

Never Do It Alone

At the Service of Call and Ordering of Ministry during 2023 Annual Conference, Bishop Sue Hauptert-Johnson exhorted the candidates who were to be licensed, commissioned or ordained. She said, "Never do ministry alone. Only time pastors in trouble is when they have gotten isolated. You got to have others to encourage you, give you advice, listen to you, and to be your 'Nathans.' If you want to have a real short time in ministry, do it alone. Because it will crush you." Oh how true her word is – ministry will crush you! How many times have I gotten discouraged! Yet every time I felt down, I was encouraged and supported by friends/colleagues in ministry. I cannot thank them enough! And it is the beauty of United Methodist connectional system!



Think about it – what she said to the candidates applies to ALL OF US. Never go about this life alone... because it will crush you. You got to have others to encourage you, give you advice and listen to you. Jesus knew that. He had twelve friends who traveled with him. He also commissioned seventy-two and sent them in pairs (Luke 10).



So, as we continue the life of faith, let us remember: Have others to journey with you, encourage you, give you advice, and listen to you. In doing so, may we be the encouragement and listening ear to someone else. In this way, we will grow together to be the people God calls us to be. Have a great summer, and hope to see you in worship! 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

MARK YOUR CALENDAR NOW!!!

Summer Potluck

July 30 following worship

Bring food to share!



**Calling All Interested
Volunteers!!**

Streaming Ministry

Training Session

July 2 right after worship

Vacation Bible School 2023 is coming up!!

BABYLON—Daniel's Courage in Captivity

July 6, 7 and 8

**It is not too late to register! Please
contact the Church Office TODAY
(540-662-6709)**

**Please pray for all children, adult
leaders and volunteers!**

VBS Worship—July 9 in the Fellowship Hall.

Everyone gets to travel to Babylon!





CAPITAL CAMPAIGN

News from the Board of Trustees

We are Launching
Capital Campaign 2023-2025
Campaign Goal : \$ 100,000



So far raised: (as of June 2023):

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, downtown location.

Make checks to MSUMC ("capital campaign" in memo line) Online giving also available.
THANK YOU for your commitment to Market Street and its ministries.

WATTS COOLING CENTER 2023

JULY 10 - SEPTEMBER 5

NOON-5:00 PM (11AM-4PM ON THURSDAYS)

PLEASE PRAY FOR ALL THE GUESTS AND STAFF.. INDIVIDUAL SNACK DONATIONS WELCOME!



Northern Shenandoah Valley

Family Promise Northern Shenandoah Valley Update

Robin Russell, Program Coordinator (pictured right), is doing wonderfully!

Currently they have 12 active cases:

10 intakes in June— Of 10, 6 are active: 2 motel/2 in housing (rent issues)/1 utility assistance/1 in car

6 active cases from previous months (3 carried over from April, 3 from May)

Total 12 families receiving guidance, so they can turn their lives around!



**** Please pray! Financial support is always welcome. Contact Church Office! ****

KIDVENTURE is starting in August!!



Kidventure is a Sunday School class (during worship, after Children's Moments) for students who are in 3rd-5th grades.

They will learn God's love through lessons, service projects and off-site fun!

More info is to come.

Also, Mark Your Calendar!
Blessing of the Backpacks
Sunday, August 13



Health Minute

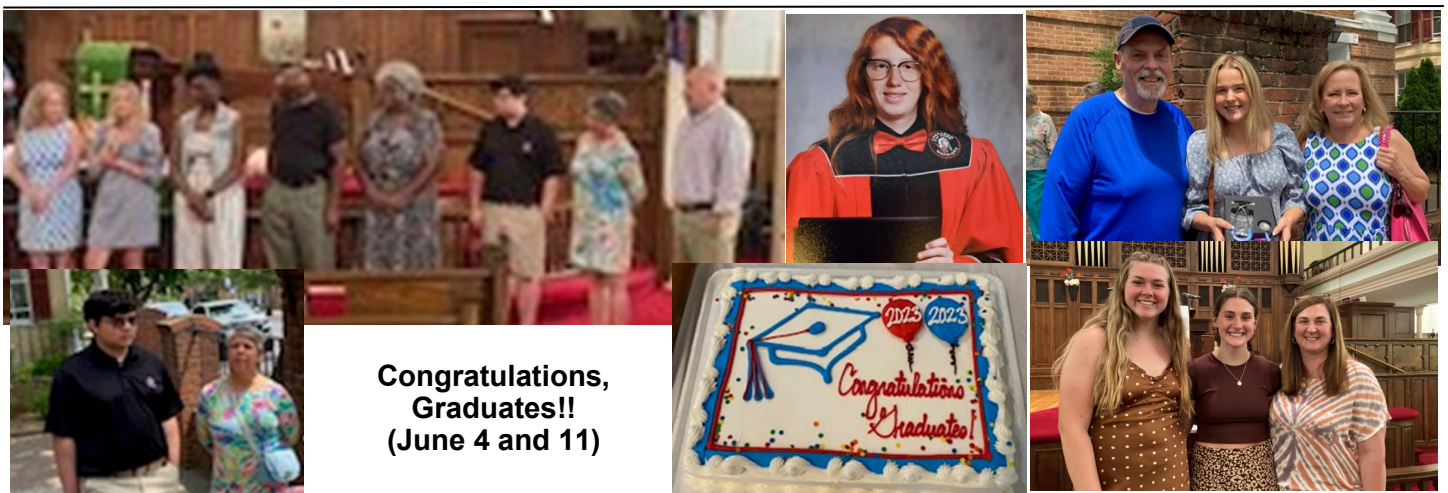
Jeff Swift

I know I've discussed falling. Hey, we all take a spill. I consider myself agile for my age and as most of you know I fell and broke my hand last year. Could have been worse for sure. I was fortunate because I could get up walk to my car and go home and lick my wounds. What I run into so often at work are folks that fall and then can't get up. This becomes a serious problem if they live alone, and have no plan in place should this happen. Spending hours, sometimes days on the floor injured leads to dehydration which can lead to other serious medical complications depending on coexisting medical conditions. My question to you is this; if you fall can you get up off the floor? If you can't possibly get up off the floor do you have a plan in place to get help? In my opinion, a life alert is an absolute necessity if you live alone and there's no way you can get up off the floor by yourself. Push a button and help is on the way!

Don't know if you can get up off the floor? If you need help getting on the floor have one or two family members help you get on the floor. Now see if you can get up using a chair or other piece of furniture. If you can do this, see if you can do it using one arm pretending the other is injured. If you can do this see if you can use both arms to stand without using a piece of furniture. Can you do it using only one arm? Can you do it without using your arms? I was personally surprised at how hard it is to get up off the floor without using either arm. I could do it but it wasn't easy.

Look at getting up off the floor as an exercise, it's a skill. If you don't practice it you may not be able to do it when it really counts. If you're on the floor and injured where you can't easily move then don't even try to get up. Wait for help. But if this happens have a plan in place. The plan may be different in the daytime, versus nighttime. I've had patients fall and spend all night on the floor because their spouse couldn't hear their cries for help. If you fall in the bathroom, can your spouse or family member hear you in their bedroom? If you have broken ribs it may be difficult to yell out. Maybe some sort of noise maker within in reach on the floor in every room is an option. The bottom line is to think about it, discuss it with your family/friends, and make a plan so you're ready. And if it's feasible, practice getting down and up off the floor/ground (practice rolling from your stomach to your side(s), from your back to your side(s)). Have someone around when you do just to be safe!

See ya all in church, Jeff



**Congratulations,
Graduates!!
(June 4 and 11)**



KITCHEN OF HOPE—NEED YOUR HELP!

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

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



United Women in Faith



Sisters in Christ Circle Will not meet this month due to July 4th.

Susanna Wesley Circle Will meet on Monday July 3 at the Cedar Meadows Clubhouse, 441 Periwinkle Dr. White Post.

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

July Birthdays



- Natalie Barnett 7/1
- Wanda High 7/1
- Roddy Annan 7/10
- John Spencer 7/10
- Shirley Birkhimer 7/13
- Larry Whitehead 7/14
- Alex Neff 7/16
- Betty Hess 7/19
- Roger Addison 7/21
- Madison Koeller 7/22
- Amy Mathis 7/22
- Ryker Craig 7/24
- Freddi Castle 7/24

NEED HELP WITH THE COMMUNITY GARDEN

Our community garden can use some help!



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



*Looking graciously, O Lord, upon this land.
 Where it is in pride, subdue it.
 Where it is in need, supply it.
 Where it is in error, rectify it.
 Where it is in default, restore it.
 And where it holds to that which is just and compassionate, support it. Amen.*
 (Church of Pakistan, 20th cent.)



July Anniversaries



- 7/4 Tina & Spike Hosey
- 7/18 Joyce and Fred McKay
- 7/19 Erin & Bryon Powell
- 7/29 Faye & Julius Armel

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

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, Market Street Church, Market Street Commons/Family Promise, The United Methodist Church

JULY

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Sunday School 9:15 am Worship service 10:30 NOANDA 7 pm	Susanna Wesley Circle will meet at 1pm Cedar Meadows Club house, 441 Periwinkle Dr. White Post.	JULY 4TH 		Kitchen of Hope 5:30pm (pickup meals only) VACATION BI- BLE SCHOOL "BABYLON"!!! 5:00-7:00 pm	VACATION BIBLE SCHOOL "BABYLON"!!! 5:00-7:00 pm	UMM at Rock Harbor at 8 am "BABYLON"! 10:00am — 2:00pm
9	10	11	12	13	14	15
Sunday School 9:15 am Worship ser- vice 10:30 am in the Fellow- ship Hall NOANDA 7 pm		Administrative Council, 7 pm		Kitchen of Hope 5:30pm		
16	17	18	19	20	21	22
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm				Kitchen of Hope 5:30pm		
23	24	25	26	27	28	29
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm				Kitchen of Hope 5:30pm		
30	31					
Sunday School 9:15 am Worship service 10:30 am fol- lowed by pot- luck lunch NOANDA 7 pm						

Market Street United
Methodist Church
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(540)662-7623 Fax
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Winchester, VA 22601
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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>

JULY

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.