

# God's Love In Action

GLIA: the essential element, or glue,  
which connects the tissue found in the nerve centers of the body

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

JUNE 2019

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*Stone Hughes*  
Brookland-Cayce High School

*Matthew Skipper*  
Cardinal Newman

*Anna Kamoroff*  
University of North Carolina School of the Arts

*Libby Platt*  
University of South Carolina, Aiken

*Stone Taylor*  
University of South Carolina, Columbia

*Brandon Jones*  
Pittsburg Institute of Aeronautics



Congratulations to Matthew Skipper! He received a \$500 scholarship from the Sohn Family Scholarship Award at Cardinal Newman to use for college. The award was based on his paper on "What I Would Do With \$500.00".



**Father's Day Breakfast**  
**Sunday, June 16**  
**9 a.m.**

The annual Father's Day Breakfast, hosted by the United Methodist Women, will be held on Sunday, June 16 at 9 a.m. Everyone is invited to attend.



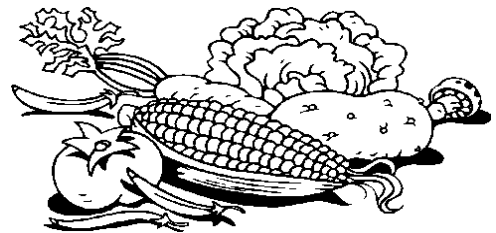
**SATURDAY, JUNE 1**  
**10 A.M. - 1 P.M.**

**Children of all ages welcome!**

**Water Slide      Water Games      Prizes**

**Hot Dog Lunch and More!**

Volunteers are needed for supervision, running games, serving watermelon, providing \$10 gift cards for big game winners (McDonald's, Rush's, Wal-Mart, Target as examples), set up and clean up, and to provide donations to cover cost of meal or watermelons.



**Trinity Food Co-op**  
**Tuesday, June 25**

Our next co-op date is **Tuesday, June 25**. 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, June 23**, if you would like a bag. Thank you for your help. **Becky**



**Carol Frye**

Jim & Marie Stiles  
Ray & Gale Frady  
Jo Ann Heiting  
Wayne & Charlie Hooker  
English & Jewel Pearcy  
Cathy Stahlkeeper  
Bonnie Ramsey  
Tom & Marilyn Lloyd  
Mary Kamoroff  
Boots Morgan  
Charles & Jackie McNeill

**Lisa Butler**

Bonnie Ramsey  
Jo Ann Heiting  
Tom & Marilyn Lloyd  
Mary Kamoroff  
Wayne & Charlie Hooker  
Charles & Jackie McNeill  
Boots Morgan

**Franklin (Tony) Lawrence**

Bonnie Ramsey  
Wayne & Charlie Hooker

**Arnold Heiting**

Wayne & Kay Johnston  
Jan Stamps

**Frances Holley**

English & Jewel Pearcy

**James Vernon Backman**

Ray & Gale Frady

**Mary Brewer**

Cathie Stahlkuppe



**WE EXPRESS OUR CHRISTIAN SYMPATHY TO:**

**Dean Frye and family** on the death of his wife, **Carol Frye**, on May 3.

**Frank and Megan Howard and family** on the death of his grandfather, **Tony Lawrence**, on May 12.

**Shirley Butler and family** on the death of her daughter, **Lisa Butler**, on May 17.



Dear Trinity Family,

Thank you for all of the cards, calls and prayers following my recent surgery. Your kindness was much appreciated.

Sincerely,  
Carolyn Sox



To the Trinity Family,

Stone, Dee and I would like to thank you for allowing us to become part of your family.

Thank you,  
Melody, Dee and Stone Hughes



Gifts in honor of **Shirley Butler** on her 90<sup>th</sup> Birthday on May 10<sup>th</sup> were given by **Mary Kamoroff** and **Bonnie Ramsey**.



**THANK YOU**

Thanks to the generosity of our church family, we were able to provide 57 jars of PB&J to the children in the Snack Sack program at SRAA. They will be delivered to the school on May 23 and given to the children before they begin their summer break on May 30. Your participation in this special neighborhood outreach is appreciated so much!

**UMW NEWS**

On May 2, three of our members attended the Silent Angel breakfast sponsored by the staff at SRAA in appreciation for our support of the Snack Sack program. We enjoyed a catered breakfast and a video presentation of some of the children thanking everyone for the support they've received from the church and community. Some of their remarks were quite touching as they shared how thankful they were and how they planned to help others who were in need like they were. It was a testament to the faithful support of our church in being disciples of Christ in service to the less fortunate among us.

On May 6, in conjunction with the Community Recognition outreach, we delivered homemade cookies, muffins, fruit and carrot/celery sticks to SRAA at the start of Teacher Appreciation Week.

The trip to the Tea Room in Ridgeway on May 8 was enjoyed by eleven of the women of our church. Everyone had a great time at this special event in lieu of our May meeting.

**We will not meet in June and July.** Meetings will resume on August 14 at 11 a.m. in the conference room. All women of the church are invited to join us as we begin to plan for Fall Festival's Country Store.



The Wednesday Bible studies will resume on June 12.

The Exercise Class will take a break from mid June to mid August. Their last class will take place on June 12 and will resume on August 19.

The United Methodist Men will not meet in June, July and August.

The Choir will practice at 6 p.m. on the first Wednesday of June, July and August.

## John's Jottings

The young woman stepped onto the subway train in New York City. In those years shortly following World War II it was reasonably safe for a young woman to travel the subway alone. As she stepped on the train the car was empty, which caused her some anxiety. However, she noticed an old man hunched over a newspaper. She breathed a sigh of relief and decided to sit near the old man.

She noticed that the paper the old man was reading was written in a foreign language. She looked closer and recognized that the paper was written in Yiddish, a language familiar to her from growing up in an Eastern European Jewish household. So even though she did not know the man, she felt a kinship with him which allayed her anxiety even further.

At the next stop an older woman, roughly the same age as the man, stepped onto the train. As she began to look for a seat, of which were many for there were only two on the train, she stopped and stared at the old man. Slowly she made her way back and sat in the seat next to the man. The young woman thought this odd as there were many other seats on the train.

The old woman continued to stare at the old man. Suddenly the woman snatched the newspaper from the man and cried, "Look at me!" The old man looked at the woman and gasped with surprise. The man and woman fell into each other's arms weeping tears of joy. The man recognized his wife. They were married and lived a happy life in Eastern Europe until the Nazis came and they were deported to separate camps. Somehow they both managed to survive the Holocaust and immigrated to New York. Neither knew that the other survived. Yet God managed to place them both on a nearly deserted train at the same time with no distractions so that they could find each other. The story made headlines. There were television and radio interviews as the couple told the story of this miraculous reunion.

The young woman who was on the train that evening could not help but wonder what her role in this drama was. She felt that there was some reason she was there on the train at that time with those two people separated by the horrors of the Holocaust but reunited by a deep divine love. As she pondered, she realized that her role was to be that of a witness. She could attest to the reality of this miraculous reunion. If there were scoffers and doubters, she could say, "Yes this happened, I saw it." She was the witness to this event.

\*

We are often witness to events in which we may see God working in our lives and in the world around us. Sometimes these events may be dramatic like that of the young woman on the train. Often it is the simpler events such as a child blowing the head off a dandelion. There may have been events in our lives which have led to major transformations. There may be just seeming minor insights that have led us to change our thinking and perceptions about the world and the people in it. We all have our stories of events we have witnessed.

The young woman witnessed the event on the train that evening, but she became a witness as she told the story and attested to the truth of the event. We may witness many events of God's work in our lives and in the world but we do not become a witness until we tell our stories that attest to the truth of God's working in us and in the world. As we tell our stories of faith, we become a witness, attesting to the truth that God is working to transform lives and the world.

During the month of July, with the exception of the first Sunday, we will have camp meeting style services. Camp meetings were times of revival and coming together in community on the American frontier in the early 19th century. The worship services were less formal with more singing, praising and evangelistic preaching. One of the main components of a camp meeting service was the witness, where a member or two of the congregation would tell the story of how God had been working in their lives. One of my favorite hymns is *We've a Story to Tell to the Nations* by H. Ernest Nichol. We all have our story to tell. Let us tell it.

Shalom,  
John

\*This story was taken from one of the Small Miracles books by Yitta Halberstan and Judith Leventhal.

*If you have a story that you are led to tell during one of these services let me know. It does not have to be dramatic but simply being a witness to how God has worked and is working in your life. You may call the Church office, text me at 803-351-0975, or email at [jdjordan@umcsc.org](mailto:jdjordan@umcsc.org). I would love to hear your story.*

### Special Announcements

Bible Studies will resume June 12. We will continue to look at some of the more obscure and less read books of the Bible.

Wish you could contribute a little more to the church financially? Do you shop online? Do you make travel plans online? If you do then you can contribute to the church while you shop! Simply establish an account with the UMC Market. This is a marketplace of thousand of retailers including travel sites and services which we all use- Target, Office Depot, Books a Million, Verizon to name a few-which was established by the General Board of Finance and Administration as a means by which retailers can make micro-donations to churches. Once you have established your account you do not have to go through the marketplace to shop, an icon will pop up asking if you would like to make a donation if you are on a marketplace vendor's site. All you need to do is go to [umcmarket.org](http://umcmarket.org) and set up your account. It is quick and easy. So go, shop and contribute to Trinity.



### Community Recognition Program for 2019

Recognizing those in our community who are often unrecognized for their hard work is the goal of the Community Recognition Program.

#### 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.

You can also help by making homemade goodies (which are greatly appreciated); donating coupons/ 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](mailto:hornsbjm@bellsouth.net)) if you'd like to be in charge of a particular month/place.

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



## Fiber Could Use A Rebrand

The benefits of getting enough fiber go beyond helping your digestive system stay healthy. A high-fiber diet may also help reduce cholesterol and regulate blood sugar levels, thus lowering your risk of heart disease and type 2 diabetes. Plus, fiber keeps you feeling full for longer periods of time, which may help you reduce your calorie consumption and lose excess weight. Most people associate fiber with flavorless foods like bran and oats. But there are so many other easy ways to pack fiber into your diet.

### How Much Fiber Do You Need?

The National Academy of Medicine recommends:

- Women 51 and older: 21 grams of fiber per day
- Men 51 and older: 30 grams of fiber per day

These may seem like reasonable numbers, but most Americans aren't getting enough. Women ages 60 and older are averaging only 15 grams per day, and men just 18, according to a survey from the U.S. Department of Agriculture.

To help you meet your daily needs and maintain variety in your diet, here are 18 foods that contain more fiber per serving than oatmeal, which clocks in at four grams per ½ cup. Chances are you're already eating many of them, but if not, add a few to your weekly grocery list to reap all the benefits of a fiber-packed diet. As always, if you have a chronic condition or take medications, talk to your doctor or a dietitian about your specific nutrition needs. And if you haven't been eating a lot of fiber-rich foods, add them to your diet gradually (about ½ cup of beans per day, for example) and drink plenty of water to minimize the risk of an upset stomach.

#### 1. Apples Fiber: 4.4 grams per medium apple with skin

Next time you're rushing out of the house, grab an apple to eat on the go. This convenient fruit delivers plenty of fiber along with natural sugar to provide a steady stream of energy.

#### 2. Artichokes Fiber: 6.8 grams per medium artichoke, cooked

Because of their tough exterior, preparing and cooking artichokes is a bit labor-intensive. But it's worth the effort! In addition to their fiber content, artichokes are a good source of vitamins C and K—a nutrient known to play a role in bone health. If that's not enough to motivate you to prepare this prickly vegetable, you're in luck. Frozen, canned, or jarred artichokes save you prep time.

#### 3. Avocados Fiber: 6.7 grams per ½ avocado

Adding half or one-quarter of a creamy avocado to your salad or sandwich will not only help keep you regular, but it also delivers heart-healthy monounsaturated fats along with many essential vitamins and minerals. Just be sure to keep portions in check, and make half an avocado your max serving size. "A little goes a long way since avocados are 85 percent fat," says Amy Shapiro, R.D., founder of Real Nutrition NYC.

#### 4. Black Beans Fiber: 15 grams per cup, cooked

You know beans are rich in fiber, but did you know just how rich? Just ½ cup of black beans packs in almost eight grams. Toss them on your salad for lunch, or try them in a brown rice fiesta bowl that's a perfect meal for one person. Worried about unpleasant side effects? Soaking dried beans in water before you cook them can help remove some of the indigestible sugars that cause flatulence. If you're using dried beans, cover them with two to three inches of cool, clean water. Set aside at room temperature for eight hours and drain well. For canned beans, rinse well in cool water before eating.

#### 5. Blackberries Fiber: 7.6 grams per cup

They may not be as widely available as strawberries and blueberries, but in-season blackberries are a sweet treat that's hard to beat. In addition to the fiber, a cup of blackberries delivers 50 percent of your daily vitamin c needs. Fresh blackberries are great on their own or as an ingredient in a high-protein breakfast bowl.

#### 6. Broccoli Fiber: 5.1 grams per cup, cooked

As if you need another reason to pack more vegetables into your diet, most are an excellent source of fiber. Broccoli gets bonus points for being incredibly easy to make; steam, add a pinch of salt and pepper if you want, and enjoy. One cup of broccoli contains more than 100 percent of your daily vitamin c and k needs, along with nearly 50 percent of your daily vitamin A needs. Those little stalks pack a serious nutrient punch!

#### 7. Butternut Squash Fiber: 6.6 grams per cup, cubed and cooked

Contrary to popular belief, butternut squash is technically a fruit, not a vegetable. But that doesn't change the fact that it's a wonderful addition to many sweet and savory recipes and is also great on its own, roasted or baked. Butternut squash is low in calories, with only 82 per cup, but high in nutrients, including magnesium, potassium, and vitamins a and c. Most notably, a cup of cooked butternut squash provides more than 100 percent of your daily vitamin a, an essential vitamin for maintaining good vision and healthy skin.

#### 8. Chickpeas Fiber: 12.5 grams per cup, cooked

Chickpeas provide a powerful punch of protein and fiber, making them an incredibly satisfying snack. You can roast them to make an easy snack at home or buy them already roasted. You can also blend chickpeas to make hummus or toss a ½ cup of chickpeas on your salad.

#### 9. Collard Greens Fiber: 7.6 grams per cup, cooked

All leafy greens are packed with nutrients, but collards are king when it comes to fiber. Collard greens have a slightly bitter flavor and a chewier texture than kale. You won't want to eat them raw—braise, steam, or stir-fry to break down some of the toughness of the leaves. Collard greens are also amazing for rolling up your favorite sandwich ingredients or a burger patty when you're watching your carb intake.

#### 10. Peas Fiber: 8.8 grams per cup, cooked

Like lentils, peas are not only rich in complex carbohydrates like fiber, but they're also a great source of plant protein. For a quick and tasty fiber-packed meal, try this three-ingredient dinner recipe: combine ½ cup cooked whole wheat pasta with premade tomato sauce and ½ cup frozen peas. The warm pasta will quickly make the peas the perfect temperature.

#### 11. Pears Fiber: 5.5 grams per medium pear

Pears offer a convenient way to sneak in some fiber on the go. Like apples, you'll boost the fruit's staying power by pairing it with some protein or fat. Try chopped pear over Greek yogurt or with a small handful of mixed nuts.

#### 12. Raspberries Fiber: 8 grams per cup

Raspberries aren't exactly a hard sell—they're basically nature's candy. The hit of fiber is just a nice bonus. Eat them plain, mix them into a smoothie, or use them in muffins. You can't go wrong!