

God's Love In Action

**GLIA: the essential element, or glue,
which connects the tissue found in the nerve centers of the body**

Trinity United Methodist Church, 1201 Mohawk Drive, West Columbia, SC 29169

Pastor: Donna Stone Eidson

Organist: Christopher A. McCroskey

Music Director: Jackie McNeill

Office Manager: Jackie Eitel

Office Hours: 8:30 - 4:30 M-F

Sunday School 9:45 a.m.

Worship Service 11:00 a.m.

The mission of Trinity United Methodist Church is to:
To make disciples of Jesus Christ for the transformation of the world.

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OCTOBER 2017



As we approach October my calendar is filling up fast, but I am looking forward to cooler temperatures both during the day and at night. More importantly, I look forward to God's wonderful treat this time each year when He takes his paint brush and paints the leaves with the colors of fall. I just do not understand how people can view these wonders and yet say there is no God. (Yes, I can explain to you in elementary terms what happens to cause the leaves colors to change, but I prefer to think of it as God with His paint brush having a lot of fun painting the leaves.) I just love how the differing trees turn to differing colors. For me fall colors rival the spring time blossoms of new flowers. God's love and miracles just amaze me. He attends to all the little details, not only in our lives, but the lives of the plants and animals that inhabit the earth with us. Everything has a place in God's kingdom. So, this fall as you gaze upon the wonderful colors remember to say a prayer of thanks to God for all the care He has taken to provide everything we need and the needs for all the inhabitants of the earth, both plant and animal.

Also, as you pray daily please take time to remember those who have been recently affected by natural disasters. There have been hurricanes, wild fires, floods, and earthquakes in many different parts of the world, affecting millions of people. Having been through a flood here we can begin to feel some of the anxiety that these people must be going through. Pray for God to provide for their needs and for the Holy Spirit to be with them and comfort them.

The pups and I have been very blessed to be able to start to set up our townhouse. I do not look forward to the end of June when I will no longer be the pastor here at Trinity UMC, but on the other hand I do look forward to living in my own house again. I do not know where I will be serving as a Retired Supply Pastor yet, but I am sure that I will grow to love those people as much as I have grown to love each one of you. I feel so blessed to be allowed to serve the Lord alongside all of you here at Trinity UMC.

Please keep Jackie Eitel and other church members in your prayers as we prepare for Consecration Sunday and an extra prayer for Jackie as she prepares the paperwork for our Charge Conference, which is on November 2nd. Please remember to return any Charge Conference paperwork to Jackie as soon as you can.

Thank you and may the Lord bless every one of you.

Love,
Rev. Donna, Cece, Curlie, and Patch



**Sunday, October 1
3 - 5 p.m.**

Come one, come all! Invite your friends and neighbors to come with you and you are welcome to bring your furry, feathered, or slick skinned family member with you. We will have cookies and juice for the humans and treats for the dogs and cats too. Each animal will be prayed over asking God's Blessings on your pet. Dogs need to be on leashes and cats in some kind of carrier. Please plan to join us on the lawn between the fellowship wing and the sanctuary.



Join us for **Snacks and a Movie** on Sunday, **October 8, at 4 p.m.** We will watch the movie *Hidden Figures* that tells the story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson - brilliant African-American women working at NASA. They served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big.



**Consecration Sunday
Sunday, October 29, 2017**

This year our Consecration Sunday will be held the last Sunday in October. The theme for this year is **"Faith, Hope, and Love: How Do These Affect Your Giving?"** Our speaker this year is **Rev. Kempie Sheppard**. She is an ordained elder in the United Methodist Church. She will be with us for the Leadership Dinner on Monday, October 23, as well as our preacher for Consecration Sunday.

The Celebration Meal following the service will be a covered dish meal. The meat will be provided.



Donnie Sox
Mary Kamoroff

Roz Glaze
English & Jewel Percy Wayne & Charlie Hooker
Mary Kamoroff Bonnie Ramsey
Arnold & Jo Ann Heiting Ray & Gale Frady



WE EXPRESS OUR CHRISTIAN SYMPATHY to
Shirley Butler and family on the death of her sister, **Roz Glaze**, on Thursday, September 7, 2017.



Lunch Bunch meets Sunday, October 1, immediately following the service

The United Methodist Men's breakfast will be on Sunday, October 8, at 8:30 a.m.

The Sunday School Breakfast will be held on Sunday, October 29, at 9 a.m.



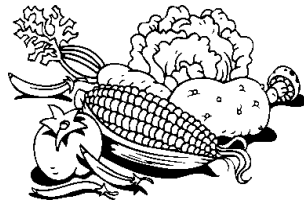
Charge Conference will take place on Thursday, November 2, at 6 p.m. at Brookland United Methodist Church.

All Saints Sunday is November 5.

The annual trip to Jewel's Pink House will take place on Saturday, November 11.

Snacks and a Movie will be held on Sunday, November 12 at 4 p.m. The movie will be Dolly Parton's *Circle of Love*.

The Community Thanksgiving Service will be held on Tuesday, November 21, at 7 p.m. Faith Lutheran Church will host the service this year.



Trinity Food Co-op

The **Trinity Food Co-op** is held on the **fourth Tuesday of every month!** Our next co-op date is October 24.

If you would like to add your name, applications are available on the Gathering Room table. The cost is \$5.00 and must be paid no later than the Sunday before each co-op date.



United Methodist Women

On Wednesday, October 11, at 11 a.m., Trinity United Methodist Women will meet in the Conference Room. (Our usual meeting date is the second Wednesday of each month.) All interested women are invited to join.



The Columbia Community Concert Band will hold its Fall Concert on **Friday, October 27, at 7:30 p.m.** at Airport High School. They will be performing a varied program. Chuck Martin will drive the bus if needed. A sign-up sheet will be on the round table in the Gathering Area. Admission is free.



Our Exercise Class meets every Monday and Wednesday at 2 p.m. We start with a warm-up followed by various balance movements and some chair exercises, and end with stretches and cool-down. Our purpose is to have fun, to support one another in being more active, and to become more conscious of what it takes to stay balanced in various situations. You can join the class at any time and for one or both days. Newcomers, both men and women, are welcome! Invite your friends or neighbors to join the fun and enjoy greater balance and flexibility.



This month we focus on identifying barriers for physical activity and healthy eating and coming up with solutions to address those problems.

FAN Goals of the month:

- 1) Identify any barriers or problems you may be having with healthy eating and physical activity.
- 2) Focus on trading out bad fats for healthy ones!

Problem Solving

Healthy Eating...

Many people have a hard time when problems get in the way of healthy eating. Common problems or barriers include *lack of time*, *easy access to fast foods*, and *social events* that are built on bringing people together with tasty, but mostly unhealthy food. When time, taste, convenience, or friends stand in the way of your healthy plan, **problem solve:** know your barriers, brainstorm possible solutions, and choose healthier options one step at a time.

Physical Activity...

Having trouble sticking with your physical activity plan? Don’t be discouraged! Even if you have taken a break and have not been as active as you would like, long term physical activity wellness is for a lifetime. Remember that *some* physical activity is better than none.

Developing strategies for solving these problems can be a challenge. First, identify the barriers that prevent you from reaching *your* **Goals** and develop strategies for overcoming them.

Lastly, remember to think moderation, and do not give up!



The purpose of Community Recognition is to get us out into our community and involved with the people who help make it a great place to live and work.

In September, Jan Weaver and Jeanette took donuts to the faculty and staff at Northside Middle School. It just happened that they were having health screenings that day so our treats were welcomed by many of them after having blood work done. They were also appreciative of the pennies that Pastor Donna provided.

Here’s the upcoming schedule:

DATE	LOCATION	RESPONSIBILITY
October 19	Millenium Nursing Home	
November 16	Jenny Lynn Assisted Living	
December 21	Lexington Medical Center	Rusty Poole

How can you help?

- Volunteer to be responsible or help take something to a group
- Clip coupons for doughnuts or other goodies we could use to purchase things
- Bake home-made cookies, muffins or other goodies
- Donate money to help provide some treats
- Pray for the people who work in these often thankless jobs

Call Jeanette at 803-796-0588 or 803-467-0993 if you’d be willing to be responsible for a month or specific group. It would be great for a Sunday School class, Youth, or just a couple of friends in Trinity to do this together.

TRINITY UNITED METHODIST CHURCH

1132 GUNTER CIRCLE

WEST COLUMBIA (803) 794-7777



FALL FUN DAY

SATURDAY, OCTOBER 28

10 AM - 1 PM



BAKE SALE & SILENT AUCTION

VENDORS

Rootin Tuten BBQ Sassy Ole Bag & Her Baubles Pucker Up Pam LulaRoe Downstairs
Stitchery Simple & Elegant Accessories Uncle Sonny's Honey Jamberry Signature
Homestyles by Theresa DW Dreams-Landscape Artist It Works Young Living Essential
Oils The Cocoa Exchange Paparazzi
Mary Kay Signs by Kids

ACTIVITIES FOR THE KIDS, TOO!!

Bounce House and Air Brush Face Painting

Proceeds benefit Hurricane Relief through UMCOR (United Methodist Church), Good Food, Good Feet, Good Friday (a local charity) and FAN (Trinity United Methodist Church).



Trinity's Fall Fun Day

On Saturday, October 28, from 10 a.m. to 1 p.m., we will be sponsoring a day of fun, food and fellowship for the community and we need your help. **As part of the event, the UMW will be selling baked goods in our famous Country Store and we need our wonderful cooks to donate cakes, pies, cookies, bread, jams and jellies, etc., to help stock the shelves.** Please price your items and bring them to the church on Friday, the 27th, or Saturday morning before 9:00 a.m. A signup sheet will be on the table in the Gathering Area or you may contact Gale Frady (798-4809) if you'd like to donate.