

GREENWOOD UNITED METHODIST CHURCH

JUNE 2023

"Home" for Pentecost

Happy Pentecost, everyone! Dr. Thomas H. Troeger once wrote a reflection titled, "Home for Pentecost." In it, he explains that, in later chapter of Acts, Paul was hurrying to reach Jerusalem, 'if possible, by Pentecost day.' According to Dr. Troeger, it was because Paul always knew where the sources of his faith and ministry ultimately came from. Dr. Troeger concludes: *Paul's eagerness to be in Jerusalem... is a reminder to us busy church people that there is a need to get home for Pentecost, to return to the source who called and mobilized our ministries in the first place.*

So, may we, too, "return to Jerusalem" in our journey – going back to where your faith and commitment to Christ had all started. Reflect:

- ⇒ When was it when you first felt the love of God in Christ Jesus?
- ⇒ What was the occasion? What was the message?
- ⇒ Can you name "Holy Spirit" moment in your life, when you felt God's Spirit touching your heart/life, transforming and mobilizing you?

May the power of the Holy Spirit – that changed so many of the earliest believers that day long ago – touch **you** once again, to revitalize you, comfort you and strengthen you in your faith journey. See you in worship! Keiko



Coming in June! Summer Series ***"Weak Enough to Lead"***

During the summer months, we will focus on various individuals from the Hebrew Bible/ New Testament and learn from their life, faith and leadership despite their weaknesses.



241st Session of the Virginia Annual Conference ***United as One in Mission***

June 15-17, 2023 in Roanoke Virginia

Heather Littleton is our delegate. Also, Joshua Foster is attending as a Conference Youth delegate. Please remember all the persons assembling to worship, conference, fellowship, and be in service together.



Vacation Bible School 2023 ***STELLAR—SHINE JESUS' LIGHT*** **July 16-20, 6:00—8:00 pm** **For All children aged 3-11**

Registration is now available—please see the last page of this month's newsletter! If you have questions or would like to help, please contact Tami Light at 540-535-5095.



Our Students packed 50+ Hygiene kits for UMCOR!

Great Job, Students!

Also Mark Your Calendar...
End of the School Year Pool Party
June 3, 1:00 pm @ Eli's

With Deepest Sympathy

Mr. Herbert Michael, 96, went to be with the Lord on May 28, 2023.
He loved God, his family, Greenwood church, and each and all of you.

Visitation: Monday, June 5 at 10:00 am

Service: June 5 at 11:00 am

****Both are at Jones Funeral Home (228 S. Pleasant Valley Rd)**

Interment will be at Shenandoah Memorial Park

Reception is to follow at Greenwood Fire Company

Please keep his family in your prayers.



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:

Paul Haltzl, Coleman Lauderback, Paul Helsley, Harold Anderson, 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, Bonita White, Carrie Eichelberger, Marion Clowser, Beverly Soule, Donna Belle, Donna Kay Stemberger, Steve Jones, Kara Stemberger, Marshall Lorant, Larry Braithwaite, Ashlee Saxon, Ed Lambert, Brenna Taylor, Roger Stover, Bob Saville, Jace Anderson, Jay Hepner, Family of Bobby Anderson, 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, Tami & Ronnie Light, Kim Renner, Loretta Jahnke, Brenda Powers, EF Quillen, Judy Pruitt, Lilly Titus, Sarah Randall, Green Valley, Greenwood UMC (all the persons and ministries)



Like to learn and grown in faith and in service to God and others?

Virtual Lay Servant Academy

August 18-19, 2023

Course Offerings:

- United Methodist Heritage (Bishop Sue Hauptert-Johnson, instructor)
- Basic Course (Richard Speirs, instructor)
- Spiritual Gifts (Joseph Plemmons, instructor)
- Leading Well in Conflict Transformation (Sarah Calvert, instructor)
- Called to Preach! (Nathan Decker, instructor)
- Introduction to Simplified Accountable Structure (Instructor TBD)
- Certified Lay Minister Orientation (Joanna Dietz and Jennifer Robinson-O'Brien, instructors).

Cost is \$35 for all courses except CLM Orientation, which is \$15. For more information, follow this link: <https://vaumc.org/layservantacademy/>



God our Father, in your wisdom and love you made all things. Bless these men, that they may be strengthened as Christian fathers. Let the example of their faith and love shine forth. Grand that, their sons and daughters, may honor them always with a spirit of profound respect. Grant this through Christ our Lord. Amen. (The United Methodist Book of Worship, modified)

Calling ALL Students, Children & Families!

POOL PARTY

Saturday, June 3, 1:00 pm at Eli Mill's home



Health Minute

Jeff Swift

The health tip this month is about your ankles. Ankles are overlooked, and not addressed enough in exercise programs. Ankles are very important when it comes to keeping your balance. Your ankles are continually adjusting so you are able to stay upright. So let's keep them flexible and strong! There are simple exercises to do, a couple while you are sitting in a chair.

Sitting with your feet on the floor, rock your feet so you come up on both heels and then up on the balls of your feet. Do this for 30 seconds. Then move your feet from side to side pivoting on your heels as if your feet are windshield wipers. Do this for 30 sec. Now lift one foot off the floor and write the alphabet out with your foot. Make big capital letters. Do this on each side. Now stand up, and rise up on the balls of your feet 10 to 20 times. Put your hands on a counter if you need help with balance. If that's easy then do it on one foot. If you are agile, try to rise up on one foot 10 times without holding onto anything.

All these exercises work the lower leg muscles. We think of the calf muscle as "the second heart" because it works to pump blood from your lower leg back to the heart. So it helps to prevent blood from pooling in the lower leg which helps with swelling and prevents blood clots, especially after surgery.

So there you have it. Work those ankles! Remember keep moving! The weather is warming up so get out there and walk, stretch enjoy the scenery!

See ya all in church! Jeff

Jeff is a member at Market Street and works as a physical therapist.



Happy June, Greenwood!

I hope you all are enjoying the beautiful weather that the beginning of the summer months brings us!



For many of us, the month of June means lots of things: the end of the school year, summer vacations, warm weather and long summer nights. For us United Methodists in the Virginia, June also brings us Annual Conference. The 241st session of the Virginia Annual Conference will convene in Roanoke, VA from June 15—June 17, 2023. I have the honor of representing Greenwood at the Annual Conference and, to be honest, it's one of my favorite duties and I look forward to it each year.

The theme of this year's Annual Conference is **"United As One in Mission"** and is based on the scripture from Acts 1:8b: "But you will receive power when the Holy Spirit comes on you, and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." As followers of Christ, we have the awesome joy of sharing the love of Jesus with the world, not only thru our words, but also thru our actions. How are YOU sharing the good news of Jesus with others?

There are lots of opportunities at Greenwood to be "United as One in Mission." The United Methodist Men's group and the United Women in Faith group meet regularly and are involved in mission projects throughout our community and conference. There are also opportunities to serve by volunteering to help with the Backpack ministry and at the next Kitchen of Hope. There will be opportunities to serve the younger members in our community by volunteering for Vacation Bible School in July. We truly have many wonderful ways to reach those in our community and share the love of God with them!

As always, I hope to see you in worship on Sunday mornings!

Hugs, Heather Littleton, Lay Leader



**Greenwood United Methodist Church
Vacation Bible School Registration Form
July 16 through July 20, 2023**

Registration: 5:45 pm
VBS starts: 6:00 pm
Ends: 8:00 pm

Please print all information clearly

Child's Name: _____

Mailing address (include street, city & **zip**) _____

Child's age on July 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 name (s) and age: _____

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.

Signature _____ **Date** _____

**Please mail your registration form to: Greenwood United Methodist Church
Attn: Tami Light 726 Greenwood Road, Winchester, VA 22602**