

# GREENWOOD UNITED METHODIST CHURCH

## March 2024

### *Making Meaning*

I often listen to the podcasts by Lewis Center for Church Leadership ([churchleadership.com](http://churchleadership.com)). In one of the recent episodes, Brad Griffin from Fuller Youth Institute talks about the importance of “meaning making.” He says that, one of the reasons Taylor Swift has an influence across generations is that she does so much meaning making. Young people, ladies in particular, can find themselves in a story that’s in her songs. At the same time, Brad challenges us by saying that there is a real crisis of meaning in the churches today. What are we here for? What are we doing here? What message do we need to hear?

Jesus was excellent at “meaning making. When risen Christ met Peter (John 21), he was changed. Yes, he was redeemed from denying Christ three times. But that was not just it. He was strengthened, assured, and given new sense of identity, purpose, call, and mission. Peter’s post-resurrection experience made a (new) meaning in his life which sustained him for the rest of his life.

The reality is, the same Christ comes to all of us, if our eyes are truly open. He changes us, just like Pete was changed, so that *our* faith stories make meaning that sustain us, along with new identity, purpose, call, and mission. In his book, Bishop Tom Berlin said, *Ask yourself... what does Christ want me to do – that I could do and would do – if I fully trusted in the power of Christ in my life?* Like he says, may we truly trust in the power of Christ in our lives. Keiko



### **Celebrate Easter—Sunday, March 31**

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

**9:00 am – Easter Worship**

Let us celebrate Christ’s resurrection together! He is risen indeed!

### **Holy Week 2024**

#### **Palm Sunday—March 24**

9:00 am Palm Sunday Worship

10:30 am Downtown Outdoor Celebration  
(at historic courthouse)

#### **Maundy Thursday – March 28**

7:00 pm Joint Maundy Thursday Worship at Greenwood UMC

#### **Good Friday - March 29**

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



**Holy Week**

**Children’s  
Easter Egg Hunt  
Saturday, March 30  
10:00 am—Noon**



**Mark Your Calendar NOW**

**Spring Cleanup Day  
Saturday, March 9  
10:00 am**





## Deepest Sympathy

Our deepest sympathy goes to the family of Walter C. "Walt" Cunningham, who went to be with the Lord on February 7, 2024. Walt was a man of faith, and we all learned from his humble service, both to God and to the people in the community.



Wanda Cunningham  
1366 Greenwood Rd.  
Winchester VA 22602

Pam & Eddie Keeler  
138 Underwood Ln  
Winchester, VA 22602

Tami & Ronnie Light  
956 Siler Rd.  
Winchester, VA 22603

## General Conference 2024

After a four-year delay due to Covid, the 2020 General Conference will take place April 23-May 3, 2024 in Charlotte, NC.

You can learn about the General Conference the following ways:

General Conference website: <https://www.resourceumc.org/en/churchwide/general-conference-2020>



United Methodist News Service:  
[www.umnews.org/en/category/general-conference](http://www.umnews.org/en/category/general-conference)

There is a 5-minute video that explains:

- ⇒ What does General Conference do?
- ⇒ How are delegates elected?

⇒ What happens after the GC?

<https://youtu.be/U2MLEFn3b8M>

Who represents the Virginia Conference? [vaumc.org/blog/2023/05/17/general-conference-2024-virginia-conference-delegation/](http://vaumc.org/blog/2023/05/17/general-conference-2024-virginia-conference-delegation/)



*Possibly interested in volunteering during the General Conference?*

*Check out this website!*

**welcometogc.org**

## 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, 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, Green Valley, Greenwood UMC (persons and ministries), WATTS, The UMC

## To Fizz or not to Fizz

I recently read information about drinking carbonated water and of course, consulted YouTube on the subject as well. I like carbonated water, which water injected with CO<sub>2</sub>. Some of you may have a water carbonator at home, like Soda Stream Fizzi. There are different kinds of carbonated water out there.

There's seltzer which is carbonated water. It may have a flavoring added. The kind to look for is no added sugars or artificial sweeteners. Sparkling water and seltzer water are the same thing.

Mineral water is naturally carbonated water with minerals such as magnesium, and calcium.

Club soda is artificially carbonated water with added minerals.

Tonic water is artificially carbonated water with added minerals and quinine. Also has sugar or high fructose corn syrup. Because of the sugar, I'd stay away from tonic water.

Possible benefits of carbonated water are:

May help you get off the soda wagon! You still get the fizz, not all the sugar and other bad stuff like phosphoric acid.

May make you feel fuller longer because of the fizz.

There's research showing it has helped with constipation.

Carbonated water is more acidic than regular water, but not enough to do any harm. It doesn't harm our tooth enamel. If you suffer from acid reflux, it may make it worse. However, some say it doesn't so you be the judge.

The takeaway here is that there are no studies out there demonstrating any significant negative consequences of drinking carbonated water. It helps you to drink more water all the better! Just check the label and watch for added sugar.

Enjoy your Fizz Market Street! See ya in church, Jeff



### 2023-24 WATTS Warming Center Continues through March 29 at Market Street Church

Mondays-Saturdays: 7:00 am– 1:00 pm  
Sundays: Noon-5:00pm

**THANK YOU** to all who participated in Greenwood's "Coldest Night of the Year" walk on February 18! The total of what we raised for WATTS will be shared when it is ready!



**CCAP Easter Donation—CCAP is looking for the following items:**

Ham Whole Chicken Scalloped/Au Gratin Potatoes  
Mac & Cheese Green beans Mushroom Soup Fried Onions  
Boxed Yellow Cake Mix Pineapple Rings Maraschino Cherries



**Please bring the Items to church on Sunday, March 17!!**

**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, as well.**

**Thank you for your support!**



**Greenwood Choir brings special music on 2nd and 3rd Sunday of the month.**

**Interested in singing with them? Please contact Heather or Beverley.**

**(Prayer from *The United Methodist Book of Worship*)**

***Monday of Holy Week***

God of strength and mercy, by the suffering and death of your Son, free us from slavery to sin and death and protect us in all our weakness; through Jesus Christ our Lord. Amen.

***Tuesday of Holy Week***

Holy and compassionate God, your dear Son went not up to joy before he suffered pain, and entered not into glory before he was crucified. Mercifully grant that we, walking in the way of the cross, may find it the way of life and peace; through Jesus Christ your Son, our Savior. Amen.

***Wednesday of Holy Week***

Most merciful God, your blessed Son, our Savior, was betrayed, whipped, and his face spat upon. Grant us grace to endure the suffering of present time, to overcome all that seeks to overwhelm us, confident of the glory that shall yet be revealed; through Jesus Christ our Redeemer. Amen.

***Holy Thursday***

O God, by the example of your Son, our Savior Jesus Christ, you taught us the greatness of true humility, and call us to watch with him in his passion. Give us grace to serve one another in all lowliness, and to enter into the fellowship of his suffering; in his name and for his sake. Amen.



**Our students did a great job, packing goodie bags both for Kitchen of Hope guests AND our homebound friends!**

**Coming Events:**

**March 3—Join Bowling Fun**

**March 24—Palm Sunday celebration**

**April 6— Spring Hike (more info TBA)**

