



MARKET STREET UNITED METHODIST CHURCH MARCH 2021

Post-Quarantine Church

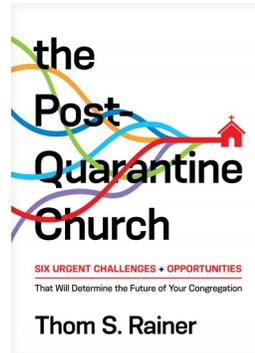
Have you ever wondered how will church look like once people are vaccinated and things are returning to (new) normal? I do... all the time. Looking toward the future, how will the church look like? Will people return to church building? How will worship, study, and mission/ministry look like in the future?

Recently I started reading this book titled *the Post-Quarantine Church* by Thom S. Rainer (You may recognize the name – we did the ‘I am a Church Member’ sermon series a few years ago). I admit, as I write this, I have only read the first chapter, but he offers many great insights.

In the first chapter, Rainer writes: *For too many years, church facilities have been primarily for the benefit of members. ...What if we were to look at our church facilities from the perspective of the community?* (p.16) Then he challenges us by saying, *What if we asked the community how our church facilities could best serve them? What if we turned the purpose of our church building upside down? What if the facilities became a place for the community as well as a place in the community?*

As you know, we have been discerning Market Street Commons dream for some time (there will be a Zoom session on March 7—see the info below!). Given what Rainer says, we are on the right track – we have been contemplating ways for our facility to be utilized *for* the community, *in* the community, and *among* the community! My prayer is that, God will continue to reveal the special plan for Market Street. At the same time, may we (people at Market Street) see, understand, and embrace what the church is about, that we can follow God’s footsteps.

As we continue the Lenten journey, may the grace and peace of Christ be with you, and may the Spirit transform your hearts and lives. Keiko



Our Staff

Pastor

Rev. Keiko Foster

Admin. Assistant

Kathy Freeland

Director of Music

Dr. Steve

Jennings

Church Musician

Robert Lewis

Youth Director

TBA

Custodian

Linda Campbell

Our Leadership

Administrative

Council Chair

Wilma Jennings

Lay Leader

Donna Dailey

Finance Chair

Roddy Annan

Treasurer

Judy Hagan

Staff Parish

Relations Chair

Toni O’Connor

Trustee Chair

Ed Henshaw

Children’s Choir

Director

Linda Hart



Mark Your Calendar NOW!

Market Street Commons

ZOOM Info Update and Q&A Session

Sunday, March 7 at 1:00 pm

Zoom link will be sent to you prior to the meeting. Join us!



Where Community Comes Together

Lenten Study (via ZOOM) continues!

Entering the Passion of Jesus:

A Beginner’s Guide to Holy Week

Classes are offered:

During Sunday School (starting on 2/21)

Wednesday mornings (10:00 am, starting on 2/24)

Please contact the Church office for Zoom Link!



ENTERING
THE PASSION
of JESUS

A BEGINNER’S GUIDE TO HOLY WEEK





SNOW FUN!

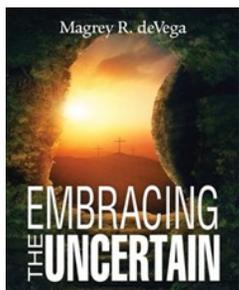


Thanks to the worship team for their commitment and dedication!

Lenten Sermon Series continues

Embracing the Uncertain – A Lenten study for uncertain times

Join us Sunday mornings, 10:30 am at [facebook.com/marketstreetumc](https://www.facebook.com/marketstreetumc) or Market Street YouTube page



Our deepest sympathy goes to Toni and her family—her mom Maxine Korb claimed the promise of resurrection on February 18.

Please remember Toni, Adrian, and all the family in your prayers.

Condolences may be sent to: 4833 Valley Pike Stephens City, VA 22655

News from the Virginia Conference Office

1. This year's Annual Conference will happen virtually on June 18 & 19.

2. District Alignment Team (DAT) Announcement

In 2020, DAT members made the following recommendations:

1. To support and resource clergy as a matter of priority.
2. To create collaboration between churches as a matter of community.
3. To streamline and automate routine, repetitive processes as a matter of stewardship.
4. To reset the district landscape as a matter of revitalization.
5. To create equitable baseline district budgets as a matter of fairness.
6. And to determine how to measure our effectiveness as a matter of responsibility.

Starting July 1, there will be eight District Superintendent (DS) overseeing the 16 districts. Greenwood-Market Street Charge will be overseen by Rev. Dr. Victor Gomez.

For more information, please see vaumc.org/dat/



Prayers for Holy Week

(From *The United Methodist Book of Worship*)

Monday of Holy Week

God of strength and mercy, by the suffering and death of your Son, free us from slavery to sin and death and protect us in all our weakness; through Jesus Christ our Lord. Amen. (Don E. Saliers, USA, 20th Cent.)

Tuesday of Holy Week

Holy and compassionate God, your dear Son went not up to joy before he suffered pain, and entered not into glory before he was crucified. Mercifully grant that we, walking in the way of the cross, may find it the way of life and peace; through Jesus Christ your Son, our Savior. Amen. (The Book of Common Prayer, USA, 20th Cent., Alt.)

Wednesday of Holy Week

Most merciful God, your blessed Son, our Savior, was betrayed, whipped, and his face spat upon. Grant us grace to endure the sufferings of the present time, to overcome all that seeks to overwhelm us, confident of the glory that shall yet be revealed; through Jesus Christ our Redeemer. Amen. (The Book of Common Prayer, USA, 20th Cent.)

Holy Thursday

O God, by the example of your Son, our Savior Jesus Christ, you taught us the greatness of true humility, and call us to watch with him in his passion. Give us grace to serve one another in all lowliness, and to enter into the fellowship of his suffering; in his name and for his sake. Amen. (W. E. Orchard, England, 20th Cent., Alt.)

Good Friday

Almighty God, your Son Jesus Christ was lifted high upon the cross so that he might draw the whole world to himself. Grant that we, who glory in this death for our salvation, may also glory in his call to take up our cross and follow him; through Jesus Christ our Lord. Amen.

Holy Saturday

Merciful and everliving God, Creator of heaven and earth, the crucified body of your Son was laid in the tomb and rested on this holy day. Grant that we may await with him the dawning of the third day and rise in newness of life, through Jesus Christ our Redeemer. Amen.

(The Book of Common Prayer, USA, 20th Cent., Alt.)



In this edition of Health Tips I would like to introduce you to an exercise program I use frequently for balance and fall prevention. The exercises were actually specifically designed for patients with Parkinson's disease to help them regain their mobility. I use them all the time on patients that don't have Parkinson's but have balance issues resulting in falls. You can go on You Tube and look up "LSVT BIG exercises". There are a couple of exercises seated which you can skip. Watch and try the stepping exercises. The forward step, sidestep, back step and the rocking exercise onto the heels and toes with arm swing. Do them next to a sturdy piece of furniture or in a hallway so if you should lose your balance you have something to grab. The exercises can even be done holding onto something with one hand to begin with, then with no hands once you feel more comfortable with them. The exercises help promote good posture as well as balance. So go on You Tube and check out the LSVT BIG exercises. Skip the sitting exercises and go right to the stepping exercises. Help your balance and posture. They are easy to learn and very effective.

Keep moving Market Street! Jeff

LSVT exercises by LSVT Global <https://youtu.be/pHUagjNMRAE>

Video by Cleveland Clinic Martin Health <https://youtu.be/fpTqcWs2NUY>



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

Market Street Church continue to serve as WATT's WARMING SHELTER through March 28

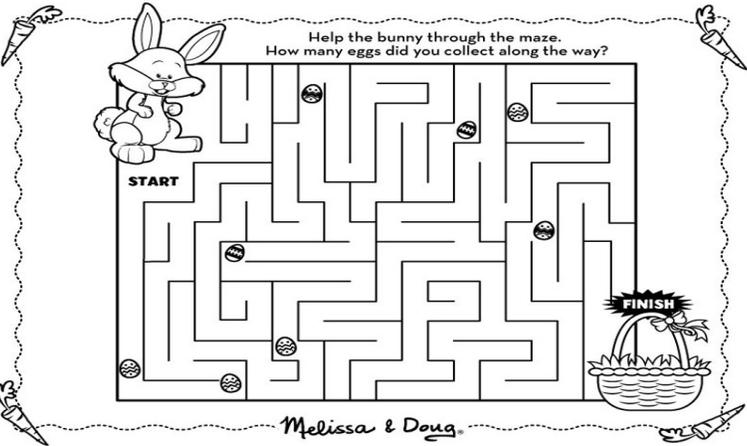
Our leadership unanimously supported the idea of opening up our Fellowship Hall, so WATTS guests can have a safe and warm space during the day. WATTS staff will be present during the entire hours of operation. Pray for staff & guests!

The shelter is open every day during following hours:

Monday-Saturday 7am – 4pm

Sunday 7am – Noon





**CCAP Needs:
Egg dye and
candy for their
Easter give away
meal box**



Donations can be dropped off no later than March 19. Please drop off items hours of 11 am - 1pm, Monday - Friday. Please do not leave items outside.



- Anna Spencer 3/3
- James Lantz 3/5
- Joseph Lausier 3/5
- Stephen Marquess 3/5
- Thomas Sine 3/5
- Edward Henshaw 3/6
- Taylor Henshaw 3/6
- Sarah Baber 3/8
- Pearl Ebert 3/8
- Fred McKay 3/15
- Kiley Eaton 3/16
- Sukanchana Armel 3/18
- Hannah Stewart 3/18
- Rev. Keiko Foster 3/20
- John Castle 3/22
- Brenda Sine 3/27
- Sylvia Harman 3/27



Weekly Prayer Group

Join us Wednesdays at 1:30 pm

Contact the Church Office if interested in joining...

Judy Hagan, our leader, will contact you.

Let us Pray for On Another...

- For the world in the face of COVID-19 Pandemic
- All those who are under medical care, recovering, or quarantined
- All those who are mourning the death of loved ones
- All Children, Families, Schools, Medical and Health Professionals
- All who are serving others (First responders, those who provide necessary services, volunteers, etc.)
- All divisions, unrest, injustices

Please Also Pray for Valley Health!

Melanie Lewis, lead chaplain at Valley Health, is asking for prayers for patients and staff daily at:

7:00 am / noon / 7:00 pm / Midnight

In this way, staff can remember that they are always being prayed for, as they do the important work they do for our patients. Patients would also be told that the community is praying for their recovery.



MARCH

3/26 Jack & Mary Lake

Prayers for Our friends & family at Market Street:

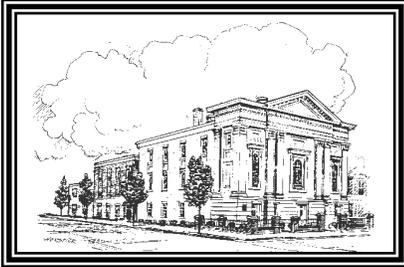
Adrian O'Connor, Family of Susan Peer, Faye & Julius Armel, Dick Carpenter, Ed Henshaw, Betty Shackelford, Joe & Betty Lausier, Mary Grim, Brian Aronhalt, Virginia Saunders, Larry Whitehead, John Castle, Lee Harris, Ben Mathis, Mable Carter, Chris Sweeney, Janet Moore, Family of Maxine Korb, Tom Dickinson, Jack Lake, Pat Jenck, Brenda Sine, Gloria Ann Trent, Pearl Ebert, Norma Fries, Betty Hess, Linda Bynog, Market Street Church, Market Street Commons, United Methodist Church (General Conference in 2021)



Assistance for Texas through UMCOR (United Methodist Committee On Relief)

You may send a check to the Virginia Conference (PO Box 5605, Glen Allen, VA 23058) earmarked Advance #901670 to assist people in Texas and other states. Or you may make an online donation at <https://advance.umcor.org/p-620-umcor-us-disaster-response-and-recovery.aspx>

Market Street United
Methodist Church
(540) 662-6709 Office
Office Hours: 9am-Noon
(540)662-7623 Fax
131 S. Cameron Street,
Winchester, VA 22601
vamarketst@gmail.com
www.marketst.org



TO:

Sunday School—9:15 am via Zoom
**Sunday Worship Service In-person or via
Facebook Live 10:30 am (or anytime later)**

<https://www.facebook.com/marketstreetumc/>

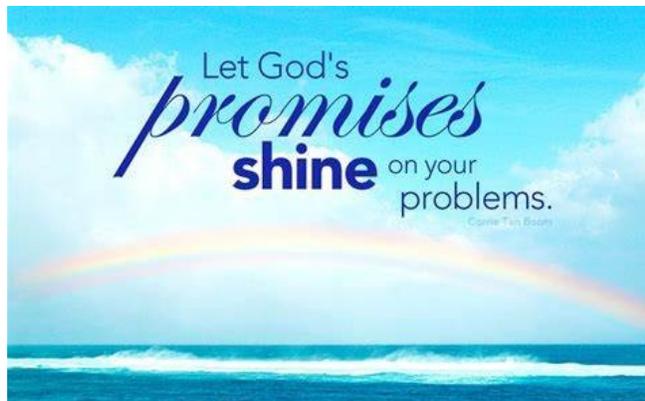
(You do NOT need to have Facebook account to watch!)

Market Street United Methodist Church - YouTube

<https://www.youtube.com/channel/UCAKQ2HQcXqdkg1W0gBS5y8w>

MARCH

2021



Mission Statement of Market Street United Methodist Church:

Our mission is to nurture persons of all ages in their spiritual growth, to reach out with compassion to identify and address the needs of others, to boldly share our faith and invite all to become part of our church family.