

“Home” for Pentecost



Happy Pentecost, everyone! Dr. Thomas H. Troeger once wrote a reflection titled, “Home for Pentecost.” In it, he explains that, in later chapter of Acts, Paul was hurrying to reach Jerusalem, ‘if possible, by Pentecost day.’ According to Dr. Troeger, it was because Paul always knew where the sources of his faith and ministry ultimately came from. Dr. Troeger concludes: *Paul’s eagerness to be in Jerusalem... is a reminder to us busy church people that there is a need to get home for Pentecost, to return to the source who called and mobilized our ministries in the first place.*

So, may we, too, “return to Jerusalem” in our journey – going back to where your faith and commitment to Christ had all started. Reflect:

- ⇒ When was it when you first felt the love of God in Christ Jesus?
- ⇒ What was the occasion? What was the message?
- ⇒ Can you name “Holy Spirit” moment in your life, when you felt God’s Spirit touching your heart/life, transforming and mobilizing you?

May the power of the Holy Spirit – that changed so many of the earliest believers that day long ago – touch **you** once again, to revitalize you, comfort you and strengthen you in your faith journey. See you in worship! Keiko

Coming in June! Summer Series **“Weak Enough to Lead”**

During the summer months, we will focus on various individuals from the Hebrew Bible/New Testament and learn from their life, faith and leadership despite their weaknesses.



Mark Your Calendar NOW!

GRADUATION SUNDAY—June 11

It is a special worship to honor our graduates & celebrate their achievement.



(Note that, due to their schedule conflict, Abigail & Madison Koeller will be acknowledged at June 4’s worship)

Vacation Bible School 2023

BABYLON—Daniel’s Courage in Captivity

July 2 (during Sunday School) July 6, 7 and 8

Registration is available—please complete the form and send it back to the Church office.

*Volunteers in various capacities are critical for the program to be successful! Please contact the Church office if you can help!

**“Wish list” is also available — please check the list in the narthex.



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



News from the Board of Trustees
We are Launching
Capital Campaign 2023-2025
Campaign Goal : \$ 100,000

What are these for? To Pay (back) Recent Major Repairs
Roof replacement of the Sanctuary: \$51,700 to pay back (total cost was \$80k+)
Other repairs (both Sanctuary and Education Building): \$10,400 to pay back
(total cost was \$14,400)
Spouting of the Sanctuary: \$17,000



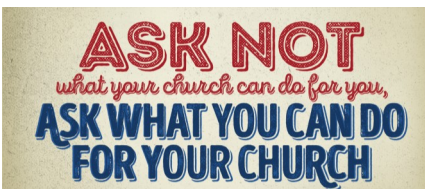
Those costs are necessary for Market Street to stay strong through out ministries in our current location. Make checks to MSUMC with memo line "capital campaign." Online giving option also available. THANK YOU for your commitment to Market Street and its ministries.



Great Job, Students!
Also Mark Your Calendar...
End of the School Year Pool Party
June 3, 1:00 pm



As we move from spring to summer, be thinking about what you can do to help out your church community. Maybe it's to help with VBS. Maybe you could weed flower beds outside the church or in Monique's garden patch. It could be learning to help with streaming the service, joining the choir, working on a committee, visiting a shut-in or other things too numerous to name. Remember your commitment to uphold the congregation with your prayers, your presence, your gifts AND your service. Each puzzle piece is important!



Our graduates at all levels need your prayers as they go forth to their next adventures. Please keep them in mind in the coming weeks as they transition to the next life opportunity.

As always, your prayers for God's work are appreciated. Toni O'Connor, Lay Leader

241st Session of the Virginia Annual Conference

United as One in Mission

June 15-17, 2023 in Roanoke Virginia
Pray for our delegates assembling to worship, conference, fellowship, and serve together.



Kids did an awesome job singing on Mother's Day!

Health Minute

Jeff Swift

The health tip this month is about your ankles. Ankles are overlooked, and not addressed enough in exercise programs. Ankles are very important when it comes to keeping your balance. Your ankles are continually adjusting so you are able to stay upright. So let's keep them flexible and strong! There are simple exercises to do, a couple while you are sitting in a chair.

Sitting with your feet on the floor, rock your feet so you come up on both heels and then up on the balls of your feet. Do this for 30 seconds. Then move your feet from side to side pivoting on your heels as if your feet are windshield wipers. Do this for 30 sec. Now lift one foot off the floor and write the alphabet out with your foot. Make big capital letters. Do this on each side. Now stand up, and rise up on the balls of your feet 10 to 20 times. Put your hands on a counter if you need help with balance. If that's easy then do it on one foot. If you are agile, try to rise up on one foot 10 times without holding onto anything.

All these exercises work the lower leg muscles. We think of the calf muscle as "the second heart" because it works to pump blood from your lower leg back to the heart. So it helps to prevent blood from pooling in the lower leg which helps with swelling and prevents blood clots, especially after surgery.

So there you have it Market Street. Work those ankles! Remember keep moving! The weather is warming up so get out there and walk, stretch enjoy the scenery!

See ya all in church! Jeff



Jeff is a member at Market Street and works as a physical therapist.

Virtual Lay Servant Academy August 18-19, 2023.

Course Offerings:

- United Methodist Heritage (Bishop Sue Hauptert-Johnson, instructor)
- Basic Course (Richard Speirs, instructor)
- Spiritual Gifts (Joseph Plemmons, instructor)
- Leading Well in Conflict Transformation (Sarah Calvert, instructor)
- Called to Preach! (Nathan Decker, instructor)
- Introduction to Simplified Accountable Structure (Instructor TBD)
- Certified Lay Minister Orientation (Joanna Dietz and Jennifer Robinson-O'Brien, instructors).

Cost is \$35 for all courses except CLM Orientation, which is \$15. For more information, follow this link: <https://vaumc.org/layservantacademy/>



KITCHEN OF HOPE UPDATE

We are looking for groups that can help, especially on the 4th Thursdays (August and later months)!

Can you (or a group you are a part of—hobby groups, reading clubs, volunteer groups, etc) help during the 4th Thursdays? It could be a one time commitment, or you can commit 2x/year, quarterly...any help is great!.



Please contact the church office (540-662-6709) if you are able to help!



United Women in Faith



Sisters in Christ Circle Will meet on June 6, 6pm at Polka Dot Pot on the Walking Mall.

Susanna Wesley Circle Will meet on Monday June 5 at the church. Norma Fries will be the hostess.

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

June Birthdays

Busey Ward	6/1
Chris Marquess	6/3
Wilma Jennings	6/11
Bonnie Sine	6/11
Linda Hart	6/15
Scott Cullers	6/18
Marjorie Cullers	6/19
Scott Mathis	6/22
Sharon Pugh	6/23
Jeraldine Whitmer	6/24
Payton Craig	6/24
Gary Peer	6/29

NEED HELP WITH THE COMMUNITY GARDEN

Our community garden can use some help!



Please contact Monique or the church office if you can help!

God our Father, in your wisdom and love you made all things. Bless these men, that they may be strengthened as Christian fathers. Let the example of their faith and love shine forth. Grant that, their sons and daughters, may honor them always with a spirit of profound respect. Grant this through Christ our Lord. Amen. (The United Methodist Book of Worship, modified)



June Anniversaries

6/1 Judy & Charles Hagan
6/5 Keiko Foster & Mark Keithly
6/13 Gary & Sharon Pugh
6/18 Linda and Jim Bynog
6/19- Jim and JoAnn Lantz
6/21 Tom and Brenda Sine
6/21 Donna & Steve Dailey
6/22 Jill and JW Pangle
6/23 Jimmy and Jean Stewart

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, Nancy Fromm, 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

JUNE

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Kitchen of Hope 5:30pm		Students Pool Party, 1 pm @ Eli Mill's home
4	5	6	7	8	9	10
Trinity Sunday Sunday School 9:15 am Worship service 10:30 NOANDA 7 pm	Susanna Wesley Circle will meet at the church at 1pm	Sisters in Christ Circle at Polka Dot Pot pottery 6pm	Choir Practice 6pm	Kitchen of Hope 5:30pm		
11	12	13	14	15	16	17
Graduation Sun- day 10:30 am Sunday School 9:15 am NOANDA 7 pm		Administrative Council, 7 pm		Kitchen of Hope 5:30pm 241st Session of the Virginia An- nual Conference (Roanoke, VA) 		
18	19	20	21	22	23	24
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm				Kitchen of Hope 5:30pm		
25	26	27	28	29	30	
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm				Kitchen of Hope 5:30pm		

Market Street United
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Office Hours: 9am-Noon
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Winchester, VA 22601
vmarketst@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/channel/UCAKQ2HQcXqdkg1W0gBS5y8w>

JUNE

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.