

Trinity Trumpet

From the Desk of the Pastor

Isaiah 43:19 I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.

To many people Spring is their favorite season. Of course, there are the flowers that appear as the weather warms up. The days get longer throughout the whole season. There is Spring break for the children, and for the church there is Easter. The time of the year when everything gets made new. Gardens are planted, houses are cleaned, wardrobes are refreshed, chickens are hatched, but most importantly new life is available.

Of course, most of these things can happen at other times, but Spring particularly calls these things to mind. Especially in the church, as Easter is the occasion which truly makes new life in the eternal sense possible. Yes, people can get saved any and every time of the year, but Easter is always in the Spring, and without Easter, there is no new eternal life.

This is reason enough to love Spring, for it has the holiest of all days of the year in it, the day when Jesus resurrected from the grave and proved that there is life even after death. Happy Easter. It is such a holy day that many churches try to include both sacraments on that day, baptism and communion. Since sacraments are holy moments, experiences with God, it seems appropriate that we would incorporate them into the day.

At Trinity, we will be having communion at all three Easter services, 6:45 a.m., 9:00a.m. and 10:30 a.m. And while we do not currently have a baptism planned for Easter, we do have one coming in March as well as new members joining soon. It is a time for new things.

One of the new things we are working on is developing mission and vision statements that guide and direct Trinity in its purpose. They will be statements that we can use to help us determine how we live out our corporate faith in this community. We have been meeting with any interested members on Tuesday evening for what has been called the "Unstuck Study". You are welcome to join the conversation and attend.

Another new thing we are doing is actually a relaunch as we are looking to reopen our nursery for the downtown service at 9:00 a.m. Our Parker Building has been wonderfully designed with this in mind and as we hope to see more young families with children, we need to have this available for them. This will require volunteers. Perhaps this is something new that you can add to your routine. Volunteers will likely serve once a month, provided we have enough help and will be giving a tremendous service to the church and the cause of Jesus.

I continue to be impressed with the volunteerism at Trinity as I see the team of counters each week, the ushers, the altar guild, the bulletin folders, the visitation team, the praise team, the choir, the bell choir, the Sunday School helpers, those serving in our mission projects, etc, etc. We have such a tremendous congregation that understands our faith in Jesus grows when we actively show our care and compassion for others. I am proud to be the pastor of Trinity for this reason.

As we approach Easter, take a moment to invite someone new. Since spring is the time for newness, maybe God wants to start something new in our church, or in the lives of our friends. God will do it, as the Scripture says, but God also calls us to be active in what he is doing. Invite someone to Holy Thursday, or Easter Sunrise. Invite someone to come to church and be prepared to sit with them so they will feel comfortable. Perhaps meet a new person at church. Perhaps find a new place to serve as a volunteer with the missions team, the van ministry, or the nursery.

But most importantly, make sure you look for what new thing God is doing, because we want to be where God is active. Because where God is, there is life. New life. Eternal life. Happy Spring. Happy Easter.

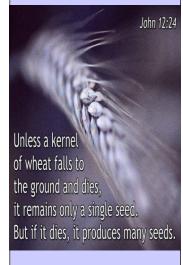
Co-worker in the field of the Lord,

Pastor Hayden

Trinity United Methodist Church

March 2024

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EASTER AT TRINITY



Pastor's Lenten Bible Study

We will be studying the book of Galatians on Wednesday night at 6PM at the Retreat House of the Family Life Center. All those who wish can gather at 5:30 for potluck dinner before the Bible Study begins.

Easter Egg Hunt

Saturday, March 23 10:00 a.m. FLC

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

Holy Thursday Service

March 28 7:00 p.m. Downtown Sanctuary

This will be a service to celebrate the Last Super. The Sanctuary Choir, augmented with some of our favorite guests, will present a cantata by Joseph Martin - "Harvest of Sorrows." It tells the story of Passion Week through narrators and music, "inviting us to participate in His sufferings, to come and mourn with Him." (J. Martin)

Good Friday Service

March 29 7:00 p.m.

Bethesda UMC We will be joining with Bethesda UMC and Asbury UMC for this service

Easter Sunday

March 31 <u>Sunrise Service</u> 6:45 a.m. FLC Pavilion

Traditional Easter Services

9:00 a.m. - Downtown 10:30 a.m. - Family Life Center

Trinity Prayer Group

The first meeting of the newly formed Trinity Prayer Group met in the downtown church parlor on February 8th with seven present. Any one is welcome to attend to intercede for concerns of the church and members and attendees. The meetings will last for approximately an hour, as we pray together. Dates and times will be in the church bulletin. If you have any questions, please contact Ruth Ann Savage at (410) 251-3281.



Thank You From Salisbury Urban Ministries

Thank you to all those who attended the Care for the Cause and who participated in the Souper Bowl of Giving. The Souper Bowl of Caring raised \$572.14. Trinity's favored team was Kansas City Chiefs raising \$462.14.



SALISBURY URBAN MINISTRIES DONATIONS NEEDED FOR

LAZARUS FOOD PANTRY:

Hamburger Helper/Seasoning Packs **Bottled Water**

KIDS CAFÉ: Hot/Cold Cups (No Styrofoam) **8" Paper Plates**

MEN'S WELCOME CENTER:

Bottled Water Crackers Ramon Noodles Vienna Sausages

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 25.

Easter Lily/Christmas Poinsettia Order Form	
In Honor of:	
In Memory of:	
Given by:	
Please Check One: □ I wish to have a flower □ I wish to make a donation \$15.00 each	



MISSION: MOMENTUM

March into Trinity... with CEREAL!

Our food request - Cereal (again) As before, all donations will be welcomed by the Lazarus Food Pantry

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



Mission News and Salisbury Urban Ministries

By Carroll Thamert

What a rollercoaster ride of a winter 2023-24 we have experienced thus far this year as we enter the month of March with it's "Hope of Rebirth" in the air! Wind, rain, flooding, nor'easters, snow, fog, cold temperatures, and even a preview of "Spring Fever" in January with a few days of short sleeve 73 degree temperatures, has made it impossible to dress right this winter. Being a Eastern Shore native of Mary-land, I remember the old timers sitting around the country store stove saying, "Maryland, the only State you can experience all four seasons in one day"! It's like the cartoon I saw recently where the famous "Punxsutawney Phil" from my wife's home state of Pennsylvania made this observation on Groundhog Day, "Six more weeks of winter, USA; EXCEPT you Maryland; Your weather does it's own thing"!

Regardless of how we feel about the weather thus far this year, we can all thank God that He has been with each of us every step of the way, guiding us through the ups and downs of not only the weather but of life itself. With the arrival of March, we know the promise of rebirth and of renewed life is right around the corner. With the longer days comes more light in the darkness and warmer temperatures. Trees will begin to bud; the birds will begin to chirp to the new life their eggs promise; the animals, like the rabbits, will multiply; and the flowers, like the lilies, will begin to reappear. The hope of new life and rebirth is definitely in the air for all that seek it!

Spring is one of my favorite seasons. This year March is especially welcoming because not only does it bring us Spring, but also gives us the opportunity to celebrate God's greatest gift of his Son, Jesus, suffering for each of us on the cross and then walking out of that tomb as he was resurrected on that first Easter so that all that believe will be saved with I. This spring and Easter Sunday (March 31) let each of us remember the words of Martin Luther, "Our Lord has written the promise of resurrection, not in the books alone, but in every leaf in springtime"! This spring and Easter let each of us of be reminded of the hope of rebirth and eternal life that God gave us through Jesus Christ. With the tree buds opening, the baby rabbits multiplying, and the Easter lilies blooming, remind each of us of the new life, the purity, and the hope of everlasting life that Jesus' resurrection gave all people. Just as the butterfly breaks out of its cocoon and the baby bird breaks out of its shell each spring, signifying rebirth, Jesus walked out of that empty tomb on that first Easter morning so each of us would not die but have everlasting life!

This spring and Easter let each of us make a pledge to spread the good news of God's love through the death and resurrection of Jesus that everyone who accepts Him and believes in Him will find eternal life. Let's make it our mission to bring the light of Jesus to the whole world through Trinity, our everyday lives, our witnessing, our dealings with others, and our serving of others in need. Perhaps one of the many missions that Trinity supports would be the vehicle to spread the good news: HALO; Santa's Angels; Salisbury Urban Ministries; ASP; Hands & Hearts; T-CAP; Joseph House; and Van Ministry. Happy Easter and enjoy spring!

God Bless!



Mission Highlight The Trinity Van Ministry

By Carroll Thamert

Matthew 28: 18-20.....And Jesus said to them, "All authority in Heaven and on earth has been given to me. Go therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit".

The Van Ministry of Trinity took its roots prior to COVID when a long time member of the church living at Mallard Landing brought the idea to a meeting of the Missions Committee. She proposed that the church van be used to transport any residents of the retirement home who would like to attend a service but didn't drive. There were several residents who wanted to attend Sunday mornings but lacked transportation. Six volunteer drivers committed to the Mallard Landing Van Ministry. The only problem was COVID hit town, the brakes were slammed, and the project was put on hold.

A few years later, Trinity once again resumed in-person services, but the results of COVID were left behind. The number of services, locations, and times had changed. Fewer people were in attendance and on-line services were in vogue. The residents of Mallard Landing wanted the traditional service, but it was felt to be too early at 9:00 am. The Van Ministry was still on hold.

Jump ahead to 2023! Like many churches after COVID, Trinity's attendance numbers were down; two services, one at each location, were still being held; and the congregation was still caring! There were still many people in the neighboring community looking for a church home, waiting to be asked but not having the transportation to get there. There had to be a way to bring the congregation and those seeking a home together

Pastor Hayden, Mission Chairperson, Maureen Williams, and other church leaders with a lot of prayer, planning, hard work, and phone calls along with God guiding them brought the project together. The "caring" Trinity Family, those seeking a "home" to find Jesus, and two vans sitting idle in an adjacent parking lot were brought together to form the Trinity Van Ministry. There was a new family as well as HALO residents that needed transportation to Trinity UMC.

In September, the Trinity Van Ministry was off the parking lot and rolling! On that Sunday, Maureen Williams made two runs picking up three families in the neighborhood totaling eight persons on the first run and an additional twelve persons from HALO. The Van Ministry now has eight volunteers driving the Van to the downtown service which means each volunteer drives once during a two month period. The Family Life Center has three drivers with a pick-up and return trip to HALO each week, with the Church Council chairperson, Chris Miles, volunteering to drive twice a month. Toddler and booster car seats have been installed in both Vans in the hopes of encouraging more young families to attend. On Sunday, February 11th, the need increased and we began to make two runs to the downtown church.

The Van Ministry is definitely a way to bring growth to the Church as well as to introduce others to the Love of God, to "make disciples of all nations". It's like Maureen said, "I believe the Van Ministry is important because as Christians we are charged with bringing others to Jesus and what better way than to physically bring others into the Church to hear the message and feel the love"! Two of the drivers added, "The Van Ministry is a chance for other people in the community to attend Trinity and know Jesus. If not for the Vans, the opportunity may not have been there"! Isn't it so heartwarming to see so many "new smiling faces" each Sunday as well as to see and hear the gig-

gles of so many young children (the future of Trinity) as Pastor Hayden leads them in word and prayer each Sunday Morning. What's more, the Nursery is reopening! There are some of attendees that use the Van Ministry who will be welcomed into the Trinity Family as new members this month

Hopefully the Van Ministry will grow with more volunteers, that are always needed, and more people spread and seek the Word of God. Perhaps you're interested in this Ministry? If interested in becoming a driver, wanting to know more, or you know of someone who needs a ride, call the Church Office.



Welcome Ella Cox

We are pleased to announce Ella Cox as our new A/V Tech. Ella joined us in January 2023. She is a rising senior at Salisbury University. Please take time to make her welcome, She has been on the job these past few weeks and is doing outstanding work supporting our church congregation.

Scholarships

Scholarships

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 <u>cfes.org</u>. Eligible students should note that the correct application form must be used to be considered eligible and the due date for all completed applications to be delivered to the church office is April 1, 2024.

Congregational Care

The Visitation Committee met on Tuesday, February 13th, and discussed the lists of our nursing home residents and also our shut-ins and talked about who was visiting each one.

The circles send cards and visit their members and we have other members plus Rev. Joe Burris who visits the other people on the list.

We encourage our congregation to let us know if they want a visit from our pastors and we will make sure the pastors are made aware.

You can call the church office and leave a message that you would like a visit and we will pass the information to our pastors.

Please let us know if you know of anyone who is sick or in the hospital so we might reach out to them.

Recipe of the Month

Carrot Raisin Pineapple Salad

Gluten Free Carrot Raisin Pineapple Salad that requires no cooking and can be made in just a few minutes! This recipe is for 4 servings.

Ingredients:

- 1 lb. grated or shredded carrots
- 1/2 cup raisins
- 1 tbsp. honey
- 1/3 cup pineapple, drained and diced small (you can use pineapple tidbits)
- 1/2 3/4 cup mayonnaise

Instructions:

Peel and grate the carrots and add to a mixing bowl. Add the honey and raisins and drained pineapple. This part is optional, but I like to add the raisins to a cup of boiling water for five minutes to plump them up, then drain and pat dry on paper towels.

Mix all remaining ingredients together and serve!



Downtown Church Nursery Reopens

March 3, 2024

The Property Subcommittee voted to reopen the downtown nursery at the January 29, 2024 meeting and it was approved by the Church Council on February 6, 2024.

Volunteer attendants are needed to assist for one and a half hours, once a month, on a rotating basis. For now, attendants will be on an "on-call" basis to be determined by the number of attendees who need a nursery. If there are no children, infants to age 4, the nursery will close, and volunteers can attend the Sunday service as usual.

If you are interested in volunteering to help with this important ministry, please call the church office for more information.

Trinity United Methodist Men

By Carroll Thamert

After a few years of being on hold, the Trinity United Methodist Men (UMM) were restarted by Pastor Vaughan Hayden under the leadership of long time member Gil Dunn. On Monday, January 15th, Gil called the 1st meeting of the new group in a new year! Sixteen men were in attendance with Pastor Hayden opening with prayer. The 2nd meeting was held on Monday, February 12, led off by a Devotional presented by Pastor Dale Vroman. Both meetings were held at 6:00 p.m. at the Deli at Pecan Square on Nantucket Road.

What followed in both meetings, was over an hour of good food, good conversation, fellowship, and, of course, discussion on what projects and ideas the men of Trinity might pursue in the Spirit of God. Officers were put in place: President Gil Dunn; Vice-President Bill Lankford, Treasurer Rick Darrah; and Secretary Carroll Thamert. Possible projects discussed were cleanup around Trinity, such as in the nursery if needed, and recognizing the women/mothers of TUMC with a "Mother's Day Pancake and Sausage Breakfast" prepared and served by the men!

The TUMC Methodist Men are looking to grow in members and to be a force for spreading the Love of Jesus in the community. Meetings are held the second Monday of each month at the Deli at Pecan Square. If you're looking for a place of fellowship, food, and a place to spread the Good News, join us at the Trinity UMM Meetings. In fact, bring a friend! The next meetings will be held on March 11 and April 8, 2024. Hope to see You there!!!!!



Trinity United Methodist Women

In one of my devotionals, I recently found and want to share this prayer for March:

"During this season of Lent, lead me to find peace in Your presence, and guide me to use this time to reflect and grow closer to You." Anonymous

As we enter this holy Lenten season, the 40 days leading up to the ultimate loving sacrifice Jesus made for us on the cross for our salvation, it is the time when we reflect on and strengthen our relationship with Jesus. We often "give up" something we enjoy as a way of showing our gratitude for Jesus giving up his life for us or we "add to" our daily time spent with God in prayer, reading devotionals, serving others and Bible study as a way to grow closer to Jesus. Many of us will do both but whatever we do it should be a time of solemn reflection on our lives and our relationship with Jesus.

Our UMW circles have been busy in February and will continue into March reaching out to our own Trinity members who are either in Nursing Homes or are "shut ins" in their own homes. We have sent cards, made phone calls, visited and even delivered specially decorated Valentine trees to these members and they were very appreciative.

We are once again looking forward to the annual Faith Filled Women's Conference which will be Saturday, March 23rd from 10am to 5pm at the Wicomico Youth and Civic Center. Bonnie Gray, a soul care coach, will be the keynote speaker and she will guide us through the physical, emotional, spiritual and social components of wellness. We will have several tables of Trinity UMW women sitting together so if you would like to join us, please note that on your registration form.

Looking ahead to spring, we have scheduled our annual UMW Spring luncheon and program for Tuesday, May 21st at noon in the JMB. All Trinity women and their guests are invited. More details will follow but just wanted everyone to get it on their calendars!

I wish everyone a meaningful Lenten season and a very Happy Easter!

Easter Blessing, Jennifer Doyle UMW President 410-430-8869



Grief Support Group: We are starting another session of Grief Share on Thursday, February 15th from 5:30pm-7:30pm. 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, Ken & Liz MacFarlane, Lori McCoun, Carroll Thamert and Ann Hill (443-235-1996).

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

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DEATH COULD Rejoice in the Jesus	NOT HOLD HIM. resurrection of	Pisen T			1	2 9am New Member Class
3 9am Downtown Service Downtown Church Nursery Opens 10:30am FLC Service Communion 3rd Sunday in	A BLESSED AND JOY 4 1:30pm UMW Deborah 3:30m Hebrew Class	 FILLED EASTER! 5 1pm UMW "Esther" 5:15pm Moving Forward Study 	6 5:30pm Pastor's Bible Study 7:30pm FLC Praise Team	7 10:30am UMW "Ruth" 2pm ABC Study Group 4:30pm Handbell Choir 5:30pm Grief Share 6:30pm	8	9
Lent 10 9am Downtown Service 10:30am FLC Service Daylight Savings Time Begins 4th Sunday in	11 1:30pm Hebrew Class 5:30pm HALO Feeding	12 5:15pm Moving Forward	13 5:30pm Pastor's Bible Study	Sanctuary Choir 14 9:30am Altar Guild 4:30pm Handbell Choir 5:30pm Grief Share 6:30pm Sanctuary Choir	15 Trumpet Articles Due	16
Lent 17 9am Downtown Service 10:30am FLC Service 5th Sunday in Lent	6pm UMM 18 3:30pm Hebrew Class	Study 19 5:15pm Moving Forward Study	20 5:30pm Pastor's Bible Study 7:30pm FLC Praise Team	21 2pm ABC Study Group 4:30pm Handbell Choir 5:30pm Grief Share 6:30pm Sanctuary Choir	22	23 10am Easter Egg Hunt
24 9am Downtown Service 10:30am FLC Service PALM SUNDAY	25 3:30pm Hebrew Class	26 5:15pm Moving Forward Study	27 1pm Christian Book Club 5:30pm Pastor's Bible Study 7:30pm FLC Praise Team	28 4:30pm Handbell Choir 5:30pm Grief Share 7pm Holy Thursday Service HOLY THURSDAY	29 7pm - Good Friday Service - Bethesda UMC	30
31 6:15am Easter Sunrise 9am Downtown Service 10:30am FLC Service EASTER						



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 - Curt Coffin Harry Hansen, Jr.

2 - John Cummins Vera Emge David Hill Jenna Marquez

3 - Barbara Adkins Jennifer Bernardi Mitchell Fletcher Taylor White

4 - Barbara Burkett John Butler Mark Hopson Benjamin Jordan Colton Kessick Isabella Kiser Marilyn Simpson

5 - Anne Blades Gary Blevins Bob Dickerson Sylvia Robertson

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 -

13 - Rachel Bailey John Hill Jacob Price

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

15 - Billie MacFarlane Noah Mason Susan Pitsenbarger Anna Taylor 16 - Kimberly Bowman Blair Hunt Teresa Peters Caitlyn Terrell

17 - Isabelle Devies Sylvia Rozaieski Justin Tull

18 - Grace Godfrey Noah Jordan Griffin Moore

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

20 - 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

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 Vicki Purkey

27 - Jordan Smarte

28 - Carly Dobson Gregory East Josie Kostelac Alexis Robertson Jennifer Stevens

29 - Larry Plymale Dean Pusey Julie Wheatley

30 - Lisa Ulm

31 - Kathy DuPont Roger Fleming Linda Kenney





Spring is right around the corner and with comes the thoughts of "house cleaning"! Time to get rid of all the belongings and keepsakes that have accumulated in all the spaces at home. Time to unload the "stuff" that your family no longer uses or you no longer need: the old bicycles, toys, books, pictures, exercise equipment, sporting items, knick knacks, etc. that are cluttering your sheds, closets, and attics!

Of course, "Your trash might be someone else's treasure" as the old saying goes. On Saturday, April 20th, Trinity UMC will be holding a yard sale at the Family Life Center from 8:00 a.m. -1:00 p.m. with set-up at 6:00am. Members of Trinity and the community are invited to participate on a first come, first sign-up basis. The rain date is April 27th. Spaces (combined 2 parking spaces with a table provided) for vendors to sell church appropriate items (no clothes) on a "Cash and Carry" basis will cost \$25 per space located around the FLC. There will also be a location under the picnic pavilion for those that wish to donate items for the church to sell with proceeds going to Trinity. Pick-up of items can be arranged.

Vendor spaces will be assigned on a first come, first serve basis prior to the day of sale with the fill by out of an application, sign up, and \$25 payment. Spaces are limited. The application fee as well as the sale of the donated items under the pavilion will go directly to Trinity. All

money made by the vendors less the application fee goes directly to the vendor. Sam Ennis will be onsite with his food truck and the Wicomico Humane Society will be there all day accepting dog and cat food and toy donations, to discuss adoption. In addition, at Noon there will be a canine obedience training demonstration. Come join us for a day of fun and fellowship. Information, applications, and payment can be made at the church office.

MARK YOUR CALENDARS FOR THE

SECOND ANNUAL TRINITY CAR SHOW!

JUNE 15TH FROM 9 AM TO 3 PM AT THE FLC

(Rain date, June 29th)

Last year **RAD** Construction sponsored the car show by purchasing 50 dash plates at a cost of \$130 and 12 trophies at a cost of \$163.40. We are looking for an individual or someone owning a business to purchase dash plates and/or trophies. If you are interested, please contact Joyce Dunn at (home) 410-749-2515 or (cell) 410-726-6325. Sam Ennis' Malibu Beach Eats food truck has been contacted to serve delicious food and we are looking for an ice cream truck, requested by many who attended last year's event. We had so many volunteers last year who helped to make the event a success. Stay tuned for more information as we get closer to April/May.





COLORECTAL HEALTH AWARENESS

Health Outreach Ministry

Dot Baker, RN

Be Aware-Take Action

March is "National Colorectal Cancer Awareness Month"

Colorectal Cancer that occurs in our large intestine (colon) and rectum needs our attention---Why? Overall, colorectal cancer is the third most common cancer (exclude skin cancer) found in women and men in the U.S. The American Cancer Society estimates 152,000 new cases of colon and rectal cancer in 2024 in the United States. Combined, they were expected to cause over 53,000 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/or CAT scan colonography (2023).

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, 2023)? It's time to get your screening test(s) done NOW. Fact sheet (2023) @

https://www.cdc.gov/cancer/colorectal/

YOUR RESOURCES: >>Health care provider **>>Local** resources: health department, American Cancer Society **>>Internet** resources: American Cancer Society @ <u>https://www.cancer.org/</u>

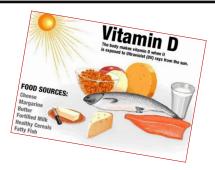
National Cancer Institute @ <u>https://www.cancer.gov/types/colorectal</u> Centers for Disease Control & Prevention Screen for Life (1-800-232-4636) or @ <u>https://www.cdc.gov/cancer/colorectal/sfl/</u>

Colon Cancer Alliance @ Colorectal Cancer Alliance

Do Not Delay - Get checked NOW



Vitamin D Deficiency



What is Vitamin D Deficiency?

Vitamin D deficiency, also called Hypovitaminosis D or low Vitamin D, means that your body is not getting enough vitamin D to stay healthy.

Whv do I need vitamin D an<u>d how do I get it</u>?

Vitamin D helps your body absorb calcium. Calcium is one of the main building blocks of bone. Vitamin D also has a role in your nervous, muscle, and immune systems. You can get vitamin D in three ways: through your skin, from your diet, and from supplements. Your body forms vitamin D naturally after exposure to sunlight. But too much sun exposure can lead to skin aging and skin cancer, so many people try to get their vitamin D from other sources.

How much vitamin D do I need?

The amount of vitamin D you need each day depends on your age. The recommended amounts, in international units (IU), are:

- Birth to 12 months: 400 IU
- Children 1-13 years: 600 IU
- Teens 14-18 years: 600 IU •
- Adults 19-70 years: 600 IU
- Adults 71 years and older: 800 IU
- Pregnant and breastfeeding women: 600 IU

Check with your provider about how much you need to take, how often you need to take it, and how long you need to take it.

What causes vitamin D deficiency?

- You don't get enough vitamin D in your diet •
- You don't absorb enough vitamin D from food (a malabsorption problem)
- You don't get enough exposure to sunlight •
- Your liver or kidneys cannot convert vitamin D to its active form in the body
- You take medicines that interfere with your body's ability to convert or absorb vitamin D

Who is at risk of vitamin D deficiency?

Breastfed infants, because human milk is a poor source of vitamin D. If you are breastfeeding, give your infant a supplement of 400 IU of vitamin D every day.

- Older adults, because your skin doesn't make vitamin D when exposed to sunlight as efficiently as when you were • young, and your kidneys are less able to convert vitamin D to its active form.
- People with dark skin, which has less ability to produce vitamin D from the sun. •
- People with conditions that make it difficult to absorb nutrients from food, such as Crohn's disease, ulcerative colitis, and celiac disease.
- People who have obesity, because their body fat binds to some vitamin D and prevents it from getting into the blood.
- People who have had gastric bypass surgery, a type of weight loss surgery which creates a bypass of part of the • small intestine. Since vitamin D is absorbed there, bypassing part of it makes it harder to absorb enough vitamin D.
- People with chronic kidney or liver disease, which can affect your ability to change vitamin D into a form your body can use.
- People who take medicines that affect vitamin D levels, including certain cholesterol, anti-seizure, steroid, and weight-loss medicines.

Talk with your provider if you are at risk for vitamin D deficiency. There is a blood test that can measure how much vitamin D is in your body.

What problems does vitamin D deficiency cause?

• Vitamin D deficiency can lead to a loss of bone density, which can contribute to osteoporosis and fractures (broken bones).

- Severe vitamin D deficiency can also lead to other diseases:
- In children, it can cause <u>rickets</u>. Rickets is a rare disease that causes the bones to become soft and bend. African American infants and children are at higher risk of getting rickets.

• In adults, severe vitamin D deficiency leads to osteomalacia. Osteomalacia causes weak bones, bone pain, and muscle weakness.

<u>How can I get more vitamin D</u>?

There are a few foods that naturally have some vitamin D:

- Fatty fish such as salmon, tuna, and mackerel
- Beef liver
- Cheese
- Mushrooms
- Egg yolks

You can also get vitamin D from fortified foods. You can check the food labels to find out whether a food has vitamin D. Foods that often have added vitamin D include:

- Milk
- Breakfast cereals
- Orange juice
- Other dairy products, such as yogurt
- Soy drinks

• Vitamin D is in many multivitamins. There are also vitamin D supplements, both in pills and in a liquid for babies. If you have vitamin D deficiency, the treatment is with supplements.

Can too much vitamin D be harmful?

Getting too much vitamin D (known as vitamin D toxicity) can be harmful. Signs of toxicity include nausea and vomiting, poor appetite, constipation, weakness, and weight loss.

Very high levels of vitamin D can damage the kidneys. It also raises the level of calcium in your blood. High levels of blood calcium (hypercalcemia) can cause confusion, kidney failure, and irregular heartbeat (arrhythmia).

Most cases of vitamin D toxicity happen when someone overuses vitamin D supplements. You cannot get too much vitamin D from sun exposure because the skin limits the amount of vitamin D it makes.

Vitamin D (*National Institutes of Health, Office of Dietary Supplements*)

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