

Trinity Trumpet

Trinity United Methodist Church

March 2023

From the Desk of the Pastor

John 3:14-15 "And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life."

One of the most recognizable verses in the Bible is John 3:16, For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life." I must say this is one of my favorites because it makes the promise of eternal life so clear. Yet as recognizable and important as verse 16 is, very few people would recognize verse 14-15.

These verses are tremendous in that they also proclaim eternal life through belief in Jesus but they say something more, something perhaps more apropos to our current culture. The problem is, the reference to Moses is quite obscure to our current level of Biblical literacy. It refers to an event in Numbers 21, where the people were being attacked and surrounded by poisonous serpents and their only way of rescue was to look at the serpent that was lifted up and believe that God would save them. In John 3:14-15 Jesus is saying, we must look at him as he is lifted up and believe that he can save us.

We are currently in the season of Lent, where we prepare for Holy Week, prepare for the remembrance of the events of Jesus' trial and crucifixion, where Jesus was lifted up on a cross for all the world to see, so that all who looked up, if they chose to, could believe and receive eternal life. Of course we know this. We have chosen to believe and receive. We have chosen to see Jesus high and lifted up and realize what he accomplished at the cross.

But something amazing is happening in our country currently. New people are being invited to look up and see Jesus also. There is currently a movie called *The Jesus Revolution*, which chronicles a revival that began in the late 1960's in California. There has been an awakening or revival happening in Kentucky for several weeks and is spreading to other places. Franklin Graham is continuing his father's work of evangelistic meetings to reach new people for Jesus, even in our community of Salisbury. One of the most viewed shows is *Chosen*, a series about Jesus and his disciples.

In other words, Jesus is being lifted up. And he will draw people to him. We have the opportunity to lift him up as well. To invite people to see him. To encourage people to come to church, or Bible Study, or the movie, or just to talk about out faith. We do not have to do the saving, we just have to lift him up. Jesus will do the rest.

So I encourage you this Lent, to lift up Jesus. Put your focus on him first. Make sure you put your trust in him and receive the promise, but then allow others to see and believe as well. This is the best preparation for a joyous Easter, if we can be sure to see Jesus now.

Worshipping the Lord together,

Pastor Hayden

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Fro	m the	De	sk of	the	Past	or1

Easter at Trinity	2
Membership News	3
Missions	6
United Methodist Women	7
March Calendar	9
March Birthdays	10
Facilities Manager	11
Health Outreach	13
Parish Nurse	14



Easter Sunday April 9

Sunrise Service 6:30 a.m.

FLC Pavilion

Traditional Easter Services 9:00 a.m. - Downtown 11:00 a.m. FLC

<u>Easter Egg Hunt</u>

Saturday, April 1 10:00 a.m. - 2:00 p.m. FLC

This outreach event should be fun for all children ages 1-12. To volunteer and offer help, please contact the church office.

Maundy Thursday Services

April 6 7:00 p.m. Downtown Sanctuary

This service will feature several selections by the choir and communion.

Good Friday Service

April 7 7:00 p.m. Bethesda UMC We will be joining with Bethesda UMC and Asbury UMC for this service

Readiness 360 Survey-Update

We would like to thank each of you who completed the Readiness 360 survey that was emailed in the middle of February. We had sixty-one respondents which qualified as a successful survey. The survey revealed the spiritual temperature of our church (according to those who responded) and included many helpful responses for church leadership to use as we seek to move forward in growing our church. At this point, we are not prepared to enter into the catalyst program, but will have more opportunities as we continue to grow in our discipleship. Potluck/ Hymn Sing Sunday, April 30 4:30 p.m. JMB

Our new Outreach and Activities Committee has begun planning several events and is still looking for people who are willing to help as we seek to reach out to the community, and develop our church fellowship activities.

One of our first activities will be a Potluck Dinner/ Hymn Sing. We will have the potluck in the JMB, and then move to the sanctuary for the hymn sing. It should be a great night of food and fellowship, as well as the chance to sing some of your favorite hymns. Join us for this wonderful night.

New Members Seminar Saturday, May 20

9:00 a.m.- 3:00 p.m.

Anyone interested in becoming a member of Trinity Church is invited to contact Pastor Hayden. Call the office for more information.



Membership News

<u>Deaths</u>

<u>2/18/223</u> William C. Hanneman, Jr.

> 2/21/23 Donald B. Horner

TRINITY UMC COLLEGE SCHOLARSHIP <u>APPLICATIONS</u>

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, 2023.



SALISBURY URBAN MINISTRIES

DONATIONS NEEDED FOR

LAZARUS FOOD PANTRY: Cereal Desserts for Easter bags

MEN'S WELCOME CENTER:

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

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 Cheo □ I wi	ck One: sh 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 Pantr

Trinity gives more than food: We give help for the hungry and a message sent with love and hope.



Mission News and Salisbury Urban Ministries

By Carroll Thamert

March is here! Spring has Sprung or at least it is sneaking up on us quickly!

It's the time of year when days are longer and the light seems brighter. It's the time of year, where there is warmth in the air and the promise of "rebirth" and "new beginnings" are appearing.

As it is pointed out in the second verse of the Hymn, "Pass It On", composed and set to music by Kurt Kaiser that we raised in song to the glory of God about a month ago:

"What a wondrous time is spring, when all the trees are budding; The birds begin to sing, the flowers start their blooming. That's how it is with God's love once you've experienced it; you want to sing, it's fresh like spring, you want to Pass it on".

As Kaiser in his words and music point out in his 1969 hymn, God is always there for us all with his kindness and happiness, constantly passing it on to us as we travel the valleys and peaks of life.

Isn't this what missions is all about, passing on our experiences with God's love and how we are able to depend on Him through the good as well as the bad times? Through the many missions supported by Trinity, we can find ways to bring new beginnings to others by spreading God's Mission of love and kindness to others by:

Salisbury Urban Ministries: donating food or volunteering with the Lazarus Food Pantry; mentoring at the Kid's Café'; or serving food at God's Kitchen

HALO: serving food at the shelter; volunteering at or donating to the Thrift Store; or helping at Trinity's monthly Worship Service.

Joseph House: volunteering to provide and serve meals.

ASP: helping to improve conditions in the Appalachians and the community through donations and volunteering.

TCAP: partnering with the Choices Academy to help the youth of the community by donations and volunteering.

Beyond Your Walls: providing meals to the homeless.

Hands and Hearts Ending Homelessness: Preparing and serving meals as well as checking in guests at the shelter.

Santa's Angels: donating gifts and volunteering time at Christmas to reach out to the needy.

LifeWater International: making monetary donations to help people get access to clean water.

Resource Recover Center: helping those in recovery.

As you can see, there are many opportunities for us to spread our personal experiences with God to others. Call the Church Office or contact one of the members of the Missions Committee for more information. Also, maybe you know of a worthy Mission that is dear to your heart that you would like the Committee to be aware of. Let us know! Like Spring, let's help to open up new beginnings not only for others but also to ourselves through the Missions of Trinity.

Salisbury Urban Ministries

On behalf of SUM, we would like to thank those who supported the fundraiser, "Souper Bowl of Caring" on Super Bowl Sunday. Trinity raised \$670.05 with the Eagles winning overwhelmingly over the Chiefs!

Also, thanks to all those that participated in, helped with, or attended the "Care for the Cause" Concert for SUM that was held at Christ United Methodist Church.



"<u>The Tear</u>"

By Author, T.J. Mumford

Trinity United Methodist Church is blessed in many ways: the people, our ministers, a rich history, two locations for worship, multiple buildings to support Trinity missions, and an excellent staff and volunteers to support all the activities.

The downtown sanctuary is a special space for worship. The warmth of the sanctuary surrounds worshippers with a welcoming atmosphere for meditation and praise. Worshippers' and visitors' attention is immediately drawn to the eight cathedral stained glass windows that line the sanctuary. Each window tells a Bible story.

Several years ago the mystery of the artisans who created the windows. The McDonald sisters from Boston worked with Nannie Jackson to design, create, and deliver the windows to Trinity. The windows were installed for the opening of Trinity in May 1905.

There remains an existing mystery.

On rare occasions, the window on the East side of the sanctuary will display a unique and inspiring mystery. When the sun strikes the window just so, the angel face will amaze the viewer. A tear will appear and actually stream down the angel's face.

Lamb Studio, the oldest stained glass restoration company in the United States, restored Trinity's stained glass windows several years ago. They witnessed the tear and were puzzled by its appearance. They brought a ladder and inspected the tear closely. After several minutes of inspection followed by their expert assessment, they had no explanation about why it appears or how it was done. They did opine that it was not a scratch and that it was designed/engineered/created.

You are invited to attend Trinity's 9:00 am Sunday service. Perhaps the sun and timing will be just right and you will be fortunate enough to see the tear. If you have not seen this, you are invited to keep coming until you are successful.

In tribute to this unique Trinity phenomenon, a child's book has been written and is available just in time for Easter. This book, <u>The Tear</u>, tells the story of Christ's ascension and why the angel cries.

MISSION Active Believers Christian Study Bible Group and Mission by Deb Morse

ACTIVE BELIEVERS CHRISTIAN BIBLE STUDY GROUP AND MISSION

Active Believers Christian Bible Study Group meets twice a month to study the Bible using books with study guides and videos. We are currently studying the book of Exodus. We meet the first and third Thursday of the month at 2:00 – 3:30 pm at the church's Sunday school building on the 3rd floor.

In addition to the study group, we have a mission to supply food to Halo Ministries which is our local homeless shelter. For the year of 2023, we donated over \$450 in food. The increase price of food has resulted in less food for the homeless. Please try to help support this homeless shelter which has a mission for the homeless: "Love Em like Jesus".

If you would like to join our group, please email Jenny Roser at <u>Jroser20@comcast.net</u>. If you would like to make a donation to support Halo food donations, please send a check to the church with ABC Bible group in the memo line. Thank you in advance for your support of our group and our mission.

Congregational Care

There are still needs for people to call or visit our shut-ins and I would really like to start this program beginning in April.

I will contact those of you who did sign up and give the names of folks who could really use a phone call either weekly or bimonthly.

Our Military coupons are still on the low side and I would really appreciate folks getting coupons to us if you have them.

Cards are being sent monthly to our nursing home residents and also to our shut-ins. A big thank you to Shelly Messick for sending the nursing home cards and to Ann Hill and Sheila Darrah for the shut-ins.

If you know of anyone in our church family who need our support, please call the church office .

Recipe of the month THANK YOUS Dear Trinity Friends, **Chicken & Stuffing** Thank you so much for your prayers and In the slow cooker, add: cards during my recent surgery. Connie and 1 lb. boneless, skinless chicken breasts I feel so blessed to be part of the Trinity fami-(cut in small pieces) ly. 2 boxes Stove-Top stuffing (dry) Phil Taylor • 2 cans chicken broth 2 cans condensed cream of chicken soup Quick tip: Combine broth and soup togeth-Thank you for all the calls, visits and cards *er before pouring over chicken and stuffing* during this difficult time! During a time like mix for best results. this we learn how much our family and Cook on Low for 7-8 hours friends really mean to us. Your expression of sympathy will always be remembered. Love, Joe Bernstein

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

We have seen God at work many times over the years but, it never ceases to be amazing when it happens. Our AmeriCorps volunteer has been out of work due to illness but, she has constantly been on her computer looking for free things we could use for our clients. She has managed to get a great deal of useful things such as Nike hoodies and other clothing. She asked about getting free blankets about six weeks ago and the decision was yes, as long as we got them while the weather was still cold. She ordered 1,000 free blankets which translated to eleven pallets with twelve boxes per pallet. The freight company called on a Thursday and announced that the blankets were going to be delivered the next Monday; creating a sense of panic. The church garage was half full of church equipment and miscellaneous items. One item was an electric wheelchair that had been donated several months ago and no one had expressed a need for it. That same Thursday afternoon a message was left by a gentleman who was looking for financial assistance to purchase an electric wheelchair. Fast forward to Saturday morning, we had a volunteer with a lift truck at the garage and the willingness to deliver the wheelchair to the person who needed it. While that was happening, Church members cleared the garage and we were ready for the delivery. On Monday the blankets arrived and we had enough volunteers to make things go smoothly. The word was sent out to our collaborating agencies that blankets were available and in three days more than half of the blankets were distributed. Many thanks to all who helped make it happen but, most of all, thank you Lord!. God at work!

Psalm: 67





UMW NEWS

Spring is right around the corner and Trinity's UMW circles are in full swing! Our three circles meet the first Monday (Deborah), Tuesday (Esther) and Thursday (Ruth) of the month at 1:30 pm, 1:00 pm and 10:00 am, respectively.

Every circle has its 'own leader or co-leaders; the co-leaders for Deborah are Anita Vroman and Pat Gray; the co-leaders for Esther are Sandy Robinson and Janet Wright,; and the leader for Ruth is Fran Reed. Each circle has 14-18 members and they meet monthly in the JMB (Deborah), members' homes (Esther) or the FLC retreat house (Ruth).

In addition to fellowship and Bible study, each circle has its own community service projects. Some examples of these for this year are providing meals for the Hands and Hearts Ending Homelessness shelter, providing purses filled with toiletries and craft materials for the women and children at HALO, adopting a Senior at the MAC center and providing small appliances and bedding for one of the Tiny Houses in the Tiny House Village. We are always interested in additional ways to serve in our community.

Trinity UMW also have several gatherings a year where all three circles come together for food and fellowship; a Fall Luncheon and program, a festive Christmas Luncheon and a Spring Luncheon and program. We also sponsor several fundraisers a year to raise money for our designated Community Organizations and Trinity Programs. These include the Christian Shelter, the Joseph House, Salisbury Urban Ministries, Hope and Life Outreach (HALO), Hope Outreach Point of Entry (HOPE), Women Supporting Women, Life Crisis Center and the Trinity Appalachian Project (ASP). Last year, our fundraisers included two Pampered Chef parties and a Jewelry/Cookie sale totaled over \$5500 in profits. This money will be budgeted and distributed to our designated Community Organizations and Trinity Programs.

On Saturday, March 25, the annual Faith Filled Women's Conference will be held at the Wicomico Civic Center. This event is from 10 am to 5 pm, includes lunch and is \$60 per person. The theme this year is "Fearless" and the keynote speaker is Diana Kokku. This is always a wonderful event and time to fellowship with women from many different church denominations all over the Eastern Shore. If you are interested in attending, you can register online at <u>faithfilledwomen.com</u> or contact me for a registration form. Trinity UMW will have several tables there so if you would like to sit with us just note that on your registration form.

We always welcome new members and are hoping to start an evening circle for those women who work or have other commitments during the day. Thank you to our membership chairperson, Marlene Waller, and our Ruth circle leader, Fran Reed, for the wonderful and informative UMW Mission Moments they provided at both services on Sunday, February 19th. If you would like more information about our Trinity UMW and our circles, please contact Marlene Waller 804-212-8560 or myself 410-430-8869. I wish everyone a Happy March and look forward to seeing you at Trinity.

Blessings, Jennifer Doyle UMW President 410-430-8869 jdoyle886@gmail.com



Grief Support Group: We are starting another session of Grief Share on Thursday, March 16th. This support group meets weekly for 13 sessions and features biblical concepts for healing from your grief. The program will be led by caring people who have also experienced grief and have successfully rebuilt their lives.

There are three components to the sessions: **video seminar –** encouraging information packed videos featuring leading grief recovery experts;

support group - small group discussion about the weekly video content;

and a workbook – journaling and personal study exercises that reinforce the weekly session topics.

This program will offer hope and encouragement after the death loss of a spouse, child, family member or friend. If you are still grieving and struggling in dealing with your grief, whether recent or in your past, please come. All are welcome.

If you have any questions or would like to join us, please feel free to contact the church office at (410) 749-5562.

Sessions will be led by Shelly Hall, Ann Hill and Ken MacFarlane.

We hope you will join us. Check more about program online at: https://www.griefshare.org/

"The experiences I had in Grief Share after the passing of my mother brought from mourning to joy. I will be forever grateful to the program, participants, and leaders." Shelly



Franklin Graham Coming to Salisbury (godlovesyoutour.com)

Three special events planned!

Faith Sharing Training!

Saturday, March 11 9:00 a.m. - 12:00 p.m. FLC

The Billy Graham Evangelistic Association will be conducting a Christian Life and Witness Training. This is a free training to help us learn to share our faith. It is open to all people, from any church so bring your friends and come to learn how to tell others about Jesus.

Night of Worship and Prayer

March 30 6:30 p.m. Delmarva Evangelistic Church

Freddy Washington, the former director of the Brooklyn Tabernacle choir, will be leading this worshipful experience.

Franklin Graham/ Newboys Concert

May 4 6:30 p.m. Tidal Health Stage on Carroll St. Franklin Graham will present an evangelistic message with a concert by grammy nominated band, Newsboys. Please bring your own chairs.

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1pm - Handbell Choir Rehearsal	2 10am - UMW	3	4
5 9am Worship Service - Downtown Communion 10:30am - Worship Service - FLC Communion	6 1:30 pm - UMW "Deborah" Circle 3:30 pm - Hebrew Class 5:30pm - Pastor's Bible Study - James		8 1pm - Handbell Choir Rehearsal 6pm - FLC Praise Team	9 4:30pm - Handbell Choir 7pm - Sanctuary Choir		11 9am - Christian Life and Witness Course - FLC
7:30pm Worship at	3:30 pm - Hebrew Class 5:30pm - Pastor's Bible Study - James		Feeding 1pm - Handbell Choir Rehearsal 6pm - FLC Praise Team NEWSLETTER	16 2:30pm - ABC Study Group 4:30pm - Handbell Choir 5:30pm - HALO Café Feeding 7pm - Sanctuary Choir	17	18
9am Worship Service - Downtown 10:30am - Worship Service - FLC 26 9am Worship Service - Downtown	3:30pm - Hebrew Class 55:30pm - Pastor's Bible Study - James	28	1pm - Handbell Choir Rehearsal 6pm - FLC Praise Team 29	4:30pm - Handbell Choir 7:00pm - Sanctuary Choir 30 4:30pm - Handbell	31	25
				Delmarva Evange- listic Church		



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, Jr. 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 **6** - Sandy Dickerson Joshua Fauver 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 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 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

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 - Lisa Ulm

31 - Kathy DuPont Roger Fleming Linda Kenney

FROM FACILITIES MANAGER Jim Thomas

Greetings from the Facilities end of things. Over the months ahead, I will try to keep you informed of what we are accomplishing and what is on our long list of things to be accomplished.

1. George Stever had previously checked our picnic tables at the FLC, prior to our picnic last year. He found a number of them to be rotten or structurally deficient. They were removed and/or the wood used moved to the fire pit area for future fuel.

2. Bill Lankford and his band of carpentry guys then put plans in place to build us new ones, The photo below shows our new picnic tables, about 10 of them completed to date.

3. We have a preliminary plan to fix the appearance of the "bridge" at the FLC. It is simple, but should improve the appearance.

4. Have tinted several windows in the Palmer Bldg to dampen the afternoon sun in the Palmer Bldg.

5. Mid-South Audio has accomplished a major upgrade to our AV system in the Downtown Sanctuary. They will have someone to adjust system at the February 19th service. The choir will be singing and the church filled with congregants (we hope)), so it will be adjusted during actual conditions. If you haven't watched our feed on YouTube or Facebook, there should be a marked improvement in quality. Hope this is evident to everyone attending in person.

6. We are currently soliciting proposals from MidSouth Audio and Technology Solutions to improve the AV systems in the FLC.

7. We have had 2 generous contributions to each project location and the funds will be used wisely in reducing our cost.

8. We are soliciting a proposal from Tomey Electric to improve the lighting in the Sanctuary at the FLC. It will be partially funded from a grant from Delmarva Power.

9. We are involved in talks with the City of Salisbury to lease parts of our downtown parking lots from Monday to Friday in a joint effort to close the expected parking situation when existing downtown development is completed.

9. We are having the outdoor movie screen frame painted and hooked up, so we can continue to have family movies shown on our extra lot at the FLC.

10. We have talked with Pastor Jack Shitama of Camp Pecometh about the need for Retreat space by the conference at our renovated Retreat Center. While touring the FLC, he generated several ideas of how we can make better use of the center.

11. We have reached an agreement with Lora Adkins of Santa's Angels to lease a Sunday school room at the FLC in order to store purchased toys, clothing, etc. prior to packaging and distributing at Christmas time.

12. We are estimating the number of people we can accommodate in the Sanctuary at the FLC. We have had several parties requesting the number including several sessions for training

eral parties requesting the number including several sessions for training of the staff and volunteers for the Franklin Graham Crusade later in the Spring of the year.

I hope you have found this interesting as we continue to make better use of the facilities that God has graced us with over the history of our church. If you have any ideas or other information you'd like to have on the projects underway or our future "bucket list", please let me know.

Jim Thomas E: <u>jthomas0745@gmail.com</u> P: 410/726-8144



The 2023 Asbury Revival

by <u>interlinc</u> · February 15, 2023 By Olivia Williamson • Director, <u>Claim Your Campus</u> • Grand Rapids, Michigan



Last week's Chapel service at Asbury University may have ended but a movement of the Holy Spirit has prompted students to stay and others to join in what is known as the 2023 Asbury Revival... and they're still there! It's not hype. It's not an event. Jesus is in the room. That's why people are going and people around the world are watching.

Hundreds of people young and old are in Asbury University's chapel right now and they've been there since Wednesday at 10 am. And now, people all over the world are gathering and asking for revival in their cities. I've personally heard stories of non-stop prayer and worship in Indiana, Ohio, and Germany because of what started in Kentucky.

Look at the nations and watch— and be utterly amazed. For I am going to do something in your days that you would not believe, even if you were told. *Habakkuk 1:5 (NIV)*

How do you feel when you hear all this? I know some feel hopeful. Some feel skeptical.

I was hesitant to make the trip to Asbury. But the Lord asked me to go. When my husband and I were in the chapel, a student stood up and read **Habakkuk 1:5** to the whole room.

God is doing something in OUR day. And we get to be alive in a time where He brings revival in a sweet, authentic way. It's not hype. It's not an event. It's Jesus.

Students sang, "We need a fresh outpouring" when Kyle and I sat in the room. It's true. We need the overflow of love and salvation in our nation. Young people get it. We need God.

Pray for revival. No matter how you feel about that word, don't shy away from asking God to bring salvation to your community. Your family, your friends, classmates, co-workers, and your neighbors have a need that only JESUS can fill. Ask Him what your part is in all of it. Don't sit back to only observe – you are a part of the Body of Christ. So MOVE as you were made to!

I want Jesus to come back to a generation praying for and seeking true revival, don't you? *Reprinted by permission. Originally accessed from* <u>https://interlinc-online.com/blog/index.php/2023/02/15/the-2023-asbury-revival/</u> on Feb 15, 2023, 2:58 PM.



COLORECTAL HEALTH AWARENESS

Health Outreach Ministry Dr. Dot Baker



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 detection and treatment.

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)

Do Not Delay – Get checked NOW



By Carolyn Lewis, R.N.

Many people experience headaches now and then and a tension headache is probably the most common among the workforce.

If you have frequent headaches maybe you can isolate the time it starts and what is happening at that time.

I found this article that explains tension headaches quite well

What is a Tension Headache and How do I Treat it?

<u>Headache</u>

While there are many <u>different types of headaches</u>, tension headaches are the most common variety.¹ Despite being widespread, their causes **aren't** well understood. Learn what may cause a tension headache and how to find relief so you can get back to your life and the moments that matter.

What is a Tension Headache?

A tension headache is defined as a mild to moderate pain that is described as feeling like a tight band around the head.² The pain may be localized to the head, scalp, and neck and is frequently associated with muscle tightness in these areas.¹ Episodic tension headaches can last from a half hour to a week, and may become chronic.² Chronic tension headaches last hours and may be continuous; if they occur for 15 or more days in a month over a span of three months, they're considered chronic.²

What is the Difference Between a Tension Headache and a Migraine?

It can be difficult to distinguish what type of headache you're having in real time. However, unlike certain types of <u>migraines</u>, tension headaches aren't usually associated with nausea or visual disturbances like auras.² Physical activity may aggravate a migraine but typically doesn't exacerbate the pain caused by a tension headache.²

What Causes Tension Headaches?

As the name suggests, a tension headache can occur when the muscles in the neck, face, and scalp contract and become tense.¹ Some research suggests that these headaches are not always linked to muscle contractions and are instead a symptom of a sensitized pain system.² Anyone at any age may experience them, but they occur most commonly in adults and older teens.¹ They run in families and may affect women more often than men.¹

The most commonly reported trigger for a tension headache is stress, but depression and anxiety may also play a role.^{1,2} Other triggers include alcohol use, dental problems like teeth grinding, eye strain, and fatigue.¹ You may also get tension headaches while you're having a migraine.¹ Some of the symptoms of a tension headache include:^{1,2} Dull pressure

Feeling as though there is a tight band around the head Pain all over the head, rather than at a localized point or on one side

Pain that is worse in the scalp, temples or back of the neck Tenderness in the shoulder muscles as well as the head.

Tension Headache Relief and Prevention

Many who experience tension headaches actively try to treat them at home. Simple pain relievers available without a prescription, like <u>Advil Tablets</u>, are typically a first line of treatment for reducing the pain caused by a headache.³ Combination medications may be more effective than single-ingredient pain relievers when it comes to tension headaches.³ These typically combine a pain relieving drug with caffeine in a single dose and are usually available over the counter.

Lifestyle changes may help to prevent and relieve tension headaches. Some of these <u>remedies for headache relief</u> and prevention include:^{3,4}

- **Managing your stress.** Plan ahead and organize your day to give yourself more time to relax. If you find yourself in a situation that is overly tense or stressful, take a step back and remove yourself, if you're able. Listen to your body, get enough sleep, drink plenty of water, and try not to skip meals.
- **Applying heat or ice.** A heating pad or an ice pack can help to soothe sore muscles in your neck and shoulders and can help to alleviate built-up tension.
- Adjust your posture. Good posture can keep your muscles from becoming unnecessarily tense. Stand with your shoulders back and your head level. When looking at your phone or computer, try to position the screen so that it's level with your eyes rather than tilting your head to look at the screen.
- **Try biofeedback.** Work with a therapist to recognize when your muscles are becoming tense, and learn how to relax them before they cause you to develop a tension headache. Biofeedback sessions typically involves electrodes attached to your skin to detect signals from your neck and shoulder muscles. These sessions can help you recognize and manage factors that contribute to your tension headaches.

A tension headache can put your life on pause, but knowing how to manage your symptoms will have you feeling like yourself again.

Source Citations:

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