

# God's Love In Action

GLIA: the essential element, or glue,  
which connects the tissue found in the nerve centers of the body

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Trinity United Methodist Church, 1201 Mohawk Drive, West Columbia, SC 29169

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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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MAY 2020

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John's Jottings

## Positive Thoughts During the Corona Virus

During these strange times when the pastor tells you not to come to church, it is easy to look to the negative. We grieve because of what we seem to have lost. We miss seeing each other at church. We miss fellowshiping together and sharing meals. We miss coming together to sing hymns, pray together and listen to God's word. (However, I do hope that you all are coming together with us through Facebook or our Web Page.) We miss studying together.

We miss going to the movies, out to eat with friends, sporting events and other activities. The kids miss seeing their friends at school. Parents miss sending their kids to school. For those that are seniors there are no proms, no graduation parties, and possibly no graduation ceremonies.

It is easy to focus on the jobs that may be lost and the business that may need to shut down. There is so much to lament during this time of stay at home to be safe.

Yet as I look about, I can see much good coming out of this situation. It seems that in the past few weeks I have seen many people out walking in the neighborhood. In some cases, it is families walking together; Mom, Dad, young child, disgruntled teenager, I have seen more people walking their dogs. So, people and dogs are getting more outdoor exercise.

I see more and bigger piles of trash and yard debris in front of houses. People seem to be working more in their yards, cutting back shrubs and trees that may not have been cut back in years (this may be so they won't cut off the head of the spouse or kids they are staying at home with). People seem to be taking time to take better care of their yards.

Parents are spending more time with their kids rather than carting them around to activities. Our next-door neighbor bought a basketball goal and instead of their son going to swim team the father and son play basketball together. Families may be coming together in many different ways. I heard that flour is now becoming difficult to find in some areas as people are starting to bake to pass the time. People may be spending more time preparing meals and eating together.

I can't help but wonder if the main positive consequence that may come from this situation is that we can slow down. Families can spend more time together rather than carting kids from one activity to another. We remember the joy of completing a 1000 piece puzzle and the frustration of realizing there is a missing piece. We learn to value and appreciate our relationships and commonalities, not our differences.

I think too that we may learn that the worship of God is not limited to the 11:00 a.m. hour on Sunday Morning. We worship God any time, in any place and in any way when we focus our attention on God.

These are some rambling observations. Remember that in all situations God can work it for good. While we long for the day that we can come back together, let's look for the good that God is working in this situation.

Shalom,  
John

All in person activities remain suspended until further notice. Additional information is given in a letter on the insert page of the GLIA.



**Congratulations** to *Jon and Elizabeth Day Moore* on the birth of their son, *Lincoln Briggs Moore*, on April 3, 2020. He weighed 9 lbs. 15 ozs. and was 19 ¾ inches long. Lincoln Briggs was welcomed by his sisters, *Sarah* and *Annie Kate* and his grandparents, *David and Annie Day*.



**Garland Pearson**

Bonnie Ramsey  
Mary Kamoroff  
Charles & Jackie McNeill

**Ray Heiting**

Wayne & Charlie Hooker

**Regis Stevens**

Charles & Jackie McNeill

**Randolph Maffett**

Charles & Jackie McNeill

**Mary Lee Williams**

Bonnie Ramsey  
Charles & Jackie McNeill

**Marjorie Mills**

Jo Ann Heiting  
Charles & Jackie McNeill

**Amanda Snow**

Charles & Jackie McNeill

**Dorothy Johnson**

Charles & Jackie McNeill

**Miriam Simpson**

Wayne & Charlie Hooker  
Bonnie Ramsey  
Mary Kamoroff  
Jo Ann Heiting  
Ray & Gale Frady  
Charles & Jackie McNeill  
John & Patsy Zeigler  
Linda Hendrix  
Archie & Sarah Parnell

**Angelia Neese**

Charles & Jackie McNeill



**WE EXPRESS OUR CHRISTIAN SYMPATHY TO:**

**David and Annie Day and family** on the death of his mother, **Miriam Simpson**, on Wednesday, April 8.

**Jo Ann Heiting and family** on the death of her brother-in-law, **Ray Heiting**, on Friday, April 10.

**Steve and Kathy White and family** on the death of his sister, **Teresa Murray**, on Friday, April 17.

The family and friends of **Margie Gay**, on her death on Tuesday, April 28.



Dear Trinity United Methodist Church Members:

Thank you so much for your generous donation to Asbury Arms Apartments. Our property houses 56 units of senior citizens who have limited income. Your church has sent Christmas Cards/Valentines with goodies as well as this generous donation.

We appreciate your thinking of us, especially during these stressful times.

Sincerely,

Linda Ware, Manager  
All of the Asbury Arms Residents

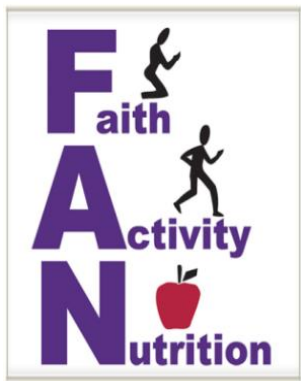


**Epworth Children's Home  
Mother's Day Offering**

The Mother's Day Offering for Epworth will be postponed until we are able to gather together in person.

**Trinity Food Co-op**

We will let you know when the Trinity Food Co-op can resume.



## Keys to Good Health During Changing Times

Two of the most important things we can do for our health are to stay physically active and socially connected. So when something forces you to stay home—like the new coronavirus disease (COVID-19), which spreads easily and can lead to serious complications in older adults—it can disrupt your routine. Even if you know that avoiding crowds at this time helps protect you against coronavirus, this social isolation can put a major damper on your mood.

Luckily, sticking close to home doesn't have to mean spending weeks in a recliner, cut off from the rest of the world. In fact, it shouldn't. "In these challenging times, it is particularly important that older adults not become sedentary or isolated," says Karen Roberto, Ph.D., a senior fellow at the Virginia Tech Center for Gerontology. That might mean you need to shift your habits temporarily—but that's okay. "Just walking around the house or yard periodically throughout the day helps to keep one fit," Roberto says.

Similarly, even though you need to keep at least six feet between yourself and others as much as possible to limit the spread of coronavirus (a.k.a. social distancing or physical distancing), it's important to stay in touch remotely.

Try these creative ideas to get active, maintain relationships, and perhaps even discover a new healthy habit.

### 1. Step, Step, Step

Walking is simply one of the best exercises you can do. Even if you're limited to a small space, you can get some steps in. Put on supportive shoes, and pace around the room, walk up and down a hallway, or go up and down the stairs. When all else fails, march in place or do a seated march. You can also walk in your yard or neighborhood. Just be sure to keep at least six feet between yourself and others you meet along the way.

### 2. Just Call (or Text) to Say "I Love You"

"A phone call is the simplest way to check in with family members and friends," Roberto says. "The conversation does not need to be lengthy. Sharing a brief bit of news keeps people engaged." You can also share photos by text or email, Roberto says. Showing someone a little of your world and seeing a little of theirs—a smiling grandchild, a cute dog, the last thing you cooked—can help you both feel more connected.

### 3. Engage in Healthy Competition

If you love board games or sports, there's likely a social game you can play on your mobile device. Words with Friends 2 (free, iOS and Android) is still a fun way to test your linguistic skills against a pal's. Golf Clash (free, iOS and Android) may not be the same as a real day on a course with your buddies, but it can be a fun distraction while you're cooped up. Got a grandkid who's into mobile gaming? Ask what they like or recommend. If nothing else, you might start an interesting conversation.

### 4. Do More with Social Media

There's both good and bad on Facebook, Twitter, Instagram, and other social media. But like most things in life, it's what you make of it. "When you do spend time on social media, make a rule that 'if you like, you gotta write,' as in, write a comment," says Mark Rabo, founder of Revere, an app that helps you build friendships. "Writing a comment forces us to be thoughtful, and that's what good friends are."

### 7. Stretch It Out

Too much time spent sitting can lead to stiff joints and tight muscles. Add the stress of a global health crisis, and you've got the recipe for shallow breathing, upset stomach, and poor mood. Gentle stretches, whether standing or seated, can help relax your body and mind.



Dear Trinity Family,

It has been six Sundays since we last came together to worship. Many of us may be wondering when we will be able to meet again. What guidelines will we use to determine when we will be able to meet together and see each other's faces?

Bishop Holston has extended the recommendation to suspend in person meetings until May 20. However, I fear this may be overly optimistic. This past Friday, April 24, I participated in a statewide teleconference for pastors with Dr. Linda Bell, our state epidemiologist, through DHEC. Dr. Bell reported that on April 23 there were 161 new cases of COVID-19 reported, bringing the number to 4,917 with 150 deaths. As of Sunday, April 26, those numbers have increased to 5,490 cases with 174 deaths.

Beyond the statistics, Dr. Bell reported that the disease may be more contagious than originally thought and that six-foot social distancing may not be adequate, 10 feet would be safer. She also reported that there is not adequate testing available and there may be cases that are unreported. Also, a person may not present any symptoms and still be a transmitter of the disease. In addition, transmission may occur just through talking and breathing, not only sneezing and coughing.

Dr. Bell's message to pastors was that this is not the time to reopen churches. Her recommendation was not to open for congregational worship or even small groups and in person meetings until there was a "drastic decrease" (her words not mine) in the number of new cases over at least a two-week period of time. Ideally, there should be adequate testing in order to identify those who might be positive but have no symptoms.

Dr. Bell did not define what she meant by a drastic decrease, but I consider it a 14-day consecutive drop in new cases by at least 5% from the previous day in the state. I would also want to see a drop in new cases in our county and zip code to ensure that our local rates are dropping as well as state-wide, because while rates may drop in other parts of the state, they could remain high in a particular locality. This information can be monitored on the DHEC website, which will be my source of information.

Some may ask if we could gradually reopen services such as limiting the number of people in the congregation according to the formula that may be used by retail stores, i.e. number of people per square footage of space. There are two reasons this would not work, one scientific and the other theological.

From the scientific stand point, Dr. Bell made this point. In a retail store, people are moving. You walk past other people and your contact with them is limited. You do not have to speak to others. In a retail store you may spend as little time as necessary in the store. I know that when I have to go to a store I now go in, get what I need, and get out. I don't wander around the store like I might have before. So, your contact with someone who may be carrying may be brief and hopefully both are wearing masks. But in church you are staying in one place for an extended period of time. People are singing hymns, reciting creeds, and praying prayers aloud in an enclosed space which increases the chances of exposure. Your chances of being exposed and contracting the disease is greater in church than in Target.

From a theological stand point, I would have a hard time justifying saying to someone that they cannot come in to worship and give thanks to God for getting them through this ordeal just because they are simply the 51st person to come, when we are only allowing 50. I do not feel that we can justify just cracking the doors a little bit at a time when they need to be fully open.

Therefore, it is impossible at this time to set a specific time frame for returning to church. That decision will be driven by the data provided by DHEC, not our emotional desire to come to church. I know these have been difficult times for all of us. I miss seeing each and every one of you. We will continue to worship as we have the past 6 weeks on Facebook and our website. Even though we are not together in body we are in spirit. I see all of you there in your pews as I preach each Sunday.

I have faith that God has given all the doctors and scientists throughout the world who are working to develop testing, treatments and vaccines for this illness the gifts and wisdom to complete this endeavor. I have faith that God is guiding Dr. Bell, Dr Brix, Dr, Fauci and all the others that are advising our leaders as we deal with this pandemic. Let us continue to be in prayer for our leaders locally, nationally and globally, so the spread of this disease may be stopped and a vaccine discovered.

Shalom,

Pastor John