

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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APRIL 2020

John's Jottings

These are unusual times. Having worship with just myself, Chris, Kathy, Marie and our spouses in the sanctuary Sunday morning was, for lack of a better phrase, weird. It was weird telling people not to come to church Sunday Morning instead of inviting people to come to church. It was a very difficult decision to make knowing how much church is a part of our lives.

It is weird to keep social distancing, that 6-10 foot barrier around ourselves. I am by nature a hugger. I greet people with a hug or a handshake, so not doing so is difficult. We humans are social creatures. We thrive as we are connected to each other. So many of the things we have to do during this time seems to go against who we are. We want to come together, to fellowship with each other, to break bread together. Yet in this time we are to stay apart.

We do need to stay apart to curb the spread of this virus. Since this is a new virus there is much that we do not know. What is the incubation period? How long may it live on surfaces? Can you not have any symptoms but still carry the virus? What can be done to treat it? And there are so many other questions.

What we do know is that it is spread through social contact and for people with certain factors, it is deadly. Those high-risk factors are age- over 60 at which age the immune system begins to be less responsive with those over 80 being at highest risk- heart condition, lung conditions, diabetes and any other condition that suppresses the immune system. If you fall into any of these categories, stay home and go out only for those things that are absolutely necessary. For this reason, we have suspended Sunday Morning Services and all church activities until further notice.

The reason for this is not just to comply with the Bishop's or the President's recommendation. The reason for this is that we as Christians follow the commandment of Jesus to love, to love our neighbor as ourselves. Jesus also says that greater love has no one than to lay down their life for their friend. In this case we lay down our lives by putting aside our desires for the good of our community, our neighbors. We put aside our desire to have great end of the year statistics to show that our church is growing in order to protect the lives of our neighbors. Out of love we self-isolate as much as possible to protect ourselves and our neighbors. In this way, in this situation, we obey the command to love our neighbor.

These are unusual times. We do not show our love in the usual ways, coming together, but by staying apart. We will continue to worship together in Spirit as an order of worship will be sent so that we may all be doing the same thing at 11:00 a.m. Sunday morning. A service (without congregation) will be posted on our Facebook page and website as soon after the 11:00 a.m. hour as possible. Christopher has lined up some soloists to provide music and the liturgy will follow what was sent out to use at home. Also, CDs of the service will be available upon request for those that may not have online access.

We can stay connected by calling and sending cards or letters, particularly to our shut-ins and those who may experience increased isolation. We still need to give by mailing in our tithes. To ease giving during this time the Church Council has voted to move to online giving. Details on this will be coming as soon as the process is established.

We must remember that God can work all things for good. This may be a time for families to get together, to play games and interact with each other. This may be a time where we can slow down the hectic pace of our lives and develop some new spiritual discipline or practice. This may be a time when we develop a new hobby, or pick up an old one. This may be a time that we can read that book sitting on the shelf. This is a time to try something new, new ways to connect with God and with each other. New ways to worship. New ways to give. New ways to be the church. While our building may be closed during this time, church continues as we worship, connect, give and be in service to our neighbor in different ways.

Shalom,
John



During this time, it is important that we continue to support the church financially. Utilities, salaries, insurance, and other bills still need to be paid. So, continue to send your pledges and offerings.

As many of you may be moving, particularly at this time, to online shopping, I encourage you to sign up with the UMC Market. This is an online shopping service developed by the General Board of Finance and Administration in which retailers make a contribution according to a percentage of the purchase. The retailers include: Target, Best Buy, Lowes Home improvement, Home Depot, Books a Million and many others. Also Travel and service sites such as Expedia and Groupon are also included. Once you sign up you do not have to go the UMC Market site to shop but if you are at a site a UMC Market tab will pop up and your purchase will lead to a contribution to the church.

Oh, and by the way, when I say church, I am talking about Trinity UMC West Columbia, for when you sign up you will be asked which church you want your donations to go. This is as easy way to make additional contributions to our church. Sadly, Amazon is not among the retailers. So sign up, shop and contribute to Trinity.



Garland Pearson

Wayne & Charlie Hooker
Linda Maloch
Jo Ann Heiting
English & Jewel Percy
Wayne & Kay Johnston

Regis Stevens

John & Patsy Zeigler
Chuck & Lynn Martin

Carolyn Sox

Pauline Wenner
Chuck & Lynn Martin

Mary Lee Williams

English & Jewel Percy
Mary Kamoroff
Ray & Gale Frady
Wayne & Charlie Hooker
Jo Ann Heiting
Chuck & Lynn Martin

Amanda Snow

Wayne & Charlie Hooker
English & Jewel Percy
Jim & Marie Stiles
Bonnie Ramsey
Oren & Hilda Edwards
Mary Kamoroff
Linda Maloch
John & Patsy Zeigler
Ray & Gale Frady
Dolph & Jeanene Varner
George Taylor
Chuck & Lynn Martin
Jo Ann Heiting

Dennis Johnson

Wayne & Charlie Hooker

Logan Whalen

Ray & Gale Frady

Lee Taylor

Wayne & Charlie Hooker

Jerry Trantham

John & Patsy Zeigler
Chuck & Lynn Martin

Marjorie Mills

Mary Kamoroff
Linda Maloch
Bonnie Ramsey
Ray & Gale Frady
Wayne & Charlie Hooker
Jo Ann Heiting

Dorothy Johnson

Bonnie Ramsey
English & Jewel Percy
Oren & Hilda Edwards
Mary Kamoroff
Wayne & Charlie Hooker
Linda Maloch
Jo Ann Heiting



WE EXPRESS OUR CHRISTIAN SYMPATHY TO:

Francis and Gillett Hipp and family on the death of his sister, **Marjorie Mills**, on Saturday, February 29.

Tom Geddens and family on the death of his aunt, **Mary Lee Williams**, on Tuesday, March 3.

The family of **Dorothy Johnson**, on her death Wednesday, March 4.

Tommy and Marty Johnson and family on the death of his nephew, **Dennis Johnson**, on Thursday, March 19.

Bill Pearson and family on the death of his brother, **Garland Pearson**, on Sunday, March 22.

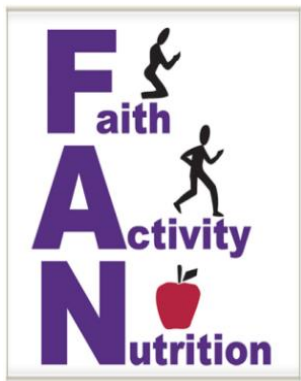
From the SPRC

Dear Trinity Family,

Out of concern for the health and wellbeing of all our employees during the COVID-19 outbreak, the SPRC has decided to permit Jackie to work from home until further notice. Therefore, there will be no set office hours. She can check email and voice mail from home so you may still call the church office and leave a message. You may also call Jackie directly at 803-719-7821. If there is an emergency you may call John at 803-351-0975. Please leave a message if he does not answer.

Please continue to mail your pledges to the church. The mail will be checked daily. We pray for the health and safety of our staff and congregation and take these measures with this concern in mind. We thank you for your patience as we deal with this pandemic.

Patsy Boggs
Chairperson, SPRC



Coronavirus: What Older Adults Need to Know to Stay Healthy

By Nancy Fitzgerald | March 24, 2020

The new coronavirus disease (COVID-19) has upended daily life, but there's a lot you can and should do to protect yourself.

All around the world, the new coronavirus disease (COVID-19) has grabbed our attention—and for good reason. This respiratory illness can spread easily from person to person, and serious cases can lead to pneumonia and hospitalization.

“Our understanding is evolving day by day,” says Gary LeRoy, M.D., president of the American Academy of Family Physicians. “One thing’s for sure: It’s a serious virus, so we all need to take the necessary precautions.”

If you’re 65 years or older, you should know you’re at higher risk. That’s because the older you get, the less robust your immune system is likely to be. You may have a tougher time shaking off any virus, including coronavirus, than you would at 20. “Plus, when you get to a certain age, you’re more likely to have accumulated some other health conditions, which can complicate the way the virus acts in your body,” says Dr. LeRoy. In other words, if you have heart disease, diabetes, lung disease, or any other condition and you get sick from coronavirus, you may have more serious complications than someone who doesn’t have a condition. But experts stress there’s a lot you can and should do to protect yourself.

Because there’s currently no vaccine for coronavirus and because it spreads easily, prevention should be at the top of everyone’s minds, according to the [Centers for Disease Control and Prevention \(CDC\)](#). For older adults, it’s vital—and potentially lifesaving—to put them into practice. Here’s what the CDC recommends.

Avoid Crowds of All Sizes

Even if your community is not experiencing an outbreak at this time, this currently means skipping the mall, the gym, and activities at your local community center. In fact, many of these locations may close temporarily to slow the spread of coronavirus. If there are cases in your area, your local health officials have more specific instructions. Check your local news, or with your state or local health department.

Keep Your Distance

Whether you call it “social distancing” or “physical distancing,” this means putting about six feet between yourself and others as much as reasonably possible. If you need to pick up groceries, medications, or household essentials, try to go when it’s less crowded, or ask a loved one for help.

Wash Your Hands Often—and Correctly

Lather up with plain soap and water of any temperature, and gently scrub your hands together for at least 20 seconds. Don’t forget the back of your hands, between your fingers, and under your nails. Finish by drying your hands.

Mind the Germ Hot Spots

At home, disinfect “high-touch” surfaces, such as doorknobs, light switches, counters, tables, faucets, toilets, and remotes. For any “disinfecting” products, follow the instructions for best results.

If it’s necessary to leave the house—minimize contact with door handles, elevator buttons, and the like. Cover your hands with a tissue, and wash your hands afterward.

Postpone Travel

The CDC recommends older adults avoid cruises and nonessential flights.

If You Have Heart Problems

High blood pressure (a.k.a. hypertension) or heart disease can increase your risk of developing serious complications if you get infected with coronavirus, according to the American Heart Association (AHA).

In the earliest cases, 31 percent of people who were hospitalized with COVID-19 had high blood pressure, and almost 15 percent had cardiovascular disease, according to JAMA. “Coronavirus can lead to buildup of fluid in the lungs, and that puts greater strain on the heart,” explains Manish Trivedi, M.D., director of infectious diseases at AtlantiCare, a health system in New Jersey. Be sure you’re up to date on your pneumococcal vaccines, and continue to take your prescribed medications.

If You Have Diabetes

Whether you have type 1 or type 2 diabetes, high blood sugar levels can weaken your immune system and make it harder to treat viral infections, which can also increase inflammation, according to the American Diabetes Association (ADA). And a combination of inflammation and high blood sugar can put you at risk for more serious complications.

If You Have Lung Disease

Coronavirus causes respiratory illness, so it may hit people with chronic obstructive pulmonary disease (COPD), asthma, or other lung problems especially hard, according to the American Lung Association (ALA).

“These people already have impaired breathing,” says Dr. Trivedi.

What to Do If You’re Sick

The CDC recommends watching for three key symptoms of coronavirus:

- *Fever*
- *Cough*
- *Shortness of breath*

If these seem familiar, it’s because they unfortunately mirror some of the top signs of [cold or flu](#). Because of the overlap, it’s important that you call your doctor if you begin to experience any of these signs or if your existing symptoms get worse. Explain your symptoms, and follow any advice you get to a T, says Dr. Trivedi. You will be given instructions that are specific to your health needs, including if you should go to a medical facility and any safety steps you need to take before going. Because coronavirus spreads easily, do not go to your doctor’s office without calling ahead first. If you have it, you could pass it on to others. If you don’t have it, you could catch it from someone else.



Dear Trinity Family,

My family and I are grateful to my Trinity Family for their condolence cards, their gifts to Trinity and especially their prayers following the death of my beloved Aunt Mary Lee. She was a dear aunt to me and a delight to all who knew her. Thank you, my Trinity Family, for being the loving and caring church that I have known since I walked through your door.

Sincerely,
Tom Geddens



Dear Trinity Family,

We are very thankful for the beautiful cards and prayers for comfort after Mandy's passing. We are confident that she is safely with her Lord, although we deeply miss her presence in our lives.

Sincerely,
Edwa, Patsy and Claire



Dear Trinity Family,

The family of Regis Stevens would like to thank their Trinity Family for their calls, cards, prayers, gifts and their presence at her service. They were all very much appreciated by the family.

Sincerely,
Jack Stevens, Kaye Floyd and Rick Stevens



Dear Trinity Family,

During a time like this, we learn how much our friends and family mean to us. Thank you for all the thoughts and prayers during our difficult time. Your expressions of sympathy will always be remembered. We would like to thank each individual for the food that was prepared for our family and friends during this time. A big thank you to:

Patsy Zeigler	Ruth Frady
Jan Weaver	Ray Frady
Bonnie Ramsey	Gale Frady
Mary Kamoroff	Linda Maloch

And our entire Trinity Family.

Sincerely,
The Family of Dorothy Jean Johnson



Dear Trinity United Methodist Church Family,

Thank you for the love, prayers, encouragement, and food for the body you have provided to Momma Dot and her family. You helped to give us a chance as a family to just stop for a moment to remember and care for one another before moving forward with our final act of love to her through the funeral – eulogy sharing with others.

Love,
Carson, Andrea, Virginia & Jedidiah Johnson