

# 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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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)

AUGUST 2019

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## “Second-time Around” Booth at Fall Festival

October 26

We are bringing back the “second time around” booth this year and are now accepting donations. Slightly used items may be placed 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.



Snacks and a Movie  
Sunday, August 11  
4 p.m.

Join us on Sunday, August 11, at 4 p.m. as we watch the 2018 movie *The Old Man and the Gun*. Based on the true story of Forrest Tucker (Robert Redford), from his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Wrapped up in the pursuit are detective John Hunt (Casey Affleck), who becomes captivated with Forrest's commitment to his craft, and a woman (Sissy Spacek), who loves him in spite of his chosen profession.



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](mailto: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.



Sunday, August 18

In preparation for the new school year we will have our annual Blessing of the Backpacks at our 11 a.m. service on August 18.

We will pray over the children and all current and past school workers. An education is so important today and we want to send our pupils back to school with the blessings of the Lord to watch over them and help them have an amazing school year.



Carol Frye  
Jeanette Hornsby

Lisa Butler  
Jeanette Hornsby

David Arthur Fleming  
Ray & Gale Fleming



### UMW NEWS

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.



Please make the following changes to your church directory:

#### New Addresses

Leslie Platt  
1212 Canary Drive  
West Columbia, SC 29169

Nick & Megan Corby  
504 Iris Lane  
Beaufort, SC 29906

#### Phone Numbers

Dorothy (Dot) Johnson (803) 760-3671

Charles McNeill (803) 603-6535  
Jackie McNeill (803) 603-6553  
(They do not have a landline.)

Don & Jeannie Sineath (843) 908-3412

Jack Stevens (803) 413-5163



The **United Methodist Men** will not meet in August.

The **Choir** will not meet in August.

**Lunch Bunch** will meet on Sunday, August 4, immediately following worship. Everyone is invited to bring a covered dish and join this time of informal fellowship.

The **Prayer Group** will not meet on Wednesday, August 7.

The **Finance Team** will meet on Sunday, August 11, at 6:30 a.m. Members of the Finance Team are *Dolph Varner, Chairperson, John Jordan, Sue Ballentine, Tom Geddens, Chuck Martin, Ted Frady, Becky Derrick, Erin Derrick, Jeanette Hornsby, Rhett Hook and Francis Hipp.*

The **Nominations and Leadership Development Team** will meet on Sunday, August 18, at 6:30 p.m. Members of the team are *John Jordan, Francis Hipp, Erin Derrick, Bonnie Ramsey, Patsy Boggs, Ruth Frady, Mary Sue Lewis and Tom Geddens.*

The **Exercise Class** will resume on Monday, August 19. It will meet on Mondays and Wednesdays at 11 a.m.

**GLIA** articles are due on Thursday, August 22.

The **SPRC** will meet on Sunday, August 25, at 5 p.m. Members of the team are *K. C. Warble, Chairperson, Chris Derrick, Mary Kamoroff, John Ballentine, Patsy Boggs, Ray Frady, Francis Hipp and Tom Geddens.*

The **Sunday School Breakfast** will be held on Sunday, August 25, at 9 a.m.



During the month of August we will be having "camp meeting" style services except for communion service. 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.

## John's Jottings

I must be perfectly honest and confess that I am not a big fan of Mission Statements and Vision Statements, particularly in churches. It seems to me that often these statements are the people's mission and vision and not necessarily that of God's mission and vision of the church.

Kay recently asked me if I had ever read the mission and vision statements of Trinity, particularly the vision statement. The mission statement is to make disciples of Jesus Christ for the transformation of the world, which is the mission statement of the United Methodist Church. Then our vision statement is to Connect, Nurture, Inspire, and Transform. As Kay pointed out to me those are some really powerful words.

As I pondered those words, thanks Kay, I realized that they are not just nice buzz words but they are actions that are really crucial to the fulfillment of our mission to make disciples of Jesus Christ for the transformation of the world. Over the course of the next four months I will reflect upon these words and their meaning in these jottings. Also, not just the meanings of these words but how we are and can inspire, connect, nurture, and transform here at Trinity. We will post on our sign on Mohawk each month the phrase *Where we - inspire, connect, nurture, and transform*. This is to remind us and tell others that this is what we do at Trinity.

This month we will focus on the word inspire. What do we mean when we say we inspire; we give, or receive an inspiration? To inspire is to animate, enliven, stimulate, create, to fill with the urge to do or feel something. In a theological sense to inspire is to be directed, guided and aroused by divine influence.

To inspire is to be creative. Be inspired to try something new and different. A beautiful sunset may inspire the artist to paint. The sounds of our surroundings may inspire the musician to compose music. Something may inspire you to start a new hobby. As a church we may be inspired to do a new ministry or a new way of doing ministry. To inspire leads to creativity.

To inspire also is to empower, enliven. Whatever new thought or idea may come up may be built upon and put into action. To be a place where we inspire means that we are a place where new ideas may be heard and honestly considered. It is a place where the saying, "We've never done it that way" means this is something new we can try rather than "and we are not ever going to do it any other way than the way we are now." Being a place to inspire also means to be a place where people's talents and gifts may be expressed and utilized whatever their age or circumstances.

To inspire also means to put into action. Ideas are considered and if feasible put into action. The comments of "I wish we could" or "What would happen if we tried" becomes "Let's do it." To inspire means to see how new ideas could be put into action, eliminating barriers rather than finding barriers. It means to take the initial spark of inspiration and fan it into flames.

As the church we acknowledge that our inspiration comes from God. I firmly believe that all inspiration is from God. Admittedly at times the devil may distort and confuse our inspiration. We may clarify our inspirations by praying, listening to God, searching scripture and tradition, and discussing with others. Others may have had the same or similar inspirations. And our inspirations may well be God tapping you to do something new and different in your life or in the life of our church.

In closing, take time to reflect upon how Trinity has inspired you. Are there inspirations you have had for ministry here at Trinity that have not been voiced? If so talk to me or others. Are there ways in which we inspire others to become disciples of Christ for the transformation of the world? Let our inspirations not be embers which quickly grow cold and die but let them be sparks that can be fanned into flames for the Kingdom of God.

Shalom,  
John



### 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.

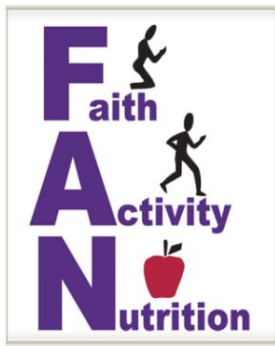
#### What's Involved?

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.

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



## Healthy Eating

Confused by all the conflicting nutrition advice out there? This is the first of a series of articles that will appear in the GLIA about healthy eating.

### What is a healthy diet?

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.

Healthy eating doesn't have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. The cornerstone of a healthy diet should be to replace processed foods with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel.

### My Plate



### The fundamentals of healthy eating

While some extreme diets may suggest otherwise, we all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don't need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category.

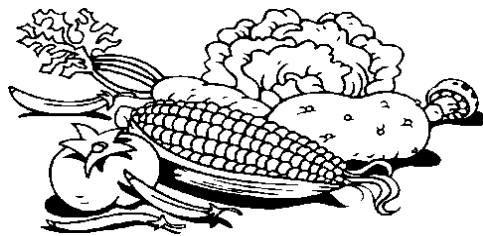
**Protein** gives you the energy to get up and go—and keep going—while also supporting mood and cognitive function. Too much protein can be harmful to people with kidney disease, but the latest research suggests that many of us need more high-quality protein, especially as we age. That doesn't mean you have to eat more animal products—a variety of plant-based sources of protein each day can ensure your body gets all the essential protein it needs.

**Fat.** Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart. In fact, healthy fats—such as omega-3s—are vital to your physical and emotional health.

**Fiber.** Eating foods high in dietary fiber (grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight.

**Calcium.** As well as leading to osteoporosis, not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. Whatever your age or gender, it's vital to include calcium-rich foods in your diet, limit those that deplete calcium, and get enough magnesium and vitamins D and K to help calcium do its job.

**Carbohydrates** are one of your body's main sources of energy. But most should come from complex, unrefined carbs (vegetables, whole grains, fruit) rather than sugars and refined carbs. Cutting back on white bread, pastries, starches, and sugar can prevent rapid spikes in blood sugar, fluctuations in mood and energy, and a build-up of fat, especially around your waistline.



*Trinity Food Co-op  
Tuesday, August 27*

Our next co-op date is **Tuesday, August 27**. 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, August 25**, if you would like a bag. Thank you for your help. **Becky**