

***Never Do It Alone***

At the Service of Call and Ordering of Ministry during 2023 Annual Conference, Bishop Sue Hauptert-Johnson exhorted the candidates who were to be licensed, commissioned or ordained. She said, "Never do ministry alone. Only time pastors in trouble is when they have gotten isolated. You got to have others to encourage you, give you advice, listen to you, and to be your 'Nathans.' If you want to have a real short time in ministry, do it alone. Because it will crush you." Oh how true her word is – ministry will crush you! How many times have I gotten discouraged! Yet every time I felt down, I was encouraged and supported by friends/colleagues in ministry. I cannot thank them enough! And it is the beauty of United Methodist connectional system!



Think about it – what she said to the candidates applies to ALL OF US. Never go about this life alone... because it will crush you. You got to have others to encourage you, give you advice and listen to you. Jesus knew that. He had twelve friends who traveled with him. He also commissioned seventy-two and sent them in pairs (Luke 10).

So, as we continue the life of faith, let us remember: Have others to journey with you, encourage you, give you advice, and listen to you. In doing so, may we be the encouragement and listening ear to someone else. In this way, we will grow together to be the people God calls us to be. Have a great summer, and hope to see you in worship! Keiko



**Vacation Bible School 2023 is coming up!!**  
***Stellar – Shine Jesus' Light***  
**July 16-20, 6:00-8:00 pm**  
**Ages 3-11**



**It is not too late to register! Please contact Ms. Tami (540-535-5095)**  
**Please pray for all children, adult leaders and volunteers!**

**\*\* We are decorating for VBS on Saturday, July 8 at 9:00 am! Volunteers welcome!!**

**Also, Mark Your Calendar NOW!**

**"VBS Intro" worship—July 16, VBS Sunday—July 23**



**WHITE ELEPHANT AUCTION**

**"Christmas in July"**

**Sunday, July 30, 1:00 pm**

**Bring finger food to share!**

**Have items to donate? Please put it in the first room downstairs.**

**All proceeds will benefit Backpack Ministry**

**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 Stickle, George, Sonja, Diane, Joanne, Kimberley, Linda B, Dana, Laurie, Tami & Ronnie Light, Kim Renner (Family of Loretta Jahnke), Brenda Powers, EF Quillen, Judy Pruitt, Lilly Titus, Sarah Randall, Green Valley, Greenwood UMC (all the persons and ministries)

**Deepest Sympathy**

Our condolences to Kim Renner upon the loss of her mother, Loretta Jahnke.

Her funeral will be July 10, 1:00 pm at St. Peter's Lutheran Church (1201 Courthouse Rd, Stafford).

Cards may be sent to: Kim and Fred Renner  
146 McClure Way, Winchester, 22602



**CCAP Sunday & Red Wagon is starting back again!!!**

**Every 3rd Sunday of the month (for July, it will be on July 16!)**



**Please bring the items and set them on the isle. Our children will collect them with the red wagon!**

*Pastor is out of the country  
July 4-18*

*If you need assistance, contact  
the District Office:  
540-433-2382*

**Tuesday morning Small Group**  
*starts back again on July 25!  
10:00 am*

*We will be looking at "Servant or  
Sucker; Wise and Compassionate  
Ways to Help the Poor"*

**Have a safe and wonderful  
summer!**

**Your friends, Froggie & Paisley**



**Also, Mark Your  
Calendar!  
Blessing of the  
Backpacks  
Sunday, August 13**





Happy July, Greenwood! I hope you all are enjoying your summer!

Not only is July one of the hottest months of the year, it's also one of the busiest! There are lots of wonderful activities at Greenwood and I hope you all can make it to as many of them as possible!

We blast off on an outer space adventure during Stellar VBS, which runs from July 16th to July 20th from 6:00 pm to 8 pm! Children 3 to 11 are welcome to attend, and we are always looking for adults to help! It will be a great time!

On July 30th, we'll celebrate Christmas in July with the return of the White Elephant Auction at 1:00 pm! Everyone is invited to join us for a fun time of fellowship and fun! Please bring a finger food item to share! You can drop off any items you wish to donate at church. Just make sure they are wrapped and labeled as to the category they belong to. We have lots of fun surprises planned as well and we hope many of you can join us! All proceeds will benefit the the Backpack Ministry. If you have any questions, please see Ashley Plaughter or myself.

Of course, we hope you can join us at Worship on Sunday mornings, and afterwards for Adult Bible Study.

Hugs,  
Heather Littleton, Lay Leader



Trip to see "Moses" at Sight and Sound, June 24

### 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](mailto:tiannad@arcolachurch.org)).



# Health Minute

Jeff Swift

I know I've discussed falling. Hey, we all take a spill. I consider myself agile for my age and as most of you know I fell and broke my hand last year. Could have been worse for sure. I was fortunate because I could get up walk to my car and go home and lick my wounds. What I run into so often at work are folks that fall and then can't get up. This becomes a serious problem if they live alone, and have no plan in place should this happen. Spending hours, sometimes days on the floor injured leads to dehydration which can lead to other serious medical complications depending on coexisting medical conditions. My question to you is this; if you fall can you get up off the floor? If you can't possibly get up off the floor do you have a plan in place to get help? In my opinion, a life alert is an absolute necessity if you live alone and there's no way you can get up off the floor by yourself. Push a button and help is on the way!

Don't know if you can get up off the floor? If you need help getting on the floor have one or two family members help you get on the floor. Now see if you can get up using a chair or other piece of furniture. If you can do this, see if you can do it using one arm pretending the other is injured. If you can do this see if you can use both arms to stand without using a piece of furniture. Can you do it using only one arm? Can you do it without using your arms? I was personally surprised at how hard it is to get up off the floor without using either arm. I could do it but it wasn't easy.

Look at getting up off the floor as an exercise, it's a skill. If you don't practice it you may not be able to do it when it really counts. If you're on the floor and injured where you can't easily move then don't even try to get up. Wait for help. But if this happens have a plan in place. The plan may be different in the daytime, versus nighttime. I've had patients fall and spend all night on the floor because their spouse couldn't hear their cries for help. If you fall in the bathroom, can your spouse or family member hear you in their bedroom? If you have broken ribs it may be difficult to yell out. Maybe some sort of noise maker within in reach on the floor in every room is an option. The bottom line is to think about it, discuss it with your family/friends, and make a plan so you're ready. And if it's feasible, practice getting down and up off the floor/ground (practice rolling from your stomach to your side(s), from your back to your side(s)). Have someone around when you do just to be safe!

See ya all in church, Jeff



## ***Family Promise Northern Shenandoah Valley (NSV) Update***

Robin Russell, Program Coordinator (pictured above), is doing wonderfully!

Currently they have 12 active cases:

10 intakes in June— Of 10, 6 are active: 2 motel/2 in housing (rent issues)/1 utility assistance/1 in car

6 active cases from previous months (3 carried over from April, 3 from May)

Total 12 families receiving guidance to turn their lives around!

***Please keep all the families in your prayers.  
Visit [www.familypromisensv.org](http://www.familypromisensv.org) for more info!***

WATTS COOLING CENTER  
2023 @MARKET STREET  
JULY 10-SEPTEMBER 5  
NOON-5:00 PM  
(11AM-4PM ON THURSDAYS)



PLEASE PRAY FOR ALL THE  
GUESTS AND STAFF.  
INDIVIDUAL SNACK DONA-  
TIONS WELCOME!