

GREENWOOD UNITED METHODIST CHURCH

May 2024

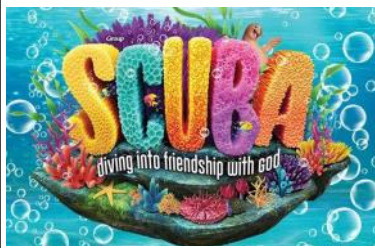
Aldersgate Experience in Our Lives

Do you know the significance of May 24, 1738? Today we remember May 24 to be “Aldersgate Day,” when John Wesley had a spiritual breakthrough. He writes about the day in his journal this way: In the evening I went very unwillingly to a society in Aldersgate Street, where one was reading Luther's preface to the Epistle to the Romans. About a quarter before nine, while he was describing the change which God works in the heart through faith in Christ, I felt my heart strangely warmed. I felt I did trust in Christ, Christ alone, for salvation; and an assurance was given me that He had taken away my sins, even mine, and saved me from the law of sin and death.

Pastor Adam Hamilton (Church of the Resurrection) claims Wesley's experience this way: *Wesley had been a Christian his whole life. Could his Aldersgate experience be called a conversion? Yes, in the sense that on that night he experienced something he had not felt in quite the same way before. He accepted God's acceptance. His faith moved from his head to his heart.*

Have you had Aldersgate experience in your life, when God touched you and moved your heart in an unexplainable way? Is your faith vital in your heart, not just in your head? Have you accepted God's acceptance? Does your faith move you to be loving, forgiving, willing to serve God and others?

As we remember Aldersgate Day this month, may we reflect on our own faith and commitment to love God and serve others. See you in worship! Keiko



Vacation Bible School 2024 SCUBA

June 17-21

6:00-8:00 pm (drop off is 5:45 pm)

Now registration is open! Please see pages 4 & 5 of this Newsletter. Fill it in and return to church (Attn: Tami Light).

More Volunteer opportunities are coming up—so stay tuned!

Greenwood Serves Kitchen of Hope again in MAY!

Due to the scheduling conflict in June (VBS week), Greenwood will be serving at Kitchen of Hope again on **Thursday, May 16**. So Stay tuned!



CCAP Sunday & Red Wagon

THIRD Sunday of each month (May 19)!

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

General Conference 2024 Continues!

General Conference website: <https://www.resourceumc.org/en/churchwide/general-conference-2020>

← Pictured are the delegates from the Virginia Conference! (Lay & Clergy)

Please pray for ALL the delegates throughout the world!



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, Family Promise and others
Those who are impacted by natural disasters
The peace in the world—especially people in Ukraine and Middle East

Let us pray for 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, Carol 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, Cunningham Family, Kim Renner, Brenda Powers, EF Quillen, Judy Pruitt, Lilly Titus, Sarah Randall, Bob Giles, Betty Grew, Keiko Foster, Green Valley, Greenwood UMC, The UMC

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

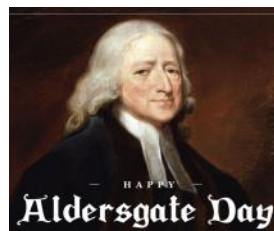
Individual Peanut Butter crackers

Individual fruit cups, applesauce

Help pack items, too. Thank you for your support!

Pentecost Prayer

God of fire and wind, we confess we have missed the movement of your Spirit in our lives and in your world. We have not been a Spirit-led church. We have not pursued your anointing or your sanctifying presence. We have not lived in holiness. Forgive us, we pray. Free us from bondage to life in the Spirit, through Jesus Christ our Lord. Amen.



Also, as I wrote, we United Methodist remember **May 24** to be “Aldersgate Day.”

In his journey, Wesley wrote: *In the evening I went very unwillingly to a society in Aldersgate Street, where one was reading [Martin] Luther's preface to the Epistle to the Romans. About a quarter before nine, while he was describing the change which God works in the heart through faith in Christ, I felt my heart strangely warmed. I felt I did trust in Christ, Christ alone, for salvation; and an assurance was given me that He had taken away my sins, even mine, and saved me from the law of sin and death...*





(This article was originally run in 2021)

Jeff Swift

In this edition of Health Tips I would like to introduce you to an exercise program I use frequently for balance and fall prevention. The exercises were actually specifically designed for patients with Parkinson’s disease to help them regain their mobility. I use them all the time on patients that don’t have Parkinson’s but have balance issues resulting in falls. You can go on You Tube and look up “LSVT BIG exercises”. There are a couple of exercises seated which you can skip. Watch and try the stepping exercises. The forward step, sidestep, back step and the rocking exercise onto the heels and toes with arm swing. Do them next to a sturdy piece of furniture or in a hallway so if you should lose your balance you have something to grab. The exercises can even be done holding onto something with one hand to begin with, then with no hands once you feel more comfortable with them. The exercises help promote good posture as well as balance. So go on You Tube and check out the LSVT BIG exercises. Skip the sitting exercises and go right to the stepping exercises. Help your balance and posture. They are easy to learn and very effective.

Keep moving, friends! Jeff

LSVT exercises by LSVT Global <https://youtu.be/pHUagiNMRAE>

Video by Cleveland Clinic Martin Health <https://youtu.be/fpTqcWs2NUY>



Family Promise NSV UPDATE

- ⇒ There were 27 inquiries, 8 new intakes in April
- ⇒ They are currently assisting 24 families in different ways.

ALSO MARK YOUR CALENDAR!



RAISE SOME DOUGH
Help support us!

20% of sales will benefit
FAMILY PROMISE NORTHERN SHENANDOAH VALLEY

May 15, 2024
4:00 pm to 8:00 pm EDT
2605 S Pleasant Valley Road
Winchester, VA

In Cafe • Drive-Thru • Pick-Up • Delivery
Enter promo code FUND4U at online checkout.

Panera FUNDRAISING



2024 VAUMC Annual Conference “A Conference in Three Movements”

Hampton Roads Convention Center June 20-22, 2024

The theme of the 242nd session of the Virginia Annual Conference is **A Conference in Three Movements**. This theme emerges from the belief that there are three principal movements of the Holy Spirit taking place in the present era of the church:

1. The **theological** movement from prevenient grace to sanctification. This is the movement of the Holy Spirit in the human heart.
2. The **historical** movement of Methodism captured in our past, lived in our present, and pointed toward our future. This is the movement of the Holy Spirit in the church.

The **missional** movement from gathered spaces into all the world. This is the movement of the Holy Spirit in community.

You can find the AC agenda here:

doc.vaumc.org/AC2024/GenAgenda2024Feb15.pdf

Ladies’ FUN FELLOWSHIP
First and Third Fridays at NOON





**Greenwood United Methodist Church Vacation Bible School Registration Form
June 17 through June 21, 2024**

Registration: 5:45

VBS starts: 6:00

Ends: 8:00

Ages 3 to 11

Please print all information clearly

Child's Name: _____

Mailing address (include street, city & zip)

Child's age on June 1: _____ Elementary grade (past school year): _____

Parent's Name(s): _____

Email address: _____

Home phone#: _____ Cell # _____ Text Y or N

Emergency contact person during the hours & week of VBS?

Name: _____

Home phone#: _____ Cell#: _____

Who is authorized to pick your child up from VBS? (Full Name & relationship)

Does this child have siblings enrolled in this VBS? ___yes ___no

If yes, please list names(s) and ages:

Please check all things that apply to your child so that we can assist them: ___Bee allergy
___Latex allergy ___Milk allergy ___Nut allergy ___Food allergy (see below to explain) ___ADHD
___High functioning Autism ___Autism needing assistance (please share what comforts your child,
interests etc, or triggers we should be aware of to help them the best way we can.) Thank you!
Please provide any food allergy details here:

Liability & Photo release

I grant permission for my child to participate in GUMC Vacation Bible School, and I release the church from any liability in case of accident or emergency.

I authorize my child's photo be taken and shared during the presentation of this program and on Social Media.

Signature _____

Date _____

Please drop off or mail your registration form to:
Greenwood United Methodist Church
Attn: Tami Light
726 Greenwood Road
Winchester, VA 22602
540-662-3050 www.gumc-va.org

Please contact Tami Light with any questions: Home: 540-888-4365 Cell: 540-486-0460
