

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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Thanks be to God

As I began to think about this GLIA article I wanted to make sure that I thanked everyone for the cards, texts, calls, and F/B messages during my recent stint of vertigo. It is always encouraging to know that others are lifting you in prayer. I thank the Lord for all the friends that I have gained while serving along with you here at Trinity UMC.

I know that the pollen this time of year drives a lot of us crazy, yet I am so thankful for the spring time. A time when it seems that what looked dead has come to life again. The birds are singing and yep, the squirrels are playing. Therefore, Patch is having a wonderful time trying to catch them. He has been known to rid West Columbia of a couple of squirrels. To be honest I hope he is able to miss them in Aiken.

Most of all I am thankful for the celebration of Easter. Every Christmas I know that I can look forward to an Easter Sunday, the day of the week that Jesus arose victorious over death. Yes, God sent His only beloved Son into the world as a babe, who grew into a man that left for us examples to live by. Because the Jews were so jealous of Him and He was not what they were looking for (they wanted an earthly king to guide them and help them control the world, instead Jesus talks about heaven and Eternal Life), they Crucified Him on a cruel cross.

Have you ever had one of those ah-ha moments when something that had seemed so unclear finally made sense to you. I wonder about the disciples that helped Jesus minister here on earth. So much that Jesus told them must have been so unclear, until the events surrounding His crucifixion took place. We view Jesus's death and resurrection with 20/20 vision as we look back some 2000 years.

I am thankful I can look forward to heaven for now I see through a glass darkly (unclear), but then I will see clearly and I will then understand all these mysteries of earthly life that are now so unclear. My hope is that each one of you also is looking forward to heaven some day when our work on earth is done.

What an AWESOME GOD we serve. I give Him thanks for allowing me the privilege of serving Him along with you all here at Trinity UMC.

May God shower each one of you with blessings,

Love,
Pastor Donna, Curlie, and Patch



Columbia Community Concert Band

April 27, 2018

7:30 p.m.

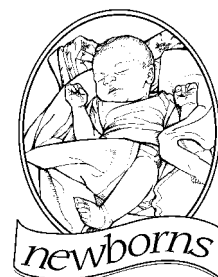
The Columbia Community Concert Band's Spring Concert will be held on Friday, April 27, at 7:30 p.m. at Airport High School Auditorium. Chuck Martin will be driving the bus to the concert. The bus will leave from the Gunter Circle Parking lot at 6:45 p.m. A sign-up sheet is in the Gathering Area. Admission is free.



Fifth Sunday Song Service

Sunday, April 29

On Sunday, April 29, we will have our Fifth Sunday Song Service. Join us in worship as we sing some of your favorite hymns.



Congratulations to:

Morgan Mullaney Marks and Alan Marks on the birth of their daughter, **Zell Eilene Marks**, on Wednesday, March 28, 2018. Zell Eilene weighed 6 lbs. 8 ozs. and is the granddaughter of Darla Mullaney and Dennis Mullaney and Rick and Cecilia Marks. She is the neice of Megan Howard and the great-niece of Bonnie Ramsey.

Mark and Daphne Branham on the birth of their daughter, **Everly Hazel Branham**, on Thursday, March 29, 2018. Everly Hazel weighed 8 lbs. 2 ozs. and was 19 1/2 inches long. Her big sister is Haven, her grandparents are John and Sue Ballentine and her great-grandparents are Tom and Marilyn Lloyd.



Stephen Kamoroff
Ray & Gale Frady
Wayne & Charlie Hooker

Mike Rentz
Ray & Gale Frady
Wayne & Charlie Hooker



WE EXPRESS OUR CHRISTIAN SYMPATHY TO:

Iris Rentz and *Marty Johnson and family* on the death of husband and brother, *Mike Rentz*, on Wednesday, March 28, 2018;

And to *Mary Kamoroff and family* on the death of her son, *Stephen Kamoroff*, on Saturday, March 31, 2018.



Lunch Bunch will meet on **April 8** following the service.

The United Methodist Men's Bible Study will **NOT MEET** in April.

The United Methodist Women will meet on **Wednesday, April 11**, 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, April 29**, at 9 a.m.

The FAN Team will meet on **Sunday, April 29**, immediately following worship.



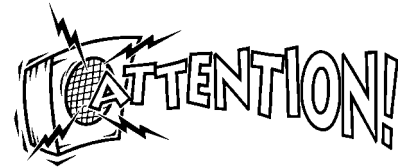
Dear Jeanette and Marty,

Thank you both for the delicious snacks that you brought to our employees here at Laurel Crest. They were enjoyed by all! The Evening Staff was thrilled that they were remembered.

I enjoyed your visit and hope to cross paths again with you both.

Many blessings to you both!

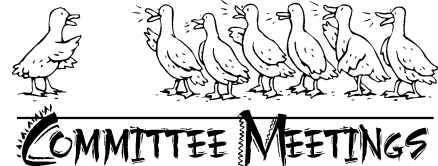
With love,
Linda Crocker & Staff of Laurel Crest



**Epworth Children's Home
Cookout for Kids
BBQ Fundraiser
April 14, 2018**

**Sponsored by Epworth Children's Home
Alumni Association**

A great family event with delicious South Carolina BBQ!
Special Music
Kids' Entertainment
Balloon Art and Face Painting.
Bake Sale
Over 30 beautifully restored Model A Fords



The **Staff Parish Committee** will meet with the proposed pastor on **Sunday, April 15, at 2:30 p.m.** in the Conference Room.

The **Finance Committee** will meet on **Sunday, April 22, at 6:30 p.m.**



TRINITY FOOD CO-OP

Invite your friends and neighbors to participate.

Our next co-op date is **Tuesday, April 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



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 (hornsbjm@bellsouth.net) if you’d like to be in charge of a particular month/place.

April	East Point Academy
May	Saluda River Elementary
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

Message from the Vitality (Witness) Team

The following is from Paul Nickerson, the consultant for Reaching New People:

Erwin McManus is the pastor of Mosaic, a congregation in Los Angeles and I want to recommend to you his book, **The Last Arrow**. In this book, he says:

"We must war against the temptation to settle for less. Average is always a safe choice, and it is the most dangerous choice we can make. Average protects us from the risk of failure, and it also separates us from futures of greatness".

In my reading of scripture, God always seems to call us to give our very best and to know that God will always be with us. But as I work with churches I find many of them playing it safe, keeping to the tried and true programs and activities, settling for mediocre. It is comfortable and easy, but what impact does it have for God's Kingdom?

Jesus told his disciples to come and follow and then to go out and make disciples of all the world. He didn't say, "Sit in the Upper Room, play it safe and hope someone shows up to join you". It was a risky challenge, and yet when the disciples took up that mandate, great things happened and the world was changed.

In your church and in your neighborhood, what wonderful and wild thing is God calling you to do? Don't just churn out another program year that looks pretty much like last year. Don't play it safe; listen for the Spirit that sends you to all sorts of new adventures. Your life, and the lives of so many people around you will never be the same. Wishing you an exciting journey with the Spirit.

With grace and peace,

Paul Nickerson
Nickerson Coaching



Relapse Prevention Tips

What is a lapse?

A lapse is a slight slip or backward slide in meeting your healthy lifestyle goals. It is a single mistake. An example of a lapse is not being physically active for a planned session, or eating a high-fat, high-calorie food.

What is a relapse?

A relapse is a string of lapses, with backsliding and returning to previous unhealthy behaviors. An example of a relapse is not continuing with your walking program over the summer months, or getting back to your afternoon chocolate bar routine.

How do I know if I'm off my physical activity or healthy eating program?

The "all-or-nothing" trap or "black-and-white thinking" is a unrealistic way of thinking we all use. We say that we are either following our physical activity program or we are not, we are on a diet or we are off a diet. Try to view things in "shades of gray." So, for example, during a very stressful week at work, someone may only get in two physical activity sessions, when they had planned for 5. Instead of viewing this as a "failure," one might conclude that they did quite well to get in two sessions, even during a busy week. We know that ANY level of physical activity is better than NO physical activity.

What can I do if I have a lapse?

Be honest with yourself: Admit to yourself that you have hit a bump in the road, figure out what caused you to get off track and be prepared for next time.

Enlist the troops: This is the time to call on friends and loved ones for encouragement, and for some help to get going in the right direction.

Take a closer look: Recall your self-monitoring skills, and make an effort to schedule activity or resume healthy eating.

Think about your goals: Take a look at your current goals and determine if you need to revise them, or change the way you are trying to accomplish them.

Raise the positive and take out the negative: Think and act positively and try to focus on your strengths and what you have already accomplished. Avoid negative thinking, and combat those negative messages with positive ones.

Be "rejoicing in hope, patient in tribulation,
continuing steadfastly in prayer."

Romans 12:12 (NKJV)