

GREENWOOD UNITED METHODIST CHURCH

OCTOBER 2023

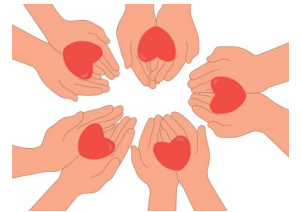
You Can Share Love ANYTIME

I am writing this to you from a hospital room (*Note: I was sent home on Sep 30 with diagnosis & treatment plan pending). First and foremost, thank you very much for your prayers, words of encouragement & visits.

In a way, I am amazed how quickly human body/health can change – I have always had (mostly) picture-perfect health! Please do not overlook little ‘yellow flag’ signals that your body may be sending!

At the same time, I was thinking – we do not have to wait to reach out to our friends and loved ones until the absolute times of crises, tragedy or loss. We can call, text, or even a friendly drop-in, saying, “Hey, I was thinking of you and decided to check on you!” Even in the Scripture, people visited one another for encouragement, solidarity, enlightenment, and in some cases, divine visiting humanity with special messages! Visits can change lives!

So this month, I would like to encourage each of you to reach out to someone – friends, long-absent church members, people you know who are in crises or going through difficult times My prayer is that your presence and expressions of love will be a testimony to God’s love! Keiko



Let's Make this October “Visitation Month”!

We can care about our friends anytime!
Let each of us try to get in touch with old (and new) friends, by visiting, writing, calling, or going for a nice lunch!
Accompanied are special message series in worship.



Calling ALL Children & Families!
Children’s Sabbath — October 28
It is a special worship led by our students!
Trunk or Treat following worship



Attention Middle/High Students & Families!

FALL HIKE
Saturday, October 28
@ Cool Spring Battlefield
(Rt7 and Shenandoah River)



More info is to come!

CCAP Sunday & Red Wagon
Is back!!!

THIRD Sunday of the month
(It will be Oct 15 this month!)

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



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

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, 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, Walt Cunningham, Kim Renner (Family of Loretta Jahnke), Brenda Powers, EF Quillen, Judy Pruitt, Lilly Titus, Sarah Randall, Peggy Plaughter, Kevin Alder, Bob Giles, Keiko Foster, Green Valley, Greenwood UMC (all the persons and ministries)



Joint Outdoor Worship September 10, 2023

Congratulations to Adam, Kayla, Jayden and Leo for receiving the Sacrament of Holy Baptism.

Also, Welcome, Adam & Kayla, to Greenwood Family!



More Pics from the worship, Potluck & Park Cleaning



Please support Greenwood and its ministries—
Financially



Your giving is critical for us to stay strong, sharing the good news in the world!

Please help us finish another year **STRONG!**



Give online? Thank you for your offering through electronic giving. Please show this card to the usher during the time of offertory.

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

THANK YOU
for your support!



FUN at OUTDOOR MOVIE NIGHT! September 22



FALL REFLECTION

*In the fading of the summer sun,
the shortening of days, cooling breeze,
swallows' flight and moonlight rays
We see the Creator's hand.
In the browning of leaves once green,
morning mists, autumn chill,
fruit that falls, frost's first kiss
We see the Creator's hand.*



Our partner church, Market Street, is hosting WATTS on November 11-18—Please support them by donating items!

Individual packs of Hot chocolate, snacks (pretzel, fruit snacks, crackers, cookies)

Bottled water (in cases)

Plastic cutlery, paper plates, cups, napkins

Powder coffee creamers

Sugar

Fruit cups (apples, bags of cuties)

Instant lemonade (in cans)

Cold breakfast items (pop tarts, granola bars, muffins, fruits)



Northern Shenandoah Valley

THANK YOU to all who supported Family Promise's Spirit Night!

It was a GREAT success!



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PAY TO THE ORDER OF Family Promise No. Shenandoah Valley Inc

\$ **150.00

One Hundred Fifty and 00/100

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Family Promise No. Shenandoah Valley Inc
131 S. Cameron Street
Winchester, VA 22601

MEMO

Spirit Night 8-30-2023

Angela B. Penke
AUTHORIZED SIGNATURE

⑈008576⑈ ⑆051400549⑆ 9876925943⑆

All about fat!

This month we will look into FAT. Not all fat is bad. There are bad forms of fat that are not good to consume, but there is also good fat that helps keep us healthy. Just as I discussed last month, sugar is a leading cause of inflammation and a threat to our overall health. Rancid man-made fats rate right up there as a major threat to our health as well. Sugar and bad fat are “fuel for the fire” that keeps the inflammation and heart disease fire burning. So as sugar and bad fat in the blood damage the blood vessels, our body has to send a response to repair the damage. Cholesterol is the scab in the blood vessel that repairs the damage. The more you consume sugar and bad fats, cholesterol build up in the blood vessel in response resulting in clogging up the arteries in your heart. This sooner or later results in coronary artery disease.

Healthy fats help us burn fat, help us absorb vitamins, build cell membranes, cushion our organs, and make up the building blocks of hormones. 70% of our brain is made of fat! Healthy fat helps lower inflammation and allows for cellular detoxification.

Vegetable oil, cottonseed oil, and canola oil are examples of man-made fats that are not healthy to consume. Our bodies can't process them. These fats clog up our cells, leaving toxins trapped in the cell. Our body responds to the trapped toxins with inflammation in an attempt to flush them out, but the cell doors are stuck closed. The bad fats/oils are made by man, processed in a factory, and are hydrogenated or partially hydrogenated. Look around, these bad fats/oils are everywhere! Bread, crackers, cookies, and boxed food, are all made with these oils. These oils have high levels of omega-6 fatty acids. Omega 6 fatty acids are not all bad. We need them to be healthy, but when the omega-6 fatty acids are damaged by processing our body can't use them. Omega 6 fatty acids from bad sources block the cell door and don't let good nutrients in, and toxins out. The main nutrient that gets in the cell to “unlock the cell door” is healthy omega-3 fatty acids. Omega 3's balance out the bad omega 6's, but let's try to eliminate the bad omega 6's in the first place. Do this by eliminating the bad oils, not damaging the good oils, and eating healthy meat.

Heating olive oil, coconut oil, or avocado oil to its smoking point turns that good fat into bad fat. Olive oil has a low smoke point so it's not the best oil to cook with. Coconut oil and avocado oil have a higher smoke point and are better oils to cook with.

Eating meat that is grass feed, and organic helps decrease the bad omega 6 fatty acids. Eating range-free chicken and wild-caught (not farm-raised) fish helps. I know it's more expensive, but the alternative is eating meat that has been pumped full of growth hormones, and fed grains treated with who knows what. What that animal eats is passed onto you! Buy from a local producer when possible. That way you know where your meat is coming from and you can ask questions about what they've been fed.

The perfect ratio of omega 6 to omega 3 fatty acids is 2:1. I read that grain-fed beef has a ratio of 20:1, whereas grass-fed beef has a ratio of 2:1. I don't know how true that is but it's something to think about. So clean protein (meats) and good fats found in nuts (walnuts are an omega 3 powerhouse!), seeds (pumpkin seeds) oils (coconut, olive oil, and avocado oil) are a great place to start. A word on pumpkin seeds, most are sourced in China. I found organic pumpkin seeds sourced in Oregon on Amazon. They are loaded with good nutrients and make a great snack. Hope you found this information useful. See ya in church! Jeff

**Request from Greenwood
Fire Company**
Please support their
Fall Soup Sale



Please see Ms. Tami for details.

Other Important Dates:
Shenandoah River District Conference
Sunday, October 22 2:00 pm via Zoom

**Shenandoah River District
Charge Conference**
Sunday, November 12, 2:00 pm at
Macedonia UMC

*District clergy attended Virginia
Conference “Day Apart” event
September 21, 2023*

