

# 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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NOVEMBER 2017



## Happy Thanksgiving Everyone

November is here and that means that this year is winding down. We have had a very busy October with Consecration Sunday, Fall Fun Day, Laity Sunday, and then Charge Conference on November 2<sup>nd</sup>. There is a lot of work that goes into each of these. When we change the Sunday worship schedule it means we must change the bulletin layout too. As many of you realize Consecration Sunday requires a lot of letters that are sent out and information that must be collected. Then there is the collecting of the registration forms for vendors for our Fall Fun Day. Thank goodness for all the volunteers that helped with setting up and cleaning up this day. Clean up this day means we had to set up for the Consecration Sunday luncheon which was the next morning. Then there is Charge Conference with its forms and reports to be filled out and signed by various people. I am very thankful to Jackie Eitel for keeping us all straight and getting all the proper forms for each thing done in a timely manner. In thanks to Jackie Eitel for all her hard work we will honor her with a reception after church on November 5<sup>th</sup>. May God Bless and keep each one of you.

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



The **Community Thanksgiving Service** will be held on Tuesday, November 21, at 7 p.m. This year it will be held at Faith Lutheran Church located at 1717 Platt Springs Road in West Columbia.



All Saints Sunday will be celebrated on Sunday, November 5<sup>th</sup>. There is a Bell Banner in the Gathering Area that you can attach the names to of anyone who has gone on to Glory. A prayer will be prayed for all those whose names are on the banner.



## Jewel's Pink House Saturday, November 11

The UMW is sponsoring a trip to **Jewel's Pink House** on **Saturday, November 11**. We will meet in the Gunter Circle parking lot and leave at 10 a.m., have lunch there and return around 3 p.m. A sign-up sheet is located in the Gathering Area.



## SNACKS AND A MOVIE SUNDAY, NOVEMBER 12 4 P.M.

Join us for *Snacks and a Movie* on Sunday, November 12, at 4 p.m. We will watch Dolly Parton's *Christmas of Many Colors: Circle of Love*. The sequel to 2015's *Dolly Parton's Coat of Many Colors* finds the young Dolly Parton and family facing an unexpected blizzard that threatens the whole clan as they make sacrifices to raise the cash to buy mom a wedding ring that dad could never afford.



## Mepkin Abbey 2017 Creche Festival Thursday, November 30

A trip to **Mepkin Abbey** for the **2017 Creche Festival** is planned for **Thursday, November 30**. The bus will leave the Gunter Circle parking lot at 8:30 a.m. A sign-up sheet is located in the Gathering Area.



**Donnie Sox**  
Chuck & Lynn Martin  
Francis & Gillett Hipp

**Roz Glaze**  
Grover & Patsy Shuler

**Genie Duncan**  
Chuck & Lynn Martin

**Jaynie Kolb**  
Marion Mancini

**Thomas Risinger**  
Chuck & Lynn Martin



To My Church Family,

I want to thank you so much for your cards, visits, gifts and especially your prayers which meant so much to me during my stay at NHC and also at home. I'm just so proud to be a member of a church with such caring and loving people.

Thanks again to all of you.

Love and Prayers,  
Margie Gay

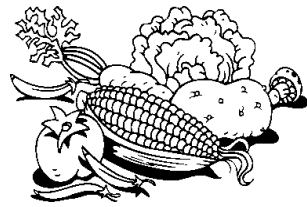


Dear Trinity Family,

We thank everyone who visited, provided meals, sent cards, called, prayed and otherwise assisted us in so many ways. Your love and concern has helped us to recover from a difficult time.

Our prayers continue to be with such a caring church family.

Love,  
Charles & Jackie McNeill



### Trinity Food Co-op

The **Trinity Food Co-op** is held on the **fourth Tuesday of every month!** Our next co-op date is November 28. **We will not have a Trinity Co-op in December.**

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.



**Women's Fellowship**

### United Methodist Women

On Wednesday, November 8, 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.

### Killingsworth Gala Thursday, November 9

The annual **Killingsworth Gala** will be held on Thursday, November 9. We will leave the Gunter Circle parking lot at 5:45 p.m.



**Daylight Savings Time** ends on **Sunday, November 5.** Remember to turn your clocks back one hour.

Lunch Bunch **will not meet** in November.

The **United Methodist Men's breakfast** will be on **Sunday, November 12, at 8:30 a.m.**

The **FAN Team** will have a short meeting (no lunch) immediately following the service on **Sunday, November 12. Please note the change of date.**

**Church Council** will meet on **Sunday, November 19 at 6:30 p.m.**



## **10 Tips for Weight Management from the American Medical Association**

### **1. Establish regular meal times.**

- Try not to skip any meals because skipping meals leads to overeating later in the day. If you do not have time for a full meal, try to eat a healthy snack or meal replacement bar instead.

### **2. Read food labels when you are purchasing food items.**

- Pay attention to the portion size, the number of calories in each portion, and the amount of saturated fat in each portion. This can help you make the healthiest choices.

### **3. Make small substitutions in your diet to cut calories.**

- Drink water, diet soda, or unsweetened ice tea instead of high-calorie drinks (i.e. sweet tea & soda). Choose low-calorie and low-fat dressings & cheese. Go easy on fried foods – bake, broil, poach, or grill your food.

### **4. Identify “guilty pleasures” such as ice cream, cookies, or potato chips.**

- Continue to enjoy them by trying low-calorie versions or eating less of the regular version.

### **5. Avoid places and situation that trigger eating.**

- If walking past the donut shop causes donut cravings, try changing your route.

### **6. Pre-portion your servings to control the amount.**

- Scoop your ice cream in a bowl instead of eating it out of the carton.

Bag potato chips or cookies into single-serving sized containers or zip-lock bags. Remember to pass on seconds.

### **7. Control calories when dining out.**

- At fast-food restaurants, “down-size” food and drinks instead of “super-sizing” them.

### **8. Share an entrée with a friend at sit-down restaurants.**

- However, order a personal salad or side of vegetables. Be sure to ask restaurants to: “Please hold the cheese,” and “Leave the sauce on the side.”

### **9. Pre-plan meals and snacks, and make certain to have the food on hand.**

- This makes it easier to limit trips to the vending machines and unhealthy, unplanned snacking. Replace the candy on your desk with fruit or avoid walking near the office candy bowl.

### **10. Try substituting other activities for eating.**

- Take a walk, talk to a friend, or listen to music. These activities avoid the extra calories and can be more satisfying than eating.

## RECEIVED FROM GOD'S HELPING HANDS

To the wonderful supporting churches of God's Helping Hands:

The Board of Directors of God's Helping Hands is excited to announce that we will be annually awarding the Linda Keisler Meetze Memorial Scholarship to a graduating senior of Brookland-Cayce **and** Airport High Schools beginning in the spring of 2018. The mission of the Linda Keisler Meetze Memorial Scholarship is to award \$1,000 each to help the students in their pursuit of a career which will benefit those who are in need.

Linda Keisler Meetze, manager of God's Helping Hands for over twenty years, passed away on May 26, 2017. Linda dedicated her retirement years to the mission of God's Helping Hands so that crisis assistance to residents of Cayce-West Columbia would be provided in a loving and responsible manner. The scholarship is named in her honor and is intended to inspire college bound seniors to study and become professionals in a discipline that would be to the benefit of those in crisis within our community.

The funds for this scholarship are especially dependent upon the generosity of our supporting churches.

If you or someone you know would like to contribute, donations for the scholarship fund can be sent to:

God's Helping Hands  
PO Box 5462  
Cayce, SC 29171

(Please include 'LKM scholarship fund' in the memo line)

*Yours in Christ,*  
The Board of Directors



*In addition to clients coming to God's Helping Hands for crisis assistance, church groups deliver food to home bound clients on the 3rd Saturday of each month. There are openings for us to participate in June, July, September, and November of 2018. If anyone is interested in participating in this ministry, contact K.C. Warble at 608-1866.*



The SPRC will meet with our District Superintendent, Reverend Dr. Cathy Jamison, on Dec 4th, 2017 to discuss with her what we are looking for in a new pastor. As the Chair of this committee I would like the congregation to write down and give to Jackie Eitel any thoughts you might have on the subject. Please place your thoughts in a sealed envelope with your name on the letter and address to me no later than November 14 so I can have and can compile prior to my leaving on our vacation. Please pray about this as it is an important step in the life of our church.

Blessings to all,  
Bonnie J Ramsey, Chair SPRC