

# 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

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

OCTOBER 2019



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

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

Email [trinityumcwcevent@gmail.com](mailto:trinityumcwcevent@gmail.com) and we will send you a vendor form or you can pick one up from the Gathering Area. You will need to mail your payment of \$30 or drop it off at the church to hold your space. Deadline to register is October 19th. Please let us know if you are direct sales and your company has a rule about having more than one rep at an event.



## Country Store

As part of the Fall Festival, 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. 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.



## Silent Auction

Kay Jordan is currently selecting items for the Silent Auction. Items can be new, high quality vintage items, crafts, art, jewelry and other. If you provide a service or sell a product, you can provide a gift certificate or donate an item. If you can contribute, please call (803) 315-0673 or email me at [kaysjordan58@gmail.com](mailto:kaysjordan58@gmail.com). Thanks!



## Spread the word about Fall Festival

Part of the success of our Fall Festival depends on our members' and the community's support. We have erected the banner on Mohawk and set up the event on Facebook, but we need your help in spreading the word.

There are flyers and small posters on the table in the Gathering Area. Please take a few of the flyers and give them to your friends and neighbors. Take one or more of the small posters and ask local area businesses (restaurants, pharmacies, gas stations, etc.) that you frequent to put up a poster.

Profit from the Fall Festival will benefit UMCOR, victims of Dorian in the Bahamas (through HeadKnowles), and Sistercare. Thank you for your help!



**Wonderful Wednesdays** will continue through **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.)



As we begin our stewardship campaign, we will, during the month of October, look at our membership vows and the four ways in which we promised to faithfully participate in the ministries of the church here at Trinity. We will look at how we participate in ministry by our prayers, our presence, our gifts and our service. Consecration Sunday is November 10.



On October 20th we will provide the meal for the Methodist Student Network at USC. As we did last time we will serve chili and cornbread. If you would be willing to cook a pot of chili (traditional, chicken, vegetarian or your special recipe), a pan of cornbread or a dessert, let Kay Jordan know. We will also need 4-6 people to help take the food, set up and serve. It is a joy and uplift to worship with the students prior to the meal and to see the good work taking place at USC.



All Saint's Sunday will be November 3, 2019. On this day we will honor the memory of our members that have entered the Church Triumphant this past year. Also, we want to honor the memory of family members who were not members of the church. If you have a loved one that passed away during this past year, since November 1, 2018, please place their name on the list in the Gathering Area.



**Vernon Holladay**

English & Jewel Pearcy  
Wayne & Charlie Hooker  
Jo Ann Heiting  
Ray & Gale Frady

**Mike Steele**

English & Jewel Pearcy  
Wayne & Charlie Hooker  
Jo Ann Heiting  
Ray & Gale Frady

**Gary Ware**

English & Jewel Pearcy  
Oren & Hilda Edwards  
Charlie & Wayne Hooker  
Jo Ann Heiting

**Melody Hughes**

English & Jewel Pearcy	Patsy Meek Boggs
Edwa Meek	Pauline Wenner
Oren & Hilda Edwards	Paul M. & Mary M. Yon
Mary Kamoroff	Wayne & Charlie Hooker
Bonnie Ramsey	Denise & Wally Sox



**WE EXPRESS OUR CHRISTIAN SYMPATHY TO:**

**Stone and Dee Hughes, Carolyn Sox and family** on the death of **Melody Hughes** on Wednesday, September 11.

**Wayne & Kay Johnston** on the death of their brother-in-law, **Tyrone Gray**, on Friday, September 13.

The family of **Gary Ware, Sr.** on his death on Sunday, September 15.

**Carolyn Hardee and family** on the death of her brother, **Vernon Holladay**, on Wednesday, September 18.

**Chris and Erin Derrick and family** on the death of his uncle, **Mike Steele**, on Friday, September 20.



**Lunch Bunch** will meet on Sunday, October 6, immediately following worship. Everyone is invited to bring a covered dish and join this time of informal fellowship.

The **UM Men's Breakfast** will be held on Sunday, October 13, at 9 a.m.

The **UMW** will meet on Wednesday, October 9, at 11 a.m.

The **Sunday School Breakfast** will be held on Sunday, October 27, at 9 a.m.



**It's a Girl!**

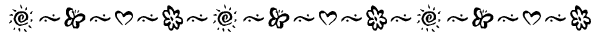
**Congratulations to Tom and Marilyn Lloyd** on the birth of their great-granddaughter, **Jade Ruth Lloyd**, on Friday, September 13th. **Jade Ruth** is the daughter of **Robert and Elsa Lloyd** and the sister of **Joe Robert and John Riley Lloyd**.



Dear Congregation,

I would like to thank my church family members for their expressions of sympathy and love upon the recent death of my sister-in-law, Lyn Scott, in England. I sincerely appreciate all the cards, hugs and kind words of caring.

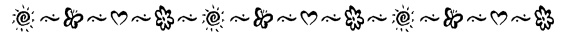
Lovingly,  
Jan Weaver



Dear Trinity family,

Our heartfelt thanks for all of the prayers, cards, calls and food following the death of Melody Hughes. Your kindness was very much appreciated.

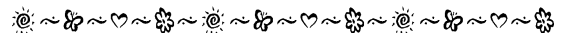
Love,  
Carolyn Sox  
Stone and Dee Hughes



Trinity United Methodist Church,

Our school is extremely grateful, happy and blessed for your donations of school supplies and a monetary donation. This will aid student lunch accounts and dues that the families cannot afford. It warms my heart to have such an amazing and supportive community. You all Rock!

Jim LeBlanc, Prinicpal  
Laura Clark, Assistant Principal  
SRAA



Dear Friends,

We acknowledge with gratitude your contribution to Aldersgate Special Needs Ministry. With these funds we will be able to provide homes to adults with Special Needs to live in a Christian environment.

Sincerely yours,  
Mrs. Yvette Hering  
Aldersgate Special Needs Ministry

## John's Jottings

This month we look at the third word of our vision statement here at Trinity which is **Connect**.

"The blender is not working. Something is wrong with it."

"It was working earlier today, when I made a smoothie."

"Well it is not working now."

"Is it plugged in? I may have unplugged it when I cleaned it."

"Oops, never mind." As the blender whirrs after being plugged in.

We have all had this or similar conversations in our households or in our places of work. Electronic devices are wonderful time saving tools but they must be connected to the power source in order to work. They must be connected.

Humans were created to be connected. As we read the creation story from Genesis 2 the man is alone in the garden but is unable to find a perfect helper among the other creatures, so God creates woman from his rib. God, seeing that the human could not thrive in isolation, created another human. We are made to be connected.

Studies show that children that are healthy, physically and emotionally, and thrive are those that have bonded, connected, with their parents. Children who have been abused are less likely to become abuser if they have connected with an adult that gives them unconditional love. People who are healthy- physically, emotionally, mentally and spiritually- are those that have healthy connections with others.

As Christians we are also connected to God through Jesus Christ. We are children of God, part of God's family and there is no greater connection than that. As the body of Christ the church, and Trinity specifically, is to be connected to God and others. We are to be a place where we can connect to God and to others so others may connect to God.

Here at Trinity we connect with God through our worship service. We connect with God as we sing hymns, pray as a community, recite the creeds, listen to the word, and give our offerings. We also connect with God through our Bible Study, our prayer time together, and in our service to others. We connect with God.

We connect with each other in our fellowship times after church, our UMM and UMW, our lunch bunch and Wonderful Wednesday Suppers. We connect with each other during our movie times, exercise class and other ways in which we come together in community.

As United Methodist we are a connectional church. We connect with our sister UM churches in our Holy Week services. We are connected with Methodist Churches throughout the world by our apportionments so we can be in ministry locally and globally. I like to think that as part of a connectional church I am in ministry with my home church in Americus, Georgia, churches Kay and I attended in Cordele, Georgia and Jacksonville, Florida, and my brother's church in Nashville Tennessee. We are connected to and in ministry with United Methodist Churches world-wide.

As the Body of Christ, we are connected with churches of other denominations through our community Thanksgiving Service and Service of Christian Unity.

We connect with God. We connect with each other. We connect with other churches. So many ways in which we connect, but there is one other connection a Church needs to make. Other than the connection to God this other connection is the most important connection for a church to make. That is with its neighbors, its community context. In his book, *Autopsy of a Deceased Church*, Thom Rainier points out in one chapter that one commonality of the deceased churches he studied was that they all failed to connect to their community context. In many cases it was as the demographics of the immediate neighborhood around the church changed. I say this in order that we look at the ways in which we at Trinity connect with our neighborhoods and are there other ways in which we can connect to our neighborhoods.

We connect to our neighborhood through our community recognition program. We connect through our giving to God's Helping Hands. We connect through our community food co-op. We connect to our community through our service to the Saluda River Academy for the Arts. Are there other ways in which Trinity can connect to its neighborhood? Are there needs in our neighborhoods that we may address or connect with other churches to address? By connecting with our neighbors, we connect them to the church and then to God.

There are so many ways in which we connect here at Trinity. We connect with God. We connect with each other. We connect with other churches. We connect with our neighborhoods. We look for other connections we can make as we strive to be a church that connects fully with God and others.

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.

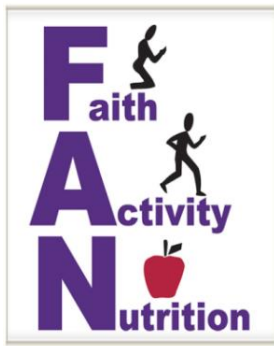
You can also help by making homemade goodies (which are greatly appreciated); donating coupons/ money, and/or purchase donuts or other food. You can do this with a small group of church friends, your Sunday School class or other group—the point is to connect with new people to share our love!

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.

November Riverbanks Zoo Custodial Staff

December

Public Works Department  
(partner with Westover Acres Community)



## Healthy Eating

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

### **Moderation: important to any healthy diet**

What is moderation? In essence, it means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not stuffed. For many of us, moderation means eating less than we do now. But it doesn't mean eliminating the foods you love. Eating bacon for breakfast once a week, for example, could be considered moderation if you follow it with a healthy lunch and dinner—but not if you follow it with a box of donuts and a sausage pizza.

**Try not to think of certain foods as “off-limits.”** When you ban certain foods, it's natural to want those foods more, and then feel like a failure if you give in to temptation. Start by reducing portion sizes of unhealthy foods and not eating them as often. As you reduce your intake of unhealthy foods, you may find yourself craving them less or thinking of them as only occasional indulgences.

**Think smaller portions.** Serving sizes have ballooned recently. When dining out, choose a starter instead of an entree, split a dish with a friend, and don't order supersized anything. At home, visual cues can help with portion sizes. Your serving of meat, fish, or chicken should be the size of a deck of cards and half a cup of mashed potato, rice, or pasta is about the size of a traditional light bulb. By serving your meals on smaller plates or in bowls, you can trick your brain into thinking it's a larger portion. If you don't feel satisfied at the end of a meal, add more leafy greens or round off the meal with fruit.

**Take your time.** It's important to slow down and think about food as nourishment rather than just something to gulp down in between meetings or on the way to pick up the kids. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly and stop eating before you feel full.

**Eat with others whenever possible.** Eating alone, especially in front of the TV or computer, often leads to mindless overeating.

**Limit snack foods in the home.** Be careful about the foods you keep at hand. It's more challenging to eat in moderation if you have unhealthy snacks and treats at the ready. Instead, surround yourself with healthy choices and when you're ready to reward yourself with a special treat, go out and get it then.

**Control emotional eating.** We don't always eat just to satisfy hunger. Many of us also turn to food to relieve stress or cope with unpleasant emotions such as sadness, loneliness, or boredom. But by learning healthier ways to manage stress and emotions, you can regain control over the food you eat and your feelings.

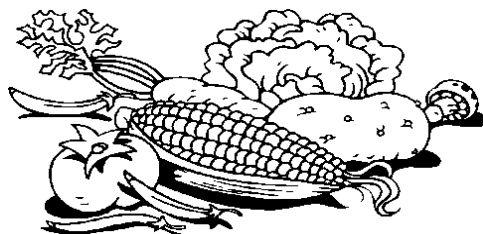
### **Plan quick and easy meals ahead**

Healthy eating starts with great planning. You will have won half the healthy diet battle if you have a well-stocked kitchen, a stash of quick and easy recipes, and plenty of healthy snacks.

One of the best ways to have a healthy diet is to prepare your own food and eat in regularly. Pick a few healthy recipes that you and your family like and build a meal schedule around them. If you have three or four meals planned per week and eat leftovers on the other nights, you will be much farther ahead than if you are eating out or having frozen dinners most nights.

### **Shop the perimeter of the grocery store**

In general, healthy eating ingredients are found around the outer edges of most grocery stores, while the center aisles are filled with processed and packaged foods that aren't good for you. Shop the perimeter of the store for most of your groceries (fresh fruits and vegetables, fish and poultry, whole grain breads and dairy products), add a few things from the freezer section (frozen fruits and vegetables), and visit the aisles for spices, oils, and whole grains (like rolled oats, brown rice, whole wheat pasta).



*Trinity Food Co-op  
Tuesday, October 22*

Our next co-op date is **Tuesday, October 22**. 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, October 20**, if you would like a bag. Thank you for your help. **Becky**