



# MARKET STREET UNITED METHODIST CHURCH AUGUST 2023

## ***Yielding Much Harvest***

When you travel, you may see the Gideon Bibles in hotel rooms. Guess what, one of the hotels we stayed in Japan, along with the Bible, we found a bilingual book titled *The Teaching of Buddha*. I picked it up and started reading... and I was fascinated by the stories!

One stories reads: *There are three kinds of people in the world. The first are those who are like letters carved in rock; they easily give way to anger and retain their angry thoughts for a long time. The second are those who are like letters written in sand; they give way to anger also, but their angry thoughts quickly pass away. The third is those who are like letters written in running water; they do not retain their passing thoughts; they let abuse and uncomfortable gossip pass by unnoticed; their minds are always pure and undisturbed.*

Reading this story, I cannot help but think about Christ's parable of the Sower (Matthew 13) – Jesus said that some people are like the seeds that fall on the path, the rocky ground, or among the thorns. One reason or another, they will not grow. But he says that some people are like the seeds on the good soil – they will grow and yield 30, 60, 100 times of the grain!

In life, we encounter struggles, hardships, frustrations, disappointments, pain and grief. But we must remember: Christ is always with us through ups and downs of life. He understands it completely; he lived it himself! And even this day, the same Christ guides our steps every day, showing us what it means to follow him, so we may yield much harvest in and through our lives.

May we commit to worship, pray, study, serve, and continue to grow in faith. Keiko

P.S. Yay! Got to see my mother this summer! →



**Attention Families with school-age children!  
Mark Your Calendar!  
Blessing of the Backpacks  
Sunday, August 13**



**JOINT FALL KICKOFF & POLUCK LUNCHEON**  
Sunday, September 10 at 10:00 am  
LIONS Shelter, Jim Barnett Park

## **KIDVENTURE is starting on August 13!!**

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

**August 13 will be the "TRANSITION/INTRO" meeting, thinking about the exciting things for the coming year!**



## **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*



# CAPITAL CAMPAIGN

## Capital Campaign 2023-2025

Campaign Goal : \$ 100,000

So far raised: (as of July 25): \$ 8,966.25

What 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

Make checks to MSUMC ("capital campaign" in memo line) Online giving also available.

THANK YOU for your commitment to Market Street and its ministries.

### Babylon VBS

Thank you all leaders and volunteers!

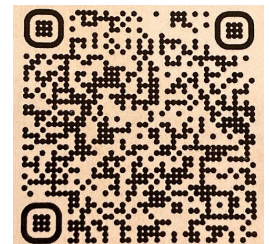


### Calling BIKERS OF ALL AGES!

**3rd Annual CCAP Benefit Bike Tour  
August 26, 2023 8:00 am start time**

There is a family bike ride, as well!  
(6.2 miles through the MSV)

Register at [ccapwinchester.com](http://ccapwinchester.com) or  
Scan this QR Code →→→



Sandi Webster, the President of Family Promise NSV, came to the potluck on July 30 and told us about the updates:

Currently they have 16 active cases

Need: A van (to transport clients)

Volunteer opportunities:

Childcare while parents are in sessions (Contact church office if you can help!)

**Visit [familypromisensv.org](http://familypromisensv.org) for more info!**



## Resistance Exercise

This month's article will touch on the importance of doing resistance exercises on a consistent basis. So why should we all be doing some sort of resistance exercise?

As we age our muscle mass and strength normally decline. However, if we engage in some sort of resistance exercise on a consistent basis we can keep our strength up in order to continue to enjoy activities safely. Loss of strength will result in loss of joint stability. We are then more prone to joint injuries. Loss of strength results in decreased balance and decreased ability to compensate for a loss of balance which can result in a fall.

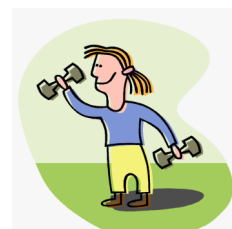
Here are some interesting statistics:

Resistance training is associated with reduced risk of disease and all-cause mortality.

Muscle weakness is associated with a 15-20% increased risk of death from any cause compared to stronger groups.

Effects of performing "some" resistance training results in a 14% reduction in cancer, a 15% reduction in all-cause mortality, and a 19% reduction for cardiovascular disease. Habitual resistance training resulted in a 10-20% decreased risk of dying from any cause compared with a group doing no resistance training.

There are various ways to do resistance training. It can be done using body weight. Push-ups would be an example. Resistance bands are a popular way to do resistance exercises. Dumbbells, cuff weights, and barbells are other ways to resist a motion. Even calisthenics' count, the old isometric exercises some of us did in gym class! It doesn't have to be fancy. On YouTube type in "resistance exercises for seniors". There are numerous programs you can follow. If an exercise hurts you don't do it. Go on to the next one. Just do something and be consistent. It will pay off! It's never too late to start. The research backs this up!



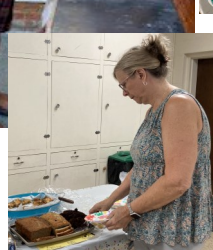
See ya all in church, or maybe the gym!!

Jeff

**Streaming Ministry Training Session (July 2)**  
Contact Pastor Keiko if you are interested in being a part of this crucial ministry!



**POTLUCK FUN!**  
**July 30**



## Virtual Lay Servant Academy

Register today for **Lay Servant Academy August Training Weekend!** The dates are **August 18th and 19th**--Zoom Only. Our theme for August is *What is God Calling You To Do?*

Each class is designed so that you can take tangible ideas back to your church and so that you can make connections to others around the conference. If you have questions, you are welcome to reach out to Tianna Durbin ([tiannad@arcolachurch.org](mailto:tiannad@arcolachurch.org)).





United Women in Faith



**Sisters in Christ Circle** Will meet on Aug.7 at 6pm at Kathy's (101 McClure Way) for a planning session and refreshments. **Susanna Wesley Circle** Will meet on Monday Aug 7 at 11am at Rose Hill Park on Jones Road. **United Methodist Men (UMM)** –Meet the second Sat of the month at IHop on 522S at. 8 am. All Men are welcome!

**August Birthdays**



- Corbin Mathis 8/2
- Kathryn Marquess 8/3
- Philip Stewart 8/8
- Alexander Swift 8/9
- Karen Hinkle 8/13
- Jill M. Pangle 8/15
- Matthew Robertson 8/18
- Pam Castle 8/22
- Monique Campbell 8/23
- Peg Pangle 8/25
- Connor Crotzer 8/26
- Charles "Buddy" Robertson 8/30
- Bruce Harmon 8/31

**NEED HELP WITH THE COMMUNITY GARDEN**



Our community garden can use your help! Contact Monique or the church office if you can help!

**BACK TO SCHOOL PRAYER**

*Learning is a gift from God. As we begin this new school year, we give thanks that God has given us the ability to learn many things in many ways.*

*Loving God, sometimes a new school year seems exciting or scary or both.*

*Help us remember to show our thanks for your gifts of learning by doing our best every day.*

*We ask that you bless our schools, teachers, classmates and friends.*

*We ask that you bless those who prepare our lunches, those who drive us to school, and those who keep our schools clean and safe.*

*We ask God's blessing on this new school year, that it may be a time when we appreciate and fully use God's gift of learning. 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 (especially those who are traveling)
- All who are lonely, needing a community to belong

**August Anniversaries**



- 8/11 Ben & Jane Mathis
- 8/15 Johnny & Whitney Craig



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

# AUGUST

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				Kitchen of Hope 5:30pm		UMM at IHOP at 8am
6	7	8	9	10	11	12
Sunday School 9:15 am Worship service 10:30 am  NOANDA 7 pm	Susanna Wesley Circle Meeting, 11:00 am at Rose Hill Park  Sisters in Christ will meet at 6pm at Kathy's (101 McClure Way) for planning	Administrative Council, 7 pm		Kitchen of Hope 5:30pm		
13	14	15	16	17	18	19
Sunday School 9:15 am Worship service 10:30 am  <i>*Blessing of the Backpacks</i>  NOANDA 7 pm				Kitchen of Hope 5:30pm		
20	21	22	23	24	25	26
Sunday School 9:15 am Worship service 10:30 am  NOANDA 7 pm				Kitchen of Hope 5:30pm		
27	28	29	30	31		
Sunday School 9:15 am Worship service 10:30 am  NOANDA 7 pm			Choir practice at 6pm	Kitchen of Hope 5:30pm		



**WATTS COOLING CENTER Continues through September 5**  
**Noon-5:00 pm (11am-4pm on Thursdays)**  
**Please pray for all the guests and staff. Individual snack donations welcome!**

**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/UCAKQ2HQcXqdkg1W0gBS5y8w>**

**AUGUST  
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.