

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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E-Mail Pastor - jdjordan@umcsc.org

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Website - trinityumcwc.org

MARCH 2020



Wonderful Wednesdays will begin on **March 4** and end on **March 25**. 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.

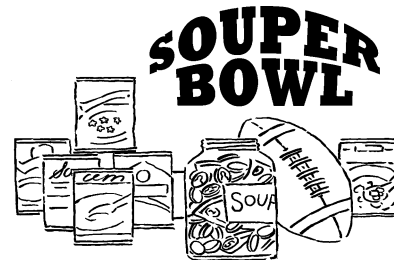
The price of the meals is \$5.00 for adults and children 12 and over. Children 6 to 11 are \$3.00 each. Children ages 2 to 5 are \$1.00. There will be a limit of \$12.00 to be paid per immediate* family, with a maximum of five persons. After five family members, each additional person is \$3.00. (*Two related generations is an immediate family.) A reservation form will be included in the bulletin on the Sunday before each meal, or you can call the Church Office before noon on the Monday before the meal to make a reservation so that we can be sure to have enough food prepared.

The meals will be prepared by:

- March 04 **English & Jewel Percy**
Vegetable Soup, Cornbread & Dessert.
- March 11 **Bonnie Ramsey & Mary Kamaroff**
Lasagna, Bread, Salad & Dessert
- March 18 **Becky Derrick & Sue Ballentine**
Hot Dogs w/Chili & Dessert
- March 25 **Gale Frady & Dee Senn**
Pizza, Salad & Dessert

Congratulations to **Matthew Martin** on making the Dean's List with a 3.5 GPA for the fall semester of 2019. Matt is in his final months of rotations as he works to complete his degree in pharmacy at Presbyterian College.

Congratulations to **Matthew Skipper** on being named to the Francis Marion University President's List of Full Time Students for the fall semester of 2019 in recognition of having attained outstanding academic achievement.



Our thanks to all who made our Souper Bowl Sunday successful. The total collected was \$249.52. In the rivalry between teams the breakdown was as follows:

Kansas City Chiefs: \$ 104.01
Forty Niners: \$145.51

Thank you again for your generosity.



For our Bible Study we will be studying The Sermon on the Plain, Jesus' instruction to the disciples from the Gospel of Luke and how these instructions are pertinent to disciples today.



Daylight Saving Time begins on Sunday, March 8. Don't forget to move your clocks ahead one hour.



UMW News

As we begin a new year, we would like to extend an invitation to all women of the church to join our UMW. We meet the second Wednesday of each month at 11 a.m. in the conference room. We are involved in many areas of the life of Trinity as well as outreach to numerous groups in the community and beyond. There is a place for everyone in this special group of women.



Melody Hughes
John & Sue Ballentine

Mary Ellen Moose
Linda Maloch
Bonnie Ramsey

Regis Stevens
Linda Maloch
Bonnie Ramsey

Randolph Maffett
Linda Maloch
Bonnie Ramsey

Carolyn Sox
John & Sue Ballentine
English & Jewel Pearcy
Denise Sox
Mary M. Yon
Oren & Hilda Edwards
Linda Maloch
Bonnie Ramsey
Wayne & Kay Johnston
Jim & Marie Stiles
Edwa Meek

Jerry Trantham
English & Jewel Pearcy
Dee Senn
Oren & Hilda Edwards
Linda Maloch
Dolph & Jeanene Varner
Bonnie Ramsey
Jim & MarieStiles



Dear Trinity Family,

I would like to thank everyone who brought food, sent cards, prayed for and asked about my recovery this past month. Each and every gesture was greatly appreciated, lifted my spirits and made life easier for both John and me. I look forward to seeing all of you again soon!

Love,
Kay Jordan



WE EXPRESS OUR CHRISTIAN SYMPATHY TO:

The family and friends of Lee Taylor, on his death on Monday, February 24, 2019. He was a longtime friend of Allison Frady Orth.

Edwa Meek, Patsy Boggs and family on the death of Edwa's daughter and Patsy's sister, *Mandy Snow*, on Wednesday, February 26.



Jeanette Hornsby
511 Staffordshire Way
West Columbia, SC 29170
(803) 467-0993

Larry Butler
1800 Robin Crest Drive
West Columbia, SC 29169

Mike & Krystal Laughead
403 Ogden School Court
Kennesville, NC 27204



Lunch Bunch will be held on Sunday, March 1, immediately following the service.

The Open Door Team will meet on Sunday, March 1, at 1:15 p.m., following Lunch Bunch. They will meet again on Sunday, March 29, following the service.

The United Methodist Men's Breakfast will be held on Sunday, March 8, at 9 a.m.

The United Methodist Women will meet on Wednesday, March 11, at 11 a.m. in the Conference Room.

Church Council will meet on Sunday, March 15, at 6:30 p.m.

GLIA Articles are due on Friday, March 20.

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

John's Jottings

Lent

This year the season of Lent runs through the month of March. It begins with Ash Wednesday February 26 and runs through Easter April 12. Lent is the traditional season of preparation for Easter. In the Early church it was a time of training for people new to the Christian faith as they would prepare to be baptized and join the church on Easter Sunday.

This training would include fasting. We tend to think of fasting as giving up food or some type of food for a period of time. How often do we give up chocolate for Lent? Over the past few years fasting has taken on the idea of giving up something. Many people may give up social media, television, video games, or something else instead of food. Some people may try to replace a "bad" habit with a "good" habit during this time. But I wonder if sometimes we get so focused on the activity of fasting that we forget the purpose of fasting.

The purpose of fasting for those members of the early church was to increase self-discipline. The discipline of fasting was practice to help them to be able to avoid the temptations of the world. It would also give them the discipline to discern and do what God wanted them to do.

As Methodist we have a history of self-discipline. That group of students at Oxford which included the Wesley brothers received the derisive term "Methodist" because they were so methodical and disciplined in their lives. Our "rule book" is The Book of Discipline indicating that it is the way in which we order (discipline) the life of the church.

With the month of March being in the season of Lent, this might be a good month to ask ourselves, "What area of my life do I need to be more disciplined?" It does not have to necessarily be a spiritual discipline. Perhaps it is to become more disciplined in practicing a certain skill. Perhaps it is taking time to study that subject I do not like. Perhaps it is to be on time. Take time during this month to identify one area of life that you need to be more disciplined and develop a plan of discipline.

One of the reasons I failed in my paperwork for ordination was that I did not take time to prepare before I started writing. I did not do enough reading and preparation to adequately address the questions. Therefore, my responses were incomplete and did not adequately reflect what was expected. Thus, I am going to discipline myself to spend one hour a day Monday through Wednesday reading or writing and Thursday afternoons in the library preparing for ordination.

Yes, this will be hard for often I am easily distracted by things that come up. It is always hard to discipline oneself in any area of their life. It is easy to fall back into old habits. We may be in awe of how those early Christians and early Methodist maintained such discipline.

The reason that they were able to maintain such discipline was that they fasted and disciplined themselves in community. They supported each other and held each other accountable in their disciplines. The early Methodist movement consisted of small groups, classes, which met weekly for support and to hold each other accountable. For example if one member said they were going to spend 30 minutes a day reading the Bible, then at the next meeting they would be asked if they did. If they did they celebrated together and if they didn't then they would be admonished but would also explore what may have kept them from meeting their goal.

I share my goal to read and write daily then spend Thursdays in the library as I prepare for my ordination with you, my community, that you may support and hold me accountable. If you decide upon a way in which you need to discipline yourself in some area of your life, share your goal with someone or group of people you trust so that they may support and hold you accountable. I believe you will find that it is easier to hold to goals and improve self-discipline as we do so in community, supporting and holding each other accountable. Thus, we can continue to grow in our disciplines and help others to grow in theirs.

If you do decide upon a goal to improve your self-discipline, write down your goal, make a copy, or copies, to give to a friend, or friends that you trust to support and hold you accountable. Check in with each other regularly to support and hold accountable during this month of March and beyond.

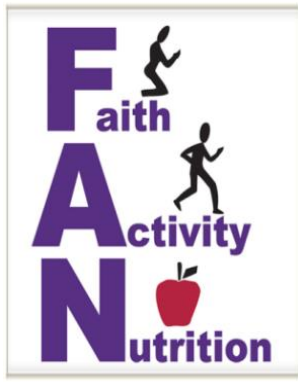
Shalom,
John



Trinity Food Co-op Tuesday, March 24

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



BE ACTIVE YOUR WAY

Finding Out What Kind and How Much Physical Activity You Need

How do I do it?

It's your choice. Pick an activity that's easy to fit into your life. Do at least 10 minutes of physical activity at a time. Choose aerobic activities that work for you. These make your heart beat faster and can make your heart, lungs, and blood vessels stronger and more fit. Also, do strengthening activities which make your muscles do more work than usual.

Why should I be physically active?

Physical activity can make you feel stronger and more alive. It is a fun way to be with your family or friends. It also helps you improve your health.

How many times a week should I be physically active?

It is up to you, but it is better to spread your activity throughout the week and to be active at least 3 days a week.

How do I build up more physical activity?

Do a little more each time. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for vigorous ones that take more effort. You can do moderate and vigorous activities in the same week.

How can I tell an activity at a moderate level from a vigorous one?

Vigorous activities take more effort than moderate ones. Here are just a few moderate and vigorous aerobic physical activities. Do these for 10 minutes or more at a time.

Moderate Activities

- Ballroom and line dancing
- Biking on level ground or with few hills
- Canoeing
- General gardening (raking, trimming shrubs)
- Sports where you catch and throw (baseball, softball, volleyball)
- Tennis (doubles)
- Using your manual wheelchair
- Using hand cyclers—also called ergometers
- Walking briskly
- Water aerobics

Vigorous Activity

- Aerobic dance
- Biking faster than 10 miles per hour
- Fast dancing
- Heavy gardening (digging, hoeing)
- Hiking uphill
- Jumping rope
- Martial arts (such as karate)
- Race walking, jogging, or running
- Sports with a lot of running (basketball, hockey, soccer)
- Swimming fast or swimming laps
- Tennis (singles)