



# MARKET STREET UNITED METHODIST CHURCH December 2023

## *Here Comes God*

In the book *Heaven and Earth* (by the way, we will be studying this book during Advent!), Bishop Willimon states, "God keeps working with the world, bringing something out of nothing, light out of darkness, and form out of chaos, birthing a new you out of the old. ...God is not done with us yet (p.8)." I really like that, especially 'birthing a new you out of the old.' This season gives us a great opportunity to reflect our own faith journey - has my faith become complacent? On Sunday mornings, do we come to church out of habit? Or do we *really* expect that God would show up and turn our world upside down, in order to pull out a 'new us' out of the old?

As we move into another Advent season, as we wait expectantly the coming of Christ Child, may God appear in our lives in unexpected ways in unexpected places, and change our lives forever. I would end with another word of the Bishop - *Hold on to your hats, Christ has come and is coming, maybe when you least expect. Your world all shook up, ready or not* . See you in worship this Advent! 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—Advent 2023**



### ***Hanging of the Greens***

Saturday, December 2, 9:00 am

Please help decorate the Sanctuary!

### ***Christmas Cantata "How Great Our Joy" by Tom Fettke***

During December 17 worship

### ***Christmas Caroling—December 17 at 1:00pm (next page)***

### ***United Women in Faith Cookie Walk***

Saturday, December 23, 9 am– 1pm

*Come and get some Holiday goodies!*



### ***Christmas Flower Class***

Create your own Thanksgiving Centerpiece/decoration!

Saturday, December 23 at 10:00 am

\$25 per person Contact [vamarketst@gmail.com](mailto:vamarketst@gmail.com)

### ***\*\*December 24 Worship\*\****

***10:30 am Worship***

***(Fourth Sunday of Advent)***

***7:00 pm Christmas Eve Candlelight***

***Service (Lessons and Carols)***



### ***December 31 Carol/Hymn Singing Time!***

*(We will sing our favorite carols/hymns during worship)*





## WATTS (Winchester Area Temporary Transitional Shelter)

⇒ **THANK YOU** for all who donated items, served meals, worked as various volunteers during our WATTS week on November 11-18.

We cannot pull things together without your help!

### 2023-24 WATTS Warming Center (November 25-March 29)

Mondays-Saturdays: 7:00 am– 2:00 pm

Sundays: Noon-6:00pm

*Individual snacks are always welcome!*

**Thank you for your ongoing support!**



Thank you, Mark, for coordinating volunteers during WATTS week, November 11-18!



Bruce and dad Joe helping at WATTS Setup (Nov 11)



### Welcome to Market Street!

Nancy Fromm, who's been a part of Market Street for some time, 'officially' joined on November 18! Welcome, Nancy!



Are you protected with Armor of God like Ava is here!? (November 19)



### Our Children & Students Did an AWESOME Job at Children's Sabbath! (October 29)



**\*\*\* Our children & families invite YOU to join Christmas Caroling—December 17 at 1:00-3:00pm!\*\*\***



### Advent Study 2023 *Heaven and Earth: Advent and the Incarnation*

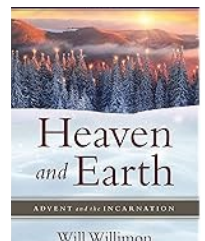
By Bishop Will Willimon

Class Offered:

9:15 am on Sundays (in-person/Zoom)

10:00 am on Tuesdays at Greenwood (in-person)

"Young Adult" class—7:00 pm on Sundays via Zoom

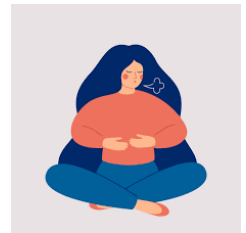




## Box Breathing

The holidays can be a joyful fun time of year, but the other side of the coin is there's stress that comes along with the holidays as well. Box breathing is a breathing technique to help calm the nervous system, and relieve stress and anxiety. The military even teaches it to our soldiers to help them focus during high-stress situations. It can be done in any position, at any time. It can clear and calm your mind in addition to helping you sleep when you are having insomnia, ease panic and worry, help lower your blood pressure, and decrease cortisol (a stress hormone). Another benefit is it helps keep our respiratory muscles in shape. How often through the day do we take a good deep breath? Not often if you don't exercise regularly. Filling those lungs with air and expanding the rib cage is good exercise!

Let's start with normal breathing. Sit in a chair with feet on the floor, back supported with one hand on your chest, the other on your abdomen. Breathe normally and feel where you are breathing from. Is your chest moving more than your abdomen, or are they moving about the same, or is your abdomen moving more than your chest? Ideally, the abdomen should be moving more than the chest which would mean you are using your diaphragm to breathe not your chest. If that's not the case practice breathing emphasizing using your diaphragm by "belly breathing" and limit or quiet chest motion. Think of a baby. Watch them breathe. Their little tummy goes up and down and their chest doesn't move much. When we get to be stressed-out adults, we often become shallow chest breathers.



Now, take a slow deep breath in through your nose as you count to four. Hold your breath, don't breathe out for four seconds then breathe out through your nose for a four-count (some would have the exhale through pursed lips, though I prefer thru the nose). Don't breathe in for a four-second count. Repeat this cycle as many times as you feel you need to. I recommend at least five breaths in and out. That's it!

I would recommend doing this 2-3 times a day whether you feel stressed out or not.

I Pray this holiday season fills you all with the love of Christ. See ya in church, Jeff



The Christmas season is upon us. I hope everyone had a pleasant and thankful Thanksgiving. I am very thankful for my brother and his family where I spent my Thursday.

As I write this, the Hanging of the Greens is this Saturday (December 2 at 9am!). I really like this tradition. To see the sanctuary transformed in just a couple of hours is truly magical. And the more the congregation comes together, the better. Please do remember what the season is about and don't forget to pass that on to others. Things are so hectic and busy that even we the faithful sometimes get caught up in the commercial side of Christmas.

Take a breather and some time to thank God for sending his son for our benefit. Look to the things you can do to remind others what the holiday is all about. Be patient and kind in the car and in the stores. Do a particular kindness and ask the person to pay it forward. You never know how grateful one kindness may be. Cherish your family (no matter WHAT happened at Thanksgiving!) Let us relax and celebrate the birth of Jesus Christ, our Savior. Merry Christmas to all!

Toni O'Connor, Lay Leader



United Women in Faith



**Sisters in Christ Circle** Will meet on Tuesday, December 5, 6:00 pm at Kathy Freeland's, 101 McClure Way, Winchester  
**Susanna Wesley Circle** Will meet on Monday December 4th, 11:30 am at IJ Canns (3111 Valley Ave, Winchester)  
**United Methodist Men (UMM)** –Meet the second Sat of the month at 8 am. All Men are welcome!

**December Birthdays**



- Antonia O'Connor 12/8
- Reed Pangle 12/13
- Jane Mathis 12/14
- Joshua Foster 12/15
- Chloe Pangle 12/20
- Gloria Austin 12/24
- Steven Dailey 12/24
- Sam Mathis 12/25

***Advent Devotion***

(By the Rev. Jerry Chism, from umc.org)

Oh Immanuel, God with us, truly in this Advent season we celebrate that you are not hidden in some faraway cloud, but you chose to be with us in the blur and mystery of our lives.

In the midst of lists and rush, you are with us as a song that echoes in our minds, as the light of a candle, as a card from a friend. They are signs of your presence.

We turn to you this season and pray that you would birth joy and healing, blessing and hope in us.

Let something wonderful begin in us — something surprising and holy.

May your hand be upon us. Let your love fill us.

Let your joy overwhelm us.

Let our longing for you be met on a coming holy night. Immanuel with us once again.

Amen.



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

**December Anniversaries**



12/8 Ed & Sharon Henshaw

***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**

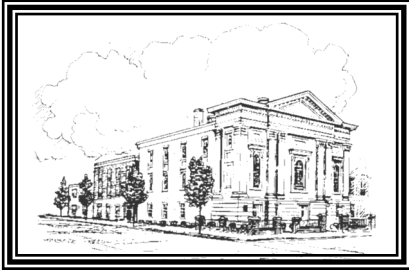
Scott Cullers, Fran Ballance, Karen Hinkle, Nancy Fromm, Toni O'Connor, Faye & Julius Armel, Dick Carpenter, Ed Henshaw, Joe & Betty Lausier, Brian Aronhalt, Larry Whitehead, Ben & Jane Mathis, Mable Carter, Chris Sweeney II, Janet & Frank Moore, Tom Dickinson, Tom and Brenda Sine, Pearl Ebert, Norma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

# December

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				Kitchen of Hope 5:30pm		<b>Hanging of the Greens, 9:00 am</b> 
3	4	5	6	7	8	9
Sunday School 9:15 am Worship service 10:30 am  NOANDA 7 pm	Susanna Wesley Circle, 11:30 am at IJ Canns (3111 Valley Ave.)	Sisters in Christ, 6:00at the home of Kathy Freeland	Choir practice at 6pm	Kitchen of Hope 5:30pm		UMM Meeting for breakfast, 8:00 am
10	11	12	13	14	15	16
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		
17	18	19	20	21	22	23
Sunday School 9:15 am Worship service 10:30 am <b>CANTATA</b>  Caroling 1pm NOANDA 7 pm			Choir practice at 6pm	Kitchen of Hope 5:30pm		Cookie Walk 9:00-1:00 pm  Flower Class 10:00 am
24/ 31	25	26	27	28	29	30
Sunday School 9:15 am Worship service 10:30 am  <b>Christmas Eve Candle- light 7:00 pm</b>	<b>MERRY CHRISTMAS!</b>  		Choir practice at 6pm	Kitchen of Hope 5:30pm		

**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>**

**DECEMBER**

**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.