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 **Music Director:** Jackie McNeill **Organist:** *Christopher A. McCroskey* **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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MARCH 2018



Spring Cleaning our Soul's Closets

We are in our Lenten season. It is a time for us to reflect on our own lives and look within our own selves to make sure we are living as fully as we can for our Lord and Savior. All of us are like a cracked pitcher that will not hold water. The sin in our lives causes those cracks to appear, but the good news is that the love of God can shine brightly through those cracks if we will only let it. In order to accomplish this we must examine our own lives and make sure that our inward motivations, thoughts, and thus actions are pure and pleasing to God.

The lives we live daily should show others the love of Christ. In order to do this we must work daily to make sure we are feeding our spiritual soul so that the spiritual light within us will shine brightly. Also during Lent we need to look inward to make sure we do not have any skeletons hidden in the closets of our souls that we need to rid ourselves of. Satan loves to pull out those skeletons and shake them in our face as we strive to grow closer to God.

Keep in mind, the harder you try to live your life for Jesus the harder Satan is going to try to work on you. Keep telling him to get behind you as you spend time daily in prayer and Bible Study.

Remember it is not what you do on Sunday at church that shows your Christianity to the world, but what you do in the world Monday through Saturday.

May we all strive to be better Christians all seven days of the week.

Love,

Rev. Donna, Patch and Curlie



Jackie and Charles McNeill have a new great grandson! Sonny Edwin Collard was born on January 13, 2018 in Boise, Idaho. Sonny weighed 8 pounds 13 ounces and was 21" long. His proud parents are Harrison and Courtney Collard and his proud grandparents are Bryan and Mary Collard.



On the World Day of Prayer, March 2, we will gather at 12 noon for Prayer Around the Crosses. In case of rain, we will have prayer in the Gathering Area.



Sunday, March 25

This year's Easter Cantata is titled, "From Those He Knew and Loved". The narration will be looking from the view point of his followers and disciples. Their experiences with Jesus were what inspired Gospel writers and musicians to tell this story about life, death and love.



All Holy Week Services begin at 7 p.m.

Sunday, 3/25	Brookland UMC
•	Speaker: Ben Herlong, Cayce
Monday, 3/26	Platt Springs UMC
	Speaker: Donna Eidson
Tuesday, 3/27	Mt. Hebron UMC
	Speaker: Phil Reynolds, Shiloh
Wednesday, 3/28	Cayce UMC
	Speaker: Gerald Watford, Associate
	@ Mt. Hebron
Maundy Thursday, 3/29	Trinity UMC
Good Friday, 3/30	Stations of the Cross, $12 - 3$ p.m.
	Hosted by Trinity UMC
Good Friday Service	Trinity UMC



Saturday, March 31 10 a.m. – 12 p.m.



<u>Linda Taylor Boatwright</u> Tom & Marilyn Lloyd

<u>Darren Hook</u> Tom & Marilyn Lloyd Bonnie Ramsey Mary Kamoroff Linda Maloch Arnold & Jo Ann Heiting

Pauline Sims Ray & Gale Frady

<u>Barbara Alley</u> Ray & Gale Frady Bonnie Ramsey Shirley Butler Tom & Marilyn Lloyd Marian Risinger Mary Kamoroff Nell Cooke

<u>Donnie Sox</u> Tom & Marilyn Lloyd



Pocketbook Ministry Trinity Women vs. Trinity Men

I received the following update from Jessica Warble on the Pocketbook Ministry:

We have 26 pocketbooks.

. ...

We have plenty of Kleenex and bar soap but we need more toiletry items in general. We aren't going to make each purse exactly the same, so we don't need specific numbers of each item. But in general we could use more shampoo, body wash, conditioner, floss, toothbrushes, toothpaste and deodorant.

Thanks for your support of this ministry.



Lunch Bunch will meet on March 4 following the service.

Daylight Savings Time begins on Sunday, March 11. Remember to turn your clocks ahead one hour.

The United Methodist Men's Bible Study will meet on Sunday, March 11, at 8:30 a.m.

The United Methodist Women will meet on Wednesday, March 14, at 11 a.m.

The Exercise Class meets every Monday and Wednesday at 2 p.m.

The Sunday School Breakfast will be held on Sunday, March 25, at 9 a.m.

The FAN Team will meet on March 25 immediately following the service.



Sunday, April 1

Sonrise Service Easter Breakfast Easter Service with Holy Communion



Received from Donna Muszynski for donation from Fall Festival proceeds:

Erin,

Your support of GF3 will go a long way in caring for our area's homeless in 2018. In addition to our big event on Good Friday, I am engaging year round services through "Clean of Heart" shower and laundry facility. Big things are happening and I am grateful for your support!

Much love, Donna



SNACKS AND A MOVIE

The Real Jesus of Nazareth March 11 @ 4 p.m. - Parts III & IV

Parts III and IV of The Real Jesus of Nazareth will be shown on Sunday, March 11, at 4 p.m. The Real Jesus of Nazareth draws parallels between the scripted depiction of the biblical story in the 1977 miniseries Jesus of Nazareth and real history, breaking down the life of Jesus and the world he lived in. It combines scenes from the landmark series starring Robert Powell as the Son of God, with Powell's journey throughout modern Israel, where he meets archaeologists and scholars who help him reconstruct the story of the man who changed history and inspired billions.



TRINITY FOOD CO-OP Invite your friends and neighbors to participate.

Our next co-op date is **Tuesday, March 27**. 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**



Community Recognition Program for 2018

Recognizing those in our community who are often unrecognized for the hard work they do is the goal of the Community Recognition Program. This program was started as a way of connecting more with our community as a part of the Reaching New People process. One of the things we kept hearing as we visited places last year was "no one has ever done this for us before!" This year we've added some different places and retained some that we feel deserve recognizing every year.

What's Involved?

Volunteers are welcome to take refreshments to the following sites at any time during the month that works for them and the facility. We usually call ahead to make sure we have enough food for the number of staff and to make arrangements for a convenient time. Sometimes we stay to meet the staff but most often they are busy and we leave the refreshments for them to enjoy when they can.

If you don't want to actually visit the site you can help in other ways. You can make homemade goodies (which are greatly appreciated); donate coupons or money, and/or purchase donuts or other food.

You can do this with a small group of church friends, your Sunday School class or other group—the point is to connect with new people to share our love!

Please contact Jeanette Hornsby by phone (803-467-0993) or by e-mail (<u>hornsbjm@bellsouth.net</u>) if you'd like to be in charge of a particular month/place.

March	3 Rivers Psychiatric Hospital
April	Saluda River Elementary
May	East Point Academy
June	Fire Department
July	Police Department
August	God's Helping Hands
September	Northside Middle School
October	Riverbanks Zoo
November	New Elementary School
December	911 Center & EMT's



Wonderful Wednesdays will continue on March 7 and March 14. Family-style meals will be served at 5:30 p.m. Bible Study will begin at 6:15 p.m. and end at 7 p.m. We encourage you to be with us for both.

The price of the meals is \$5.00 for adults and children 12 and over. Children 6 to 11 are \$3.00 each. Children ages 2 to 5 are \$1.00. There will be a limit of \$12.00 to be paid per immediate* family, with a maximum of five persons. After five family members, each additional person is \$3.00. (*Two related generations is an immediate family.)

The meal for March 7 will be prepared by English and Jewel Pearcy.

Menu: Jewel's Crock Pot Chicken with Noodles String Beans Bread and Dessert

The Bible Study is from the book Life Lessons: Book of James by Max Lucado.

Celebrate and reward yourself for your successes!

Make rewarding yourself a part of your healthy lifestyle plan. You have set your goals, achieved your goals and now it is time to reward yourself for your successes. Rewards create a feeling of doing something you want to do.

What is self-reward?

Self-reward is an incentive or reward you offer yourself when you reach a goal.

Why is it important?

It is important to reward yourself when you reach your goals. Rewards make you feel better about yourself and your success and they also encourage you to continue to work towards your goals of healthy eating and physical activity.

When do I reward myself?

You can reward yourself when you reach or make progress toward a physical activity or healthy eating goal, or if you stick with your physical activity or healthy eating program.

How can I reward myself?

Over time, healthy eating and increased physical activity should be rewarding in and of themselves because you will feel better and will be healthier. However, sometimes these rewards take some time. Therefore, tangible rewards can be helpful. They do not need to be fancy or expensive, just something that you enjoy. Some tangible rewards can be taking a long bubble bath with no interruptions, sleeping in late, or watching a half-hour of TV.

If you have made some positive changes over the past months, check the one's you have made and list a reward for reaching that physical activity or healthy eating goal.

My Successeswith Healthy Eating	REWARDS:
Ate more fruits & vegetables	
Reduced salt intake	
Reduced saturated fat intake	
Read food labels to eat healthier	
Ate more whole grains	
Made healthier snacks (snack packs)	
Tried healthier cooking techniques (i.e. baking, grilling, broiling)	
Joined Trinity Food Co-op	
My Successeswith Physical Activity	
Increased physical activity	
Started a walking program	
Physically active on 5 or more days	
Wore my pedometer (step counter)	
Started stretching exercise/strength training	



Congratulations to *Mary Moore Collard*, daughter of Jackie Moore McNeill, who was named **Baker County Oregon Woman of the Year.** Mary is the Executive Director of CASA (Court Appointed Special Advocates) of Eastern Oregon. Over her 16 years as director, the program has expanded from one county to encompass three counties covering most of northeast Oregon. She and her family have also fostered more than 30 children for at least one night, with 4 of those children staying 2-3 years. They also host, coordinate homes and supervise 10 exchange students in eastern Oregon. Mary's community involvement includes coordinating the Christmas program for more than 200 children, Kiwanis, Baker leadership group, community theater, children's choir, folk group and volunteering in her grandchildren's school. She is on a state child abuse board and a former elected member to the National child abuse board of directors. The following quotes were included in a newspaper article:

From *Dana Marlia*, a fellow theater cast member and teacher:

Mary inspires me, as well as everyone she meets, to go outside our comfort zones, to handle things with grace, and to fight for what is right in the name of a child. Our community was truly blessed when this authentic southern girl arrived to our area. She is a true representative of what women in Eastern Oregon have always been – real, commited, passionate, and determined.

From her son, Addison Collard:

My mom has seen devastating tragedy befall her and her family. A normal person would buckle under the amount of heartbreak she has experienced. She has come through it all with many physical and emotional scars, yet retains a bright outlook on life and a drive to help anyone she can. Her disposition inspires me to try my hardest and be the best person I could be.

From her daughter, Hope Collard:

My mom's courage makes others do things that they wouldn't have been able to do on their own. With her work in CASA she helps parents, moms and dads, grandparents, and all others find the courage to take in children who need extra love. She shows people the path to success. My mom helps lead these adults to adopt, to regain custody, or even temporary homes. None of that is an easy job, but she knows all the right words to make people feel that they can do it.