

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

E-Mail Church - trinityumcwc@sc.rr.com

Website - trinityumcwc.org

JULY 2019



ICE CREAM SOCIAL
SUNDAY, JULY 28
6 p.m.

Join us on Sunday, July 28, at 6 p.m. for our annual Ice Cream Social! We will have all you can eat ice cream with a variety of homemade flavors and topping.

If you would be willing to make a churn of ice cream, there is a sign-up sheet on the Gathering Room table.



"Second-time Around" Booth at Fall Festival

In just a few months, October 26th to be exact, the church will be holding its annual Fall Festival with lots of the same fun booths and some new ones. We are bringing back the "second time around" booth this year and ask that you bring slightly used items to the church. You may place them on the stage, behind the curtain, next to the fellowship hall.

Suggestions for things to donate are just about any household item, such as glassware, china, kitchen gadgets, place mats, picture frames, lamps, and comforters; children's toys, puzzles, and dolls; baby and small children's clothing; jewelry, scarves, hats, gloves, pocketbooks, wallets; decorations (Christmas, Halloween, etc.); and tote bags, luggage, and small storage containers. We can use almost anything but electronics and adult clothing.

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

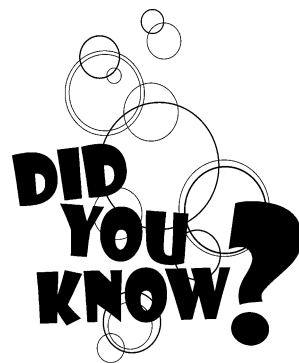


VACATION BIBLE SCHOOL
AUGUST 1 - 4

August 1 – 3 at 5:30 p.m. with dinner provided
August 4 at 11 a.m. for a special VBS Worship Service

To register your child(ren), please send an email to trinityumcwcevent@gmail.com with subject line VBS Registration. You will receive a reply with additional instructions.

If you have any questions or would like to help with VBS, please see Erin Derrick or Jessica Warble.



Children's Church Every Sunday!

Join us every Sunday morning at 11 a.m. for Children's Church. After the Children's Sermon, Children's Church teachers accompany children from the sanctuary into our classroom.

Children learn about the Bible and about the meaning behind church traditions using the **Deep Blue Sea** application and the **Chuck Knows Church** video series. Teachers guide lessons and guide a peer led Bible story. Each lesson contains a hands-on activity like a game or art project. Snacks are provided during every lesson.



Carol Frye
Joel McGee, Sr.
Francis & Gillett Hipp

Lisa Butler
Jim & Marie Stiles
English & Jewel Pearcy
Joe Alley
Francis & Gillett Hipp

Arnold Heiting
Francis & Gillett Hipp
Joe Alley

Stephen Kamoroff
Francis & Gillett Hipp

Mary Brewer
Claire Fleming
John Awtreya



Congratulations to Nick and Megan Corby on the birth of their son, Ryker Clark Corby, on Friday, June 14th, 2019. He weighed 8 lbs. 6 oz.

Ryker Clark is the grandson of Carlis Edwards and the great-grandson of Oren and Hilda Edwards.



Dear Trinity Family,

Words cannot adequately express my gratitude for all of the cards, calls, prayers and memorials received following the death of my daughter, Lisa. Your love and kindness are helping me through this difficult time.

Please continue to keep me in your prayers.

*Sincerely,
Shirley Butler*



Dear Jeanette Hornsby & the Trinity UMC Group,

Thank you from the bottom of my heart for your generous gift of home baked goods for the staff at NHC Healthcare, Lexington. The unexpected treats were enjoyed by our facility immensely and the staff devoured the snacks quickly!

It is wonderful to know that the West Columbia community cares for their neighbors like your group does. If there is anything NHC can do for your group, please do not hesitate to reach out to me. Thanks again for your kindness.

Michael Manley
Administrator



We will not meet in 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 United Methodist Men will not meet in July or August.

Bible Study will not be held on Wednesday, July 3. It will resume on Wednesday, July 10.

Lunch Bunch will meet on Sunday, July 7, immediately following worship. Everyone is invited to bring a covered dish and join this time of informal fellowship.

The FAN Team will meet on Sunday, July 7, at 1 p.m.

Church Council will meet on Sunday, July 21, at 6:30 p.m.

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

The Choir will meet on Wednesday, August 7.

Annual Conference Report

The South Carolina Annual Conference was held June 2-6 in Greenville. While Annual Conference may be perceived as a boring business meeting, and admittedly there is some boring business, there is also a lot of excitement and renewal.

The Conference began with worship Sunday evening with a rousing message from Bishop Holston that hope is a four-letter word. His message was one of hope in light of the tumult of the called General Conference in February and gloom over potential division in our denomination. Holy Communion was celebrated which reminded us that even though we may have our differences of opinion over issues, we still share in the body and blood of Christ.

Monday morning and every morning began with Bible Study led by Revs. Gregory and Susan Jones, Dean of Duke Divinity School and Ministry Associate for Church Transformation Ministries. Much of the rest of the morning session was explaining the procedures for electing delegates to General and Jurisdictional Conference in 2020, then testing and working out the bugs with the electronic balloting devices. After many questions, much groaning, and some headbanging we were finally able to take the first ballot that afternoon. The election of delegates to General and Jurisdictional Conference was the main focus of this year's conference. Eight clergy and eight lay delegates were elected to General conference. An additional eight clergy and eight lay delegates were elected to Jurisdictional Conference with the first two clergy and lay elected as Jurisdictional delegates also serving as alternate delegated to General Conference. An additional two clergy and lay delegates were elected as alternates to Jurisdictional Conference.

Among other business attended to during the week was the approval of nominations for Conference and district boards and agencies, the passing of the budget for 2020 and receiving the reports of many conference boards and agencies. More of the reports than usual were not presented directly to the conference due to time constraints, but were by consent added to the minutes of the conference. While many of these reports were, to be honest, rather boring, it is exciting to see how much we as United Methodist are doing in our communities, our state and the world. These are ministries that we at Trinity are a part of as we pay our apportionments. There were no resolutions that came before the conference and the three petitions that were presented to go the General Conference were ruled out of order as they were not in the proper format to go before the General Conference as coming from the SC Conference.

But as I have said, conference was not all elections, reports and business. There was a great time spent in worship and celebration. Monday, we remembered those who have served as pastors in the conference and spouses that had entered the church triumphant this past year. Also Monday night there was the service of Commissioning and Ordination where one Provisional Deacon and 10 Provisional Elders were commissioned, and one Full Deacon and Seven Full Elders were ordained. Tuesday, those retiring from the conference were honored and the "passing of the mantle" from a member of the retiring class to a member of the newly ordained class was held. The most moving service, at least in my opinion, was the Native American Reconciliation Service held Tuesday afternoon. This special service was held in response to a General Conference Resolution in 2008 in which the United Methodist Church asked for forgiveness by Native American peoples for the church's role in the oppression and genocide of Native peoples in the course of our history. The drumming, chanting, dancing along with explanations of Native worship practices led me to some tears.

The Conference closed Thursday afternoon with the fixing of appointments and I am happy to report that Kay and I will be returning to Trinity. In addition to all the formal worship and business there are exhibits which provide information about our ministries and those that assist in ministry. It is also a time to see old friends that you have not seen in a year.

I urge all of you to attend some or all of annual conference next year which will be in Florence at the Florence Civic Center June 7-10, 2020.

Shalom,
John

Delegates to General and Jurisdictional Conference:

Clergy:

General- Ken Nelson, Robin Dease, Keith Hunter, Susan Leonard, Emily Sutton, Will Malambri, Tiffany Knowlin, Karen Jones.

Jurisdictional- Tim Rogers, Cathy Mitchell, Fran Elrod, Connie Barnes, Mary Teasley, Kathryn Hunter, Elizabeth Murray, Richard Reames. Alternates- Steven Love, Sara White.

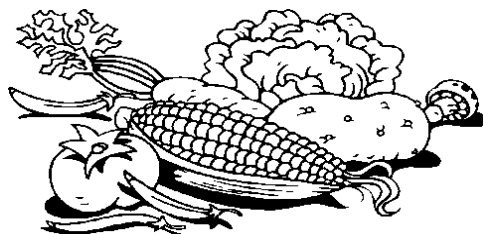
Laity:

General- Jackie Jenkins, James Salley, Michael Cheatham, Herman Lightsey, Chris Lynch, Martha Thompson, Emily Evans, David Braddon.

Jurisdictional- Betty Void, David Sulter, Valerie Brook-Madden, Marlene Spencer, Jennifer Price, Tony Watson, Lou Jordan, Doug Coffeen. Alternates- Marvin Horton, Vicki McCartha.



During the months of July and August we will be having "camp meeting" style services except for communion services. These services will be less formal with more singing and less liturgy. Part of these services will be sharing our stories of faith and how God has worked in our lives. So if you feel led to share your story let John know.



Trinity Food Co-op
Tuesday, July 23

Our next co-op date is **Tuesday, July 23**. Invite and encourage your friends and neighbors to participate. Plan now 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, July 21**, if you would like a bag. Thank you for your help. **Becky**



Why Should I Exercise?

Exercise is defined as any movement that makes your muscles work and requires your body to burn calories. There are many types of physical activity, including swimming, running, jogging, walking and dancing, to name a few. Being active has been shown to have many health benefits, both physically and mentally. It may even help you live longer.

Here are some ways regular exercise benefits your body and brain.

1. It Can Make You Feel Happier

Exercising regularly can improve your mood and reduce feelings of anxiety and depression.

2. It Can Help with Weight Loss

Some studies have shown that inactivity is a major factor in weight gain and obesity. Exercise is crucial to supporting a fast metabolism and burning more calories per day. It also helps you maintain your muscle mass and weight loss.

3. It Is Good for Your Muscles and Bones

Exercise plays a vital role in building and maintaining strong muscles and bones. As people age, they tend to lose muscle mass and function, which can lead to injuries and disabilities. Practicing regular physical activity is essential to reducing muscle loss and maintaining strength.

4. It Can Increase Your Energy Levels

Engaging in regular physical activity can increase your energy levels. This is true even in people with persistent fatigue and those suffering from serious illnesses.

5. It Can Reduce Your Risk of Chronic Disease

Lack of regular physical activity is a primary cause of chronic disease. Regular exercise has been shown to improve insulin sensitivity, cardiovascular fitness and body composition, yet decrease blood pressure and blood fat levels. Daily physical activity is essential to maintaining a healthy weight and reducing the risk of chronic disease.

6. It Can Help Your Brain Health and Memory

Exercise can improve brain function and protect memory and thinking skills. To begin with, it increases your heart rate, which promotes the flow of blood and oxygen to your brain. It can also stimulate the production of hormones that can enhance the growth of brain cells.

7. It Can Help with Relaxation and Sleep Quality

Regular exercise can help you relax and sleep better. Regular physical activity, regardless of whether it is aerobic or a combination of aerobic and resistance training, can help you sleep better and feel more energized during the day.

8. It Can Reduce Pain

Chronic pain can be debilitating, but exercise can actually help reduce it. Several studies show that exercise can help control pain that's associated with various health conditions, including chronic low back pain, fibromyalgia and chronic soft tissue shoulder disorder, to name a few. Exercise has favorable effects on the pain that's associated with various conditions. It can also increase pain tolerance.



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) if you'd like to be in charge of a particular month/place.

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