

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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NOVEMBER 2019



Daylight Savings Time ends this Sunday, November 3. Please remember to set your clocks back one hour.



NOVEMBER 3, 2019



SUNDAY, NOVEMBER 10

Celebration Dinner will follow the service.



Jewel's Pink House
Saturday, November 10

UMW'S ANNUAL TRIP TO JEWEL'S PINK HOUSE

We are once again excited to make our annual trip to Jewel's Pink House. This has become a November tradition for us, and we always look forward to great fellowship as we travel on the church bus and a delicious meal prepared by Jewel (with help from English, too)! This is a wonderful way to begin the Christmas season as we shop for all the beautiful treasures to be found at the Pink House. Becky Derrick will be driving us, and we leave the Gunter Circle Parking lot at 10 a.m. on Saturday, November 16. A signup sheet is located on the round table in the Gathering Area for all who would like to join us.



Tuesday, November 26

7 p.m.

Congaree Presbyterian Church

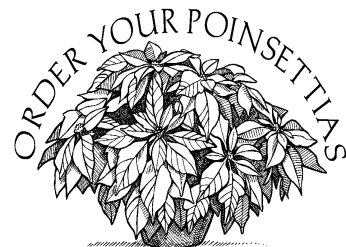
1221 Lafayette Street

Cayce, SC



Help Us Decorate for Advent and Christmas

On Saturday, November 30, we will meet from 9 a.m. until 12 p.m. to decorate for Advent and Christmas. Lunch will be provided. Plan to join us as we prepare for the upcoming season.



It is once again time to order poinsettias to place in the sanctuary. Please turn in your order forms by **Sunday, November 17**. Order forms will be included in the bulletin on Sunday or you can pick one up at the office. I will also be glad to email or mail a form to you.

Complete the order form and return with a check for the total amount of your order. **MAKE CHECKS PAYABLE TO TRINITY UMC** and write "poinsettias" on the lower left of the check. Place your order in the offering plate or mail it to the church office. All plants come in a foil-wrapped pot. Cost is \$5.50 per plant.



Vernon Holladay

Jim & Marie Stiles
Mary Kamoroff
Linda Maloch

Mike Steele

Jim & Marie Stiles
Mary Kamoroff
Linda Maloch

Gary Ware

Jim & Marie Stiles
Mary Kamoroff
John & Patsy Zeigler

Melody Hughes

Jo Ann Heiting
Jim & Marie Stiles
John & Patsy Zeigler
Linda Maloch
Margie Gay

Brian Ramsey

Jim & Marie Stiles
English & Jewel Pearcy
Wayne & Charlie Hooker
Mary Kamoroff
John & Patsy Zeigler
Linda Maloch

Dorothy Marie Dress

Ray & Gale Frady

Lynn Scott

Linda Maloch

Tessie Guichard

Tommy & Marty Johnson
Jo Ann Heiting
English & Jewel Pearcy
Linda Maloch
Mary Kamoroff
John & Patsy Zeigler

Carol Frye

Virginia Baird
John & Patsy Zeigler

Mary Brewer

Virginia Baird

Lisa Butler

Shirley Butler
Linda Maloch

Vernon Holladay

Jim & Marie Stiles
Mary Kamoroff
Linda Maloch

Nan Simmons

Wayne & Charlie Hooker

Bob Eitel

Ray & Gale Frady
Wayne & Charlie Hooker

Tyrone Gray

English & Jewel Pearcy
Linda Maloch



Dear Trinity Family,

I am so thankful to everyone for their prayers, the cards, phone calls and food before and after my recent heart catheterization.

With much love,
Charlie Hooker



Dear Trinity family,

I can't thank you enough for the comforting prayers, cards, and thoughtfulness during my latest absence due to illness. And MANY, MANY THANKS to the team who covered my empty spots of service....Trinity is a true example of what "Family Truly Means!!"

Love and BIG Hugs,
Ruth Frady



Trinity UMC,

Thank you so much for the delicious Chili dinner y'all made for us on Sunday, October 20. Our students loved it! We are so thankful for your support. We were so happy that y'all could join us for the service, too. It makes it that much more special! Thanks so much!

In Christ,
MSN



WE EXPRESS OUR CHRISTIAN SYMPATHY TO:

Tommy and Marty Johnson and family on the death of her mother, *Tessie Guichard*, on Tuesday, October 1.

Charlie and Ashton Jordan Rogers and family on the death of Charlie's grandmother, *Nan Simmons*, on Thursday, October 17.



Trinity Food Co-op
Tuesday, November 26

Our next co-op date is **Tuesday, November 26**, just in time for Thanksgiving! It's an easy way to add fresh fruit and vegetables to your Thanksgiving dinner. Invite and encourage your friends and neighbors to participate. Plan now to take advantage of this fantastic opportunity.

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, November 24**, if you would like a bag. Thank you for your help. **Becky**



Epworth Ice Cream comes to Trinity! Just in time for Thanksgiving dessert! Epworth Ice Cream is excited to bring our new pint sale program to Trinity with 100% of proceeds benefiting Epworth Children's Home. We are offering a chance to purchase all 4 flavors of ice cream for \$25. The flavors are: traditional Epworth Peanut Butter, Vanilla Bean, Vanilla with peanut butter cups, and Caramel. **The sale will begin Sunday, November 3 and will end with Epworth delivering the ice cream to the gathering area after church on Sunday, November 24.** Order forms will be placed in the bulletins and will be on the gathering table. If you are unable to pick up your ice cream on November 24, we will place it in the church freezer labeled for you to pick up at a later time. The order is for 4 pints (one of each flavor) and you can order as many 4 pint packages as you would like! Jessica Warble, member at Trinity, will be in charge of this sale and will accept your order forms and payment. **Cash or check only with check made payable to Epworth Ice Cream.** Jessica is currently the Executive Vice President for Residential Services at Epworth Children's Home as well as a member of Trinity UMC. She can answer any questions you have about Epworth Ice Cream and can be reached at laborde1900@gmail.com, jwarble@epworthsc.org, or (803) 608-8422. For the history behind Epworth ice cream, please visit the website at epworthicecream.org and please "Like" the Epworth ice cream page on Facebook.

John's Jottings

Over the past three months, as we looked at our vision statement, we have reflected upon how we inspire, nurture and connect. Each of these actions lead to the fourth point of our vision statement and that is transform. We inspire to transform, nurture to transform. We connect to transform. We do this in order to make disciples for the transformation of the world. The church's purpose is to transform.

To transform is to change. A popular toy a few years ago was the transformers. These toys would be a car or truck but with a few twists and turns could be changed into a robot. As the church we transform people's lives as we change from being sinners separated from God to being restored into God's presence.

At Trinity our vision is to be a place where lives are transformed. We want that person who comes through our doors not knowing God to come to know God and be changed. We want to be the place where sinners become saints. We want to be the place where one says, "I am different because I came here." We want people's lives to be changed because they came to Trinity.

The transformation that takes place in people's lives from their being inspired, nurtured and connected to Trinity does not come from the church or the preacher. The transformation is from God. God is the one that transforms people's lives. But we at Trinity become the means by which God may act to transform lives. Through Trinity, people may experience the desire for God to bring all people into the Divine Kingdom as we invite and welcome all people into our community. We become a place where people can experience God's love as we let God's love flow through us to others. Trinity Is a place where God transforms lives.

But the transformation that God does is not a one and done proposition. We are not frogs who are kissed by God and instantaneously become princes or princesses, but are being transformed by God into God's image. It is not that God has transformed any of us (including me), but God is transforming all of us. We are not in the pigsty of sin one day and in God's glory the next but we are being lifted out of the pigsty of sin and into God's glory. It took the prodigal son a long journey to get back to his father's house from the pigsty.

In Wesleyan theology this process of being transformed is sanctification. After we confess our sin and receive God's justifying grace; we are then granted God's sanctifying grace which draws us into a closer relationship with God and deeper understanding of God's love. We are being recreated into God's image and restored to God's presence.

So, Trinity is a place where we are being transformed by God into what God intends for us to be. Trinity is a place where all people may be transformed by God as we continually let God's love for us flow through us and into everyone who comes through the doors of Trinity or in contact with its members where ever that may be.

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) 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 fourth and final of a series of articles that will appear in the GLIA about healthy eating.

Add more fruit and vegetables to your diet

Fruit and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily amount of at least five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. A serving is half a cup of raw fruit or veg or a small apple or banana, for example. Most of us need to double the amount we currently eat.

To increase your intake:

- Add antioxidant-rich berries to your favorite breakfast cereal
- Eat a medley of sweet fruit—oranges, mangos, pineapple, grapes—for dessert
- Swap your usual rice or pasta side dish for a colorful salad
- Instead of eating processed snack foods, snack on vegetables such as carrots, snow peas, or cherry tomatoes along with a spicy hummus dip or peanut butter

How to make vegetables tasty

While plain salads and steamed veggies can quickly become bland, there are plenty of ways to add taste to your vegetable dishes.

Add color. Not only do brighter, deeper colored vegetables contain higher concentrations of vitamins, minerals and antioxidants, but they can vary the flavor and make meals more visually appealing. Add color using fresh or sundried tomatoes, glazed carrots or beets, roasted red cabbage wedges, yellow squash, or sweet, colorful peppers.

Liven up salad greens. Branch out beyond lettuce. Kale, arugula, spinach, mustard greens, broccoli, and Chinese cabbage are all packed with nutrients. To add flavor to your salad greens, try drizzling with olive oil, adding a spicy dressing, or sprinkling with almond slices, chickpeas, a little bacon, parmesan, or goat cheese.

Satisfy your sweet tooth. Naturally sweet vegetables—such as carrots, beets, sweet potatoes, yams, onions, bell peppers, and squash—add sweetness to your meals and reduce your cravings for added sugar. Add them to soups, stews, or pasta sauces for a satisfying sweet kick.

Cook green beans, broccoli, Brussels sprouts, and asparagus in new ways. Instead of boiling or steaming these healthy sides, try grilling, roasting, or pan frying them with chili flakes, garlic, shallots, mushrooms, or onion. Or marinate in tangy lemon or lime before cooking.

Cook when you can

Try to cook one or both weekend days or on a weekday evening and make extra to freeze or set aside for another night. Cooking ahead saves time and money, and it is gratifying to know that you have a home cooked meal waiting to be eaten.

Challenge yourself to come up with two or three dinners that can be put together without going to the store—utilizing things in your pantry, freezer, and spice rack. A delicious dinner of whole grain pasta with a quick tomato sauce or a quick and easy black bean quesadilla on a whole wheat flour tortilla (among endless other recipes) could act as your go-to meal when you are just too busy to shop or cook.