



# MARKET STREET UNITED METHODIST CHURCH DECEMBER 2022

### ***Ready or not, It's here!***

I often tell myself, "Ready or not, Sunday comes!" It is the same way—ready or not, Advent comes right after Thanksgiving! I know it is a hectic season to many of you... but I pray that you have some moments to think about the meaning of the season, what it means that "God so loved the world that he gave his only Son," what it means that Christ came to this broken world, and what it means that the same Christ, who knows our joys and pains, walks with us today.

May you have a blessed Advent season! Hope to see you in person!  
Peace to you all, Keiko

### **Our Staff**

#### ***Pastor***

*Rev. Keiko Foster*

***Admin. Assistant***

*Kathy Freeland*

***Director of Music***

*Dr. Steve*

*Jennings*

***Church Musician***

*Connor Crotzer*

***Youth Director***

*TBA*

***Custodian***

*Linda Campbell*

### **Our Leadership**

***Administrative***

***Council Chair***

*Busey Ward*

***Lay Leader***

*Donna Dailey*

***Finance Chair***

*Lisa Martinson*

***Treasurer***

*Judy Hagan*

***Staff Parish***

***Relations Chair***

*Toni O'Connor*

***Trustee Chair***

*Ed Henshaw*

### **Mark Your Calendar NOW!**

#### ***Hanging of the Greens***

Saturday, November 26 at 10:00 am

Please help decorate the Sanctuary!



#### ***United Women in Faith Cookie***

***Walk*** Sat, December 17, 9 am– 1pm

*Come and get some Holiday goodies!*



#### ***Christmas Eve Service***

***(Lessons and Carols)***

Saturday, December 24 at 7:00 pm

#### ***Christmas Day Service***

December 25 at 10:30 am

***\*\* We will meet in the Fellowship Hall for a relaxed service. Bring cookies, cakes and other sweets to share. Also, as our gifts to Baby Jesus, bring a pair of NICE (waterproof) gloves for WATTS.***



### **Starting NOVEMBER 27**

#### ***Christmas Gift that Won't Break***

***By James W. Moore***

***Classes offered:***

***Sunday morning at 9:15 am***

***Sunday evening at 7:00 pm (ZOOM class)***

***Tuesday morning at 10:00 am (in-person at Greenwood)***

**Contact [vamarketst@gmail.com](mailto:vamarketst@gmail.com) for Zoom link**





# THANK YOU FOR YOUR HELP! WATTS at Market Street—November 12-19



THANK YOU to all the volunteers (pictured and not pictured) & all the persons who donated the money/items!



**Shenandoah River District & Charge Conferences** took place on November 6 at Randolph-Macon Academy. Approx. 400 persons gathered in worship and business of the church.

Virginia Conference will receive a new Bishop, Bishop Sue Hauptert-Johnson (left), in 2023. Our current bishop, Bishop Lewis, will be serving in the Mississippi Conference.



Bishop Tom Berlin will be in Florida.

# Health Minute

## *An interesting way to deal with stress/anger!*

John Iams, PT is a mentor of mine. I first met John in San Diego when I took several courses he taught on a unique technique he developed over 30 years of his career. I use his method daily when treating patients. I would be lost without it. John also came up with a technique he calls the Iams Maneuver to help deal with anger and stress. It has a physiological and anatomical basis. I'll try to give you some background as to why it works.

Have you noticed when someone is really angry their head is "locked" in a straight-ahead posture. Eyes are looking forward. Animals do the same. Think of an aggressive mad dog. Their head is locked straight ahead, eyes forward. There are a couple of muscles in the neck that contribute to this "locked position". For the sake of naming them, they are the upper trapezius (muscle on top of your shoulders and goes up the side of the neck to the base of the skull on each side). We tend to react to stress by tightening this muscle up by raising our shoulders up in a slight shrug. The other muscle is the sternocleidomastoid which courses diagonally from the base of the skull just behind your ear(s) to the collarbone and sternum. These muscles are innervated by a cranial nerve that originates in our brain and has contributions from another cranial nerve called the VAGUS nerve. The vagus nerve innervates our heart, organs, gastrointestinal tract, and voice box. When you are really mad or stressed out (or even scared) have you noticed how your voice changes? Does your mouth get dry and do you feel "choked up" when you try to talk? That is all the vagus nerve at work. At the same time, your neck muscles stiffen up and lock your head "straight ahead" thanks to the two muscles I mentioned above. Stress hormones are released and stick around for a while even after we have calmed down. If this is happening frequently our health will suffer over time. We weren't designed to have our stress hormones released constantly. Maybe that's why Jesus told us to not worry!



The Iams maneuver is simply to turn your head to the right if you are right-handed, to the left if you are left-handed and let your shoulders drop. In doing so the neck muscles I described earlier are "unlocked" and the vagus nerve is inhibited. The head turn can be for several seconds or a minute or two. You can do it as much as you feel necessary during the day. Simple! Try it. John feels that things that would have normally bothered you before will not have the same impact as before. Hope you found this useful. See ya all in church! Jeff



As we start the Advent Season, let's not forget that Jesus is the reason for the Season.



Another year, where Market Street has been busy reaching out to the Community, helping with WATTS, as well as hosting the Warming & Cooling centers. Food for CCAP is an on-going service for our church.

The Susannah Wesley and Sisters in Christ circles made gifts for our shut-ins, for those special events in their lives

Please join us Christmas Eve at 7:00 for Lessons and Carols, as well as on Sunday morning December 25'th.

I would like to Wish each one of you a Very Merry Christmas and a Prosperous New Year.

Blessings to all Donna Dailey, Lay Leader

**P.S. Please come to COOKIE WALK on December 17, 9am-1pm!**



## **MONEY MATTERS** by Andy Stanley



Greed is a dirty word in our society, but only because we define it as actively harming others by refusing to meet their needs when we have the resources to do so. But that definition is too narrow. Greed isn't just about harming others. It's the assumption that if it's placed in my hands, it's for me. If it goes in my 401(k), it's for me. If it's part of my paycheck or my bonus, it's for me. If it's part of my inheritance, it's for me. If I win the lottery, it's for me. **Greed is an assumption that it's all for my consumption.**

That assumption can lead to a "consume now" mentality. The tragedy is that when you live that way, you live as if there is no God. You live as if this life is all there is. You might as well eat, drink, and be merry because tomorrow you will die. And then it's over. Who cares about your legacy? You're gone.

But if there is something in you that thinks, *There must be more to this life*, then don't allow your life to be driven by consumption or hoarding. Don't live as if there is no God. Don't live as if it's all about you

When you live as if there is no God, trouble eventually comes along and causes you to reevaluate your choices. You bought too much house or took out too many loans. Or maybe somebody laid you off or took the money and ran. And when trouble comes along, what do we do? We pray.

It may be a whispered prayer on the way to the bank or a full-throated, "Oh, God, please rescue me!" Either way, we invite God into our finances when we have problems. We offer an invitation to our heavenly Father when we need a job, a consolidation loan, or a little grace on the mortgage payment.

So, the question is, if you would pray and invite God into your finances when there's a problem, why not invite him in now, before there's a problem? The way you do that is by reprioritizing your finances. If you're like most people, you live on the first portion of your earnings, you save a little, and then, if there's any money left over, you might give. Your top priority is spending your money on you. That's human nature—me first, me second, and then everybody else.

But if you don't want your finances to master you, flip the order. Give first, save next, and live on the rest. When you prioritize your finances that way, it breaks money's control over your life. It prevents you from living as though there is no God.

Jesus addressed this idea in the gospel of Matthew 26:24, 31-33 *"No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money."*

*"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well."*

You can't be a slave to consumption and serve God. It's impossible. Jesus knows our inclination is to worry about our money. So, he reminds us that God knows what we need. And when we believe that strongly enough to live as though it's true, God replaces money as our master.

The moment you wrap your heart and your belief system around the truth that God knows what you need, you will begin to build your capacity to live with your hands wide open. **And when you live with your hands wide open, you're able to prioritize others' needs over your wants.** You're able to trust that your generosity toward others today won't turn into regret tomorrow.

That kind of trust begins with a simple but powerful truth: everything you have belongs to God. You don't own it, but he's given you an opportunity to manage it in a way that demonstrates your trust in him and your love for other people. The way you do that is to establish guardrails against greed:

**Give first**—prioritize others over yourself.

**Save second**—make sure you're prepared when trouble arrives.

Then **Live on what's left.**

### ***Second Mile Giving—Lets Finish the Year Strong!***

Because of you, we have been able share God's love with the community around us. All of this activity requires the use of lights, water and the heating or cooling of the buildings. You may be aware, but **our utilities' bills have increased almost 45% this year!**

So please consider **Second Mile Giving** to finish the year strong! The on-line giving page will also have a "Second Mile Giving" option. Second mile giving represents giving beyond your usual donation.

***YOU can help make it happen! We can finish the year strong!***





United Women in Faith



**Sisters in Christ Circle** Will meet December 5 at the home of Jane Mathis at 6pm.

**Susanna Wesley Circle** Will meet on December 5, 11:30 am at I J Canns (3111 Valley Ave, Winchester 22601)

**United Methodist Men (UMM)** –Meet the second Sat of the month at Rock Harbor Golf course. 8 am. All Men are welcome!

## Happy Birthday

### DECEMBER

Reese Craig	12/4
Antonia O'Connor	12/8
Morgan Bowles	12/10
Reed Pangle	12/13
Jane Mathis	12/14
Joshua Foster	12/15
Chloe Pangle	12/20
Gloria Austin	12/24
Steven Dailey	12/24
Sam Mathis	12/25



### **Advent Devotion**

by Rev. Jerry Chism (from umc.org)

*Oh Immanuel, God with us, truly in this Advent season we celebrate that you are not hidden in some faraway cloud, but you chose to be with us in the blur and mystery of our lives.*

*In the midst of lists and rush, you are with us as a song that echoes in our minds, as the light of a candle, as a card from a friend. They are signs of your presence.*

*We turn to you this season and pray that you would birth joy and healing, blessing and hope in us.*

*Let something wonderful begin in us — something surprising and holy.*

*May your hand be upon us. Let your love fill us.*

*Let your joy overwhelm us.*

*Let our longing for you be met on a coming holy night. Immanuel with us once again. Amen.*



### Let us Continue to Pray:

All who are under medical care (and those who provide care)

All persons who serve others in various capacities

All victim of war, violence and natural disasters

All children and families (especially those who are traveling)

All who are lonely, needing a community to belong



### DECEMBER

12/8 Ed & Sharon Henshaw



### **WE NEED MORE PEOPLE!!!**

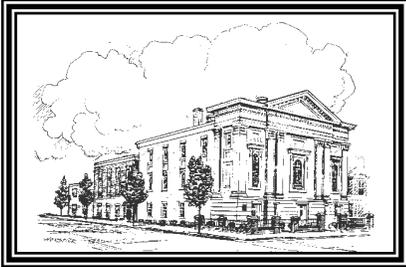
**Weekly Prayer Group — Wednesdays at 1:30 pm via Zoom**

**Judy Hagan will contact you with Zoom link.**

### **Prayers for Our friends & family at Market Street**

Fran Ballance, Karen Hinkle, Kevin (Kathy and Katie) Freeland, Toni & Adrian O'Connor, Faye & Julius Armel, Dick Carpenter, Ed Henshaw, Joe & Betty Lausier, Brian Aronhalt, Larry Whitehead, Ben & Jane Mathis, Mable Carter, Chris Sweeney II, Janet & Frank Moore, Tom Dickinson, Brenda Sine, Pearl Ebert, Norma Fries, Betty Hess, Donna Patterson, Joan Christiansen, Gloria Austin, Pastor Jean McDonald-Walker, Bob McDonald Walker, Spike Hosey, Cookie Oates, Market Street Church, Market Street Commons/ Family Promise, The United Methodist Church

Market Street United  
Methodist Church  
(540) 662-6709 Office  
Office Hours: 9am-Noon  
(540)662-7623 Fax  
131 S. Cameron Street  
Winchester, VA 22601  
vmarketst@gmail.com  
www.marketst.org



TO:

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Sunday School—9:15 am  
**Sunday Worship Service 10:30 am**  
**In-person or via Facebook Live/YouTube**  
<https://www.facebook.com/marketstreetumc/>  
(You do NOT need to have Facebook account to watch!)  
**Market Street United Methodist Church - YouTube**  
<https://www.youtube.com/channel/UCAKQ2HQcXqdkg1W0gBS5y8w>

**December**  
**2022**



**Mission Statement of Market Street United Methodist Church:**

Our mission is to nurture persons of all ages in their spiritual growth, to reach out with compassion to identify and address the needs of others, to boldly share our faith and invite all to become part of our church family.

# December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<b>Advent Begins</b>				Kitchen of Hope 5:30pm		Students Christmas Fun
4	5	6	7	8	9	10
Worship 10:30 am  Advent Study (Zoom) 7:00 pm  NOANDA 7pm	Susanna Wesley Circle, 11:30 am at I J Canns  Sisters in Christ Circle, 6:00 pm at Jane Mathis' home	Advent Study at Greenwood, 10:00 am	Zoom Prayer Group 1:30pm  Choir Practice 6pm	Kitchen of Hope 5:30pm		
11	12	13	14	15	16	17
Worship 10:30 am  Advent Study (Zoom) 7:00 pm  NOANDA 7pm		Advent Study at Greenwood, 10:00 am  Admin Council 7:00 pm	Zoom Prayer Group 1:30pm  Choir Practice 6pm	Kitchen of Hope 5:30pm		Cookie Walk 9:00 am—1:00 pm
18	19	20	21	22	23	24
Worship 10:30 am  Sherando HS Concert, 3:00 pm  Advent Study (Zoom) 7:00 pm		Advent Study at Greenwood, 10:00 am	Zoom Prayer Group 1:30pm  Choir Practice 6pm	Kitchen of Hope 5:30 pm		<b>Christmas Eve service 7:00 pm</b>
25	28	29	30	31		
<b>Christmas Worship 10:30 am in the Fellow- ship Hall</b>			Zoom Prayer Group 1:30pm  Choir Practice 6pm	<b>New Year's Eve!</b>		