

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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JUNE 2018



Blessings—Yes, My Life is a Rose Garden

As I face retirement I have been thinking a lot about how BLESSED my life has been. As a young child and teenager, I knew I wanted to be a nurse, to be able to help people hopefully feel better. I knew for certain that God wanted me to help others. Early on during my young teen years I wanted to be a missionary nurse to Nigeria. I was scared to death thinking about maybe having to preach or teach something in Nigeria. As I matured I realized you could not go on the foreign mission field if you had a lot of allergies. I then began to pray that God would show me what He wanted me to do.

About this time I met a girl about my age who thought Jesus Christ only came around each Christmas season with Santa Claus. Prior to that I was sure beyond a shadow of a doubt that every person in the state of South Carolina knew who Jesus Christ was. God showed me different. After this I planned to just be a nurse and wanted to work Pediatrics, which I did the last nine months of full time nursing.

Very early in life I was sure I did not want to be a school teacher. Just going to school for twelve years was enough for me. I am sure God must have had a good laugh about that, for I have earned an Associate Degree in Nursing, a BA in Early Childhood Education, Masters in Elementary Education, Masters plus 30 hours with a concentration in Elementary School Science, and then a Master of Divinity Degree. As I look back over this now, I see how blessed I am. Through all of this I have made so many friends at college and seminary, through the hospitals and school where I worked, and then the parishioners who I have been privileged to serve God along side of. I thank Him and each of you who I have come to love so much. God's blessings are everywhere if we will just take the time to look and see.

I started this by saying my life was a rose garden. I love to grow roses. The flowers are so fragrant and pretty, but the bushes have thorns. So does life. My life has had its thorns too. My daddy was killed in an industrial accident the week before I turned 10, then my first child died at the age of 18 months, and then my husband died after 31 years of marriage. Yes, maybe they are thorns, but God has allowed me to use my experiences to empathize with others as they face adversities in their own life. Also, I have wonderful memories of the beautiful times we had together. I thank God for memories.

God has truly blessed my life with so many friends along the way. Yes, the rose garden of my life has many differing roses in it of all colors, shapes and sizes. Every one of them has truly been a blessing to me. I praise the Lord that He planted the people who make up Trinity UMC in my rose garden for they are truly a blessing to me.

May God Bless you all as He has blessed my life.

Love,

Rev. Donna, Curlie, and Patch



SUMMER SPLASH

Saturday, June 2nd

Trinity UMC – Gunter Circle Entrance

11:00 a.m. to 2:00 p.m.

(VBS Registration, Waterslide/Outside Water Games till 1)

1:00 p.m. to 2:00 p.m.

(Lunch and Goodbye Time)

Bring: Sunscreen, Towel, Bathing Suit
Lunch Will Be Provided



On Sunday, June 17, the United Methodist Women will host a Father's Day Breakfast. The breakfast will be served at 9 a.m. and everyone is invited to attend.



RECEPTION AFTER WORSHIP

**FAREWELL RECEPTION FOR PASTOR DONNA
JUNE 24, 2018**

A reception honoring Pastor Donna will be held in the Gathering Area immediately following the service. Please join us as we say farewell to Pastor Donna and wish her well upon her retirement.



Congratulations to **Jamie Kirby Owen** and **Matt Owen** on the birth of their daughter, **Everleigh Nell Owen** on Thursday, April 19, 2018. Everleigh weighed 7 lbs. 3 ozs.

Her big sister is Genavieve, her big brother is Brycen, her grandmother is Carol Cooke Kirby and her great-grandmother is Nell Cooke.



Stephen Kamoroff

John & Patsy Zeigler Grover & Patsy Shuler
Tommy & Marty Johnson Nell Cooke
Joe Alley

Mike Rentz

Grover & Patsy Shuler

Linda Taylor Boatwright

Grover & Patsy Shuler

Graham Shelley

Grover & Patsy Shuler

Clifton Bodiford

Ray & Gale Frady



To Trinity UMC,

We really appreciated the donation of pocketbooks and toiletry items. Our mothers in the our Family Care Program and our female young adults in our College Program were very happy to receive your gifts.

Thank you,
Debrah



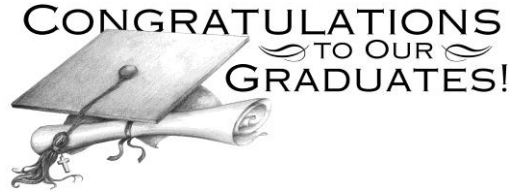
Dear Trinity Family,

Thank you so much for all of the cards, calls, visits and prayers during my recent hospitalization and during rehab. Your kindness and consideration meant so much to me. Please continue to keep me in your prayers as I continue to recover at home.

Love,
Carol Frye



Congratulations to **Matthew Skipper**, who has been invited to Palmetto Boys State this summer at Anderson University and received many awards on May 23 at Cardinal Newman. He will be working at a Salkehatchie Camp the first week of July and then attending Wrestling Camp at NC State.



BROOKLAND-CAYCE HIGH SCHOOL

Cristen Hipp

Daughter of Jeff Hipp
Granddaughter of Francis and Gillett Hipp

Dylan Edwards

Son of Carlis Edwards
Grandson of Oren and Hilda Edwards

Wendy Carter

Granddaughter of Esther Carter

CLEMSON UNIVERSITY

Alex Thomas

Daughter of Kevin and Cyndi Thomas



**TRINITY UMW
2018 Woman of the Year**

The recipient of this award has been chosen based on her many years of service and dedication to Trinity and beyond. With a smile and a positive outlook, she has served on many committees, has been a Sunday School teacher, was instrumental in documenting the pictorial history of our church, was a member of our most talented choir, is the driving force behind our community recognition outreach and has been an outstanding facilitator at our annual planning retreats in January of 2017 and 2018.

As we all must be good stewards of our time, she has managed to accomplish these things while raising a family, taking care of a husband and parents and now her grandchildren. She also pursued and is now retired from a career with state government which kept her working more than she wanted to. But even so, not one to be idle too long, she started a consulting business and also serves as the President of the Westover Acres Community Crime Watch Association. She has certainly bloomed where she is planted!

The Trinity unit of the United Methodist Women is pleased to honor **Jeanette Hornsby** as its 2018 Woman of the Year.



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.

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



TRINITY FOOD CO-OP

Invite your friends and neighbors to participate.

Our next co-op date is **Tuesday, June 26**. 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*



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 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.

FROM THE SPRC



On Friday, June 22, we will meet at the parsonage to help clean it and get it ready before moving day on June 27. Please join us if you would like to help. If you need additional information, please see K. C. Warble.



SPRC will meet following the service on Sunday, June 3.

United Methodist Women will not meet in June or July.

United Methodist Men will not meet in June, July or August.



Improving My Cholesterol

There are several lifestyle changes that you can make to improve your cholesterol. You can eat healthy foods, reach and maintain a healthy weight and be physically active. Some people also need to take medicine to lower their cholesterol because changing their lifestyle and diet isn't enough. Your healthcare providers will help you set up a plan for improving your cholesterol — and keeping yourself healthy!

What should I eat?

Focus on eating foods low in saturated and *trans* fats such as: A variety of fruits and vegetables.

- A variety of whole grain foods like whole grain bread, cereal, pasta and brown rice. (At least half of the servings should be whole grains.)
- Fat-free, 1 percent and low-fat milk products.
- Poultry without skin and lean meats. When you choose to eat red meat and pork, select options labeled “loin” and “round.” These cuts usually have the least amount of fat.
- Fatty fish such as salmon, trout, albacore tuna and sardines. (Enjoy at least two servings baked or grilled each week.)
- Unsalted nuts, seeds, and legumes (dried beans or peas).
- Non-tropical vegetable oils like canola, corn, olive, or safflower oils.

What should I limit?

- Foods with a lot of sodium (salt)
- Sweets and sugar-sweetened beverages
- Red meats and fatty meats that aren't trimmed
- Meats that have been processed with a lot of sodium
- Full-fat dairy products such as whole milk, cream, ice cream, butter, and cheese
- Baked goods made with saturated and *trans* fats like donuts, cakes cookies
- Foods that list the words “hydrogenated oils” in the ingredients panel
- Saturated oils like coconut oil, palm oil and palm kernel oil
- Solid fats like shortening, stick margarine and lard
- Fried foods

FAN Moment comments presented by Marilyn Lloyd on May 6, 2018

I want to bring you up to date on FAN. We began a year ago to learn about FAN: Faith, Activity, and Nutrition. Now, we are making plans to continue our efforts into year two. The Trinity FAN Team is looking over our program plan, thinking about what we did well and what to continue at Trinity. Most of our Goal-Setting suggestions are for you personally, including the bulletin inserts. However, at Trinity, you have at least two other chances for group activity: our Balance Group and Becky's Co-op,

Although our Balance exercise group has dwindled due to health problems, doctor appointments, and other reasons, we continue to meet with two or more of us. It's become a good habit. It's just Monday and Wednesday from 2:00 to 3:00 p.m. in the Conference Room. Those who come have found stronger legs and muscles and better balance. Beginning last September, we've exercised to a DVD with seated and standing chair exercises. It doesn't seem as though sitting to do exercises would make a difference, but it does! We do what we can. Most of our standing exercises have us with our hands on a chair and if a movement doesn't seem right, we skip it and wait for one we can do. You don't have to attend every time, just be with us when you can. You are welcome to come and bring a friend.

Remember the Co-op on the fourth Tuesday of the month. Included in Becky's wonderful volunteers from Trinity, you'll find Steve White and K. C. Warble, Charlie Hooker, Mary Sue Lewis and Mary Louise Robinson. You're invited to come at 8:30 a.m. to help Becky Derrick and her loyal volunteers put healthy produce into bags that are available for \$5.00. Read the GLIA and the bulletin to find more information about this group.

The University is not continuing the FAN Program next year, however, they will continue to send monthly communications. The USC-FAN Team hopes we will continue in a positive way to encourage choices toward stronger faith, more activity and better nutrition.

The great news is that we want to continue our message of making a habit to have at least two fruits and three vegetables a day and of planning our days to include moving in long or short bursts of movement to get our muscles energized for (at a minimum) walking up steps, turning around, or being able to move and stand for a time. And most of all, to bring Jesus into our daily lives to help us with our daily decisions! Having the Bible to keep us going, we are able to make good habits with better choices.

Because of the positive encouragement we plan to continue FAN with its good habits of Faith, Activity and Nutrition. We welcome your comments and ideas.