

Ninth Sunday after Pentecost
July 22, 2018

Welcome and Announcements

Prelude Christopher A. McCroskey
(As the Prelude begins, prayerfully prepare your hearts and minds for worship.)

*Acolyte
 Call to Worship Choir
 Prayer
 *Hymn 545
"Surely the Presence of the Lord"
"The Church's One Foundation" vs. 1, 4, 5

(Please register your attendance on the pew pads provided)

First Scripture Reading Pages 42-43 (N.T.)
 *Psalter 807-808
 *Affirmation of Faith 881
 *Gloria Patri 70
 Mark 6:30-34, 53-56
 Psalm 89 *Response 2*
"Apostles' Creed"
"Glory Be to the Father"

FAN Moment Marilyn Lloyd

"Let the Children Come!"
(Those 3 years of age through 8 years of age may go to Children's Church.)

Sharing of the Joys & Concerns of the Church
 Prayers of Confession & Intercession
 The Lord's Prayer *(Unison)* 895

*Hymn TFWS 2158
 Presentation of Tithes & Offerings
 Offertory Christopher A. McCroskey
 *Doxology 95
"Just a Closer Walk with Thee"
"Praise God from Whom All Blessings Flow"

Anthem Choir
 Second Scripture Reading Page 183 (N.T.)
 Sermon Rev. John Jordan
 "Spirit Song"
 Ephesians 2:11-22
 "One New Humanity"

Invitation to Christian Discipleship
(You are invited to come to the altar during the singing of the hymn to signify your commitment or re-commitment to Christ, or for prayer, confession, or comfort, in response to God's Word)

*Hymn 548
 *Acolyte
 *Dismissal With Benediction
 *Benediction Response Choir
"May the Lord, Mighty God, Bless and Keep You"
 May the Lord, Mighty God bless and keep you forever,
 Grant you peace, perfect peace, courage in every endeavor.
 Lift up your eyes and see God's face and God's grace forever,
 May the Lord, Mighty God, bless and keep you forever.

*Postlude Christopher A. McCroskey
 *The Congregation May Stand

Leading in Worship Today

Pastor: *Rev. John D. Jordan* Tellers: *Pam Turner; Becky Derrick*
 Music Director: *Jackie McNeill* Time Together: *Wayne & Charlie Hooker*
 Choir Director: *Christopher A. McCroskey* Lay Reader: *K. C. Warble*
 Church Musician Ushers: *Sinners SS Class*
 AV Assistant: *Marie Stiles; John Ballentine*

VISITORS ARE WELCOME in the service of worship! Please make use of the visitor's tags (located in the pew backs) to help us better welcome you as a visitor to Trinity this morning. We ask that you also please fill in the pew pad as it passes to register your attendance with us. **Large print hymnals** are available from the ushers. An ***INFANT AND TODDLER NURSERY*** is provided during the worship hour. Parents: please ask an usher for assistance.

You may join as a member into the life and work of this congregation by Confession of Faith or by Transfer of Membership from another church. If you would be interested in becoming a member, please speak to the pastor.

Please check to make sure that your name badge is on the board. We have made new ones for those whose badges have been damaged or misplaced. If you do not see yours on the board, please let Marie Stiles or Jewel Percy know. Remember to grab your badge each Sunday and wear it during Sunday School, Worship Service and Time Together so that Rev. John Jordan and his wife, Kay, may put names with faces more easily. Thank you for your cooperation.

THE ROSE ON THE ALTAR is placed in honor of the birth of ***Haddie Anne Ballentine*** on Monday, July 9, 2018. Haddie Anne weighed 4 lbs. 7 ozs. and was 17 ¼ inches long. She is the daughter of ***Joshua and Beth Ballentine***, the granddaughter of ***John and Sue Ballentine*** and the great-granddaughter of ***Tom and Marilyn Loyd***.

TODAY'S LOVELY FLOWERS are given to the Glory of God.

“AS MEMBERS OF THIS CONGREGATION, WE WILL FAITHFULLY PARTICIPATE IN ITS MINISTRIES BY OUR PRAYERS...

Haddie Anne Ballentine	Jackie McNeill	Charles McNeill	Grover Shuler	Patsy Shuler
Ruth Frady	Carolyn Sox	Tommy Johnson	Carol Frye	Latson Lewis
Oren Edwards	George Taylor	Arnold Heiting	Libby Strickland	Gillett Hipp
Irvin Wells	Bill Hornsby	Esther Carter	Francis Hipp	Steve Aiello

Shut-Ins: Theresa Awtrey; Mary Brewer; Nell Cooke; Mary Alice Duncan; Marvin & Sara Efron; Margie Gay; Bill & Dot Johnson; Georgeann Pace; Shirley Padgett; Miriam Simpson; Claudia Sineath; Wayne Tallon

Family and Friends: Ashley Echols (great-niece of John Jordan); Ben Strickland (son of Bob Strickland); Connie Bucknam (friend of Jeanette Hornsby); Gene Crumpton (friend of Patsy Zeigler); Bob Buddo (co-worker of Kathy White); Marci Delaney (friend of Mary Sue Lewis); Andy Beronee (Mark Lewis' boss); Tommy Joyner and family (employee of Mark Lewis); Mary Steadman; Danielle Wise (friend of the Derricks); Bobby Johnson (friend of Billy Pearson); Amanda Snow & Family (daughter of Edwa Meek); Dorothy & Norm Jensen (sister and brother-in-law of Marilyn Lloyd); Sonny Hardee (son of Carolyn Hardee); Joshua Pace (grandson of Georgeann Pace); Mike Steele (uncle of Chris Derrick); Michael McNeill (son of Charles McNeill); Elaine Smith (friend of Carol Frye); Kathy Killian (friend of Ruth Frady); Kem Sutherby (cousin of Ruth Frady); Brenda Capps (wife of nephew of Ruth Frady); Denise Paul (cousin of Gale Frady); Sydney Bachman (cousin of friend of Gale Frady); Chloe Majors (grandniece of Jeanette Hornsby); Linda McCroskey (stepmother of Christopher McCroskey); Laurel Posey (friend of Christopher McCroskey); Ray Culbreth's Group House; Amelia Zinski (great-niece of Linda Maloch); Wayne & Lynn Blair (son & daughter-in-law of Dot Johnson); Randy Suarez (friend of Bonnie Ramsey); Xavier Crane (grandnephew of John Ballentine); Rob Stanfield, III (neighbor of Arnold and Jo Ann Heiting); Charles Von Glahn (brother of JoAnn Heiting); Vera Von Glahn (sister-in-law of Jo Ann Heiting); Michael Carter (son of Esther Carter); Adam Lavender (son of Phil Lavender)

If you have a friend or family member on the Prayer List, we ask you to please keep us updated. If no word is received, we will trust that our prayers have been answered and remove the name. To update us, please call the office or e-mail us at trinityumcwc@sc.rr.com.

OUR PRESENCE ...

Attendance 07/15 Sunday School 22 Morning Worship: 63

OUR GIFTS ...

General Fund 07/15 \$ 5,314.00

OUR SERVICE ...

OUR WITNESS."

Church Calendar

TODAY Church Council, 6:30 p.m.

07/23 GLIA Articles Due

07/24 Trinity Food Co-op
Pack Bags, 8:30 a.m.; Pick Up Bags, 9:30 – 11 a.m.

07/18 Prayer Group, 7 a.m.

Serving in July/August

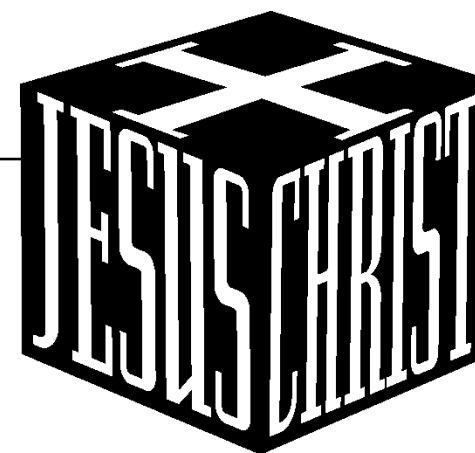
Serving On:	July 29	August 5
Ushers:	Sinners SS Class	Vision SS Class
Tellers:	Marie Stiles; JoAnn Heiting	Erin Derrick; Bonnie Ramsey
Flowers:	Needed	Lynn Martin
Lay Reader:	Tom Geddens	Not Needed
Time Together:	Wayne & Charlie Hooker	Jewel Percy; Pauline Wenner
AV Assistant:	John Ballentine; Marie Stiles	John Ballentine; Marie Stiles



Ministers	The Congregation
Pastor	John D. Jordan
Resident Bishop	Jonathan Holston
District Superintendent	Rev. Dr. Cathy Jamieson

Our mission is to make disciples of Jesus Christ for the transformation of the world.

Our vision is to Connect, Nurture, Inspire and Transform



**himself as the
cornerstone ...**

E p h e s i a n s 2 : 2 0

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The Exercise Class is taking a break for the summer. It will resume on Monday, August 20.

United Methodist Women will meet on Wednesday, August 8, at 11 a.m.

United Methodist Men will not meet in August.



TRINITY FOOD CO-OP

Invite your friends and neighbors to participate.

Our next co-op date is this **Tuesday, July 24**. The more participants we have the more produce we can get with our money. Forms can be found in the Gathering Area.

Bags are only \$5.00 each and need to be paid in cash. Please remember to pay in advance so that I know who wants bags each month and also how much money I have to spend. Please let me know by the weekend before the Tuesday of co-op. Thank you for your help. **Becky**



K. C. Warble provided the following updated list of needs for God's Helping Hands and information about their new partnership with Manning Reentry/Work Release Program.

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|--------------|-----------------|
| Jiffy Mix | Grits |
| Oatmeal | Vienna Sausages |
| Canned Milk | Rice |
| Toilet Paper | |

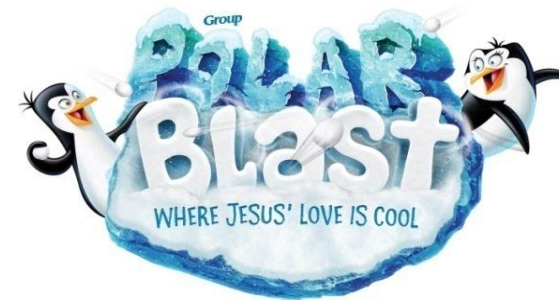
God's Helping Hands has partnered with Manning Reentry/Work Release to provide clothing to those being released. They are asking for any sizes of new or used women's clothing, but undergarments must be new. These women are coming back into society with only the clothes on their backs, so any help is greatly appreciated.



Sunday, July 29

6 p.m. – 7:30 p.m.

Please join us for a wonderful time of enjoying homemade ice cream on Sunday, July 30, from 6:00 p.m. to 7:30 p.m. You don't want to miss our annual Ice Cream Social. If you are willing to provide a churn of ice cream, please sign up on the sheet that in the Gathering Area.



JOIN US FOR THREE DAYS OF VBS FUN!

Friday, August 3

6 – 8 p.m.

Saturday, August 4

6 – 8 p.m.

Sunday Worship, August 5, 11 a.m.

Sing & Certificate Ceremony



As the temperature rises, so does your motivation to spend more time outdoors. But before you know it, the dog days of summer arrive, with temps that can quickly cause a host of issues.

Heat is also especially dangerous for people with chronic conditions like [heart disease](#), [diabetes](#), or thyroid disorders, as well as those taking certain medications, like beta-blockers or [antihistamines](#), that can make it harder for your body to self-regulate its temperature by reducing your sweating impulse.

Any of these things can make you more vulnerable to heat-related illnesses, including the most serious of all: heat stroke.

What Exactly Is Heat Stroke?

Heat stroke occurs when your body overheats due to prolonged exposure.

Steps to prevent heat stroke:

1. Plan Your Workouts Around the Weather

If the forecast shows a few hot days coming up (a heat index of 91°F or higher is the danger zone), take a look at your workout schedule—you might want to switch things up.

For instance, you may want to move your regular long, hilly [interval walking workout](#) indoors, or sub in your easy, [moderate-paced walk](#) around the neighborhood instead.

Even if you don't have an intense outdoor workout planned for a hot day, you still may want to truncate your exercise plan to be safe. A good rule of thumb: Scale back anywhere from 10 to 20 percent, both in intensity and duration.

And if you are doing intervals, make sure to lengthen the amount of time you spend in your recovery or rest phases, rather than your work phases. You'll still get an effective workout, with less risk of overheating.

Other cool ideas to stay fit this summer: [Hop in the pool](#), [take a new fitness class](#), [try a total-body gym machine workout](#).

2. Weigh Yourself Before and After Outdoor Activity—and Drink the Difference

Hot weather can be dehydrating, which can make you sweat less.

Your move: Weigh yourself before and after outdoor activity, and aim to drink 125 to 150 percent of your losses in ounces. So if you weigh in two pounds, or 32 ounces, lighter after your sweat session, aim to drink 40 to 48 ounces of water.

3. Limit Cocktails and Caffeine

Staying hydrated is crucial, but not just any drink will do.

It may sound tempting, but a cold beer or glass of sangria might not be the best choice at your outdoor block party or family barbecue. That's because alcohol can have diuretic effects, which can leave you dehydrated. The same is true for caffeinated beverages, liked iced coffees or many iced teas, she says.

Stick with water as your main source of hydration. You can supplement it with a glass of 100 percent fruit juice, lemonade, or herbal iced tea if you need a flavor boost. Just choose options with low or no added sugar as much as possible.

4. Stock a Cooler Full of Gym Towels

Put that extra cooler in your basement to good use by turning it into a cooldown station. Simply fill up the cooler with ice and water, then put a few small towels in there, and let them get cold.

If you feel yourself getting overheated, use the towels to cool off.

5. Slather on the SPF

It's not only [the best antiaging product out there](#), but sunscreen also helps guard against heat stroke.

When our skin is sunburned, that can impact our body's ability to cool itself. It makes your skin less able to perspire, and less able to protect you from the sun and heat, so you're going to warm up more quickly.

Before you head outdoors—whether for exercise, errands, or leisure—apply water-resistant, broad-spectrum sunscreen with a minimum SPF of 30, according to the American Academy of Dermatology. Don't forget to apply it to your neck, chest, and any other exposed skin.

6. Avoid Midday Hours

A hot day's going to be a scorcher no matter what, but the most brutal heat tends to occur in the midday hours.

It is recommended that the majority of your outdoor time—especially if you'll be exercising—be in the early morning or evening hours. Avoid peak heat times, which generally occurs between 11 a.m. and 4 p.m.

7. If You've Recently Been Sick, Take Extra Precaution

If you've been battling a summer cold or flu, be extra careful about getting back into the heat. Even if you're free of symptoms, your body temperature can still be elevated for a period of time after.