

# GREENWOOD UNITED METHODIST CHURCH

## JANUARY 2024

Happy New Year 2024

6:06 pm

When I was at Children's Christmas program a couple of weeks ago, Molly approached me. She said, "My watch alarm is set for 6:06 pm every day. And when it beeps, that means I am supposed to pray for you." Some of you may remember; this happened when I had to rush home during my mother's acute health crisis. Some of you picked a time to pray for me daily (*Thank you, I needed that – it was such an emotional trip...*).



What she said to me touched me. It also reminded me that, while we pray for family, friends and loved ones, we are prayed and supported by so many others. I am the first one to tell you that, I can only stay strong by the prayers of others. It is just humbling to think that I am being prayed by many people, near and far, even by the people I don't know or I've never met.

Our faith is a communal one – we need one another for accountability, support, and growth. I believe prayers are the same way. Apostle Paul knew that – in multiple occasions he asked for prayers – prayers for him, but also to pray for one another (Rom.5:30, 2 Cor1:11, 1 Thess 5:25, Phm v.22, etc.). He knew that he cannot do ministry alone. We are the same way – whether we admit it or not, we are encouraged, sustained, and prayed by so many others.

So, as we end and begin a new year, may we – first and foremost – thank God for God's grace and ongoing presence in our lives. At the same time, may we thank all our fellow brothers and sisters in faith, near and far, who are there for us, supporting us and praying for us.

*May 2024 brings you many blessings and exciting adventures, so you will continue to grow in faith and in service to God and others.* Keiko

### Our Leadership

**Administrative Council Chair**

Steve Mills

**Lay Leader**

Heather Littleton

**Finance Chair**

Edwina Miller

**Treasurer**

Jody Bursey

**Pastor Parish Relations Chair**

Tracie Sipe

**Trustee Chair**

Kevin Alder

**THANK YOU** for your leadership!



### Calling all Committee & Ministry Leaders! Administrative Council & Leaders Meeting Sunday, January 14 at NOON



As the new year begins, we get together to plan and vision ministries at Greenwood in 2024! Mark your calendar and be there!

### CCAP Sunday & Red Wagon

**THIRD** Sunday of the month (It will be Jan 21 this month!)

All donations will be sent to CCAP to help local families in need.



### Calling All the Ladies Ladies' FUN LUNCH BUNCH

**First Friday (January 5) and Third Friday (January 19) at NOON**  
Bring your own lunches and have fun!

### 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 Women in Faith" with "Backpack")

OR Donate Items: Individual mac & cheese  
Individual cereal boxes & bars  
Individual Peanut Butter crackers  
Individual fruit cups, applesauce

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## 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 and Middle East

#### Our friends and family at Greenwood:

Coleman Lauderback, 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, Carrie Eichelberger, Marion Clowser, Beverley Soule, Donna Belle, Donna Kay Stemberger, Steve Jones, Kara Stemberger, Marshall Lorant, Ashlee Saxon, Ed Lambert, Brenna Taylor, Roger Stover, Bob Saville, Jace Anderson, Jay Hepner, Shirley Pierce Family, Caitlyn Roy, 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, Walt Cunningham, Kim Renner, Brenda Powers, EF Quillen, Judy Pruitt, Lilly Titus, Sarah Randall, Bob Giles, Pauline Butler, Gene & Bonnie Sine, Ashley Plaugher, Residents at Green Valley, Greenwood UMC (persons and ministries), WATTS, The UMC

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#### *From Wesley's Covenant Renewal Service*

...Confirm this by a holy covenant. To make this covenant a reality in your life, listen to these admonitions:

First, set apart some time, more than once, to be spent alone before the Lord; in seeking earnestly God's special assistance and gracious acceptance of you; in carefully thinking through all the conditions of the covenant; in searching your hearts whether you have already freely given your life to Christ.

Consider what your sins are. Consider the laws of Christ, how holy, strict, and spiritual they are, and whether you, after having carefully considered them, are willing to choose them all. Be sure you are clear in these matters, see that you do not lie to God.

Second, be serious and in a spirit of holy awe and reverence.

Third, claim God's covenant, rely upon God's promise of giving grace and strength, so you can keep your promise. Trust not your own strength and power.

Fourth, resolve to be faithful. You have given to the Lord your hearts, you have opened your mouths to the Lord, and you have dedicated yourself to God. With God's power, never go back.

And last, be then prepared to renew your covenant with the Lord.

Fall down on your knees, lift your hands toward heaven, open your hearts to the Lord...

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### New Year's Word Search

J A N U A R Y F R I E N A C E  
F R I E N D S Y A S R I L A H  
N E Y S E R T I E M O W B L C  
B S I L Y F A E N E I Y A E O  
N O C R N V N V E Y D L B N U  
A L D C L O C K L T I E Y D N  
R U V E W M I D N I G H T A T  
V T O A S T W S N O L Y I R D  
G I A N I N G S E V E U A R O  
C O N F E T T I T M I N G S W  
R N O L C E L E B R A T I O N  
A J A N U E L V E I M K E R A  
Y P A R T Y H A A P Y S E V W  
N E W Y E A R C L O K S O R Y  
S H A P P Y E B A L L R E S O



BABY	FAMILY
BALL	FRIENDS
CALENDAR	HAPPY
CELEBRATION	JANUARY
CLOCK	MIDNIGHT
CONFETTI	NEW YEAR
COUNTDOWN	NOISEMAKER
EVE	PARTY
	RESOLUTION
	TOAST

## It's the new year...Let's think about the FINANCIAL COMMITMENT in 2024!



As you know, Greenwood's ministries are solely supported by your giving. Without your support, we are not able to provide meaningful worship as well as ministries for study, service and missions. We hope the chart below will help as you plan your giving in the new year!

### What Types of Giver are you?

<p><b>Supporter</b> (1-2%) The church is a significant part of my life and promotes my spiritual growth.</p>	<p><b>Sustainer</b> (3-4%) The church is central to my identity, and I am committed to sustaining our programs.</p>	<p><b>Visionary</b> (5-9%) I am committed to both the present and future growth of my church.</p>	<p><b>Full Tithe</b> I designate 10% (or more) of my income to the church as a way to live out my spiritual principles.</p>
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### Weekly Giving Chart

(If you give bi-monthly or monthly, please multiple numbers by 2 (biweekly)/4 (monthly))

Annual Income	Weekly Income	Weekly Giving (in dollars)							
		15%	12%	10%	8%	6%	4%	2%	1%
\$22,000	\$423	63	51	42	34	25	17	8	4
\$25,000	\$481	72	58	48	38	29	19	10	5
\$30,000	\$577	87	69	58	46	35	23	12	6
\$40,000	\$769	115	92	77	62	46	31	15	8
\$50,000	\$962	144	115	96	77	58	38	19	10
\$60,000	\$1,154	173	138	115	92	69	46	23	12
\$70,000	\$1,346	202	162	135	108	81	54	27	13
\$80,000	\$1,538	231	185	154	123	92	62	31	15
\$90,000	\$1,731	260	208	173	138	104	69	35	17
\$100,000	\$1,923	288	231	192	154	115	77	38	19
\$110,000	\$2,115	317	254	212	169	127	85	42	21
\$120,000	\$2,308	346	277	231	185	138	92	46	23
\$140,000	\$2,692	404	323	269	215	162	108	54	27

(The chart and above info were taken from the internet)



(LEFT) Greenwood Choir & Children sang "Children, Go Where I Send Thee" December 24  
(RIGHT) Greenwood Children & Leaders honored Mr. Walt for his ministries over the years



**2023-24 WATTS Warming Center @Market St Continues!**

(November 25-March 29)

Mondays-Saturdays: 7:00 am- 2:00 pm

Sundays: Noon-6:00pm

*Individual snacks are always welcome!*





## Earthing

Earthing or “grounding” has made headlines in the past couple of years. It’s all over Facebook. People touting grounding and selling bed sheets that are designed to ground your body to the earth. This comes with health benefits they say. Well, I found this all very interesting. We have been walking on the earth barefoot for a long time, but don’t do much anymore. The shoes we wear insulate us from the earth more now than in the past. I agree that most of us don’t touch the earth very often with our bare feet or our hands for that matter. There does seem to be a correlation between our disconnect from the earth’s stabilizing electrical energy and the rise of inflammatory conditions and various disease states according to the authors of the book “Earthing”.

“Earthing” The most important health discovery ever! by Clinton Ober, Stephen T. Sinatra (cardiologist), and Martin Zucker goes through the science of grounding and describes many of the scientific studies that demonstrate the effectiveness of grounding on our physiology. There are positive effects on all our body systems! The fact is you don’t need to buy anything to get “grounded”. Just take your shoes off and walk on Mother Earth for 30 min. A bit rough this time of year! Buying a pad that fits under your fitted sheet on your bed does the trick. The pad is plugged into the electrical outlet, just the ground portion. If the outlet is correctly grounded then it’s the same as walking on the earth barefoot, but you’re on it for 6-8 hours as you sleep.

The earth’s surface has a natural negative charge. When we are in contact with the earth’s surface we receive the negatively charged electrons which in turn help to restore electrical imbalances that result from oxidative free radicals present when there is an inflammatory state somewhere in our body or a disease state. This is the theory behind grounding.

As I read the studies in this book, I became less of a skeptic for sure. There seems to be something to this. I would invite you to read this book. It is very interesting. The Website is [www.ultimatelongevity.com](http://www.ultimatelongevity.com) ( I have no financial interest in this Website or company). There’s a video to watch on the website. There are certainly other websites selling this product but Clinton Ober was the guy who initially started looking into the health benefits of this and came up with the grounding pad for a bed. Believe it or not, he’s not a trained scientist but a cable TV installer from Montana. His story is in the book. If you order a sleeping pad, they throw the book in as part of the deal. See ya in church, Jeff



**Children's Christmas Program**  
**"The Not-So-Silent Night"**  
If you missed it, you can find the video on Greenwood Facebook and YouTube page!