



From the Desk of the Pastor...

I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ. Philippians 1:6

The best is yet to come.

We have been having a tremendous time at Trinity: wonderful Holy week services, phenomenal Easter Worship, Sunrise service, Easter Egg Hunt, children singing, ASP local projects, Halo worship with baptisms and conversions, etc. Such wonderful ministry is happening here and I am so proud of this congregation and proud to be your Pastor. Yet I believe the best is yet to come.

As we have come through the series focusing on the Power of Jesus, we are embarking on a new series as we move toward Pentecost, one of finishing the work. As Philippians says, we are all still becoming all that Christ has designed us to be. We are still being finished, perfected in Wesleyan terms as we lean on the Holy Spirit for sanctification. For as we understand Jesus saves us through our faith in his work on the cross, we are still in process. Although we may now know where we are headed, we still have to follow the way to get there.

Which is the other concept of finishing the work. For although Jesus returned to his throne, there is still work to be done, and we are the workers to do it. It is part and parcel of our becoming, for doing the work of Jesus is becoming like him. We are sharing the gospel, reaching out with hands of healing, helping those in need, praying for others, and loving God and loving people. This is what we are becoming. And to become that, we need to carry-on the work that Jesus called us to do. The work that Jesus himself was doing, by connecting people with God, transforming lives and making disciples.

We have some wonderful opportunities to continue this work as we approach summer. This month we will have the National Day of Prayer on Thursday May 4th. I encourage each of you to spend extra time in prayer focusing on the lost souls in our community and in our country. Ask God to fill your heart to overflowing with compassion for each soul and for direction as to how to reach and help them discover the wholeness that is possible through Jesus Christ. And if you know some of them personally, invite them to worship with you. It is difficult for unchurched people to come into a church building by themselves, but if they come as your guest, they will feel they are welcomed and important.

We also have an opportunity to invite people to hear the gospel message through Franklin Graham's God Loves You Tour on the evening of May 4th. I have been assured this is not a political speech, but a gospel message of love and hope, focusing on Jesus' mercy. This may be a great time to invite those who would not want to come to church to go out for the evening and still learn about the grace of our Lord Jesus Christ.

Inside This Issue

Pastor's Message	1
Membership News	3
Missions	5
UMW	6
May Birthdays	7
May Calendar	8
Health Outreach	9
Nurses Corner	10
Recipe	11



("From the Desk of the Pastor ... " - Continued)

We will be celebrating several things in May, including honoring our graduates, awarding scholarships, celebrating fifty-year members, and celebrating Pentecost. Each of these are wonderful opportunities to invite friends, neighbors and relatives to celebrate with us, and to help them understand that we are a community of caring and love for others. I am especially happy to be a part of honoring those who have been committed to Trinity for fifty years, as this is a wonderful sign of love for the family of God and signifies the strong ties that this congregation has with each other, regardless of pastoral leadership. You have been committed to God and each other, and for that I am excited to celebrate and honor you.

There are many other ways to finish the work as we continue to have tremendous mission projects and opportunities, as you will see later in this newsletter. We are also continuing to plan new events to reach out to our community, and to build our fellowship. We have ongoing Bible study groups that you can be involved in or perhaps you would like to start one. There is always something we can do as we follow Jesus to make disciples, for there are many who have yet to experience the goodness of God.

The most important reason I believe the best is yet to come is because according to the verse, we are not complete until the day of Christ Jesus, until the day he calls us home. That means, we are still getting better. We still have work to do. And when that day comes, my hope is that we will have been working to be at our best, for the glory of God the Father, through the power of the Holy Spirit, through faith in Jesus Christ. Amen.

Believing the best, and working towards it,

Pastor Hayden



Special Announcement
Summer Worship Schedule



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

Co-worker in the field of the Lord,

Pastor Hayden



Membership News

NEW MEMBERS

January 12, 2023

Raynold & Soyamore Oneus

January 15, 2023

John & Lori Derrickson
Joseph Hayden

DEATHS

March 19, 2023

Linda Boltz

April 22, 2023

Tom Hopkins



SALISBURY URBAN MINISTRIES

DONATIONS NEEDED FOR

LAZARUS FOOD PANTRY:

Hamburger Helper
Potato & Rice Side Dishes
Desserts

KIDS CAFÉ:

Activity Books & Educational Games for
Grades 1-5

MEN'S WELCOME CENTER:

Bug Spray

Donations can be dropped off at
Salisbury Urban Ministries Office

326 Barclay St

or

Call 410-749-1563



UPCOMING WORSHIP SCHEDULE

May 7 - Holy Communion

May 14- Mother's Day/Graduate Recognition/Scholarship Presentation Sunday

May 21 - Ascension Sunday/Trinity's Heritage Sunday - Trinity will be recognizing their 50 Year Members

May 28 - Pentecost Sunday/Memorial Day Weekend

June 4 - Communion

June 11 - ASP Commissioning - Downtown

June 18 - Father's Day



THANK YOU

I want to thank my wonderful Trinity family for all of the expressions of love that I received while I was away from home for 2 1/2 months.

Thank you so much for all of the prayers that you lifted up on my behalf. I know that each one reached God's ears.

Thank you so much for the many beautiful cards you sent. Everyone made me smile, knowing that you were thinking of me. I appreciated all of the special notes written inside many of them.

Thank you so much for the visits while at Encompass and Snow Nursing Home. Each one meant so much to me.

And even though I am home now, I still have work to do. The cards I am still receiving are just as special as those I received while away from home.

What an amazing caring body of believers you are! I am so blessed to be a part of Trinity Church!

In Christian love,

Shelly Messick



EASTER EGG HUNT AT TRINITY!

Our Annual Easter Egg Hunt returned to Trinity this year at the Family Life Center on April 1st! This was a great event thanks to all of our volunteers who came out, and to our church members who donated 600!! eggs to the event. We totaled 35 children, some of which are active in the church. We also brought in some new faces from around the community which is always a joy to see! The kids had a great time making their egg bags, hunting for eggs, participating in crafts and making some tasty treats. We are grateful to our wonderful church for putting on this outreach event!





ONE POTATO 

TWO POTATO 

MAY POTATO 

FOUR! 

MAY IS POTATO
MONTH AT TRINITY!

OUR FOOD REQUEST –
PACKAGED, CANNED OR BOXED POTATO PRODUCTS

May is under way! The “Birds” are singing, the “Flowers” are blooming, and “Baseball” is back, my favorite sport. There is so much to the game of baseball. Not only is it fun to play, fun to watch, but you can learn so much from it! In fact over the years, there have been books written and articles on the internet that has compared the game of baseball to the “Game of Life” as well as to the Christian Faith.

If you google “Life, Christianity, and Baseball on the internet, you will find many similarities that when you really think about it are so obvious. In an article in “Christianity Living” (September 26, 2014) titled “Baseball & Christianity—5 Similarities”, the author Greg Burdine shared the parallels he found between the game and Christianity:

- Both have rules and boundaries that need to be followed.
- They both involve teams.
- They both have the goal of coming home.
- They both at times are long, slow games with a lot of second chances.
- They both have failure

As baseball has its own Rule Book to let the players know what to expect and what is expected of them, Christians have their own Rule Book known as The Holy Bible that sets the rules and boundaries to live by. One just can’t do what you want without facing consequences. Great Teams and Christians both are in constant training, looking to a great manager and coaches for guidance. In Christianity, we are Blessed with the “Greatest Manager and Coach”, that being God and Jesus Christ.

Just like in the baseball saying “You Got To Believe”, in the Christian life you need to put your faith and belief totally in Jesus Christ in order to reach the ultimate goal of going Home. Baseball and the life of a Christian are both filled with ups and downs, failures and wins, errors and home runs. No one except Jesus has been perfect. In fact, in baseball if a player gets a hit only 30% of the time, he is considered a winner. In baseball a sacrifice bunt is used sometimes to get a runner home. In Christianity, it was the sacrifice for our sins of Jesus on the Cross that guides us to our ultimate Home/Heaven. Regardless of how many sins/errors we make in life our faith and belief in Jesus as our Savior through his sacrifice brings us salvation in Heaven.

Finally, baseball and Christianity are both Team sports with players of different levels of skill and knowledge. As part of God’s Team we need to look out for others who might have committed their own “errors” in life. This is where the Missions of Trinity United Methodist Church come in. Through missions, we can sacrifice of our monies, time, and talents to pick others up and help them to get Home. Through our donations, mentoring, support, witnessing, and prayer of the following Missions: Salisbury Urban Ministries; HALO; Joseph House; ASP; T-CAP; Beyond Your Walls; Hands And Hearts Ending Homelessness; Santa’s Angels; Life Water International; Resource Recovery Center: and others, we can be coaches for our Manager, Jesus, to bring others Home to Heaven!

Just a Reminder: Thank you all for your continued support of the Lazarus Food Pantry with your donations each Sunday after each service. With the summer months approaching and the price of food rising, please keep the needy in mind with your donations, volunteering, and prayers for Salisbury Urban Ministries.

God Bless and May all your days be filled with Homers! I leave you with the Baseball Prayer that was printed from the internet:

THE BASEBALL PRAYER

God grant me wisdom to tell a strike from a ball, to know where to throw, and never to fall.
Keep me always in the baseline, running straight and true and I will look for your sign to stretch one into two.
God give me a vision to see every pitch so if a player needs help, then I will see which.
Let me always hustle, so I’ll be at my best, and take pride in myself, in sports and the rest.
Let me be my strength when I throw the ball when I’m far from home plate, or against a wall.
So I never miss a base, please guide my feet, bring me home safely so my job is complete.
When I help young players, let me always give praise so they’ll see you in me, in all my ways.
God please guide our coach, to be fair and smart, to teach us to be good, let it come from his heart.
Let me take a loss, just as I do a win, to do any less, is surely a sin.
As long as I can play, let me make my parents proud as proud as I am when they yell my name out loud.
However my games end, let me always have fun, and if Heaven has All Stars, I want to be one.
When my games are over and my seasons done, let me play on your team, just like your son. Amen



As the beautiful season of Spring is now in full swing all around us, Trinity UMW activities are winding down as we will take a break for the summer months.

The UMW circles will be meeting one last time in May and as a last community project, some of the circles have collected toiletry, food and children's activity books for the women and children at H.A.L.O. Our annual Spring brown bag luncheon will be Tuesday, May 23rd at noon at the FLC pavilion. Our speaker will be Christina Savage Wilson, who serves as the Spiritual Development Administrator of H.A.L.O. All of Trinity's UMW members are invited as well as any women from Trinity who are interested in learning more about our UMW. Just bring a brown bag lunch and a scrumptious dessert will be provided!

Some of our UMW members attended the official ribbon cutting for the Anne Street Village on Friday, April 21st at noon. As a community project, our circles sponsored one of the units and donated everything to furnish it. The Village features 23 units and will be the cities' first transitional housing community for homeless residents. It is located in the Church Street neighborhood and will be welcoming it's first group of residents in May.

At our April UMW Board meeting, we decided on some dates for some upcoming UMW events in the Fall. Our annual UMW Fall luncheon will be held Tuesday, September 19th at noon. The location and the program will be announced at a later time. We will once again have two fundraisers again this Fall. The first one will be another Pampered Chef event on Saturday, October 7th at 11:00 in the JMB and will feature appetizers for the holidays. Because of its success and popularity last year, our second fundraiser will be another Jewelry and Christmas Cookie sale but this year we will be adding beautiful silk scarfs! This will be held on Saturday, December 16th in the JMB so be sure to mark your calendars. We will be collecting gently used or new jewelry and scarfs from all the women at Trinity so please keep this in mind as you are cleaning out your drawers and closets! More details will be coming soon.

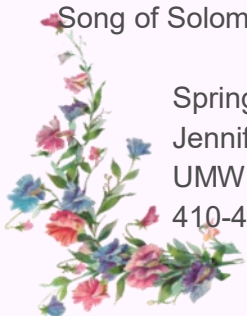
Trinity UMW has always had a bulletin board featuring our activities and photos just outside the classroom at the end of hall on the third floor of the JMB. In recent years it has not been updated regularly but one of our creative members has offered to take on this project so be on the lookout for it with updates and news about our many exciting activities.

As a time of hope, new beginnings and renewal, I wish everyone a blessed Spring season as I close with these Bible verses:

For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come, and the voice of the turtle dove is heard in our land.

☞ Song of Solomon 2:11-12

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





PLEASE NOTE: If your name does not appear on this list it does not mean that we do not have you as a Trinity member. It only means that we do not have your birth date. Please give the church office a call with any additions to, or corrections of this list.

MAY

1 - Oris W. Horsey III
Anthony Sarbanes
Emily Wampler

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

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

4 - Graham Hammond
Mariah Robertson
David Schofield
Dorothy Swann

5 - Jeffery Burkett
Mary Ann Carlson
Samuel Ireland
Jay Kiztrow
Caroline Pusey

6 - Michael Hill
Alyxandrea Noonan
Cathy Thomas

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

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

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

10 - 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 - Jan Hill
Christina Mertensotto
Margo Sarbanes

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

15 - Joe Beach
Carol Davenport
Spencer Jenkins
Barbara Parker
Peyton Rayne

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

17 - Sarah Doyle
John Gordy
Nancy Stewart
Shannon Todd

18 - Keli Berkman
McKenna Davies
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 - Stacy Dunne
Chloe Dunsten
Gene Martin
Bonnie Nay
Jordan Reading
Alicia Thomasian
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
Ava Mah
Buddy Mills
Barbara Morris
Felix Paradis
Jim Thomas, Jr.
Virginia Wiese

27 - Xiuhua Bell
Tiffany Calloway
Carroll Thamert, Jr.

28 - Suzanne Alexander
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 DeGaudio
William Downing
Sue Hetherington
Sherri Webster
Frances Young



May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	1 1:30pm UMW "Deborah" JMB 3:30pm Hebrew Class	2 1:00pm UMW "Esther" - JMB 5:15pm Administrative Board - JMB	3 7:30pm FLC Praise Team	4 2pm ABC Study Group 4pm Handbell Choir 5pm GriefShare 7pm Sanctuary Choir National Day of Prayer	5	6
7 Communion 9am Downtown Sanctuary Worship 10:30am FLC Worship	8 3:30pm Hebrew Class 5:30 pm HALO Café Feeding	9 12:00pm UMW "Ruth" - Goin' Nuts Cafe	10 7:30pm FLC Praise Team	11 9:30am Altar Guild 4pm Handbell Choir 5pm GriefShare 7pm Sanctuary Choir	12	13
14 9am Downtown Sanctuary Worship 10:30am FLC Worship Graduate Recognition/ Scholarship Sunday Mother's Day	15 3:30pm Hebrew Class 5:30pm Outreach Committee Trumpet Articles Due	16	17 Joseph House Feeding 7:30pm FLC Praise Team	18 2pm ABC Study Group 4:30pm Handbell Choir 5:30pm HALO Café Feeding 7pm Sanctuary Choir	19	20 9am New Member Seminar
21 9am Downtown Sanctuary Worship 10:30am FLC Worship 1pm ASP Parent Meeting Trinity Heritage Sunday	22 3:30pm Hebrew Class	23 12pm UMW Brown Bay Lunch - FLC Pavilion	24 1pm Christian Book Club 7:30pm FLC Praise Team	25 4pm Handbell Choir 7pm Sanctuary Choir	26	27
28 9am Downtown Sanctuary Worship 10:30am FLC Worship	29 Church Office Closed 3:30pm Hebrew Class Memorial Day	30	31 7:30pm FLC Praise Team			



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



The rain has brought forth spring flowers and budding bushes and it is a time of renewal.

Everything is bright and the colors are beginning to bring vibrant color to our homes and cities.

It is such a great time of the year when we see more folks out in the yards or walking through our neighborhoods or children playing outside more.

All of these things can be wonderful for some but a true disaster for others who have allergies or asthma.

Spring Allergies 2023:

Will They Be Worse Than Past Years?

Are you sneezing, coughing, or wheezing more than usual lately?

The “warm winter” we had is coming to an end, which means pollen counts will increase and if you’re prone to allergies, so will your sneezing and wheezing. Spring allergies have come early this year and some of you may be concerned because other winter illnesses are still circulating. Some of us are coming down with sore throats, while others are getting COVID... again (there is a new variant).

Because symptoms of spring allergies and COVID-19 overlap, it can be very confusing and easily mistaken for something else. AFC Urgent Care Southington has created a helpful guide for you this spring to not only differentiate symptoms of COVID-19 from symptoms of spring allergies, but to also give you tips on how you find allergy relief.

COVID-19 versus Spring Allergies

Symptoms of spring allergies and COVID-19 symptoms often overlap and may cause people to second guess when someone coughs or sneezes around them. For people suffering from hay fever, also known as “allergic rhinitis,” breathing in pollen can cause sneezing, congestion, and a runny nose. Pollen exposure can also result in “allergic conjunctivitis” in some individuals, causing red, watery, or itchy eyes. There are many differences between COVID-19 symptoms and spring allergy symptoms. Some symptoms below may vary depending on the individual.

Spring allergies may cause:

- Sneezing
- Itching of the nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes (conjunctivitis)

COVID-19 symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Nausea or vomiting
- Diarrhea

Symptoms may vary and some individuals may not even experience any COVID-19 symptoms.

How Do You Treat Allergy Symptoms?

Here are some tips in reducing the unwanted allergy triggers.

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a face mask if you do outside chores.
- Carry your inhaler because spring allergies may cause flare ups.

If you want to take extra precaution, you may want to check your TV or the internet for the pollen levels. Checking this on a daily basis can help you take an extra step towards fighting the spring

If you have major issues with allergies you might seek help from an Allergist or your Primary Care Physician or urgent care facilities in your community.

Source: American Family Care

Recipe Corner

Fresh Pea Salad

Summery pea salad with bacon and cheddar cheese!

4 strips bacon 2 cups peas (fresh or frozen)

1/2 cup cheddar cheese, shredded or diced

1/4 cup red onion, diced

1/4 cup mayonnaise

2 teaspoons lemon juice

1 tablespoon mint, chopped (optional)

Salt, pepper

Cayenne to taste



Cook the bacon, drain it and crumble it. Mix everything and optionally let chill in the fridge for 30 minutes. Option: Replace the mayonnaise with sour cream or Greek yogurt or ranch dressing or a combination of them. Option: Add diced hard boiled eggs. Tip: Make a day ahead of time and let it sit in the fridge overnight. Nutrition Facts: Calories 155, Fat 26.5g (Saturated 2g, Trans 0), Cholesterol 12mg, Sodium 292mg, Carbs 13.7g (Fiber 4g, Sugars 5.2g), Protein 10.6g

This will be good using fresh peas that will soon be coming off from the farms. ENJOY!

CONGREGATIONAL CARE

By Carolyn Lewis

We are looking forward to upcoming events planned this summer at the FLC. Check the bulletins and upcoming newsletters for a list of dates and times.

We continue to minister to our members and are so thankful for Reverend Burris who is making a lot of calls to our shut-ins and nursing home residents. We are so thankful to have him on staff with us and we hope he will enjoy ministering to our church family.

Military coupons for March: \$4659.53

Thank you all for helping us with this mission project.



Trinity United Methodist Church
112 High Street
Salisbury, MD 21801

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SALISBURY, MD 21801

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Monday - Thursday
8:00 a.m. to Noon - Friday