



MARKET STREET UNITED METHODIST CHURCH JUNE/ JULY 2022 (It is a Combined Edition!)

Pentecost Everywhere

I enjoy the stories from the book of Acts, which are often read during Easter season. Many stories focus on the people who were touched and changed by amazing, unpredictable grace of God! Through the power of the Holy Spirit, people everywhere were invited to join God's kingdom and God's work in the world.

New believers experienced excitement and joy to follow Jesus (and I can relate, since I came to faith as an adult). They challenge us: Do we daily have the same excitement in following Christ? Or, have our hearts become complacent, thinking, 'we've grown enough,' 'we've learned enough,' or 'we've served enough'?

The Virginia Conference celebrates its 240th session on June 16-18. By the way, its vision is *"To be disciples of Jesus Christ who are lifelong learners who influence others to serve."* It is clear that, for us to be followers of Christ, there will always be learning – learning who God is, who we are, and in what ways we may serve God and influence others. In fact, in weekly emails, we all are challenged:

How can you be a **lifelong learner**?

How can you be an **influencer**?

How can you **serve**?

Those are great reflection questions! We are to continue growing, serving, and influencing others. May the power of the Holy Spirit be with you, giving you the strength each and every day. Indeed, Pentecost (Holy Spirit changing our hearts and lives) is happening all the time, all around us! Keiko



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

Busey Ward

Lay Leader

Donna Dailey

Finance Chair

Lisa Martinson

Treasurer

Judy Hagan

Staff Parish

Relations Chair

Toni O'Connor

Trustee Chair

Ed Henshaw



Are you interested in hosting a Small Group this Summer??

"...Discipleship and nurturing one another in the context of the body of Christ can best take place in small fellowship groups, care groups, or discipleship groups." (from Discipleship Ministries website)

Would YOU be interested in hosting a Small group this summer? It can happen weekly, few times throughout the summer, or just once!

If so, contact the Church Office and tell us what you have in mind:



Day/Time (Daytime? Evening? Weekend?)

How often/How long (July & August, Just once, ongoing, etc.)

What kind of group would this be? (Fellowship, book study, etc.)

**Graduation Sunday
June 12, 10:30 am**

Please come and celebrate with our graduates! Cake and punch reception is to follow.



**Mark Your Calendar NOW!
Vacation Bible School 2022
Hero Central
July 8 (6-8pm) & 9 (10am-2pm)**

****Registration is on Page 7**
Invite your friends & Be there!**



**CALLING ALL
THE GREEN
THUMB!**

Market Street has a space at Timbrook Park (behind Winchester City Police Dept.) Community Garden. Our goal is to grow fresh veggies so they will be used at Kitchen of Hope and other meals ministries. Contact the Church if you can help!



A friendly Invitation from Greenwood Church...

**OUTDOOR
MOVIE
NIGHT!**

**JUNE 24
8:00 PM at
Greenwood
Church
Bring chairs & blankets!**

**United as One in Worship
240th Session of the Virginia Annual Conference
June 16-18, 2022 in Hampton, Virginia**



Please pray for ALL the participants—clergy, laity, families, etc.

As part of the mission, we are collecting non-perishable food items. Your donation will be sent to local food banks and pantries. Please bring your donation by Sunday, May 29.

Winchester District News

The Winchester District Office has moved!

The New Address for the District Office is

78 Brook Creek Road, Toms Brook, VA 22660

New Office hours will be Monday - Friday, 9:30 am - 3:30 pm.

We will also have a new phone number: 540-433-2382



Proposed new logo if new district is approved at Annual Conference



It is ROOF REPAIR TIME!

On May 22 Meeting, The Board of Trustees unanimously approved the repair of our 30+-year old roof. This was approved at the called Admin Council on May 25. Our DS Gomez has also approved this project.

The project is supposed to start sometime in June. It should take for approx. 3 weeks.

Please remember the safety of all the workers!



Meeting after May 22's Worship

AC Repair may be coming soon...!

One of the AC units in the Sanctuary is not working. We may have to raise funds to replace it. More information is to come!



Congratulations to our High School graduates: Chloe Pangle and Alek Swift, from Handley High School. We are so proud of all you have accomplished. As you venture out into the world, to higher learning, know that Market Street will continue to support you in any and every way we can.

Did you know that years ago churches, were also used as School Houses? The both are places of higher learning.

School will soon be over, for another year. Enjoy your summer and hope to see you in Church!

Donna Dailey, Lay Leader



May you have a blessed Memorial Day and Fourth of July, as well!

YOU ARE INVITED! Market Street's Sunday Gathering

Sundays by Zoom, 9:15 am

The Book of Proverbs

The Sunday Gathering will continue throughout the summer. We are discussing Proverbs. We are currently looking at them by theme: wisdom, integrity, honesty etc. It is a book few people read all the way through. Join us in person or Zoom at 9:15 am Sundays.

Please contact Judy Hagan (judysan742@gmail.com) for Zoom info.

Proverbs 11:25

A generous person will prosper; whoever refreshes others will be refreshed (NIV).

The one who blesses others is abundantly blessed; those who help others are helped (*The Message*)





An Important Development from the Market Street Commons Team



After many discussions and conversations with mission leaders from other churches, Market Street Commons team has discerned to pursue a possibility to work with Family Promise (FP). Our goal is establish Family Promise Affiliate (local ministry hub) in Winchester area. FP has more than 200 Affiliated throughout the United States—as a matter of fact, Family Promise of Shenandoah County (FPSC) is their 200th affiliate!

Family Promise is a nationwide organization that empowers homeless families (with school-age children) and offers them the shelter and support they need. Their program includes Prevention, Shelter, Stabilization and Housing. Think of a program like WATTS, but for families and happening 365 days of the year!

As a first step, you are invited to an informational meeting about **Family Promise** coming to the Winchester area. Please join us on **Tuesday, June 21, 7pm here at the church.**



If you want to learn more about Family Promise, just click on the link below. <https://familypromise.org/who-we-are/>

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

MISSION ENCOUNTER

Mission Encounter is an opportunity to study current issues impacting society based on current social justice and mission-related topics. Participants grow in understanding the mission of the church in the current world context. It is open to ALL PERSONS.

Theme: *Building Communities of Hope and Joy* (Luke 13)

Date: Every Thursday evening, **starting on June 30, 2022**

Time: 7 p.m.

Registration fee: \$10

For registration and details, visit <https://vaumc.org/me>.



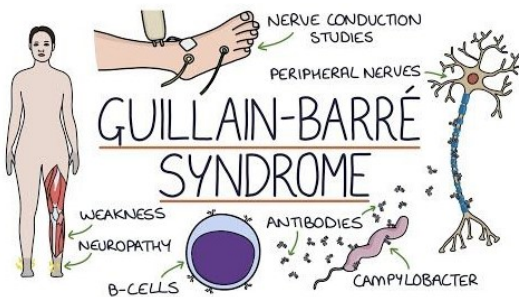
Guillain-Barre Syndrome

You may have heard about Guillain-Barre Syndrome on the news or read about it somewhere. It is a relatively rare autoimmune condition where your body attacks your nervous system and causes tingling in the fingers, toes ankles, weakness, difficulty breathing, rapid heart rate, difficulty with facial movements, and difficulty walking due to progressive weakness. Generally, the symptoms start at the feet and move up the body involving the lower legs, and so on. In 10% of the cases, the symptoms start in the arms and face.

The exact cause is unknown. These symptoms often occur days or weeks after a respiratory or digestive tract infection. It may occur after Covid-19 infection, or following contracting the Zika virus. The most common variant in the US attacks the fatty insulation that covers the nerves called myelin. When the myelin sheath is damaged the nerves cannot transmit the impulse to the muscles and skin resulting in tingling, prickling, and weakness in the arms, legs, and trunk, and sometimes face muscles and eyes are affected. Risk increases with age but it does affect all age groups, and it's more common in males than females. The most severe weakness usually occurs within two weeks after the symptoms occur.

Over the past five years working at Hampshire, we've had patients with Guillain-Barre syndrome requiring rehab. So it's out there and it may be more prevalent since Covid-19 has been around, though I've not seen statistics proving that assumption, though I did see a study wherein Italy there was a link between Covid-19 and increased incidence of Guillain Barre' syndrome.

Most people recover completely from Guillain-Barre syndrome, however, some have a prolonged recovery and don't recover full function, or have residual numbness.



The purpose of this article is to make you aware of this condition. If you should experience unusual tingling in your feet, toes, or hands, and especially if it is traveling up your limb(s) or trunk see a doctor immediately, especially if you've had a viral or bacterial infection in the recent past. Any unusual tingling, numbness, or weakness should always be assessed by a doctor immediately. There are other conditions that could cause this as well. If you suddenly have difficulty walking, feel weak, or have difficulty breathing

(especially when lying flat) please seek out medical attention immediately. See ya all in Church!

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

On May 15, Connor held a benefit recital — it has raised \$736 for UMCOR (United Methodist Committee on Relief) to support people in Ukraine.

Connor plans to have other recitals in coming months... so stay tuned!



On May 15, Revs. Rhonda and Dave gave us a very special message! Thank you for sharing your gifts! We are so blessed by it!



United
Women
in Faith

United Women in Faith (formerly United Methodist Women)

Sisters in Christ Circle: Stonecrest Village community center
Russelcroft Road, Winchester at 7pm on June 7th.

Susanna Wesley Circle: The Susanna Wesley Circle will meet at
Brenda Sines at 1pm on June 6th.

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



**IT'S TIME TO CELEBRATE
LOTS OF BIRTHDAYS &
ANNIVERSERIES!**



		Natalie Barnett	7/1	6/1 Judy & Charles Hagan
Busey Ward	6/1	Wanda High	7/1	6/5 Keiko Foster & Mark Keithley
Wilma Jennings	6/11	John Burnett	7/3	6/13 Gary & Sharon Pugh
Bonnie Sine	6/11	Roddy Annan	7/10	6/18 Linda & Jim Bynog
Linda Hart	6/15	John Spencer	7/10	6/19 Jim & JoAnn Lantz
Scott Cullers	6/18	Shirley Birkhimer	7/13	6/21 Tom & Brenda Sine
Marjorie Cullers	6/19	Larry Whitehead	7/14	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	6/29 Bob & Linda Hart
Payton Crai	6/24	Ryker Craig	7/24	7/4 Tina & Spike Hosey
Gary Peer	6/29	Freddi Castle	7/24	7/18 Joyce & Fred McKay
		Shari Harma	7/26	
		James Stewart	7/28	

Prayers for Our friends & family at Market Street

Karen Hinkle, Kevin Freeland, Adrian O'Connor, Faye & Julius Armel, Dick Carpenter, Ed Henshaw, Joe & Betty Lausier, Brian Aronhalt, Larry Whitehead, John Castle, 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, Freeland family, Spike Hosey, Market Street Church, Market Street Commons, The United Methodist Church.



Laity Sunday
May 22
Thanks to all
for sharing



Vacation Bible School (VBS)
Registration Form
 Please fill it in and bring it back
 to the Church office by July 3!



VACATION BIBLE SCHOOL
Registration Card

Student's name _____ Male/Female _____

Address _____ City _____ State _____ Zip _____

Home telephone (____) _____ E-mail address: _____

Date of birth ____/____/____ Age _____ Last school grade completed _____

Home church _____ City _____ State _____

Brother or sister's name _____ Other _____

Name of a special friend your child might like to be with _____ Need transportation? _____

Parent/Guardian name _____ Home phone # (____) _____

Mom's cell # (____) _____ Mom's work # (____) _____

Dad's cell # (____) _____ Dad's work # (____) _____

Allergies/Medical conditions _____ Emergency contact _____

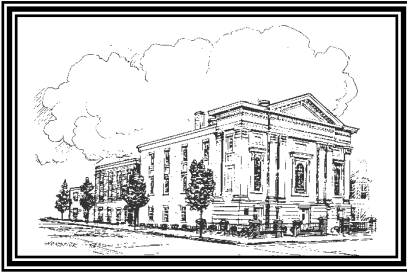
Phone # (____) _____ Relationship to child _____

Persons other than parent authorized to pick up your child (1) _____

(2) _____ (3) _____

Parent/Guardian signature _____ Date ____/____/____

Market Street United
Methodist Church
(540) 662-6709 Office
Office Hours: 9am-Noon
(540)662-7623 Fax
131 S. Cameron Street
Winchester, VA 22601
vmarketst@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>

JUNE/ JULY

2022



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.