

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: *John Jordan*

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.

Phone: (803)794-7777

E-Mail Pastor - jdjordan@umcsc.org

Fax: (803) 939-9628

E-Mail Church - trinityumcwc@sc.rr.com

Website - trinityumcwc.org

JULY 2018



Counting Blessings

When is the last time you have thought to count your blessings from your loving Heavenly Father? Sometimes we tend to dwell on the negative things that are happening, and we forget to count our blessings. As I prepare to leave Trinity UMC I have begun to give a lot of thought to the ways that God has blessed me. My blessings are really too numerous to count, but I am very thankful for every one of them.

When we begin to look back you may be surprised at the blessings that have come as the result of some of the negative things in your life. Throughout my ministry I have found that losing my father at 10 years old, my first child when she was only 18 months old, and my husband after only 31 years of marriage have all helped me to be a better pastor to people in their own hour of need. When those three things happened to me I was devastated to say the least, but God has used my own experiences to help me help others.

There is an old hymn called *Others* that I sometimes think of as my theme song for my life. The chorus goes like this...

“Others, Lord, yes, others,
Let this my motto be,
Help me to live for others,
That I may live for thee.”

To me this hymn sums up my life and my prayer as I strive to live for God. I pray that others can see the love of God shining forth through the life I live.

God Bless and Love,

Rev. Donna, Patch, and Curlie

P.S.

I will be praying for all of you and John and Kay Jordan. I feel good that he is following me here. I feel there is very good things on the horizon for Trinity UMC. Love all of you dearly.



JULY 15, 2018

A reception honoring Pastor John and Kay Jordan will be held in the Gathering Area immediately following the service on Sunday, July 15. Please join us as we welcome them to Trinity.



*Sunday, July 29
6 p.m. - 7:30 p.m.*

Please join us for a wonderful time of eating homemade ice cream on Sunday, July 30, from 6:00 p.m. to 7:30 p.m. You don't want to miss our annual Ice Cream Social. If you are willing to provide a churn of ice cream, please sign up on the sheet that will be in the Gathering Area.



JOIN US FOR THREE DAYS OF VBS FUN!

**Friday, August 3
6 - 8 p.m.**

**Saturday, August 4
6 - 8 p.m.**

Sunday Worship, August 5, 11 a.m.
Sing & Certificate Ceremony

Join us for a covered dish lunch following Worship!



Stephen Kamoroff

Charles & Jackie McNeill
Tom & Marilyn Lloyd
Lisa Butler

Mills & Dale Nunn

Tom & Marilyn Lloyd

Mike Rentz

Charles & Jackie McNeill
Tom & Marilyn Lloyd

Eddie Day Shull

Wayne & Charlie Hooker

Lellan Smith

Mary Kamoroff
Bonnie Ramsey
Tom & Marilyn Lloyd
Wayne & Charlie Hooker
English & Jewel Percy
Arnold & Jo Ann Heiting

Julius Ross

Tom & Marilyn Lloyd

Barbara Alley

Charles & Jackie McNeill



WE EXPRESS OUR CHRISTIAN SYMPATHY to Nell Cooke and family on the death of her sister, **Lellan Smith**, on Wednesday, June 13.



Epworth Ice Cream

Epworth ice cream is now available by the pint at Crave (2843 Millwood Ave), The Local Buzz (141 S. Shandon St.), & Fusco's Market (2900 Dreher Shoals Rd.). Flavors are peanut butter, vanilla bean, vanilla chocolate swirl, and caramel. 100% of profits benefits Epworth Children's Home. Like the Epworth Ice Cream facebook page and visit epworthicecream.org for updates.



My Dear Trinity Family,

I fell in love with all of you when I met you. I cannot praise you enough for the wonderful way you are such a welcoming church, even to strangers. All my friends and family who have visited there have commented on your openness and friendliness. You do not know how fortunate you are to be that kind of church. For me you will always be a jewel in my life's path. I am so thankful that God has allowed me to spend the last three years with you. God is truly at work in your midst.

I want to also say THANK YOU for the Love Offering you had K.C. present to me. I cannot find adequate words to express how much the love I saw poured out to me yesterday means to me. Then to be able to share it with my family and some friends, it was wonderful beyond words.

I will continue to pray for you as you proceed into the future. I know that God is in your midst and He is working through you!

May God Bless each and every one of you.

I love you,
Rev. Donna



Dear Trinity Family,

Thank you so much to all of you who kept me in your prayers and for all of you who sent cards and called during my illness. They were much appreciated.

Love,
Carolyn Sox



Please check to make sure that your name badge is on the board. We have made new ones for those whose badges have been damaged or misplaced. If you do not see yours on the board, please let Marie Stiles or Jewel Percy know. And remember to grab your badge each Sunday and wear it during Sunday School, Worship Service and Time Together so that Rev. John Jordan and his wife, Kay, may put names with faces more easily. Thank you for your cooperation.



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.

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, July 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*



The Exercise Class meets on Monday and Wednesday at 2 p.m. in the Conference Room.

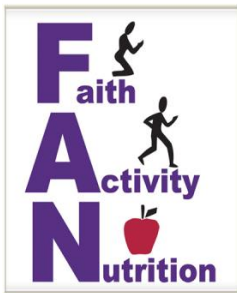
United Methodist Women will not meet in July.

United Methodist Men will not meet in July and August.

Lunch Bunch will be held on Sunday, July 1, immediately following the service. Plan now to join them for a covered dish meal and a wonderful time of fellowship.

The office will be closed on Wednesday, July 4.

The annual Ice Cream Social is scheduled for Sunday, July 29, from 6 p.m. – 7:30 p.m.



FAN Message

One of the ways to help prevent or delay type 2 diabetes is by losing a small amount of weight. To get started, use these tips to help you move more:

Find ways to be more active each day. Try to be active for at least 30 minutes, 5 days a week. Walking is a great way to get started and you can do it almost anywhere at any time. Bike riding, swimming, and dancing are also good ways to move more. Simple ways to add activity to your day:

1. Show your kids the dances you used to do when you were their age.
2. Turn up the music and jam while doing household chores.
3. Work out with a video that shows you how to get active.
4. Catch up with friends during a walk instead of by phone.
5. March in place while you watch TV.
6. Choose a place to walk that is safe, such as your local mall.
7. Deliver a message in person to a co-worker instead of sending an e-mail.
8. Take the stairs to your office. Or take the stairs as far as you can, and then take the elevator the rest of the way.
9. Join the Exercise/Balance Class held Mondays and Wednesdays at 2:00 p.m.

An Exercise That Will Strengthen Your Hips

These ball-and-socket joints generate power and move in all directions, allowing you to walk, get in and out of a car, climb stairs, reach for things and much more. To do all of these things without pain, it's important that you regularly work your hips in their full range of motion.

Seated Side Taps

Because this is a seated exercise, it's an especially safe way to work several parts of the hips.

How to do it: Sit tall in a chair with feet flat on the ground, holding the sides of the seat for support. Engage your core. That means to tighten across your belly as you would if someone were about to punch your gut. Lift your left foot and extend the leg in front of you and slightly to the side, at about a 45-degree angle. Tap your left heel on the ground, then bring the left foot back to the starting position. Repeat the movement with your right foot. Finally, extend your left foot and place your heel on the ground, then extend your right foot as well. Bring both feet back to the starting position at the same time. That's one rep (single + single + double). Do 10 reps total.

There are copies on the round table in the Gathering Area of printed instructions for more exercises to help strengthen your hips and maintain better balance.



Nell Cooke
Brookdale Spring Arbor
1800 India Hook Road, #207
Rock Hill, SC 29732

Marvin & Sara Efron, Room 52
Jenni-Lynn
915 Hook Avenue
West Columbia, SC 29169
(803) 794-3444

June Hutto
1 Martha Franks Drive
Laurens, SC 29360

Mary Alice Duncan
Brookdale Anderson
311 Simpson Road, Apt. 106
Anderson, SC 29621

Dean & Carol Frye
3332 Spring Drive
West Columbia, SC 29170

Diane & Donna Muszynski
Mary Brewer
725 Indigo Avenue
Cayce, SC 29033