stephanie Cirdta

BAPTISMS

April 17, 2022

Eleanor Louise Marquez

Daughter of Eduardo and Jenna Marquez

Maternal Grandparents: Christopher and Kimberly Miles

Paternal Grandparents: Thomas and Joan Walsh

DEATHS

April 14, 2022

Jane Wilker Long



SALISBURY URBAN MINISTRIES

DONATIONS NEEDED FOR

LAZARUS FOOD PANTRY:

CEREAL/GRANOLA BARS

CEREAL

KIDS CAFÉ:

YOUTH WHITE T-SHIRTS (SIZE LARGE)

VARIETY OF SNACK CAKES

SUNSCREEN (SPF 50 OR HIGHER)

MEN'S WELCOME CENTER:

MEN'S WHITE CREW SOCKS

Donations can be dropped off at
Salisbury Urban Ministries Office

326 Barclay St

or

Call 410-749-1563



UPCOMING WORSHIP SCHEDULE

May 1 - Holy Communion and the Road to Emmaus

May 8 - Mother's Day - Trinity's United Methodist Women will be leading the worship service

May 15 - Graduate Recognition/Scholarship Presentation Sunday

May 22 - Trinity's Heritage Sunday - Trinity will be recognizing their 50 Year Members

May 29 - Memorial Day Weekend

June 5 - Pentecost Sunday



ONE POTATO 

TWO POTATO 

MAY POTATO 

FOUR! 

**MAY IS POTATO
MONTH AT TRINITY!**

OUR FOOD REQUEST –
PACKAGED, CANNED OR BOXED POTATO PRODUCTS

"No church can do everything but every church can do something."

Jack Shitama

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 Salisbury Urban Ministries, The Joseph House, HALO, The Appalachia Service Project (ASP), HOPE, Santa's Angels, Choices Academy and more. Trinity members have donated a total of 518 items to the Lazarus Food Pantry for this year. Although our donations are down, the need is still great so please think about picking up an extra item or two to donate when shopping. The food item for May is POTATOES (any packaged, canned or boxed product)! 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 and just recently completed a wheelchair ramp for a local family in need. Several meals were provided to the Hands and Hearts Ending Homelessness Emergency Shelter Project including five hot dinners that both clients and volunteers enjoyed. Trinity members also assisted at the shelter in the evenings and overnight. 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



"Care for the Cause"



Fundraising Event

Trinity UMC Family Life Center

Sunday, May 22, 2022, 3 PM

Music & Entertainment

Supporting Salisbury Urban Ministries

- Lazarus Food Pantry
- Prescription Assistance
- Men's Welcome Center
- God's Kitchen
- Kid's Café

Salisbury Urban Ministries Covenant Churches

Asbury, Bethesda,
Christ, Grace, St. Andrews,
Trinity, and Wesley Temple
United Methodist Churches



Salisbury Urban Ministries, non-profit 501c3

www.sbyurbanministries.org

410-749-1563

Care for the Cause Snack Donations Needed

Individually wrapped snacks such as:
Cookies, crackers, chips, pretzels, candy bars



Please drop off your items by May 16 to :
Salisbury Urban Ministries
326 Barclay Street



MOTHER'S DAY WORSHIP SERVICE

MAY 8, 2022

9 a.m. - Downtown

Marlene Waller, "A Mother's Love, a Reflection of God's Love"

10:30 a.m. - Family Life Center

Ruth Ann Savage, "A Mother's Love/God's Love"

***Trinity United Methodist Women will be conducting the worship service on Mother's Day.
Hope to see everyone.***



UMW Spring Brown Bag Lunch Gathering

Come and welcome Dr. Rev. Vaughn Hayden
(Our new Pastor as of July 1, 2022)

Tuesday, May 24, 2022

Family Life Center Pavilion

Noon

Bring your own lunch and a chair.
Store-wrapped desserts will be provided

All ladies of the church are welcome!





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.

MAY

1 - Beverly Hamill
Oris Horsey III
Anthony Sarbanes (Child)
Emily Wampler

2 - Keith Coffin
Wade Denson
Jennifer Doyle
George Harkins
Rae Harmon
Beth Sheller

3 - Rodney Abbott
Joan Baysinger
George Benedict, Jr.
Meredith Benedict
Virginia Cheng
Joanne Cherry
Coen Dempsey
Kate Kelly
Rosie Klingenberg
Matthew Lischick
Joshua McCarty

4 - Graham Hammond
Mariah Robertson
David Schofield
Dorothy Swann

5 - Jeffery Burkett
MaryAnn Carlson
Samuel Ireland
Jay Kitzrow
Caroline Pusey

6 - Michael Hill
Alyxandrea Noonan
Cathy Thomas

7 - Jeff Evans
Colby Jones
David Lawson
Alec McCabe
Andrew Mengason
Robert Murphy
Kaitlyn Quigley
Terri Tamres
Lois Whipple
Lauren Williams
Geraldine Wright

8 - Bruce Culver
Andrew Draucker
Drew Dunsten
Julia Mann
Pat Shaner

9 - Michael Bouton
Kyle Cusick
Amanda Fleetwood
Amy Hedger
Bill Martin
Emilia Senkbeil
Kathy Steber
Donna Vance
Seth Windmuller

10 - Dawn Bellamy
Gil Dunn
Georgia Hudson
Cindy Lawson
Richard Wright, III

11 - Chris Culver
Courtney Culver
Regan Haldeman
Diane Kencec
Jonathan Price
Ginny Riffle
Doug Rollins
Walter Sandt
Maura Stevenson
Garrett Townsend
Harold Warfield, Jr.

12 - Rachel Forte
John Hall
JoAnn King
Adelyn Long
Reed Luppens
Megan Robertson
Abigail Roglitz
Connie Vick

13 - Amelia Guy
Jan Hill
Christina Mertensotto
Margo Sarbanes

14 - Betty Berry
Brenda Fleming-Briggeman
Terry Greenwood
Barbara Guy
Canie Harkins
Abigail Howard
Sue Parsons
Evelyn Sarbanes
Stephanie Willey

15 - Joe Beach
Carol Davenport
Spencer Jenkins
Peyton Rayne

16 - David Andrews
Kelly Brittingham
Sarah McCabe
Ian Parsons
Dale Soper

17 - Sarah Doyle
John Gordy
Barbara Parker
Nancy Stewart
Shannon Todd

18 - Keli Berkman
McKenna Davies
Katie Mason
Louis Smith

19 - Reagan Haynie
Nathan Heinicke
Rusty Parker

20 -

21 - Douglas Jones
Evan Long
Janet Veditz
Malerie Warfield

22 - Laney Hoch
Justin Kostelac
Louise Pepper
Ginger Rizzi
Dick Robinson
Luke Terrell

23 - William Ahtes
Stacy Dunne
Chloe Dunsten
Emerson Mackes

Gene Martin
Bonnie Nay
Jordan Reading
Alicia Thomasian
Benjamin Wattay
Maureen Williams

24 - Bill Davenport
Betsy Drewer
Donnie Drewer
Daniel Hearne
Jared McCarty
Kaitlind Meeks
Eric Senkbeil
Shirley Sonnier

25 - Ben Bowne
Neal Corbin, Jr.
William Humphreys
Jenette Kauffman
Ken MacFarlane
Jackson Reading

26 - Alyssa Berry
Kim Chandler
Allie Dees
Anne Gilland
Jeffery Kirchner
Ava Mah
Buddy Mills
Barbara Morris
Felix Paradis
Jim Thomas, Jr.
Virginia Wiese

27 - Xiuhua Bell
Tiffany Calloway
Kennedy Mackes
Carroll Thamert, Jr.

28 - Suzanne Alexander
Dean DeFino
Emma Dunne
Ron Moore
Glenn Slaughter

29 - Keira Deysher
Tom Kellar
Laura Wright

30 - Ron Boltz
Owen Evans
Jim Harkins
William Hillyer
Claire Klingenberg
Wayne Tull
John Usilton

31 - Beth Bozman
Susan Cabell
Ashley DelGaudio
William Downing
Sue Hetherington
Sherri Webster
Frances Young



May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am Downtown Sanctuary Worship 10:30am FLC Worship	2 1:30pm UMW “Deborah” JMB Fellowship Hall 3:30pm Hebrew Class	3 1:00pm UMW “Esther” 5:15pm Administrative Board - JMB	4 6:30pm Bible Study - JMB	5 10am UMW “Ruth” - Retreat House 3pm ABC Study Group 4pm Handbell Choir 7pm Sanctuary Choir National Day of Prayer	6	7
8 9am Downtown Sanctuary Worship 10:30am FLC Worship Mother’s Day	9 3:30pm Hebrew Class 5:30 pm HALO Café Feeding	10	11 6:30pm Bible Study - JMB	12 9:30am Altar Guild 4pm Handbell Choir 7pm Sanctuary Choir	13	14
15 9am Downtown Sanctuary Worship 10:30am FLC Worship Graduate Recognition/ Scholarship Sunday Trumpet Articles Due	16 3:30pm Hebrew Class	17	18 6:30pm Bible Study - JMB	19 3pm ABC Study Group 4pm Handbell Choir 5:30pm HALO Café Feeding 7pm Sanctuary Choir	20	21
22 9am Downtown Sanctuary Worship 10:30am FLC Worship 2pm Care for the Cause - FLC Trinity Heritage Sunday	23 3:30pm Hebrew Class	24 12pm UMW Brown Bay Lunch - FLC Pavilion	25 6:30pm Bible Study - JMB	26 4pm Handbell Choir 7pm Sanctuary Choir	27	28
29 9am Downtown Sanctuary Worship 10:30am FLC Worship	30 Church Office Closed 3:30pm Hebrew Class Memorial Day	31				



National Council on
Skin Cancer Prevention

Sun & Skin Safety

Health Outreach Ministry

Dr. Dot Baker



The Friday before Memorial Day is

Don't Fry Day™
www.skincancerprevention.org

Main Message: "Don't Fry Day" on May 27, 2022 reminds you to
PROTECT YOUR SKIN TODAY AND EVERY DAY

WHY SHOULD WE BE CAREFUL? Skin cancer, caused by too much sun, is the most common of all cancers in the US. Melanoma - a serious and potentially deadly skin cancer - is among the fastest rising cancers in the US. More than five million skin cancers are diagnosed annually. More people will be diagnosed with skin cancer this year than breast, prostate, lung, and colon cancer combined. More young adults (especially women) are being diagnosed with skin cancer. About two Americans die "every hour" from melanoma. **WHAT ARE SOME RISKS?** The sun is the primary source of radiation rays which cause most skin cancers. Other sources include tanning beds. Sun rays cause sunburns, eye damage, and early skin aging. Your risk increases if you have had more than 5 sunburns in your lifetime, have personal/family history of skin conditions, have numerous moles, &/or have been exposed to radiation and certain chemicals.

WHAT CAN YOU DO AT ALL AGES & SKIN TONES? **Do Not Burn** Too much sun is the most preventable risk factor for skin cancer. **Avoid Sun Tanning and Tanning Beds** Ultraviolet (UV) light from tanning beds and the sun causes skin cancer and wrinkling. If you want to look like you've been in the sun, use a sunless self-tanning product instead. **Cover Up** Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses. **Seek Shade/Use Umbrellas** Seek shade when possible. Remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m. **Generously Apply Sunscreen** Generously apply sunscreen to all exposed skin using a Sun Protection Factor (SPF) of at least 30 that provides broad-spectrum protection from both UVA and UVB rays. Reapply every two hours, even on cloudy days, and after swimming or sweating. **Use Extra Caution Near Water, Snow and Sand** Water, snow, and sand reflect the damaging rays of the sun, which can increase your chance of sunburn. **Check the UV Index** The UV Index provides important information to help you plan your outdoor activities in ways that prevent over-exposure to the sun. The National Weather Service (NWS) and EPA provides the UV Index for your area online @ <https://www.epa.gov/sunsafety>

Get Vitamin D Safely Get vitamin D safely through a diet that includes foods fortified with vitamin D and vitamin supplements. **Routinely check** your whole body for any changes in your skin and report to your health care provider. **Be a role model** with sun safety and tell others.

BASIC RULES for ALL AGES: **SLIP** on a shirt **SLOP** on sunscreen **SLAP** ® on a hat **SEEK** shade & **WRAP** on some sunglasses

Resources: Don't Fry Day @ [Don't Fry Day : National Council on Skin Cancer Prevention](https://www.skincancerprevention.org/)
National Council on Skin Cancer Prevention @ <https://www.skincancerprevention.org/>
Skin Cancer Foundation @ <https://www.skincancer.org/>
American Academy of Dermatology @ <https://www.aad.org/>
American Cancer Society @ <https://www.cancer.org/>
Your healthcare provider and local health department



April showers do bring May flowers and the showers and warm weather give growth to beautiful flowers and bushes and trees.

The grass begins to grow and thus it means the grass cutters will be in action and all of these things can spell disaster for allergy sufferers.

I found this article regarding allergy season and one ENT doctor in Houston Methodist hospital describes 2022 as a really bad year for allergy sufferers.

Experts Say the Spring 2022 Allergy Season Will Be a Bad One — Here is What You Need to Know

Look no further than the oak trees outside your home or office and you'll know what time of year is coming our way.

Pollen has already started to accumulate, leading to a noticeable uptick in sniffs and sneezes. Much more is expected to follow suit in the coming weeks.

"Unfortunately, we're expecting a bad allergy season in Houston this year — especially this coming April," says Dr. Omar Ahmed, an ENT doctor at Houston Methodist. It's not just Houston. Dr. Ahmed notes that allergy seasons are getting longer and worse across the country.

In Houston, the primary reason this season is predicted to be so bad is the relatively mild winter we just experienced.

"With a warmer winter comes a longer growing season for trees and grasses that produce pollen, meaning a higher concentration of pollen for us to deal with as it begins to bloom," says Dr. Ahmed. "Pollen counts actually started rising as early as January, but more is coming in April and people should be prepared for that."

Dr. Ahmed's advice for handling a bad allergy season? Plan ahead.

"One of the best ways to deal with allergy season is to get ahead of it — taking steps to prevent allergy symptoms and knowing how to treat them if they do arise," says Dr. Ahmed.

Start by checking local pollen counts on your weather app and considering how the day's pollen levels might affect your outdoor plans.

"Pollen counts are typically highest in the morning, so it's generally a good idea to keep windows and doors closed as much as possible during this time," explains Dr. Ahmed. "And if counts are high and you need to be outdoors, wearing a mask can reduce the amount of pollen you breathe in."

Still, allergy symptoms may strike, and Dr. Ahmed's preferred first step might surprise you.

"The most important thing is to use a saline nasal rinse," Dr. Ahmed recommends. "This helps wash away the pollen particles that have deposited in your nose."

You can purchase saline rinse kits at grocery stores and pharmacies. Just be sure that you mix the saline packets with sterile water, such as distilled water, bottled water or water that's been boiled and allowed to cool to a safe temperature.

"Taking an antihistamine can also help lessen some allergy symptoms, including scratchy throat, sneezing, nasal congestion and itchy eyes," says Dr. Ahmed.

And for those who are prone to seasonal allergies, now's the time to start your seasonal allergy treatment regimen if you haven't already.

"People who suffer from allergic rhinitis, which is the term for seasonal allergies, may consider starting a steroid nasal spray to help pretreat early symptoms," Dr. Ahmed explains. "These sprays take a few days to take effect, so you want to begin using them in anticipation of your symptoms."

*Houston Methodist Hospital, Katie McCallum,
Bio Medical scientist, March 25, 2022*

Recipe Corner Cherry Dream Cake

Ingredients:

1 package white cake mix (regular size)
1 package (3 ounces) cherry gelatin
1-1/2 cups boiling water
1 package (8 ounces) cream cheese, softened
2 cups frozen whipped topping
1 can (21 ounces) cherry pie filling

Directions:

Prepare cake mix according to package directions, using a greased 13x9-in. baking pan. Bake at 350° for 30-35 minutes or until a toothpick comes out clean.

Dissolve gelatin in boiling water. Cool cake on a wire rack for 3-5 minutes. Poke holes in cake with a meat fork or wooden skewer; gradually pour gelatin over cake. Cool for 15 minutes. Cover and refrigerate for 30 minutes.

In a large bowl, beat cream cheese until fluffy. Fold in whipped topping. Carefully spread over cake. Top with the pie filling. Cover and refrigerate for at least 2 hours before serving.



Trinity United Methodist Church
112 High Street
Salisbury, MD 21801

Return Service Requested

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SALISBURY, MD 21801

PERMIT NO. 19



chibird.tumblr.com

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

Monday - Thursday

8:00 a.m. to Noon - Friday