



MARKET STREET UNITED METHODIST CHURCH

June & July 2024

Here I am, Send Me (from May 27's message)

To the young people in the house, I would like to say: Go, confidently and excitedly, as the world is ahead of you. Trust that God, who called you here, who has brought you thus far, will show you/move with you to the next step. Do not be afraid to make mistakes. Know that a little detour here and there is okay, because, in the end, all experiences will help you become your unique self. Don't get discouraged even when you face tough experiences, challenges, or struggles. God will take all that, and still continues to form you, mold you and create/recreate you, so you may fulfill the special call/mission God puts in your life.

May God continue to keep you and guide YOU, today and always. Keiko

Our Staff

Pastor

Rev. Keiko Foster

Director of Music

Dr. Steve Jennings

Church Musician

Carter Perryman

Custodian

Linda Campbell

Our Leadership

Administrative

Council Chair

Kathy Freeland

Lay Leader

Toni O'Connor

Finance Chair

Lisa Martinson

Treasurer

Donna Dailey

Staff Parish

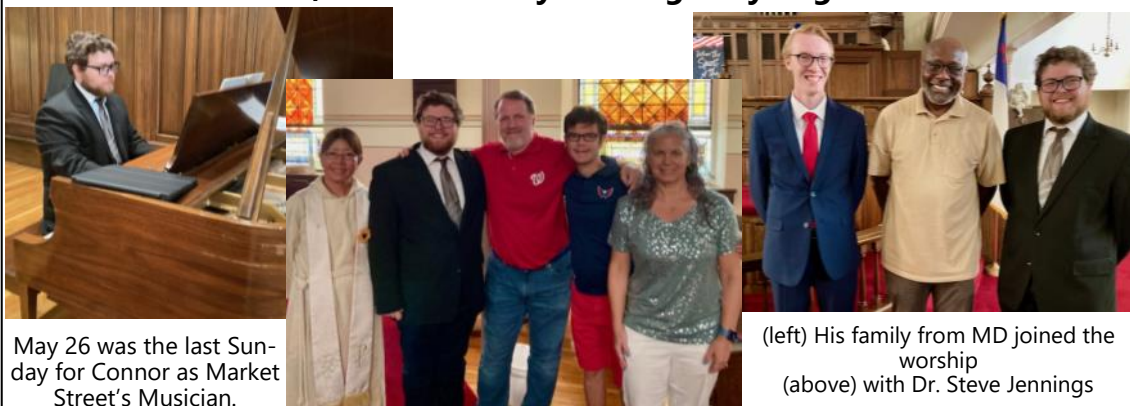
Relations Chair

Busey Ward

Trustee Chair

Ben Mathis

THANK YOU, Connor! Many blessings as you go to Penn State!



May 26 was the last Sunday for Connor as Market Street's Musician.

(left) His family from MD joined the worship
(above) with Dr. Steve Jennings

Mark Your Calendar NOW!

Installation of Carter Perryman, Our New Musician

June 2 during worship

Please welcome Carter together!



IMPORTANT NOTICE

We are trying to offer a summer small group for times of fellowship & study. More info is to come so stay tuned!



CHURCH-WIDE MISSION PROJECT Kits for Conference

THANK YOU to all who brought items for the kits!

Big Parking Party!

Sunday, June 2 right after worship

Thanks to Sisters in Christ Circle for providing snack!

**Vacation Bible School 2024
CAMP FIRELIGHT is coming up!**
June 27 & 28—5:00-8:00 pm
June 28—10:00 am—2:00 pm

Stay tuned in ways you can help!

Also, Mark your calendar NOW!
"S'More" (VBS) Sunday Worship
Sunday, June 30 in the Fellowship Hall

Note that there may not be streaming on this day...

Registration form can be found on our website:
marketst.org/vacation-bible-school



General Conference 2024 FAQs

(from doc.vaumc.org/GC2024/GenConfFAQs_PostWebinar2024.pdf)

⇒ *What happens at General Conference?*

General Conference is a gathering of United Methodist clergy and lay delegates, elected by their Annual Conferences, to worship, collaborate, and consider legislative proposals. It is scheduled to take place once every four years. The postponed 2020 and 2024 General Conference took place April 23-May 3, 2024 in Charlotte, NC.

⇒ *Who represented Virginia at General Conference?*

Virginia was represented by 11 seated clergy and 11 seated lay delegates as well as a host of other observers and supporters. The full delegation list can be found here: <https://vaumc.org/gc2024-delegation/>.

⇒ *What are the “3 R’s” that were supported at General Conference?*

Much of the legislation that came before the General Conference dealt with three legislative priorities known as the “R’s”. Those were:

Regionalization (customize in how church lives out its mission in each region of the world)

Removal of Harmful Language

Revised Social Principles Regionalization (full inclusion of LGBTQ+ persons in the life of the church)

**** Voting on General Conference matters will be properly before the 2025 Virginia Annual Conference rather than the upcoming Annual Conference session, taking place June 20-22, 2024.**



Family Promise Northern Shenandoah Valley (FPNSV) continues to serve families facing housing insecurity.

THANK YOU— FPNSV raised \$80.06 from the Spirit Night at Panera.

They invite you to another Spirit Night—June 13, 6-10pm at Cone-N-More (Packs) on Rt. 522 north, across from Winchester Church of God.



You would like to know what it was like to attend the General Conference?

Have Questions about the General Conference discussions?

Rev. Rhonda is going to have an IINFO SESSION on Sunday, June 16 right after worship.

Mark your calendar now!



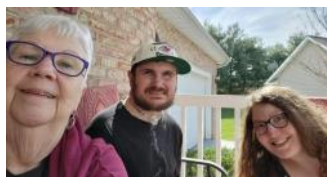
GOAL: \$100,000

Money raised to date: \$16,179.00

Please continue to support Market Street through your gifts!

THANK YOU

Kathy Freeland would like to thank you for your ongoing prayers and expressions of love and support. Please continue to pray for Kathy, Kevin and Katie.



Graduation Sunday

Monique Campbell
Connor Crotzer
Mark Keithley
Josh Pangle
Congrats, Graduates!



Nighttime (Nocturnal) leg cramps

Nighttime leg cramps (usually in the lower leg, calf, and feet) that wake you up in the night are certainly uninvited visitors. The exact cause of nocturnal leg cramps is not known. There may not be an “exact cause” as there are multiple variables that could set you up for muscle cramps in the night.

Age is a factor. If you are over 60 the incidence of nocturnal muscle cramps goes up.

Medications, such as Albuterol/pratropium (Combivent) for COPD, Celebrex, Klonopin, Premarin, Diuretics (water pills), Prozac, Gabapentin (used for nerve-related pain), Naprosyn, Lyrica, Zoloft, Statins (lowers cholesterol), Ambien (sleep aid). There are probably others but this is something your Dr. will review to see if there’s a possible link to a medication contributing to leg cramps. Your Dr. would likely run blood tests as well to make sure nothing is out of balance.

Sitting a lot throughout the day, and standing on hard surfaces for prolonged periods are linked to leg cramps in the night.

Dehydration. Drink more water! Drink enough that your urine is fairly clear. The 6-8 glasses a day is a good place to start. Try this if you don’t like water. I take 2-3 lemons and clean them well. I use a fruit/vegetable spray cleaner but use whatever you want to get them clean. Put them in the freezer overnight. The next day grate the entire lemon (fine grate) and store in a ziplock bag. Keep it in the freezer. Break a chunk off and drop in your water. I’ve grated lime and ginger as well. It gives your water some taste. There are “greens” out there that have a mixture of fruits and vegetables you can mix in with your water. Costco has a good product called Zena Organic Supergreens. It has 0 sugar and it has probiotics, fruits, and vegetables. I mix a package of that in with my lemon, lime/ginger water. It looks like pond scum but tastes good and will help you get all those electrolytes.

Medical conditions such as diabetes, low blood sugar, low thyroid function, blood flow issues (peripheral artery disease), nerve damage, and pregnancy can all make one susceptible to nighttime muscle cramps.

Decreased sodium, potassium, calcium, and magnesium could set you up to have nocturnal muscle cramps as well.

Stay hydrated throughout the day. A good multivitamin can’t hurt. Stretch your calf muscles before bed by pulling your toes/foot towards your shin with your knee(s) straight and hold the stretch for at least 15 sec x 5. Roll a tennis ball or racquetball under each foot for a couple of minutes before bed if you suffer from cramps from foot cramps. Keep your bedding loose around your feet.

If you develop lower leg swelling, pain that doesn’t go away after the muscle cramp (longer than 10 minutes) have redness, warmth, and/or difficulty walking due to pain then this could be a sign of something serious that requires immediate medical attention such as a blood clot. Call your Dr or go to the emergency room!

If nighttime cramps are ongoing and keeping you up, disrupting your sleep cycle, get checked out by your Dr. to make sure there’s not some serious underlying medical issue. Tell your Dr if it is both legs or just one leg that cramps. Have an idea how long the cramps last. Is there an association with what you did the previous day or is it random? There may be a simple fix like a medication adjustment your Dr. will recommend based on his/her assessment.

See ya all in church, Jeff



2024 VAUMC Annual Conference
“A Conference in Three Movements”
Hampton Roads Convention Center
June 20-22, 2024

Heather Littleton will be representing our charge.
Also, Joshua Foster will be the youth delegate!

**** You can find the AC agenda here:**
doc.vaumc.org/AC2024/GenAgenda2024Feb15.pdf

Attention Students!
End of School Year Pool Party
June 8, Noon at Eli Mill’s Home
(contact Pastor Keiko for address)





United Women in Faith



Sisters in Christ Circle will help at Conference Kits packing party on June 2!

Susanna Wesley Circle will meet on Monday, June 10, 1:00 pm at Donna Dailey's home (103 Laurel Hill Drive, Stephens City)

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

Birthdays

Anniversaries

June

July

June

July

Busey Ward	6/1	Natalie Barnett	7/1	6/1 Judy & Charles Hagan	7/4 Tina & Spike Hosey
Chris Marquess	6/3	Wanda High	7/1	6/5 Keiko Foster & Mark Keithly	7/18 Joyce & Fred McKay
Wilma Jennings	6/11	Roddy Annan	7/10	6/13 Gary & Sharon Pugh	7/19 Erin & Bryon Powell
Bonnie Sine	6/11	John Spencer	7/10	6/18 Linda & Jim Bynog	
Linda Hart	6/15	Shirley Birkhimer	7/13	6/19 Jim & JoAnn Lantz	
Scott Cullers	6/18	Larry Whitehead	7/14	6/21 Tom & Brenda Sine	
Marjorie Cullers	6/19	Alex Neff	7/16	6/21 Donna & Steve Dailey	
Scott Mathis	6/22	Betty Hess	7/19	6/22 Jill & JW Pangle	
Sharon Pugh	6/23	Roger Addison	7/21	6/23 Jimmy & Jean Stewart	
Jeraldine Whitmer	6/24	Madison Koeller	7/22		
Payton Craig	6/24	Amy Mathis	7/22		
Gary Peer	6/29	Ryker Craig	7/24		
		Freddi Castle	7/24		



A Prayer to Begin Summer

For more light in the day, we thank you,
 For gentle mornings, we thank you,
 For nighttime conversations, we thank you,
 For friends and family, we thank you,
 For gardens and all manner of creatures, we thank you.
 Help us, Creator and lover of our souls.
 Help us love this earth.
 Help us dwell wholeheartedly in our lives this day.
 Help us pray as we walk, work, play, rest, and create.

Mount Merrion Parish, Church of St Thérèse, Dublin



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, 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 & Brenda Sine, Pearl Ebert (hospice care at home), 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, The Freeland family, Toni O'Connor, Nancy Fromm, Gary Peer, Brenda Palmer (Rose Lane's daughter), Taylor McDonald-Henshaw, Market Street Church/all the people and its ministries, Family Promise NSV, The UMC

June

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Sunday School 9:15 am Worship service 10:30 am Carter's Installation NOANDA 7 pm		Tuesday morning study, 10am at Greenwood Trustees, 7pm via Zoom	Choir Practice 6:00m	Kitchen of Hope 5:30pm		
9	10	11	12	13	14	15
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm	Susanna Wesley Circle, 1:00 pm at Donna Dailley's	Tuesday morning study, 10am at Greenwood Admin Council, 7pm	Choir Practice 6:00m	Kitchen of Hope 5:30pm		
16	17	18	19	20	21	22
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm		Tuesday morning study, 10am at Greenwood	Choir Practice 6:00m	Kitchen of Hope 5:30pm VA Annual Conference, Hampton 		
23	24	25	26	27	28	29
Sunday School 9:15 am Worship service 10:30 am NOANDA 7 pm			Choir Practice 6:00m	Kitchen of Hope 5:30pm VBS Camp Firelight 		
30						
Sunday School 9:15 am "S'More Sunday" 10:30 am in the Fellowship Hall NOANDA 7pm		*** In the month of June, we continue to remember Pentecost & the power of the Holy Spirit!				

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>

June & July
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.