

GREENWOOD UNITED METHODIST CHURCH

AUGUST 2022

Change of Plans

Back in June, we were intending to travel to Japan to visit my mother. Due to the pandemic, I have not been able to see her in person for over 3 years! We carefully planned our flights and other accommodations. Covid tests negative, we were good to go... so we thought. But with the last-minute hiccup with visa situation, we were unable to visit there. Instead, we stayed behind in Munich and ended up touring around Germany. It was a very unexpected, unplanned trip, but we made the best of our time (well, Germany was on my bucket list, so I guess that was crossed off unexpectedly!).

This reminded me that, sometimes in life, things do not turn out in ways we hope or at the timing we like. Cree, author of July 21 *Upper Room* devotional, experienced exactly that. Being a high school senior in 2020, she (assume it's a she) was disappointed that all the "senior things" – prom, last day of school, graduation – were canceled. But in the fall, she was able to attend college in person. She writes, "Little did I know that what God had in store for me was going to be so much more than I could have ever imagined."

The Scripture reminds us that God continues to lead and guide our lives. One of the most well-known passages might be from Prophet Jeremiah, where he said: For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope (29:11). Perhaps we all need to be reminded this young author, Cree, who concluded the devotional by saying, "God has taught me that although our plans may not work out the way we expected, God still has good plans in store for us." May we always trust that promise, and live each day in faith.

Hope your summer is going well. See you in worship! Keiko
P.S. My mother (left) is well. Had a trip with her friends.

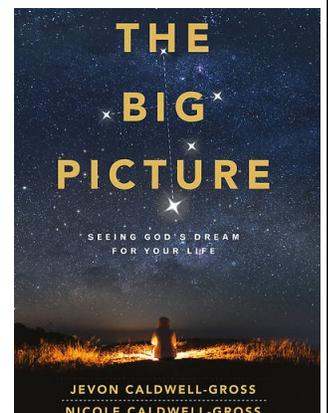


Mark Your Calendar NOW!

Joint Outdoor Worship
September 11, 10:00 am (note the time!)
Jim Barnett Park, Rotary Shelter

Tentative Fall Study
The Big Picture
Seeing God's Dream for Your Life

More info is to come!



Help Request from CCAP

1. Can you help at 2nd Annual CCAP Benefit Bike Ride August 27, 2022

Interested in Biking?
Go to www.bikerg.com

Interested in helping?
Contact ccapbenefitbikeride@gmail.com for more info.



2. Can you help with FREEDGE?

Freedge is a community refrigerator, located at 419 N. Cameron Street.

Whoever needs fresh produce can take them, whoever has excess

food can add them.

If interested in help, please scan the QR code.



Team Jeremiah answers questions on 2024 General Conference & Disaffiliation



Rev. Tom Berlin answering the question at the webinar

Team Jeremiah, appointed by Bishop Sharma Lewis, hosted a conference-wide webinar on July 12 to answer questions regarding the General Conference and disaffiliation.

The recording can be watched at vaumc.org/resources-mentioned-in-july-12-qa-webinar/

Ask The UMC also addresses questions from congregations wondering about the future of The United Methodist

Church: UMC.org/en/content/ask-the-umc-is-the-umc-really-part-1

Lay Servant Training Opportunities (For ALL Persons)!

If you wish to be a certified lay minister, a lay speaker, OR if you simply want to learn more about how to be a faithful disciple, these training opportunities are for YOU!

August 5-6 – In-person (at Virginia UM Center) or Virtually

Classes Offered: Basic course, Public prayer, Called to preach, Certified Lay Minister orientation, The Gospels in Spanish, Children's Ministry

More info can be found: <https://vaumc.org/laity-district-and-conference-training/>

September 24 – Grottes UMC (300 4th Street, Grottes 24441)

Classes Offered: Basic course, Leading Prayer

\$25 per student

For more info, contact Joe Amend (joe.amend3@gmail.com, 301-741-7633)



Winchester District News

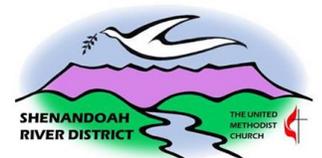
The Winchester District Office has moved!

The New Address for the District Office is

78 Brook Creek Road, Toms Brook, VA 22660

New Office hours will be Monday - Friday, 9:30 am - 3:30 pm.

We will also have a new phone number: 540-433-2382



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 grieve, The peace in the world—especially the situation 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, Carl & Beth Stickley, 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, Dan Roach, Mable Carter, George Martin, David 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, Margie Galderisi, 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 (her mother Loretta Jhanke), Residents at Green Valley

Greenwood UMC

Hi Greenwood!

I hope you all had a fun summer! We certainly did here at Greenwood! We had a great turnout for our first community movie night in June, and a successful VBS just wrapped up in July! We've had a great time sharing our faith with our community this summer!

As August begins and autumn approaches, it's a great time to start thinking about the other happenings going on in our church:

- The upcoming school year means the return of the backpack program. We will need non perishable, single serve food items for the packs that will be distributed to the children in need at Redbud Run Elementary. If you have any questions or would like to donate, please see Carol Lambert.

- Our United Women in Faith (formerly the UMW) group will be collecting school supplies to donate to CCAP.

- CCAP will hold their second annual benefit bike tour on August 27, 2022. See Pastor Keiko for more details.

- Consider joining our Mens group or our Womens group for their monthly meetings/activities.

There's always something going on here at Greenwood! We hope to see you on Sundays for worship and at the other exciting events happening at our church and in our community!

Hugs,

Heather Littleton, Lay Leader



Health Minute

Jeff Swift

The benefits of walking

We've all been told walking is good for you. Some of us have more tolerance for walking than others due to our age, and/or varying medical conditions or lack thereof. An article in my University of Washington Alumni magazine by Anthropology professor Patricia Kramer was an interesting read. Recreational walking has been found to benefit heart health, helps to lower blood pressure, but also found to help with boosting creativity (Stanford University study of 176 adults), and a study published in the Frontiers of public health linked brain power and walking.

7000 to 7500 steps a day are sufficient for most adults to benefit from a 50-70% "smaller chance of early death" according to a University of Massachusetts, Amherst study. We've been fed 10,000 steps a day for a long time, but 7000-7500 is more easily attainable by most adults.

A Colorado State University study of older men found and women found that brisk walking improved the amount of white matter in the brain (white matter is found deeper in the brain and consists of nerve fibers surrounded by a sheath of myelin which gives it the color). The study also looked at a control group and a dancing group and found in comparison to the group who did a 40 min brisk walk 3 times a week "had the most prevalent improvements in their white matter with their brains looking larger and tissue lesions appearing to diminish". Walking appears to play a role in preserving brain volume overall.

Walking also helps improve balance, reduces the risk of falls, and helps to preserve muscle strength. When you are outside walking you are getting a lot of sensory input into your brain. Sounds, visual stimuli, the feel of different terrain under foot stimulating the mechanical receptors in your joints, and the feeling of a breeze on your face are all stimuli that your neuromuscular system is processing while you walk.



For older adults, 20-30 min of walking 5-6 times a week will reap the benefits of walking. One should be able to carry on a conversation and be "a little breathy." If you have underlying medical issues, talk to your doctor for intensity guidelines.

Come on, friends, lace up those sneakers, and get out there for a brisk walk with a family member, church member, or friend! See ya all in church! Jeff

Jeff Swift is a member of Market Street. He is a physical therapist at Hampshire Hospital.



**Vacation Bible School 2022
"Monumental" was a BLAST!**

Thank you to all the children, adult leaders and volunteers!