

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.

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JANUARY 2019

John's Jottings

Happy New Year! 2018 is over and 2019 has begun. A new year is often a time for a new start. It is a time to look back over 2018 and to look forward to 2019. We look back on the highs and lows of the previous year and anticipate events for the coming year.

For many the new year is a time of inventory. Many of us go through our closets deciding what clothes we may give away in order to make room for the new clothes we received for Christmas. Our children may go through their toys deciding to give away those that are not that important to make room for the new toys Santa brought them. As we take down our Christmas decorations, we may decide to give some away as new ones are received (or it may be to give away the new ones we received.)

Yes, the new year may be a time of letting go. Time of letting go of clothes that no longer fit, toys that we no longer play with, decorations that we no longer use. We let go of those things that we no longer use or no longer benefit us.

While we may do this inventory and let go easily of things, the new year may also be a time of taking spiritual inventory. Perhaps we need to look back at 2018 asking ourselves, when did I feel drawn closer to God and neighbor and when did I feel farthest from God and neighbor? What attitudes and practices draw us closer to God and neighbor? Are there any attitudes and practices that keep us from being drawn closer to God and to our neighbor?

This is admittedly more difficult than letting go of things for this may involve examining beliefs that have been embedded in us for our lifetimes. But as we let go of old attitudes and practices that hinder our being drawn closer to God and neighbor, we become open to new ways of seeing God and others. We may become more intentional in our prayer and devotional time, doing more than just reading The Upper Room over breakfast. We may occasionally turn to that other news channel to get a different view on news events.

One practice that we all may need to do is to take more time without the TV, radio, computer, cell phone, books, and other distractions in order to be quiet and listen to God. To listen for what God is calling for us to do for God's Kingdom in 2019.

This is not only true for us as individuals but also us as a church, the Body of Christ. We need to look back on 2018 and ask ourselves in what ways - events, ministries, worship services, etc. - did we at Trinity UMC present Christ to our members and to our community. We may need to let go of some ministries, events, activities, in order to make energy for new ministries, events, activities.

We are having our church wide planning on January 12. This is not just for our church officers and committees but for all members of the church to have input. So as a church let us listen to God, to hear what God is calling us to be doing as the Body of Christ in our church, community and the world.

Shalom,

John



PLANNING retreat

**Saturday, January 12
9 a.m. – 2 p.m.**

Trinity's Planning Retreat will be held on Saturday, January 12, at Trinity. It will start at 9 a.m. and end at 2 p.m. This retreat is not just for church officers and committee members, but for all members of the church. Plan now to attend the retreat as we make plans for 2019.

Removal of the Greens



**Saturday, January 5
9 a.m. – 11 a.m.**

Come help take down the church's Christmas decorations this Saturday, January 5, from 9 a.m. to 11 a.m. Lunch will be provided.



PRAY FOR CHRISTIAN UNITY

**WEEK OF PRAYER FOR CHRISTIAN UNITY
JANUARY 18 – 25**

The Week of Prayer for Christian Unity will be held from January 18 through January 25. On Wednesday, January 23, there will be a Community Ecumenical Service at Mt. Hermon Lutheran Church at 6 p.m.



Randolph "Ebbie" Meek
Chuck & Lynn Martin

Freddie Shull
Chuck & Lynn Martin

Evelyn Greshel
Tommy & Marty Johnson
Oren & Hilda Edwards
Mary Kamoroff
Bonnie Ramsey
Linda Maloch
English & Jewel Pearcy
Jeanette Hornsby
Jim & Marie Stiles
Chuck & Lynn Martin
Grover & Patsy Shuler

Bill Johnson
English & Jewel Pearcy
Oren & Hilda Edwards
Mary Kamoroff
Bonnie Ramsey
Linda Maloch
Arnold & Jo Ann Heiting

Julius Tumbleston
English & Jewel Pearcy
Jeanette Hornsby
Arnold & Jo Ann Heiting

Stephen Kamoroff
Chuck & Lynn Martin

Eugene Eaddy
Chuck & Lynn Martin
Bonnie Ramsey
Grover & Patsy Shuler

Bill McClain
Bonnie Ramsey

Bucky Phillips
Bonnie Ramsey

Patsy Taylor
Charlie & Wayne Hooker
Ray & Gale Frady
Jeanette Hornsby
English & Jewel Pearcy

Mary Brewer
English & Jewel Pearcy
Wayne & Charlie Hooker
Arnold & Jo Ann Heiting



WE EXPRESS OUR CHRISTIAN SYMPATHY to:

Donna Easterling and family on the death of her father, ***Julius Tumbleston***, on Monday, December 3.

George and Morris Taylor and family on the death of their sister, ***Patsy Taylor***, on Wednesday, December 19.

Dot Johnson and family on the death of her daughter-in-law, ***Lynn Blair***, on Saturday, December 29.

Donna Muszynski and Carol Frye and family on the death of their mother, ***Mary Brewer***, on Saturday, December 29.



A ring was found in the Gunter Circle Parking lot last week. Please call Tom Lloyd at (803) 794-2563 if you think it might be yours.



A gift to Trinity has been given by Chuck and Lynn Martin in honor of the following:

Jackie McNeill
Mary Alice Duncan

Jeanette Hornsby
Jackie Eitel

A gift to Trinity has been given in honor of ***Nell Cooke*** by her UMW Sisters.



Dear Trinity Members and Friends,

In the six months Kay and I have been back at Trinity we have been blessed by the love and support we have received. We thank all that gave housewarming gifts when we moved. KC and the SPRC, and Ted and the Trustees in helping move furniture and helping us coordinate our furniture with parsonage furniture (never an easy task). Chris and the Choir for welcoming Kay back and dealing with the idiosyncrasies of a new pastor. Thanks to Billy and Doug for keeping our grounds and building up. A very special thanks to Jackie for all she has done to help us get the lay of the land. Thanks to each and every one of you who have welcomed us with open arms and open hearts. We look forward for blessings to continue in 2019 and for many years to come.

John and Kay Jordan



Dear Trinity Family,

I want to thank the many members of the Trinity Family for all of the remembrances, cards, memorial gifts and kindness shown to me and all of Bucky's (Phillips) family. Another Charter Member of the Family has passed on but will never be forgotten.

Thank you so very much,
Pris(cilla) Phillips



Dear Trinity Family,

I want to thank each of you for your Christmas bag with all the nice things in it and also the beautiful cards from each of you. Your kindness and thoughtfulness was greatly appreciated. I hope you had a Merry Christmas and will have a Happy New Year.

Love you!
Margie Gay



Dear Trinity Family,

Thank you for all of your prayers, calls and cards. They were all so very much appreciated.

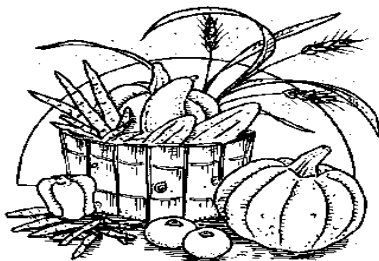
Thank you again for your care and concern.

Oren Edwards



Community Recognition Program for 2019

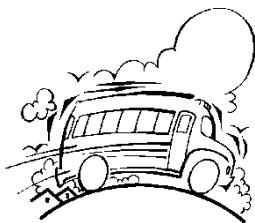
Recognizing those in our community who are often unrecognized for the hard work they do is the goal of the **Community Recognition Program**. We will compile a list at the Planning Retreat of those we plan to recognize and the month we plan to recognize them. Volunteers are welcome to take refreshments 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 for a particular month.



Trinity Food Co-op Resumes January 22 Invite your friends and neighbors to participate.

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



CREATION MUSEUM & ARK ENCOUNTER

Denise Jones with S.C. Travel Online is sponsoring a bus tour from May 14-22, 2019, to see these amazing exhibits plus many more sightseeing trips including Mackinac Island, Frankenmuth & Louisville, Kentucky. The cost is \$1,399.00 per person, double occupancy, and includes entrance to all exhibits, meals, lodging, all taxes and meal gratuities, etc. A more detailed description of this tour is in the flyer located on the table in the Gathering Area. Please see Lynn Martin if you have any questions.



Trinity UMC and Mrs. Martin,

Thank all of you so much for being so amazing to our kids at SRAA. You guys will make our children so happy with the gifts and PB&J. We are blessed to have you in our community.

SRAA



Trinity UMC and Becky Derrick,

Thank you so much for the Christmas Stockings that you brought to the Asbury Apartments. Thank you, Father, for all at Trinity UMC and thank you for Jesus. Amen.

Love,
Bobby and Karen Snelgrove



Health Benefits of Walking

You carry your own body weight when you walk. This is known as weight-bearing exercise. Some of the benefits include:

- * increased cardiovascular and pulmonary (heart and lung) fitness
- * reduced risk of heart disease and stroke
- * improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
- * increased muscle strength and endurance
- * reduced body fat
- * stronger bones and improved balance - Bone density may not be one of the most exciting health benefits of walking, but it's an important one. People with stronger bones avoid osteoporosis and all the problems that come with it like fractures, disability, and spine shrinkage (seriously, you can get shorter). And the best way to get strong, healthy bones is by doing weight-bearing exercises like walking.

Walking for 30 minutes a day

To get the health benefits, try to walk for at least 30 minutes as briskly as you can on most days of the week. 'Brisk' means that you can still talk but not sing, and you may be puffing slightly. Moderate activities such as walking pose little health risk but, if you have a medical condition, check with your doctor before starting any new exercise program of physical activity.

Building physical activity into your life

If it's too difficult to walk for 30 minutes at one time, do regular small bouts (10 minutes) three times per day and gradually build up to longer sessions. However, if your goal is to lose weight, you will need to do physical activity for longer than 30 minutes each day. You can still achieve this by starting with smaller bouts of activity throughout the day and increasing these as your fitness improves.



Lunch Bunch will be held this Sunday, January 6, immediately following worship.

The Exercise Class will resume on Monday, January 7, at 11 a.m.

Bible Study will resume on Wednesday, January 9, at 10 a.m. and 7 p.m.

The United Methodist Men's Breakfast will be held on Sunday, January 13, at 9 a.m.

Excellence in Ministry Training will be held on Sunday, January 13, at Washington Street UMC, from 2:30 p.m. to 5:30 p.m.

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

GLIA Articles are due on Thursday, January 24.

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

Finance Team will meet on Sunday, January 27, at 6:30 p.m.