

# GREENWOOD UNITED METHODIST CHURCH

## March 2023

### *Now That Is Church*

Greenwood-Market Street Charge recently had a joint Ash Wednesday worship. As you know, Ash Wednesday marks the beginning of Lent, a 40-day period of self-examination and reflection, in preparation of coming Easter.

The worship was well attended by friends from both churches. There were retired preachers. There were regular attendees of worship services. But there were also friends I have not seen for some time. There were friends attending Ash Wednesday worship for the first time. There were young(er) persons, as well as more 'seasoned' persons. There were people with all sorts of backgrounds, life experiences and faith journeys. What we had in common were: 1) We all have 'missed the mark' in thought, word, actions or inactions; 2) We yearn for renewed hearts and spirits, so we might continue to live faithfully; 3) We all are mortal beings; and 4) None of us can live alone – we need one another in our journeys.

I was looking at the people and thought, "Now that's church – *all* God's children with various walks with life gather as frail humans, yearning to receive God's grace and assurance, so that we will commit ourselves to live in faith each and every day. Our God is *I AM*, always present, assuring us by saying, "I will be there however I will be there. I will not leave you or forsake you."

May you have a meaningful Lenten journey. I truly hope to see you in worship and/or the Lenten study (information is below). May we commit to grow in faith always. Keiko



### *Lent* (from *The United Methodist Hymnal* 268)

*O God our deliverer, you led your people of old through the wilderness and brought them to the promised land. Guide now the people of your church, that, following our Savior, we may walk through the wilderness of this world toward the glory of the world to come; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, One God, now and forever. Amen.*

*(The Lutheran Book of Worship, 1978 ©1978, 1989 Augsburg Publishing House)*

### Coming Up in April...

**April 2 Palm Sunday (Downtown Celebration at 10:30 am)**

**April 6 Joint Maundy Thursday Worship, 7:00 pm at Market Street**

**April 9 EASTER SUNDAY**

### *Lenten Study 2023 Continues!*

### *The God We Can Know* By Rob Fuquay

Classes offered

Sunday evening at 7:00 pm (Zoom)

Tuesday morning at 10:00 am (at Greenwood)

This study focuses on "I am" sayings of Jesus in John. Contact Pastor Keiko for Zoom link



## Annual Conference News

A Special Called Annual Conference session was held on February 18, 2023. To learn more about this recent Conference, visit [www.vaumc.org](http://www.vaumc.org)

This year's regular Annual Conference will be held on June 15-17 in Roanoke. Heather Littleton is our delegate. Also this year, Joshua Foster serves as a Conference Youth Delegate! Please pray for them.



United as One in  
**MISSION**  
2023 VAUMC ANNUAL CONFERENCE



### CCAP Easter Food List

CCAP is requesting the following food items for Easter Food Giveaway:

Canned Yams      Canned Peaches  
Canned Green Beans  
Marshmallows      Boxed Potatoes  
Gravy Packets      Brownie Mix  
Roasting Pans  
Easter Chocolate eggs/Peeps/Jelly Beans  
Easter baskets

**Fill a Bag=Feed a Family! Bring the items to church by March 19!**

### Support Earthquake Relief Effort through UMCOR (United Methodist Committee on Relief)

100% of your donation goes to the program of your choosing.  
Go to [advance.umcmmission.org/p-641-umcor-international-disaster-response-and-recovery.aspx](http://advance.umcmmission.org/p-641-umcor-international-disaster-response-and-recovery.aspx)



**BOWLING FUN!**  
February 26



# Health Minute

Jeff Swift

Health Tips this month is all about “sitting”. Research on the health effects of sitting is interesting, to say the least. Sitting uses less energy than standing and walking and is linked to health risks such as high blood pressure, high blood sugar, excess abdominal fat, and high cholesterol levels. Sitting for 8 hours a day with little or no physical activity had a risk of dying similar to that of smoking, and obesity. However, 60-75 minutes of moderate exercise a day countered the effect of sitting. The bottom line, try not to sit so much! Get up on your feet!

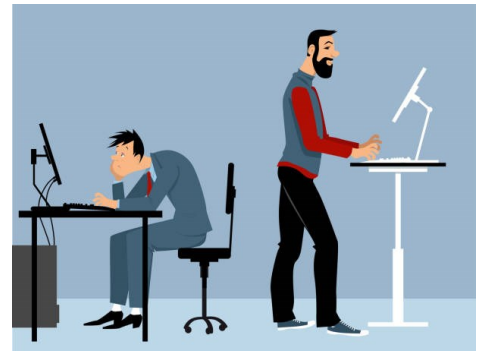
When talking on the phone, walk around the house, or around your yard.

During a commercial break while watching TV, stand up and march in place. Or stand and raise your arms over your head and take a deep breath. Stand up and rise up on the balls of your feet 20 times, do 10 mini squats, stand up from your chair 10 times without using your arms to help, or use your arms if you have to but just enough so you can stand. A great way to keep those “get up muscles” in shape for stair climbing, getting up off a chair, or getting up off the floor.

Take a walk around the block after you eat. Take a walk after sitting in the car for an hour if even just down the block and back.

Use a standing desk if possible and stand while working on a laptop rather than sitting 100% of the time. I’ve seen small standing desks you can place on your desk that telescope up to standing height for reasonable prices on Amazon, under \$100. Whenever you find yourself sitting for long periods, see if it’s possible to stand once in a while and still accomplish what you were doing while sitting. You get the idea, but it’s up to you to change the habit! So get on your feet Market Street. You can do it!!

See ya in Church, Jeff



## Attention Youth & Parents!

**Youth Mission Encounter  
March 4 at SU**

Contact Pastor Keiko for questions.



**The installation service of Bishop  
Sue Hauptert-Johnson on  
Feb. 11**

**[https://youtu.be/  
13t98JVytZI](https://youtu.be/13t98JVytZI)**



## UMVIM Training

**March 18, 9:00 am– 2:00 pm  
Floris UMC (13600 Frying Pan Road,  
Herndon 20171)**

Questions? contact [tlyn-morgan@icloud.com](mailto:tlyn-morgan@icloud.com)

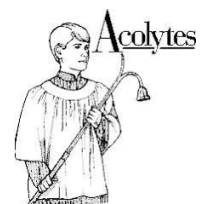
To register, [vaumc.org/  
march-2023-umvim-leader  
-training](http://vaumc.org/march-2023-umvim-leader-training)



## Acolyte Training

**March 12 & 26 at 8:30am**

**You may attend either one.  
Those who serve as acolytes &  
families are welcome to attend!**



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**Let us Prayer for One Another...**

**CONGREGATIONAL CONCERNS & BEYOND**

Those who have health challenges, Those who serve others, All schools (students, teachers and staff)

Those who are lonely, All ministries in Winchester—including WATTS, CCAP and others

Those who are impacted by hurricanes, The peace in the world—especially people in Ukraine

Our friends and family at Greenwood:

Paul Haltzl, Coleman Lauderback, Paul Helsley, Harold Anderson, Larry Crane, Gary Sibert, Tasha Moomaw, Liam Starr, Don & Monti Vanness, Phyllis Tinsman, Laura Jahnke, 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, Bonita White, Carrie Eichelberger, Marion Clowser, Beverly Soule, Donna Belle, Donna Kay Stemberger, Steve Jones, Kara Stemberger, Marshall Lorant, Larry Braithwaite, Ashlee Saxon, Ed Lambert, Brenna Taylor, Roger Stover, Bob Saville, Jace Anderson, Jay Hepner, Family of Bobby Anderson, Shirley Pierce Family, Caitlyn Roy, Pat Dunn, 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, Tami & Ronnie Light, Kim Renner, Loretta Jahnke, Brenda Powers, The Littleton Family, EF Quillen, Judy Pruitt, Green Valley, Greenwood UMC (all the persons and ministries)

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**EASTER FLOWER ORDER \*\*\*TIME SENSITIVE\*\*\***

**Help us decorate the church on Easter Sunday**

**By Honoring or Remembering a loved one with Flowers!**



6 inch Easter Lilly - \$12.00

6 inch Hyacinths - \$12.00

6 inch Daffodils - \$12.00

6 inch Tulip - \$12.00

I would like to purchase a \_\_\_\_\_ in Honor or Memory of:

\_\_\_\_\_.

I would like to purchase a \_\_\_\_\_ in Honor or Memory of:

\_\_\_\_\_.

I would like to purchase a \_\_\_\_\_ in Honor or Memory of:

\_\_\_\_\_.

Purchased by: \_\_\_\_\_

**DEADLINE FOR ORDERS: Sunday, March 5th**