



MARKET STREET UNITED METHODIST CHURCH AUGUST 2021

Do No Harm, Do Good, Stay in love with God

Last week I participated in the Zoom for community clergy regarding the COVID-19 vaccine update. Dr. Jeffrey Feit gave a presentation on recent Covid trend, effectiveness of vaccines, and how community clergy can help encourage people to get vaccinated.

During the call, Mr. Mark Nantz, President and CEO of Valley Health, briefly talked about their recent decision on requiring COVID vaccines to its employees. He stressed that it was not a political statement, but rather based on the mandate to love one another. While it was a difficult decision (he says he constantly receives nasty letters), his conviction was grounded in love, compassion, and welfare toward all God’s children – doctors, staff and their families, but most of all, patients who are vulnerable and immunocompromised.

In the last 16 months or so, Virginia Conference has taken rather ‘conservative’ approach to their health guidelines (e.g. singing guidelines). I know some people – some of you, perhaps – were unhappy and began worshipping at churches with practically no regulations. We as pastors, seeing people leave is always heartbreaking – we cherish special memories around those people. But we believe that our approach has always been based on science, data, and careful discernment of Conference-level leadership (which includes doctors and health experts). And we believe that, the bottom line principle is John Wesley’s simple rules: Do no harm, Do good, and Stay in love with God.

So, may we, as people of God, always follow the mandate to do good for others. And may we always extend our love toward others through service. 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

Wilma Jennings

Lay Leader

Donna Dailey

Finance Chair

Roddy Annan

Treasurer

Judy Hagan

Staff Parish

Relations Chair

Toni O'Connor

Trustee Chair

Ed Henshaw

Children’s Choir

Director

Linda Hart



Market Street Church will serve as WATT’s COOLING SHELTER

Our leadership unanimously supported to open up our Fellowship Hall, so WATTS guests can have a safe and cool space in the heat of the summer.

WATTS staff will be present during the operating hours.

August 1- October 31, 2021

Monday-Wednesday, Friday, Saturday — Noon-5 pm

Thursday — Noon –4:30 pm, MSUM will host Watts Nov.13-21.

Mark Your Calendar NOW! *Joint Outdoor Worship* *Sunday, September 12 at 10:00 am* *at Jim Barnett Park, Lions Shelter*

It will be a great opportunity for Market Street and Greenwood to worship together as one charge! Complying with the district safety recommendations, there will be no potluck.



Hope everyone is having a wonderful summer and taking a well deserved Vacation.



Isn't it nice that you now can watch Market Street UMC Sunday worship service from anywhere, at any time. The wonders of electronics.

We hope to soon be able to return to our building, for full use. Adult Sunday School will resume, in person, on August 1'st, but will also be available on Zoom.

One of the areas, we have talked about recently is, what needs are there in our community? In reaching out to local service areas (C-Cap, the Laurel Center, Salvation Army, we are hoping that we can combine our ministries to serve everyone. If you know of any such group or organization that may have needs, please let me know, as I am starting to reach out myself.

One of the things we know that is needed is Life Skills. We hope to have a day where people can come learn how to cook, to sew, balance a checkbook, skills we may use everyday. We will reaching out to you to lend your skills for this event.

Blessings to All! Donna Dailey, Lay Leader

Special Happenings at Market Street... July 2021



Calling ALL Volunteers! It is Gleaning Season!

What is gleaning? Gleaning is the act of collecting leftover crops from farmers' fields after they have been commercially harvested. In our area, gleaning is available for corn, peaches, and apples. Dates and locations are based on farms' availability.



Who is Society of St. Andrew? It is America's oldest and largest gleaning organizations. They coordinate gleaning opportunities for our area.

How can I help?

- Participate in local gleaning. It's a great opportunity for families!
- Donate. A special offering will be taken on August 22
- Use "Calendar for Prayer and Action" on the next page.
- September is National Hunger Action Month!

2021 Calendar for Prayer and Action | Society of St. Andrew • EndHunger.org/ham

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>With your help, The Society of St. Andrew (SoSA) nourishes souls, through spiritual life resources like this, and bodies, through nationwide gleanings and feeding ministries. Your donations in response to these daily readings and activities will share healthy, nourishing food with people in greatest need throughout the United States. Thank you!</p>						
<p>September 5 <i>Isalah 49:9-10</i></p> <p>Food left in fields is forgotten like loose change is forgotten money. Put your loose change in your coin box today.</p>	<p>September 6 <i>John 13:34</i></p> <p>Pray for those who seek work in order to feed themselves and their families.</p>	<p>September 7 <i>Luke 24:42-43</i></p> <p>"The Lord is my Shepherd. I shall not want." Practice contentment today.</p>	<p>September 8 <i>Galatians 6:2</i></p> <p>Where in your life do you experience abundance? Money, love, hope, time? Share some of what is overflowing today.</p>	<p>September 9 <i>Ecclesiastes 3:1-2</i></p> <p>Serve only vegetables and love for dinner tonight.</p>	<p>September 10 <i>Jeremiah 29:5-7</i></p> <p>Enjoy a special meal with family or friends today. Thank God for their presence in your life.</p>	<p>September 11 <i>Isalah 58:10</i></p> <p>Set aside a "want" today and share a tithe (10%) of what that "want" would cost with your congregation or Society of St. Andrew.</p>
<p>September 12 <i>Genesis 2:3</i></p> <p>For what are you hungry and thirsting for today? Spend time in prayer with today's reading.</p>	<p>September 13 <i>Luke 9:12-13</i></p> <p>How is hunger an issue of justice? Consider the politics of food and hunger. Find your voice and be heard!</p>	<p>September 14 <i>Exodus 16:26, 35a</i></p> <p>They say talk is cheap. Put 1 cent in your coin box for every word you speak today. (Estimate of course!)</p>	<p>September 15 <i>Luke 9:13</i></p> <p>Put an amount in your coin box equivalent to what you spend on a loaf of bread.</p>	<p>September 16 <i>Luke 3:11</i></p> <p>Put 1 cent in your coin box for every hour you slept this week.</p>	<p>September 17 <i>Proverbs 6:30</i></p> <p>Put 25 cents in your coin box each time you worry this week.</p>	<p>September 18 <i>2 Corinthians 12:9</i></p> <p>Pray for agencies in your community that feed the hungry.</p>
<p>September 19 <i>Revelations 7:16a</i></p> <p>Is there an area of your life in which you are refusing God's invitation?</p>	<p>September 20 <i>Proverbs 11:24-25</i></p> <p>Skip lunch today and give the money you'd have spent to Society of St. Andrew instead.</p>	<p>September 21 <i>Hebrews 13:1-3</i></p> <p>How are you working for the food that endures for eternal life?</p>	<p>September 22 <i>Luke 9:13</i></p> <p>Give thanks today for Jesus, the Bread of Life.</p>	<p>September 23 <i>Isalah 58:10</i></p> <p>Consider how your faith community could be more like the Acts 2 community.</p>	<p>September 24 <i>3 John 1:2</i></p> <p>Try a new food from a different culture today.</p>	<p>September 25 <i>2 Corinthians 9:11</i></p> <p>Serve a meal at a soup kitchen or shelter today for the glory of God.</p>
<p>September 26 <i>Galatians 5:13</i></p> <p>Put a gift in your coin box as a thanksgiving for the many blessings you enjoy.</p>	<p>September 27 <i>Psalms 26:22a</i></p> <p>Today, plan one way you will continue fighting hunger in the coming months.</p>	<p>September 28 <i>Psalms 104:24, 27-28</i></p> <p>Where in your life are you experiencing scarcity today? Money, love, hope, time? Share some of what seems scarce today.</p>	<p>September 29 <i>Psalms 46</i></p> <p>At your meal table today, set an extra place. To whom is God calling you to show hospitality?</p>	<p>September 30 <i>Luke 9:13</i></p> <p>Enjoy a meal of beans and rice and donate a package of each to your local food pantry.</p>	<p>Give thanks today for Jesus, the Bread of Life!</p>	



Health Minute

Jeff Swift

This edition of Health Minute I'll discuss something most of us do every day and that is LIFT. We lift kids, groceries, bags of dog food, pets, and so on. Many back injuries result from lifting with improper technique by placing undue strain on our low backs. We have all heard "lift with your legs, not your back". This is true, but how? Well, picture a box on the floor. You walk up to it bend your knees, grab the box and try to keep your back as straight as possible as you "lift with your legs" right?

Well here's the mistake most people make. They have to reach over their knees in order to grab the box. When your knees are in the way you are unable to keep the load close to your body which multiplies the weight of the load as far as your back is concerned. That 20lb pound box just became 35 lbs because you had to reach away from your body in order to grab the box.

So straddle the load if and when possible. That way your knees are out of the way. Now when you bend down to pick the load off the floor the load is close to your body. This reduces the load on your low back. Another tip: Before you lift the load look straight ahead rather than looking down at the load. This helps to shift the load to your legs. Think of the power-lifters. They walk up to a bar loaded with more weight than three of me, bend down grab the bar then look up to the moon before they initiate the lift. Again this shifts the load to their legs where the power muscles are and it straightens the back. Another big mistake is twisting with a load as you lift. This is a move your discs don't appreciate. Stay "straight-ahead" as you lift and as you handle the load. Remember to keep the load close to your body if, for example, you put the box on a counter. Don't reach the box away from your body in order to put it on the counter. Place part of the box on the counter then slide the rest of it onto the counter. Let the counter lift it for you. In my humble opinion, every garage should have a handcart. The most efficient way to move a load from point A to point B is on wheels. I use mine all the time (so do my neighbors!).

Hope this makes you think about how you are lifting. Try to put the above suggestions into practice. Your low back will thank you. See ya in church! Jeff



Jeff Swift is a member of Market Street. He is a physical therapist at Hampshire Hospital.



CCAP Benefit Bike Tour 2021

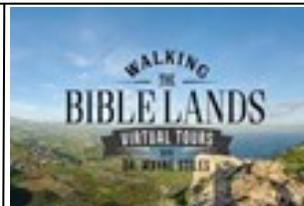
Saturday, August 28, 2021

Are you a biker? Register at runatthetop.net (10, 30, 50, or 70 miles)

Volunteers (5-10 persons) needed!

Contact the Church office if interested in helping out!

More info can be found →



SUNDAY GATHERING

Starting on **August 1**, Sunday Gathering will be a "hybrid" meeting!

→In-person gathering will be at 9:15 am, 2nd floor of the Education Building
→Zoom for those who are unable to join in person.

Contact Judy Hagan (540-533-4821) for Zoom link.



United Methodist Women (UMW)

Evening Meeting: Tuesday August 3rd at 7pm, at Stonecrest Village community center at 415 Russelcroft Road, Winchester, VA.

Susanna Wesley Circle Meeting: Monday August 2 at Betty Lausier’s, 321 Apple View Dr. Clearbrook, VA 22624

UMW Sunday Sunday, August 29

Special Message by Mrs. Nancy Walsh, Virginia Conference UMW Mission Team President (pictured right). If interested in contributing to Candle Burning, please contact Judy Hagan. Your donation is due by August 4.



Remember to keep Zach Harner and his mother Cinthy in your prayers. Cards are welcome and appreciated.



Zach Harner, Cinthy
949 Pennsylvania Ave.
Winchester, VA 22601



- Philip Stewart 8/8
- Alexander Swift 8/9
- Joseph Bynog 8/13
- Karen Hinkle 8/13
- Ryan Annan 8/14
- Ethan Moore 8/15
- Jill M. Pangle 8/15
- Pam Castle 8/22
- Monique Campbell 8/23
- Peg Pangle 8/25
- Charles “Buddy” Robertson 8/30



Weekly Prayer Group

Join us Wednesdays at 1:30 pm Contact the Church Office if interested in joining... Judy Hagan, our leader, will contact you.

Let us Pray for On Another...

- For the world in the face of COVID-19 Pandemic
- All those who are under medical care, recovering, or quarantined
- All those who are mourning the death of loved ones
- All Children, Families, Schools, Medical and Health Professionals
- All who are serving others (First responders, those who provide necessary services, volunteers, etc.)
- All divisions, unrest, injustices, violence.

Please Also Pray for Valley Health!

Chaplains at Valley Health, is asking for prayers for patients and staff daily at:
7:00 am / noon / 7:00 pm / Midnight



In this way, staff can remember that they are always being prayed for, as they do the important work they do for our patients. Patients would also be told that the community is praying for their recovery.



- 8/11 Ben & Jane Mathis
- 8/15/Johnny & Whitney Craig

Prayers for Our friends & family at Market Street

Adrian O’Connor, Faye & Julius Armel, Dick Carpenter, Ed Henshaw, Joe & Betty Lausier, Brian Aronhalt, Virginia Saunders, Larry Whitehead, John Castle, Lee Harris, Ben Mathis, Mable Carter, Chris Sweeney, Janet Moore, Tom Dickinson, Pat Jenck, Brenda Sine, Pearl Ebert, Norma Fries, Betty Hess, Donna Patterson, Joan Christiansen, Walt Cunningham, Gloria Austin, Pastor Jean McDonald Walker, Tom Layne, Market Street Church, Market Street Commons, United Methodist Church

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TO:

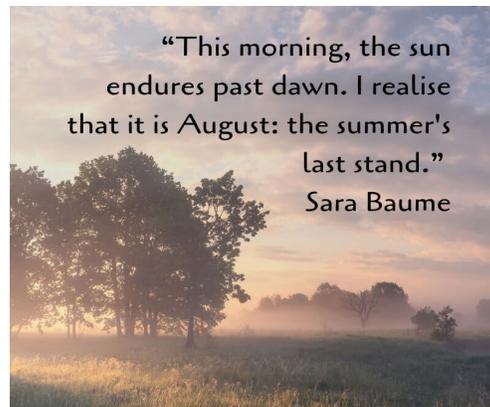
Sunday School—9:15 am via Zoom
**Sunday Worship Service In-person or via
Facebook Live 10:30 am (or anytime later)**

<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>

AUGUST
2021



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.