



# MARKET STREET UNITED METHODIST CHURCH

## NOVEMBER 2023

### **Visits Can Change Lives** (reflection from October sermon)

In the month of October, we looked at various stories of people visiting people. During my message, I repeated over and over, but let me say it again: *Visit can change lives. If we choose to be sent and to meet another human being in Christ's name, through the power of the Holy Spirit, God can make new life, new possibilities, and new hope possible.*

Visits can be one-time encounter, regular visits to family and/or close friends, random encounter at a grocery store line or a gym. No matter what the circumstances might be, the key is that we embrace the moment, remain open hearts, be fully present, and let God's grace shine in and through us. If we are willing, God would bring people into our lives...and through each unique encounter, God will do amazing things - we would truly see what the good news can do.

p.s. Thank you for all the cards, messages, and expressions of love and concern (including this beautiful flower!) Meant a lot!



### **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!**

**Church Fall Cleanup Day**  
**Saturday, November 4**  
**9:00 am**

Come & help beautify our beloved church, Market Street!  
It could use YOUR love!

**Attention Leaders!**  
**Shenandoah River**  
**District Charge**  
**Conference**  
**November 12, 2:00 pm**  
**at Macedonia UMC**



### **Thanksgiving Flower Class**

Create your own Thanksgiving Centerpiece/decoration!

Saturday, November 11 at 10:00 am

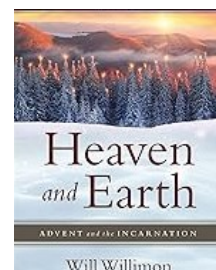
\$20 per person

Interested? Email [vamarketst@gmail.com](mailto:vamarketst@gmail.com) by November 6!



**Advent Study 2023**  
**Heaven and Earth**  
**Advent and the Incarnation**  
*By Bishop Will Willimon*

Let us dive in with Bishop Willimon on what it *really* means "The Word became flesh." Stay tuned for study dates/times. Contact Pastor Keiko if interested.



**Market Street hosts WATTS November 11-18**  
**Please see the next page for details.**

# Market Street hosts WATTS November 11-18, 2023

Our big week is coming up! Please pray for all the guests, volunteers and staff persons!



## Items Needed for WATTS:

Individual packs of Hot chocolate, snacks (pretzel, fruit snacks, crackers, cookies)



### SOCKS

Bottled water (in cases)

**Plastic cutlery, paper plates, cups, napkins**

Powder coffee creamers

Fruit (bananas, apples, bags of cuties)

Instant lemonade (in cans)

Cold breakfast items (pop tarts, granola bars, muffins, fruits)

**Cash donation is always welcome!**



## Congratulations and Welcome!

On October 22, Sara joined the church, and her daughter Ava and



## THANK YOU, CARTER!

In Connor's absence, Carter Perryman brought fabulous music to worship!



**Celebration luncheon for Alex and Martina**  
Thanks to all who came & celebrate with them!



Thank you also to Revs. Rhonda, Dave, and Charles for leading worship in October!



# Health Minute

Jeff Swift

In this edition of Health Minute, I'll discuss organic versus nonorganic produce. Hate to admit it, but going to the grocery store is getting to be like doing a Junior High Science project! Be informed; be aware of what you are consuming! When you buy produce that is not organic you have no idea what it has been sprayed with as far as pesticides are concerned. If you think all the pesticides that are being sprayed on food have had long-term studies as to the potential effect on humans, think again. Pesticides have been linked to numerous diseases, hormonal dysfunctions, ADD and ADHD, migraine headaches, and growth/developmental delays. In his book "Make Food Simple" Dr. Livingood (Dr. of natural medicine and DC) states a study in the Journal of American Agriculture and Food Chemistry found that organically-grown fruits and vegetables have higher levels of cancer-fighting antioxidants than conventional pesticide-sprayed produce.

There are 12 foods that you should always buy "organic" because their skin is thin resulting in absorbing higher levels of pesticides. Included in the dirty dozen are: strawberries, spinach, kale, (collard, mustard greens), nectarines, apples, grapes, bell and hot peppers, cherries, peaches, pears, celery, and tomatoes.

Fruits and vegetables that have tough skins, therefore can repel pesticides and are safer to buy nonorganic are the following: avocados, pineapple, onions, papaya, frozen sweet peas, asparagus, honeydew melon, kiwi, cabbage, mushrooms, cantaloupe, mangoes, watermelon, and sweet potatoes.



Of course, the best produce is the produce you grow in your own garden or buy local when possible so you can ask questions about what you are getting.

See ya in church! Jeff



## LAY LEADER

We are well and truly into fall now. The trees are gorgeous and nights are crisp. Be thankful for God's decorations!

At Market Street, we are thankful for new members Sara, Ava and Scarlet as well as recent members Alex, Martina, and Nancy. It's wonderful to have new blood amongst us "old timers".

As we look forward to the upcoming Advent and Christmas seasons, don't neglect giving thanks for all you have on the day set aside just for that. People now seem to want to rush into the Christmas season without properly leaving much time to give thanks to their creator. Don't be in a rush! Your time goes by quickly enough without trying to make things go faster. Savor things as they come.

Happy Thanksgiving!

Toni O'Connor, Lay Leader



## Don't forget CCAP

### Christmas Food List, too!

**Canned yams, Canned green beans  
Marshmallows, Cranberry sauce  
Boxed potatoes, Gravy packets/cans  
Dressing/stuffing, Brownie/cookie mix  
Pancake mix, Cooking oil  
Roasting pans, Turkeys ,  
Hams**

\*\* Bring items to church  
by Nov. 26



I want to thank my church family for all the beautiful cards, calls, and prayers during my recent emergency surgery.

God bless! Brenda Sine





United Women in Faith



**Sisters in Christ Circle** Will meet on Tuesday, November 7, 6:00 pm at the church.  
**Susanna Wesley Circle** Will meet on Monday, November 6 1:00 pm at Nancy Fromm's home  
**United Methodist Men (UMM)** –Meet the second Sat of the month at IHop on 522S at. 8 am. All Men are welcome!

**November Birthdays**



- Carrie Copp 11/8
- Joshua Pangle 11/11
- Janelle Koeller 11/13
- Pamela Bowles 11/16
- Martina Neff 11/19
- Nancy Greenly 11/28



**Pics from Children's Ministry**

FBI (Faithful Bible Investigators) had a nice outing at Sweet Frog the other day!



**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

**November Anniversaries**



11/15 Lisa & Don Martinson

**Can YOU join us?**



**Weekly Prayer Group — Wednesdays at 1:30 pm via Zoom**

**Judy Hagan will contact you with Zoom link.**

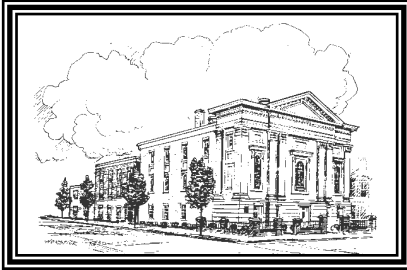
**Prayers for Our friends & family at Market Street**

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

# NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				Kitchen of Hope 5:30pm		UMM at IHOP at 8am
5	6	7	8	9	10	11
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm	Susanna Wesley Circle, 1:00 pm at Nancy Fromm's	Sisters in Christ, 6:00 pm at Church	Choir practice at 6pm  <b>Administrative Council, 7 pm (Note the date change!)</b>	Kitchen of Hope 5:30pm		<b>Market Street hosts WATTS</b>
12	13	14	15	16	17	18
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm			Choir practice at 6pm	Kitchen of Hope 5:30pm		
<b>Market Street hosts WATTS</b>	—————→					
19	20	21	22	23	24	25
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm			Choir practice at 6pm	HAPPY THANKSGIVING  		
26	27	28	29	30		
<b>Christ the King Sunday</b>  Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm				Kitchen of Hope 5:30pm		<b>Hanging of the Greens, 9:00 am</b>  

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>

**NOVEMBER**

**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.