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 JordanOrganist: Christopher A. McCroskeyMusic Director: Jackie McNeillOffice 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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We will finish our study of the Acts of the Apostles on Sunday, July 24. Beginning July 31st, our class will begin sharing and examining favorite Bible verses from the members of the class that deal with specific Christian virtues or that teach us how to deal with certain issues in life. In the spirit of 1 Corinthians 13:13, where Paul instructs us to abide by faith, hope and love, on July 31st, class members are encouraged to bring to class their favorite verse or verses that promote faith. The following Sunday, class members will bring their favorite verses promoting hope, and then the Sunday after that, members are to bring their favorite verses promoting love.

You can bring a single verse each time or a handful of them. It is up to you! You can also share any experiences that you have had in which the verses that you share with the class have edified you. After we share our verses on love, I will then, for the next several Sundays, take suggestions from the class as to what kind of verses we want to share and study. For example, one class member may suggest that we share our favorite verses that teach us how to deal with sorrow, while another class member may suggest bringing to class verses that promote forgiveness. I think that this will be both a fun and edifying time for the class! It will give us the opportunity to share verses from the Bible that have made an impact on us. It will also help us to see the connectedness of the Bible, since instead of focusing on one book of the Bible, we will be sharing pieces of Scripture from throughout the Bible.

Sincerely,

Tom Geddens



Each month we will highlight the birthdays of those who are turning 85 or older. There are none in August.



We recently renamed our Wesley Class Meeting to **T.a.G**. group. **T.a.G**. means **Transformation and Growth**. This more accurately reflects the purpose of the group which is to transform our lives and grow closer to the love of God and neighbor. If you would like to be part of a group to help transform your life and help you grow closer in the love of God and neighbor, contact Pastor John by calling the church office. We hope to get more T.a.G. groups going in the coming months.



We are entering the new season of the United Methodist Church - Charge Conference Season. I will find out when our charge conference will be held at the Clergy Start Up meeting August 2. The committees need to schedule meetings in order to prepare. Please schedule ASAP so we can get ahead of the game, particularly if we have an early charge conference.



The Nominations and Lay Leadership Committee will meet Sunday, August 7, following the Worship Service. The members of the committee are Chris Derrick, Pam Hook, Pam Turner, John Ballentine, Bob Strickland, Slone Taylor, Jo Ann Heiting and Bonnie Ramsey.



A gift in honor of *Leslie Efron Plat*t was given by George McCutchen, III.



Bob Bryant
Jim & Marie Stiles

Jeanette Hornsby

Jo Ann Heiting

Bonnie Ramsey Mary Kamoroff

Ray & Gale Frady

Charles & Jackie McNeill

Jane Bryant

Sinners SS Class Jim & Marie Stiles Jeanette Hornsby Charles & Jackie McNeill

Chuck Martin

Nell Cooke Steve & Thelma Haley Agnes Johnson Herman & Evelyn McQuage Jeanette Hornsby

Boots Morgan

Jo Ann Heiting
Barr-Price Funeral Home
Wayne & Kay Johnston
George Taylor
Jeanette Hornsby
Mary Kamoroff
Charles & Jackie McNeill

Lynn Martin
Jim & Marie Stiles
John & Patsy Zeigler
James & Candy Brooks
Bonnie Ramsey
Ray & Gale Frady



WE EXPRESS OUR CHRISTIAN SYMPATHY TO:

John and Patsy Zeigler and family on the death of her brother-inlaw, *Bob Bryant*, on Thursday, July 14, 2022.

Eddy and Tonya Johnston and family on the death of her mother, Eveline "Boots" Morgan, on Monday, July 18, 2022.



Dear Trinity Family,

Love offering says it all......lovingly given and gratefully received with love. During my time in the hospital and afterwards when there was no way to play, you always saw fit to give of yourself above and beyond what I receive as your church musician. I can't tell you how much that means to me. All those years ago, when I came to Trinity needing a steady place to play and be paid, it may have just been a job. However, your warmth, kindness and appreciation quickly made you into my extended family. I will always be thankful to Jackie McNeill for taking me in and giving me a chance. Thank you all from the bottom of my heart.

Much Love, Christopher



Dear Trinity Family,

I want to thank each of you for the precious thoughts conveyed in birthday cards I received for my 80th birthday in July.

All total, with our children's help, I have received close to 100 cards this birthday. It was wonderful to hear from people I haven't heard from in years to decades, like Peggy Pownall.

Love in Christ, Libby Strickland



Dear Trinity Family,

We can't thank you enough for the thoughts and prayers for our birthdays. The flowers brought by Ruth and Gale Frady have been so lovely.

We love you all so much and think of you often. The cards we received brought so many memories and happy wishes.

Thank you each and all, Marilyn and Tom Lloyd i



An Act of LUV

I always enjoy the cover art in *The Upper Room*. I always read the interpretation of the picture found in each issue. The cover of the July/August issue is from the story of the woman at the well (John 4: 1-42). The picture shows Jesus and the woman; neither is speaking. The woman is looking down. I imagine this is the point where the woman tells Jesus that she has no husband. She appears to be ashamed of this fact. Jesus has his hands folded over his mouth. Jesus appears to be listening intently to the woman. He is not responding immediately to her confession and appears to be processing what she has told him. He seems to understand what she has told him and why. Perhaps he is formulating his response to her so he validates her as a person and does not condemn her for having five husbands.

The Gospels give us the words of Jesus, but I believe Jesus spent more time listening than he did talking. A good therapist or pastor listens more than they talk. But listening is not a skill reserved for therapists or pastors. Listening is an ability we all have, but it is a skill we must cultivate. It is a skill many have chosen not to cultivate. Much of the conflict and division we experience lately stems from a failure to listen.

Before I go any further, I must confess that I am not the perfect listener. I am guilty of many of the habits I warn against in this article. I am striving to be a better listener and listen with LUV.

Listening with LUV is a model of listening I learned from a marriage and family therapist. It is a model for marital relationships but applies to any interactions between people. The LUV model is a three-step model of listening.

The first step, the L, is listening. I know that is obvious. We listen to other people, or do we? Often when we think we are listening, we are hearing, not listening. We hear the words the other person is saying but do not listen to the meaning and feeling behind the words. Often, we are distracted and do not listen to the other person.

A young priest was in his office when a man came in with many problems. The man was telling the priest his problems. The priest was fidgeting with his pen, thinking about all he had to do that day when the man said, "Young Father, the least you could do is listen to me,"

We are often like that young priest, thinking about what we have to do rather than really listening to the person talking. Another way we become distracted and fail to listen is by formulating our response while the other person is still talking. We may hear the first sentence or two but then we start formulating our response. We do not really hear all the other person is saying. We do not listen completely.

To really listen we must put aside all distractions. Our focus is on the person talking to us and nothing else. We put aside our thoughts and feelings and listen to their thoughts and feelings. We do more than just hear the words. We also listen to the tone of voice and body language. By listening beyond the words, we can move to the second step.

The second step is the U, to understand. We listen to understand the other person. The reason we listen is to understand the other person. We do not try to formulate a response as we listen, we strive to understand as we listen. As we listen to understand, we may more easily resolve conflicts by understanding instead of fighting.

By listening and understanding we can validate the other person, the V. We validate the other person by listening and understanding and not condemning. The woman at the well became the first evangelist because Jesus pointed out the truth. She had five husbands and the man she was living with was not her husband, but he did not condemn her. He listened to her. He understood her. Then he could validate her. Validation does not mean that you agree with the other person but that you can accept their position as theirs. Validation is when Wesley says that we love alike even if we do not think alike. I love you even though I may not agree with you.

Let us work on our listening to others, not focusing just on the words but on the meaning and feelings beyond the words. Let us listen to understand the other person. As we listen and understand each other we can validate the other person and love them as a child of God even as we may disagree.

Shalom,

John