

# 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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MAY 2018



## Preparation

That's a hard thing to think about doing, getting ready to do a specific thing. You know God expects us to prepare our bodies and our souls to serve Him...to live for Him, by letting His Love flow through us to others. In order to do this we need to prepare ourselves through Bible Study and Prayer, two important things we need to do daily.

Trying to get ready for the next phase of my life has me thinking about preparation. I look forward to the doors that the Lord may be opening for me to go thru as I strive to serve Him. If I seem a little scatterbrained at times it's probably because I am trying to figure out what I need to get done next. You see I am trying to move most of my stuff to Aiken to get that out of the way and allow me to continue to serve you over the next two months.

The truth is OOPS, I sometimes forget to Fully Rely On God, to let Him be my guide as to what needs to be done next. It's just hard for me to let go and let God lead sometimes. I have a bad habit of thinking that I will do it myself in so many little things that I forget to relinquish control of my life to God. However, when I do remember, things seem to go so much better. Right now God is reminding me to make a list of things I want to get done here at Trinity and to check them off as I go.

Please pray for me as I prepare for yet another retirement, that I will be able to complete all the necessary work. It seems that around every corner there is more paperwork to be done. I am nervous and scared too. But I am seeking God's will for my life. As a preacher friend of mine told me, "You are too good to just do nothing." God is beginning to open doors to possibilities for my post second retirement career. I just have to remember to Fully forever Rely On God!

Love,

Rev. Donna, Curlie and Patch

*Congratulations!*

**Anna Kamoroff** has had an animated short film chosen for five regional film festivals this spring and has been awarded a summer internship with Public Broadcasting affiliate WGHB in Boston. Anna is completing her junior year at UNC School of the Arts.



**Thursday, May 3**

On Thursday, May 3, we will gather at the crosses at **9:15 a.m.** for prayer. Please plan to join us. **(Please note change of time.)**



On Thursday, May 3, the United Methodist Women will travel to St. George UMC for lunch at their Tea Room, St. George's annual fundraiser for missions. They have a varied menu to choose from with the cost depending on the items chosen. They also have a bake/craft sale. All women are invited to join them. A sign-up sheet is on the round table in the Gathering Area. They will meet in the Gunter Circle Parking lot and plan to leave at 9:45 a.m.



On Sunday, May 13, the United Methodist Men will host a Mother's Day Breakfast in lieu of their monthly breakfast and Bible Study. The breakfast will be served at 9 a.m. and everyone is invited to attend.

## Mother's Day Offering for Epworth Sunday, May 13

TRANSFORM A CHILD'S FUTURE. Each year, Epworth Children's Home provides care to children in our own communities who have experienced abuse, neglect, and loss. Epworth's care breaks the destructive cycle and encourages children to aim higher in life. The physical, emotional, academic, and spiritual care they receive transforms lives. On Sunday, May 13, 2018, our congregation will support Epworth by collecting the Annual Epworth Mother's Day Offering. We invite you to give generously to the children who call Epworth home. Epworth does not receive apportionments from the United Methodist Conference. This offering is our opportunity to support this vital ministry. For more information, please visit Epworth online at [www.epworthchildrenshome.org](http://www.epworthchildrenshome.org).



**Stephen Kamoroff**

English & Jewel Pearcy	Jim & Marie Stiles
Oren & Hilda Edwards	Wanda E. Franklin
Mark & Thesa Briggs	Bonnie Ramsey
Linda Maloch	Shirley Butler
George Taylor	Sinners SS Class

**Mike Rentz**

English & Jewel Pearcy  
 Oren & Hilda Edwards  
 Mary Kamoroff  
 Linda Maloch  
 Bonnie Ramsey  
 Arnold & JoAnn Heiting

**Julius Ross**

Bonnie Ramsey  
 English & Jewel Pearcy  
 Wayne & Charlie Hooker  
 Arnold & JoAnn Heiting

**Graham Shelley**  
Bonnie Ramsey



**WE EXPRESS OUR CHRISTIAN SYMPATHY** to *Simon Ross and family* on the death of his brother, *Julius Ross*, on March 30, 2018 in Guyana.

**WE EXPRESS OUR CHRISTIAN SYMPATHY** to *Oren and Hilda Edwards and family* on the death of her uncle, *Graham Sulley*, on April 9, 2018.

**FROM THE SPRC**

Despite the loss of power during the storm, the SPRC met with John & Kay Jordan in the Gathering Area on April 15th. John spoke of his journey into ministry as a continuation of his previous career at the Dept. of Mental Health. Kay spoke of her encouragement of John to listen to the Lord when He calls and become a pastor. John and Kay both spoke of their love of outdoor recreation and are excited to take part in what Columbia has to offer. They will be residing in the parsonage and commented on the great condition the home is in. They are impressed with the outreach we do with the community and our ability to spread the word of Christ with members and non-members alike. John and Kay have great ideas to add to our missions and to continue Donna's great work at our church. Moving day is June 27th and John's first day in the pulpit is July 1st, so be on the lookout for announcements concerning help with moving, meals, etc.

Yours in Christ,  
SPRC



**Graduate Recognition**  
**Sunday, May 20**

We will celebrate our graduates on **Sunday, May 20**. If someone from your family is graduating from high school or college, please contact Ruth Frady at 796-1592, or call the Church Office.



Dear Trinity Family,

Tommy and I want to thank you for all of the cards and notes, phone calls and offers of food when my brother unexpectedly passed away on March 28. It was such a comfort to have the prayers and support of our friends at Trinity. Mike was such a strong Christian and knew he would be in heaven one day. We family members are assured that we, too, will all be with him again in the presence of Jesus, when we join him in heaven. It is often said by Christians that we don't know how someone faces tomorrow without Jesus. It is true now for Mike's family.

Thank you again for all you mean to Tommy and me.

Love in Christ,  
Marty Johnson



Dear Trinity Family,

Thank you for all you did for me and my family during the time following Stephen's death. It was such a shock and saddened us so very much, but we were comforted beyond expression by the calls, cards, visits, food and especially prayers. May God continue to bless our church so that we may be blessings.

Love,  
Mary Kamoroff



Dear Trinity Family,

I am very grateful for your thoughtfulness and prayers. You have provided our family with the most needed peace and comfort after the passing of my brother, Julius.

Mother Teresa said, "Kind words can be short and easy to speak, but their echoes are truly endless."

Many Thanks once again,  
Simon Ross



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

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

## **COMMUNITY RECOGNITION TEAM**

Thanks to Charlie Hooker and Jan Weaver for their help in baking and delivering cookies to East Point Academy on April 19. We received the following thank you note from them: *“Thank you so much for brightening our day with COOKIES!”*

It was also signed by 16 other staff members with such remarks as:

*“Good food is a universal love language. Thank you for speaking our language.”*

*“Thanks for putting a BIG SMILE on my face and in my heart.”*

*“Thanks for being so kind.”*

*“So thoughtful.”*

*“Cookies were so good. Thank you so much.”*



**GOD’S HELPING HANDS**

*June 23, 2018*

God’s Helping Hands will have an Open House on June 23rd from 10:30 a.m.-1:30 p.m. for anyone to come tour the building, meet the volunteers, and learn more about the good work our church is supporting. Light refreshments will be served and some classic cars will be on display as well. God’s Helping Hands’ address is 919 Holland Avenue in Cayce.



**Lunch Bunch** will meet on **May 6** following the service.

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

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

The **Vitality Team (Witness)** will meet on **Thursday, May 10**, at 7 p.m.

The **Fan Team** will meet on **Wednesday, May 16**, at 1:00 p.m.

**Church Council** will meet on **Sunday, May 20**, at 6:30 p.m.

The **Sunday School Breakfast** will be held on **Sunday, May 27**, at 9 a.m.



**Be a FAN for your health: Increase your faith, be more physically active, and eat more fruits and vegetables!**

*“Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” Matthew 5:16 (NKJV)*

### **Short-term and Long-term Goals for Healthy Living**

Setting goals is a process that involves identifying: 1) What are your goals? 2) How can you work towards achieving your goals? and 3) How will you keep track of your progress towards your goals? During goal setting, it is important to clearly identify goals that are short-term and long-term. Use this handout to learn about differences between short-term and long-term goals, and how you can use short-term goals to help you and your church achieve long-term goals of leading healthier lives.

**Short-term Goals** are goals that you will want to achieve in the near future, such as in a day, a week or a month. They should be small, and easy to achieve steps that can help you towards your long-term goals. Below are examples of some short-term health goals:

- \* I will walk to the store once this week instead of driving.
- \* This week, I would like to walk around my neighborhood for 15 minutes a day, 3 days a week.
- \* I will have a fruit or vegetable as a snack every day this week instead of a candy bar.

**Long-term Goals** are goals that you will achieve over a longer period of time. These goals can take several months to a year, or even longer to achieve. Because these goals will not be achieved for some time, it can be difficult to stay focused, to maintain a positive attitude, and to stay motivated. This is why setting short-term goals are very important for keeping you motivated and focused. Below are examples of long-term goals.

- \* In six months, I will be walking 150 minutes a week.
- \* In six months, I will be eating 3 cups of vegetables a day.
- \* In six months, I will be eating whole grains instead of refined grains.



### **TRINITY FOOD CO-OP**

*Invite your friends and neighbors to participate.*

Our next co-op date is **Tuesday, May 22**. 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**

### **CANOEING FOR KIDS**

#### **RAFT-A-RAMA**

**Saturday, May 19, 2018**

Canoeing for Kids will hold their main fundraising event, Raft-A-Rama, on Saturday, May 19, at 9:30 a.m. Join them for a day of white water rafting on the Saluda River! Raft-a-Rama offers participants the rare opportunity to go rafting with an experienced guide. Never been on the river? This is a great way to see another side of your city. The trip starts in Lexington at Canoeing for Kids headquarters and goes 8 miles into Columbia. You'll race down seven exciting rapids and paddle right under the Gervais Street Bridge!

No experience or special equipment is needed. Paid participants are guaranteed a seat in a raft, all necessary equipment, shuttle service from the end of the trip back to Canoeing for Kids, and a cook-out style lunch on the scenic property of Canoeing for Kids. The trip will launch promptly at 9:30am, so arrive between 9 and 9:15 to allow time for parking and gearing up. Time on the water is approximately 2 hours. The rapids are rough and the water is cold, so participants should be physically capable of handling extreme conditions. Wear old tennis shoes or sandals with a heel strap and clothes that can get wet. Hat, sunglasses, and sunscreen are strongly recommended.

Come alone or organize a group of friends, family, or coworkers. All are welcome to this one-of-a-kind event! Information on registration can be obtained by calling Jay Alley at (803) 719-1727 or visiting their website at [www.canoeingforkids.org](http://www.canoeingforkids.org). Cost per participate is \$70.00.