

GREENWOOD UNITED METHODIST CHURCH

AUGUST 2023

Yielding Much Harvest

When you travel, you may see the Gideon Bibles in hotel rooms. Guess what, one of the hotels we stayed in Japan, along with the Bible, we found a bilingual book titled *The Teaching of Buddha*. I picked it up and started reading... and I was fascinated by the stories!

One story reads: *There are three kinds of people in the world. The first are those who are like letters carved in rock; they easily give way to anger and retain their angry thoughts for a long time. The second are those who are like letters written in sand; they give way to anger also, but their angry thoughts quickly pass away. The third is those who are like letters written in running water; they do not retain their passing thoughts; they let abuse and uncomfortable gossip pass by unnoticed; their minds are always pure and undisturbed.*

Reading this story, I cannot help but think about Christ's parable of the Sower (Matthew 13) – Jesus said that some people are like the seeds that fall on the path, the rocky ground, or among the thorns. One reason or another, they will not grow. But he says that some people are like the seeds on the good soil – they will grow and yield 30, 60, 100 times of the grain!

In life, we encounter struggles, hardships, frustrations, disappointments, pain and grief. But we must remember: Christ is always with us through ups and downs of life. He understands it completely; he lived it himself! And even this day, the same Christ guides our steps every day, showing us what it means to follow him, so we may yield much harvest in and through our lives.

May we commit to worship, pray, study, serve, and continue to grow in faith. Keiko

P.S. Yay! Got to see my mother this summer! →
(First time in four years!)



Attention Families with school-age children!
Mark Your Calendar!
Blessing of the Backpacks
Sunday, August 13



JOINT FALL KICKOFF & POLUCK LUNCHEON
Sunday, September 10 at 10:00 am
LIONS Shelter, Jim Barnett Park



THANK YOU!!!

Thank you to all who supported
the White Elephant Auction
"Christmas in July" on July 30!
Pics are on page 3!



CCAP Sunday & Red Wagon
is starting back again!!!
Every 3rd Sunday of the
month
(It will be on August 20!)



Deepest Sympathy



Our condolences go to Bettie Winslow, Julie Morris, Jan Cantrell and all the family upon the loss of their father, Jesse Winslow on July 18.

His funeral took place on July 22.

Condolences may be sent to:
Bettie Winslow, The Willows Rm 105
1881 Harvest Dr. Winchester, VA 22601
Julie Morris, 700 Greenwood Rd,
Winchester VA 22602

Another longtime friend of Greenwood church, Norman "Page" Strawderman, passed away on July 11.

His service was on July 24, and he was buried at Shenandoah Memorial Park, right by his parents.

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:

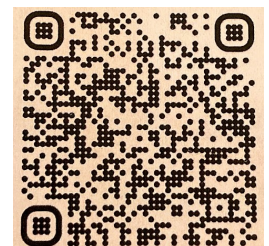
Paul Haltzl, Coleman Lauderback, Paul Helsley, Harold Anderson, Larry Crane, Gary Sibert, Tasha Moomaw, Liam Starr, Don & Monti Vanness, Phyllis Tinsman, Quick Family, Carolyn York, Joe Ganci, Megan Eileen Davis, Charlotte Mae Brasnan, Dora Bell Lowe, Daniel Schneide, Amber Calvert, Connie Tilley, Barbara 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, 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, Walt Cunningham, Kim Renner (Family of Loretta Jahnke), Brenda Powers, EF Quillen, Judy Pruitt, Lilly Titus, Sarah Randall, Peggy Plaugher, Kevin Alder, Green Valley, Greenwood UMC (all the persons and ministries)

Calling BIKERS OF ALL AGES!

3rd Annual CCAP Benefit Bike Tour
August 26, 2023 8:00 am start time

There is a family bike ride, as well!
(6.2 miles through the MSV)

Register at ccapwinchester.com or
Scan this QR Code →→→





Stellar VBS
 Thank you all lead-
 ers and volunteers!



White Elephant Auction
Christmas in July (July 30)
All Proceeds will benefit Back-
pack Ministry



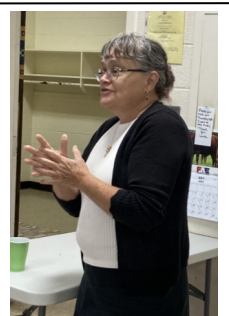
Sandi Webster, the President of Family Promise NSV, came to Market Street on July 30 and shared the updates their ministry:

Currently they have 16 active cases

Volunteer opportunities:

Childcare while parents are in sessions
 (Contact Pastor Keiko if you can help!)

Visit familypromisensv.org for more info!



Resistance Exercise

This month's article will touch on the importance of doing resistance exercises on a consistent basis. So why should we all be doing some sort of resistance exercise?

As we age our muscle mass and strength normally decline. However, if we engage in some sort of resistance exercise on a consistent basis we can keep our strength up in order to continue to enjoy activities safely. Loss of strength will result in loss of joint stability. We are then more prone to joint injuries. Loss of strength results in decreased balance and decreased ability to compensate for a loss of balance which can result in a fall.

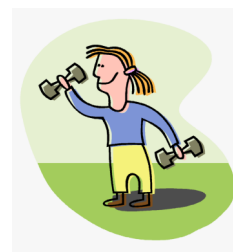
Here are some interesting statistics:

Resistance training is associated with reduced risk of disease and all-cause mortality.

Muscle weakness is associated with a 15-20% increased risk of death from any cause compared to stronger groups.

Effects of performing "some" resistance training results in a 14% reduction in cancer, a 15% reduction in all-cause mortality, and a 19% reduction for cardiovascular disease. Habitual resistance training resulted in a 10-20% decreased risk of dying from any cause compared with a group doing no resistance training.

There are various ways to do resistance training. It can be done using body weight. Push-ups would be an example. Resistance bands are a popular way to do resistance exercises. Dumbbells, cuff weights, and barbells are other ways to resist a motion. Even calisthenics count, the old isometric exercises some of us did in gym class! It doesn't have to be fancy. On YouTube type in "resistance exercises for seniors". There are numerous programs you can follow. If an exercise hurts you don't do it. Go on to the next one. Just do something and be consistent. It will pay off! It's never too late to start. The research backs this up!



See ya all in church, or maybe the gym!! Jeff

BACK TO SCHOOL PRAYER



Learning is a gift from God. As we begin this new school year, we give thanks that God has given us the ability to learn many things in many ways.

Loving God, sometimes a new school year seems exciting or scary or both.

Help us remember to show our thanks for your gifts of learning by doing our best every day.

We ask that you bless our schools, teachers, classmates and friends.

We ask that you bless those who prepare our lunches, those who drive us to school, and those who keep our schools clean and safe.

We ask God's blessing on this new school year, that it may be a time when we appreciate and fully use God's gift of learning. Amen.

Virtual Lay Servant Academy

Register today for ***Lay Servant Academy August Training Weekend!*** The dates are **August 18th and 19th**--Zoom Only. Our theme for August is *What is God Calling You To Do?*

Each class is designed so that you can take tangible ideas back to your church and so that you can make connections to others around the conference. If you have questions, you are welcome to reach out to Tianna Durbin (tiannad@arcolachurch.org).

