

GREENWOOD UNITED METHODIST CHURCH

June & July 2024



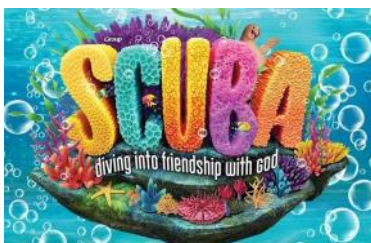
Here I Am, Lord, Send Me

The story of the call of Isaiah (Isaiah 6) reminds us that God can call us at any stage of our lives.

...To the young people in the house, I would like to say: Go, confidently and excitedly, as the world is ahead of you. Trust that God, who called you here, who has brought you thus far, will show you/move with you to the next step. Do not be afraid to make mistakes. Know that a little detour here and there is okay, because, in the end, all experiences will help you become your unique self. Don't get discouraged even when you face tough experiences, challenges, or struggles. God will take all that, and still continues to form you, mold you and create/recreate you, so you may fulfill the special mission God puts in your life.

...To a little older people I would like to say: God is not done with you. You may think, God's call sounds too grandeur, and it is not for me. I warn you—do not underestimate the surprising plans God may have for you! You may say, 'I am not called to be ministers.' (You have no idea how many people are called post-retirement!). You may also say, 'I am not called to be leaders in the church.' Well... not YET! But if you still think God's call is not for you, think this way: the choices you make daily on how you live your life – whether you choose to act with kindness or anger, selfish motives or compassion, greed or generosity – in a sense, that is *your* daily call to fulfill God's mission! May your life always reflect Christ's love, compassion, faith and hope. And may your wisdom, stability and experiences teach, counsel, and guide those who come after you.

May we all say (in our unique places in our unique ways), "Here I am, Send me!" Keiko



Vacation Bible School 2024 **SCUBA** is coming up!!

June 17-21

6:00-8:00 pm (drop off is 5:45 pm)

Registration is still open! You may find the registration in the church, or gwumc.org/vbs

We will turn the Sanctuary into coral reef!

Please help us on Sunday, June 9 (before & after the Admin Council)!

Please remember:

All children coming to learn about the love of Jesus

All the adult leaders and volunteers, so they too will grow in faith (and have fun!)



Ladies' FUN FELLOWSHIP
First and Third
Fridays at NOON



DONUTS WITH DAD
Sunday, June 16



Ministry Leaders!
Administrative
Council
June 9 at 12:30 pm

Tuesday morning Small Group
continues—10:00 pm

CCAP Sunday & Red Wagon
THIRD Sunday of each month
(June 16 & July 21)!



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

General Conference 2024 FAQs

(from doc.vaumc.org/GC2024/GenConfFAQs_PostWebinar2024.pdf)

⇒ *What happens at General Conference?*

General Conference is a gathering of United Methodist clergy and lay delegates, elected by their Annual Conferences, to worship, collaborate, and consider legislative proposals. It is scheduled to take place once every four years. The postponed 2020 and 2024 General Conference took place April 23-May 3, 2024 in Charlotte, NC.

⇒ *Who represented Virginia at General Conference?*

Virginia was represented by 11 seated clergy and 11 seated lay delegates as well as a host of other observers and supporters. The full delegation list can be found here: <https://vaumc.org/gc2024-delegation/>.

⇒ *What are the “3 R’s” that were supported at General Conference?*

Much of the legislation that came before the General Conference dealt with three legislative priorities known as the “R’s”. Those were:

Regionalization (customize in how church lives out its mission in each region of the world)

Removal of Harmful Language

Revised Social Principles Regionalization (full inclusion of LGBTQ+ persons in the life of the church)



Family Promise Northern Shenandoah Valley (FPNSV) continues to serve families facing housing insecurity.

THANK YOU— FPNSV raised \$80.06 from the Spirit Night at Panera.

They invite you to another Spirit Night—June 13, 6-10pm at Cone-N-More (Packs) on Rt. 522 north.



You would like to know what it was like to attend the General Conference?

Have Questions about the General Conference discussions?

Rev. Rhonda is going to have an wrap-up SESSION on Sunday, June 16, 11:45 am at Market Street.



Mark your calendar now!



Attention Greenwood Families!

We are planning to go to Shenandoah Summer Music Theatre's "The Wizard of Oz" on Saturday, August 3.

If interested, please contact Ms. Peggy at 540-662-0830.



Movie Showing "DAVID" - it was a lot of fun!

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, 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, 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!!

Please express your "THANKS" to Beverley McGraw, our pianist



After serving at Greenwood for 11.5 years, Beverley has decided to move on to the next chapter of her life.

Her last Sunday will be June 30, but we plan to do a little farewell on June 23.

We are collecting gifts for Beverley. If you would like to contribute, please reach out to Peggy Plaughter at 540-662-0830.



VBS Prop-Making Party #2



Nighttime (Nocturnal) leg cramps

Nighttime leg cramps (usually in the lower leg, calf, and feet) that wake you up in the night are certainly uninvited visitors. The exact cause of nocturnal leg cramps is not known. There may not be an “exact cause” as there are multiple variables that could set you up for muscle cramps in the night.

Age is a factor. If you are over 60 the incidence of nocturnal muscle cramps goes up.

Medications, such as Albuterol/pratropium (Combivent) for COPD, Celebrex, Klonopin, Premarin, Diuretics (water pills), Prozac, Gabapentin (used for nerve-related pain), Naprosyn, Lyrica, Zolof, Statins (lowers cholesterol), Ambien (sleep aid). There are probably others but this is something your Dr. will review to see if there’s a possible link to a medication contributing to leg cramps. Your Dr. would likely run blood tests as well to make sure nothing is out of balance.

Sitting a lot throughout the day, and standing on hard surfaces for prolonged periods are linked to leg cramps in the night.

Dehydration. Drink more water! Drink enough that your urine is fairly clear. The 6-8 glasses a day is a good place to start. Try this if you don’t like water. I take 2-3 lemons and clean them well. I use a fruit/vegetable spray cleaner but use whatever you want to get them clean. Put them in the freezer overnight. The next day grate the entire lemon (fine grate) and store in a ziplock bag. Keep it in the freezer. Break a chunk off and drop in your water. I’ve grated lime and ginger as well. It gives your water some taste. There are “greens” out there that have a mixture of fruits and vegetables you can mix in with your water. Costco has a good product called Zena Organic Supergreens. It has 0 sugar and it has probiotics, fruits, and vegetables. I mix a package of that in with my lemon, lime/ginger water. It looks like pond scum but tastes good and will help you get all those electrolytes.

Medical conditions such as diabetes, low blood sugar, low thyroid function, blood flow issues (peripheral artery disease), nerve damage, and pregnancy can all make one susceptible to nighttime muscle cramps.

Decreased sodium, potassium, calcium, and magnesium could set you up to have nocturnal muscle cramps as well.

Stay hydrated throughout the day. A good multivitamin can’t hurt. Stretch your calf muscles before bed by pulling your toes/foot towards your shin with your knee(s) straight and hold the stretch for at least 15 sec x 5. Roll a tennis ball or racquetball under each foot for a couple of minutes before bed if you suffer from cramps from foot cramps. Keep your bedding loose around your feet.

If you develop lower leg swelling, pain that doesn’t go away after the muscle cramp (longer than 10 minutes) have redness, warmth, and/or difficulty walking due to pain then this could be a sign of something serious that requires immediate medical attention such as a blood clot. Call your Dr or go to the emergency room!

If nighttime cramps are ongoing and keeping you up, disrupting your sleep cycle, get checked out by your Dr. to make sure there’s not some serious underlying medical issue. Tell your Dr if it is both legs or just one leg that cramps. Have an idea how long the cramps last. Is there an association with what you did the previous day or is it random? There may be a simple fix like a medication adjustment your Dr. will recommend based on his/her assessment.

See ya all in church, Jeff



2024 VAUMC Annual Conference
“A Conference in Three Movements”
Hampton Roads Convention Center
June 20-22, 2024

Heather Littleton will be representing our charge.

Also, Joshua Foster will be the youth delegate!

**** You can find the AC agenda here:**
doc.vaumc.org/AC2024/GenAgenda2024Feb15.pdf

Attention Students!

End of School Year Pool Party
June 8, Noon at Eli Mill’s Home
(220 Ebenezer Church Rd, Gore)



Families are welcome! If you can, bring snack to share!