



# MARKET STREET UNITED METHODIST CHURCH SEPTEMBER 2023

## **Weak Enough to Lead** (reflection of summer sermon series)

What does it mean for God came as a child? Rev. Dr. James C. Howell, Senior pastor of Myers Park UMC (beautiful church, by the way!) in Charlotte and author of the book *Weak Enough to Lead*, beautifully describes what it might have been like:

*...the point of the incarnation is that Jesus was a child like other children. Jesus, our leader, was led by his mother. When she told him Let's go to the market, or It's time for bed or Let's recite Psalm 8 together he followed. He was entirely and wonderfully dependent upon her. She nursed him, and rocked him when he cried out from a fever. She prepared all his food. She made and mended all his clothes. She taught him how to talk and how to pray. She delighted in his first steps and comforted him when he fell and scraped his knee.*

The same Jesus, who was born in the lowliest place, died at the lowliest place: the cross. But the story was not over. When disciples thought everything was over, he rose victoriously – and the risen Christ continues to strengthen us, comfort us, nudges us to live Christlike life, loving and serving others. Dietrich Bonhoeffer, shortly before he was executed by the Nazi regime, wrote to his friend from prison: *God lets himself be pushed out of the world on the cross. He is weak and powerless in the world, and that is precisely the way, the only way, in which he is with us and helps us.*

No matter where we are in life, we are weak and vulnerable in some ways. But that is precisely when God takes our lives (and claims that we all are God's beloved), molds us, and puts us in places where Christ's glory will shine through our weakness. Toward the end of the book, Dr. Howell writes: *the noblest, holiest Christian leadership happens where there is weakness, humility, anonymity, struggle and failure. ... We are all broken already. ...Let the outpouring of mercy begin.*

May God mysteriously redeem our weakness and vulnerability, so that God's grace will shine in and through our lives. Hope to see you in worship, especially the Joint Outdoor on September 10! 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*



JOINT OURDOOR WORSHIP  
Sunday, September 10 at 10:00 am  
LIONS Shelter, Jim Barnett Park  
Please bring food/dessert to share!

\*\*To all the persons who stream—we will not have a LIVE streaming. However, an edited video will be posted on church's Facebook/YouTube pages later in the day.\*\*

Invitation from Greenwood Church  
Community Movie Night **ZOOTOPIA**  
September 22—Door opens at 7:00 pm  
Bring your chairs and join the fun!



## **Mark Your Calendar NOW!!! Market Street hosts WATTS November 11-18**

There are many ways YOU can help!

*Enjoy preparing a large meal?* → You may provide meals!

*Are You a Night Owl?* → Serve as "late-night" volunteer (until 11pm)

*You cannot physically be there?* → You may purchase & bring the items (item list will be provided in October newsletter)

Questions? Contact Mark Keithley at mark.t.keithley@gmail.com.

**THANK YOU FOR YOUR SUPPORT!!**



Mark Your Calendar  
**FALL BAZAAR**  
**October 28**  
9:00 am—1:00 pm



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

So far we have raised: (as of July 25): \$  
 What for? o Pay (back) Recent Major Repairs  
 THANK YOU for your commitment to Market  
 Street and its ministries.

**It is Harvest Time! Apple Gleaning**  
**September 9, 16, 23, 30**  
**9:00 am at Marker-Miller Farm**  
 It is a wonderful service opportunity  
 for people and/or family of  
 all ages.



From the Treasurer: Do you know UMC Market?



The General Council on Finance and Administration (GCFA) provides resources for all United Methodist Churches around the world. UM Market is an online portal designed for United Methodists to shop online with retailers who will donate a portion of their profit to your local church to help you raise funds for ministry. Check this link for details: [www.gcfa.org/umc-market](http://www.gcfa.org/umc-market)

**\*\* Please continue to support Market Street's ministries through your gifts! \*\***



**Congratulations, Alex and Martina!**  
 They got married in West Virginia on July 29, 2023!  
 Many Blessings to you both!



**Blessings to all our students! (teachers and staff, too!)**



Family Promise continues to support families facing homelessness. Our Reed Pangle made the top news of Family Promise NSV E-mail newsletter!

**Thank You Reed Pangle and SVEC**

**Lemonade Stand**

Reed and his sister recently set up a lemonade stand in their neighborhood. They had a great day serving passersby, sheriff deputies and even had a visitor stop by just to give them some money. Reed's family shared in church about their successful adventure. Later that day, at the church's fellowship meal, Sandi Webster, Board President, shared what Family Promise is doing in the community. When she finished, Reed came to her and said, "I want to donate \$20 from our lemonade stand to help the families."



**Thank you Reed for your generous gift to Family Promise NSV**



# Health Minute

Jeff Swift

## Sugar

If you are interested in cleaning up your diet one of the first things to do is to start cutting sugar from your diet. Sugar is everywhere! It's very difficult to get away from. You can hardly buy a loaf of bread without some form of sugar in the ingredient list. Processed foods usually have some form of sugar in them. So if God didn't make it don't eat it. We've all heard "shop on the periphery of the grocery store". That's God-made food! The isles are where man-made food is, full of not-so-good ingredients.

In 1700 the average person consumed four pounds of sugar a year. By 1800 it rose to 18 pounds a year. By 1900, 90 pounds a year, and by 2009 50% of all Americans consumed 1/2 pound of sugar a day. According to the Dept. of Health and Human Services, every American consumes 152 pounds of sugar a year with 63lbs coming from high fructose corn syrup. Yikes!!!!

We are addicted to sugar! Sugar consumption is a primary cause of obesity. It increases acidity in the body and causes inflammation in the body. It's a primary reason for high cholesterol and high triglycerides as it turns to fat in the liver. It can cause hormonal and metabolic imbalances. It puts you on the path to diabetes. It has no nutritional value and blocks the value of real nutrients. Sugar, alcohol, and drugs release dopamine in your brain. Dopamine is your temporary "happy button", and makes these substances addictive. However, their chronic consumption eventually leads to dopamine deficiency which leads to more serious anxiety and craving that then requires a larger and larger amount to satisfy the craving.

There are many sugar "code names" in the ingredient list on products. Examples are Agave nectar, Barely malt, Caramel, Corn syrup, Dextrin, Fructose, Grape sugar, Maltodextrin, Mannose, Molasses, Panocha, Rice syrup, Sucrose, Treacle, Sorghum syrup. Those are just a few!

Artificial sweeteners such as Aspartame are known to create excitotoxins which cause the neurons in the brain to excite themselves to death! Aspartame causes the brain to be hypoglycemic (low sugar). Splenda, an artificial sweetener when made starts with sucrose, and then it takes about 14 chemical reactions and additives to become Splenda! Better sugar alternatives are Stevia (make sure there are no additives to it), and Monk fruit which is made from an Asian melon.

Again, If you want to keep it really simple, "If God made it eat it, if God didn't make it, don't". With processed foods, you need to be analyzing the ingredient list carefully for disguised sugar. Jump off the sugar wagon Market Street! You can do it! God gave us many tasty sweet fruits, and berries to enjoy to satisfy our sweet tooth! See ya in church!

Jeff



Dear Church Friends,

This past June I went to the Virginia Annual Conference as a youth delegate. I had an excellent time there, and I would like to share my experience.

When I went there, on my first day, I had no idea who anyone was, but by the end, I was friends with half of the people.

During my time there, we held a fundraiser at the arena, and we voted during business sessions. We were recognized on the stage during the session, as well.

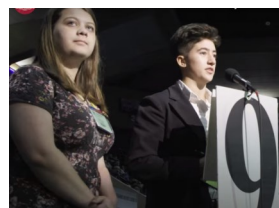
But not everything was serious, we had a silly string fight outside at night, we played video games, and we even had dinner in the city at a restaurant.

All of the people are very kind and welcoming, and it's all in all a very fun experience. I am looking forward to returning as a delegate next year!

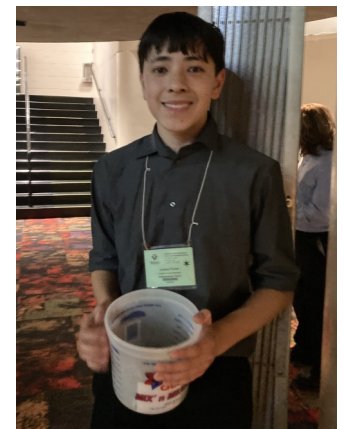
Thank you.



United as One in  
**MISSION**  
2023 VAUMC ANNUAL CONFERENCE



Joshua Foster  
(Youth Delegate to the  
2023/241st Annual  
Conference)





United  
Women  
in Faith



**Sisters in Christ Circle** Will meet on September 5, 6pm at the church.

**Susanna Wesley Circle** Will meet on Monday, September 11, 1:00 pm at Karen Hinkle's Home (145 Locust St).

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

**September Birthdays**



- Lily Marquess 9/1
- Cookie Oates 9/3
- Isaiah Campbell 9/5
- Macy Ward 9/6
- Katie Freeland 9/7
- Janet Moore 9/9
- Sophia Swift 9/12
- Franklin Moore 9/12
- Robert Hart 9/16
- Frank Jr. Moore 9/19
- Linda Campbell 9/22
- Judy Hagan 9/23
- Jean Stewart 9/25



**THANK YOU FOR YOUR SUPPORT!  
THE COMMUNITY GARDEN**

Our community garden has produced great harvest, many of them were taken to Freedge, a community fridge for all who need food.

Thank you to ALL THE VOLUNTEERS!

**A Fall Reflection**

*In the fading of the summer sun,  
the shortening of days, cooling breeze,  
swallows' flight and moonlight rays*

*We see the Creator's hand.*

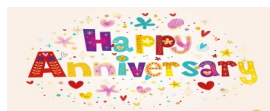
*In the browning of leaves once green,  
morning mists, autumn chill,  
fruit that falls, frost's first kiss*

*We see the Creator's hand.*

*- Unknown*



**September Anniversaries**



- 9/15 Archie & Freddi Castle
- 9/17 Steve & Cathy Sowers
- 9/29 Kelly & Scott Boyd

**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



***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), Market Street Church and its ministries, Family Promise NSV, The United Methodist Church

# September

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				Kitchen of Hope 5:30pm		UMM at IHOP at 8am  Apple Gleaning
3	4	5	6	7	8	9
Sunday School 9:15 am Worship service 10:30 am  NOANDA 7 pm		Sisters in Christ will meet at 6pm at Kathy's (101 McClure Way) for planning	Choir practice at 6pm	Kitchen of Hope 5:30pm		Apple Gleaning
10	11	12	13	14	15	16
JOINT OUT- DOOR WOR- SHIP, 10:00 am at Jim Barnett Park, Lions Shelter	Susanna Wesley Circle Meeting, 1:00 pm at Karen Hinkle's home	Administrative Council, 7 pm	Choir practice at 6pm	Kitchen of Hope 5:30pm		Apple Gleaning
17	18	19	20	21	22	23
Sunday School 9:15 am Worship service 10:30 am  NOANDA 7 pm			Choir practice at 6pm	Kitchen of Hope 5:30pm	**Greenwood hosts Outdoor Movie Night— You are welcome to join! 7:00 pm	Apple Gleaning
24	25	26	27	28	29	30
Sunday School 9:15 am Worship service 10:30 am  NOANDA 7 pm			Choir practice at 6pm	Kitchen of Hope 5:30pm		Apple Gleaning

Market Street United  
Methodist Church  
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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>

**SEPTEMBER**

**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.