

# GREENWOOD UNITED METHODIST CHURCH

## SEPTEMBER 2023

### ***Weak Enough to Lead*** (reflection of summer sermon series)

What does it mean for God came as a child? Rev. Dr. James C. Howell, Senior pastor of Myers Park UMC (beautiful church, by the way!) in Charlotte and author of the book *Weak Enough to Lead*, beautifully describes what it might have been like:

*...the point of the incarnation is that Jesus was a child like other children. Jesus, our leader, was led by his mother. When she told him Let's go to the market, or It's time for bed or Let's recite Psalm 8 together he followed. He was entirely and wonderfully dependent upon her. She nursed him, and rocked him when he cried out from a fever. She prepared all his food. She made and mended all his clothes. She taught him how to talk and how to pray. She delighted in his first steps and comforted him when he fell and scraped his knee.*

The same Jesus, who was born in the lowliest place, died at the lowliest place: the cross. But the story was not over. When disciples thought everything was over, he rose victoriously – and the risen Christ continues to strengthen us, comfort us, nudges us to live Christlike life, loving and serving others. Dietrich Bonhoeffer, shortly before he was executed by the Nazi regime, wrote to his friend from prison: *God lets himself be pushed out of the world on the cross. He is weak and powerless in the world, and that is precisely the way, the only way, in which he is with us and helps us.*

No matter where we are in life, we are weak and vulnerable in some ways. But that is precisely when God takes our lives (and claims that we all are God's beloved), molds us, and puts us in places where Christ's glory will shine through our weakness. Toward the end of the book, Dr. Howell writes: *the noblest, holiest Christian leadership happens where there is weakness, humility, anonymity, struggle and failure. ...We are all broken already. ...Let the outpouring of mercy begin.*

May God mysteriously redeem our weakness and vulnerability, so that God's grace will shine in and through our lives. Hope to see you in worship, especially the Joint Outdoor on September 10!

Keiko :)



JOINT OURDOOR WORSHIP  
Sunday, September 10 at 10:00 am  
LIONS Shelter, Jim Barnett Park

There will be Sacrament of Holy Baptism.  
Potluck to follow — Please bring food/dessert to share!  
Also, Park-cleaning opportunity after the potluck

\*To all the persons who stream—we will not have a LIVE streaming. However, an edited video will be posted on church's Facebook/YouTube pages later in the day.\*

Also, Mark Your Calendar NOW!

**Community Movie Night**  
**ZOOTOPIA**

**September 22—Door opens at 7:00 pm!**

Bring your chairs and join the fun!

If you can help with the setup/cleanup, please contact  
Pastor Keiko. Thank you for your help!



**Attention Greenwood Leaders — Admin Meeting is Sunday, September 24 at NOON**

## 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 Stickle, 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, Green Valley, Greenwood UMC (all the persons and ministries)

#### **THANK YOU** **Kitchen of Hope volunteers!**



**They served about 40 meals on August 17.**  
**If you would like to help, please contact**  
**Tami Light.**

#### **CCAP Sunday & Red Wagon** **Is back!!!**

**THIRD Sunday of the month**  
**(It will be on Sep 17!)**

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



**United**  
**Women in**  
**Faith**  
**Business**  
**Meeting—**  
**Tuesday,**  
**September 5**  
**at 6:30 pm**



United  
Women  
in Faith



Family Promise continues to support families facing homelessness. Reed Pangle, a 5th-grade student at Market Street, made the top news of their Email newsletter. He gave \$20 to the Family Promise out of the money he made having a lemonade stand.

#### **Thank You Reed Pangle and SVEC**

##### **Lemonade Stand**

Reed and his sister recently set up a lemonade stand in their neighborhood. They had a great day serving passersby, sheriff deputies and even had a visitor stop by just to give them some money.

Reed's family shared in church about their successful adventure. Later that day, at the church's fellowship meal, Sandi Webster, Board President, shared what Family Promise is doing in the community. When she finished, Reed came to her and said, "I want to donate \$20 from our lemonade stand to help the families."



**Thank you Reed for**  
**your generous gift to**  
**Family Promise NSV**



**Special Blessings to all  
our students :)  
(teachers & staff too!)**



**It is Harvest Time!**  
**Apple Gleaning - September 9, 16, 23, 30**  
**9:00 am at Marker-Miller Farm**  
It is a wonderful service opportunity for people  
and/or family of all ages.

**Thank you for your 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!**



*A 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.*

*Unknown*



# Health Minute

## Sugar

Jeff Swift

If you are interested in cleaning up your diet one of the first things to do is to start cutting sugar from your diet. Sugar is everywhere! It's very difficult to get away from. You can hardly buy a loaf of bread without some form of sugar in the ingredient list. Processed foods usually have some form of sugar in them. So if God didn't make it don't eat it. We've all heard "shop on the periphery of the grocery store". That's God-made food! The isles are where man-made food is, full of not-so-good ingredients.

In 1700 the average person consumed four pounds of sugar a year. By 1800 it rose to 18 pounds a year. By 1900, 90 pounds a year, and by 2009 50% of all Americans consumed 1/2 pound of sugar a day. According to the Dept. of Health and Human Services, every American consumes 152 pounds of sugar a year with 63lbs coming from high fructose corn syrup. Yikes!!!!

We are addicted to sugar! Sugar consumption is a primary cause of obesity. It increases acidity in the body and causes inflammation in the body. It's a primary reason for high cholesterol and high triglycerides as it turns to fat in the liver. It can cause hormonal and metabolic imbalances. It puts you on the path to diabetes. It has no nutritional value and blocks the value of real nutrients. Sugar, alcohol, and drugs release dopamine in your brain. Dopamine is your temporary "happy button", and makes these substances addictive. However, their chronic consumption eventually leads to dopamine deficiency which leads to more serious anxiety and craving that then requires a larger and larger amount to satisfy the craving.

There are many sugar "code names" in the ingredient list on products. Examples are Agave nectar, Barely malt, Caramel, Corn syrup, Dextrin, Fructose, Grape sugar, Maltodextrin, Mannose, Molasses, Panocha, Rice syrup, Sucrose, Treacle, Sorghum syrup. Those are just a few!

Artificial sweeteners such as Aspartame are known to create excitotoxins which cause the neurons in the brain to excite themselves to death! Aspartame causes the brain to be hypoglycemic (low sugar). Splenda, an artificial sweetener when made starts with sucrose, and then it takes about 14 chemical reactions and additives to become Splenda! Better sugar alternatives are Stevia (make sure there are no additives to it), and Monk fruit which is made from an Asian melon.

Again, If you want to keep it really simple, "If God made it eat it, if God didn't make it, don't". With processed foods, you need to be analyzing the ingredient list carefully for disguised sugar. Jump off the sugar wagon Market Street! You can do it! God gave us many tasty sweet fruits, and berries to enjoy to satisfy our sweet tooth! See ya in church!

Jeff



Dear Church Friends,

This past June I went to the Virginia Annual Conference as a youth delegate. I had an excellent time there, and I would like to share my experience.

When I went there, on my first day, I had no idea who anyone was, but by the end, I was friends with half of the people.

During my time there, we held a fundraiser at the arena, and we voted during business sessions. We were recognized on the stage during the session, as well.

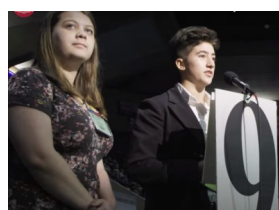
But not everything was serious, we had a silly string fight outside at night, we played video games, and we even had dinner in the city at a restaurant.

All of the people are very kind and welcoming, and it's all in all a very fun experience. I am looking forward to returning as a delegate next year!

Thank you.



United as One in  
**MISSION**  
2023 VAUMC ANNUAL CONFERENCE



Joshua Foster  
(Youth Delegate to the  
2023/241st Annual  
Conference)

