



MARKET STREET UNITED METHODIST CHURCH

March 2024

Making Meaning

I often listen to the podcasts by Lewis Center for Church Leadership (churchleadership.com). In one of the recent episodes, Brad Griffin from Fuller Youth Institute talks about the importance of “meaning making.” He says that, one of the reasons Taylor Swift has an influence across generations is that she does so much meaning making. Young people, ladies in particular, can find themselves in a story that’s in her songs. At the same time, Brad challenges us by saying that there is a real crisis of meaning in the churches today. What are we here for? What are we doing here? What message do we need to hear?

Jesus was excellent at “meaning making. When risen Christ met Peter (John 21), he was changed. Yes, he was redeemed from denying Christ three times. But that was not just it. He was strengthened, assured, and given new sense of identity, purpose, call, and mission. Peter’s post-resurrection experience made a (new) meaning in his life which sustained him for the rest of his life.



The reality is, the same Christ comes to all of us, if our eyes are truly open. He touches us, just like Pete was changed, so that *our* faith stories make meaning that sustain us, along with new identity, purpose, call, and mission. In his book, Bishop Tom Berlin said, *Ask yourself... what does Christ want me to do – that I could do and would do – if I fully trusted in the power of Christ in my life?* Like he says, may we truly trust in the power of Christ in our lives. Keiko

p.s. THANK YOU SO MUCH for your gift!! I am thankful for your prayers, love, and support – they surely gave me strength as I had challenging few months.

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

Donna Dailey

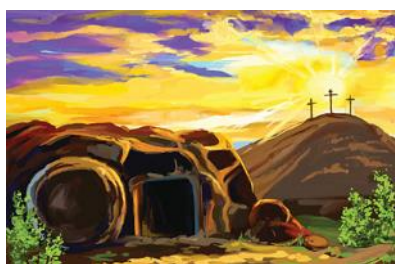
Staff Parish

Relations Chair

Busey Ward

Trustee Chair

Ben Mathis



Celebrate Easter—Sunday, March 31

6:30 am—Community Sunrise Service at

Mount Hebron Cemetery

(by the wall near the gatehouse)

10:30 am - Easter Worship

Let us celebrate Christ’s resurrection together!

Holy Week 2024

Palm Sunday—March 24

10:30 am Downtown Outdoor Celebration (at historic courthouse)

****11:00 am Palm Sunday Worship (Note the time change!)**

Maundy Thursday – March 28

7:00 pm Joint Maundy Thursday Worship at Greenwood UMC

Good Friday - March 29

5:00-7:00 pm: Self-Guided “Stations of the Cross” at Cunningham Family’s Field (1366 Greenwood Rd)



Holy Week

**Kids Easter Event —
TBA! Stay Tuned!**

**Suzanna Wesley
Circle Presents:**

**Easter Bake
Sale**

**Saturday,
March 31**

**9:00 am—1:00
pm at Church**



General Conference 2024

After a four-year delay due to Covid, the 2020 General Conference will take place April 23-May 3, 2024 in Charlotte, NC.

You can learn about the General Conference the following ways:

General Conference website: <https://www.resourceumc.org/en/churchwide/general-conference-2020>

United Methodist News Service: www.umnews.org/en/category/general-conference

There is a 5-minute video that explains:



⇒ What does General Conference do?

⇒ How are delegates elected?

⇒ What happens after the GC?

<https://youtu.be/U2MLEFn3b8M>

Who represents the Virginia Conference?

vaumc.org/blog/2023/05/17/general-conference-2024-virginia-conference-delegation/

conference-2024-virginia-conference-delegation/



Possibly interested in volunteering during the General Conference? Check out this website!

welcometogc.org

Leaders at Market Street 2024

Please pray for each and all the persons!



The Church Council

Chair: Kathy Freeland
Lay Leader: Toni O'Connor (She also is a member to the AC)
SPRC Chair: Busey Ward
Finance Chair: Lisa Martinson
Treasurer: Donna Dailey
UMM President: TBA
United Women in Faith President: Donna Dailey
Youth: Joshua Foster
Young Adult: Alex & Martina Neff
Recording Secretary: Janet Moore
At-large: Wilma Jennings, Joyce McKay

Staff-Parish Relations Committee

Busey Ward, Joyce McKay, Becky Rockwell, Amy Mathis, Freddi Castle, Monique Campbell, Toni O'Connor (Lay Leader)

Finance

Lisa Martinson, Toni O'Connor (Lay Leader), Kathy Freeland (Council Charil), Busey Ward (SPRC Chair), Ben Mathis (Trustees Chair), Donna Dailey (Treasurer), Keiko Foster (Pastor)

Board of Trustees

Ben Mathis, JW Pangle, Jean Stewart, Tom Sine, Carrie Copp, Scott Mathis, Harold Amick, Brady Bowles, Kathy Freeland

Nominations

Busey Ward, Lisa Martinson, Becky Rockwell, Toni O'Connor (Lay Leader) Keiko Foster (Pastor)

Acolytes

Reed Pangle, Georgia Campbell, Sylvia Harman, Corbin Mathis

Children's Ministry Leaders

Jill Pangle, Jane Mathis, Shari Harman, Monique Campbell

Greeters

Donna Dailey, Marilyn Muir, Lisa Martinson, Wilma Jennings, Monique & Georgia Campbell, Becky Rockwell, Fran Balance, Freddi Castle

Streaming Team

Mark Keithley, Jill Turnbull, Toni O'Connor, Bruce Harman (in training)

Worship Planning Team

Sharon Henshaw, Steve Jennings, Becky Rockwell, Connor Crotzer, Toni O'Connor, Keiko Foster

WATTS

Mark Keithley

Coordinating Kitchen of Hope

Kathy Freeland Fran Balance
***We are looking for one or two volunteers who can be on site, especially on 3rd and 4th Thursdays



2023-24 WATTS Warming Center Continues through March 29

Mondays-Saturdays: 7:00 am- 1:00 pm
Sundays: Noon-5:00pm

Family Promise NSV

We will share ways for us people at Market Street to support wonderful ministries FPNSV is doing for families experiencing homeless-



HELP NEEDED—Kitchen of Hope

- ⇒ We are looking for a volunteer who can be at Kitchen of Hope once or twice a month.
- ⇒ We are also looking for a group that can serve on Thursday, April 25.

Please contact the church office if you can help.



Health Minute

Jeff Swift

To Fizz or not to Fizz

I recently read information about drinking carbonated water and of course, consulted YouTube on the subject as well. I like carbonated water, which water injected with CO₂. Some of you may have a water carbonator at home, like Soda Stream Fizzi. There are different kinds of carbonated water out there. There's seltzer which is carbonated water. It may have a flavoring added. The kind to look for is no added sugars or artificial sweeteners. Sparkling water and seltzer water are the same thing.

Mineral water is naturally carbonated water with minerals such as magnesium, and calcium.

Club soda is artificially carbonated water with added minerals.

Tonic water is artificially carbonated water with added minerals and quinine. Also has sugar or high fructose corn syrup. Because of the sugar, I'd stay away from tonic water.

Possible benefits of carbonated water are:

May help you get off the soda wagon! You still get the fizz, not all the sugar and other bad stuff like phosphoric acid.

May make you feel fuller longer because of the fizz.

There's research showing it has helped with constipation.

Carbonated water is more acidic than regular water, but not enough to do any harm. It doesn't harm our tooth enamel. If you suffer from acid reflux, it may make it worse. However, some say it doesn't so you be the judge.

The takeaway here is that there are no studies out there demonstrating any significant negative consequences of drinking carbonated water. It helps you to drink more water all the better! Just check the label and watch for added sugar. Enjoy your Fizz Market Street! See ya in church, Jeff



CCAP Easter Donation—CCAP is looking for the following items:

Ham Whole Chicken Scalloped/Au Gratin Potatoes
Mac & Cheese Green beans Mushroom Soup Fried Onions
Boxed Yellow Cake Mix Pineapple Rings Maraschino Cherries

Bring the Items to church by Sunday, March 17!!



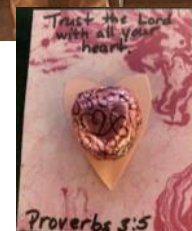
Congratulations to Ava Hall for receiving the Sacrament of Holy Baptism! (February 18)



Corbin Mathis served as an acolyte the very first time! (February 18)

In honor of Black History Month, Steve shared Afro-spirituals as Prelude →

Our students (and families) packed goody bags for home-bound friends (Feb 11) ↓



Our children shared their love with church friends!

EXCITING NEWS



United
Women
in Faith



Sisters in Christ Circle will meet on Tuesday, March 5, 6:00 pm at Kathy Freeland's Home (101 McClure Way, Winchester 22602)

Susanna Wesley Circle will meet on Monday, March 4, 1:00 pm at Joyce McKay's Home (419 Mosby St, Winchester 22601)

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

March Birthdays



- James Lantz 3/5
- Joseph Lausier 3/5
- Thomas Sine 3/5
- Edward Henshaw 3/6
- Taylor Henshaw 3/6
- Pearl Ebert 3/8
- Fred McKay 3/15
- Sinclair Brandy (Hagan) 3/16
- Jill Turnbull 3/18
- Hannah Stewart 3/18
- Rev. Keiko Foster 3/20
- Brenda Sine 3/27
- Sylvia Harman 3/27

March Anniversary



(Prayer from The United Methodist Book of Worship)

Monday of Holy Week

God of strength and mercy, by the suffering and death of your Son, free us from slavery to sin and death and protect us in all our weakness; through Jesus Christ our Lord. Amen.

Tuesday of Holy Week

Holy and compassionate God, your dear Son went not up to glory before he suffered pain, and entered not into glory before he was crucified. Mercifully grant that we, walking in the way of the cross, may find it the way of life and peace; through Jesus Christ your Son, our Savior. Amen.

Wednesday of Holy Week

Most merciful God, your blessed Son, our Savior, was betrayed, whipped, and his face spat upon. Grant us grace to endure the suffering of present time, to overcome all that seeks to overwhelm us, confident of the glory that shall yet be revealed; through Jesus Christ our Redeemer. Amen.

Holy Thursday

O God, by the example of your Son, our Savior Jesus Christ, you taught us the greatness of true humility, and call us to watch with him in his passion. Give us grace to serve one another in all lowliness, and to enter into the fellowship of his suffering; in his name and for his sake. 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



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, Julius Armel & Family, 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), Toni O'Connor, Market Street Church/its ministries, WATTS Warming Center, Family Promise NSV, The UMC

March

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm	Susanna Wesley Circle, 1:00 pm at the home of Joyce McKay	Sisters in Christ, 6:00 pm at the home of Kathy Freeland Lenten study 10 am and 6:30 pm	Choir Practice 6:00m	Kitchen of Hope 5:30pm		
10	11	12	13	14	15	16
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm		Lenten study 10 am and 6:30 pm Administrative Council, 7:00 pm	Choir Practice 6:00m	Kitchen of Hope 5:30pm		
17	18	19	20	21	22	23
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm		Lenten study 10 am and 6:30 pm	Choir Practice 6:00m	Kitchen of Hope 5:30pm		
24 /31	25	26	27	28	29	30
March 24 Downtown Palm Sunday Celebration, 10:30am Sunday School 9:15 am Worship ser- vice 11:00 am March 31 EASTER SUNDAY! Worship 10:30am		Lenten study 10 am at Greenwood	Choir Practice 6:00m	Kitchen of Hope 5:30pm Joint Maundy Service, 7:00 pm at Green- wood	Good Friday Stations of the Cross, 5:00-7:00pm at Cunning- ham Family Field	Holy Saturday United Women in Faith Easter Bake Sale

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

March
2024



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.