



MARKET STREET UNITED METHODIST CHURCH APRIL 2021

Life Wins

As I was listening to Rev. Rhonda preach on March 14, one phrase caught my attention. That was, "Life wins."

Illnesses, broken relationships, violence (of any kind), altered plans and unfulfilled dreams, unexpected tragedies, sudden losses, and of course the uncertainty of tomorrow...surely life can be filled with various challenges and strife. After all, the world we – as imperfect and often self-centered humans – live in is broken in many ways. Yet Jesus the Christ – who has died for our sake yet victoriously risen – chooses to journey with us each and every day. He knows it well how fragile life can be. He lived it himself! Yet despite all the brokenness and uncertainties, Christ reminds us that life is beautiful...when strangers smile at each other, when people work together for justice and peace, when people show love and compassion to those who are vulnerable, and of course, when we (as people of faith) strive to live each day, loving and serving God and brothers and sisters around us.



May you have a Blessed Easter –and may we commit to live each day as "Easter people"! Keiko

Our Staff

Pastor

Rev. Keiko Foster

Admin. Assistant

Kathy Freeland

Director of Music

Dr. Steve

Jennings

Church Musician

Robert Lewis

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



2021 Holy Week/Easter at Market Street



Children & Families Easter Egg Hunt

Saturday, March 27, 1:00 pm

The O'Connor Family's (4833 Valley Pike, Stephens City)

Come for the egg hunt and fun games/activities!

Masks required. Bring your own Basket

Joint Maundy Thursday Worship

April 1, 7:00 pm at Market Street Church

In-person AND Online (Call office 662-6709 if you plan to attend. Masks required)



Good Friday – Self-guided "Stations of the Cross"

April 2, 4:00-6:00 pm

Cunningham Field (1366 Greenwood Rd. 22602)

It is a self-guided experience to remember Christ's passion.

Masks required. Communion is available.



Easter Sunday celebration – April 4

10:30 am Streaming Worship w/Special Music

Outdoor Celebration at Market Street Lot

Mask is required. Please park at First Presbyterian Church, and walk over to Market Street Lot.



Join us as we remember Christ's passion and RESURRECTION!

Market Street Commons Update

On Sunday, March 7, the Commons leaders hosted a ZOOM session.

We have touched based with:

- Ongoing discernment on the residential area
- State/Federal Tax Credit Update
- Other “creative ideas” for us to utilize our Education Building for the community



We plan to keep you updated. Thank you for your prayers and support!



Hello! From Market Street Friends
(from “Time of sharing” PowerPoint slides)

Thank you, Rev. Dave and Rev. Rhonda, for bring us the word!



Prayer Rev. Dave shared on 3/7/21

New every morning is your love for us, great God of light, and all day long you are working for good in the world. Stir up in us a desire to serve you, to live at peace with our neighbors, and devote each day to your son, our Savior, Jesus Christ.

News from the Virginia Conference Office

1. This year’s Annual Conference will happen virtually on June 18 & 19.

2. Starting on July 1, eight District Superintendents will oversee sixteen districts (Winchester DS remains Rev. Dr. Victor Gomez).

For other news (Projected Appointments, Conference and Denominational news, etc.), please visit Virginia Conference website at vaumc.org



Easter Word Search

G S N O I T P M E D E R Y Y M
 J J U Y K I R Y T T F X E O L
 R L K F W E E C I O J E R C K
 X Y N G Q C U W V U P C M C K
 R C R O S S S H R E D P H M N E
 I F V A I B Q U I R G P Q R N
 S A Q Z M T M I R A C L E T S
 E I A O I R C H R C O Y I U E
 N T T P R C G E Y O H S S R L
 I H H S O O C A R K I E P V K
 N W O R C S D U B R J V R G T
 O H T N G N T E S F U L A M I
 D P V O U Q F L D K A S Y S H
 Z M E S B Z Z W E M L Y E D F
 E T G L M E G K B S L T R R U

APOSTLES
 CROWN
 LAMB
 PRAYER
 RESURRECTION
 SON

CHURCH
 FAITH
 MARY
 REDEMPTION
 RISEN
 SUNDAY

CROSS
 JESUS
 MIRACLE
 REJOICE
 SAVIOR
 TOMB



Behold the Savior of Mankind

Behold the Savior of mankind
 nailed to the shameful tree;
 how vast the love that him inclined
 to bleed and die for thee!

Hark how he groans! While nature shakes,
 and earth's strong pillars bend!
 The temple's veil in sunder breaks,
 the solid marbles rend.

'Tis done! The precious ransom's paid!
 "Receive my soul!" he cries;
 see where he bows his sacred head!
 He bows his head and dies!

But soon he'll bread death's envious chain
 and in full glory shine.
 O Lamb of God, was ever pain,
 was ever love like thine

Written by Samuel Wesley (1662-1735). This is one of the few relics of his papers found after the fire which destroyed the Epworth rectory during the night of February 9, 1709, when his son, young John Wesley, was rescued as a "brand plucked out of the burning."



(Quoted from The United Methodist Hymnal 293)



Please remember your Prayer Partner...especially Children!

Please continue to reach out to your prayer partner—through prayers, phone calls or sending notes!

Your love CAN make a difference!



Attention Students and Parents! – Events in Spring 2021

Saturday, March 27 --- Students Host Easter Egg Hunt for our Children/Families

Event is at 1:00 pm at the O'Connor's backyard (4833 Valley Pike, Stephens City). Students are asked to be there at noon to set the place up. Masks please.



Saturday, April 17 --- Fun event (tentatively Bowling)

More info is to come...!

Saturday, May 8 --- Team Building Course at Camp Horizons (Keezletown, VA)

Half Day Team Building activity & lunch at Camp Horizons

Cost - \$10 per person to cover your lunch

(church will pay for the team building course)

Please contact Pastor Keiko know if you have questions!



Health Minute

Jeff Swift

This month's topic is about a painful foot condition called plantar fasciitis. Plantar fasciitis presents with pain at the heel and/or at the arch of the foot. It is generally very painful when one first gets out of bed in the morning and stands and tries to walk. As one limps about the pain usually will lessen but doesn't go away. So every step you take, it is reminding you it's there. There are other foot conditions that can mimic plantar fasciitis so getting a correct diagnosis is important.



The plantar fascia is a fibrous band that runs from your heel to towards the ball of your foot. The fascia undergoes less than 2% elongation when maximally stressed so it's strong. The plantar fascia supports 25% of the load on the arch of the foot. So good thing it's strong. So how does it get inflamed? There are many variables at play. It is usually due to abnormal stress placed on the foot "for some reason". Examples may be habitually loading the leg and foot more to compensate for an injury on the other side. Increasing stress on the foot by suddenly increasing walking/running distance. Weakness up the chain that has developed over time such as weakness at the gluteal muscles on the same side. Walking barefoot more than usual without the customary support of shoes. A patient of mine recently went to a podiatrist and he said they have had people coming in with plantar fasciitis because they have had to stay home during the Covid lockdown instead of going to work. So they walk around the house without shoes on supporting the arch. This results in more stress on the plantar fascia.

So how do we make it better? Well, prevention is the best remedy. Avoid sudden stresses on your feet as mentioned above. Wear good-fitting supportive shoes. And don't let the heel pain and arch pain go too long before you get help. Once it is a chronic problem it can be a bear to get better. Simple stretches for the calf are important. Keeping the muscles in your feet strong help. Doing "toe scrunches" works the muscles in your feet. Sit with a paper towel under your feet and "flex or scrunch" your toes so as to wad up the paper towel under your foot. Also, the mobility of your toes is important especially your big toe, by stretching them up. If you are able to cross one leg over the other, grab your toes and gently pull them up. This will stretch the plantar fascia as well as keep your toes flexible. Your toes have to move this way as you walk as well as your ankle. Specific taping to the bottom of the foot is helpful in stubborn cases to support the plantar fascia. Custom orthotics and night splints can be helpful. I could easily go on, but space won't allow it. Be good to your feet Market Street!

I wish you all a joy filled Easter!

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

Thank you for YOUR Support WATT Warming Shelter

WATTS Warming (Day) Shelter has provided a safe and warm place for many guests. We are thankful that Market Street was able to be there *in the community for the community!*

(Puzzle completed and given by William Roberts, a warming shelter guest)



Our Students helping at the Kitchen of Hope, March 18



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.



- Georgia Campbell 4/2
- J.W. Pangle 4/6
- Trey Amick 4/10
- Julius Armel 4/11
- Johnny Craig 4/13
- Betty Lausier 4/16
- Linda Bynog 4/20
- Bill Baber 4/21

Attention Lay Servants!

Lay Servant Zoom Training Session
May 1, 8, and 15 8:30 am –Noon
 Class offered: Basic, United Methodist Polity, Leading Worship
 Please contact Pastor Kevin Elmore (kevinelmore@vaumc.org) for questions.



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

Please Also Pray for Valley Health!

Melanie Lewis, lead chaplain 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.



- 4/2 John & Sally Spencer
- 4/20 Donnie & Cookie Oates
- 4/24 Steve & Wilma Jennings

Prayers for Our friends & family at Market Street:

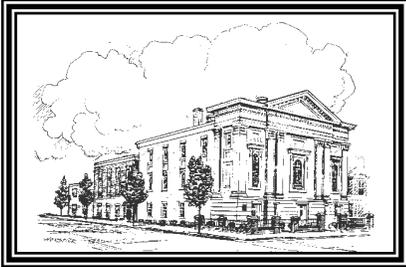
Mary Grim, Adrian O'Connor, Faye & Julius Armel, Dick Carpenter, Ed Henshaw, Betty Shackelford, Joe & Betty Lausier, Brian Aronhalt, Virginia Saunders, Larry Whitehead, John Castle, Lee Harris, Ben Mathis, Mable Carter, Kevin Freeland, Chris Sweeney, Janet Moore, Toni O'Connor on the loss of her mother, Tom Dickinson, Jack Lake, Pat Jenck, Brenda Sine, Gloria Ann Trent, Pearl Ebert, Norma Fries, Betty Hess, Linda Bynog, Donna Patterson, Joan Christiansen, Market Street Church, Market Street Commons, United Methodist Church



Assistance for Texas through UMCOR (United Methodist Committee On Relief)

You may send a check to the Virginia Conference (PO Box 5605, Glen Allen, VA 23058) earmarked Advance #901670 to assist people in Texas and other states. Or you may make an online donation at <https://advance.umcor.org/p-620-umcor-us-disaster-response-and-recovery.aspx>

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vamarketst@gmail.com
www.marketst.org



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>

April

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.