



# MARKET STREET UNITED METHODIST CHURCH JANUARY 2023

## ***NOW Earth Must Do the Singing***



In the book *Christmas Gifts that Won't Break*, Pastor James Moore shares this legend: God called the angels together for a choir rehearsal. There was a very special song they had to learn. The angels worked very hard – finally they were getting better, they learned about the shocking truth: they get to sing this special song once!

Finally, God called the angels together and said, 'It's time.' Oh angels did a great job. It sounded so powerful, so beautiful, so magnificent. It was nothing that anyone had ever heard before. Just like that, the song ended – their one and only performance. But one angel was bold enough to ask God, "We did such an amazing job. How come we cannot sing this great song anymore?" God smiled. "Because," God said, "my son has been born, and now earth must do the singing!"

As we celebrate 2023, I would like to challenge you: in what special ways would you "do the singing?" In what ways could you share the good news that Christ is born, and same Christ will guide our lives? May the new year bring you many blessings and joy! 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*

*Kathy Freeland*

*Lay Leader*

*Toni O'Connor*

*Finance Chair*

*Lisa Martinson*

*Treasurer*

*Judy Hagan*

*Staff Parish*

*Relations Chair*

*Busey Ward*

*Trustee Chair*

*Tom Sine*



***Thank you to all for wonderful Advent & Christmas Celebration!***



# Health Minute

This month's health minute will discuss the benefits of apple cider vinegar. You may know someone who drinks apple cider vinegar on a routine basis for medicinal purposes.

Apple cider vinegar has a number of healthy ingredients such as potassium, pectin (fiber from the apple), beta-carotene which is a potent anti-oxidant, boron is a trace element in apple cider vinegar which plays a role in utilizing calcium and magnesium necessary to decrease bone loss (osteoporosis). There is a trace amount of calcium and enzymes that help digestion. The hydrochloric acid in apple cider vinegar helps digestion as well. Apple cider vinegar delivers an absorbable form of iron.

You can add apple cider vinegar to salads or any other dish that you normally would use vinegar. You can put a tablespoon in 8 ounces of water and drink it down once a day, no more than twice a day. Make sure to rinse your mouth after or brush your teeth because the acid in the vinegar is hard on tooth enamel over time.

If you don't do well with foods that are acidic, for example, tomatoes, pineapple, raspberries, and wine then you probably shouldn't be using apple cider vinegar on a frequent basis. It has been found to be a trigger for interstitial cystitis which is a chronic inflammation of the bladder. Also, don't use it if you have gastroparesis as apple cider vinegar does delay the emptying of the stomach contents to the small intestine which would amplify the effects of gastroparesis.

As always, if you are on medications you absolutely need to talk to your Dr. and pharmacist about the potential interactions of apple cider vinegar with medication. Examples are medication for diabetes, diuretic drugs, and digoxin. Don't think if one tablespoon in 8 ounces of water is good then 3-4 must be better. That's too much acid in your body at once and your body will have to counter this in order to maintain a proper acid balance.

The healing powers of vinegar by Cal Orey is a good resource and there are articles online if you wish to research this further.



Happy New Year Market Street! See ya in church! Jeff



Called to serve in a church as lay leaders, preachers, mission, children/youth ministries, congregational care? CLM may be for YOU!

## CLM (Certified Lay Minister)

**Module One, Spring 2023**

**Zoom sessions: 6-8:00 pm**

**March 19, April 16, May 21**

*Interested in learning more about becoming a certified lay minister and/or other training opportunities? Visit VAUMC website ([vaumc.org/laity-district-and-conference-training/](http://vaumc.org/laity-district-and-conference-training/) or talk to Pastor Keiko!*

First Presbyterian thanks Market Street for being a "Green Beans Church"! They served about 1,200 meals at their community Thanksgiving in 2022.



## THANK YOU FOR YOUR SUPPORT SECOND MILE GIVING

Our ministries cannot happen without your faithful support, especially in financial giving and tithing!

THANK YOU for your generous giving in 2022.

We ask your continuous support in 2023.



### Update: Virginia Conference Cleaning Kits

We have collected 3,724 flood buckets, along with donations of \$42,737.

Great work, Virginia United Methodists!



## THANK YOU FOR YOUR ONGOING SUPPORT KITCHEN OF HOPE

Kitchen of Hope is a ministry of Market Street that continues over 20 years. Anyone may come on Thursday evening and receive meals and community.

You may write a check to MSUMC

(Memo line: KofH) or give online at [marketst.org](http://marketst.org)





United Women in Faith



**Sisters in Christ Circle** Will meet January 3rd, at 6pm, at the Church.

**Susanna Wesley Circle** Will meet on January 2nd at the home of Pat Lee.

**United Methodist Men (UMM)** –Meet the second Sat of the

**Birthdays**



**JANUARY**

- Richard Carpenter 1/5
- Mark Barnett 1/8
- Archie Castle 1/10
- O'Hagan, Evie 1/11
- Barbara Armel 1/12
- Brady Bowles 1/13
- Cassandra Park 1/20
- Jeff Swift 1/20
- Anne Burt 1/21
- 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 January Anniversaries

**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 (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**

Gail Childers, Fran Ballance, Karen Hinkle, Freeland family (Kathy, Kevin and Katie), 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

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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>



**JANUARY**  
**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.

# JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Worship 10:30am  NOANDA 7pm  <b>NEW YEARS DAY!</b>	Susanna Wesley Circle at the home of Pat Lee.	Sisters in Christ  6pm at the church	Zoom Prayer Group 1:30pm  Choir Practice 6pm	Kitchen of Hope 5:30pm		
8	9	10	11	12	13	14
Worship 10:30 am  NOANDA 7pm		Admin Council 7:00 pm	Zoom Prayer Group 1:30pm  Choir Practice 6pm	Kitchen of Hope 5:30pm		
15	16	17	18	19	20	21
Worship 10:30 am  NOANDA 7pm			Zoom Prayer Group 1:30pm  Choir Practice 6pm	Kitchen of Hope 5:30pm		
22	23	24	25	26	27	28
Worship 10:30 am  NOANDA 7pm			Zoom Prayer Group 1:30pm  Choir Practice 6pm	Kitchen of Hope 5:30 pm		
29	30	31				
Worship 10:30 am  NOANDA 7pm						

**WATTS Warming Center Continues!**  
**Mondays-Saturdays: 7:00 am—6:00 pm (4:30pm on Thursdays)**  
**Sundays: Noon-6:00pm**