

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.

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APRIL 2019

John's Jottings

On February 27th the called General Conference of the United Methodist Church passed the "Traditional Plan" in addressing the long-standing issues of homosexuality, same sex marriage and the ordination of homosexuals. This Plan would affirm the present language in the Book of Discipline that homosexuality is "incompatible with Christian teaching," set specific consequences for clergy performing same sex marriage ceremonies, and deny ordination to "self-avowed practicing homosexuals." The plan has to go before the church's Judicial Council to ensure that it is in line with the church's constitution and if constitutional amendments would be needed.

So, how does this affect us at Trinity? To be honest, directly and in the short term, very little. We will continue to do ministry in our community as we have for almost sixty years. However, there may be some indirect impact as many may see our denomination not adhering to our familiar tag line of Open Mind, Open Hearts, Open Doors which may turn some people away.

My prayer is that we at Trinity continue to live as a community of faith with open minds, open hearts and open doors regardless of the final denominational outcome.

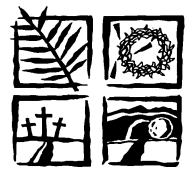
Open minds meaning that we are a place where all opinions and ideas are heard, honored and respected. We listen to others and express our opinions not to convince, but to gain understanding. We accept and honor the diversity of thought among our members. As John Wesley stated in his treatise, *The Character of a Methodist*, "as to all opinions which do not strike at the root of Christianity, we think and let think."

Open hearts meaning that we are open to the love of God for us and for all people. We live according to the two great commandments of Jesus: to love the Lord with all our heart, mind, soul, and strength; and to love our neighbor as our self. Out of God's love for us we love our neighbors in Saluda Gardens, Westover Acres, West Columbia and throughout the world.

Open door meaning that our doors are open. We invite all to come into our community to participate fully in the life of the church. We welcome all regardless of race, sexual orientation, socioeconomic status, political affiliation, theological affiliation, or any other human category, into the life of our church. We are a place where all are viewed as what they are - a child of God, created in the image of God.

Regardless of your personal feelings of the General Conference decision, let us at Trinity continue to carry out the mission to make disciples of Christ for the transformation of the world with open minds, open hearts and open doors.

Shalom,
John



HOLY WEEK WORSHIP SCHEDULE

Sunday, 4/14 Trinity UMC
Preacher: Sandra Stillinger

Monday, 4/15 Shiloh UMC
Preacher: John Jordan

Tuesday, 4/16 Brookland UMC
Preacher: Kevin Cooley

Wednesday, 4/17 Platt Springs UMC
Preacher: Fran Connell

Thursday, 4/18 Maundy Thursday @ Trinity

ALL SERVICES BEGIN AT 7 P.M.



Sunrise Service at the Crosses
Sunday, April 21
7 a.m.

Sunrise Service will be held at 7 a.m. at the Crosses followed by a Continental Breakfast.



Easter Sunday, April 21
"Jesus: A Man of Promise and Prophecies"
11 a.m.

This year's theme for the Easter Cantata is, "Jesus: A Man of Promise and Prophecies". Prophecies are exactly how the people of that time formed their ideas about a coming Messiah, a leader who would liberate the children of Israel. It will be the lens we use to view the life and death of Jesus.

It will take place April 21st at 11:00 a.m., Easter Sunday! We will look back through the words of prophets and visionaries who foresaw a new connection to the God of their Fathers, one who came to heal them with peace and a sense of justice through a direct and radical kind of love. Come join us and celebrate Easter!



Arnold Heiting

Ray & Gale Frady	Jim & Marie Stiles
Sinners SS Class	Bonnie Ramsey
Mary Kamoroff	Dolph & Jeanene Varner
Edwa Meek	Shirley Butler
English & Jewel Pearcy	Jeanette Hornsby
Oren & Hilda Edwards	Julie Kamoroff
George Taylor	Linda Maloch
Charles & Jackie McNeill	Chuck & Lynn Martin
Tommy & Marty Johnson	Priscilla R. Heiting
Wayne & Charlie Hooker	John & Patsy Zeigler
Those Remembering "Old Turtle"	

Vaud King

Wayne & Charlie Hooker

Mary Matthews

Mary Duffie

Ronnie Duncan

Oren & Hilda Edwards



WE EXPRESS OUR CHRISTIAN SYMPATHY to:

Jo Ann Heiting and family on the death of her husband, **Arnold Heiting**, on Monday, March 4, 2019.

Jim and Marie Stiles and family on the death of his aunt, **Vaud King**, on March 12, 2019.



The ladies in the JOY Sunday School Class try to visit the shut-ins once a month. If you are interested in going with us, we would love to have you come along. We try to visit on Tuesdays. Please call Charlie Hooker (796-3430), Mary Louise Robinson (479-0605) or Hilda Edwards (796-1476).



Dear Trinity Family,

It is with a grateful heart that I say thank you for your prayers, cards, meals and, most of all, your love during Arnold's transition to Glory.

Much love,
Jo Ann Heiting



Hello to you – special deliverers of God's love to us on Valentine's Day at Asbury!! Thank you for our valentines and candy and the love of God you brought with you! It has been so very long since I got valentines like that! What a precious surprise!!

Each of you and your families be blest and be kept by the power of God!! I pray each of you and yours will be kept for and come forth into ALL God has for you!!!

In Jesus' Name,
Angie G.



Dear Trinity UMC,

Thank you so much for providing the Methodist Student Network with all the delicious chili and desserts this past Sunday. All of the food was super good. We wish you the best and hope you have a great rest of the year. Thank you for all the support you provide us.

God Bless You,
MSN



Congratulations to **Jon Martin** who recently received a promotion from Band 6 to Band 7 at IBM where he is employed as a Client Technical Specialist. Jon began his employment in February, 2017, after completing a summer internship with IBM as part of his curriculum at USC. He has been enjoying his work and even his sometimes hectic travel schedule which has taken him to New York, Florida, Illinois, Texas, Louisiana, North Carolina, Maryland, Washington, D.C., and California. Jon lives in Alpharetta, Georgia, and occasionally makes it home to Columbia!

Matthew Martin attends pharmacy school at Presbyterian College where he serves as President of CPNP (College of Psychiatric and Neurologic Pharmacists) as well as Vice President of the Student Chapter of Finance for APHA (American Pharmacist Association). He is also employed as a pharmacy intern at a CVS in Spartanburg, SC, in addition to his demanding class and CAPS schedule (Clinical Assessment for Pharmacy Students). Congratulations to Matt for his accomplishments as he completes his 3rd year of pharmacy school at the end of this semester!



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.

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
August	Carolina Gardens Assisted Living		(partner with Westover Acres Community)



“Second-time Around” Booth at Fall Festival

In conjunction with this year’s Fall Festival, to be held on October 22, we are planning to hold a “second time around” booth. We will be asking you to bring donated items to the church that week. But it is not too early to begin collecting those lightly used items that you no longer need that may cluttering up your house.

Suggestions are household items, such as glassware, china, kitchen gadgets, place mats, picture frames; toys, puzzles, baby and small children’s clothes; jewelry, scarves, hats, gloves, pocketbooks, wallets; Christmas decorations; and tote bags, luggage, small storage containers. We can accept almost anything but electronics and adult clothing.

Grab a large plastic bag and when you discover something that you no longer need or want, pop it in the bag. Remember, your trash is someone else’s treasure.

If you are interested in helping with the booth, contact Marie Stiles.



Lunch Bunch will be held on Sunday, April 7, immediately following the service. Everyone is invited to bring a covered dish and enjoy a time of fun and fellowship.

The United Methodist Men’s Breakfast is scheduled for Sunday, April 14, at 9 a.m.

The Nominating Team will have a brief meeting on Sunday, April 14, immediately following the service.

The Sunday School Breakfast will be held on Sunday, April 28, at 9 a.m.

The Nurture Team will meet on Sunday, April 28, at 6:30 p.m.



UMW NEWS

A group of eight women started Women's Foreign Mission Day on March 23, 1869, and in 2019, we celebrated the 150th anniversary of our founding with a Legacy Day Campaign in which each unit of United Methodist Women was asked to donate \$150.00 to international ministries. Through generous donations and membership dues, we were blessed to be able to contribute the requested amount ... "to expand concepts of mission through participation in the global ministries of the church", the final sentence in the Purpose Statement of United Methodist Women worldwide.

On March 2, the annual Day Apart Retreat was held at Lexington UMC with Kempie Shepherd as the keynote speaker. Five members of our unit attended with a total of 99 from the Columbia District. We enjoyed a morning of fellowship, a catered meal from McAlister's Deli and an inspiring message.

March is National Women's Month in the church and Erin Derrick was recognized as Trinity's United Methodist Woman of the Year for 2019. On March 10, she was presented a pin in honor of her achievement. Please see the write-up below. Congratulations, Erin!

It's hard to believe, but school will be out for the summer in a couple of months and we are collecting donations for PB&J for 53 children in the Snack Sack program at SRAA. If you'd like to purchase PB&J, please be sure to buy plastic containers since the children are responsible for taking the items home. If you'd prefer, you may donate cash or checks (payable to Trinity UMW) and give to Marilyn Lloyd or Lynn Martin. The collection box will be in the Gathering Area beginning in May.

As part of the Community Recognition program, we will be providing snacks to the staff at SRAA on Tuesday, May 7, as part of Teacher Appreciation Week.

We would like to invite all the women to join us on May 8 as we travel to Laura's Tea Room in Ridgeway for lunch and a little sightseeing and shopping. Becky will be driving us on the church bus. Departure time to be announced closer to the date and a signup sheet will be available as well.

2019 United Methodist Woman of the Year

The woman we honor this morning is a product of the village of Trinity United Methodist Church. She was born here and raised by the women of this church: Jewel, Jeanette, Ruth, Mary Sue, Donna, Marilyn, Mary Alice, Becky, and many more helped mold her into the amazing wife, mother and servant of God that she is today.

She has helped with the children and youth of Trinity by teaching Sunday school and leading our youth. Under her guidance, the youth and women recently collected and distributed pocketbooks and personal items for homeless women.

She is unafraid to invite those needing to feel God's love to Sunday service and often has friends and family join us for worship.

You will find her at the Easter Egg Hunt, Vacation Bible School and the Summer Splash organizing, leading and having fun with the kids. She has been instrumental in resurrecting our Fall Festival into something new and exciting, bringing in new vendors and successfully bringing the whole community together.

Our nominee not only works in the church but also holds a fulltime job, is married to her high school sweetheart and is the mother of two handsome boys. She is involved in the neighborhood, always welcoming new people and even helping lost rabbits find their way home.

We are proud to present Erin Derrick with our 2019 United Methodist Woman of the Year pin.



Snacks and a Movie
Sunday, April 28
4 p.m.

Join us on Sunday, April 28, at 4 p.m. as we watch the 1955 classic *East of Eden*. Based loosely on the second half of the novel by John Steinbeck, the movie concerns an upright father (Raymond Massey) and his two sons: one whom he considers good (Richard Davalos) and another whom he considers bad (James Dean). The story is influenced by the biblical story of Cain & Abel while much of the film focuses on Dean's character striving to earn the love of his father.



It's Not Too Late to Prevent Type 2 Diabetes

Take Your First Steps Today

Did you know that as you get older, you have a greater chance of getting type 2 diabetes? It's true. You have a greater chance of getting diabetes if you are age 45 or older, are overweight or obese, or have a family history of diabetes. You can take steps to prevent or delay getting type 2 diabetes.

Step 1: Eat well to help prevent or delay type 2 diabetes.

Taking steps to lose weight can include eating smaller meal portions and choosing healthy foods. Here are a few tips to help you get started with both.

- * Eat more fruits and vegetables and fewer high-fat foods to help with weight loss.
- * Choose whole grain foods such as whole wheat bread, crackers, cereals, brown rice, oatmeal, and barley.
- * Eat a mix of colorful fruits and vegetables.
- * Choose fish, lean meat, and chicken and turkey without the skin. Eat foods that have been baked, broiled, or grilled instead of fried. Drink water instead of juice and regular soda.
- * Reduce portion sizes. Eat smaller amounts of food to help with weight loss.
- * Fill half of your plate with fruits and vegetables. Fill one quarter with a lean protein, such as chicken or turkey without the skin or beans. Fill one quarter with a whole grain, such as brown rice or whole wheat pasta.
- * Share your main dish when eating out or wrap half of it to go.
- * Eat a small serving of dessert at the end of a healthy meal, but not every day. Sweets and desserts have a lot of fat and sugar.
- * Eat small amounts of heart-healthy fats. Examples include nuts, seeds, and vegetable oils. For most nuts and seeds without the shell, a small amount would be 1 ounce or a small handful.

Step 2: Start now to get moving — and have fun.

Moving more and sitting less can help you lose weight or stay at a healthy weight. It also can also help you improve your strength and become more flexible. Ask your doctor how you can safely start to be more active.

- * Find ways to move more every day. Add more activity each day until you reach at least 30 minutes a day, 5 days a week.
- * Get off the couch, turn on the music, and dance! Do not sit for long periods of time. Stretch and move around during commercial breaks. Walk around the house while you talk on the phone. Park your car farther away and walk if it is safe.
- * Brisk walking is a great way to be active. During a brisk walk, you walk faster than your normal pace. Here are some tips to get you started:
 - * Start with 10 minutes a day if you are not active.
 - * Walk slowly for a few minutes to warm up then increase your speed over time.
 - * Wear walking shoes that fit your feet and provide comfort and support.
 - * Walk in safe places. Some good places for brisk walking include indoor or outdoor walking paths, a shopping mall, and community centers.

Remember to warm up and stretch. Before you start any activity, warm up slowly. Shrug your shoulders, swing your arms or march in place for 3 to 5 minutes before. Stretch after you have been active when your muscles are warm.

In Summary:

If you are overweight, set a goal to lose 5% of your body weight.

Make healthy food choices and find ways to reduce your portion sizes.

Find ways to be active each day.



**Columbia Community Concert Band's Spring Concert
Friday, April 12
7:30 p.m.**

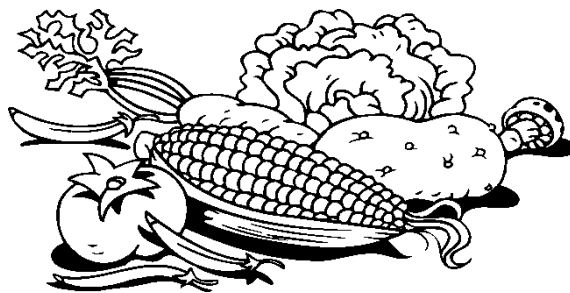
The Columbia Community Concert Band presents its Spring Concert on Friday, April 12, 2019, at 7:30 p.m. in the Auditorium at Airport High School. A sign-up sheet is located on the round table in the Gathering Area if you'd like to reserve a seat on the bus which will leave from the Gunter Circle parking lot at 6:45.



**Trinity Easter Egg Hunt
Saturday, April 20
10 a.m. – 12 p.m.**

Bring your baskets and join the fun! The Trinity Easter Egg Hunt will be held on Saturday, April 20, from 10 a.m. to 12 p.m.

Donations of candy for the eggs would be welcome. All donations should be received by Sunday, April 14.



***Trinity Food Co-op
Tuesday, April 23***

Our next co-op date is **Tuesday, April 23**. Invite and encourage your friends and neighbors to participate. April is a great time to take advantage of this fantastic opportunity. Eating fresh fruits and vegetables is a wonderful way to continue your journey to good health and, as pointed out in the FAN article, help prevent Type 2 Diabetes. The March bag contained beans, corn, tomatoes, onions, pears and squash.

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, April 21, if you would like a bag. Thank you for your help. **Becky**