

# 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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SEPTEMBER 2019



**SATURDAY, OCTOBER 26  
10 AM – 1 PM**

Make your own special goodies? Know someone who does? Are you a direct sales vendor? Want to rent space at Trinity United Methodist Church at our Fall Festival October 26th? We will have vendors, homemade goods, BBQ for sale and a bounce house for the kids while your customers shop!

Email [trinityumcwevent@gmail.com](mailto:trinityumcwevent@gmail.com) and we will send you a vendor form or you can pick up a form from the Gathering Area. Please note you will have to mail your payment to hold your space or you can drop it off at the church. Deadline to register is October 19th. If you are direct sales and your company has a rule about having more than one rep at an event please let us know too!



## “Second-time Around” Booth

Thanks to everyone for your donations to the second time around booth to be held October 26 in connection with our Fall Festival. **If you would like to donate items, please place them on the stage by September 1.** If you can help in the booth on October 26, please let Marie Stiles know.



## Country Store

On Saturday, October 26, from 10 a.m. to 1 p.m., we will be sponsoring a day of fun, food and fellowship for the community and we need your help. As part of the event, the UMW will be selling baked goods in our famous Country Store and we need our wonderful cooks to donate cakes, pies, cookies, bread, jams and jellies, etc., to help stock the shelves. Since country stores sell a little bit of everything, we will also have Trinity T-shirts, books, and any handmade items you'd like to donate. Please price your items and bring them to the church fellowship hall on Friday, the 25th, or Saturday morning before 9:00. Signup sheets will be on the table in the Gathering Area or you may contact Lynn Martin at (803) 309-8195 if you'd like to donate.

## Charge Conference

**September 19, 6:30 p.m. @ Cayce UMC**

Charge Conference will be held on Thursday, September 19, at 6:30 p.m. at Cayce UMC. **All forms should be turned in to the Church Office by Friday, September 13.**

## Epworth Children's Home Work Day Offering Sunday, September 8

EPWORTH IS OUR MINISTRY! Where do children go when DSS has taken them from their families because of abuse or neglect? What about when a mother is struggling with addiction and is neglecting her children? Currently, over 80 children call Epworth home. Each of these children have found refuge in the ministry we share as United Methodists in SC. Epworth Children's Home has been welcoming children in Christ's name for 123 years through the generous support of churches like ours! We will participate in the annual Work Day Offering on Sunday, September 8th, to benefit the children who call Epworth home. Please be in prayerful consideration of what God is calling you to give to this valuable and life changing ministry. For more information about Epworth Children's Home, you can visit them on the web at [www.epworthchildrenshome.org](http://www.epworthchildrenshome.org) or find them on Facebook.



Wonderful Wednesdays will begin on **September 25** and end on **October 16**. Family-style meals will be served at 5:30 p.m. Bible Study will begin at 6:15 p.m. and end at 7 p.m. We encourage you to be with us for both.

The price of the meals is \$5.00 for adults and children 12 and over. Children 6 to 11 are \$3.00 each. Children ages 2 to 5 are \$1.00. There will be a limit of \$12.00 to be paid per immediate\* family, with a maximum of five persons. After five family members, each additional person is \$3.00. (\*Two related generations is an immediate family.)



**West Columbia Riverwalk Park  
Sunday, September 29  
5:30 p.m. - 6:30 p.m.**

We will hold a **Blessing of the Animals** on **Sunday, September 29, from 5:30 p.m. - 6:30 p.m.** at the **West Columbia Riverwalk Park**. We will be at one of the picnic tables along the walk. We will have a brief service at 5:30 then remain until 6:30 to bless animals individually. Remember that all animals must be restrained on leash or cage per park policy and for the safety of the animals. Please share with all friends as we celebrate all of God's creatures.



Carol Frye  
Peggy Smith

Lisa Butler  
Oren & Hilda Edwards

Mary Brewer  
Peggy Smith

Danna Sarvis  
Oren & Hilda Edwards

Lyn Scott

Wayne & Charlie Hooker     Mary Kamoroff  
English & Jewel Pearcy     Bonnie Ramsey  
Jo Ann Heiting



**WE EXPRESS OUR CHRISTIAN SYMPATHY TO *Jan Weaver and family* on the death of her sister-in-law, *Lyn Scott*, on Monday, August 12, in England.**



**Address & Phone Numbers**

John & Kay Jordan  
1512 Cardinal Drive  
West Columbia, SC 29169

Edwa Meek  
114 Sabal Drive  
West Columbia, SC 29169

John's Cell # (803) 351-0975  
Kay's Cell # (803) 315-0673

Joshua Day  
2514 Craig Road  
Columbia, SC 29204

Marian Risinger (803) 520-7585  
Mary Alice Duncan (803) 767-0478



**Lunch Bunch** will meet on Sunday, September 1, immediately following worship. Everyone is invited to bring a covered dish and join this time of informal fellowship.

The **Finance Team** will meet on Sunday, September 1, at 6:30 p.m.

The **UM Men's Breakfast** will be held on Sunday, September 8, at 9 a.m.

The **UMW** will meet on Wednesday, September 11, at 11 a.m.

**GLIA** articles are due on Monday, September 23.

The **Sunday School Breakfast** will be held on Sunday, September 29, at 9 a.m.



**SRAA Back-to-School 2019**

As school begins this week, we have the opportunity to provide a variety of much needed items that have been requested by the Guidance Counselor and School Nurse. Of course, monetary donations are always welcome and if you would like to donate in this way, please see Marilyn Lloyd or Lynn Martin. **If donating by check, please make them payable to Trinity UMW.**

We will be collecting items or monetary donations through the end of September. The SRAA bin will be in the Gathering Area for you to drop off items you have purchased. Your generous support of this neighbor-hood mission is so appreciated by everyone at Saluda River!

Girls: small underwear; athletic/elastic waist shorts (S-XL); shoes (kids 9 - adults 6);

Belts (XS-XL); travel size deodorant; boxes of tissue; Lysol wipes

Boys: small underwear; athletic/elastic waist shorts (S-XL); shoes (kids 9 - adults 6);

Belts (XS-XL); travel size deodorant; boxes of tissue; Lysol wipes



The Trinity United Methodist Women invite you to enjoy a time of gathering with other United Methodist Women at Mt. Hebron United Methodist Church for the

**Columbia District United Methodist Women's  
47th Annual Meeting  
Saturday, September 21, 2019**

**Theme:** Anchored in Christ  
**Guest Speaker:** Dr. Evelyn Fulmore  
**Registration:** 8:45-9:30 a.m. **Program:** 9:30-12:00 p.m.

If you wish to travel with us, meet at the Gunter Circle Parking lot at 9:00 a.m. Registration forms will be on the round table in the Gathering Area. Please give your \$15 Registration fee to Marilyn Lloyd (Trinity UMW Treas.) before September 2, 2019, or send it separately. **If paying by check, please make check out to Trinity UMW.**

**Let's have fun and get Moving! We Want YOU!**

The Exercise/Balance Group meets on Mondays and Wednesdays at 11:00 a.m. every week. We invite you to be with us for 45 minutes to an hour of activity that is designed to improve health and mobility.

We meet to encourage one another to move and feel better. While we use a DVD of exercises, we want each person to do only what he or she is able to do, while gaining strength and learning ways to prevent falling. If you have any questions, call Marilyn Lloyd. 794-2563.

## John's Jottings

This month I want to continue our focus on our vision statement, "Our vision is to connect, nurture, inspire and transform." Last month we focused on the word inspire and how we may inspire new and creative ways of ministry. This month I want us to look at the word nurture as we say that we nurture here at Trinity.

To nurture is to provide sustenance in order to promote growth and development. The first instinct for any baby is to find the mother's breast, to find the source of nourishment so it may grow and develop. As the child grows it is fed different foods as its digestive tract develops until it is able to eat the full range of foods. But nurturance is more than just food. For a child to thrive it needs nurturance to grow emotionally, intellectually, socially and spiritually in addition to physically. This need for nurturance does not stop when we reach a certain age and become an "adult". We need nurturance throughout our lives.

As a church we provide nurturance so that we may grow in being the person that God created us to be. I believe that this means providing nurturance in all areas of life- emotional, intellectual, social, physical in addition to spiritual- and at all stages of life from childhood, to youth, to young adult, to families with children, to "empty nesters", to "golden" agers. The church nurtures as it provides opportunities for growth in all aspects of life throughout life.

Of course, we provide spiritual growth. We provide spiritual nurturance through our Sunday School classes, Bible Studies, Children's sermon and church, and maybe a little through sermons. We nurture spiritually when we share our joys and concerns. We nurture spiritually as we pray together and for each other. We nurture spiritually as we receive the sacraments, Holy Communion and reaffirming our Baptismal vows. We provide nurturance to children through Vacation Bible School and children's church. We nurture youth through Sunday school and other activities.

We nurture intellectually in our studies of the Bible but also in our support of Saluda River Academy for the Arts and other schools. We nurture physically through our FAN program which encourages healthy eating and exercise (even during our ice cream social!). We nurture socially through our fellowship time after church, breakfasts and wonderful Wednesday suppers.

We provide nurturance as we visit the sick and shut-ins and when we send cards and notes when people are sick or on birthdays and anniversaries. We provide nurturance whenever we support each other in recognizing and developing our God given gifts and talents. I appreciate Christopher finding people, particularly young people, to share their musical gifts with us. So, if you have a talent and gift you would like to share and nurture let the church be a place where that may be nurtured. Be it musical, artistic, dramatic, culinary, or whatever the church can be a place where that gift may be nurtured.

As you reflect upon your life, consider the ways in which the church has nurtured you, not just spiritually but in all aspects of your life. Are there ways in which we at Trinity may do a better job of nurturing, not just our members but also those in the community? Also, who and how is God calling me to nurture or to be nurtured?

John Wesley encourages Methodist to "go on to perfection" a phrase taken from Hebrews 6:1. The concept of perfection in the Wesleyan sense is not to do everything right and not sin, but to be complete in one's love of God and neighbor. It is also in the sense of being completely the person that God created you to be. This requires nurturance to grow physically, emotionally, socially, intellectually and spiritually throughout our lives. May we live up to our vision at Trinity to nurture our members and neighbors in all aspects of life and throughout all phases of life so that all become the perfect person God created.

Shalom,  
John

### Special Announcement from the Pastor

Sunday, September 8, Matt Brodie, the Conference Audio-Visual person will be at Trinity shooting a brief video of a "Visit to Trinity." This is part of a project I have to complete for ordination. The video will be put on our Facebook page and linked to our website. The purpose is to give people a preview of what to expect when they come to Trinity even before they come. Come that Sunday prepared to stay in the sanctuary a few minutes after the service to participate in this project.



### 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.

September      Northside Middle School  
October          Riverbank Elementary

November  
December

Riverbanks Zoo Custodial Staff  
Public Works Department  
(partner with Westover Acres Community)



## Healthy Eating

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

### Making the switch to a healthy diet

Switching to a healthy diet doesn't have to be an all-or-nothing proposition. You don't have to eat perfect, you don't have to completely eliminate foods you enjoy, and you don't have to change everything all at once—that usually only leads to cheating or giving up on your new eating plan.

A better approach is to make a few small changes at a time. Keeping your goals modest can help you achieve more in the long term without feeling deprived or overwhelmed by a major diet overhaul. Think of planning a healthy diet as a number of small, manageable steps—like adding a salad to your diet once a day. As your small changes become habit, you can continue to add more healthy choices.

### Setting yourself up for success

To set yourself up for success, try to keep things simple. Eating a healthier diet doesn't have to be complicated. Instead of being overly concerned with counting calories, for example, think of your diet in terms of color, variety, and freshness. ***Focus on avoiding packaged and processed foods and opting for more fresh ingredients whenever possible.***

**Prepare more of your own meals.** Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food. You'll eat fewer calories and avoid the chemical additives, added sugar, and unhealthy fats of packaged and takeout foods that can leave you feeling tired, bloated, and irritable, and exacerbate symptoms of depression, stress, and anxiety.

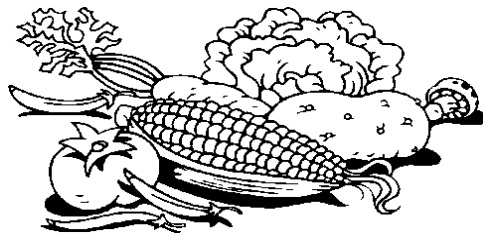
**Make the right changes.** When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives. Replacing dangerous trans fats with healthy fats (such as switching fried chicken for grilled salmon) will make a positive difference to your health. Switching animal fats for refined carbohydrates, though (such as switching your breakfast bacon for a donut), won't lower your risk for heart disease or improve your mood.

**Read the labels.** It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy.

**Focus on how you feel after eating.** This will help foster healthy new habits and tastes. The healthier the food you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy.

**Drink plenty of water.** Water helps flush our systems of waste products and toxins, yet many of us go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

**It's not just what you eat, but when you eat.** Eat breakfast and eat smaller meals throughout the day. A healthy breakfast can jumpstart your metabolism, while eating small, healthy meals keeps your energy up all day. Avoid eating late at night. Try to eat dinner earlier and fast for 14-16 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help to regulate weight.



***Trinity Food Co-op  
Tuesday, September 24***

Our next co-op date is **Tuesday, September 24**. 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, September 22**, if you would like a bag. Thank you for your help. **Becky**