

GREENWOOD UNITED METHODIST CHURCH

AUGUST 2021

Do No Harm, Do Good, Stay in love with God

Last week I participated in the Zoom for community clergy regarding the COVID-19 vaccine update. Dr. Jeffrey Feit gave a presentation on recent Covid trend, effectiveness of vaccines, and how community clergy can help encourage people to get vaccinated.

During the call, Mr. Mark Nantz, President and CEO of Valley Health, briefly talked about their recent decision on requiring COVID vaccines to its employees. He stressed that it was not a political statement, but rather based on the mandate to love one another. While it was a difficult decision (he says he constantly receives nasty letters), his conviction was grounded in love, compassion, and welfare toward all God's children – doctors, staff and their families, but most of all, patients who are vulnerable and immunocompromised.

In the last 16 months or so, Virginia Conference has taken rather 'conservative' approach to their health guidelines (e.g. singing guidelines). I know some people – some of you, perhaps – were unhappy and began worshipping at churches with practically no regulations. We as pastors, seeing people leave is always heartbreaking – we cherish special memories around those people. But we believe that our approach has always been based on science, data, and careful discernment of Conference-level leadership (which includes doctors and health experts). And we believe that, the bottom line principle is John Wesley's simple rules: Do no harm, Do good, and Stay in love with God.

So, may we, as people of God, always follow the mandate to do good for others. And may we always extend our love toward others through service. Keiko



Resuming in August! Adult Sunday School & Wiggling Children's Worship



***At Wiggling Worship, ALL persons (children AND adult leaders) must wear masks. For adult Sunday School, same safety guideline will apply as the Sunday morning worship.

HOPE TO SEE YOU THERE!

Mark Your Calendar NOW! *Joint Outdoor Worship* *Sunday, September 12 at 10:00 am* *at Jim Barnett Park, Lions Shelter*

It will be a great opportunity for Market Street and Greenwood to worship together as one charge!

Complying with the district safety recommendations, there will be no potluck.

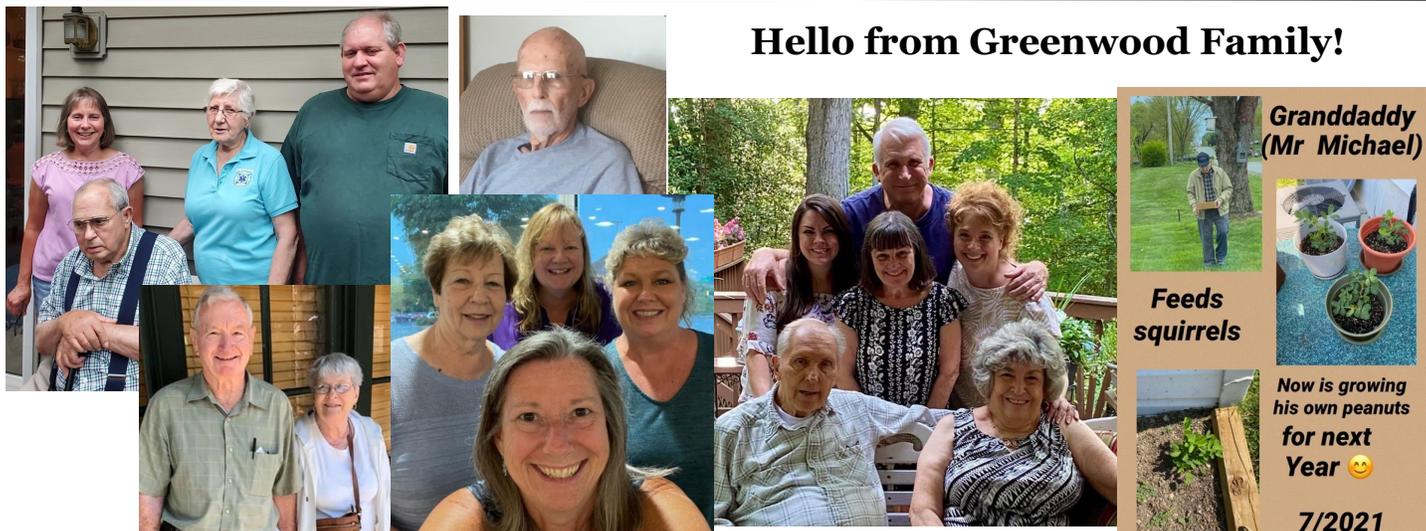


Let us Prayer for One Another...
CONGREGATIONAL CONCERNS & BEYOND

For the world in the face of COVID-19 (esp. Delta Variant)
 All those who are under medical care, recovering, and/or quarantined, Those who grieve
 All Children & Families, Medical and Health Professionals
 All who are serving others

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
 Laura Jahnke Quick Family Carolyn York Carl & Beth Stickley Joe Ganci Megan Eileen Davis
 Charlotte Mae Brasnan Dora Bell Lowe Daniel Schneide Cindy Jones Amber Calvert Connie Tilley
 Barbara Kern Farrah M Susie & Larry Bell Susie Sencindiver Gary & Brenda Susie Whetsell Linda Clem
 Patty Harper Kaiden Wright Shaw Family Richard & Jeanie Swisher Robbie Swartz Barbara Ritter
 Mossy Stemberger Nancy Orndorff Dan Roach Mable Carter Jackie Fletcher George Martin
 David Powers Harry Powers Anita & Jared Chambers Daniel Whitney Bonita White Carrie Eichelberger
 Marion Clowser Beverley Soule Donna Belle Donna Kay Stemberger Steve Jones Frances Smallwood
 Kara Stemberger Marshall Lorant Larry Braithwaite Ashlee Saxon Ed Lambert Brenna Taylor Alder
 Family Phil & Carol Adams Walt Cunningham Roger Stover Bob Saville George Sonja Diane Joanne
 Kimberley Linda B Dana Laurie Residents at Green Valley Greenwood UMC

Hello from Greenwood Family!



Calling ALL Volunteers!
It is Gleaning Season!

What is gleaning? Gleaning is the act of collecting leftover crops from farmers' fields after they have been commercially harvested. In our area, gleaning is available for corn, peaches, and apples. Dates and locations are based on farms' availability.



Who is Society of St. Andrew? It is America's oldest and largest gleaning organizations. They coordinate gleaning opportunities for our area.

How can I help?

- Participate in local gleaning. It's a great opportunity for families!
- Donate. A special offering will be taken on August 22
- Use "Calendar for Prayer and Action" on the next page.
- September is National Hunger Action Month!



2021 Calendar for Prayer and Action | Society of St. Andrew • EndHunger.org/ham

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>With your help, The Society of St. Andrew (SoSA) nourishes souls, through spiritual life resources like this, and bodies, through nationwide gleanings and feeding ministries. Your donations in response to these daily readings and activities will share healthy, nourishing food with people in greatest need throughout the United States. Thank you!</p>						
<p>September 5 <i>Isalah 49:9-10</i></p> <p>Food left in fields is forgotten like loose change is forgotten money. Put your loose change in your coin box today.</p>	<p>September 6 <i>John 13:34</i></p> <p>Pray for those who seek work in order to feed themselves and their families.</p>	<p>September 7 <i>Luke 24:42-43</i></p> <p>"The Lord is my Shepherd. I shall not want." Practice contentment today.</p>	<p>September 8 <i>Galatians 6:2</i></p> <p>Where in your life do you experience abundance? Money, love, hope, time? Share some of what is overflowing today.</p>	<p>September 9 <i>Ecclesiastes 3:1-2</i></p> <p>Serve only vegetables and love for dinner tonight.</p>	<p>September 10 <i>Jeremiah 29:5-7</i></p> <p>Enjoy a special meal with family or friends today. Thank God for their presence in your life.</p>	<p>September 11 <i>Isalah 58:10</i></p> <p>Set aside a "want" today and share a tithe (10%) of what that "want" would cost with your congregation or Society of St. Andrew.</p>
<p>September 12 <i>Genesis 2:3</i></p> <p>For what are you hungry and thirsting for today? Spend time in prayer with today's reading.</p>	<p>September 13 <i>Luke 9:12-13</i></p> <p>How is hunger an issue of justice? Consider the politics of food and hunger. Find your voice and be heard!</p>	<p>September 14 <i>Exodus 16:26, 35a</i></p> <p>They say talk is cheap. Put 1 cent in your coin box for every word you speak today. (Estimate of course!)</p>	<p>September 15 <i>Luke 9:13</i></p> <p>Put an amount in your coin box equivalent to what you spend on a loaf of bread.</p>	<p>September 16 <i>Luke 3:11</i></p> <p>Put 1 cent in your coin box for every hour you slept this week.</p>	<p>September 17 <i>Proverbs 6:30</i></p> <p>Put 25 cents in your coin box each time you worry this week.</p>	<p>September 18 <i>2 Corinthians 12:9</i></p> <p>Pray for agencies in your community that feed the hungry.</p>
<p>September 19 <i>Revelations 7:16a</i></p> <p>Is there an area of your life in which you are refusing God's invitation?</p>	<p>September 20 <i>Proverbs 11:24-25</i></p> <p>Skip lunch today and give the money you'd have spent to Society of St. Andrew instead.</p>	<p>September 21 <i>Hebrews 13:1-3</i></p> <p>How are you working for the food that endures for eternal life?</p>	<p>September 22 <i>Luke 9:13</i></p> <p>Give thanks today for Jesus, the Bread of Life.</p>	<p>September 23 <i>Isalah 58:10</i></p> <p>Consider how your faith community could be more like the Acts 2 community.</p>	<p>September 24 <i>3 John 1:2</i></p> <p>Try a new food from a different culture today.</p>	<p>September 25 <i>2 Corinthians 9:11</i></p> <p>Serve a meal at a soup kitchen or shelter today for the glory of God.</p>
<p>September 26 <i>Galatians 5:13</i></p> <p>Put a gift in your coin box as a thanksgiving for the many blessings you enjoy.</p>	<p>September 27 <i>Psalms 104:24, 27-28</i></p> <p>Where in your life are you experiencing scarcity today? Money, love, hope, time? Share some of what seems scarce today.</p>	<p>September 28 <i>Psalms 104:24, 27-28</i></p> <p>Where in your life are you experiencing scarcity today? Money, love, hope, time? Share some of what seems scarce today.</p>	<p>September 29 <i>Psalms 46</i></p> <p>At your meal table today, set an extra place. To whom is God calling you to show hospitality?</p>	<p>September 30 <i>Luke 9:13</i></p> <p>Enjoy a meal of beans and rice and donate a package of each to your local food pantry.</p>		<p>Give thanks today for Jesus, the Bread of Life!</p>



Health Minute

Jeff Swift

This edition of Health Minute I'll discuss something most of us do every day and that is LIFT. We lift kids, groceries, bags of dog food, pets, and so on. Many back injuries result from lifting with improper technique by placing undue strain on our low backs. We have all heard "lift with your legs, not your back". This is true, but how? Well, picture a box on the floor. You walk up to it bend your knees, grab the box and try to keep your back as straight as possible as you "lift with your legs" right?

Well here's the mistake most people make. They have to reach over their knees in order to grab the box. When your knees are in the way you are unable to keep the load close to your body which multiplies the weight of the load as far as your back is concerned. That 20lb pound box just became 35 lbs because you had to reach away from your body in order to grab the box.

So straddle the load if and when possible. That way your knees are out of the way. Now when you bend down to pick the load off the floor the load is close to your body. This reduces the load on your low back. Another tip: Before you lift the load look straight ahead rather than looking down at the load. This helps to shift the load to your legs. Think of the powerlifters. They walk up to a bar loaded with more weight than three of me, bend down grab the bar then look up to the moon before they initiate the lift. Again this shifts the load to their legs where the power muscles are and it straightens the back. Another big mistake is twisting with a load as you lift. This is a move your discs don't appreciate. Stay "straight-ahead" as you lift and as you handle the load. Remember to keep the load close to your body if, for example, you put the box on a counter. Don't reach the box away from your body in order to put it on the counter. Place part of the box on the counter then slide the rest of it onto the counter. Let the counter lift it for you. In my humble opinion, every garage should have a hand-cart. The most efficient way to move a load from point A to point B is on wheels. I use mine all the time (so do my neighbors!).

Hope this makes you think about how you are lifting. Try to put the above suggestions into practice. Your low back will thank you. See ya in church! Jeff



Jeff Swift is a member of Market Street. He is a physical therapist at Hampshire Hospital.



CCAP Benefit Bike Tour 2021

Saturday, August 28, 2021

Are you a biker? Register at runatthetop.net (10, 30, 50, or 70 miles)

Volunteers (5-10 persons) needed!

Contact the Church office if interested in helping out!

More info can be found →



Please pray for our partner church!

Market Street Church will serve as WATT's COOLING SHELTER

Market Street leadership unanimously supported to open up their Fellowship Hall, so WATTS clients can have a safe and cool space in the heat of the summer. WATTS staff will be present during the operating hours.

August 1- October 31, 2021

Monday-Wednesday, Friday, Saturday

Noon – 5pm

Thursday Noon–4:30pm

