

Trinity Trumpet

Trinity United Methodist Church

April 2023

From the Desk of the Pastor

I am getting excited. Spring is here and in just a few days we will be celebrating Easter, the best day of the year! Yes, we still have to finish Lent; we still have to endure Holy week, with the betrayal and crucifixion of our Lord. That is no small thing. In fact, it is everything.

Everything for which Jesus came, everything that Jesus taught, everything for which he ministered all came to its conclusion on that Friday. It was a horrible event. Tragic. Gruesome. And yet we call it good.

Not because there was anything good in the human experience of that day, but because of what Jesus accomplished on that cross. As fully God and fully human, he did what no one else could have or would have done. He took a death he did not deserve so that all who choose to trust and follow him by their belief in his work could live a life we do not deserve, an eternal life.

He took the penalty for sin that was promised from the garden of Eden upon himself so that everyone who accepts his payment, can be free from the curse. Oh, happy day. The curse has been lifted, because Jesus paid the cost.

That is why we call it Good Friday, for without the cross, without his death, we would all still be under the curse, condemned to die. Thank God, thank Jesus, this is no longer the case! Thank God those horrible events make this a Good Friday, for those who believe.

So in truth, the most important day in the Christian year is not even a Sunday, not ever a Sunday. It is a Friday, just before the Sabbath, when Jesus said the words, "It is Finished!" Without Good Friday we would have no reason to worship on Sundays, no reason to celebrate. But because of Good Friday, we can have Easter!

Easter is my favorite holiday because it is the day that proves there is life after death. It is the day that proves death is not the end, that there is still more, and it can be great. It is the day when we celebrate Jesus defeating death once and for all and that is something to get excited about! That is something worth shouting about, and singing about, and even getting up early for! It is something we should tell our family, tell our friends. It is the epitome of good news. It is the result of Good Friday.

1

So tell your friends; invite your neighbors. We have reason to celebrate!

Jesus is Risen.

He is Risen Indeed!

Hallelujah!

Pastor Hayden

Inside This Issue

Pastor's Message	1
Upcoming Events	2
Visitation Pastor Message	2
UMW	5
Missions	5-7
April Birthdays	8
April Calendar	9
Nurses Corner	10
Health Outreach	l 1



UPCOMING EVENTS AT TRINITY

April 1 - Easter Egg Hunt – FLC - Saturday, April 1st at the FLC from 10:00 a.m. – 12:00 p.m. This outreach event should be fun for all children ages 1-12 years old. To volunteer and offer help, please contact the church office.

April 2 - Palm Sunday/Communion

April 6 - Maundy Thursday – April 6th at 7:00 p.m. in the Downtown Sanctuary. This service will feature communion and several selections from the Sanctuary Choir.

April 7 - Good Friday – April 7th at 7:00 p.m. at Bethesda UMC. We will be joining with Bethesda UMC and Asbury UMC for this service.

April 9 - Laster Sunday

Sunrise Service – 6:30 a.m. at the FLC Pavilion. Please bring your lawn chairs.

Traditional Easter Service – 9:00 a.m. Downtown and 10:30 a.m. at the FLC

April 10 - Church Office Closed

April 23 - UMC Native American Ministries Sunday

April 30 - Potluck Dinner and Hymn Sing — Dinner at 4:30 p.m. in the JMB fellowship hall; Hymn Sing at 6:00 p.m. in the downtown sanctuary. RSVP to the church office (410-749-5562) by Sunday, April 23rd so that we know how many to plan for.

May 14 - Mother's Day

Graduate Recognition & Scholarship Presentation Sunday - Downtown & FLC

May 21 - Trinity's Heritage Sunday - Our Fifty-Year Members will be recognized on Sunday, May 21st at both the downtown and the FLC worship services. If you are a Fifty-Year Member and plan to attend, please call (410-749-5562) or email (sue@trinityumcsalisbury.org) the church office and let us know which service you will be attending.

May 29 - Church Office Closed in observance of Memorial Day

Old Face – New Title

By Rev. Joe Burris



Some of you may recall the face (you know... "What's his name?"), and perhaps you remember him preaching a couple of times at Trinity downtown and the Family Life Center. He is me, Rev. Joe Burris, a retired United Methodist pastor who has been attending here with my wife, Patty, who plays in the hand bell choir. We have been enjoying our retirement, been travelling a lot as we been visiting our family as well as travelling abroad to see the Oberammergau Passion Play in Germany last year and the land of Jordan this past January. We have enjoyed having Pastor Hayden as our pastor, but

he has not had the assistance of another pastor. He has often reminded me of this for the last several months while I have reminded him that I was retired... until March 14th when the Staff-Parish Relations Committee approved me to serve as the new Associate Pastor of Visitation. The Rev. Dale Vroman will still be making some visitations, but I will now take the lead in this ministry. I have some experience in this area as I have not only been a pastor for 42 years, but I have served as a volunteer chaplain in 3 hospitals, the Maryland State Police for more than 15 years, 2 Sheriff's Offices, 1 municipal police department, and in the volunteer fire and EMS services for more than 30 years. Yet I will need your help as you are the eyes and ears that may see or hear of someone who may need a visit... be it in the hospital or in their home. You can call the office or contact me directly as you can call or text me at 443-350-5146 or email me at revjoeburis.trinityumc@gmail.com. If I cannot answer your call immediately, please leave me a voice mail (I'll return your call as soon as possible). Let us keep each other in our prayers as Christ has called each and everyone us to serve Him in and through our service unto others in this world today.

Franklin Graham/ Newboys Cocert Thursday, 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.

New Members Seminar

Saturday, May 20 9:00 a.m.- 3:00 p.m. JMB - Room 303

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

National Day of Prayer

Thursday, May 4th

April Recipe Corner

Banana Cake



Ingredients:

- 16.25 ounce box white cake mix PLUS ingredients on back of box (you need milk in place of the water on the box)
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- Milk use measurement on cake mix box
- 3 medium ripe bananas mashed or broken into large chunks

Frosting:

- 1 cup heavy whipping cream
- 3.4 ounce package banana cream instant pudding
- 1 cup milk

Preheat oven to 350 F. Grease a 13×9 baking pan.

In a large mixing bowl, whisk together dry cake mix, cinnamon, nutmeg, baking soda and salt.

Use whole eggs instead of egg whites. Use oil as directed on box. Add milk, eggs, oil and bananas to the mixing bowl.

Beat on low for 15-30 seconds to combine then increase speed to medium high and beat for two minutes, until well blended.

Pour batter into prepared cake pan and bake in preheated oven for 40-45 minutes or until cake springs back when gently touched in the center. Allow it to fully cool before frosting.

Frosting:

Beat whipping cream and set aside. Mix 1 cup of milk with instant banana pudding making sure to mix well. When pudding has thicken, combine with whip cream and then spread on cake and refrigeration until ready to serve. Keep leftovers in the refrigerator.

Some bakers prefer to use butter cream or cream cheese icing since it will hold up longer.

Dear Trinity,

Thank you so very much for all the cards, visits and calls I have received since September. You have been so very faithful to me.



I am settled in now at Peregrine Senior Loving (Atria) and making, progress with my health. Come for a visit!

> God Bless Kitty Shockley

Thank you to the many Trinity families that donated food and drinks, prepared and served dinners and assisted with check-in for the men at the Hands and Hearts Ending Homelessness Shelter. The men were very appreciative of Trinity's support and enjoyed the hot dinners and desserts that were provided. The shelter will remain open until April 14th and there is still a need for volunteers and help with meals so please contact Maureen Williams if you are able to help.

Maureen Williams



This Photo by Unknown Author SALISBURY URBAN MINISTRIES DONATIONS NEEDED FOR:

LAZARUS FOOD PANTRY:

Cereal Desserts for Easter bags

MEN'S WELCOME CENTER:

Spray deodorant

TRINITY GRADUATE AND SCHOLARSHIP SUNDAY

Sunday May 14th

At the downtown and the FLC

worship services we will honor and recognize all high school and college graduates from our congregation. We will also recognize those receiving scholarships to universities and seminaries. If you know of a Trinity student who is graduating from high school or college this year, please let us know so that we can include them in our recognition.





APB APRIL IS PEANUT BUTTER MONTH

PEANUT

Please bring your favorite brand of peanut butter to Trinity during the month of April.

Give one Sunday or every Sunday. Give one jar or many jars. It's up to you. All donations benefit the Lazarus Food Pantry.

When I started thinking about an article for April, I must have experienced a"Senior Moment" because even though Spring had almost arrived and Easter was right around the corner, I could not think of a way to start writing. So what did I do, I took my wife to a movie!

The movie was based on a true story from my college years in the late 60's and early 70's. "The Jesus Revolution" was the movie. It took place during a period of social and civil unrest; war and rumors of war; protests; prejudice feelings from all sides; thoughts of hopelessness and even suicide; the counter culture versus the establishment; rampant drug use. Truly it was a divided nation. It was a time when the media was suspect, even going as far as to say "God Is Dead"!

As I watched the movie it dawned on me that what was being described could be the world of today, 2023. As I watched the movie, I admit I laughed, I cried, I relived events that I had lived through, and most importantly I heard the "whispers of God" saying here is your theme for the April Trumpet of Love and Hope through doing God's work

I would recommend this movie for everyone. It told the story of a pastor of a California church that was struggling and a group of young people referred to as "Hippies" that allowed their barriers and prejudices to be torn down to spread God's Love. Each side allowed this Love to lead them to the true path of redemption. It allowed, even with some pitfalls, the congregation to accept the differences of others. The Hippies were able to find that God's Love was the Truth that they had been seeking in all the wrong places, finding drugs and immorality were not the answer. These two groups of different persuasions United under God to spread his Word in what was called in history, the largest Christian Revival ever in the USA especially among young people. Time Magazine put Jesus on its cover and called it "The Jesus Revolution" in 1971. The Love of God was reborn to millions!

Spring and Easter are times of rebirth; a time when the trees and flowers bloom; a time when we remember God' Gift and Jesus' Sacrifice for humanity. "For God so loved the world that he gave his only Son, that whoever believes in Him should not perish but have eternal life" (John 3:16). "God is Love" (1 John 4:16). "Love God with all your heart, soul, mind, and love your neighbor as yourself" (Matthew 22: 37-39). We hear that "History Repeats Itself". Maybe that's what is happening in our world today. Faith and hope are being reborn. Maybe God is trying to awaken us that help is on the way, whether it be open prayers on television for a hurting football player; the marathon Asbury Revival of college students; or the upcoming Franklin Graham Revival set for Salisbury. The love of God is ready to be reborn and spread to others.

Missions are a way to spread God and his Love. Through our time, talents, and money to the missions that Trinity supports or those of our own choosing God's message will spread. This reminds me of my wife's best friend from high school in Western Pennsylvania who played her guitar and sang at our wedding over 45 years ago. Her name was Mary Kay and she and her late husband started a Christian mission called China Passage Inc over 20 years ago, a mission that our family donates to each month. Mary Kay and her family literally packed up and moved to the mountains of Northwest China to minister for God to the poor of the area. Her husband said God told him that"These sheep are without a shepherd!" In a recent newsletter, Mary Kay wrote...."how serious a call it is to tend to God's flock...". She stated ..: "what a good shepherd does, providing for them, comforting them, healing them, and protecting them". This is definitely a mission to spread God's Message and Love to people that would not have the opportunity to get the Truth otherwise.

We as the Trinity Family, might not have the opportunity to travel to China as Mary Kay does or to Central America as Christina and Woody have, but we have the missions in our own community to spread the Love of God. Perhaps we can reach out to those that do not attend Church now or take part in the upcoming Salisbury Revival later in the year. Maybe we can be part of our own mini "Jesus Revolution"in our community. Maybe we can be God's Shepherds for the hungry by giving food or serving meals at the Lazarus Food Pantry, the Joseph House, HALO, God's Kitchen, Beyond Your Walls, and/ or Hands and Hearts Ending Homelessness. God's love and comfort can be passed on by mentoring and supporting TCAP and/ or the Kid's Cafe'. As God gave his Gift of Love through Jesus, we can spread our gifts of love and rebirth through Santa's Angels or through repairing the poor's homes and faith/hope through ASP. Through volunteering and coming in contact with others of the various missions, we can show the Truth and Hope found in the Word and not in the drugs and pitfalls of the world. Through all of our outreach and missions, we can be part of our own "Jesus Revolution" this Easter and beyond. Whatever your choice, let God lead us to spread his message.



Our Mission is to provide programs that serve and minister to the needs of materially impoverished people in our community.

Want to Make a Difference in a Child's Life?

Two Positions Available

Kid's Café Program Coordinator

And

Kid's Café Program Assistant Coordinator

Location

Salisbury Urban Ministries PO Box 1792 / 326 Barclay St Salisbury, MD 21802 410-749-1563

Coordinator and Assistant Coordinator

Email resume to: sbyurbanministries@gmail.com -or-

Fax resume to: 410-749-9956

For more information contact: Debbie Donaway, Executive Director

Hours.

- Part-time, year-round (after-school and summer) program-
- Paid holidays and vacation
- · Background check and clean driving record is required

After School Program Hours

- September-June
- Mon/Tues/Wed/Thurs after school, 2:30 pm -6:30 pm

Summer Program Hours.

- Mid-June August-
- Tues/Wed/Thurs, 12:00 pm 5:00 pm

Program Description: The children's program, Kid's Cafe', provides an after-school and summer program for elementary school age children. The program provides a safe, learning environment for disadvantaged children. Children receive a meal each program day, tutoring, and participate in a variety of fieldtrips.



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.

<u>APRIL</u>

- 1 J. D. Burkett Hunter Jones Zachary Kitzrow Eva Paxton Whipple
- 2 Bethany Banks Jessica Barnes Lauren Bilski Cameron Galloway Franny Johnson Ali Jones Jessica Kelly Reagan Shockley
- 3 Rebecca Dobson Joan Elliott Robert Freeman Amy Gilland Valerie Haldeman Bryan Hensley Kathy Martin Tina Shaffer
- **4** Lee Lawson Richard Parsons
- **5** Sarah Evans Kimberly Groves Maggie McCabe Nancy Nyquist Jill Sell Angela Smith Terry Walter

- 6 Casey Bellamy Katie Clatterbuck Casey Hawkins Kobe Heinicke Brooke Hudson Ross Marvel Zoe Sheller
- 7 Lauren Bailey James Phippin Kent Thorsten
- 8 Donald Baysinger
- 9 Lindsey Haldeman Gabriel Luppens Kennedy O'Malley Carole Rollins Maria Weaver
- 10 Chase Baker Chad Disharoon Richard Duvall Thomas Malone Juliette Pope Aubrey Sousa Billy Stewart
- 11 Tracy Bostwick Grant Lischick Clay Marcum Abbigail Nechay
- **12** Alec Bryson Ashleigh Carey Kelsey Ivy William Wiseman
- 13 Raymond Hudson Sarah Kauffman William Owens III Tammy Paxton Carter Spicer Daniel Warwick Kathy Warwick
- 14 Danny Collins John Glenn, Sr. Lee Grier Gavin Townsend Carol Wilson

- **15** Ashley Butler Kristen Iman Amy Kelley Trevor Lankford Lisa Moore
- 16 Lewis Carman Cooper Day Greg Fleming Steve Hammond Howard Iman Barry King Monta Kutchen Jillian Massey Kaitlyn Price Craig Snyder Kelly Tawes
- 17 Sarah Arrington
 Caitlyn Dunn
 Steve Greenwood
 Barbara Hannemann
 David Irvine
 Lisa Justice
 Carolyn Lewis
 Cherish Owens
 Sarah Phippin
 George Strott
- **18** Lucille Conway Darra Hansen Korinne Jones Kim Pelot
- **19** Cody Collins Tom Trice
- 20 Jennifer Berkman Joe Burris Samuel Hayden Peggy Iman Josh Layfield Hannah Olds Kemp Tregoe Beth Whittington
- 21 Fung Ying Cheng Kay Crouse Angie Dempsey Jane Ford Pastor Vaughan Hayden Emily Harmon Alexander Lischick Jennifer Moore Heather North

- 22 William Hamilton Elliana Hapner Brody King Michelle Twilley
- 23 Marti Hawkins Casie Post Melanie Sammons
- **24** Robert Carlisle Alexa Hudson Bob Hussey
- 25 Anne Cornelius Cecila Hoehn Ashley Marcum Jay Owen Tony Waller Selah Wilson
- 26 Dora Ashby Lynn Gaul Alice Kilgour Jeanie Long Christopher Vorhis
- 27 Brittnee Collins Grier Custis Erin Huddleston
- 28 Debbie Bailey Judy Bullock Christina Cook Thomas Fisher Andrew Fox Shanan Rogers Kristen Stuart Jessica Wattay
- 29 Kelly Lloyd Caryn Morris Jeremy Nelson Brian Weeg
- **30** Lynn Harris Sherry Pope Nancy Stephens





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10am Easter Egg Hunt - FLC
2	3	4	5	6	7	8
Communion	1:30pm UMW "Deborah"	1:00pm UMW "Esther"		10am UMW "Ruth"	,	· ·
9 am Downtown Sanctuary Worship	4pm Hebrew Class	5:15pm SPRC Meeting		3pm ABC Study Group		
10:30am FLC Worship			7:30pm FLC	5pm GriefShare 7pm Maunday	7:00pm Good Friday Service - Bethesda UMC	
PALM SUNDAY			Praise Team Practice	Thursday Service MAUNDY THURSDAY	GOOD FRIDAY	
9	10	11	12	13	14	15
6:30am Easter Sunrise Service 9 am	Church Office Closed	10:00am UMW Executive Mtg				
Downtown Sanctuary Worship	4pm Hebrew Class	5:15pm Trustees		5pm GriefShare		
10:30am FLC Worship		Meeting	7:30pm FLC Praise Team Prac- tice			
7:30pm Worship at HALO						Trinity Trumpet
EASTER SUNDAY						Articles Due
16 9 am	17	18	19	20 2pm ABC Study Group	21	22
Downtown Sanctuary Worship				5pm GriefShare		
10:30am FLC Worship	4pm Hebrew Class	5:30pm Outreach Committee	7:30pm FLC Praise Team Prac- tice	7pm Sanctuary Choir		
23 9 am Downtown Sanctuary Worship	24	25	26	27	28	29
10:30am FLC Worship	4pm Hebrew Class			5:15pm Finance Committee		
30 9 am Downtown Sanctuary Worship			7:30pm FLC Praise Team Practice	Meeting 7pm Sanctuary Choir		
10:30am FLC Worship			1100			
4:30pm Potluck Din- ner			9			
6:00pm Hymn Sing						



It was not long ago my husband and I were in a restaurant having dinner and when we asked for the bill our waiter said it had been paid, but we had no way of knowing who to thank.

Research is showing that people who are kind and compassionate are more satisfied with their lives, have better physical and mental health, and have er relationships. Being kind and compassionate can help other people, and make you feel good too.

Kindness and compassion during recovery

Almost everybody feels good when someone is public kind to them. This is especially true for those who are vulnerable, like people who are recovering from a mental illness like depression, or who are learning to live with dementia, or who have an addiction.

Acts of kindness and compassion can increase wellbeing and help their recovery. It can also help them overcome loneliness and isolation, build healthy relationships and improve their self-esteem.

someone who needs help. These can include:

- being sensitive and sympathetic
- creating a positive outlook and instilling hope
- recognizing and validating positive changes
- helping them solve problems
- helping to reduce stress
- helping with practical things, like medicines and appointments

Benefits of kindness and compassion

Small acts of kindness can have enormous power for both the person being kind and the recipient, whether that's a stranger or someone in the same family. Many studies have found that kindness, compassion and giving are associated with:

- improved happiness
- good mental health
- a stronger immune system
- reduced anxiety, stress and depression
- improved relationships
- a longer life

Research also shows that the happiness people get from giving to others creates a 'positive feedback loop'. The more you give, the more positive you feel. This, in turn, fuels greater happiness.

People who witness or benefit from someone's kindness



By Carolyn Lewis, RN

and compassion are also more likely to be kind themselves. You can be kind, generous and compassionate to someone you know, or to a stranger.

Positive psychology is dedicated to researching what makes individuals and communities flourish. Popular positive psychology techniques include random acts of kindness, like:

- paying it forward treat someone to something, like buying a cup of coffee for the person behind you in the café queue
- sending notes of gratitude hand-write a thank you note to someone you admire or who has helped you out
- post a sticky note stick post-it notes with nice messages written on them around your house or somewhere in
- volunteering being a volunteer helps others and is good for you too
- donating to a charity store help people out by giving away what you no longer want or need
- smiling at strangers smiling is contagious and it makes you feel good if people smile back
- 1 letting people know you love what they do this could There are many ways to be kind and compassionate to be someone you know or people you admire, like a writer or musician

More information

The World Kindness Movement – who promote a friendlier society through acts of kindness.

Random Acts of Kindness Foundation – get inspired with kindness ideas, or share your own story.

Sources: WayAhead -Mental Health Association **NSW** (Support and caring fact-

CONGREGATIONAL CARE

A great way to let people know we care is to call and check on someone who is not feeling well, or who lives alone and can't get out of the house, or several weeks after the loss of a love one.

This is going to be one of the tasks for members of our phone team. It is my hope that we can get this up and running in the next few months.

We welcome Reverend Joe Burris as our minister of visitation and hope you will welcome him into our ministry. Many of you know Joe and Patty and know that they are active members here at Trinity and Joe is looking forward to becoming more familiar with our church family in the future.



Let's Get Moving

Health Outreach Ministry

Dr. Dot Baker



Health Benefits of Physical Activity for Adults



IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.



Regular physical activity provides important health benefits for chronic disease prevention.











Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Reduces feelings of anxiety







Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes

Blood Pressure

Reduces blood pressure



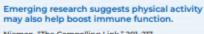
Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight

Reduces risk of weight gain



Nieman, "The Compelling Link," 201-217. Jones, "Exercise, Immunity, and Illness," 317-344.



Bone Strength

Improves bone health







Balance and Coordination

Reduces risks of falls

Source: Physical Activity Guidelines for Americans, 2nd edition

To learn more, visit: https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html

August 2020

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