

GREENWOOD UNITED METHODIST CHURCH

MAY 2022

Our end is our beginning (Reflection from Easter Sunday)

*In our end is our beginning; in our time, infinity;
in our doubt there is believing, in our life, eternity.
In our death, a resurrection; at the last, a victory,*

unrevealed until its season, something God alone can see. (Natalie Sleeth, ©1986 Hope Publishing Co.)

Hymn of Promise(UMH707), which you see stanza 3 above, is one of my favorite hymns. The author wrote those words when “pondering the idea of life, death, spring and winter, Good Friday and Easter, and the whole reawakening of the world that happens in every spring.” *In our end is our beginning* – what a perfect theme for Easter Sunday!

When Jesus died on the cross, disciples thought that was the end. There was no more. Fear had won. Hope was gone. Sorrow took over joy. But while it was still dark on that morning long ago, things started moving once again. Fear was gradually replaced with courage, confusion was replaced with curiosity, uncertainty was replaced with hope and anticipation. Disciples started to think: maybe there is more to this story, more to life, more to faith, more to the future. Again, the theme: in our end is our beginning.

The story of Easter is *OUR* story, as well. When we think there was no more...that is when Christ's light shines through. Because Christ conquered the grave, we can be sure that there is joy out of mourning, wholeness out of brokenness, hope out of despair. The resurrection reminds us that the grave is not the end of the story – as we stand at the empty tomb, we witness new beginning, second chances, new hope.

May the spirit of Easter live in you today and always. Keiko



A Special invitation to an awesome event!

Connor Crotzer

SPRING BENEFIT RECITAL
Sunday, May 15 | 5 p.m.

**MARKET STREET UNITED
METHODIST CHURCH**
131 S. Cameron Street
Winchester, VA 22601

LOVE OFFERING COLLECTED
to benefit relief efforts
in Ukraine by the United
Methodist Committee on
Relief (UMCOR)



**Mark Your Calendar
NOW!**

Outdoor Potluck Luncheon
Sun, May 15 @12:30 pm



Come for fun, food, and fellowship!

Please bring Side dishes and dessert. We will provide meat, drinks, and paper products.
Hope to see you there!



SHENANDOAH®
UNIVERSITY
Spiritual Life





Christ is Risen! Easter at Greenwood

Eli, Cali, and Caroline were confirmed on Easter Sunday!



United as One in Worship 240th Session of the Virginia Annual Conference June 16-18, 2022 in Hampton, Virginia

As part of the Mission, UMCOR Kits are collected – please see the descriptions below. Please bring the kits to church by the end of May. Items will be collected on Saturday, June 4, 9:00-Noon at Duncan Memorial UMC.

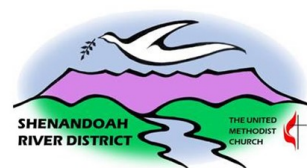
Hygiene Kit	Cleaning Kit
<p>One hand towel (15 x 25 –17 x 27 inches)</p> <p>One washcloth</p> <p>One comb – Must be sturdy with at least 6 inches of teeth</p> <p>One toenail or fingernail clipper (No emery boards or metal nail files)</p> <p>Bath-size soap (3 oz. bar or larger) (No Ivory or Jergen's soap)</p> <p>One adult toothbrush</p> <p>10 adhesive bandages (¾ by 3 inches)</p> <p>Common household bandages acceptable</p> <p>One one-gallon size re-sealable bag</p> <p>**Please visit vaumc.org/collecting/ for details about the kits.**</p>	<p>One five-gallon round bucket with re-sealable lid (14.35" h x 12.19" w x 12.19" d)</p> <p>One 32-64 oz. bottle liquid laundry detergent</p> <p>One 16-40 oz. bottle liquid concentrate household cleaner (No spray cleaners)</p> <p>One 16-34 oz. bottle dish soap</p> <p>One 4-8 oz. pump spray air freshener</p> <p>One 6-14 oz. pump spray insect repellent (pack of 10 -20 wipes also acceptable)</p> <p>One scrub brush</p> <p>18 re-useable cleaning wipes</p> <p>Five scouring pads</p> <p>36-50 clothespins</p> <p>One 50-100 ft. clothesline (cotton or plastic line)</p> <p>24 roll of heavy-duty trash bags (33-45-gallon sizes)</p> <p>Five N95 particulate respirator dust masks (1-3 mm thickness)</p> <p>Two pairs kitchen gloves</p> <p>One pair work gloves</p>



Winchester District News

The Winchester District Office will be moving on May 2nd.
The New Address for the District Office will be: 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



Proposed new logo if new district is approved at Annual Conference

MISSION ENCOUNTER



Mission Encounter is an opportunity to study current issues impacting society based on current social justice and mission-related topics. Participants grow in understanding the mission of the church in the current world context; conference events are open to all.

Theme: *Building Communities of Hope and Joy* (Luke 13)

Date: Every Thursday evening, **starting on June 30, 2022** Time: 7 p.m.

Registration fee: \$10

For registration and details, visit <https://vaumc.org/me>.



With Sympathy

Our dear brother in Christ, Charlie Dunn, went to be with the Lord on April 17, 2022. Charlie touched many lives in the community, especially through the establishment of

Greenwood Volunteer Fire & Rescue Company. Please keep Pat, Jay, Jody and all the family in your prayers. Condolences may be sent

to: Pat Dunn
124 Sunshine Dr
Winchester, VA
22602



Hi Greenwood!

I don't know about all of you, but I am so excited that May is finally here! I can't wait for warm weather and a return of sorts to all of our favorite summer activities, and May is the beginning of all the fun. A good way to kick off that fun is to join us on May 15th for the "Three F" (Food, Fellowship, and Fun) Potluck at the church. The church will provide hotdogs and hamburgers and we are asking the congregation to bring a side dish or dessert to share. We are planning on eating outside as long it's not raining. I hope everyone will be able to make it to this first event planned for an awesome summer!

We have lots of other fun things planned for the coming months, including an outdoor family movie night in June and the return of Vacation Bible School later this summer! Stay tuned for further information on those events!



Hugs,
Heather Littleton
Lay Leader



Rev. James Harnish, in his book *EARN.SAVE.GIVE*, gives us a prayer as we talk think about our faith and stewardship.

"Divine Wisdom, Giver of all things, grant us a share of your wisdom as we seek to witness in all we sing, pray, praise, and spend. Amen."



**Students got to visit SU!!
April 24**



Health Minute

PLAYBACK EDITION

(from July 2021)

Jeff Swift

In this issue of Health Tips I'll discuss six tips to prevent a stroke. This information is taken from the Blaylock wellness Report put out by Dr. Russell Blaylock is a retired neurosurgeon and is now a researcher in nutritional studies.

A stroke can occur from a bleed in the brain, or from a blood clot that blocks a blood vessel in the brain. Both result in damage to the brain. Deficits will occur depending upon where the damage in the brain occurs.

Healthy diet. Avoid excess red meat as it contains iron that is highly absorbable which increases the damage done by strokes and causes atherosclerosis (hardening of the arteries). Avoid sugar, especially fructose (high fructose corn syrup). Eat your fruits and vegetables! Broccoli, Brussels sprouts, kale, spinach, greens, parsley, and cabbage. Blueberries, acai berries, strawberries, and raspberries.

Stay hydrated. Thirst sensation becomes less sensitive as we age. Dr. Blaylock feels you should drink at least 12 ounces of water 4 times a day.

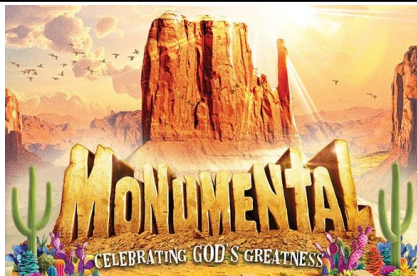
Nutritional supplements. This is something you should consult with your Dr. about. Vitamin B12, folate, and Vit B6 lower homocysteine levels which can reduce the risk of stroke. Dr. Blaylock is big on magnesium. He recommends magnesium malate. He also takes magnesium L-threonate

as he states it has better brain entry. Other supplements he recommends are hesperidin, naringenin, apigenin, luteolin, berberine, ginkgo biloba, quercetin, and curcumin. That would be a mouth full of pills. I know he mentions quercetin, curcumin, and magnesium frequently in his newsletter. I would look into those supplements.

Get restful sleep. Avoid prolonged stress. Stress can be a major trigger for inflammation in the brain and body. Read your bible! Pray! Go to church! Jesus told us to "fear not". He gave us that advice for a reason!



Here's to your health, friends! See ya all in Church! Jeff



Mark Your Calendar NOW!
Vacation Bible School
"Prop Making" Day

Saturday, June 4 11:00 am @First Presbyterian Church
Please come & help! Volunteers of all ages are appreciated!

Let us **LEARN** and **GROW** together! All are invited!
Lay Servant Training

May 21, 8:00 am - 5:00 pm at Duncan Memorial

(It will be an in-person session)

A list of classes offered will be shared soon. We will have the Basic Class as well as some Advanced Class offerings. Please share with those that need to recertification as well as those who are exploring Lay Servant Ministry.

A list of current Lay Servants on the Winchester District can be found on the District Website. <https://www.winchesterdistrictumc.org/index.php/resources/10-lay-servant-ministries>

