

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

DECEMBER 2019



Snacks and a Movie
Sunday, December 8
4 p.m.

Please join the Trinity movie crowd on Sunday December 8th at 4 p.m. to watch *Unlikely Angel*. Country superstar, Dolly Parton stars in the heartwarming tale of a brassy and sassy lounge singer who is killed in a car crash, but denied entrance into heaven because of the selfish way she lived her life. Her penance: to reunite a family by finding a mother for two children, a teen and preteen, and their recently widowed father BEFORE the Christmas deadline. The movie contains quite a few hilarious, head shaking moments, especially if you've raised teens and appreciate Dolly's humor!!!



There will be envelopes on the Giving Tree beginning December 1 for the following:

A family from SRAA that consists of a mom, dad and four children. The deadline for returning the SRAA gifts is Tuesday, December 10.

An individual through God's Helping Hands. The deadline for the GHH gifts is Friday, December 20.

Envelopes for SRAA if you would prefer to give cash to help buy gifts and/or peanut butter.

If you are buying a gift, please note that inside each envelope will be a tag identifying the person. Please make sure the tag is attached to the gift when you turn it in.

On behalf of the Outreach Committee and the UMW, thank you for your generosity in sharing with those less fortunate among us.



We welcome our newest member, *Kelsey Tolliver*, who joined Trinity on Sunday, November 24, by Baptism and Profession of Faith.



DECEMBER 15

This year's Christmas Cantata is titled, "*Holiday Memories*" The holidays, especially Christmas, are embedded with all sorts of memories. So, we decided it would be fitting to encourage our church family members to share their memories of the holidays as a vital part of the narration. We think you will be both inspired and moved by the contributions we received. We also chose to return to some earlier cantata music as well as bring in some new selections to go with these memories that will be shared throughout the cantata. Please come and join us on Sunday, December 15th for the music and words of "*Holiday Memories*"!



The **Columbia Community Concert Band's Christmas Concert** will be held on **Friday, December 20**, at 7:30 p.m. The concert will be held at Airport High School. Chuck Martin will drive the bus, leaving the Gunter Circle parking lot at **6:45 p.m.** A sign-up sheet will be on the round table in the Gathering Area. Admission is free.



Sunday, December 22

A Service of Lessons and Carols will be held on Sunday, December 22. Nine readers are needed for the service and Pastor John would like to have readers of all ages. Please let him know if you would like to be a part of this special service.



Christmas Eve Candlelight Communion Service
Tuesday, December 24
6 p.m.



Lisa Butler

Ray & Gale Frady

Mike Steele

Jeanette Hornsby

Gary Ware

Jeanette Hornsby

Melody Hughes

Tom & Marilyn Lloyd

Carol Frye

John & Sue Ballentine

Lynn Scott

Ray & Gale Frady
Jeanette Hornsby

Tessie Guichard

Ray & Gale Frady
Jeanette Hornsby

Brian Ramsey

Ray & Gale Frady
Jo Ann Heiting
Jeanette Hornsby
Sinners SS Class

James Vanderpool

Ray & Gale Frady
Jeanette Hornsby
Wayne & Charlie Hooker

James G. Lloyd

Ray & Gale Frady
Mary Kamoroff
Tom & Marilyn Lloyd

Bob Eitel

English & Jewel Pearcy
Tom & Marilyn Lloyd
Oren & Hilda Edwards

Marvin Efron

John & Sue Ballentine
English & Jewel Pearcy
Ray & Gale Frady
Mary Kamoroff
Jeanette Hornsby
Oren & Hilda Edwards
Wayne & Charlie Hooker
John & Patsy Zeigler
Charles & Jackie McNeill
Tom & Marilyn Lloyd
Sinners SS Class

Lisa Taylor Powell

Ray & Gale Frady
English & Jewel Pearcy
Jeanette Hornsby
Wayne & Charlie Hooker
Tom & Marilyn Lloyd
Dolph & Jeanene Varner
Charles & Jackie McNeill

Arnold Heiting

John & Sue Ballentine



WE EXPRESS OUR CHRISTIAN SYMPATHY TO:

Bonnie Ramsey and family on the death of her brother, **Brian Ramsey**, on Friday, October 4.

Morris Taylor and family on the death of his brother-in-law, **James Ray Vanderpool** on Thursday, October 24.

Tom and Marilyn Lloyd and family on the death of his brother, **James G. Lloyd**, on Thursday, October 31.

Sara Efron and family on the death of her husband, **Marvin Efron**, on Friday, November 1.

The **friends and family** of **Sherry Mitchum**, on her death on Wednesday, November 6.

Marian Risinger and family on the death of her sister, **Mary Ellen Moose**, on Monday, November 25.

Dear Trinity Family,

Tommy and I want to thank you for all the prayers, cards, phone calls and support we received during the past months. My mom, Tessie Guichard, loved our Lord, and it is a great comfort to have the assurance of knowing she is now in heaven with our Savior.

Thank you for continuing to remember us in so many thoughtful ways. We truly feel blessed to be a part of the Trinity family.

Love,
Marty Johnson



Christmas Cards for Trinity Shut-Ins and Asbury Arms Residents

On Thursday, December 19, we will gather together to put together bags for our shut-ins and the Asbury Arms residents (time and additional details to be determined at a later date). Christmas Cards with inspirational messages meant so much to them last year that we want to do it again this year. Please help by filling out Christmas Cards to go into the bags. A list of our shut-ins will be in the Gathering Area and there are 54 residents at Asbury Arms in addition to Brenda Streetman. A box will be located in the Gathering Area for the cards. Please have all cards in the box by Sunday, December 15.



Wayne & Charlie Hooker
1016 Mohawk Drive
West Columbia, SC 29169

Edwa Meek
114 Sabal Drive
West Columbia, SC 29169

Leslie Platt
1212 Canary Drive
West Columbia, SC 29169

John's Jottings

It is December and we enter into the season of Advent. Advent is a time of anticipation and preparation. We anticipate and prepare for the birth of Jesus by decorating the church, by singing the hymns of promised coming, by special worship services, and by serving others. We anticipate and prepare for the birth of our king, Jesus.

We also anticipate and prepare for family gatherings during the season. We anticipate and prepare celebratory parties with friends. We anticipate and prepare for the joy of giving gifts. We even anticipate the arrival of a certain fat man in a red suit. As we prepare, we anticipate the joy of the season. The joy of the season seems to permeate our lives and we want it to last year-round.

Even into this time in which we prepare for anticipated joy, unanticipated and unprepared for pain may creep into our lives. For many this is the acute pain of the first Christmas without a loved one. It may be the unanticipated pain of one gone long ago but we fall into the hole in the heart that remains from the loss. For some it may be the unanticipated grief of other losses, the loss of home, the loss of abilities- physical and mental. Some may be going through the unanticipated pain of the loss of a job or career dreams.

Yes, Christmas may be a painful time for many; pain which may be intensified by the joy and happiness of the season. We are bombarded with messages that we are supposed to be happy and joyous as Christians anticipating and preparing for the birth of our savior. So, we are seemingly told that there is no place in Christmas for grief, sorrow, pain, sadness, anger. We are to put on a happy face and shout MERRY CHRISTMAS when we want to cry BAH HUMBBUG!

We need to acknowledge our pain in whatever form it is during this season. Let us give ourselves permission to grieve, to cry, to be sad, and to rant and rave at our losses. Let us anticipate that we may not be happy and that is OK. Let us prepare to be authentic with our real feelings during this season and not put on a happy face because we are supposed to be happy.

Let those who may be experiencing grief, sadness, sorrow or anger cry or rant and rave. Let us not invalidate their feelings because they are not happy as we may be. Be willing to share their pain, so their pain may turn to joy.

The text for the Sunday before Advent, Christ the King Sunday, is Luke 23: 33-43. This is not the happy story of Jesus birth but rather the story of Jesus' crucifixion. As Jesus hangs on the cross between the two criminals, one of them mocks Jesus with the crowd. The other chides his fellow criminal saying that they were getting what they deserved but Jesus had done nothing wrong. He then turns to Jesus and says, "Jesus, remember me when you come into your Kingdom (23:42 NRSV)."

Jesus replied, "Truly I tell you, today you will be with me in Paradise (23:43 NRSV)"

Jesus hung on a cross with this criminal. Hanging on the cross, Jesus opened the gates of Paradise for him. It was not some time after death but right then, today, that the criminal entered into the Jesus' Kingdom and Paradise. Jesus bore the burden of the criminal.

During this season let us remember that as we hang on the cross of grief, sadness, loss, sorrow or anger, Jesus hangs there with us. Jesus experiences our grief with us. Jesus experiences our sadness with us. Jesus experiences our loss with us. Jesus experiences our sorrow with us. Jesus experiences our anger with us. The child whose birth we anticipate and prepare for came into the world as the messiah, the anointed king, to hang with us on our crosses. He came as Emmanuel, God with us, to share our pain even in the midst of joy.

In the unanticipated times during this season that unanticipated pain creeps in remember that we are preparing for the King that shares the pain that creeps into the season. This is the true joy we celebrate.

Shalom,
John



2020 IRA DISTRIBUTION

It is my understanding that conventional IRA Required Minimum Distribution (RMDs) can be made directly to a qualified charity (i.e. a church) and reduce your taxable income. You are required to take the RMDs from your IRA when you reach 70 ½ years of age. These RMDs are taxable at ordinary income rates.

A Qualified Charitable Distribution (QCD) is the distribution (RMD) from an IRA made directly to an eligible charity such as a church. The QCD does not go to the owner of the IRA, which means that is not taxed as income to you as it would be if it went to you and you then gave all or part to the church. My understanding is that you must have the custodian of your IRA make the distribution directly to the charitable organization.

As always, check with your accountant, tax preparer, attorney and your IRA custodian.



*Hope you are looking forward to a
Very Merry Christmas!!*

We are taking a break from Co-op for the month of December
but we'll be back in January 2020.

Same time same place!!

Mark your calendars for the Fourth Tuesday of each month



Exercising during the Holidays

Many of us find this time of year to be extremely stressful with holiday parties, extra cooking, decorating for Christmas, shopping and other reasons that place demands on our time.

However, it is more important during the holidays to set aside time for exercising, as it is the ultimate natural way to fight anxiety and overcome stress. A good workout kicks your body's feel-good chemicals—endorphins—into high gear.

The easiest and most simple exercise is walking!

You've probably heard the good news about frequent walking: less stress, lower blood pressure, and better blood sugar. But there are additional health benefits that don't get as many headlines.

"Walking is a highly underrated exercise," says Layne Nordquist, C.P.T., an area director and master trainer at VASA Fitness in Denver.

In fact, any amount of walking—even five minutes—can give you a health boost, according to the latest fitness guidelines. That's especially good news for anyone who has never exercised before, wants to lose a significant amount of weight, is managing a health condition, or recovering from an injury.

Over time, the more you can do, the better. Simply put, walking 30 minutes a day on most days of the week is one of the best things you can do for your health.

Ready to get moving? Here are four health secrets of walking that you should know.

Walking Is Powerhouse of a Workout

For beginners, five or 10 minutes of walking is a great start. Make sure you have supportive workout shoes. Look for a safe, comfortable place to walk like a walking path, an indoor track, or a treadmill. If walking on land is too painful, consider walking in a pool.

Walking Intervals Can Help You Burn Fat in a Joint-Friendly Way

In the fight against fat, high-intensity interval training (HIIT)—exercise that alternates bouts of all-out effort with easier periods of recovery—beats traditional, steady-paced cardio, Nordquist says.

The Best Walking Workout Does Double Duty with Strength Moves

Sprinkling strength moves into your walks is a great way to increase the difficulty of your workouts. After all, performing bodyweight exercises like squats or modified pushups in the middle of a walk will work your heart, lungs, and major muscle groups.

Your Most Important Walk Isn't Your Workout—It's All the Other Steps You Take in a Day

Those steps you take grocery shopping, cleaning the house, or on an after-dinner stroll with your spouse or neighbor? They add up.

Although your brisk walk on the treadmill might feel like the time you zap the most calories, it's all the other walking you do in your regular life that can really drive the results you want to see.

More than that, taking more steps throughout your day may extend your lifespan. Sitting for long periods of time increases your risks of early death from any cause, and increases your risk of heart disease, type 2 diabetes, and certain cancers.

So, make a plan to include walking into your daily routine, even during the busy holiday season!



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.

December

Public Works Department
(partner with Westover Acres Community)