

GREENWOOD UNITED METHODIST CHURCH

JULY 2021

Lessons from King David

Due to my Old Testament teacher's words – *David is the last person you want as your neighbor; he will take everything from you* - I never had a positive impression on King David. But I wonder: is that all he was? Are there life and faith lessons we learn from him? I started a series on David, which continues through the Sundays in July.

In the first week of the series, we learned from boy David that sometimes we must wait and see God's future unfold in God's time. We heard the quote from the book *30 Days with King David*, "we must wait and alert, think long-term, and trust in God's presence and guidance when nothing visible is pointing toward his unique future."

During the second week, as we looked at the famous story of David and Goliath, and we learned that each of us is already given what we need to take on the tasks at hand. We just have to recognize our strengths, claim them, and use them to serve others.

Despite being a courageous shepherd, gifted musician, and a memorable king, David was not a perfect person. At times he acted selfishly, and ended up suffering from the consequences of his actions. He was human – despite the mistakes, regrets, pains and grief – he strived to live faithfully to God's plans for his life. We are called to live the same way. Despite our brokenness, may we strive to love and serve God and others each day, boldly claiming what we have been given (gifts, strengths, and passions).

...As for me personally, I got married to Mark Keithley on June 5! Thank you so much for the wonderful reception on June 13 (pictures below), as well as so many cards, gifts, and warm wishes. We are so thankful to be part of the church family, and be able to be in ministry with you! Here is our new address:

Mark Keithley, Keiko Foster and Joshua
15812 Mackenzie Manor Drive
Haymarket, VA 20169

May you continue to have a great summer! Keiko



(With Pastor Levi Stroud)

What is YOUR Spiritual Gifts?

What are your strengths? In what ways can you glorify God and be in ministry?

Spiritual gifts inventory is a helpful tool to assess your gifts and strengths. There are 20 different kinds of gifts, based on the Pauline epistles to Rome, Ephesus, and Corinth.

You can explore at:
www.umcdiscipleship.org/spiritual-gifts-inventory/en



Let us Prayer for One Another...

CONGREGATIONAL CONCERNS & BEYOND

For the world in the face of Coronavirus (COVID-19) Pandemic

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 (First responders, those who are providing necessary goods/services)

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 Stephen & Heather Littleton

Walt Cunningham & Family Roger Stover Bob Saville George Sonja Diane Joanne

Kimberley Linda B Dana Laurie Residents at Green Valley Greenwood UMC



Sunday Morning Worship: The Same Safety Protocol Continues

Please continue observing the following safety protocols:

→ Fully vaccinated leaders may speak without masks.

→ Fully vaccinated persons may worship/sing without their masks.

**It is an honor system: we do not ask whether you have been vaccinated.

Please also be considerate of the vulnerable persons around us (e.g. immunocompromised individuals, families with young children, those who are not yet vaccinated)

→ Safe distancing continues to be observed.



Virginia Annual Conference 2021 *United as One*

Did you miss 2021 Annual Conference?

You may go to vaumc.org/ac2021/ and see photos, videos, and much more.

(Pictured left is from the Service of Ordering of Ministry)



Also, THANK YOU to all who donated to Cans & Kits for Conference! We have donated 22 school kits, 22 health kits, and 149 pounds of food!

2021 VALMC ANNUAL CONFERENCE | John 17:20-23



In this issue of Health Tips I'll discuss six tips to prevent a stroke. This information is taken from the Blaylock wellness Report put out by Dr. Russell Blaylock is a retired neurosurgeon and is now a researcher in nutritional studies.

A stroke can occur from a bleed in the brain, or from a blood clot that blocks a blood vessel in the brain. Both result in damage to the brain. Deficits will occur depending upon where the damage in the brain occurs.

Healthy diet. Avoid excess red meat as it contains iron that is highly absorbable which increases the damage done by strokes and causes atherosclerosis (hardening of the arteries). Avoid sugar especially fructose (high fructose corn syrup). Eat your fruits and vegetables! Broccoli, Brussels sprouts, kale, spinach, greens, parsley, and cabbage. Blueberries, acai berries, strawberries, and raspberries.

Stay hydrated. Thirst sensation becomes less sensitive as we age. Dr. Blaylock feels you should drink at least 12 ounces of water four times a day. Regular exercise. Walk, swim, sports, resistance exercises or a combination of all!

Nutritional supplements. This is something you should consult with your Dr. about. Vitamin B12, folate, and Vit B6 lower homocysteine levels which can reduce the risk of stroke. Dr. Blaylock is big on magnesium. He recommends magnesium malate. He also takes magnesium L-threonate as he states it has better brain entry. Other supplements he recommends are hesperidin, naringenin, apigenin, luteolin, berberine, ginkgo biloba, quercetin, and curcumin. That would be a mouth full of pills. I know he mentions quercetin, curcumin, and magnesium frequently in his newsletter. I would look into those supplements. Get restful sleep.

Avoid prolonged stress. Stress can be a major trigger for inflammation in the brain and body. Read your bible! Pray! Go to church! Jesus told us to "fear not". He gave us that advice for a reason!

Here's to your health Market Street! See ya all in Church! Jeff

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

Happy Father's Day to All Gentlemen— Thank you for being great examples!

