



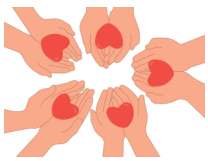
# MARKET STREET UNITED METHODIST CHURCH OCTOBER 2023

## ***You Can Share Love ANYTIME***

I am writing this to you from a hospital room. First and foremost, thank you very much for your prayers, words of encouragement & visits.

I am amazed how quickly human body/health can change – I always had (mostly) picture-perfect health! Please do not overlook little ‘yellow flag’ signals that your body may be sending!

I was thinking – we do not have to wait to reach out to our friends and loved ones until the absolute times of crises, tragedy or loss. We can call, text, or even a friendly drop-in, saying, “Hey, I was thinking of you and decided to check on you!” Even in the Scripture, people visited one another for encouragement, solidarity, enlightenment, and in some cases, divine visiting humanity with special messages! Visits can change lives!



So this month, I would like to encourage each of you to reach out to someone – long-absent church friends, people you know who are in crises or going through difficult times. My prayer is that your presence and expression of love will be a testimony to God’s love! Keiko

## ***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*

## **Let’s Make this October “Visitation Month”!**

**We can care about our friends anytime!  
Let each of us try to get in touch with  
old (and new) friends, by visiting, writing,  
calling, or going for a nice lunch!**



**Mark Your Calendar NOW!**

**United Women in Faith Holiday Bazaar  
Saturday, October 28, 9:00am–1:00pm**

**Donations and help are most appreciated!  
Contact Donna for questions!**



**Calling ALL Children & Families!  
Children’s Sabbath—October 28  
It is a special worship led by our students!  
Trunk or Treat following worship**



**Market Street hosts WATTS November 11-18  
Please see the next page for details.**

# Market Street hosts WATTS

## November 12 – 19, 2022



There are many ways YOU can help!  
 ⇒ Provide Meals for WATTS guests

**\*\*\*We still need... Dinner for Tuesday (11/14) & Thursday (11/16)  
 Breakfast for Sunday (11/12) & Friday (11/17)**

- ⇒ Be the late-night volunteer (stay until 11:00 pm; no need to stay overnight)
- ⇒ Donate Items (please see the list below)
- ⇒ Pray for WATTS staff, guests and volunteers

### Items Needed for WATTS:

Individual packs of Hot chocolate, snacks (pretzel, fruit snacks, crackers, cookies)

Bottled water (in cases)

Plastic cutlery, paper plates, cups, napkins

Powder coffee creamers

Sugar

Fruit cups (apples, bags of cuties)

Instant lemonade (in cans)

Cold breakfast items (pop tarts, granola bars, muffins, fruits)



Please support Market Street and its ministries—Financially

Your giving is critical for us to stay strong, sharing the good news in the world! Please help us finish another year **STRONG!**



**Joint Outdoor Worship  
 September 10, 2023**

**Attention Middle/High Students & Families**

**FALL HIKE**

**Saturday, October 28  
 @ Cool Spring Battlefield (Rt7 and Shenandoah River)**

**More info is to come!**



Northern Shenandoah Valley

**THANK YOU** to all who supported Family Promise's Spirit Night!

It was a GREAT success!



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 WINCHESTER, VA 22602

**WELLS FARGO BANK, N.A.**  
 www.wellsfargo.com  
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8576

9/8/2023

PAY TO THE ORDER OF Family Promise No. Shenandoah Valley Inc

\$ \*\*150.00

One Hundred Fifty and 00/100

DOLLARS

Family Promise No. Shenandoah Valley Inc  
 131 S. Cameron Street  
 Winchester, VA 22601

MEMO Spirit Night 8-30-2023

*Angela B. Penke*  
 AUTHORIZED SIGNATURE

⑈008576⑈ ⑆051400549⑆ 9876925943⑆

## All about fat!

This month we will look into FAT. Not all fat is bad. There are bad forms of fat that are not good to consume, but there is also good fat that helps keep us healthy. Just as I discussed last month, sugar is a leading cause of inflammation and a threat to our overall health. Rancid man-made fats rate right up there as a major threat to our health as well. Sugar and bad fat are “fuel for the fire” that keeps the inflammation and heart disease fire burning. So as sugar and bad fat in the blood damage the blood vessels, our body has to send a response to repair the damage. Cholesterol is the scab in the blood vessel that repairs the damage. The more you consume sugar and bad fats, cholesterol build up in the blood vessel in response resulting in clogging up the arteries in your heart. This sooner or later results in coronary artery disease.

Healthy fats help us burn fat, help us absorb vitamins, build cell membranes, cushion our organs, and make up the building blocks of hormones. 70% of our brain is made of fat! Healthy fat helps lower inflammation and allows for cellular detoxification.

Vegetable oil, cottonseed oil, and canola oil are examples of man-made fats that are not healthy to consume. Our bodies can't process them. These fats clog up our cells, leaving toxins trapped in the cell. Our body responds to the trapped toxins with inflammation in an attempt to flush them out, but the cell doors are stuck closed. The bad fats/oils are made by man, processed in a factory, and are hydrogenated or partially hydrogenated. Look around, these bad fats/oils are everywhere! Bread, crackers, cookies, and boxed food, are all made with these oils. These oils have high levels of omega-6 fatty acids. Omega 6 fatty acids are not all bad. We need them to be healthy, but when the omega-6 fatty acids are damaged by processing our body can't use them. Omega 6 fatty acids from bad sources block the cell door and don't let good nutrients in, and toxins out. The main nutrient that gets in the cell to “unlock the cell door” is healthy omega-3 fatty acids. Omega 3's balance out the bad omega 6's, but let's try to eliminate the bad omega 6's in the first place. Do this by eliminating the bad oils, not damaging the good oils, and eating healthy meat.

Heating olive oil, coconut oil, or avocado oil to its smoking point turns that good fat into bad fat. Olive oil has a low smoke point so it's not the best oil to cook with. Coconut oil and avocado oil have a higher smoke point and are better oils to cook with.

Eating meat that is grass feed, and organic helps decrease the bad omega 6 fatty acids. Eating range-free chicken and wild-caught (not farm-raised) fish helps. I know it's more expensive, but the alternative is eating meat that has been pumped full of growth hormones, and fed grains treated with who knows what. What that animal eats is passed onto you! Buy from a local producer when possible. That way you know where your meat is coming from and you can ask questions about what they've been fed.

The perfect ratio of omega 6 to omega 3 fatty acids is 2:1. I read that grain-fed beef has a ratio of 20:1, whereas grass-fed beef has a ratio of 2:1. I don't know how true that is but it's something to think about. So clean protein (meats) and good fats found in nuts (walnuts are an omega 3 powerhouse!), seeds (pumpkin seeds) oils (coconut, olive oil, and avocado oil) are a great place to start. A word on pumpkin seeds, most are sourced in China. I found organic pumpkin seeds sourced in Oregon on Amazon. They are loaded with good nutrients and make a great snack. Hope you found this information useful. See ya in church! Jeff

Market Street has had some interesting times in the last few months.

There was worship in the park, the fellowship hall and an unexpected worship without Pastor Keiko. But this reminds me of the song printed below. We the people ARE the church. If you are not involved in committee work or volunteering maybe it's time you considered it. Currently the nominating committee is looking for people to fill committees for next year. interested and don't get a call? Please let me know and I will pass on your interest to the powers that be. Not a committee? Maybe Kitchen of Hope, Sunday School, choir or other outlets for your talents. Don't hide your light under a bushel!

*I am the church! You are the church! We are the church together!*

*All who follow Jesus, all around the world! Yes, we're the church together!*

*The church is not a building; the church is not a steeple; the church is not a resting place;  
the church is a people.*

Toni O'Connor, Lay Leader







United Women in Faith



**Sisters in Christ Circle** Will meet on October 3, 6:00 pm at the church.

**Susanna Wesley Circle** Will meet on October 2 1:00 pm at Pat Lee's house

**United Methodist Men (UMM)** –Meet the second Sat of the month at IHop on 522S at. 8 am. All Men are welcome!

**October Birthdays**



- AhnaLise Stevens-Jennings 10/13
- Alice Robertson 10/18
- Sally Spencer 10/19
- Mable Carter 10/29
- Gene Sine 10/31

*Is YOUR birthday missing from the list? If so, PLEASE contact the church office at [vamarketst@gmail.com](mailto:vamarketst@gmail.com) Thank you for your patience with us!*

**IT'FALL VEGETABLE SEASON!  
Community Garden at Timbrook Park**

Needing seeds for: beets, broccoli, cabbage, carrots, cauliflower kale, peas, spinach



Pumpkin from the garden

Thanks to Lisa & Don Martinson for making the garden look so beautiful!!

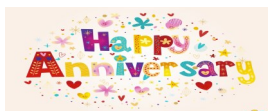


*In the fading of the summer sun,  
the shortening of days, cooling breeze,  
swallows' flight and moonlight rays  
We see the Creator's hand.  
In the browning of leaves once green,  
morning mists, autumn chill,  
fruit that falls, frost's first kiss  
We see the Creator's hand.*

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

**October Anniversaries**



- 10/6 Pam and Brady Bowles
- 10/7 Denise & Mark Barnett



**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**

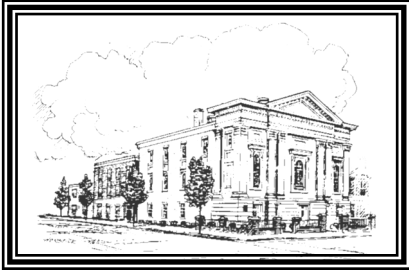
Scott Cullers, Fran Ballance, Karen Hinkle, Nancy Fromm, Toni O'Connor, Faye & Julius Armel, Dick Carpenter, Ed Henshaw, Joe & Betty Lausier, Brian Aronhalt, Larry Whitehead, Ben & Jane Mathis, Mable Carter, Chris Sweeney II, Janet & Frank Moore, Tom Dickinson, Tom and Brenda Sine, Pearl Ebert, Norma Fries, Betty Hess, Donna Patterson, Joan Christiansen, Gloria Austin, Pastor Jean McDonald-Walker, Bob McDonald Walker, Spike Hosey, Cookie Oates, Gene Sine, Phyllis Linaburg, Kevin Freeland (Kathy and Katie), Keiko Foster, Market Street Church and its ministries, Family Promise NSV, The United Methodist Church

# OCTOBER

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Susanna Wesley Circle, 1:00 pm at Pat Lee's	Sisters in Christ, 6:00 pm at Church		Kitchen of Hope 5:30pm		UMM at IHOP at 8am
8	9	10	11	12	13	14
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm		Administrative Council, 7 pm	Choir practice at 6pm	Kitchen of Hope 5:30pm		
15	16	17	18	19	20	21
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	27	28
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm			Choir practice at 6pm	Kitchen of Hope 5:30pm		Holiday Bazaar 9:00 am—1:00 pm  Students Hike
29	30	31				
Sunday School 9:15 am Worship service 10:30 am <b>CHILDREN'S SABBATH &amp; Trunk or Treat!</b> NOANDA 7 pm						

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



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>**

**OCTOBER**

**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.