



MARKET STREET UNITED METHODIST CHURCH

JANUARY 2024

6:06 pm

When I was at Children’s Christmas program at Greenwood a couple of weeks ago, Molly (a member at Greenwood) approached me. She said, “My watch alarm is set for 6:06 pm every day. And when it beeps, that means I am supposed to pray for you.” Some of you may remember; this happened when I had to rush home during my mother’s acute health crisis. Some of you picked a time to pray for me daily (*Thank you, I needed that – it was such an emotional trip...*).

What she said to me touched me. It also reminded me that, while we pray for family, friends and loved ones, we are prayed and supported by so many others. I am the first one to tell you that, I can only stay strong by the prayers of others. It is just humbling to think that I am being prayed by many people, near and far, even by the people I don’t know or I’ve never met.

Our faith is a communal one – we need one another for accountability, support, and growth. I believe prayers are the same way. Apostle Paul knew that – in multiple occasions he asked for prayers – prayers for him, but also to pray for one another (Rom.5:30, 2 Cor1:11, 1 Thess 5:25, Phm v.22, etc.). He knew that he cannot do ministry alone. We are the same way – whether we admit it or not, we are encouraged, sustained, and prayed by so many others.

So, as we end and begin a new year, may we – first and foremost – thank God for God’s grace and ongoing presence in our lives. At the same time, may we thank all our fellow brothers and sisters in faith, near and far, who are there for us, supporting us and praying for us.

May 2024 brings you many blessings and exciting adventures, so you will continue to grow in faith and in service to God and others. Keiko

Our Staff

Pastor

Rev. Keiko Foster

Admin. Assistant

Kathy Freeland

Director of Music

Dr. Steve

Jennings

Church Musician

Connor Crotzer

Custodian

Linda Campbell

Linda Campbell

Our Leadership

Administrative

Council Chair

Kathy Freeland

Lay Leader

Toni O’Connor

Finance Chair

Lisa Martinson

Treasurer

*Donna Dailey**

Staff Parish

Relations Chair

Busey Ward

Trustee Chair

*Ben Mathis**

**new leader*

THANK YOU for your leadership!

Market Street celebrates Advent/Christmas

**Christmas Cantata
How Great Our Joy
December 17**



**Christmas Eve
Candlelight**





Deepest Sympathy

Our condolences go to Julius Armel and his family upon the loss of his wife, Barbara "Faye" Armel on December 7. Her funeral took place on December 13. Condolences may be sent to: Julius Armel, 107 Dewberry Drive, Winchester VA 22602



It's the new year...Let's think about the FINANCIAL COMMITMENT in 2024!

As you know, Market Street's ministries are solely supported by your giving. Without your support, we are not able to provide meaningful worship as well as ministries for study, service and missions. We hope the chart below will help as you plan your giving in the new year!



What Types of Giver are you?

<p>Supporter (1-2%) The church is a significant part of my life and promotes my spiritual growth.</p>	<p>Sustainer (3-4%) The church is central to my identity, and I am committed to sustaining our programs.</p>	<p>Visionary (5-9%) I am committed to both the present and future growth of my church.</p>	<p>Full Tithe I designate 10% (or more) of my income to the church as a way to live out my spiritual principles.</p>
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Weekly Giving Chart

(If you give bi-monthly or monthly, please multiple numbers by 2 (biweekly)/4 (monthly))

Annual Income	Weekly Income	Weekly Giving (in dollars)							
		15%	12%	10%	8%	6%	4%	2%	1%
\$22,000	\$423	63	51	42	34	25	17	8	4
\$25,000	\$481	72	58	48	38	29	19	10	5
\$30,000	\$577	87	69	58	46	35	23	12	6
\$40,000	\$769	115	92	77	62	46	31	15	8
\$50,000	\$962	144	115	96	77	58	38	19	10
\$60,000	\$1,154	173	138	115	92	69	46	23	12
\$70,000	\$1,346	202	162	135	108	81	54	27	13
\$80,000	\$1,538	231	185	154	123	92	62	31	15
\$90,000	\$1,731	260	208	173	138	104	69	35	17
\$100,000	\$1,923	288	231	192	154	115	77	38	19
\$110,000	\$2,115	317	254	212	169	127	85	42	21
\$120,000	\$2,308	346	277	231	185	138	92	46	23
\$140,000	\$2,692	404	323	269	215	162	108	54	27

(The chart and above info were taken from the internet)



2023-24 WATTS Warming Center Continues! (November 25-March 29)
Mondays-Saturdays: 7:00 am- 2:00 pm
Sundays: Noon-6:00pm
Individual snacks are always welcome!

HELP NEEDED

We are looking for a volunteer who can be at Kitchen of Hope once or twice a month.

Please contact the church office if you can be that person!!



Earthing

Earthing or “grounding” has made headlines in the past couple of years. It’s all over Facebook. People touting grounding and selling bed sheets that are designed to ground your body to the earth. This comes with health benefits they say. Well, I found this all very interesting. We have been walking on the earth barefoot for a long time, but don’t do much anymore. The shoes we wear insulate us from the earth more now than in the past. I agree that most of us don’t touch the earth very often with our bare feet or our hands for that matter. There does seem to be a correlation between our disconnect from the earth’s stabilizing electrical energy and the rise of inflammatory conditions and various disease states according to the authors of the book “Earthing”.

“Earthing” The most important health discovery ever! by Clinton Ober, Stephen T. Sinatra (cardiologist), and Martin Zucker goes through the science of grounding and describes many of the scientific studies that demonstrate the effectiveness of grounding on our physiology. There are positive effects on all our body systems! The fact is you don’t need to buy anything to get “grounded”. Just take your shoes off and walk on Mother Earth for 30 min. A bit rough this time of year! Buying a pad that fits under your fitted sheet on your bed does the trick. The pad is plugged into the electrical outlet, just the ground portion. If the outlet is correctly grounded then it’s the same as walking on the earth barefoot, but you’re on it for 6-8 hours as you sleep.

The earth’s surface has a natural negative charge. When we are in contact with the earth’s surface we receive the negatively charged electrons which in turn help to restore electrical imbalances that result from oxidative free radicals present when there is an inflammatory state somewhere in our body or a disease state. This is the theory behind grounding.

As I read the studies in this book, I became less of a skeptic for sure. There seems to be something to this. I would invite you to read this book. It is very interesting. The Website is www.ultimatelongevity.com (I have no financial interest in this Website or company). There’s a video to watch on the website. There are certainly other websites selling this product but Clinton Ober was the guy who initially started looking into the health benefits of this and came up with the grounding pad for a bed. Believe it or not, he’s not a trained scientist but a cable TV installer from Montana. His story is in the book. If you order a sleeping pad, they throw the book in as part of the deal. See ya in church, Jeff



LAY LEADER

Here’s hoping you had a wonderful Christmas holiday and are getting on with all those New Year’s resolutions. If you missed the Christmas Eve service at Market Street, it was lovely. It’s worth going back and watching on Facebook or YouTube. You can always go back and watch any service you missed on these media channels. If you weren’t there, we missed you!

With a new calendar year, you may ask yourself, “Am I serving God and my church in any way I can?” Help is always appreciated in anything the church is involved with. It could be Kitchen of Hope (**volunteer needed!), WATTS, bake sales, clean ups, or countless other things. Could you be a scripture reader on Sunday mornings? See Donna Dailey. How about a church office or committee? Call Kathy Freeland or see me. Children’s sermon? Don’t hide your light under a bushel. We are a family at Market Street. Don’t be nervous to speak in front of your family. Maybe you have an idea for a fabulous new ministry outside of the church walls. Let Keiko know. Have a green thumb? Talk to Monique.

We appreciate the support we receive from so many, but if you feel the need to be more involved we will find a place for your talents. Join a circle or go to the men’s breakfast once a month. I think they still have one! If they don’t, one of you ambitious men should revive that chapter.

These are all things to ponder in your heart as a new year begins and you are making those resolutions!

Toni O’Connor, Lay Leader



United Women in Faith



Sisters in Christ Circle will meet on Tuesday, January 2nd, 6:00 pm at Kathy Freeland’s (101 McClure Way, Winchester)
Susanna Wesley Circle will meet on Monday, January 8, 1:00 pm at Donna Dailey’s (103 Lauren Hill Dr. Stephens City)

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

January Birthdays



- Richard Carpenter 1/5
- Mark Barnett 1/8
- Archie Castle 1/10
- Evie O’Hagan 1/11
- Brady Bowles 1/13
- Cassandra Park 1/20
- Jeff Swift 1/20
- Donna Dailey 1/21
- Abigail Koeller 1/23
- Sharon Henshaw 1/23
- David Mathis 1/23
- Maggie Pangle 1/27
- Charles Hagan 1/28
- JoAnn Lantz 1/29
- Harold Amick 1/31

No Anniversaries in January

New Year’s Prayer

by Karen McIntyre (from Discipleship Ministries website)

God make me uncomfortable with easy answers to difficult questions. Make me miserable with half-truths, so miserable in fact, that I do the difficult work of ferreting out truth.

Only then can you take up dwelling in my heart.

Use my righteous indignation at injustice, inequality, oppression and exploitation and show me how to harness it in love to work for your justice, your equality and your peace.

Only then can you take up dwelling in my heart.

God bless my tears shed for those who suffer and let them water the ground so that peace springs up where war chokes you out. Let empathy flow out of hearts hardened by years of belief in self-sufficiency.

Only then can you take up dwelling in my heart.

Finally, Lord help me have faith that I, all alone, can make a difference in the world, even in the face of overwhelming odds.

Only then can you take up dwelling in my heart. 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, schools (teachers and staff)
- All who are lonely, needing a community to belong



Can YOU join us?

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

Scott Cullers, Fran Ballance, Karen Hinkle, Nancy Fromm, Toni O’Connor, Julius Armel & Family, 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 & Tina Hosey, Cookie Oates, Gene & Bonnie Sine, Phyllis Linaburg, Kevin Freeland (Kathy and Katie), Keiko’s mom, Market Street Church/its ministries, WATTS Warming Center, Family Promise NSV, The UMC

January

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Sisters in Christ, 6:00 pm at the home of Kathy Freeland		Kitchen of Hope 5:30pm		
7	8	9	10	11	12	13
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm	Susanna Wesley Circle, 1:00 pm at the home of Don- na Dailey (103 Laurel Hill Drive, Stephens City)	Administrative Council, 7:00pm	Choir practice at 6pm	Kitchen of Hope 5:30pm		UMM Meeting for breakfast, 8:00 am **NA Event All Day in the Fel- lowship Hall**
14	15	16	17	18	19	20
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm			Choir practice at 6pm	Kitchen of Hope 5:30pm		
22	23	24	25	26	26	27
Sunday School 9:15 am Worship service 10:30 am NO- ANDA 7 pm			Choir practice at 6pm	Kitchen of Hope 5:30pm		
29	30	31				
Sunday School 9:15 am Worship service 10:30 am						

Market Street United
Methodist Church
(540) 662-6709
131 S. Cameron Street
Winchester, VA 22601
vamarketst@gmail.com
www.marketst.org



TO:

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/>

JANUARY
2024



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.