

"Life in the Son"

TRINITY UNITED METHODIST CHURCH

706 14th Ave. S., North Myrtle Beach, SC 29582

Trinity Tidings

January 2026

Focusing New Year's resolutions to a Christian life

Most of us are ready to move into a new year full of new opportunities and a fresh start. As Christians, we want deeper peace, a clearer purpose, stronger faith and a heart that listens a little more closely to God's voice. That's how it feels in January, but what about in March and beyond? Studies show that when your actions have an impact, you're more likely to stick with your resolve. Most resolutions fail because they are too complex or boring.

Here are some easy ways (and some not so easy) to help you set goals and establish a spiritual tone by making Christian New Year's resolutions for yourself and your family for 2026.

1. Set goals WITH God. What does God want you to focus on this year? Use this as

an opportunity to bring your hopes, dreams, and challenges before the Lord and seek His guidance. But it doesn't do any good unless we give him the chance to respond and guide us in the right direction. The New Testament is full of Bible verses about new beginnings and opening the door for personal change.



Ephesians 4:22-24 (NIV) tells us that accepting Christ allows us to push away our "former way of life" and push aside our "old self." This could include negative attitudes and desires that we sometimes feel.

Accepting Jesus and wanting to live like Him helps change us into better people.

2. Start a Gratitude Journal. One way to strengthen your faith and focus on Christ is

(see **FOCUSING** on page 2)

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Focusing *(continued from page 1)*

by starting a journal that helps you reflect on the blessings God has placed in your life. By keeping a record of daily moments of gratitude, your perspective can shift as you draw closer to Him.

First, dedicate a few minutes each day to write down two or three things you are grateful for. These can be big blessings, like answered prayers, or small moments, like a kind word from a friend. Secondly, look for ways God has shown his love, mercy, and faithfulness in your life. Reflect on scripture as part of your journaling. Try to be specific. Instead of writing a general statement, "I'm thankful for my family," try instead, "I'm thankful for the way my husband remembered to say I love you when he left for work." Finally, at the end of each month, examine your past entries to remind yourself of God's faithfulness to help you have a heart filled with gratitude.

3. Listen more. Take time to listen more to God, but don't forget to listen to your family, friends and community. It's important to take the time to listen and stay present when you are with others to see just how much stronger it makes all your relationships.

4. Take your relationships offline. Make phone calls; schedule a face-to-face coffee or meal; take a walk together. Ask a friend to become your accountability partner and ask him/her to spend more time with you in the new year.

Counteract your loneliness with real interaction. You might consider attending a Bible study, volunteering with a church ministry, and committing to being a prayer partner.

5. Designate one day a week for Sabbath rest. Take the day to walk away from the demands of daily life and focus on worship, prayer and spending time with loved ones. The day

doesn't have to be rigidly scheduled but should include activities that bring joy and spiritual refreshment, like taking a walk on the beach, journaling your prayers, or spending time with your family in meaningful conversation.

6. Start your day with a Bible verse. This can set a positive spiritual tone, provide peace and purpose and offer guidance for the day ahead.

7. Be more generous with your smiles. Smiling reduces stress and can improve your mood and health while also creating a more positive and contagious social atmosphere.

8. Write and send thank you notes and find reasons to give them. Set a goal of sending at least one a week. Not only does this express gratitude but it builds and maintains relationships also.

9. Be a good neighbor. Bring in their trash can, mow their lawn, or share a meal. It seems like a simple task, but it will build a stronger, safer and happier community by fostering trust and mutual support.

10. Take the first step toward a dream you've always wanted to pursue. Now is the time for new beginnings. Maybe you want to take a class and learn something new or finish your college degree. Maybe you want to take a big trip to Hawaii or Australia or Europe. Put your ideas into motion and see where they take you.

Think about weaving one or more of these resolutions into your routine as transformation rarely begins in the big, dramatic moments. The new year isn't just a reset; it's an invitation. A chance to start fresh with God, to let his Word shape your heart, and to let His promises guide your days.

Anyone interested in playing or learning Mahjong?

Is anyone interested in starting a Mahjong group? Maybe you would like to learn to play? Mahjong is a classic Chinese tile-based game of skill, strategy and luck. It is played with 144 tiles by up to four players aiming to form specific patterns (four sets and a pair) from drawn and discarded tiles. Mahjong is similar to rummy but with unique tiles, featuring suits (dots, bamboo, characters) and honor tiles (winds, dragons). If you are interested in either starting a Mahjong group or learning to play, please contact Sandi Yocum at (843) 516-4185.



Trinity Kids January Schedule

Sunday	Jan. 4	Sunday School	9:45 a.m. and 11 a.m.
Wednesday	Jan. 7	Trinity Kids	4:30 – 6 p.m.
Sunday	Jan 11:	Sunday School	9:45 a.m. and 11 a.m.
Wednesday	Jan. 14	Trinity Kids	4:30 – 6 p.m.
Sunday	Jan. 18	Sunday School	9:45 a.m. and 11 a.m.
Wednesday	Jan. 21	Trinity Kids	4:30 – 6 p.m.
Sunday	Jan. 25	Sunday School	9:45 a.m. and 11 a.m.
Wednesday	Jan. 28	Trinity Kids	4:30 – 6 p.m.



Last month's Prayer Shawl Sunday was moved to Dec. 7. Thank you to everyone for the time and effort in making the many prayer shawls given out.

Please continue to donate shawls for the next Prayer Shawl Sunday on March 29, 2026.

More knitters and crocheters are always needed to make prayer shawls. There are no specifications on colors, size or style. It

doesn't need to be fancy. If you only know one kind of stitch, you can make a shawl. A good measurement for a shawl is 18 inches wide and 60 inches long. Once you have it done, bring it to the volunteer office and place it in the bag on the back of the door.

If you'd like to learn how to knit or crochet, our own creative Kim Fowlkes coordinates basic instructions at the Floyd Recreation Center, Possum Point Road, every Thursday afternoon from 1 to 3 p.m. No cost, no commitment, and all are welcome!

If you have any questions, you can contact Dianne Cintron (717-805-1248) or Linda Eichenbaum (843-902-2750). Please consider helping out. Thank you



Congregational Prayer Names



January 2026

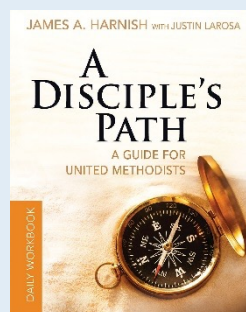
Week/Volunteer	Date/Names	Week/Volunteer	Date/Names
	January 4		January 18
1 – Ann Zehr	1. Sandra Miller	3 – Jeannie Reeder	1. Bob & Rose Pawlicki
	2. Thelma Mitchell		2. Tony Peake & Tina Burger
	3. Juliette Mooers		3. Tony & Lee Ann Peele
	4. Gill Moore		4. Carol Petro
	5. Al & Trisha Morris		5. Ann Phillips
	6. Marcus & Patsy Mullen		6. Jennifer Pope
	January 11		January 25
2- Donna Allen	1. Twila Nahama	4 - Carol Adams	1. Debra Quick
	2. Jeanne Noe		2. Charlie Ribelin
	3. Pamela Olp		3. Gary & Martha Rider
	4. Jo Ellen Osteen		4. Bill & Emma Ritsig
	5. Linda Page		5. Betsi Rudder
	6. Connie Pappas		6. Wayne & Elizabeth Russell

January Bible Study

There is still time to deepen your discipleship by joining a six-week Bible study featuring *A Disciple's Path: A Guide for United Methodists*.

This study emphasizes the commitments we make as members of the United Methodist Church—prayers, presence, gifts, service, and witness—while guiding you to look beyond membership into a vibrant life of discipleship.

The class, led by Pastor Stephanie, will



begin on Tuesday, Jan. 13 from 10 to 11:30 a.m. in Trinity Hall.

During this class you'll develop spiritual practices, discover your unique gifts, and engage in a transformative ministry that impacts both your life and the world around you. Perfect for both new members and seasoned attendees alike.

Sign up in Realm or grab a spot in the Sunday morning bulletin! Join us as we explore the path of discipleship together!



Dot Jordan Circle

The Dot Jordan Circle is changing its meeting time for the Jan. 13 and Feb. 10 meetings from 6 p.m. to 5:30 p.m. in Trinity Hall Classroom 2. Ladies with a desire to serve and share in fellowship are always welcome. We welcome new members and all members who continue to support the Dot Jordan Circle. For more information or any questions, please contact Cindy Jones (843) 907-6452.

Susanna Wesley Circle

The Susanna Wesley Circle participated in the Advent Fellowship Break on Sunday, Nov. 30. We would like to thank everyone who donated goodies and their time getting everything together for the break. It was a feast to behold, and everyone seemed to enjoy it.

Our Christmas luncheon was on Dec. 2 at Mako's Marina Bar and Grill. Everyone had fun together playing games, reminiscing about past Christmases, eating good food, and telling of Christmas wishes. Thank you to everyone who donated children's clothing for Fostering Hope. It was much appreciated.

Our next meeting will be on Tuesday, Jan. 6 at 9:30 a.m. in the AG Green Building. We will have a guest speaker from the CCU Wesley Foundation talking about this worthy organization. Everyone is welcome to come and join us.

Love Circle

The Love Circle December meeting was a luncheon at the Honey Barrel in NMB on Thursday, Dec. 4.

Love Circle usually meets the first Thursday of each month at 9:30 a.m. in a member's home or at the church. We often have a guest speaker, and we always have an interesting program. All members participate in some way throughout the year. We usually have a special luncheon at Christmas and before the summer break. We welcome all ages and are always delighted with new members.

Faith, Love, and Friendship Circle

At the Dec. 7 meeting of the Faith, Love, and Friendship Circle, Julie Gent of Palm Aging Life Management and three members of The Lakes at Litchfield, a senior living community at Pawley's Island, shared information about their organizations.

Julie, a patient advocate who recently joined the Litchfield group, along with Bill Mason, Care Services Administrator; Elizabeth Byrd, Lifestyle Advisor; and Josh Beck, Lifestyle Advisor/Care Services, explained how seniors could move into

*(see **FAITH CIRCLE** on page 6)*

Faith Circle *(continued from page 5)*

independent living houses and then integrate to assisted living, memory care, skilled nursing, rehab, and/or respite care when needed all in the same community. They talked about the plethora of activities available for residents to include a wellness center, indoor pool, salon, restaurant, and more.

Following their presentation about the community, they invited the group to make an appointment to visit and eat lunch. They were also available to answer questions

about security of the facilities, the kinds of services they offer, doctors/nursing ratios, and other important information about their facilities..

For more information about this community, anyone can schedule an appointment to see the facilities by calling (843) 353-4168 or getting information online at Lakes-Litchfield.com. For more information as to the services Julie Gent provides, she may be reached at (843) 957-1664 or online at southcarolina@palmaging.com.

January Usher & Altar Guild Schedule

8:30 a.m. services

Jan. 4 - Bob and Kathy Slack, Tom and Connie Kelser

Jan. 11 - Alan and Sarah Jane Slaughter, Baxter Barger, Kenneth McIver

Jan. 18 - Aubrey and Pam Apple, Verne Cappell, Betsi Rudder

Jan. 25 - Dick and Emily Tinsley, Hugh Holiman, Judy Lowe

11 a.m. services

Jan. 4 - Michelle and Don Goodwin, Scott Keziah, Margaret Martin, Cindy Burgio

Jan. 11 - Tonya Ard, Del Haws, Curt Roberts, Linda Miller, Margaret Martin

Jan. 18 - Bob Miller, Michelle and Don Goodwin, Scott Keziah, Jackie Stanley

Jan. 25 - Tonya Ard, Linda Miller, Jackie Stanley, Del Haws, Curt Roberts

Altar Guild

Week of Jan. 4 - Carol Adams and Lori Shoemaker

Week of Jan. 11 - Carol Adams and Lori Shoemaker

Week of Jan. 18 - Carol Adams and Lori Shoemaker

Week of Jan. 25 - Carol Adams and Lori Shoemaker



Let's start off the new year with some comfort and joy at the next PEP Club meeting on Thursday, Jan. 15 at 11:30 a.m. in Trinity Hall.

Invite all your friends to share in some comfort food of soup and sandwiches with our old and new friends as we welcome back our snow birds.

If your last name begins with A - L, bring some sandwiches to share.

If your last name begins with M -Z, bring a dessert.

Some of you will be contacted individually to make a pot of soup to share with others.

Dress in your favorite winter attire, and come join the fun. Hope to see everyone there.



BOOK CLUB

We decided on a few books for the upcoming discussions. Our meeting time is 1 p.m. on the first Monday of the month.

January

Lion Women of Tehran

by Marjan Kamali

February

Remarkably Bright Creatures

by Shelby Van Pelt

March

Ordinary Grace

by William Kent Krueger

April

Before Dorothy

by Hazel Gaynor

May

The Book Club for Troublesome Women

by Marie Bostwick

New Members' Class Winter 2026

Are you interested in becoming a member of Trinity United Methodist Church?

We invite you to join us for our new members' class starting Sunday, Jan. 11 from 12:30 to 2 p.m. and running through Feb. 15 with new members welcomed during worship on Feb. 22. Over six weeks, we'll dive deep into the heart of our beliefs and practices using *A Disciples Path: A Guide for United Methodists*. Each week you'll get to meet amazing committee leaders who will share what makes Trinity UMC a truly special community.

Don't miss out on this fantastic opportunity to connect with fellow newcomers and explore your faith in a fun and welcoming environment.

Sign up using the bulletin insert or in Realm. For more information, reach out to Pastor Stephanie. If you can't make it this time, don't worry—another class will be offered in the spring!

Walk to Emmaus: Come take a walk with Jesus



The Walk to Emmaus is a spiritual renewal program intended to strengthen the local church through the development of Christian disciples and leaders.

- The Men's Walk is Feb. 5-8, 2026.
- The Women's Walk is Feb. 12-15, 2026.

Both events are at the FFA Camp in Little River.

If you are interested or want to learn more, contact Kenneth McIver. Several members of Trinity have participated in the past.



Trinity Youth Group meets
Sundays at 5 p.m. in the Youth Room.
All youth 6th to 12th grade are invited to attend.

Join Trinity's growing youth group for faith, fellowship, and fun! This welcoming community encourages young people to explore their faith, ask tough questions, and build lasting friendships through weekly meetings, service projects, and the upcoming Encounter Youth Retreat at Lake Junaluska Jan. 23 to 25. Details and permission slips are available from Pastor Gene. Stay involved by attending, volunteering, or sharing ideas.



Christmas Cards needed

After the joy of reading Christmas cards from friends and family, please further bless our armed services personnel by donating your Christmas card fronts to the Trinity Crafters. We will then fashion NEW cards to brighten the Christmas season for our brave military. You may place the card fronts in the Crafters' basket in the church volunteer room.

Trinity Crafters have donated over \$50,000 to the TUMC Building Fund from our various craft shows since our early 2004 beginnings.

This is in addition to more than \$70,000 to local and UMC Missions. The ladies continue to create for the benefit of our church and community.

Join us on Wednesday mornings from 9:30 to 11:30 a.m. in the AG Greene Building for fellowship and fun! Crafting talent is NOT a prerequisite. All are welcome, both the "Skilled" and the "Willing."



As more and more church members begin to use the kitchen, please remember that you are not the only ones using the kitchen. It is a community kitchen.

- 1) If it is labeled as belonging to a specific group, then the items come out of the group's budget and are not for community use, i.e. there are particular shelves labeled for Master's Meals.
- 2) If you get something out and use it, wash it and put it back where you found it. Everything is now labeled in great detail to make it easier for everyone.
- 3) Make sure you are following the Health Department recommended guidelines for cleaning which can be found in the pocket on the refrigerator.
- 4) Please remember: Lee Ann is out so we must be mindful that she will not be cleaning up behind us; therefore, we need to be extra diligent in our cleaning.

If you feel like you want to be more connected to the church and get information at any time, you need to sign up for Realm. It's easy!

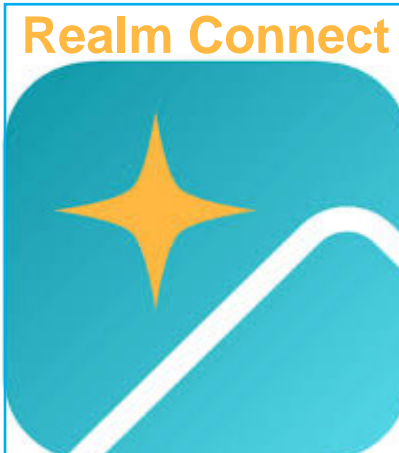
It's a great source for news of the church, a place to email those in your group and to search the church directory for members.

Go to your app store on your phone and download the Realm Connect app.

Once you have downloaded the app, open the app, enter your email and password of at least 8 characters with mixed case/numbers).

If it won't take your password, you might have to use the "Forgot your Password" link to set up your account..

Complete the "I'm not a robot" check and click



the verification link in the email you will receive to activate your account. Tap your profile picture, select "My Profile," and update your contact, serving preferences and privacy settings.

Check out the many YouTube videos available to walk you through this process.

For those who are already familiar with the app, we are asking that you update your profile with a current picture of yourself.

To do this, simply click on the existing placeholder or photo in the upper left corner, of the page, and tap the pencil icon next to your name or on the profile picture itself.

Tap the camera icon or the picture to choose an existing photo or take a new one. Adjust the photo, then Apply or Save.



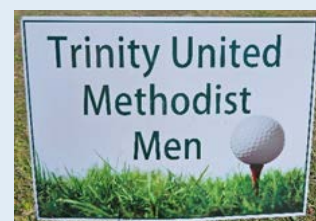
Thank you to everyone:

- ✝ Who assisted with and supported the Angel Tree children in any way.
- ✝ For the Reverse Advent Calendar donations to ASAP.
- ✝ Who signed one of the 16g Christmas cards that were delivered to local nursing homes.

You helped brighten the holidays for so many!

Reminder: First quarter food donations will benefit Grand Strand Helping Hands (January through March). Please place your donations in the boxes in the hallway between the sanctuary and offices.

We are still collecting used (cancelled) postage stamps. There is a container on the table in the hallway outside the volunteer office.



The Men of Trinity will meet for breakfast on Monday, Jan. 19. The meeting will include a speaker from the Veteran's Center.

Church volunteer oppportunities available

With around 600 fulltime members, Trinity has a variety of ways that you can volunteer in 2026, and whether you are a member or not, volunteering is one way we can serve our membership and our community better. The Altar Guild and Bereavement Teams are in need of volunteers.

The Altar Guild is a "behind the scenes" volunteer activity as you pick your time to serve, and you can do it as an individual, a couple, two friends, high school youth, or a family. You simply decide once a month during the year if you want to be responsible for the sanctuary pews or for the altar candles. If you choose pews, you come in at a time of your choice when the church is open and check that there are enough collection envelopes and pens in the pews before the Sunday service. This usually takes no more than 30 minutes. Or you might choose to come in during the week and fill the two altar candles with oil which takes about 15 minutes.

In December the same is done, but individuals volunteer on a weekly basis because of the many activities in the sanctuary during a week. Altar Guild Chair Carol Adams will schedule a time to train you which takes about 30 minutes. Currently, vacancies are available for pews for May, July, and the third



week in December. Vacancies are available for candles in March, May, and July,

A second opportunity for volunteering is the Bereavement Team. There are four separate teams that rotate providing a meal for a family when a member passes. The meal is provided only for immediate family members and relatives (usually about 15) either at the church or in the home, and the choice can be brunch, lunch, or dinner, depending on the time of the funeral service.

If you enjoy cooking or even buying food for others, you might be interested in joining one of these four teams. Help is always needed for setting up, hosting, and cleaning up when the meal is held in Trinity Hall before or after the service.

Some actively participate on bereavement teams simply by dropping off what is needed. You determine your level of participation, but the reward of helping our families at such a time is great, and the fellowship with team members is just as satisfying.

If you are interested in either the Altar Guild or the Bereavement Team, contact Carol Adams by emailing her at carolhadams@gmail.com or calling or texting her at (843) 267-0730.

Cultures in Conflict study starts

Beginning Thursday, Jan. 15, a dynamic Bible study led by Marie Peacock will run every Thursday for seven weeks from 10 to 11:30 a.m.

We will be studying *Cultures in Conflict* by Ray Vander Laan where we will learn from the Apostle Paul's bold witness in Athens and Corinth. This series invites you to reflect on how to live faithfully in a culture that challenges Christian beliefs and gain insights on maintaining your spiritual integrity while navigating modern societal pressures. Sign up on Realm to reserve your spot.

Bridge begins in January

Trinity will begin its Wednesday Bridge group again on Jan. 7 from 9 to 11 a.m. and will be offering free lessons from 9 to 10 a.m. in Room 1, Trinity Hall, if there is an interest.

After the first hour with coaching, we will play Bridge.

This is a relaxed group, not "cut throat". It is a chance to improve your Bridge knowledge, laugh at times, and make new friends.



Trinity United Methodist Church
706 Fourteenth Avenue South
North Myrtle Beach, South Carolina 29582

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January 2026 NEWSLETTER

Or Current Resident

Life in the Son *Loving, Inviting, Faithful Examples, Serving Our Neighbors*

Trinity United Methodist Church
706 14th Avenue South
North Myrtle Beach, South Carolina 29582
Phone: 843-272-5236
E-mail: admin@trinitynmb.com
Website: www.trinitynmb.com

Business Hours:

Monday - Thursday 8 a.m. to 4 p.m.
Friday - Office closed;
Please call and leave a message

Sunday Worship Services:

8:30 a.m. Traditional (Sanctuary & Streaming Online)
9:45 a.m. Contemporary (Sanctuary & Streaming Online)
11 a.m. Traditional (Sanctuary & Streaming Online)
Adult Sunday School Classes, Sundays at 9:45 a.m.
Children's program at 9:45 am and the 11 a.m. services.
Nursery is available at all of our Sunday services.

Trinity Staff

Gene Aiken Pastor
Stephanie Schellinger Associate Pastor
Edmond Daniel Pastor Emeritus
Dr. Kenneth S. Klaus, Ph.D. Director of Traditional Music
Richard Schellinger Director of Contemporary Music
Melanie Welborn Organist/Pianist
Kyle Frankman AV Technician
Lee Ann McDonald Church Sexton
Heather Ensor Financial Secretary
Tera Velez Child Care
Jennifer Piccolo Office Manager



If you are interested in becoming a member of Trinity UMC, please contact the church office.

TUMC Calendar and Events

To find out more about what is going on at TUMC and to find out when things are happening, check our website at www.trinitynmb.com. Click the **EVENTS** tab to see the latest events. To view the entire calendar, click the **Full Calendar Link** at the top of the page.



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