

GREENWOOD UNITED METHODIST CHURCH

April 2024

Following Jesus with Our Feet

In his book *Crazy Christians; A Call to follow Jesus*, Bishop Michael Curry writes: *Discipleship is not simply a theoretical concept. Discipleship is about feet. It is about discovering and claiming your true identity, because 'where your feet take you, that is who you are.'*

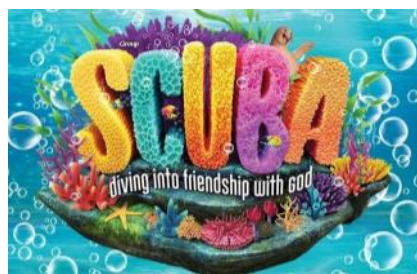


If that is the case, it is so symbolic that Jesus washed his disciples' feet on that night. As the time for him to leave the earth was nearing, Jesus wanted them to discover and claim their identity. Jesus wanted them to follow his ways, so all the places they went, there would be love, healing, compassion, forgiveness, reconciliation, and hope.

As disciples today, Christ challenges us the same. Through our daily service to God and God's people, we are to discover and claim our true identity. And in all the places we go (are they the places God wants us to go in a first place?), we are to represent Christ's love, healing, compassion, forgiveness, reconciliation and hope.

We will celebrate the resurrection in a few days. Our prayer is that, we will always follow Jesus with our feet. And as "Resurrection people," we are to share God's amazing love with all the people in all the places.

Christ is risen indeed! Hallelujah! Keiko



Vacation Bible School 2024 SCUBA

June 17-21

You can also help our VBS in following ways:

1. Our first **Prop-making Day** is Sat, April 13 at 10:00 am.
 2. If you have any of those items, bring them!
- Plastic lids, cardboard boxes, empty (core) of paper towels, plastic to-go containers, paint sticks



FUN BOWLING FELLOWSHIP! It was a great afternoon! (March 3)

CCAP Sunday & Red Wagon

THIRD Sunday of each month (It will be April 21 this month!)

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



**Kitchen of Hope:
Thursday, April 18**

General Conference 2024

After a four-year delay due to Covid, the 2020 General Conference will take place April 23-May 3, 2024 in Charlotte, NC.

You can learn about the General Conference the following ways:

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

United Methodist News Service: www.umnews.org/en/category/general-conference



There is a 5-minute video that explains:

⇒ What does General Conference do?

⇒ How are delegates elected?

⇒ What happens after the GC?

<https://youtu.be/U2MLEFn3b8M>

Who represents the Virginia Conference?

vaumc.org/blog/2023/05/17/general-conference-2024-virginia-conference-delegation/



**** Do YOU have prayer shawls to donate for the General Conference? ****

If you have prayer shawls you would like to donate, please bring them to the District Office, 78 Brook Creek Road, Toms Brook, VA 22660 or contact the District Office at 540-433-2382 by April 3rd.



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

Kits for Conference—Can you help?

Needed items can be found in the links below.

Cleaning Kits

umcmmission.org/umcor-cleaning-kit/



Hygiene Kits

umcmmission.org/umcor-hygiene-kit/



Menstrual Kits ("Period Pack")

umcmmission.org/umcor-menstrual-hygiene-kit/



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, Green Valley, Greenwood UMC (persons and ministries), 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!



Easter Prayer

(From *The United Methodist Book of Worship*)

When everything was dark
and it seemed that the sun would never shine
again,

your love broke through.

Your love was too strong,

too wide,

too deep

for death to hold.

The sparks cast by your love

dance and spread

and burst forth

with resurrection light.

Gracious God,

We praise you for the light of new life
made possible through Jesus.

We praise you for the light of new life
that shone on the first witnesses of resurrection.

We praise you for the light of new life
that continues to shine in our hearts today.

We pray that the Easter light of life, hope and joy,
will live in us each day;

and that we will be bearers of that light

into the lives of others.

Amen.



The Rebounder is back!

It looks like the rebounder mini trampoline has made a comeback. I'm seeing claims that bouncing on a rebounder helps with lymph flow, thereby helping to detoxify the body. Well, this claim is interesting but there is little scientific evidence it accomplishes this. Any time you are moving or even just deep breathing lymph flow is being facilitated. Bouncing gently on a rebounder could help lymph flow, but compared to taking a walk, or doing yard work is bouncing on a rebounder any better? I'm not sure. I'm not aware of a study that compares bouncing on a rebounder with some other physical activity as far as lymph flow is concerned.



I do feel exercising on a rebounder can help with balance because you are on an unstable surface. Some rebounders come with a bar attachment you can hold onto which is a good idea if you are not confident in your balance. There are some good exercise routines on the rebounder that are easier on your joints compared to doing them on the ground, and you can get cardiovascular benefits if the exercise intensity is increased. All that is good.

The bottom line for me is if the rebounder gets you up and moving and exercising then go for it. You do need to feel safe on it and have no sort of restrictions for this sort of exercise. It looks like the good rebounders that will last run around \$250. Not cheap for sure. Taking a brisk walk is free! But a rebounder can be an alternative on those cold rainy, windy days that make a brisk walk miserable. Keep moving Market Street! See ya in church! Jeff

Family Promise NSV UPDATE

- ⇒ Family Promise NSV is currently serving XX Families in Winchester/Frederick/Clarke/Warren counties.
- ⇒ Family Promise NSV thanks **Shenandoah River District United Women in Faith** for their donation of \$225!



- ⇒ **Family Promise Giving Day** is April 11. It is a 24-hour campaign to raise support for families facing homelessness.



Visit www.familypromisensv.org for more information.



Move Against Violence Saturday, April 20, 2024

It is an inaugural walk for awareness and fundraiser for The Laurel Center. Please visit thelaurelcenter.org for more information.



Camp Overlook



Scan QR Code for summer camp info!

WATTS Warming Center ended on March 29. Thank you for your support and prayers.



Our students and friends attended Palm Sunday Celebration!

