

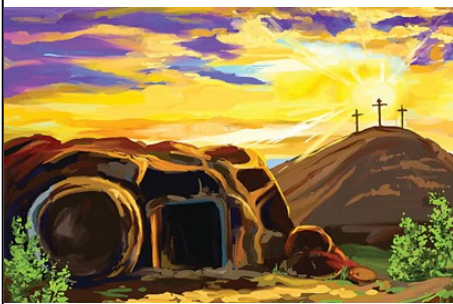
***If the Cross Means Anything***

As we anticipate the Holy Week, Christ’s suffering and death on the cross, I just would like to share words from a pastor I greatly respect. He wrote:

*If the cross means anything, I think it means that God chose not to sit back in heaven, removed from the pain and paucity of our mortal, free, and difficult life in this world, but rather came in Christ to be joined to it – the ups and downs, the hopes and disappointments, the frailties and faults of our life in this world – so that we would know of God’s unending commitment to us. The cross...is evidence and testimony to just how much God already loved us and God’s promise to be with us through all things. Just so, the resurrection is the promise that no matter how much tragedy we endure, these hardships will not have the last word.\**

We know that Good Friday will not be end of the story. There will be that glorious Easter morning, when we shout, “Christ is risen!” And the same Jesus continues to guide us, encourage us, gives us strength and courage to live the life of faith. May the grace and peace of our Risen Lord be with you, today and every day. See you in worship! Keiko

\* From ...*In the Meantime*, April 27, 2015



**Celebrate Easter Together! Sunday, April 9, 2023**

**6:30 am—Community Sunrise Service at Mount Hebron Cemetery (by the wall next to the gatehouse)**

**9:00 am – Easter Worship**

Let us celebrate Christ’s resurrection together!

Christ is risen indeed!

**Holy Week 2023**

**Palm Sunday– April 2**

9:00 am Palm Sunday Worship  
10:30 am Downtown Outdoor Celebration  
(at historic courthouse)

**Maundy Thursday – April 6**

7:00 pm Joint Maundy Thursday Worship  
at Market Street UMC

**Good Friday - April 7**

5:00-7:00 pm: Self-Guided “Stations of the Cross” at Cunningham Family’s Field (1366 Greenwood Rd)



**Children’s Easter Fun**

**Sunday, April 2**

Right after Church (10:15am or so)  
Come join for egg hunt, games, crafts,  
lunch, and much more!



**Mark Your Calendar!!**

**Church Spring Cleaning**

**Saturday, April 15  
9:00 am**

Come help clean our church!



## A LOT OF EXCITING EVENTS IN SPRING!

Mark Your Calendar NOW!

### Easter Celebration Fellowship Potluck

Sunday, April 16, 11:30 am in the Fellowship Hall

Come and join the time of fellowship and celebrate the season!

Please bring food and/or dessert to share!



Mr. Connor Crotzer Presents:

Spring Recital 2023

*Spring On the Music*

Saturday, April 29 at 4:00 pm

Market Street UMC

Come & enjoy an afternoon of great music!

### 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



### Family Promise Update/Promotion

Sunday, April 23

We will welcome Sandi Webster (President of Family Promise Northern Shenandoah Valley) and Jennifer Hall (Vice-President of FPNSV). They will speak to us about the updates and how Greenwood can support Family Promise. Stay around & learn about this much-needed ministry.



### Godfrey Miller Center (on Walking Mall)

Presents: Spring Health Fair

Saturday, April 15, 10:00 am—Noon

Blood pressure checks, BMI calculations, presentation on medication adherence & schedules by SU School of Pharmacy, free giveaway and more!



Thank you for your generous donation to **CCAP's Easter Food Drive!**

### Kits for Annual Conference 2023

Based on the current UMCOR needs, this year we are collecting:

1. Cleaning Kits
2. Hygiene Kits
3. Menstrual Hygiene Kits



Contact the Church Office visit [vaumc.org/acmission/](http://vaumc.org/acmission/) for details.

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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 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, 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, 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)



Spring has sprung, Greenwood! I hope all of you are enjoying this beautiful weather we have had recently. I hope it's here to stay!

I recently saw a saying that “We are Easter people living in a Good Friday world.” That really struck me. I think it's a good reminder especially as we prepare for Holy Week and look forward to Easter Sunday, and beyond, that as followers of Jesus, it's our job to share the good news of Christ's resurrection and the hope and promise of eternal salvation that He gives us. The joy of Christ is for all people, and as Christians, it's our job, and privilege, to share it with everyone.

There are lots of opportunities to celebrate the good news of Jesus' resurrection at Greenwood this Easter season.

We hope to see you at Worship on Palm Sunday and Easter Sunday. Of course, during Holy Week, all our invited to attend Maundy Thursday service at our sister church, Market Street UMC (April 6 at 7pm), and the Stations of the Cross will be held at Walt Cunningham's field on Good Friday (April 7 anytime between 5-7:00 pm).

I hope many of you are able to join us this Easter Season!

Heather Littleton, Lay Leader



Since Greenwood Youth did a great job at WATTS's “Coldest Night” Fundraiser, WATTS presented them with special event beanies!  
**GREAT JOB!**



## Health Minute

This month's Health Tip is concerning statin medication. Statin medications as many of you know help lower cholesterol. It's a commonly prescribed medication that you may be taking. Let me give you a brief explanation of the two different types of cholesterol. High-density lipoproteins (HDL) and low-density lipoproteins (LDL). High-density lipoproteins carry the bad LDL cholesterol away from your arteries and back to the liver where the LDL is broken down and passed from the body. HDL doesn't completely eliminate LDL cholesterol as only 1/3 to 1/4 of the blood cholesterol is carried by HDL. LDL cholesterol is considered bad because it contributes to fatty build-ups in arteries and increases the risk of heart attacks, strokes, and peripheral artery disease. We want higher levels of HDL compared to LDL for the above-stated reasons.

Statins help to block an enzyme called HMG coA reductase, which is part of the cholesterol synthesis pathway, that is more active at night. Studies have demonstrated taking a short-acting statin drug at night resulted in a 10-point reduction of LDL (the bad cholesterol) versus taking the short-acting statin in the daytime. Examples of short-acting statins are Pravastatin, Simvastatin, Lovastatin, and Fluvastatin. Long-acting statins are Rosuvastatin and Atorvastatin. So short-acting statins are peaking in a shorter period of time in your body compared to long-acting statins. So if the HMG coA reductase enzyme is most active at night and the short-acting statins are peaking at the same time the enzyme is most active, it makes sense to have the short-acting statin on board at the same time in order to block the effect of the enzyme thereby lowering the LDL "bad cholesterol".

A Cochrane Review from 2016 demonstrated that LDL levels did not improve more in patients who took statins at night versus daytime.

A 2017 meta-analysis in the Journal of Clinical Lipidology demonstrated short-acting statins taken at night lead to a greater drop in LDL.

So there's conflicting evidence, but it does depend on the TYPE of statin you take, long or short-acting. This is obviously out of my area of expertise. If you take a statin this should be a discussion to have with your pharmacist and your doctor!

See ya in church, Jeff



### Easter Day Prayer (UMH320)

Almighty God, through Jesus Christ you overcame death and opened to us the gate of everlasting life.

Grant that we, who celebrate the day of our Lord's resurrection, may, by the renewing of your Spirit arise from the death of sin to the life of righteousness; through Jesus Christ our Lord. Amen. (*Book of Hymns, 1966*)



### Sundays of Easter (UMH321)

Almighty God, you give us the joy of celebrating our Lord's resurrection. Give us also the joys of life in your service, and bring us at last to the full joy of life eternal; through Jesus Christ our Lord. Amen. (*The Lutheran Book of Worship, 1978*)

### 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

