

# GREENWOOD UNITED METHODIST CHURCH

## December 2023

### *Here Comes God*

In the book *Heaven and Earth* (by the way, we will be studying this book during Advent!), Bishop Willimon states, "God keeps working with the world, bringing something out of nothing, light out of darkness, and form out of chaos, birthing a new you out of the old. ...God is not done with us yet (p.8)." I really like that, especially 'birthing a new you out of the old.' This season gives us a great opportunity to reflect our own faith journey – has my faith become complacent? On Sunday mornings, do we come to church out of habit? Or do we *really* expect that God would show up and turn our world upside down, in order to pull out a 'new us' out of the old?

As we move into another Advent season, as we wait expectantly the coming of Christ Child, may God appear to our lives in unexpected ways in unexpected places, and change our lives forever. I would end with another word of the Bishop – *Hold on to your hats, Christ has come and is coming, maybe when you least expect. Your world all shook up, ready or not* (35). Hope to worship with you this Advent! Keiko



### **Mark Your Calendar NOW—Advent 2023**

#### ***Salvation Army Bell Ringing***

Saturday, December 2, 10:00am—2:00pm

Thanks to ALL the volunteers!

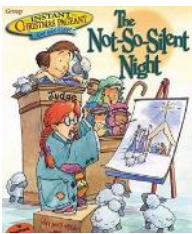


#### ***Christmas Caroling***

Saturday, December 16, 3:00 pm

#### ***Children's Christmas Program "The Not-So-Silent Night"***

Sunday, December 17, 5:00 pm



#### ***\*\*December 24 Worship\*\****

***9:00 am Worship***

***(Fourth Sunday of Advent)***

***5:00 pm Christmas Eve Candlelight Service***

***(Lessons and Carols)***



#### ***December 31 Worship—Carol/Hymn Singing Time!***

*(We will sing our favorite carols/hymns during worship)*

### **CCAP Sunday & Red Wagon**

**THIRD Sunday of the month (It will be Dec 17 this month!)**

All donations will be sent to CCAP to help local families in need.





**THANK YOU for your support to WATTS  
(Winchester Area Temporary Transitional Shelter)**

⇒ **THANK YOU** for United Methodist Men & Women in Faith  
at Greenwood for serving meals during Market Street's  
WATTS week!

**2023-24 WATTS  
Warming Center @  
Market Street**

**Mondays-Saturdays:  
7:00 am– 2:00 pm  
Sundays: Noon-  
6:00pm**



*Individual snacks are always welcome!*

Greenwood served meals at WATTS on  
Sunday, November 12.

**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 natural disasters, The peace in the world—especially people in Ukraine and  
Middle East

**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, Brenna Taylor, Roger Stover, Bob Saville,  
Jace Anderson, Jay Hepner, 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, Walt Cunningham, Kim Renner (Family of Loretta  
Jahnke), Brenda Powers, EF Quillen, Judy Pruitt, Lilly Titus, Sarah Randall, Peggy Plaugher, Kevin Alder,  
Bob Giles, Keiko Foster, Pauline Butler, Gene & Bonnie Sine, Residents at Green Valley, Greenwood  
UMC (all the persons and ministries), WATTS shelter/warming Center, The UMC

A special Invitation from Market Street, our partner church!

**Christmas Flower Class**  
**Create your own Thanksgiving Centerpiece/decoration!**  
**Saturday, December 23 at 10:00 am**  
**\$25per person. Contact Pastor Keiko if interested!**



## Box Breathing

The holidays can be a joyful fun time of year, but the other side of the coin is there's stress that comes along with the holidays as well. Box breathing is a breathing technique to help calm the nervous system, and relieve stress and anxiety. The military even teaches it to our soldiers to help them focus during high-stress situations. It can be done in any position, at any time. It can clear and calm your mind in addition to helping you sleep when you are having insomnia, ease panic and worry, help lower your blood pressure, and decrease cortisol (a stress hormone). Another benefit is it helps keep our respiratory muscles in shape. How often through the day do we take a good deep breath? Not often if you don't exercise regularly. Filling those lungs with air and expanding the rib cage is good exercise!

Let's start with normal breathing. Sit in a chair with feet on the floor, back supported with one hand on your chest, the other on your abdomen. Breathe normally and feel where you are breathing from. Is your chest moving more than your abdomen, or are they moving about the same, or is your abdomen moving more than your chest? Ideally, the abdomen should be moving more than the chest which would mean you are using your diaphragm to breathe not your chest. If that's not the case practice breathing emphasizing using your diaphragm by "belly breathing" and limit or quiet chest motion. Think of a baby. Watch them breathe. Their little tummy goes up and down and their chest doesn't move much. When we get to be stressed-out adults, we often become shallow chest breathers.



Now, take a slow deep breath in through your nose as you count to four. Hold your breath, don't breathe out for four seconds then breathe out through your nose for a four-count (some would have the exhale through pursed lips, though I prefer thru the nose). Don't breathe in for a four-second count. Repeat this cycle as many times as you feel you need to. I recommend at least five breaths in and out. That's it!

I would recommend doing this 2-3 times a day whether you feel stressed out or not.

I Pray this holiday season fills you all with the love of Christ. See ya in church, Jeff

## Learn the Season We're In — Advent And Christmas

The season of Advent, which comes from the Latin word *adventus* meaning "coming" or "visit," begins four Sundays before Christmas and ends on Christmas Eve. Advent is the beginning of the church year for Christians.



During Advent, we prepare for and anticipate the coming of Christ. We remember the longing of Jews for a Messiah and our own longing for and need of forgiveness, salvation and a new beginning. Even as we look back and celebrate the birth of Jesus in a humble stable in Bethlehem, we also look forward anticipating the second coming of Christ as the fulfillment of all that was promised by his first coming.



Although we are accustomed to celebrating Christmas on a single day, in both Christian tradition and on the church calendar, the Christmas season lasts from sundown on Dec. 24 (Christmas Eve) through Epiphany of the Lord (Jan. 6).

**United Methodist MEN  
HOLIDAY HAM SALE  
For Christmas**



**Proceed will benefit various ministries of Greenwood UMM!  
See Kevin Alder or Ed for questions  
THANK YOU for your support.**

***Advent Devotion***

(By the Rev. Jerry Chism, from umc.org)

Oh Immanuel, God with us, truly in this Advent season we celebrate that you are not hidden in some faraway cloud, but you chose to be with us in the blur and mystery of our lives.

In the midst of lists and rush, you are with us as a song that echoes in our minds, as the light of a candle, as a card from a friend. They are signs of your presence.

We turn to you this season and pray that you would birth joy and healing, blessing and hope in us. Let something wonderful begin in us — something surprising and holy.

May your hand be upon us. Let your love fill us. Let your joy overwhelm us. Let our longing for you be met on a coming holy night. Immanuel with us once again.  
Amen.



**Greenwood Friends in Action!  
(Digest from November's "Time of Sharing")**

**Advent Study 2023**

***Heaven and Earth: Advent and the Incarnation*  
By Bishop Will Willimon**

Class Offered:

- 9:15 am on Sundays (in-person/Zoom)
- 10:00 am on Tuesdays at Greenwood (in-person)
- "Young Adult" class—7:00 pm on Sundays

