

GREENWOOD UNITED METHODIST CHURCH

JANUARY 2023

NOW Earth Must Do the Singing



In the book *Christmas Gifts that Won't Break*, Pastor James Moore shares this legend: God called the angels together for a choir rehearsal. There was a very special song they had to learn. The angels worked very hard – finally they were getting better, they learned about the shocking truth: they get to sing this special song once! Finally, God called the angels together and said, 'It's time.' Oh angels did a great job. It sounded so powerful, so beautiful, so magnificent. It was nothing that anyone had ever heard before. Just like that, the song ended – their one and only performance. But one angel was bold enough to ask God, "We did such an amazing job. How come we cannot sing this great song anymore?" God smiled. "Because," God said, "my son has been born, and now earth must do the singing!"

As we celebrate 2023, I would like to challenge you: in what special ways would you "do the singing?" In what ways could you share the good news that Christ is born, and same Christ will guide our lives? May the new year bring you many blessings and joy!

あけましておめでとうございます (←Happy New Year in Japanese) Keiko





Please remember Heather Littleton, Greenwood's lay leader, as the family remembers her father-in-law (and Stephen's father), Randy Littleton. May God comfort them and give them peace.

From Wesley's Covenant Renewal Service

Commit yourselves to Christ as his servants. Give yourselves to him, that you may belong to him. Christ has many services to be done.

Some are more easy and honorable, others are more difficult and disgraceful.

Some are suitable to our inclinations and interests, others are contrary to both.

In some we may please Christ and please ourselves.

But then there are other works where we cannot please Christ except by denying ourselves. It is necessary, therefore, that we consider what it means to be a servant of Christ.

Let us, therefore, go to Christ, and pray:

Let me be your servant, under your command. I will no longer be my own.

I will give up myself to your will in all things.

Be satisfied that Christ shall give you your place and work.

Lord, make me what you will. I put myself fully into your hands: put me to doing, put me to suffering, let me be employed for you, or laid aside for you, let me be full, let me be empty, let me have all things, let me have nothing. I freely and with a willing heart give it all to your pleasure and disposal.

Christ will be the Savior of none but his servants. He is the source of all salvation to those who obey. Christ will have no servants except by consent; Christ will not accept anything except full consent to all that he requires. Christ will be all in all, or he will be nothing.

Confirm this by a holy covenant...



Called to serve in a church as lay leaders, preachers, mission, children/youth ministries, congregational care? CLM may be for YOU!

CLM (Certified Lay Minister)

Module One, Spring 2023

Zoom sessions: 6-8:00 pm

March 19, April 16, May 21

Interested in learning more about becoming a certified lay minister and/or other training opportunities? Visit VAUMC website (vaumc.org/laity-district-and-conference-training/ or talk to Pastor Keiko!

Update on Virginia Conference Cleaning Kits

We have collected 3,724 flood buckets, along with donations of \$42,737. Great job, Virginia United Methodists!



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 UMW" with "Backpack")

OR Donate Items: Individual mac & cheese

Individual cereal boxes & bars

Individual Peanut Butter crackers

Individual fruit cups, applesauce

THANK YOU for your support!



Kitchen of Hope (3rd Thursdays on even months)
Please contact Tami if interested in helping



Health Minute

This month's health minute will discuss the benefits of apple cider vinegar. You may know someone who drinks apple cider vinegar on a routine basis for medicinal purposes.

Apple cider vinegar has a number of healthy ingredients such as potassium, pectin (fiber from the apple), beta-carotene which is a potent anti-oxidant, boron is a trace element in apple cider vinegar which plays a role in utilizing calcium and magnesium necessary to decrease bone loss (osteoporosis). There is a trace amount of calcium and enzymes that help digestion. The hydrochloric acid in apple cider vinegar helps digestion as well. Apple cider vinegar delivers an absorbable form of iron.

You can add apple cider vinegar to salads or any other dish that you normally would use vinegar. You can put a tablespoon in 8 ounces of water and drink it down once a day, no more than twice a day. Make sure to rinse your mouth after or brush your teeth because the acid in the vinegar is hard on tooth enamel over time.

If you don't do well with foods that are acidic, for example, tomatoes, pineapple, raspberries, and wine then you probably shouldn't be using apple cider vinegar on a frequent basis. It has been found to be a trigger for interstitial cystitis which is a chronic inflammation of the bladder. Also, don't use it if you have gastroparesis as apple cider vinegar does delay the emptying of the stomach contents to the small intestine which would amplify the effects of gastroparesis.

As always, if you are on medications you absolutely need to talk to your Dr. and pharmacist about the potential interactions of apple cider vinegar with medication. Examples are medication for diabetes, diuretic drugs, and digoxin. Don't think if one tablespoon in 8 ounces of water is good then 3-4 must be better. That's too much acid in your body at once and your body will have to counter this in order to maintain a proper acid balance.

The healing powers of vinegar by Cal Orey is a good resource and there are articles online if you wish to research this further.

Happy New Year Market Street! See ya in church! Jeff



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, 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, The Littleton Family, EF Quillen, Green Valley, Greenwood UMC

**Greenwood United Methodist Church
726 Greenwood Rd, Winchester 22602**

**gwumc.org
umcgreenwood@gmail.com**

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