

Candle, Candle

*Light the Advent candle, one: Now the waiting has begun;
we have started on our way, time to think of Christmas day.
Candle, candle, burning bright, shining in the cold winter night;
Candle, candle burning bright, fill our hearts with Christmas
light.* (Advent Song by ©Mary Lu Walker, 1975)



Believe it or not, it is Advent, a time for us to wait for the coming of the Christ child. One of the visible reminders of the season may be the Advent Wreath. According to an article from umc.org, the Advent wreath began as a German and Scandinavian home devotional practice. Then it began to be used by some congregations in America beginning in the late 19th century. With some adaptations over time (such as color and size), we remember the season with the Advent wreath that we have today.

The four Advent candles symbolize Hope, Love, Joy, and Peace. With uncertainty, divisions and violence that we witness today, those are what we all yearn in our hearts. My prayer is that, despite the pain, grief, and challenges we may experience in life, may we find moments of hope, love, joy, and peace, and truly prepare our hearts for the Christ Child. He came for you, for me, and for the world. Thanks be to God! Keiko



Mark your Calendar NOW!
Christmas Cantata *JOY* by Joel Raney December 20

**Christmas Eve Service (Lessons and Carols)
December 24 at 7:00 pm**

**First Sunday after Christmas with
Remembrance of our Saints December 26**

We have lost many dear friends in the last 2 years...
During the service, we will remember our dear saints.

Advent Study 2021

***The Heart that Grew Three Sizes:
Finding faith in the story of the Grinch***

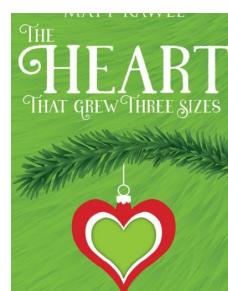
Sunday morning hybrid class, starting November 28

- Sunday evening ZOOM class, 7:00 pm starting November 28

[https://uso2web.zoom.us/j/88520073758?
pwd=OE1QZHY5RTRrNodUVFJyakhhOUNTZz09](https://uso2web.zoom.us/j/88520073758?pwd=OE1QZHY5RTRrNodUVFJyakhhOUNTZz09)

Passcode: 12252021 +1 301 715 8592

Thursday morning IN PERSON class, 10am starting Dec. 2 at Greenwood UMC (726 Greenwood Rd). Masks please. **If you would like a book (few available), contact the church office.**



Our Staff

Pastor

Rev. Keiko Foster

Admin. Assistant

Kathy Freeland

Director of Music

Dr. Steve

Jennings

Church Musician

Connor Crotzer

Youth Director

TBA

Custodian

Linda Campbell

Our Leadership

Administrative

Council Chair

Wilma Jennings

Lay Leader

Donna Dailey

Finance Chair

Roddy Annan

Treasurer

Judy Hagan

Staff Parish

Relations Chair

Toni O'Connor

Trustee Chair

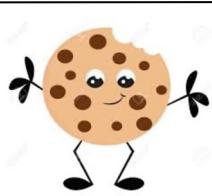
Ed Henshaw

Children's Choir

Director

Linda Hart





**COOKIE WALK
DECEMBER 18TH 9 a.m. to 12 p.m.
MARKET STREET UMC
PIES, CAKES CANDY CRAFTS AND MORE.**

I would like to help with the Cookie Walk

Help in person _____ name and Number

Help by baking or preparing something _____

All proceeds go to the budget of Market Street UMC

Due to the current pandemic guidelines, please be sure to sanitize your baking and preparation areas and your hands.

By committing to this, I agree to these terms.

-Name _____



Market Street just finished our week hosting the WATTS program at First United Methodist Church. Despite the few Market Street members volunteering, the week was successful. Luckily, we had great support from many outside groups and volunteers! Thank you to those that donated. Next year consider volunteering for this life-saving program. Your heart will grow THREE sizes (maybe more)!

Sharon Henshaw & Kathy Freeland



WATTS Warming Center

**Starting on December 12 in the Fellowship Hall
Schedule (for now): Monday-Friday, 6:30 am – 2:30 pm
Please remember all the guests and staff in your prayers!**



Market Street Commons Update

On November 14, Commons leaders shared an update.

Our people unanimously supported exploring possibilities to partner with Family Promise of Shenandoah County.

If you have questions, please contact Pastor Keiko
(keikofoster@vaumc.org)



Thank you to all children AND adults for a fun "Trunk or Treat"!



As we celebrate this time of the year, let's not forget that **Jesus is the Reason for the Season.**

I am so proud of Market Street for all the acts of kindness that are being shown: Supporting the Watts program for a week, by supplying breakfast and dinner, as well as volunteers spending time with the residents

A number of Thanksgiving Baskets were distributed from Market Street. Proceeds from the United

Methodist Womens' Bazaar will also go to missions.

Market Street is a very Giving Church.

Please join us Christmas Eve at 7:00 for Lessons and Carols, as well as on Sunday morning December 26'th, as we remember those Saints that have gone on before us, during the past couple years.

I would like to Wish each one of you a Very Merry Christmas and a Prosperous New Year. Blessings to all. Donna Dailey Lay Leader

Remembering Our Friends

Virginia Saunders Memorial Service is scheduled

Thursday,
December 2 at 2:00 pm in the Market Street Sanctuary
(Visitation – 1:00 pm)



Sunday safety guidelines will apply.

Roy "Buddy"

Locke, Jr.

Visitation: Tue, November 30, 6-8pm
Service:



Wed, Dec 1 at 1:00 pm
Both at Ombs Funeral Home, Amherst Chapel



Health Minute

I've had an interest in the effects of Wi-Fi and other electronics on our biology for some time. I ran across a book that I highly recommend if you would like to be in the know about the effects of EMF (electromagnetic frequencies) on your health. The book is easy to read, and well referenced. The author is Nicolas Pineault. The title is "The NON-TINFOIL Guide to EMFs". Like everything else, it's available on Amazon. It's cheaper as a download at www.theemfguy.com.

Don't download it on your phone. That will make more sense after you're done reading the article!

Four specific types of EMF have been linked to adverse health effects:

Radiofrequency (cordless phones, smart meters, smartphones, Wifi, microwave ovens, Bluetooth devices, 5G (coming to a street corner near you!).

Magnetic fields (Charger for electronics, high voltage power lines, Electrical panel, home with faulty wiring, electric current on water or gas pipes).

Electric fields (household wiring, power strips, underground electronics, cords/charges, lamps, and lighting).

Dirty Electricity CFL or fluorescent light bulbs, Charges for electronics, solar panels, dimmer switches, smart TV).

As the author puts it "we live in a big EMF soup".

The "safe amount of radiofrequency radiation" (called SAR) is supposedly the safe amount of radiation coming off your smartphone. In order to be safe, the manufacturers of phones tell you in fine print to "never have a cell phone pressed to your head, held in your hand, strapped to your arm, in your pocket, or in your chest pocket". For every millimeter you get closer to a cell phone your exposure goes up 10%!! There is plenty of evidence that there are negative effects that you should be aware of. Here's a big one. EMFs open up channels called voltage-gated calcium channels in the plasma membranes of cells that allow for excessive amounts of calcium to flow into the cell. The result "CAN BE, NOT IS" communication between nerve cells is disrupted, heart failure, arrhythmia, cardiac problems arise, cancer, break down of the blood-brain barrier (toxins can enter the brain that otherwise couldn't), infertility, depression, sleep disruption (affects the production of melatonin), cataracts, neural development, and autism. French oncologist Dominique Belpomme feels the most important effect is opening the blood-brain barrier allowing pollutants to enter the brain.

In your sleep environment, high levels of EMF impair your healing (our body needs sleep to regenerate and heal from the stresses of the day) by disrupting melatonin hormone production. This allows you to spend as much time as possible in R.E.M. sleep, the most restorative sleep stage.

EMFs effect on children. This is really an eye-opener. Children's skulls absorb way more radiation than adults. 10-year-old children absorb 153% more radiation than an adult. This is thought to be due to the higher water content in children's tissues.

Here are some things you can do to lessen your exposure to damaging EMFs.

Don't use your cell phone for day-to-day communication. Use a landline and redirect phone calls from your cell phone to your landline.

Turn off the Wifi function on your router, use a wired connection instead.

Keep your cell phone at least a foot away from your body and use earbuds with integrated microphone or use speakerphone.



Put your phone on airplane mode when carrying it and at night time. Turn off Wifi and Bluetooth as well. If you need to call or take a call keep the phone a foot away from your body and use those earbuds (air tube type). Keep the phone at least a foot away from your body when not in use.

Don't put laptops on your lap. Put them on a table and keep phones off your stomach (numerous effects on the intestines).

Some phones ramp up EMF emissions 1000 fold in areas where signals are poor, i.e. less than 5 bars.

Unplug your Wifi router in the night.

Dirty electricity: CFL (compact fluorescent light) bulb. Use the old incandescent bulbs.

Unplug chargers when not in use. Use only three-prong grounded plugs on all devices.

GET THIS BOOK and get informed. The science is well referenced. Read it to your phone-addicted children. I only touched on what I felt was most important!

See ya in church! Jeff

Jeff Swift is a member of Market Street. He is a physical therapist at Hampshire Hospital.



For Our
Free
Library

Do you have books at home you could donate to our Free Library? Adult and Children's books are welcome. Our Community really enjoys the books.
Please put your books in

Help us Finish the Year STRONG! Second Mile Giving

Thank you for your ongoing support to Market Street and its ministry. Help us finish the year strong!



Consider a "second mile" gift...
Special envelopes are in the sanctuary.



United Methodist Women (UMW)

Sisters in Christ Circle: Tuesday December 7th at 5:45pm at the Polka Dot Pot on the old town mall.
Susanna Wesley Circle: The Susanna Wesley Circle

The United Methodist Women would like to Thank Everyone who made our Holiday Bazaar such a success. We put this together in a very short amount of time and had one of the most successful events. Many of our members were involved with Watts and many were dealing with personal medical issues, and we still came together for this cause. The proceeds will go to local missions.



Reese Craig	12/4
Antonia O'Connor	12/8
Morgan Bowles	12/10
Reed Pangle	12/13
Jane Mathis	12/14
Joshua Foster	12/15
Chloe Pangle	12/20
Gloria Austin	12/24
Steven Dailey	12/24



12/8 Ed & Sharon Henshaw

Weekly Prayer Group Join us Wednesdays at 1:30 pm
Contact the Church Office if interested in joining...
Judy Hagan, our leader, will contact you.



Let us Pray for One Another...

For the world in the face of COVID-19 Pandemic
All those who are under medical care, recovering, or quarantined
All those who are mourning the death of loved ones
All Children, Families, Schools, Medical and Health Professionals
All who are serving others (First responders, those who provide necessary services, volunteers, etc.)
All divisions, unrest, injustices, violence, peace in the world

Please Also Pray for Valley Health!

Chaplains at Valley Health, is asking for prayers for patients and staff daily at:

7:00 am / noon / 7:00 pm / Midnight

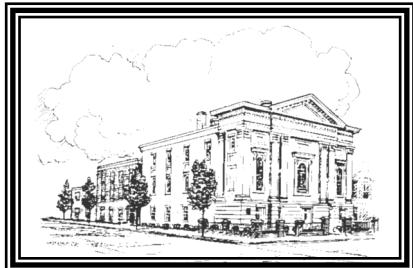
In this way, staff can remember that they are always being prayed for, as they do the important work they do for our patients. Patients would also be told that the community is praying for their recovery.



Prayers for Our friends & family at Market Street

Diane & Harold Amick, Kevin Freeland, Adrian O'Connor, Faye & Julius Armel, Dick Carpenter, Ed Henshaw, Joe & Betty Lausier, Brian Aronhalt, Family and Caregivers for Virginia Saunders, Larry Whitehead, John Castle, Lee Harris, Ben & Jane Mathis, Mable Carter, Chris Sweeney II, Janet Moore, Tom Dickinson, Pat Jenck, Brenda Sine, Pearl Ebert, Norma Fries, Betty Hess, Donna Patterson, Joan Christiansen, Gloria Austin, Pastor Jean McDonald Walker, Bob McDonald Walker, Family of Tom Layne, Market Street Church, Market Street Commons, United Methodist Church.

**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:

Sunday School—9:15 am via Zoom
Sunday Worship Service In-person or via
Facebook Live 10:30 am (or anytime later)

<https://www.facebook.com/marketstreetumc/>

(You do NOT need to have Facebook account to watch!)

Market Street United Methodist Church - YouTube

<https://www.youtube.com/channel/UCAKQ2HQcXqdkg1W0gBS5y8w>

DECEMBER

2021



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.