

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

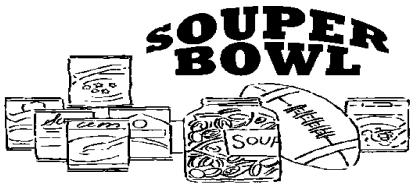
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E-Mail Church - trinityumcwc@sc.rr.com

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FEBRUARY 2020



Souper Bowl Sunday February 2nd

IT'S.....SOUPER ...BOWL...TIME...AGAIN!!!!!!

Since 1990, Souper Bowl of Caring has been working to transform Super Bowl weekend into the nation's largest celebration of giving and serving. Each year, thousands of groups and passionate individuals unite across the country to #TackleHunger in their local communities.

Thank you for joining us as we celebrate our "30th Anniversary" of caring and serving others. Whether you're a San Francisco Forty Niner or a Kansas City Chief fan, the youth hope you will join them in serving others as they have their soup pots available for donations following the Sunday worship service on February 2. This year, the donations will go to the local Oliver Gospel Mission, where they are dedicated to helping feed, house, and educate the homeless. Thank you for your support of Souper Bowl of Caring and helping God touch lives.



Fat Tuesday Pancake Supper Tuesday, February 25 @ 6 p.m.

Plan now to join us on Tuesday, February 25, at 6 p.m. for a wonderful pancake supper served with ham and sausage prepared by the United Methodist Men. There is no charge, but donations will be accepted.



Wednesday, February 26 @ 7 p.m.

The Ash Wednesday Service will be held on Wednesday, February 26, at 7 p.m. Ash Wednesday is the first day of Lent, beginning a period of reflection and penance. In the Christian tradition, Ash Wednesday also marks the beginning of preparation for the understanding of the death and resurrection of Christ.



Sunday, February 16 2 p.m. - 4 p.m.

The children, grandchildren, and great grandchildren of **Jackie and Charles McNeill** invite you to a time of true celebration! A reception to honor their 40th wedding anniversary (2/16), Charles' 90th birthday (12/31) and Jackie's early 90th birthday (7/28) will be held in the Fellowship Hall on February 16, from 2 p.m. - 4 p.m. Everyone is welcome! In lieu of gifts, please bring a finger food to share and a written memory or photo for their special memory album. Please contact Mary Moore Collard at 541-519-3015 or mcollard62@gmail.com with any questions.



This year for our Homebound Members there will be oversized cards on the Gathering Area tables for everyone to sign. They will remain in the Gathering Area for the first two Sundays in February.



Snacks and a Movie Sunday, February 23 4 p.m.

Please join the Trinity movie crowd on Sunday, February 23, at 4 p.m. to watch **Breakthrough**. Based on the book by Joyce Smith, it is the inspirational true story of one mother's unfaltering love in the face of impossible odds. When her son John falls through an icy Missouri lake and all hope seems lost, she refuses to give up. Her steadfast belief inspires those around her to continue to pray for his recovery, even in the face of every case history and scientific prediction. It is an enthralling reminder that faith and love can create a mountain of hope, and sometimes even a miracle.



Francis & Gillett Hipp
Joe Alley



Melody Hughes
Charles & Jackie McNeill

Tessie Guichard
Charles & Jackie McNeill

Lisa Powell
Mary Kamoroff

James Lloyd
Charles & Jackie McNeill

Mary Ellen Moose
Mary Kamoroff

Brian Ramsey
Charles & Jackie McNeill

Donna Rone
Charles & Jackie McNeill

Carolyn Sox
Jo Ann Heiting
Ray & Gale Frady
Mary Kamoroff
Charles & Jackie McNeill
Wayne & Charlie Hooker

Jerry Trantham
Wayne & Charlie Hooker
Jo Ann Heiting
Ray & Gale Frady
Mary Kamoroff
Charles & Jackie McNeill

Regis Stevens
English & Jewel Percy
Jim & Marie Stiles
Wayne & Charlie Hooker
Jo Ann Heiting
Ray & Gale Frady
Mary Kamoroff

Randolph Maffett
Wayne & Charlie Hooker
Jo Ann Heiting
Ray & Gale Frady
Mary Kamoroff



WE EXPRESS OUR CHRISTIAN SYMPATHY TO:

Francis & Gillett Hipp and family on the death of her brother, **Randolph Maffett**, on Tuesday, December 31, 2019.

Kaye Floyd, Jack Stevens and Rick Stevens and their families on the death of their mother, **Regis Stevens**, on Wednesday, January 15.

Jeanette Hornsby and family on the death of her fiancé, **Jerry Trantham**, on Thursday, January 16.

Stone and Dee Hughes and family on the death of their grandmother, **Carolyn Sox**, on Saturday, January 25.



Members of Trinity:

Although I haven't been able to attend church lately, you folks remembered me at Christmas. Thanks so much for my bag of goodies. It is a wonderful thought of kindness from your members.

Thanks!
Georgeann Pace



Dear Trinity Family,

Thank you so much for remembering me at Christmas with the wonderful goodie bag and Christmas cards. It was a thoughtful gift from so many.

As always, your prayers are appreciated. Happy New Year to each and every one!

Love in Christ,
Libby Strickland



Dear Trinity Family,

My heartfelt thanks for all of the expressions of sympathy following the death of my sister, Mary Ellen Moose. Your prayers, cards, and calls were very much appreciated.

Thank you again for all the ways you show you care.

Love,
Marian Risinger



Dear Trinity Family,

Thank you for all of your prayers, calls and visits before and after my outpatient surgery. They meant so much to me as I was recovering. I feel so blessed to have such a caring church family.

Love,
Pauline Wenner

John's Jottings

Faith in Uncertain Times

I think that we can all agree that we live in uncertain times. We face uncertainty in our country as the president faces the impeachment trial. We face uncertainty as we see the extreme partisan politics of the day and we wonder if anything will ever get accomplished. We face uncertainty in the posturing and potential threat of war. We face uncertainty as we see the increasing division along racial and ethnic lines and the increased rhetoric of hate. We face uncertain times in our country.

We face uncertainty in our church as we face a potential split in the United Methodist Church over the issue of homosexuality. At present there are at least five proposals that may be presented to the 2020 General Conference. Please note that these are simply proposals and nothing has been or will be decided until the end of the General Conference.

We face uncertainty as to how any decision at General Conference will affect us at Trinity if at all. Even without the issues facing the denomination, we at Trinity face uncertainty as we see declining attendance as many members become physically unable to attend regularly. We hear of the decline of mainstream church and of church closings and may wonder will that be us?

We may be facing uncertainty in our lives. Uncertainty due to the death of a loved one, plans and dreams suddenly upended. We may be facing uncertainty in our lives as we become more physically limited.

Yes, we are living in uncertain times. Times which make us uncomfortable and anxious. We want life to be stable and steady, but we seem to be more like a ship tossed by the waves of a raging storm. We may feel like the Hebrews of Exodus 13 as they stand trapped between the Red Sea and the army of Pharaoh. The Hebrews cry out to Moses, basically saying why did we let you bring us into these uncertain times? Why can't we just go back to the way it was?

In our uncertain times we often cry out to go back to the way things were. Go back to when things were nice and stable. But for the Hebrews that would mean going back into slavery and not going on to the land that God had promised.

Moses gives a surprising three-part command. He tells the Hebrews to stand firm, or be still. In the face of this impossible situation stand firm, be still. Don't run. Don't take up arms. Stand firm and don't do anything. Then he says don't be afraid. Don't panic. Don't let your emotions get the better of you. Don't be afraid even in this fearful situation. Finally, he tells them to watch what God is going to do. Watch how God is going to save them. Stand firm, don't be afraid and watch how God is going to save us.

We know the rest of the story. The sea parted and the Hebrews walked across on dry land. Then the sea closed and Pharaoh's army was drowned. Though they wandered in the wilderness for forty years, the Hebrews eventually made it through the uncertain times and into the Promised Land.

In our uncertain times we need to heed the same commands that Moses gave to the Hebrews there on the shore of the Red Sea. Stand firm, be still. Be firm in our faith. Be still to know the presence of God. Don't be afraid. Don't panic. Don't try to take control. Watch what God is going to do. God will save us from our uncertain times. God probably won't get us back to the way things were, but will get us to a place, a situation that is better! Let's face it, a land flowing with milk and honey is better than slavery.

As we are still and stand firm in our faith, we will not be afraid. We will be able to see what God is doing in our nation, in our denomination, in our church, and in our lives to make things better. We may have to spend some time in the wilderness, but God will get us through to our Promised Land.

Shalom,
John

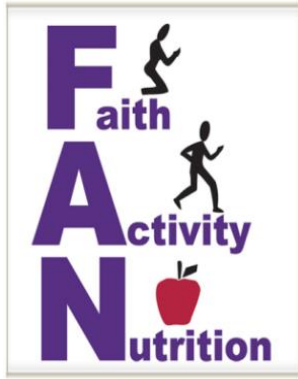


We are pleased to report the positive results of our 2019 Fall Festival.

Fall Festival 2019 Income and Expenses

<u>Income</u>		<u>Expenses</u>	
\$ 450.00	Vendors (15)	\$ 50.00	Consignment
60.00	BBQ	125.00	Bounce House
350.00	Donations	<u>95.41</u>	Advertising
467.00	Silent Auction	\$ 270.41	Total Expenses
884.31	UMW Country Store		
<u>686.70</u>	Garage Sale		
\$ 2,898.01	Total Received		

Beginning Balance	\$ 377.66
Income	+ 2,898.01
Expenses	<u>- 270.41</u>
Net Income	\$ 3,005.26
Donation to Sistercare	895.00
Donation to UMCOR for Greatest Need	895.00
Donation to UMCOR for International Disasters	<u>895.00</u>
Balance Remaining for 2020 Fall Festival	\$ 320.00



Is one of your New Year's Resolutions to drop a few pounds? If so, why?

The answer may seem obvious, but until you identify it—to lower your blood pressure, put less stress on your joints, or boost your confidence—you're doomed to failure. Successful weight loss comes down to three things: a goal, deadline, and strategy, says Michael Dansinger, M.D., a weight loss expert at Tufts Medical Center in Boston. Follow these eight steps to lose weight.

Step #1: Get in the Right Mindset - Before you even set a weight loss goal, preparing yourself mentally is a must. "This is half the battle. Acknowledge that you will come up against challenges and your instinct will be to quit," says Dr. Dansinger.

Step #2: Write Down Your Motivation - Knowing and remembering why you want to lose weight will help you stay on track. Do you want to improve your self-esteem? Have more energy for everyday activities or to finally go on the vacation of a lifetime? Lower your risk of heart attack and stroke, or decrease symptoms of diabetes? Whatever your reason, write it down, Hang the paper where you'll regularly see it.

Step #3: Give Yourself a Deadline - Make a specific timeline with an end date and dates to check in. This is especially helpful if you're working toward a health goal, like lowering your blood pressure, so you can track your numbers. Try checking in once or twice per month, which will give you enough time for measurable change. It may also help to take a photo of yourself on these dates so you can see your progress.

Step #4: Tell Your Team - You're more likely to stay on track if you tell someone about your goals and progress. A family member, friend, doctor, fitness instructor, or dietitian can provide support.

Step #5: Schedule Your Workouts - It's not enough to promise yourself you'll exercise. You should schedule every session: the day, time, type, and length. Put them on your calendar, so you're less likely to skip.

Step #6: Choose a Realistic Eating Plan - Exercise with or without weight loss is always positive. You're improving blood flow, strengthening your bones, and lowering your risk of many diseases. But exercise alone won't flatten your belly. You also need to improve your diet. Luckily, you have a lot of flexibility. Eating plans are like the colors of a rainbow. Make sure you choose a plan that fits your lifestyle. If you love steak, a vegetarian diet may not be something you can stick to. Instead, focus on eating less meat and more vegetables.

Step #7: Allow Yourself to Cheat - Not only is it okay to cheat a little, it's actually important to give yourself wiggle room in your diet. Commit to your eating plan 90 percent of the time, but allow yourself to splurge 10 percent of the time, Dr. Dansinger says. If you let yourself eat a cookie now and then, you'll be less likely to break down and eat a sleeve of Thin Mints in one sitting.

Step #8: Keep Your Doctor in the Loop - Can't seem to get the scale to budge after a month or two of exercise and healthier eating? It could be a sign you're already at the right weight or there's an underlying health issue going on. If you haven't already checked in with your doctor, now's a good time.



Trinity Food Co-op Tuesday, February 25

Our next co-op date is **Tuesday, February 25**. It's an easy way to add fresh fruit and vegetables to your meals. 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, February 23**, if you would like a bag. Thank you for your help. **Becky**

January 17, 2020

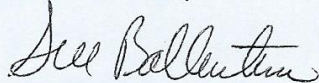
As outgoing Council chairperson, I want to thank the congregation and staff of my beloved Trinity United Methodist Church for your support over the last three years. I want to thank the Council for all of the hard work the various teams and committees have accomplished.

During this time, we have welcomed John and Kay Jordan back into our fold, as John became our pastor. Trinity UMC has continued inviting the community to our annual events, the Summer Splash, VBS, and the Fall Festival. We have been able to enjoy time outside in the company of neighbors, friends and family during these occasions. Thank you to Council and congregation members for choosing to be a part of the planning, implementation and clean-up that produced wonderful memories. Trinity UMC has also been able to renovate the church's roof, completed some parsonage repairs (with new windows coming soon), had a new sound system installed in the sanctuary, and purchased a new lawn mower for Billy to keep the church grounds looking great.

Another year is upon us, and I am grateful that Tom Geddens is willing to take on the leadership of Council chairperson. As you know, this wonderful gentleman can be seen, almost every Sunday, filling many roles within our church. As outgoing Council chairperson, I ask that you fully support Tom through the next three years. As noted above, Tom fills many positions, as do many others. In order to keep Trinity United Methodist Church functioning smoothly on a weekly, as well as yearly basis, some innovative shuffling of responsibilities need to occur. I invite you, not only to pray for Trinity (please do that always), but also help the Council to consider new ideas for the years to come. Please attend the first Council (planning session) meeting of the year, February 9, 2020 at 6:30, in order to be a part of, and to be able to understand some of the changes the Council will be considering. (Please also be advised that all Council meetings are open for the congregation to attend.)

Again, thank you for your support.

In Christ's Love,



Sue Ballentine



Both the Planning Retreat and the Church Council Meeting scheduled for January have been rescheduled. There will be a combined Church Council/Planning Retreat on Sunday, February 9, at 6:30 p.m. to set the agenda for 2020. The meeting is open to the entire church.



The Trinity Family is so proud to have a number of members who have reached a special age milestone in their life journey. Last year the council decided to acknowledge this achievement with an extra touch and recognition during the worship service on their birthday months. We appreciate these dedicated members as they have shared their love, support, and wisdom for so many years. Let's show them our love and appreciation with a loving hug and word.

Your Trinity Family Ministries



The **Columbia Community Concert Band's Winter Concert** will be held on **Friday, February 21**, at 7:30 p.m. The concert will be held at Union United Methodist Church in Irmo. Chuck Martin will drive the bus, leaving the Gunter Circle parking lot at **6:45 p.m.** A sign-up sheet will be in the Gathering Area. Admission is free.



The Offering Envelopes are now available in the Gathering Area. If you would like envelopes and do not see your name, please contact the Church Office.

The Flower Calendar for 2020 is located on the board outside the Church Office.

The **Open Door Team** will meet on **Sunday, February 2**, at **1:30 p.m.** (following Lunch Bunch).

Lunchbunch will meet on **Sunday, February 2**, immediately following the service.

The **United Methodist Men's Breakfast** will be held on **Sunday, February 9**, at **9 a.m.**

UMW will meet on **Tuesday, February 12**, at **11 a.m.** in the Conference Room.

The **Sunday School Breakfast** will be held on **Sunday, February 23**, at **9 a.m.**