

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*

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.

Phone: (803)794-7777

Fax: (803) 939-9628

E-Mail Pastor - jdjordan@umcsc.org

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

Website - trinityumcwc.org

DECEMBER 2018

John's Jottings

During our trip to the Holy Land three years ago, one of the sites Kay and I visited was one of the Shepherd's Fields. (I say Shepherd's Fields because there are at least four sites that claim to be the field where the angels appeared to the shepherds announcing the birth of Jesus.) At this particular site there was a chapel that had three murals painted by an artist whose name I forget. One mural depicted the angels announcing the birth to the shepherds. The next depicted the shepherds at the manger with Mary and Joseph. The third depicted the shepherds returning to the field after visiting the baby.

As the group entered the chapel and began to look at the murals, Dr. Luker, the instructor and guide, told us to look for the dog in each mural. This particular artist often placed a dog in his paintings and the dog expressed the emotion that the artist wanted to convey in the painting.

In the first mural, that of the angels announcing the birth of Jesus to the shepherds, the dog is in the corner of the picture, snarling and barking. Its hackles are up. The ears are back. The posture is a defensive posture. It is the way that any of you who have come to the parsonage have been greeted by Carmen, our dog. The dog is expressing fear. The fear that the shepherds felt as they received this vision and news. This is something that they never expected. Angels appeared to kings and priests, not to lowly shepherds. So, they were afraid.

We are often afraid when we receive unexpected announcements. We can't help but have our anxiety level raised when called to the principal's office or the boss's office. During World War I and II many dreaded seeing the Western Union man coming up the street. Often our first reaction to any unexpected announcement is that of fear. We may well know the fear the shepherds experienced as they received this unexpected announcement.

The second mural depicts the shepherds at the manger visiting the baby, Mary and Joseph. In this one the dog is sitting erect. Its head is slightly bowed as it gazes at the manger. Its ears are up, seemingly attentive. The expression on the dog's face is one of awe and reverence. The dog appears calm and at peace. The dog expressed the peace, awe, and reverence that came to the shepherds as they encountered the savior of the world.

We experience that peace, awe, and reverence in those time and places where we may encounter God. This was our feeling as we visited many of the sites in the Holy Land. But it was also the feeling we had when we visited Stonehenge and Cathedrals in England. It is a feeling I get when I enter any church sanctuary. It is a feeling one may get at the beach, or in the mountains, on an early morning hike through the woods. It is a feeling that comes over us as we encounter the savior of the world. We know the feeling of peace, awe, and reverence that the shepherds felt at the manger.

Continued Next Column

The final mural depicts the shepherds as they are going back to the field after seeing the baby Jesus. In this painting the dog is leaping off the ground. The ears and tail are up and the tail gives the impression of wagging. The dog's mouth is open as it seems to be barking out the good news. The dog looks like Carmen when we let her in in the morning. The dog expresses the joy that the shepherds experienced having encountered the savior of the world!

After our encounters with our savior we experience joy. Joy being not just a good happy feeling, but joy as a state of delight. Joy as a permanent state of being, not a transitory emotion. After our encounter with Christ we receive a new life filled with joy.

We may enter into this Advent season with fear. But let's remember that we celebrate the coming of the Prince of Peace. May we all encounter this prince in some way every day this season, so that we may know the joy of knowing the savior of the world.



Christmas: A Collage of Celebration Sunday, December 16

Christmas: A Collage of Celebration, is what we're calling this season's cantata. That's a creative way of saying that Christmas is made up of many things. The choir will be singing some of the most beloved and well known carols of the holiday season. These songs tell the story of a newborn King and what he will bring to the world. The narration provided by K.C. Warble, along with performances by Chris Derrick, Rhett Hook and our children, will share the interesting and sometimes surprising ways the words and music of these carols came together. Please join us on Sunday, December 16th as we rediscover the music of Christmas together!



Christmas Eve Candlelight Communion Service Monday, December 24

6 p.m.



Randolph "Ebbie" Meek

Jeanette Hornsby
Charles & Jackie McNeill

Freddie Shull

Jeanette Hornsby
Virginia Baird
Charles & Jackie McNeill

Evelyn Greshel

The Sinners Class
Arnold & Jo Ann Heiting
Charles & Jackie McNeill
Wayne & Charlie Hooker
Ray & Gale Frady
John & Patsy Zeigler

Bucky Phillips

English & Jewel Percy
Timothy James
Dr. & Mrs. Joseph Mack
Eveline (Boots) Morgan
Charles & Jackie McNeill
Arnold & Jo Ann Heiting

Stephen Kamoroff

Jeanette Hornsby

Eugene Eaddy

Mary Kamoroff
Jeanette Hornsby

Bill Hornsby

Charles & Jackie McNeill

Lellan Smith

Charles & Jackie McNeill

Mike Rentz

Jeanette Hornsby

Bill Johnson

Wayne & Charlie Hooker



WE EXPRESS OUR CHRISTIAN SYMPATHY to **Dan Greshel and family** on the death of Dan's mother, **Evelyn Greshel**, on Monday, November 19.

WE EXPRESS OUR CHRISTIAN SYMPATHY to **Dot Johnson and family** on the death of her husband, **Bill Johnson**, on Sunday, November 25.

ATTENTION!

Would you like to raise money for our church while you do your online Christmas Shopping (and any other time shopping)? YOU CAN! Go to www.umcmarket.org and sign up. Then many retailers, including Target, LL Bean, Sears, Dicks, Office Depot, I Robot, Staples and many others, will make a donation to Trinity based on a percentage of your purchase. This includes travel sites such as Expedia and hotels as you make your travel plans. It even includes services such as Verizon and AT&T.

Signing up is easy, just be sure you sign up under Trinity West Columbia. Once you have signed up you do not have to go through the market, but if you are shopping a site it will ask if you want to make a donation, then send you through the market. You can also track how much you have contributed. While these donations may not seem like much at once, every little bit helps us to meet our budget so we can do what God is wanting us to do at Trinity.



Trinity Family

In lieu of sending 2018 Christmas Cards, a gift for the Roof Fund has been given by **Arnold and Jo Ann Heiting** in honor of their Trinity Family.



Dear Trinity,

Your kindness is appreciated very much. The doughnuts were perfect for bringing a smile to our faces on a cold and wet Friday afternoon. Thank you again for your kindness.

Mr. Sims
Principal, Riverbank Elementary

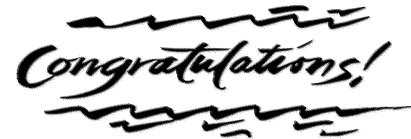


Sunday, December 23

A Service of Lessons and Carols will be held on Sunday, December 23. Nine readers are needed for the service and Pastor John would like to have readers of all ages. Please let him know if you would like to be a part of this special service.



The **Columbia Community Concert Band's Christmas Concert** will be held on **Friday, December 14**, at 7:30 p.m. The concert will be held at McGregor Presbyterian Church located at 6505 St. Andrews Road, Columbia. Chuck Martin will drive the bus, leaving the Gunter Circle parking lot at **6:30 p.m.** A sign-up sheet will be on the round table in the Gathering Area. Admission is free.



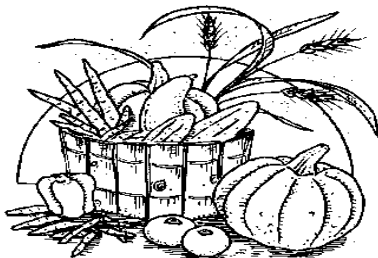
Congratulations to **Mac Stiles**. He has been selected to officiate in the South Carolina North-South All Star Football game being held Saturday, December 15th, at Coastal Carolina University. This is Mac's 17th year as a high school football official.



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. In **December**, we will be recognizing the **911 Center and EMT's**.

Volunteers are welcome to take refreshments to them at any time during the month that works for them and the facility. 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 this month.



*Hope you are looking forward to a
Very Merry Christmas!!*

We are taking a break from Co-op for the month of December but will be back in January 2019.

Same time same place!!

Mark your calendars for the Fourth Tuesday of each month

Becky



Women's Fellowship

As we wrap up another busy year, we will enjoy lunch at the **Ocean View Seafood Restaurant** on Knox Abbott Drive in lieu of our December meeting on **Wednesday, December 12**. We will have a very brief meeting in the conference room at 11 before we leave. All the women of the church are invited to meet us in the Gunter Circle parking lot at 11:15 to go to the restaurant for a delicious meal and a time of relaxation and fellowship during this busy season. Hope to see you there!



In the spirit of the season, we are again supporting the children of Saluda River Academy of the Arts. There are 44 children currently registered in the Snack Sack program who will be given peanut butter and jelly for the Christmas break beginning on December 19. Of those children, 14 have been adopted by Families Helping Families which leaves 30 children who will receive gifts from Trinity. There will be envelopes on the Giving Tree beginning December 2 in which to put your check (made out to Trinity UMW) or cash and given to Marilyn Lloyd if you'd like to take part in this special outreach.

Because the need is great at Saluda River this year, this will be the focus of our outreach for Christmas. On behalf of the Outreach Committee and the UMW, thank you for your generosity in sharing with those less fortunate among us.



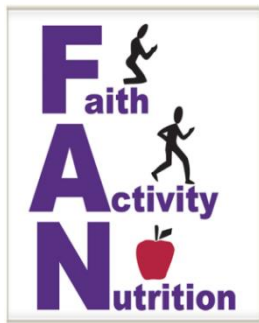
God's Helping Hands delivers food to outreach clients the third Saturday of every month. *If you know of anyone who could benefit from this ministry, please have them visit GHH at 919 Holland Ave. in Cayce or call 791-4167.* The client must be at least 65 years of age, below the federal poverty level, and live alone.

In addition, all the volunteers at GHH would like to thank everyone from Trinity for their support, especially the most recent financial and clothing donations to the work release program. Without the love and actions of the supporting churches, GHH wouldn't exist. Thank you!



Staff Parish Committee will meet on Sunday, December 2, immediately following the service.

The Finance Committee will have a brief meeting in the sanctuary immediately following the service on Sunday, December 9.



Guidelines for the amount of physical activity you need per week:

Adults:

- * at least 150 to 300 minutes of moderate-intensity aerobic activity per week (e.g., brisk walking).
- * at least 2 days of muscle-strengthening activities each week.
- * Any amount of physical activity counts toward the weekly goal of 150 minutes. You don't have to do 10 minutes in a row for it to "count." Try to be active whenever you can, wherever you can, for however long you can!
- * "move more and sit less." Sedentary behavior increases the risk of chronic diseases, and physical activity helps lower these risks.

Children and Youth:

- * ages 6 through 17 should get at least 60 minutes per day of moderate-to-vigorous activity. Most activity can be aerobic. Activities to make their muscles and bones strong should also be included (e.g., jumping rope, climbing on playground equipment).
- * Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day to enhance growth and development. A reasonable target may be 3 hours per day of all intensities: light, moderate, or vigorous intensity.

General tips on increasing physical activity:

- * Start slowly. Choose the type and amount of activity that is right for you.
- * Increase your everyday activity. Take the stairs. ^{[[1]]} Park farther away and walk. Clean your house. Get up to change the TV channel. Walk to get your mail.
- * Walk to increase your physical activity. It's free and you can do it almost anywhere. Use a pedometer to count the number of steps you take every day.
- * Choose any activity that gets you moving. You don't have to belong to a gym.
- * Add 10-minute sessions of physical activity into your day. You don't have to do it all at one time. Adding up chunks of 10 minutes counts.
- * Be physically active for at least 30 minutes most days of the week to improve your health. To lose weight, build up to 60 minutes most days. Try not to overdo it at first.
- * Wear comfortable shoes and clothes that are right for the activity and weather.
- * Listen to your body. You are the best judge of how hard/how long you should exercise.
- * Recruit a buddy or someone who likes the same activity. You can motivate each other.
- * Warm-up before you exercise, cool-down after, and stretch at the end of your session to prevent injury and reduce muscle soreness.
- * Drink plenty of water before, during, and after activity.

Stop exercising immediately if you experience any of the following:

- * Severe pain, tightness, pressure, or discomfort in your chest
- * Severe shortness of breath
- * Severe nausea or vomiting
- * Sudden weakness or changes in sensation in your arm and/or leg on one side of your body
- * Difficulty swallowing, talking, or seeing
- * Severe headache or dizziness



Jesus is His Name
Christmas Drama
Sunday, December 16

Everyone is invited to join us as we travel together to see *Jesus is His Name*, a Christmas Drama event for the whole family. The shows are being held at the South Congaree Arena in West Columbia. Weather permitting, we plan to attend the 6 p.m. show on Sunday, December 16. We will leave the Gunter Circle parking lot at 4:45 p.m. A sign-up sheet will be in the Gathering Area.



Christmas Cards for the Shut-Ins and Asbury Arms Resident

On Wednesday, December 19, we will gather together to put together bags for our shut-ins and the Asbury Arms residents (time and additional details to be determined at a later date). Please help by filling out Christmas Cards to go into the bags. A list of our shut-ins will be in the Gathering Area and there are 55 residents at Asbury Arms. A box will be located in the Gathering Area for the cards.