



## From the Desk of the Pastor...

*Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect. Romans 12:2*

The world is constantly promoting its agenda. It is as constant as gravity and sometimes just as powerful. Sometimes it is subtle, sometimes it is bold, but it is constant in its attempts to erode values, ideas, speech and will that does not agree nor comply. Without saying what the agenda is, this statement could be made for every generation of human involvement.

Some would say that this overarching force for change in a constant and consistent direction would be the natural order of things and is a force we should not be fighting against. But the Bible would say different. In fact, Jesus refers to Satan as the god of this world, whom He defeated at the cross in the gospel of John. Paul says, that god of this world has blinded unbelievers to keep them from seeing the glory of God (2 Corinthians 4:4). Time and again the Bible reveals that the ways of the world are not God’s ways as Isaiah succinctly records, *For my thoughts are not your thoughts, nor are your ways my ways, says the LORD. Isaiah 55:8*. God is consistently calling people to come out from the ways of the world. That is what the call to be holy is all about, being separate and different from the world.

Yet, as I write this, The United Methodist Church is again wrestling with this question of friendship with the world, of how much influence society and culture should have on us, versus how much influence the Church should have on society. This has been a frequent debate as generally, every four years these questions come up at General Conference and are deftly handled by our delegates. As these questions again come to the fore of our collective consciousness, I hope that all can remember that friendship with the world is enmity with God (James 4:4).

While I do not know how these issues will be resolved, I am praying for all of the delegates. For I know that God’s word remains constant and true. As Paul exhorted the Christians in Rome, the words still ring true that we are called to not be conformed to this world, but to be transformed so that we will know the will of God. My prayer for Trinity, and for The United Methodist Church is that this principle will lead us so that we can do that which is good and acceptable and perfect. To God be the glory!

Co-worker in the field of the Lord,

Pastor Hayden

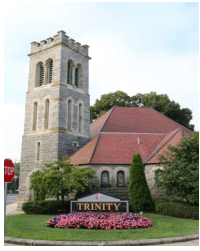


*Happy*

*Memorial*

*Day!*

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**Membership News**

**DEATHS**

**3/28/24**  
Omar Lowman

**4/10/24**  
Robert Horsey III

**4/24/24**  
Gayle Culver



**SALISBURY URBAN MINISTRIES**

DONATIONS NEEDED FOR

**LAZARUS FOOD PANTRY:**

- Tuna/Chicken Salad Packs
- Bottled Water
- Vienna Sausages

**KIDS CAFÉ:**

- Bottled Water
- Individual Snacks

**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 5 - Holy Communion**

**May 12- Ascension Sunday/Mother’s Day and Mother’s Day Breakfast *(See page 3)***

**May 19 - Pentecost Sunday**

**May 26 - Pentecost Sunday/Trinity’s Heritage Sunday - Trinity will be recognizing their 50-Year Members/ Graduate-Scholarship Presentation**



**MOTHER'S DAY BREAKFAST**  
**Sunday, May 12**  
**Jackson Memorial Building**

Mother's Day this year will be celebrated on Sunday, May 12th. This day was created to honor the mothers of the family or individual as well as to lift up motherhood, maternal bonds, and the influence of the love of mothers on society.

In recognition of this important day, the United Methodist Men of Trinity will be preparing and serving a Mother's Day Breakfast for all the ladies of the Church and their guests. The Pancake and Sausage Breakfast will be held in the Jackson Memorial Building from 8:00 a.m. until 10:30 a.m. Coffee, milk, and orange juice will also be available.

As a result of the hours of the breakfast, you can attend the breakfast at your convenience and still be on time for the Sunday worship service of your choice.

So, husbands, children, and family, take the women that have provided the maternal love to you out to breakfast at the JMB. There will be no charge. A free will offering will be taken.



Thank you to everyone who helped to make our recent Trinity Yard Sale a great success. It would not have happened without all the vendors and volunteers who donated items and helped sort, display and sell those items. Trinity is blessed to have so many folks who give so much of themselves making each event a Trinity ministry. Thank you also to Sam Ennis with his Malibu Beach Eats food truck, the Humane Society and K9 Heeling for partnering with us for this event.

The Outreach and Events Committee



ONE POTATO 

TWO POTATO 

**MAY POTATO** 

FOUR! 

MAY IS POTATO  
MONTH AT TRINITY!

OUR FOOD REQUEST –  
PACKAGED, CANNED OR BOXED POTATO PRODUCTS

## Mother's Day - May 12

by Carroll Thamert

The blooming of “May Flowers” showcase the true beauty of God’s creation in May! With the coming of the new month, we grow closer to a new season of warmth and light after the darkness of winter. With the God’s gift of beauty, warmth, and the light, we are reminded of another of His gifts to each of us to celebrate this month, that being our mothers and/or mother figures! On Sunday, May 12, we honor these women, living and dead, on Mother’s Day.

I remember as a young boy growing up in the 1950s attending a country Methodist Church in Neavitt, MD with my parents. On Mother’s Day my Mom would pin a red flower on my suit just like my Dad had. She would wear a white flower. This was a tradition in our small town on the water, red flowers to honor your living mother and white ones to honor those that God had already called Home.

It wasn’t until much later that I could really understand and relate to this tradition of honoring mothers. Like many of us when we were younger, I took God’s gift of my Mom for granted, even sometimes rebelling against her wisdom and guidance in my teenage years. I loved my Mom, but sometimes I really didn’t appreciate how she encouraged me when I lacked confidence, hugged me when I needed comforting, nursed me when I was sick, and had her mashed potatoes at every supper when I was hungry. When I was a teenager, she supported me in school and never missed one of my baseball games in Little League or High School even though she particularly didn’t like sports!

My senior year of college, three of my college friends and I decided to travel by car across country for two weeks to travel to San Francisco to see the Pacific. All four of us were amazed as each night one mother would call her son for a checkup and then pass the news on to the other three mothers by phone chain. What we laughed at then and joked about, I now see as our mothers’ love for us, putting us ahead of themselves. My Mom I now see was God’s gift to me, just as other mothers are to their children. Mom taught me about Jesus and prayed for me every day of my life. She told me God was with me all the time through the ups and downs of life. She served God by guiding me, bringing me up in prayer, and loving me unconditionally, often going without to give my brother and me a good foundation.

It’s been ten years since my family, my children and grandchildren, had our last big meal with Mom. How I miss her saying to my twin grandchildren, “My you’ve grown! Have some more potatoes...you haven’t eaten enough!” Even at 73, I still miss my Mom and our phone calls. I just wish I had told her how much I loved her and how much she shaped my life while she was still living. I was Blessed that I was chosen by God to be her son!

So on this Mother’s Day, I join others of you in remembering and honoring our mothers, a gift of God to us. As someone once said, “The Christian Mom doesn’t love Jesus instead of loving her children; she loves Jesus by loving her children, A Mother holds her child’s hand for awhile, their hearts forever.” Maybe I’ll just wear a “White Flower” on Mother’s Day this year!



## Mission Highlight of the Month

By Carroll Thamert

### T-CAP

*Proverbs 31: 26-27. “She opens her mouth with wisdom, and loving instruction is on her tongue. She watches over the ways of her household, and does not eat the bread of idleness.”*

Just as a mother serves, cares for, supports, and encourages her children, T-CAP was formed to support the staff and students of the Choices Academy. In 2014, Trinity Member Joyce Dunn, a retired educator herself, came up with the idea of a faith-based partnership between Trinity and what then was the Wicomico County Alternative School. In the first meeting, nine members of the congregation discussed what a partnership such as this would have on Trinity as well as the staff and students at what is now called the Choices Academy. The question was how could the Trinity Family support a school where students were assigned because they don't or can't follow the rules of the community.

After touring the facility, the committee soon learned that the Alternative School was a County Program, not a school recognized by the State Department of Education. While it had a Principal, Vice-Principal, and Dean of Students, it did not have the support of a PTA like every other school. Trinity has now assumed this “parental role” of PTA for the Choices Academy, now located at 502 Calloway Street in Salisbury.

With Trinity's support, this mission has now grown from nine members to fifteen, dedicated individuals. The committee has now adopted the name T-CAP, Trinity Choices Academy Partnership. With the tremendous generosity of the congregation, Trinity UM Church has supported the staff who often work under difficult circumstances and with students some of whom need a variety of interventions to guide them towards success.

While not a complete list, below are some of the activities that T-CAP has supported and participated in:

- ...Promoting School Spirit by providing Choices Academy shirts to each staff member;
- ...Providing Staff Luncheons during Teacher Appreciation Week, the Start of the Year, and the Christmas Holiday;
- ...Creating a Welcoming Staff Lounge by decorating with curtains, flowers, and pictures;
- ...Providing hygiene products to student;
- ...Providing donated magazines to students for reading encouragement;
- ...Delivering student made flowers and wall hangings to the Delmar Nursing and Rehab Center;
- ...Providing school supplies to students and Valentine cupcakes;
- ...Supporting student incentives for behavior and attendance;
- ...Supporting college campus trips to SU and UMES;
- ...Supporting the annual Holiday Gift Fair that allows students to select family gifts, many which are donated by you, the Trinity Family;
- ...Assisting students with the making of “No Sew blankets”;
- ...And the hosting of a Trunk or Treat Night at the FLC.

As you can see, Trinity has taken on an important role at the Choices Academy supporting the staff and students hoping to make a better community for all. If you like to nurture, support, and encourage the future generation, join us in the mission of T-CAP.



*The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring. Isaiah 58:11*

The Lord continues to guide and bless our Trinity United Methodist Women as we wrap up our year in May before breaking for the summer. The circles will be meeting for the last time in early May and then on Tuesday, May 21st all the circles will meet together for our annual Spring Luncheon and Program at noon in the Jackson Building. We are looking forward to welcoming our guest speaker, Joyce Detwiler, who will be sharing her inspirational faith journey and testimony. The circles will be preparing their favorite covered dishes to share with everyone. We extend a warm and open invitation to all the women of Trinity to join us!

The circle leaders are excited to start some new book and Bible studies in September! We are also exploring new community projects beginning in the fall benefiting primarily women, youth and children. If you are interested in joining a circle or just coming to one of our meetings in the fall, we would love to have you! If you have questions about Trinity's UMW and the different circles meeting times and days, please reach out to me or one of our members.

Wishing everyone continued Spring Blessings!

In Christian Love,  
Jennifer Doyle  
UMW President





**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 - Anthony Sarbanes**

**2 - Keith Coffin**  
Jennifer Doyle  
George Harkins  
Beth Sheller

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

**4 - Graham Hammond**  
Mariah Robertson

**5 - Jeffery Burkett**  
Samuel Ireland  
Jay Kitzrow  
Caroline Pusey

**6 - 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 - 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 - John Hall**  
Reed Luppens  
Megan Robertson  
Abigail Roglitz

**13 - Margo Sarbanes**

**14 - Samuel Drew**  
Brenda Fleming-Briggeman  
Terry Greenwood  
Barbara Guy  
Canie Harkins  
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**  
Nancy Stewart  
Shannon Todd

**18 - Keli Berkman**  
Louis Smith

**19 - Reagan Haynie**  
Nathan Heinicke  
Rusty Parker

**20**

**21 - Douglas Jones**  
Malerie Warfield

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

**23 - Stacy Dunne**  
Chloe Dunsten  
Bonnie Nay  
Jordan Reading  
Alicia Thomasian  
Maureen Williams

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

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

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

**27 - Xiuhua Bell**  
Carroll Thamert, Jr.

**28 - Suzanne Alexander**  
Emma Dunne  
Ron Moore  
Glenn Slaughter

**29 - Keira Deysher**  
Tom Kellar  
Laura Wright

**30 - Owen Evans**  
Jim Harkins  
Claire Klingenberg  
Wayne Tull  
John Usilton

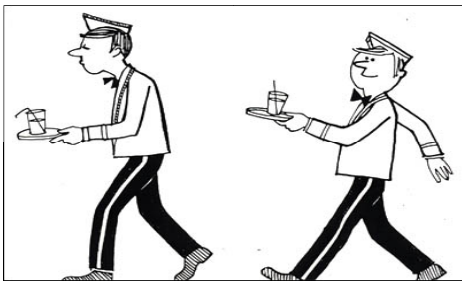
**31 - Beth Bozman**  
Keith Brown  
Susan Cabell  
Ashley DelGaudio  
William Downing  
Sue Hetherington  
Sherri Webster  
Frances Young



# May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7:30pm FLC Praise Team	2 11:30am UMW "Ruth" 2pm ABC Study Group 4:30pm Handbell Choir 5:30pm GriefShare 7pm Sanctuary Choir  National Day of Prayer	3	4
5 Communion 9am Downtown Sanctuary Worship 10:30am FLC Worship	6 3:30pm Hebrew Class 6pm Outreach & Events Committee	7 1:00pm UMW "Esther" 5:15pm Church Council	8 7pm VBS Planning Committee 7:30pm FLC Praise Team	9 9:30am Altar Guild 4:30pm Handbell Choir 5:30pm GriefShare 7pm Sanctuary Choir	10	11
12 9am Downtown Sanctuary Worship 10:30am FLC Worship  Mother's Day	13 3:30pm Hebrew Class 6pm UMM	14 5:15pm Moving Forward Study	15 Joseph House Feeding 7:30pm FLC Praise Team  Trumpet Articles Due (June - August)	16 2pm ABC Study Group 4:30pm Handbell Choir 5:30pm GriefShare 7pm Sanctuary Choir	17 10am Visitation Committee	18
19 9am Downtown Sanctuary Worship 10:30am FLC Worship 2pm Strawberry Social 4pm Irv Brumbley Concert  Pentecost Sunday	20 3:30pm Hebrew Class	21 12pm UMW Luncheon 5:15pm Moving Forward Study	22 1pm Christian Book Club 7:30pm FLC Praise Team	23 4:30pm Handbell Choir 7pm Sanctuary Choir	24	25
26 9am Downtown Sanctuary Worship 10:30am FLC Worship  Graduate Recognition/Scholarship Sunday Trinity Heritage Sunday	27 Church Office Closed 3:30pm Hebrew Class  Memorial Day	28 5:15pm Moving Forward Study	29 7:30pm FLC Praise Team	30 4:30pm Handbell Choir 7pm Sanctuary Choir	31	





# Good Posture Month - May

Health Outreach Ministry

Dot Baker, RN



Be honest! Are you a "mirror person"? Do you dress, walk, & move to appease your "mirror image" of just your body shape and the latest fashions? OR Do you consider fashion PLUS your comfort, safety, and proper posture as part of your "mirror image"? Looks are certainly important ... **HOWEVER**, we cannot forget that we need to use good posture for our **OVERALL** health.

Think about these-- Do you sit, stand, stoop, bend, lie down, climb, type, lift? Then do you ever get stiff & have pain? Does your body feel out-of-sorts? Answer these-- Do you lean over to do paperwork, to drive, and/or to use the computer keyboard and screen? Ever notice that your neck, shoulders, and hands feel tense and stiff?

You probably need to correct your posture to decrease those feelings. In fact, poor posture can "stress" our muscles and joints. It "takes" vital energy from the rest of our body. In turn, we may have "problems" with circulation, breathing, alertness/thinking, and digestion (and even headache and jaw pain). *Bottom line* --- Posture affects our **OVERALL** health. Correct posture may give you

**WHAT IS CORRECT or GOOD POSTURE?** Correct posture *balances and supports* all body parts. It aligns key body parts with appropriate support from muscle tension.

### CORRECT POSTURE

**CHECK YOUR POSTURE**

Shoulders down and back. Forward facing. Weight mainly distributed on balls of feet.

**THIS IS RIGHT**

Maintain abs. 90 degree angles on hips and knees. Don't bend your back when picking up objects.

### INCORRECT POSTURE

**CHECK YOUR POSTURE**

Avoid slumping or rounded shoulders. Engage your abs to prevent this. Adjust your neck.

**THIS ISN'T RIGHT**

Bending your back hurts back function over time. Don't hunch forward. Creates tense shoulders.

### BAD POSTURE

- ✘ **HEALTH**  
Back pain, often caused by extended hours of poor posture, is becoming increasingly common because of the amount of time we spend hunched over smartphones and slouching in front of computers.
- ♥ **FEEL**  
Slouching not only makes you look tired but it also makes you feel sluggish, fearful and self-conscious.
- ✘ **COMMUNICATION**  
Poor posture communicates to those around you that you may be bored, nervous, fearful or self-conscious.
- 📷 **APPEARANCE**  
Besides the obvious hunchback syndrome, slouching can make you look unhealthy, unattractive and even a couple pounds heavier.

### GOOD POSTURE

- + **HEALTH**  
Practicing good posture engages your core, opens up your diaphragm to help you breathe better, and gives your organs the room they need to aid in digestion.
- ♥ **FEEL**  
Straightening up and maintaining good posture can actually help increase energy, productivity, and even reduce stress.
- 🗣️ **COMMUNICATION**  
Simply pulling your shoulders back, chin up and back straight communicates confidence, presence and openness.
- 📷 **APPEARANCE**  
Holding yourself upright and in good posture can help you look younger, more vibrant and attractive.

**DID YOU KNOW?**  
Posture is the number 1 reason for doctors visit and missed work-days after the common cold.

**FITONIMOY**

So, check your "mirror image." Look for true balance and support. Do you look like waiter #1 (left) or waiter #2 (right) in the title picture? Are you lined up in a straight line? If so, great! If not, be *more aware* of good posture and take steps to improve your posture. Remember the excellent pay-offs - more energy, less stress, and less fatigue. And, you will always look your fashionable best!!  
Sources: American Posture Institute, Cleveland Clinic, Healthline Media, Medical News Today (with tips), Posture Month (with tips), WebMD

# Two Trinity Events in One Day

*Sunday, May 19th*

*31193 Mt. Hermon Road*

*Salisbury, MD*



## Strawberry Social

**2:00 p.m.**

Come and enjoy a free dip of strawberry ice cream  
before the.....

## Sing-A-Long With Irv & Friends

**4:00 - 6:00 p.m.**

***OVER 50 YEARS OF CELEBRATION***

**Director: Irv Brumbley**

**MC: Dave Thompson**



A special day to relive fun and inspirational “old time church sings.”

In the tradition of Bill & Gloria Gaither’s popular concerts, gospel recording artist, Irv Brumbley along with a lot of singers and a live band will be together on the same stage.

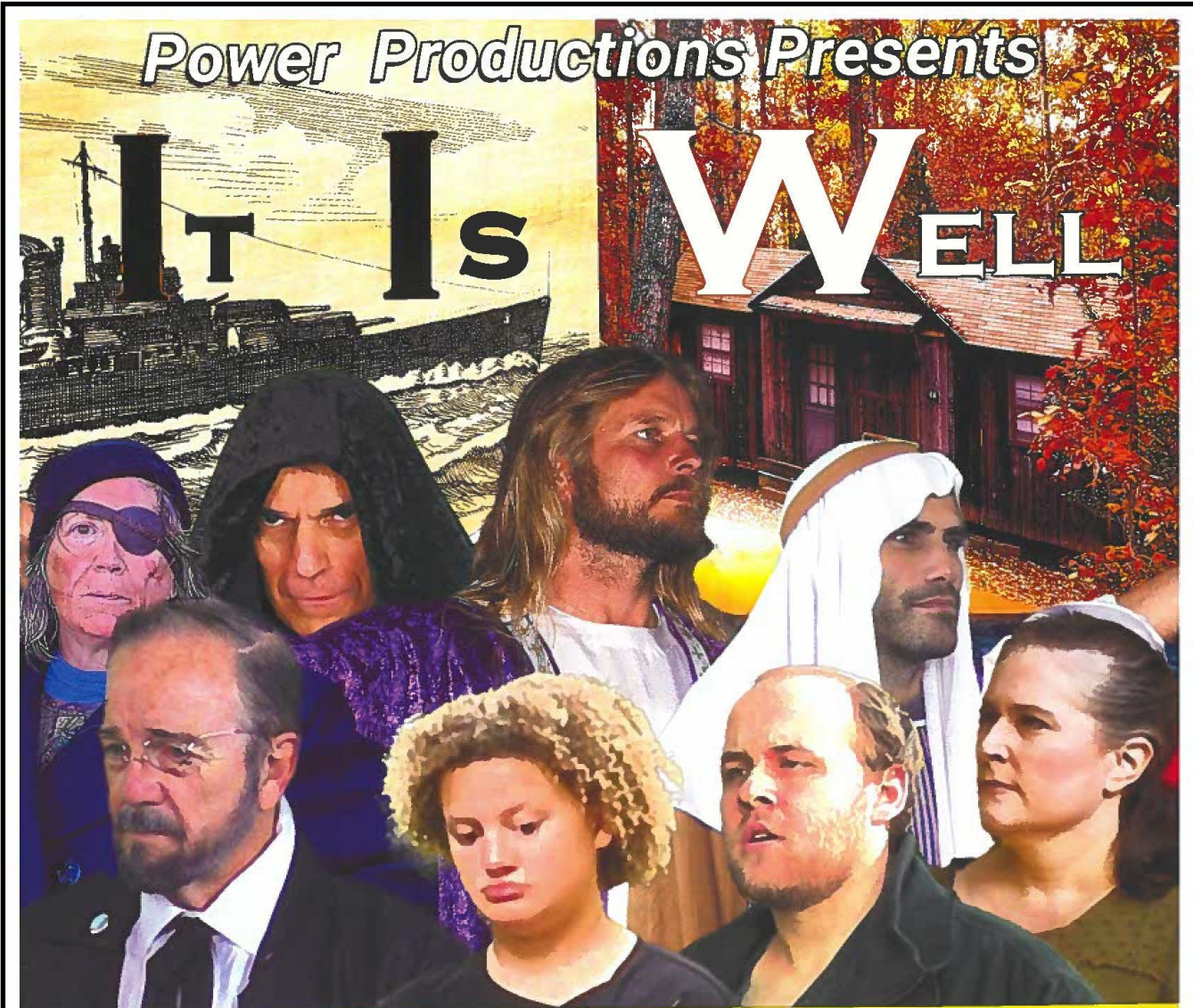
*A free-will love offering will be taken.*

*A special CD of 23 songs recorded in the studio will be available for \$10.00 each*

Power Productions Presents

## “It Is Well”

Pastor Vaughan Hayden and his son, Joseph, are part of the cast for this awesome production. Get your tickets now and help support Pastor Hayden, Joseph and the entire Power Productions cast and crew.



**SHOWTIMES:**  
JUNE 1 AT 1P & 7P  
JUNE 2 AT 2:30P

**BENNETT AUDITORIUM**  
300 E. COLLEGE AVE.  
SALISBURY, MD

**GET YOUR TICKETS:**

**Call Us: (410) 251-7625**

**Online: [PowerPM.org](http://PowerPM.org)**

*A portion of the proceeds to benefit 'Beyond Your Walls'  
- mobile shower facilities for Delmarva's homeless*



Trinity United Methodist Church  
112 High Street  
Salisbury, MD 21801

**Return Service Requested**



### Contact Us:

Visit us on the web at  
<http://www.trinityumcsalisbury.com>  
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Fax: 410-749-8830  
E-mail: [trinity@trinityumcsalisbury.org](mailto:trinity@trinityumcsalisbury.org)  
Office Hours: 8:00 a.m. to 4:00 p.m.  
Monday - Thursday  
8:00 a.m. to Noon - Friday