

***Tell Your Story (from April 23 message)***

I have recently quoted sermons by the Most Rev. Michael Curry, the presiding bishop for The Episcopal Church (pictured right). I love his passion, love for God and all persons, sense of humor, and genuine excitement in sharing the good news! In one of his sermons he reminds us that we ought to share our stories. He says, "I don't think I have ever argued anyone into faith. Argument does not work. In the Acts of the Apostles, Peter got up on that day of Pentecost, he did not give a dissertation... but he told a story. And when he told... how the reality of Jesus came into his life, those stories touched other people's stories, and that's when lives started to change."



So, let me ask you: what is *your* story? When, where, and how did God in Jesus come to you and said, "I love you and you are mine."? How did God speak to your heart and say, "Despite the pain you may have, I will always be with you and guide you." Boldly tell your story! Jesus lives, cares, listens, leads, forgives, guides, and transforms our hearts and lives even today. May your story touch and change lives through the power of the Holy Spirit. Keiko



**Our Staff**

***Pastor***

*Rev. Keiko Foster*

***Admin. Assistant***

*Kathy Freeland*  
***Director of Music***

*Dr. Steve*

*Jennings*

***Church Musician***

*Connor Crotzer*

***Custodian***

*Linda Campbell*

**Our Leadership**

***Administrative***

***Council Chair***

*Kathy Freeland*

***Lay Leader***

*Toni O'Connor*

***Finance Chair***

*Lisa Martinson*

***Treasurer***

*Judy Hagan*

***Staff Parish***

***Relations Chair***

*Busey Ward*

***Trustee Chair***

*Tom Sine*

**Mark Your Calendar NOW! Upcoming Events**

**April 29—Connor Crotzer Recital**

**"Spring in the Music!" 4:00 pm**

**April 30—Fellowship Potluck, right after worship**

**May 28—Pentecost**

**June 11—GRADUATION SUNDAY**



**Palm Sunday,  
Easter Sunday &  
Egg Hunt Fun**







# Health Minute

Jeff Swift

This Health Tips article will focus on balance. Specifically, the ability to stand on one foot and maintain your balance. In physical therapy we have a battery of balance tests to help us predict the risk for falls and if an individual should be using some sort of assistive device like a cane in order to decrease the risk of a fall. A research article in the British Journal of Sports Medicine tested one's ability to stand on one foot and balance for 10 seconds. They were ages 51-75. They were tested barefoot, arms at their sides with fixed gaze at a spot eye level 2 meters away. The non-support foot was placed behind the lower leg of the support leg (top of the foot against the calf). 1706 individuals were tested. 20% were unable to stand for 10 seconds in three tries. There were major implications to not being able to perform this test. If you cannot stand on one foot for 10 seconds, then you are likely losing lower extremity and pelvic girdle muscle strength (buttock muscles). As you lose strength you also lose stability. As you lose strength and stability, you have more difficulty with balance. As strength, stability, and balance decline so does general mobility, i.e. your ability to walk safely on different surfaces. Walking speed will likely decline as will distance. This means over time you will become less active which means weight gain, decreased cardiovascular health (high blood pressure, coronary artery disease), and possibly become pre-diabetic, or diabetic. The risk of falls increases a great deal which can result in fractures or hours spent on the floor before someone finds you. I deal with that scenario daily.

The balance test I use does test single leg stand. Most cannot stand on one foot for more than 2-3 seconds. The good news this is changeable. Simply practice standing on one foot. Standing on one foot (practice on both sides) strengthens the buttock muscles, ankle muscles, and leg muscles in general. The minimum goal should be 10 seconds, but shoot for 30! Practice this where you can grab for something like a rail or edge of a kitchen or bathroom sink if you lose your balance. Better yet have someone stand with you for extra help should you need it. If you don't think you can do it safely then don't. It's not worth risking a fall.

As we glide into our 50s and on it is not the time to ease up on exercise, mobility, and balance. It's a time when you really need to step up your game. This is the time when we really need to fight to keep our strength, mobility, and stamina from declining. If you are concerned about your strength, balance, and mobility declining, get a referral to physical therapy so you can get on a program to prevent further decline and improve yourself. It's never too late!!

See ya in church, Jeff



**Attention Students! UMCOR Kit-making service project is May 7 @11:30am!**

## **UMVIM Mission to Cuba August 26—September 4, 2023**

UMVIM (United Methodist Volunteer in Mission) plans a trip to Cuba this summer! This will be a construction team but will also include times of worship and relationship building.

Cost is \$1,700.

Please contact Rev.

Larry Cochran at 804-516-9195



## **NEED HELP WITH THE COMMUNITY GARDEN**

Our community garden can use some help!  
Seeds and/or plants  
Ongoing maintenance



Please contact Monique if you can help!



United  
Women  
in Faith



**Sisters in Christ Circle** Will meet on May 2, 7:00 pm at church.  
**Susanna Wesley Circle** Will meet on Monday, May 1, 1:00 pm at Joyce McKay's Home (419 Mosby St).  
**United Methodist Men (UMM)** -Meet the second Sat of the month at Rock Harbor Golf course. 8 am. All Men are welcome!

**May Birthdays**



Ava Hall	5/5
Martha Downes	5/8
Kathy Freeland	5/10
Lemony O'Hagan	5/11
Joyce McKay	5/13
Alexander Harman	5/16
Timothy High	5/16
Donnie Oates	5/16
Becky Rockwell	5/18
Steve Jennings	5/19
Kevin Freeland	5/22
Whitney Craig	5/22
Joan Christiansen	5/22

***Pentecost***



*God of wind, word, and fire, we bless your name this day for sending the light and strength of your Holy Spirit. We give you thanks for all the gifts, great and small, that you have poured out upon your children. Accept us with our gifts to be living praise and witness to your love throughout all the earth; through Jesus Christ, who lives with you in the unity of the Holy Spirit, one God, for ever. Amen. (Don E. Saliers, USA, 20th cent.)*



**Projected Appointments for 2023-24 are in! Check [vaumr.org](http://vaumr.org) for details.**

**May Anniversaries**



5/10 Scott & Amy Mathis  
 5/29 James & Jennifer Martin

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



***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**

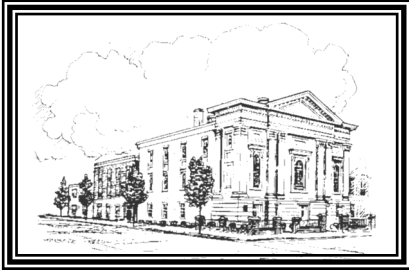
Fran Ballance, Karen Hinkle, Freeland family, Toni O'Connor, Faye & Julius Armel, Dick Carpenter, Ed Henshaw, Joe & Betty Lausier, Brian Aronhalt, Larry Whitehead, Ben & Jane Mathis, Mable Carter, Chris Sweeney II, Janet & Frank Moore, Tom Dickinson, Tom and Brenda Sine, Pearl Ebert, Norma Fries, Betty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

# MAY

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Susanna Wesley Circle, 1:00 pm at Joyce McKay's	Sisters in Christ 7pm at the church	Zoom Prayer Group 1:30pm Choir Practice 6pm	Kitchen of Hope 5:30pm	Apple blossom Fireman's Parade	Apple Blossom Grand Feature Parade
7	8	9	10	11	12	13
Worship 10:30 am NOANDA 7pm Students make UMCOR Hygiene Kits, 11:30 am			Zoom Prayer Group 1:30pm Choir Practice 6pm	Kitchen of Hope 5:30pm	American Guild of Organists event, 4:00-7:00 pm	
14	15	16	17	18	19	20
Worship 10:30 am NOANDA 7pm			Zoom Prayer Group 1:30pm Choir Practice 6pm	Kitchen of Hope 5:30pm (Our students will be helping)		
21	22	23	24	25	26	27
Worship 10:30 am 9:15 am Sunday School NOANDA 7pm			Zoom Prayer Group 1:30pm	Kitchen of Hope 5:30 pm		
28	29	30	31			
Worship 10:30 am NOANDA 7pm <b>Pentecost</b>	Memorial Day		Zoom Prayer Group 1:30pm Choir Practice 6pm			

**Market Street United  
Methodist Church  
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(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/>**

**Or YouTube**

**<https://www.youtube.com/channel/UCAKQ2HQcXqdkg1W0gBS5y8w>**

**MAY**

**2023**



**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.