

GREENWOOD UNITED METHODIST CHURCH

September 2024

A GREAT Reminder of Who We Are to Be

Ephesians 4:25-5:2 reminds us how we ought to live day-to-day lives (it is subtitled “Rules for the New Life.”). Here is the text – which one strikes you?

We are part of the same body. Stop lying and start telling each other the truth.

Don't get so angry that you sin. Don't go to bed angry and don't give the devil a chance.

If you are a thief, quit stealing.

Be honest and work hard, so you will have something to give to people in need.

Stop all your dirty talk.

Say the right thing at the right time and help others by what you say.

Don't make God's Spirit sad. The Spirit makes you sure that someday you will be free from your sins. Stop being bitter and angry and mad at others. Don't yell at one another or curse each other or ever be rude. Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ.

Do as God does. After all, you are his dear children. Let love be your guide.

Christ loved us and offered his life for us as a sacrifice that pleases God. (CEV)

It tells us things that are contrary to what we've been taught --- work hard, not to make more money, but to 'give to people in need.' Say the right thing, not so you will be popular but to 'help others by what you say.' And at the end, where it is translated as “let love be your guide,” the original language is more like to “walk in love.”

As brothers and sisters in Christ, we are to 'walk in love' - journeying together, growing together, laughing together and crying together. We are to remind one another that we are not going through the challenges of life alone. It is like us saying, “God's got you, and we are here for you, too!”

May we always be a community that practices “walking in love.” In this way, we may witness the glimpse of God's kingdom in our midst, and eventually in our community and the world. May the peace of Christ be with you. Keiko

JOINT OURDOOR WORSHIP

September 10 at 10:00 am LIONS Shelter, Jim Barnett Park
Potluck AND Park Cleaning to follow!



****We will not have a LIVE streaming. However, an edited video will be posted on church's Facebook/YouTube pages later in the day.****



**It was a FUN outing!
“Wizard of Oz” show at Shenandoah
Summer Theatre, August 3**



**Ladies' FUN FELLOWSHIP
Second & Fourth Thurs-
days at NOON
All ladies are invited!**

**CCAP Sunday & Red Wagon
THIRD Sunday of each month
(September 15)!**



Donations will be sent to CCAP to help local families in need.



WELCOME TO GREENWOOD FAMILY!

Brenda Wymer - Brenda grew up in Greenwood church for many years. She is joining through the profession of faith.
Lori White - Lori was baptized as a young teen at Purcellville Baptist Church(PBC). She is transferring in from PBC.
Kera Ware - Kera was confirmed at St. Paul UMC in Christiansburg. She is transferring in from St. Paul.



**Backpack Blessing
(August 11)**

May YOU have a blessed and awesome 2024-25 School Year!!



Access Independence, Inc.
 PRESENTS
"FALL RAMP UP"
 Annual Fundraiser to Support People with Disabilities
Saturday, September 14th
 10:00 AM - 3:00 PM
 Access Independence, Inc.
 324 Hope Drive, Winchester

Over \$1,000 worth of raffle prizes!
 Disability Information Booths, Wheelchair Obstacle Course Craft Booths
 Entertainment, Free Kids Zone, Food & Drink, Ice Cream & Cake Roll

Featuring **Cody Clark Magic**
 A Sensory Friendly Spectacular

Past Sponsors: SHENANDOAH COUNTRY Q102, SVEC, Bank of Clarke, Handy Mart, RAFFAELANNOCK ELECTRIC COOPERATIVE, THE STARBUCKS FOUNDATION, PRECISION OF WINCHESTER, Trax, Dominion Energy, Edward Jones.

THANK YOU FOR YOUR SUPPORT!

Greenwood Fire Company' Good Samaritan Cross has once again returned to Greenwood UMC.
 That means friends at Greenwood provided the most numbers of desserts at their annual Yard Party Dinner!



GENERAL FUND

THANK YOU for YOUR ongoing commitment, support and stewardship to Greenwood UMC!
 Please help us finish the year strong!

Family Promise NSV News

Family Promise NSV continues to serve families facing housing insecurities. In August, they received 35 inquiries and continues to support (in various ways) 23 families who live in motels. One event they do in the fall is called, "Night without a Bed." It is an event to raise awareness (& funds) for housing insecurities. **Our students plan to participate in this event—more info is to come!**



ACCESS INDEPENDENCE, INC.
FALL RAMP UP EVENT
September 14, 10:00 am- 3:00 pm
 Our own Mary Lou is participating in the (fundraising) wheelchair obstacle course again. Your donation to her is greatly appreciated!

Let us Prayer for One Another...
CONGREGATIONAL CONCERNS & BEYOND



Those who have health challenges, Those who serve others,
All schools (students, teachers and staff), especially another school year begins
Those who are lonely, All ministries in Winchester—including WATTS, CCAP, Family Promise and others
Those who are impacted by natural disasters
The peace in the world—especially people in Ukraine and Middle East

Let us pray for our friends and family at Greenwood:

Coleman Lauderback, Larry Crane, Gary Sibert, Tasha Moomaw, Liam Starr, Don & Monti Vanness, Phyllis Tinsman, Quick Family, Carolyn York, Joe Ganci, Megan Eileen Davis, Charlotte Mae Brasnan, Dora Bell Lowe, Daniel Schneide, Amber Calvert, Connie Tilley, Barbara Kern, Farrah M, Susie & Larry Bell, Susie Sencindiver, Gary & Brenda, Linda Clem, Kaiden Wright, Shaw Family, Robbie Swartz, Barbara Ritter, Mossy Stemberger, Nancy Orndorff, Mable Carter, Larry Powers, Harry Powers, Daniel Whitney, Carrie Eichelberger, Marion Clowser, Beverley Soule, Donna Belle, Donna Kay Stemberger, Steve Jones, Kara Stemberger, Marshall Lorant, Ashlee Saxon, Ed Lambert, Carol Lambert, Brenna Taylor, Roger Stover, Bob Saville, Jace Anderson, Jay Hepner, Shirley Pierce Family, Caitlyn Roy, Linda Fenner, Dixie Townsend, Eva Moxley, Remy McDonough, Ryan Hardy, John Brill, Rodie Zubrack, Jeff Stickley, George, Sonja, Diane, Joanne, Kimberley, Linda B, Dana, Laurie, Cunningham Family, Kim Renner, Brenda Powers, EF Quillen, Judy Pruitt, Lilly Titus, Sarah Randall, Bob Giles, Betty Grew, Richard & Mary Lou Lantz, Debbie Lazur, Cecil Clem, Green Valley, Greenwood UMC, The UMC

Thank you for your ongoing support to Backpack Ministry!!

We continue to support families from Redbud Run Elementary School. You may donate funds (check payable to "Greenwood Women in Faith" with "Backpack")



OR Donate Items: Individual mac & cheese

Individual cereal boxes & bars

Individual Peanut Butter crackers

Individual fruit cups, applesauce

Help pack items, too. Thank you for your support!

FRIDAY 27 SEPT at **ROCK HARBOR GOLF COURSE**
365 Rock Harbor Dr. | Winchester, VA
8:00am Check-In, 9:00am Shotgun Start
Dress code: No denim; collared shirts required

\$125 per golfer or \$500 per team
Register at: www.watts-homelessshelter.org
or scan the QR code

Sponsorships Available! Call or email Robyn Miller:
540-514-7218 or execdirector@watts-homelessshelter.org



MOVIE NIGHT IS COMING UP!

More information is coming SOON! So stay tuned!

Health Minute

By Jeff Swift

Resistant starch

Resistant starch is a carbohydrate that resists digestion in the small intestine as it passes through your digestive system and then ferments in the large intestine. Because the carbohydrate isn't absorbed in the small intestine, glucose isn't released in to the blood stream raising your blood glucose (sugar) level. As it ferments in the large intestine, it becomes food for the bacteria in your gut which is a good thing. So the carbohydrate is now acting like a dietary fiber, rather than a sugar.

Foods like rice and oatmeal are a carbohydrate that is normally absorbed in the small intestine. However if rice and oatmeal are cooked then cooled overnight they become more like a resistance starch bypassing the small intestine and fermenting in the large intestine. Cooking beans, rice, pasta, potatoes, oatmeal then cooling overnight in the refrigerator and eating the next day will increase their resistant starch properties. Soaking oatmeal in milk or coconut milk or whatever you choose without cooking it and putting it in the refrigerator overnight also makes it more of a resistant starch.

Foods that contain resistant starch include plantains and green bananas, (as a banana ripens it becomes less of a resistant starch). Also beans, peas, and lentils are naturally a resistant starch with white beans and lentils being the highest. Oats and barely are also more of a resistant starch.

So this is how you can decrease the impact of raising your blood glucose and improve your gut health by adding more dietary fiber to your diet and still enjoy rice, oatmeal, pasta's and potatoes (in moderation).

The above information taken from hopkinsdiabetics.org

Hope you found this informative.

See ya in church,

Jeff



SHENANDOAH RIVER DISTRICT LAY SERVANT ACADEMY

The Shenandoah River District Lay Servant Academy, "Serving with Grace in the Wesleyan Tradition" will be held **9:00 a.m. to 4:00 p.m., Saturday, September 21 at Strasburg UMC.**

Classes offered: Basic course, Spiritual gifts, United Methodist polity, Aging ministry in the 21st century, Preaching review.

Online registration for the classes begins August 12. Registration is \$20 w/ a love offering for lunch.



Church Leaders! Mark Your Calendar NOW

Shenandoah River District Conference
November 3, 3:00 pm, Location TBA

****Once confirmed, the date/time/location of District Charge Conference will also be notified!**