

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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MAY 2019

John's Jottings

Lent, Holy Week and Easter are over. We, especially pastors, church secretaries, and music directors, can all breathe a sigh of relief. No more special services, no more added liturgy, no more special music, no more extra bulletins to run for a while. We can all just go back to our normal routine, the way it was before.

Or can we? Can we really go back to the way it was before Easter? For the first disciples, they could not. They could not go back to the way life was before for they had experienced the resurrected Jesus. Instead of grieving the death of their rabbi, they were celebrating the resurrection of the Savior of the world. They had a new normal and could not go back to the old normal. They had been changed. They were transformed. They had become Easter people.

As we experience the resurrected Jesus through our Bible study, special services, music and liturgies, we are changed. As we remember and re-experience the passion, death and resurrection of Jesus, we become and claim that we are Easter people. We are people that believe and trust that God is giving us eternal life in the here and now.

With the experience of the resurrected Jesus at Easter the disciples were then sent. The disciples were sent into the world to spread the good news that God is saving the world. Each of the Gospel writers express this mission. In Matthew we see this as Jesus gives the Great Commission (28:16-20). In Luke Jesus opened their mind to understand the scriptures and to proclaim the name of Jesus to all nations (24: 36-49). In John they receive the Holy Spirit and are told to forgive the sin of any (20: 19- 23). Even in Mark, which ends with the empty tomb and frightened, speechless women, we know that the story of the gospel continued.

Through the Easter experience of the resurrected Jesus these frightened, silent, questioning disciples were transformed into Messengers who spread the gospel throughout the world. They told the story of the resurrection with boldness so that the story continues through to us today.

That commission, that instruction of Jesus to spread the Gospel and make disciples, was not just for the eleven, but for all disciples. It was not instructions that were given to that first generation of Christians. That instruction has been carried down through the centuries by the great leaders of the church, but also by countless nameless people who just told the story of their experience with the resurrected Jesus. With each Easter we are reminded not only of the resurrection, but also the commission. We are reminded that we are to be God's messenger, not just the pastor, but all of us are to spread the good news of the resurrected Jesus to our world today. Just as those first disciples were to spread the good news to their world, in their time; we are to spread the good news to our world, in our time.

(continued next column)

While Easter Sunday has come and gone, Easter season has just begun. While Easter as a season of the Christian year is over at Pentecost, Easter as the way of life for Christians continues. We are to continue the commission of Jesus to carry the message of Easter every day, so that all people everywhere may know that there is a risen Savior of the world. A Savior by whom all may enter into a relationship with God and be restored into God's presence.

Shalom,
John

Please Note: The Wednesday Bible Studies have been suspended for the month of May. They will resume on June 12.



Prayer Around the Crosses
Thursday, May 2
12 p.m.

Thursday, May 2 is the National Day of Prayer. We will meet for Prayer Around the Crosses at 12 p.m.



Mother's Day

Mother's Day Breakfast
Sunday, May 12
9 a.m.

The annual Mother's Day Breakfast, hosted by the United Methodist Men, will be held on Sunday, May 12 at 9 a.m. Everyone is invited to attend.

WELCOME
New Members

On Sunday, April 28, we celebrated the baptism and confirmation of **Ransom Stone Hughes and Davin Reese Hughes**. Their mother, **Melody Hughes**, also joined by certificate of transfer. Please welcome them as the newest members of Trinity.



Arnold Heiting

Wanda Franklin	Lynda Haworth
Nell Cooke	Tom & Marilyn Lloyd
Pauline Wenner	Boots Morgan
Midlands Special Needs Foundation	



We have recently had inquiries regarding giving the Required Minimum Distribution (RMD) from an IRA directly to Trinity UMC. (The RMD is the amount that you are required to take out of an IRA each year).

My understanding is that you can donate all or part of your RMD from a regular IRA to Trinity UMC and the amount you give is not taxed as gross income on your federal or state income tax return. The gift (known as a Qualified Charitable Contribution – QCD), can be made from your IRA and you must be 70.5 or older on the date of the gift.

The gift must be made directly from the IRA to Trinity by your custodian and not from RMD funds paid to you. As always, tax laws may change and you should consult with your tax person and IRA custodian for an accurate opinion.

Dolph Varner, Chairperson



Lunch Bunch will be held Sunday, May 5, immediately following worship. Everyone is invited to bring a covered dish and enjoy this informal time of fellowship.

Trinity will host God's Helping Hands Annual Board Meeting and Breakfast on Saturday, May 11, at 9 a.m. If you would like to help with this meal, please call Gale Frady at (803) 622-4787.

Church Council will be held on Sunday, May 19, at 6:30 p.m.

Summer Splash will be held on Saturday, June 1. Look for additional information in the next few weeks.



Graduate Recognition Sunday will be held on Sunday, May 19. Please let Ruth Frady or Marie Stiles know of anyone who has graduated since our last Graduate Recognition.



Dear Trinity UMC,

We at the Methodist Student Network (the Wesley Foundation) at the University of South Carolina are so grateful for your generous donation of \$250 in support of our campus ministry and mission work that is at the heart of who we are as a campus ministry. The gift will be a tremendous help in carrying out our work with students here on campus and in our engagement of the world with the "good news" of/through Jesus Christ in word and deed. We greatly appreciate the practicality of the contribution but also the encouragement for campus ministry that it offers. Your continued support is so appreciated. Thank you!

Every blessing,
Tom Wall



It's hard to believe, but school will be out for the summer in a month 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.

**CANOEING FOR KIDS
RAFT-A-RAMA
Saturday, May 18, 2019**

A fundraising event benefiting Canoeing for Kids will be held on the Saluda River in Columbia. The seven mile paddle from CFK headquarters to the State Capitol is suitable for absolute novice paddlers. CFK will provide rafts and gear for everyone as well as a guide in each raft. The trip will begin at 9:30 a.m.; an additional trip at 2 p.m. is a possibility based on demand.

Pre-register by May 1 to guarantee a seat in a raft. Registration also includes lunch at CFK HQ and shuttle service. Lunch is served from 11:30 a.m. – 2 p.m. The registration fee is \$70 per person. Early registration is recommended due to limited raft space.

If you have any additional questions, you can give them a call at (803) 791-1727.



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 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.

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



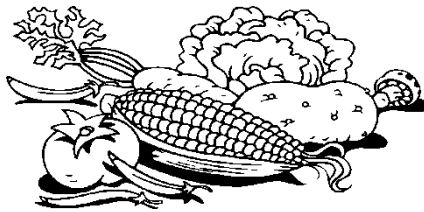
“Second-time Around” Booth at Fall Festival

In conjunction with this year's Fall Festival, to be held on **October 26**, 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.



Trinity Food Co-op Tuesday, May 28

Our next co-op date is **Tuesday, May 28**. Invite and encourage your friends and neighbors to participate. Spring is a great time to take advantage of this fantastic opportunity to obtain fresh fruits and vegetables.

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**



4 Best Carbs for Weight Loss

Carbohydrates are incredibly important to your health. In fact, as your body's main source of energy, they're an essential part of an overall healthy diet. And when you eat the right kind of carbs, they can actually help you achieve and maintain a healthy weight.

As for what kind of carbs to eat, the less processed, the better. Limit crave-inducing carbs that are high in sugar and low in fiber, like candy, cookies, crackers, and chips. Instead, turn to these nutrient-rich options for superior weight loss and health.

Healthy Carb #1: Whole Grains

Grains come in two varieties: whole and refined. Whole grains are those that come packaged largely as nature designed. They contain all of their original parts, including the bran, germ, and endosperm. This means the grain is packed with fiber, antioxidants, B vitamins, and even some protein and healthy fats. All of these nutrients are linked to better health and body composition.

Refined grains, however, do not contain at least one of these three parts. Generally, the refining process removes the bran and germ—along with the bulk of the grain's nutrients. Fiber, in particular, helps the digestive system work well.

That may help explain why a 2017 study in the American Journal of Clinical Nutrition found your body uses up more calories for basic functions when you consume whole grains in place of refined ones. To find whole grains, look for the word "whole" on the ingredients label. Examples of whole grains include:

- Whole wheat bread
- Whole grain pasta
- Oats
- Barley
- Brown rice

Healthy Carb #2: Fruit

Fruit is packed with a type of natural sugar called fructose, which can make anyone who's heard of high fructose corn syrup cringe. But they're different: High fructose corn syrup is an added sugar that's used in sodas and processed foods. It adds calories but doesn't add any nutrients.

Research actually shows fruit reduces excess weight and promotes healthier body compositions, according to one comprehensive Nutrients review.

This is likely because even if bananas and candy both have sugar, bananas still have a lot less. For example, a medium banana has 14 grams of natural sugar, but a regular bag (2.17 ounces) of Skittles has 46 grams of added sugar. Plus, the banana comes with vitamins and minerals, as well as fiber that helps stabilize blood sugar.

Healthy Carb #3: Pulses

Beans, peas, and lentils—part of a group of foods called pulses—are not only rich in complex carbohydrates like fiber, but they're also a great source of protein. Together, fiber and protein help you feel fuller longer to prevent blood sugar crashes and overeating.

Stock your pantry with:

- Lentils
- Beans
- Peas
- Chickpeas

Healthy Carb #4: Dairy

"A lot of people don't think of dairy as a carb, but both milk and yogurt are great sources of whole carbohydrates. And, research suggests they can help you lose weight.

Case in point: An International Journal of Obesity review of 12 studies found people who increased their dairy intake while also cutting back on total calories lost about 1.6 more pounds from fat than people who stuck to low-dairy diets. It also found eating or drinking more dairy without scaling back on total calories doesn't help with weight loss.

What that means: You can't rely on dairy alone to lose weight—but you also don't have to cut out dairy when you're trying to slim down. Milk and yogurt are rich in calcium and protein, as well as vitamins B6, B12, and D. If you're turned off by dairy for any reason, be sure to include nondairy sources of calcium in your diet, such as broccoli, canned sardines with soft bones, or calcium-fortified cereals.