

Learning Stewardship Through Wesley

This year, Amazon started "Black Friday-worthy" deal on October 4. That is almost 2 months before its actual date! A renowned Old Testament scholar Walter Brueggemann once said that we live in "a society of 24/7 multitasking in order to achieve, accomplish, perform and possess... [w]e want more, have more, own more, use more, eat and drink more." As holiday season approaching, it may be true for many of us.



In November, both in my messages and Sunday Gatherings, we will look at this study titled *Earn. Save. Give. Wesley's Simple Rules for Money*. Why is it that we often feel awkward talking about money (anywhere in general, but especially in church)? Do we tend to think that financial matters are a private thing? Fear of being criticized? Embarrassed by the temptation to 'keep up with the Joneses'? Tired of pastor's stewardship sermons?

John Wesley, the founder of Methodist Movement, was not shy about talking about money. Wesley affirmed the use of money as "an excellent branch of Christian wisdom." In one of his sermons titled 'The Use of Money,' he wrote, "Having, First, gained all you can, and, Secondly saved all you can, Then 'give all you can.'" In fact, it is often said that Wesley had 'fixed' his spending budget at an early age (like he was in his 20s), and all the difference – however small or large – he gave away to help the poor.

My hope of doing this study is, using the words of author Rev. Jim Harish, "to enable disciples of Jesus Christ to discover wisdom that will guide them in using their money, so they may continue to grow into the likeness of Jesus Christ (p.14)." Through this study, I hope we will learn what it means to be generous in giving and serving others. Hope to worship and grow with you! 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



Fall Series #2 – Starting October 31!
Earn. Save. Give. Wesley's Simple Rules for Money
Also coming up... **Advent Study starts November 28!**
The Heart That Grew Three Sizes
Finding Faith in The Story of the Grinch
Classes offered Sunday mornings & evenings!

Care Package for College students

Boxes are placed in the narthex (4 of them).
Please place snacks or other goodies by November 14!



Help us Finish the Year STRONG! Second Mile Giving

Thank you for your ongoing support to Market Street and its ministry.
Help us finish the year strong!
Consider a "second mile" gift...
Special envelope can be found in this newsletter or in the sanctuary.





HOLIDAY BAZAAR , NOVEMBER 13

9AM-1PM Market Street UMC

Holiday Bazaar November 13, 9 a.m. to 1 p.m. Market Street UMC. Donations of soups (vegetable, chicken noodle & bean soups) already in quart jars, ham sandwiches, chicken salad sandwiches and baked sale items.

Contact Donna Dailey (540-327-3655) for questions.

I would like to help with the Holiday Bazaar Help in person _____
(Name & Phone)

Help by donating crafts or soup, sandwiches or crafts _____

I would like to give a donation _____

All proceeds will go to the Market Street United Methodist Women

Due to the current pandemic guidelines, please be sure to sanitize your baking and preparation areas and your hands. By committing to this, I agree with these terms.

_____(name)



Attention Leaders! Winchester District Conference **Sunday, November 21, 3:00 pm** **Contact the Church Office for Zoom Link**

Interested in becoming a district lay delegate for 2022 Annual Conference, please contact the church office for application. Deadline is November 15.

This is a very busy time of the year, so let's not forget to stop and give God thanks for all he has given us.



Didn't Andrea Cosans talk make you want to reach out and go the second mile for CCAP, not just giving food but clothing, diapers, so many other items. How about giving an hour or two each week, or every other week to their Clothing Room, Food Pantry, etc.? They will appreciate any help you can give.

As Christians, we are to serve. Happy Thanksgiving!

Blessings to all, Donna Dailey Lay Leader





Update



This year's WATTS will be at First UMC (308 N. Braddock St.).

Guests will arrive at 7:00 and eat dinner as soon as they get settled. One or two volunteers need to stay until 11:00pm. We will **NOT** be providing lunches. Listed below are some of the supplies we do need:

**Instant Lemonade Tea Bags Hot Sauce 5 lb. bags of sugar Ind.
Wrapped muffins Ind. Wrapped cookies Peanut butter crackers
Snack size candy bars Pop Tarts 2 Gallons of milk Apple Juice Hot
Chocolate Packs Granola Bar Ind. Wrapped snacks Slim Jims
NO BOTTLED WATER!! NO CLOTHES!! ACCEPT MONETARY DONATIONS!**

Please place your donations to a box at the check-in table (if you bring them on Sundays), or bring the items to the stage in the Fellowship Hall.

**Early Risers!! Contact us if you are willing to do Breakfast at 6:00am,
All cold items. Please contact Sharon (540-662-6709) or Kathy (540-247-6660)**

VOLUNTEERS NEEDED!

IF YOU ARE ABLE TO GIVE AN HOUR OR TWO OF YOUR TIME TO VOLUNTEER ONE EVENING (Nov. 13-19), PLEASE LET THE OFFICE KNOW OR CONTACT US!

SHARON HENSHAW henshawsharon@yahoo.com (540)664-6364

KATHY FREELAND kfreeland2626@gmail.com (540)247-6660

MARKET STREET OFFICE vamarketst@gmail.com (540)662-6709

Sponsor a Needy Family with Thanksgiving Meal!

If you are interested in sponsoring a needy family for Thanksgiving this year, contact Joyce McKay—540-662-9248 or Janet Moore— 540-323-1007.

Food needs to be back at the church by **November 14th.** Please bring your items to the sanctuary and put them on the 1st pew.. Estimated cost is approx \$30 to purchase the items.

Non Perishable items for Thanksgiving 1 Canned Ham or Chicken/Turkey

2 Stuffing in a box

2 Instant Mashed potatoes

2 Canned Yams

2 cans of Corn

2 Canned Green Beans

2 Plastic jars of applesauce

2 Box of Corn Bread or muffin mix

1 Box of cake mix and 1 can of icing

Several families may go together to fill a bag, You can purchase canned ham and turkey slices from Amazon if you can't find them at the store. Thanks for your cooperation!



Health Minute

THE CYTOKINE STORM

Jeff Swift

You may have heard or read about Covid-19 and encountered the term “cytokine storm”. So what is this? I’ll try to explain this in this month’s Health Tips. It’s the cytokine storm that is responsible for making people very sick or resulting in their demise.

Cytokines are small proteins secreted by numerous different cells in our body that function to regulate inflammation, immunity, and the formation of blood cellular components. Cytokines act as chemical messengers that tell immune cells what to do and may tell the body to produce more immune cells to fight off an infection. However, cytokine production can grow out of control. Immune cells release cytokines that tell the body to produce more immune cells which in turn release more proinflammatory cytokines. This cycle continues resulting in a “cytokine storm.” The immune response travels beyond the infection and starts to attack other organs. Blood vessel walls open up to let the immune cells out to the surrounding tissue. The blood vessels get leaky to the point where the lungs start to fill up with fluid, blood pressure drops, and blood clots form throughout the body choking blood flow to the organs. As you can see this will eventually result in organ failure and a critically ill individual.

Scientists are starting to understand why some people are more susceptible to this storm than others. There are complicated biological and social reasons for this. One reason why kids don’t tend to get critically ill from Covid-19 is because their immune system isn’t fully developed and robust enough to get into this “cytokine storm” cycle.

I hope this gives you a basic understanding of the process of a cytokine storm and its ramifications.

See you all in church! Jeff

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



**For Our
Free
Library**

Do you have books at home you could donate to our Free Library? Adult and Children’s books are welcome. Our Community really enjoys the books. Please put your books in the elevator room.

THANK YOU!



**Sunday Gathering
continues!**

Earn. Save. Give.

***Wesley’s Simple Rules for Money
Starting on October 31!***

→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. Please contact Judy Hagan (540-533-4821) for Zoom link.





United Methodist Women (UMW)

Evening Meeting: Tuesday November 2 at 7pm, at Stonecrest Village community center at 415 Russelcroft Road, Winchester
Susanna Wesley Circle: Monday November 1st at 1 pm, at Pat Lee's House, 109 Rockbridge Rd. Stephens City.

The Susanna Wesley Circle of the United Methodist Women will be selling Rada knives. All orders will need to be in no later than October 31, 2021, in order for them to be back by Thanksgiving. If we need to place another order before Christmas, we will have time. All members will have books, after October 4th, or you can go On-Line to: www.RadaFundraising.com Search for our group name: Market Street United Methodist Women (Type exactly as it is printed here, or you may not find it) Thank you for your support!



November

Joshua Pangle	11/11
Janelle Koeller	11/13
Pamela Bowles	11/16
Nancy Greenly	11/28



11/13 Donald & Rhonda Oates
 11/15 Lisa Martinson
 11/20 Mathew & Tonia Robertson

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.

PRAYER

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, peace in the world

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.



Prayers for Our friends & family at Market Street

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

Market Street United
Methodist Church
(540) 662-6709 Office
Office Hours: 9am-Noon
(540)662-7623 Fax
131 S. Cameron Street,
Winchester, VA 22601
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>

NOVEMBER
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.