

GREENWOOD UNITED METHODIST CHURCH

NOVEMBER 2022

“I See You”

I recently participated in a clergy retreat/workshop. During the speaker’s presentation, she mentioned that in Zulu tribe tradition, people greet one another by saying “Sawubona,” which means “I see you.”

Jesus always saw the people around him—a woman at the well, another woman who touched the fringe of Jesus’ garment, Zacchaeus on the tree, Matthew the tax collector, a rich young man... the list continues. No matter where they might be physically, emotionally and spiritually, Jesus ‘saw’ each of them, acknowledged one’s sacred worth, and said the words they needed to hear. As a result, their lives were touched and changed forever. And today, the same Jesus comes to us and says, “I see you. You are loved. You are a person of worth. You are gifted in many ways so you may bring something special to this world.”

At the workshop, all pastors were invited to participate in this exercise. We formed a circle, and one person held hands of a person next to him/her (ask first if that is ok). Then said to that person, “I see you (and whatever else that comes to mind)...” It was a powerful experience—I did not personally know the pastor who stood next to me, but him saying that he “saw” me—my strengths, weaknesses, hopes, struggles, but most of all, self-worth as a beloved child of God — was quite moving.



So, in this season of Thanksgiving, I encourage you to say to someone, “I see you. You matter to me. I thank God for who you are.”

May you have a blessed Thanksgiving! Hope to see you in worship. Keiko

p.s. THANK YOU for your gracious gift for clergy appreciation month!

Thank You!

Attention Church Leaders!
Shenandoah River District
Charge Conference
November 6, 3:00 pm at
Randolph-Macon Academy
 (200 Academy Drive, Front Royal)



MARK YOUR CALENDAR NOW!



Church Fall Cleanup
Saturday, November 12 at 9 am
 Please come help as we get the place ready for coming Advent season!

Coming in December! Children's Christmas Program
December 18 - More info is to come!



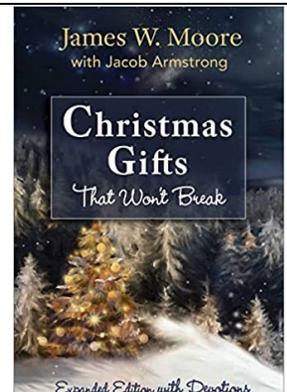
Coming End of November!
Advent Study 2022

Christmas Gift that Won't Break
 By James W. Moore (with Jacob Armstrong)



Stay tuned for study dates/times
 Copy of the book (the book contains Advent devotionals!) will also be available for purchase.

Contact Pastor Keiko if interested.



Hi Greenwood Family!

The beginning of November means there are only 60 days left in 2022 and I cannot believe it! As tempting as it is to skip over November and head straight into the Christmas season, I think its important to slow down and really, as cliché as it may sound, take this time to think about all the things that we have to be thankful for.

One of my favorite “events” in November, if you will, is the annual Presidential Pardoning of the Thanksgiving Turkey. According to the White House Historical Society, the tradition dates back to President Lincoln in 1863. I enjoy seeing our Presidents, regardless of party affiliation, participate in this cheerful event. It’s also a light hearted reminder, to me anyway, to be thankful for my relationship with Christ and the pardon that He extended to me and all of His followers.

We have a lot to be thankful for at Greenwood, too. We have an active congregation that loves to support our community by contributing to our Women’s group backpack program, helping out with WATTS, and is always willing to collect much needed items for CCAP. We have a robust Children’s Ministry as demonstrated at the Children’s Sabbath service last month, and an active adult membership that’s involved in ministries through out our church. And we have a caring and loving church family that loves and cares for one another. We are very blessed.

This month, as we count our blessings, let’s think of ways that we can continue to be a blessing to each other and to those in our community so that they can see Jesus in us and want to know Him better.

Much love and a very grateful heart for all of you!

Heather Littleton, Lay Leader



Don't forget CCAP Christmas Food List!



- Canned yams
- Canned green beans
- Marshmallows
- Cranberry sauce

Boxed potatoes

Gravy packets/cans

Dressing/stuffing

Brownie/cookie mix

Pancake mix

Cooking oil

Roasting pans

Turkeys

Hams



** All items in to church by November 27 (or directly to CCAP by December 2)



**Children's Sabbath—GREAT JOB, everyone!
(October 23)**



Our Partner, Market Street, is a part of Family Promise

Market Street had their third community meeting. Homelessness in families is a serious problem in our community (see statistics provided by United Way below). They are working with an architect, city zoning and other leaders. Please keep our partner in prayers!

Homeless Families with Children



64
FAMILIES

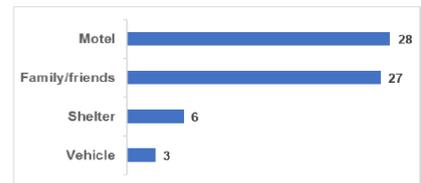
Winchester City: 36
Frederick: 27
Clarke: 1

122
CHILDREN



60% are single parents
Avg. Monthly Income = \$1,857

WHERE THEY ARE LIVING



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 hurricanes, 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, Dan Roach, 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, Frank & Brenda Powers, Green Valley, Greenwood UMC



Thanksgiving Prayer

Almighty God, giver of every good and perfect gift, teach us to render to you all that we have and all that we are, that we may praise you, not with our lips only but with our whole lives, turning the duties, the sorrows, and the joys of all our days into a living sacrifice to you; through our Savior Jesus Christ. Amen.
(The Book of Worship 1965, alt.)



Greenwood Choir

Would you like to make a joyful noise to the Lord??
Wednesdays 7:00 pm

Health Minute

Mold Toxicity

I would like to share information regarding mold toxicity. A book by Dr. Neil Nathan, MD "Toxic" outlines what can happen if you become sick from mold exposure. He feels this is an underdiagnosed condition. People can suffer from mold toxicity for many years before they are diagnosed properly. The good news it can be successfully treated by a physician who is familiar with the condition.

Exposure to mold can be the result of a water leak in our home or workplace that goes undetected resulting in the dreaded "black mold". Not all molds are harmful to humans, but some have toxins that can make us very ill. Molds are termed ionophores. This makes them quite unique. One end of the mold toxin is lipophilic, meaning it dissolves easily in fat. The other end is hydrophilic, meaning it dissolves easily in water. This means the mold toxin can easily move throughout the body through any body tissue at will, as well as through all cell membranes. Cell membranes normally have the ability to regulate what moves in and out of them. However, mold toxins get a free pass. This also makes it difficult for the body to round up the toxins and eliminate them.

Approximately 25% of the population genetically does not have the antibodies to fight off mold. They can become progressively sicker as mold accumulates in their body. This is why some people in a large office building get ill while most don't. The office building doesn't get incriminated because "everybody" didn't get ill.

Inhaling mold spores into our lungs is the most common way for mold toxins to enter our bodies. Ingesting mold and absorbing mold through the skin are other pathways.

Dr. Nathan even sights Leviticus 14, which warns if a man's home is contaminated with plaques, mold, and leprosy "he shall have the inside of the house scraped all around, and the plaster that they scrape off they shall pour out in an unclean place outside the city". Even God warned us of the dangers of mold. So it's not something to ignore!

Dr. Nathan found three common symptoms that make him very suspicious of mold exposure and toxicity: Electric shock sensations, ice pick-like pains, and vibrating or pulsing sensations running up and down the spine. If these symptoms are associated with muscle weakness, numbness and tingling in different parts of the body, dizziness, unsteadiness, severe anxiety, depression with fatigue and cognitive impairment, joint pain, headaches, chest tightness, and gastrointestinal symptoms then mold toxicity should be considered.

The take-home message is to take exposure to mold seriously. If you just can't seem to get well and have ongoing symptoms (listed above) and have a recent or past mold exposure discuss mold toxicity with your doctor. Be informed, and be your own advocate!

See ya all in church, Jeff

Jeff is a member at Market Street and works at Hampshire Memorial Hospital.

Please Support United Methodist

Women's Backpack Ministry

We continue to support families from Redbud Run Elementary School.

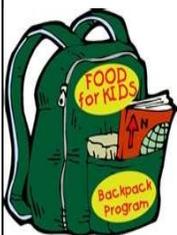
You may donate funds (check payable to "Greenwood UMW" with a memo line "Backpack")

OR Donate Items: Individual mac & cheese

Individual Peanut Butter crackers

Individual fruit cups, applesauce

Individual cereal boxes & cereal bars



THANK YOU for your support!



Friends at Greenwood in Action!