

Tell Your Story (from April 23 reflection)

I have recently quoted sermons by the Most Rev. Michael Curry, the presiding bishop for The Episcopal Church (pictured right). I love his passion, love for God and all persons, sense of humor, and genuine excitement in sharing the good news! In one of his sermons he reminds us that we ought to share our stories. He says, "I don't think I have ever argued anyone into faith. Argument does not work. In the Acts of the Apostles, Peter got up on that day of Pentecost, he did not give a dissertation... but he told a story. And when he told... how the reality of Jesus came into his life, those stories touched other people's stories, and that's when lives started to change."



So, let me ask you: what is *your* story? When, where, and how did God in Jesus come to you and said, "I love you and you are mine."? How did God speak to your heart and say, "Despite the pain you may have, I will always be with you and guide you." Boldly tell your story! Jesus lives, cares, listens, leads, forgives, guides, and transforms our hearts and lives even today. May your story touch and change lives through the power of the Holy Spirit. Keiko

Mark Your Calendar NOW! Upcoming Events

April 29—Connor Crotzer Recital "Spring in the Music!" 4:00 pm

May 7—Students Service Project, UMCOR Kits, 11:30 am at MS

May 20—VBS Decoration Making

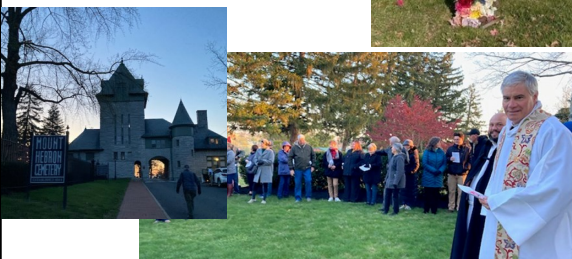
11:00 am at First Presbyterian Church (see below)

May 21—Family Promise NSV Presentation, 10:00 am

May 28—Pentecost



**Happy Easter
2023**



May 20
Vacation Bible School "Stellar"
Decoration Making
11:00 am @ First Presbyterian
Church(116 S. Loudoun St.)



**Awesome
job!
Kitchen
of Hope
April 20**

**Our Students will Create Hygiene Kits for
UMCOR!**

May 7, 11:30 am at Market Street



Congratulations & Welcome, Kinnaman Family!
 (Pic on right, from left—Julianna, CJ, Logan, Dan (dad),
 Maddie, Parker, Erin (mom), and Amaya
 All kids were baptized & mom joined on April 23!

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

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, 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, Beverley 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, EF Quillen, Judy Pruitt, Lilly Titus, Sarah Randall, Green Valley, Greenwood UMC (all the persons and ministries)



**Church Cleanup—
 April 15
 Thanks you for
 your help!**

Pentecost

God of wind, word, and fire, we bless your name this day for sending the light and strength of your Holy Spirit. We give you thanks for all the gifts, great and small, that you have poured out upon your children. Accept us with our gifts to be living praise and witness to your love throughout all the earth; through Jesus Christ, who lives with you in the unity of the Holy Spirit, one God, for ever. Amen. (Don E. Saliers, USA, 20th cent.)





Northern Shenandoah Valley

Did you know...

- ⇒ More than 500 children in our region are considered homeless? (250 in Frederick County, over 150 in Winchester city)
 - ⇒ 60% of those are single parent families
- ⇒ They live in motels, family/friends, shelters or their vehicles
- ⇒ Family Promise NSV is one of 200+ affiliates of the nationwide, respected nonprofit.
- ⇒ The mission of Family Promise NSV is: Empowering families and communities to end the cycle of homelessness.

Sandi Webster (right) & Jennifer Hall (left) are coming to talk to ALL who are interested in learning more about Family Promise NSV.

Sunday, May 21 at 10:00 am
Visit familypromisensv.org for more info.



Family Homelessness:
The answer is not just shelter.

Family Promise

6,000 Congregations & Organizations

200+ Affiliates

200,000 Volunteers

Family Promise has created 1,700 Community Initiatives to prevent homelessness, build skills, and ensure stabilization.



“There’s a great big beautiful tomorrow shining at the end of every day!” That’s the first line of the theme song of one of my favorite attractions at Walt Disney World called “Walt Disney’s Carousel of Progress.” For those of you unfamiliar with the attraction, it is a show inside a revolving theater that follows an American family over 4 generations and shows how the technological marvels of the day transformed their lives and shaped the future. I love this show not just because of its premise, but because of the hope and positivity for the future that it projects: “There’s a great big beautiful tomorrow just a dream away!”

As Christians, there is always a “great big beautiful tomorrow” when we allow Christ’s love to work in us and transform us into the people he wants us to be. And when we allow that to happen, we can be Christ’s hand and feet and share that love with the world.

As we move through Spring and start to look towards Summer, I look forward to seeing you at worship and at the other events happening at the church. There’s lots of exciting things happening at Greenwood, including our Children’s Ministry, our Adult Bible Study group, the United Women in Faith, the Backpack program, and the United Methodist Men’s group. We would love for you to join us at any activities taking place at Greenwood this month!

Hugs, Heather Littleton, Lay Leader



Health Minute

Jeff Swift

This Health Tips article will focus on balance. Specifically, the ability to stand on one foot and maintain your balance. In physical therapy we have a battery of balance tests to help us predict the risk for falls and if an individual should be using some sort of assistive device like a cane in order to decrease the risk of a fall. A research article in the British Journal of Sports Medicine tested one's ability to stand on one foot and balance for 10 seconds. They were ages 51-75. They were tested barefoot, arms at their sides with fixed gaze at a spot eye level 2 meters away. The non-support foot was placed behind the lower leg of the support leg (top of the foot against the calf). 1706 individuals were tested. 20% were unable to stand for 10 seconds in three tries. There were major implications to not being able to perform this test. If you cannot stand on one foot for 10 seconds, then you are likely losing lower extremity and pelvic girdle muscle strength (buttock muscles). As you lose strength you also lose stability. As you lose strength and stability, you have more difficulty with balance. As strength, stability, and balance decline so does general mobility, i.e. your ability to walk safely on different surfaces. Walking speed will likely decline as will distance. This means over time you will become less active which means weight gain, decreased cardiovascular health (high blood pressure, coronary artery disease), and possibly become pre-diabetic, or diabetic. The risk of falls increases a great deal which can result in fractures or hours spent on the floor before someone finds you. I deal with that scenario daily.

The balance test I use does test single leg stand. Most cannot stand on one foot for more than 2-3 seconds. The good news this is changeable. Simply practice standing on one foot. Standing on one foot (practice on both sides) strengthens the buttock muscles, ankle muscles, and leg muscles in general. The minimum goal should be 10 seconds, but shoot for 30! Practice this where you can grab for something like a rail or edge of a kitchen or bathroom sink if you lose your balance. Better yet have someone stand with you for extra help should you need it. If you don't think you can do it safely then don't. It's not worth risking a fall.

As we glide into our 50s and on it is not the time to ease up on exercise, mobility, and balance. It's a time when you really need to step up your game. This is the time when we really need to fight to keep our strength, mobility, and stamina from declining. If you are concerned about your strength, balance, and mobility declining, get a referral to physical therapy so you can get on a program to prevent further decline and improve yourself. It's never too late!!

See ya in church,
Jeff



Jeff Swift is a member at Market Street and is a physical therapist.

UMVIM Mission to Cuba August 26—September 4, 2023

UMVIM (United Methodist Volunteer in Mission) plans a trip to Cuba this summer! This will be a construction team but will also include times of worship and relationship building.

Cost is \$1,700.

Please contact Rev.

Larry Cochran at 804-516-9195



Thank you for supporting Backpack Ministry!!

Greenwood continues to support families from Redbud Run Elementary School.

You may donate funds

OR Donate Items:

Individual mac & cheese

Individual cereal boxes & bars

Individual Peanut Butter crackers, fruit cups, applesauce

THANK YOU for your support!