



# MARKET STREET UNITED METHODIST CHURCH

## March 2023

### ***Now That Is Church***

Greenwood-Market Street Charge recently had a joint Ash Wednesday worship. As you know, Ash Wednesday marks the beginning of Lent, a 40-day period of self-examination and reflection, in preparation of coming Easter.

The worship was well attended by friends from both churches. There were retired preachers. There were regular attendees of worship services. But there were also friends I have not seen for some time. There were friends attending Ash Wednesday worship for the first time. There were young(er) persons, as well as more 'seasoned' persons. There were people with all sorts of backgrounds, life experiences and faith journeys. What we had in common were: 1) We all have 'missed the mark' in thought, word, actions or inactions; 2) We yearn for renewed hearts and spirits, so we might continue to live faithfully; 3) We all are mortal beings; and 4) None of us can live alone - we need one another in our journeys.

I was looking at the people and thought, "Now that's church - all God's children with various walks with life gather as frail humans, yearning to receive God's grace and assurance, so that we will commit ourselves to live in faith each and every day. Our God is I AM, always present, assuring us by saying, "I will be there however I will be there. I will not leave you or forsake you."

May you have a meaningful Lenten journey. I truly hope to see you in worship and/or the Lenten study (information is below). May we commit to grow in faith always. 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*

### **Coming Up in April...**

**April 2 Palm Sunday (Downtown Celebration at 10:30 am)**

**April 6 Joint Maundy Thursday Worship, 7:00 pm at Market Street**

**April 9 EASTER SUNDAY**

### ***Lenten Study 2023 Continues!***

***The God We Can Know By Rob Fuquay***

Classes offered

Sunday morning at 9:15 am (Zoom and In-person)

Sunday evening at 7:00 pm (Zoom)

Tuesday morning at 10:00 am (at Greenwood)

This study focuses on "I am" sayings of Jesus in John.

Contact [vamarketst@gmail.com](mailto:vamarketst@gmail.com) for Zoom link



## Annual Conference News

A Special Called Annual Conference session was held on February 18, 2023. To learn more about this recent Conference, visit [www.vaumc.org](http://www.vaumc.org)

If you have any questions, please contact Pastor Keiko.

This year's regular Annual Conference will be held on June 15-17 in Roanoke. Janet Moore is our delegate. Also this year, Joshua Foster serves as a Conference Youth Delegate! Please pray for them.



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



### CCAP Easter Food List

CCAP is requesting the following food items for Easter Food Giveaway:

Canned Yams      Canned Peaches  
Canned Green Beans  
Marshmallows      Boxed Potatoes  
Gravy Packets      Brownie Mix  
Roasting Pans  
Easter Chocolate eggs/Peeps/Jelly Beans  
Easter baskets

**Fill a Bag=Feed a Family! Bring the items to church by March 19!**

### Support Earthquake Relief Effort through UMCOR

(United Methodist Committee on Relief)

UMCOR is working with local partners for the relief efforts for the earthquake in Turkey/Syria.

100% of your donation goes to the program of your choosing.

To give online, go to [advance.umcmmission.org/p-641-umcor-international-disaster-response-and-recovery.aspx](http://advance.umcmmission.org/p-641-umcor-international-disaster-response-and-recovery.aspx)



### UMVIM Training

March 18, 9:00 am– 2:00 pm  
Floris UMC (13600 Frying Pan Road,  
Herndon 20171)



Questions? contact [tlynmorgan@icloud.com](mailto:tlynmorgan@icloud.com)

To register, [vaumc.org/march-2023-umvim-leader-training](http://vaumc.org/march-2023-umvim-leader-training)



Thank you for honoring Black History Month!

Families joined Bowling Fellowship with Greenwood!



# Health Minute

Jeff Swift

Health Tips this month is all about “sitting”. Research on the health effects of sitting is interesting, to say the least. Sitting uses less energy than standing and walking and is linked to health risks such as high blood pressure, high blood sugar, excess abdominal fat, and high cholesterol levels. Sitting for 8 hours a day with little or no physical activity had a risk of dying similar to that of smoking, and obesity. However, 60-75 minutes of moderate exercise a day countered the effect of sitting. The bottom line, try not to sit so much! Get up on your feet!

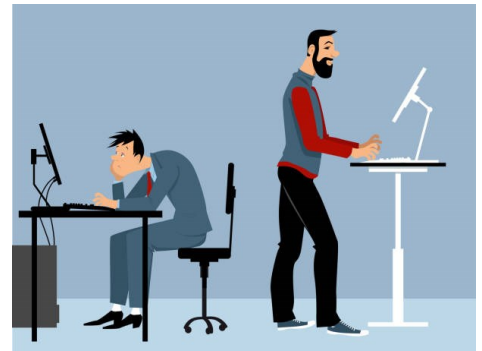
When talking on the phone, walk around the house, or around your yard.

During a commercial break while watching TV, stand up and march in place. Or stand and raise your arms over your head and take a deep breath. Stand up and rise up on the balls of your feet 20 times, do 10 mini squats, stand up from your chair 10 times without using your arms to help, or use your arms if you have to but just enough so you can stand. A great way to keep those “get up muscles” in shape for stair climbing, getting up off a chair, or getting up off the floor.

Take a walk around the block after you eat. Take a walk after sitting in the car for an hour if even just down the block and back.

Use a standing desk if possible and stand while working on a laptop rather than sitting 100% of the time. I’ve seen small standing desks you can place on your desk that telescope up to standing height for reasonable prices on Amazon, under \$100. Whenever you find yourself sitting for long periods, see if it’s possible to stand once in a while and still accomplish what you were doing while sitting. You get the idea, but it’s up to you to change the habit! So get on your feet Market Street. You can do it!!

See ya in Church, Jeff



**Attention Youth & Parents!  
Youth Mission Encounter  
March 4 at SU**

**Those who are attending—you should get a reminder email by Thursday. Contact Pastor Keiko for questions.**

**WATTS Warming Center will continue through March 24**

**Weekdays: 7:00 am—2:00 pm  
Sundays: Noon—6:00 pm  
Please continue to pray for all the staff, guests, and volunteers!**

**The installation service of Bishop Sue Hauptert-Johnson on Feb. 11**



**<https://youtu.be/13t98JVytZI>**

**Bishop Sue talks about disaffiliation**

**<https://youtu.be/ti8qwVJ-hZo>**

**KITCHEN OF HOPE**

Kitchen of Hope is a ministry of Market Street that continues over 20 years. Please continue to support this needed ministry. You may write a check to MSUMC (Memo line: KOH) or give online at [marketst.org](http://marketst.org), “Give now.”





United Women in Faith



**Sisters in Christ Circle** Will March 7 at 6pm, at the Church.

**Susanna Wesley Circle** Will meet on March 6th at 1pm at the house of Brenda Sing (101 Wilkins Drive)

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

**March Birthdays**



- Anna Spencer 3/3
- 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



**WATTS Warming Center continues thru 3/24!**

**Weekdays: 7:00 am—2:00 pm**  
**Sundays: Noon—6:00 pm**

**Lent** (from *The United Methodist Hymnal 268*)

*O God our deliverer, you led your people of old through the wilderness and brought them to the promised land. Guide now the people of your church, that, following our Savior, we may walk through the wilderness of this world toward the glory of the world to come; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, One God, now and forever. Amen.*

*(The Lutheran Book of Worship, 1978 ©1978, 1989 Augsburg Publishing House)*

**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 have no anniversaries in March.



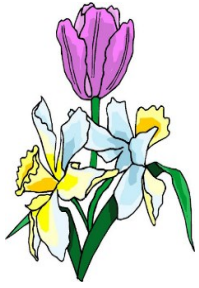
**WE NEED MORE PEOPLE!!!**

**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**

Fran Ballance, Karen Hinkle, Freeland family (Kathy, Kevin and Katie), 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, 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, Market Street Church, Market Street Commons/ Family Promise, The United Methodist Church



## Market Street Church Easter Flower Order

It is time to place your Easter flower orders! You can order any of the following flowers **IN MEMORY OF** or **IN HONOR OF** whomever you choose.

Please fill out the form and put it in the offering plate or send to the church office ***no later than MARCH 19<sup>th</sup>!!!!***

FLOWERS	IN MEMORY OF	IN HONOR OF	TOTALS
8" Hydrangeas \$20.00 each			
8" Easter Lily- Double Stalk \$15.00 each			
6.5" Tulips \$10.00 each			
6.5" Hyacinths \$10.00 each			
6.5" Geraniums \$10.00 each			

GIVER'S NAME \_\_\_\_\_

TOTAL: \_\_\_\_\_

**You may 1) Bring the form to the church, 2) Mail it via mail (131 S. Cameron St, 22601) , or 3) Scan the form and email to [vamarketst@gmail.com](mailto:vamarketst@gmail.com).**

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:

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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/>

**MARCH**

**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.

# MARCH

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Zoom Prayer Group 1:30pm Choir Practice 6pm	Kitchen of Hope 5:30pm		
5	6	7	8	9	10	11
Worship 10:30 am 9:15 Lenten Study NOANDA 7pm 7pm Zoom Lenten study	Susanna Wesley Circle at the house of Brenda Sine	Sisters in Christ 6pm at the church Lenten Study Greenwood at 10am	Zoom Prayer Group 1:30pm Choir Practice 6pm	Kitchen of Hope 5:30pm		
12	13	14	15	16	17	18
Worship 10:30 am 9:15 Lenten Study 7:00pm Lenten Study Zoom NOANDA 7pm		Admin Council 7:00 pm Lenten Study Greenwood at 10am	Zoom Prayer Group 1:30pm Choir Practice 6pm	Kitchen of Hope 5:30pm		
19	20	21	22	23	24	25
Worship 10:30 am 9:15 Lenten Study 7:00pm Lenten study zoom NOANDA 7pm <b>*Easter Flower Order Due!</b> <b>*CCAP due</b>		Lenten Study Greenwood at 10am	Zoom Prayer Group 1:30pm	Kitchen of Hope 5:30 pm		
26	27	28	29	30	31	
Worship 10:30 am 19:15 Lenten Study 7pm Lenten study Zoom NOANDA 7pm		Lenten Study Greenwood at 10am	Zoom Prayer Group 1:30pm Choir Practice 6pm	Kitchen of Hope 5:30 pm		