

# 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](mailto:jdjordan@umcsc.org)

E-Mail Church - [trinityumcwc@sc.rr.com](mailto:trinityumcwc@sc.rr.com)

Website - [trinityumcwc.org](http://trinityumcwc.org)

**MARCH 2019**

---

## *John's Jottings*

I sit down to write these words before the called General Conference to address the issue of the place of LGBTQ persons in the life of the church and our denomination. By the time you are reading this the conference will be over and the decision on how we as United Methodist will move forward will be made. Or so we hope. This has been an issue that we have struggled with since we became United Methodist in 1968. It is an issue that many local congregations struggle with. It is an issue that many pastors, me included, struggle with. As I have had conversations with others, many have said that this is an issue that we struggle with.

This is not the only issue that I hear that people struggle with. Many of us struggle over social issues. We struggle when some of our embedded beliefs do not match the word we may hear from God. In a conversation with an 80-year-old man a few years ago, he talked about how he heard me preach about racial inclusion in the church but that he just could not accept it for he was raised during a time when races did not mix. We struggle over how much we give to the church. We may struggle over issues of faith, particularly when we may experience a time of crisis.

You notice that the word struggle has come up many times in these paragraphs. We struggle. We struggle when our experiences and knowledge may seem in conflict with Scripture. We struggle to understand God and God's plan for our lives. We may tend to wonder why there is such struggle in our lives. Aren't we supposed to have faith and through our faith have no struggles in our lives, just the simple assurance that God is in control? We too often think that we are to have all the answers and that to struggle is to have a lack of faith.

But many of the heroes of faith had their struggles. John Wesley struggled over doubts of faith even to the point of his death. It has been said that before his death Wesley exclaimed, "I am not a Christian." Dietrich Bonhoeffer struggled over the church's response to the rise of Hitler. Martin Luther struggled to respond to the corruption he saw in the church of his day.

We all, great and small, lay and clergy, have our struggles. We struggle over the issues facing our church. We struggle to understand the apparent inconsistencies in the Bible. We struggle to understand the loving gracious God we see at one point and the wrathful God we may see at another.

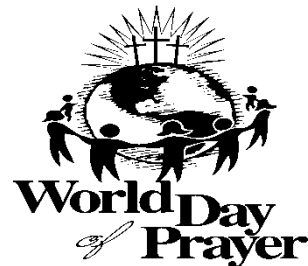
But as we struggle, we grow. We grow stronger in our faith as we struggle with all these issues. I believe that we grow stronger as a church as we struggle with these issues for as we struggle over our differences and remain in the love of Christ then that love grows, in spite of our differences. As we struggle to understand the seeming inconsistencies in Scripture, we may be led to more study and a deeper relationship with God.

(continued next column)

Our struggles lead us to a deeper relationship with God and with each other. As we struggle, we may gain a better understanding as we communicate as we try to understand the other position.

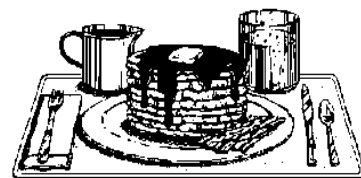
So, let us not be ashamed of the fact that we may struggle in our faith but that through our struggles we grow in our faith.

Shalom,  
John



**Prayer Around the Crosses  
Friday, March 1  
10 a.m.**

On the World Day of Prayer, Friday, March 1, we will gather at 10 a.m. for Prayer Around the Crosses. In case of rain, we will have prayer in the Gathering Area.



**Fat Tuesday Pancake Supper  
Tuesday, March 5 @ 6 p.m.**

Plan now to join us on Tuesday, March 5, at 6 p.m. for a wonderful pancake supper served with ham and sausage prepared by the United Methodist Men. There is no charge, but donations will be accepted.



**Wednesday, March 6 @ 7 p.m.**

The Ash Wednesday Service will be held on Wednesday, March 6, at 7 p.m. Ash Wednesday is the first day of Lent, beginning a period of reflection and penance. In the Christian tradition, Ash Wednesday also marks the beginning of preparation for the understanding of the death and resurrection of Christ.



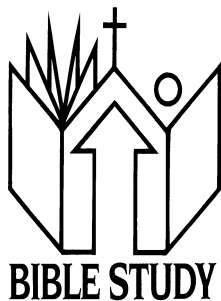
**Theresa Hudson Awtrey**  
Wayne & Charlie Hooker  
I.D. & Mary Hook  
Bonnie Ramsey  
Jean Raynor  
Charles & Jackie McNeill  
Arnold & Jo Ann Heiting

**Frances Holley**  
Jim & Marie Stiles  
Charles & Jackie McNeill  
Arnold & Jo Ann Heiting  
Mary Kamoroff  
Bonnie Ramsey  
Ray & Gale Frady

**Kay Mayton**  
Wayne & Charlie Hooker



**WE EXPRESS OUR CHRISTIAN SYMPATHY** to **Tommy and Joan Gleaton and family** on the death of Joan's mother, **Frances Holley**, on Wednesday, January 30, 2019.



The Pastor's Bible Study will resume on Wednesday, March 13, at 10 a.m. and 7 p.m. Plan now to attend one of these classes.



Daylight Savings Time begins Sunday, March 10. Don't forget to move your clocks forward one hour.



Dear Trinity Family,

I wanted to say "Thank You" to all of those who kept me in their thoughts and prayers during my recent hospitalization. It meant so much to me.

Thank you all,  
Melody Hughes



Dear Trinity Family,

Words cannot express my appreciation for all of the cards, calls, food, visits and prayers during my recent surgery and rehabilitation. It was a long eight weeks and your kindness made it easier to bear.

My prayer is that God will bless you all.

Love,  
Gillett Hipp



Dear Trinity Members and Friends,

Thank you so very much for the delicious lunch the ladies served before our mother's service. Not only was the food super, but I felt as if I had come home.

Your kindness was really appreciated.

As ever,  
Camille Vaiden  
Buddy Hudson



**COME TO THE ACOLYTE ACADEMY!**  
**MARCH 8**  
**6 p.m.**

Attention Trinity's children! If any boy or girl has ever thought about having the honor of bringing the Light of Christ into the Worship Service on Sunday Morning, then Tom Geddens invites you to the Acolyte Academy! It will be held at the Church on Friday, March 8, at 6 p.m. You will be trained on how to be an acolyte and then we'll have pizza afterwards.

Please know that if any boy or girl cannot attend, that does not mean that he or she cannot be an acolyte. If any boy or girl cannot attend but would still like to be an acolyte, talk to Tom Geddens after church. Thank you!



## 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. This program was started as a way of connecting more with our community as a part of the Reaching New People process. Last year we kept hearing that “no one has ever done this for us before!” as we visited places. 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.

March	East Point Academy	August	Carolina Gardens Assisted Living
April	National Health Care	September	Northside Middle School
May	Saluda River Elementary School	October	Riverbank Elementary
June	Fire Department	November	Riverbanks Zoo Custodial Staff
July	Police Department	December	Public Works Department (partner with Westover Acres Community)



*Women’s Fellowship*

UMW NEWS

### ARK ENCOUNTER/CREATION MUSEUM TRIP

A 5-day tour is being scheduled for May 19-23, 2019, to the Louisville-Ark Encounter & Creation Museum. The cost of the trip is \$775.00 per person double occupancy to include motor coach transportation based on 40 paying passengers. At this time, there are 24 people who have committed to go; as few as 30 can make the trip but the cost will increase somewhat for anything less than 40 passengers. The deadline to sign up is March 15 with payment in full due at that time. Trip insurance in the amount of \$59.00 per person will be offered. Denise Jones, travel agent with S. C. Travel Online, is planning this trip and will provide a flyer which will be put on the table in the Gathering Area as soon as it becomes available. A basic outline of the trip is included for informational and planning purposes:

- Sunday 5/19** Depart Blythewood, SC for Louisville, KY  
Arrive Louisville and check into hotel  
Dinner
- Monday 5/20** Churchill Downs Backstretch Breakfast & Tour  
Afternoon at Louisville Slugger Museum  
Belle of Louisville Dinner Cruise
- Tuesday 5/21** Breakfast & check out  
Depart for Williamstown, KY  
Ark Encounter  
Buffet Dinner at Emzara’s Kitchen  
Check into hotel in Cincinnati area
- Wednesday 5/22** Breakfast  
Creation Museum  
Dinner
- Thursday 5/23** Breakfast & depart for home

As you can see, this is a shorter trip than the one previously advertised so it may work into your schedule a little better. Mrs. Jones’ contact information will be included in the flyer so that you may contact her directly should this be a trip you’re interested in taking.



## Put Your Heart Into Healthy Eating

Risk factors such as high blood pressure, high cholesterol, diabetes and being overweight all increase your personal risk of developing heart disease. A healthy diet can help lower or control these risk factors. So put your heart into healthy eating. Here are five ways to do that:

### Eat Smart

Changing your perceptions of how and what you eat really helps. Use smaller plates to help limit portion sizes. Chew slowly and really think about textures and flavors as you eat.

### Dine out the Healthy Way

You can eat healthy in restaurants. Control portion size by eating half your entrée and take the rest home for another meal. Limit calories by choosing foods that are broiled, baked, or roasted. Ask for low-sodium options from the menu, and leave off or ask for butter, gravy, sauces, or salad dressing on the side.

### Plan to Eat Heart Healthy

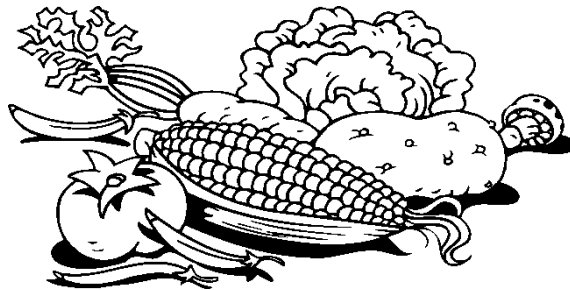
Put together an eating plan that offers the balance of calories that is right for you, including vegetables, fruits, whole grains, and low/fat-free dairy products. The number of calories you need each day depends on your age and how physically active you are. Add seafood, lean meats, poultry, beans, eggs, and unsalted nuts for protein. Limit saturated and trans fats, cholesterol, sodium (salt), and added sugars. Grill, steam, or bake instead of frying and flavor with spices, not sauces.

### Choose Healthy Snacks

Enjoy treats with fewer calories that fit into your daily eating plan—like a cup of red seedless grapes or a small banana, a cup of cherry tomatoes or five red pepper rings, or a half cup of low/fat-free yogurt.

### Find Heart Healthy Menus

How you eat day after day makes a real difference in your health over time. Find and use heart healthy recipes.



*Trinity Food Co-op  
Tuesday, March 26*

Our next co-op date is **Tuesday, March 26**. Invite and encourage your friends and neighbors to participate. As we get ready to welcome spring, it is a great time to take advantage of this fantastic opportunity. Eating fresh fruits and vegetables is a wonderful way to start the heart healthy eating mentioned in the FAN article.

Bags are only \$5.00 each and need to be paid in cash. They can be picked up between 9:30 a.m. and 11 a.m. from the Fellowship Hall on the day of the co-op. 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 Sunday, March 24, if you would like a bag. Thank you for your help. **Becky**



Nell Cooke  
c/o Ross Cooke  
737 Myrtle Drive  
Rock Hill, SC 29730  
(803) 582-9967

Jon Martin  
11210 Wittenridge Drive  
Alpharetta, GA 30022

Jean Raynor  
Morningside of Lexington  
218 Old Chapin Road, Room 106  
Lexington, SC 29072  
(803) 358-9417

Miriam Simpson  
Pruit Health - Blythewood  
1075 Heather Green Drive, Rm 203  
Columbia, SC 29229  
(803) 382-2323