

### Technically, Moses



was the first person  
with a tablet  
downloading data  
from the cloud

### *What is it be like to be the First?*

This is the picture I recently saw on someone's Facebook page. Of course this is supposed to be funny, that Moses approached the thick cloud where God was (Exodus 20:21), and when he went down from the mountain, he was carrying two tablets of the covenant (32:15).

But I wonder: what is it like to be the first? What was it like for Moses to lead people out of Egypt? What was it like to receive the law from God on the mountain? What was it like for him to wander with the complaining people for forty years? Was he bewildered? Fearful? Excited?

As you see on the next page, our dream for "Market Street Commons" is still going strong. If this dream comes true, Market Street will be the first church in the Virginia Conference to pursue this "fresh expressions" – creative and innovative ways to do ministry, serving God and God's people in the community.

I hope you would feel excited about this endeavor, instead of being fearful. I am curious how God may reveal God's special plans for Market Street. Perhaps we need to discern how Market Street *can be*, instead of what Market Street *is*.

Please join the Church-wide meetings on October 21 and November 11. Let's see what God may reveal to us through our time together! May Peace of Christ be with you all.

Keiko



Market St. and Greenwood Outdoor Worship Service—Sept. 30 *Thank You for Coming!*



### *Our Staff*

#### *Pastor*

*Rev. Keiko Foster*

#### *Director of Music*

*Dr. Steve Jennings*

#### *Organist &*

#### *Handbell Director*

*Bill Baber*

#### *Youth Director*

*Cory Luttrell*

#### *Nursery*

*Katie Freeland*

### *Our Leadership*

#### *Administrative*

#### *Council Chair*

*Toni O'Connor*

#### *Lay Leader*

*Sharon Henshaw*

#### *Finance Chair*

*Roddy Annan*

#### *Treasurer*

*Judy Hagan*

#### *Staff Parish*

#### *Relations Chair*

*Scott Cullers*

#### *Trustee*

*Janet Moore*

#### *Children's Choir*

#### *Director*

*Linda Hart*

---

# DREAM CONTINUES ON...

*You are never too old to set another goal or to dream a new dream...* C. S. Lewis

***Please refresh my memory – what was the “Dream”?***

**The dream is to create “Market Street Commons.”** With partnership with the District Office, Conference Office, Shenandoah University, Missional Wisdom, we will create:

1. Intentional Living Community (Learning meets *Living*)
2. Co-working Space (Learning meets *Laboring*)
3. Laboratories for Emerging Faith Leaders (Learning meets *Leading*)



***Where does this dream take place?***

Market Street Commons will operate mostly out of our Education Building.

***Does that mean we don’t get to use the Fellowship Hall?***

WE WILL HAVE ACCESS to the Fellowship Hall, and all ministries – Kitchen of Hope, WATTS, Cinnamon Roll worship – will continue! Fellowship Hall will become a multi-purpose, multi-function space that will be used A LOT!

***What else do we need to be thinking about?***

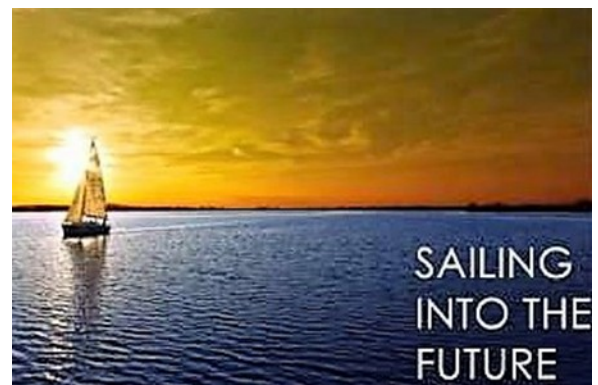
First, we need to discern **what Market Street CAN BE**, as God’s agent in Winchester. Also, we will need to be **creative, flexible, and adaptable** with our space. We must change our mentality of “they” are using “our” space – it is all GOD’s ministry space!

***Where are we in the Dream?***

Pastor has been participating in the **Lead Meetings** which consist of the District Superintendent, District Lay Leader, reps from Shenandoah University, Missional Wisdom Foundation, an architect, and an advisor.

***What is so exciting about this Dream?***

It is VERY exciting, because this is the **FIRST initiative** of this kind within the Virginia Conference! Think – the “old ship” from historic Winchester is leading Virginia United Methodist churches to something new – new ways to reach to the people in the community, and new ways to share the good news of Jesus. Isn’t that exciting??



**Mark Your Calendar NOW! Coming Church-Wide Meetings**

**Sunday, October 21 after Church**

**Sunday, November 11 after Church**

Please plan to attend BOTH – contents will not be the same!

## Financial Report by Judy Hagan

In August our total income was \$14,787. Our total expenses were \$15,911. That leaves us with a \$1,124 difference. Almost every month this year we have fallen approximately \$1000 short, However that is much better than past years! Because we are so close to balancing the budget this year, I believe that we can finish the year strong if we increase our giving by about \$300 per week. If each giver would increase their contribution by a few dollars each week, we can do it! Think about it; prayer about it! If we all work together we can do it!



Starting Oct 11 at Wesley UMC 527 Van Fossen St, Winchester, there will be a six week Money Management class offered at 9:30 am and again at 6 pm. Cost is \$15. For more information call 540-655-5699 or email [kpoff@vt.ed.org](mailto:kpoff@vt.ed.org).



### SOCK IT TO ME SUNDAY™

*Bring baby socks, children socks, socks for girls, socks for boys, women socks, and men's socks... all new socks are accepted.*

*\*Last collection date will be October 28th.*

**Socks will be distributed to C-Cap, Laurel Center, WATTS and the Evans Home.**

### Coming in November...

#### MARKET STREET BAZAAR

SATURDAY, November 3, 8am-2pm

The Bazaar will feature a delicious lunch with homemade soups, country ham sandwiches, chili dogs and more!

The bazaar will also feature crafts, a large selection of used items, and homemade baked goods! Thank you for your support and see you at the bazaar!



Mark Your Calendar Now!  
**Pizza & Pumpkin - Children's Event**  
**Sunday, October 28**  
**11:30 am**

### [Mark Your Calendar NOW! Upcoming Events]

Oct. 7 - Special Sunday Morning Service with UMW-(United Methodist Women)  
Oct. 10- **CHARGE CONFERENCE** with Greenwood at GUMC—6:00 pm  
Oct. 27—Annual Alzheimer's Walk at Museum of Shenandoah Valley—9:00 am  
Oct. 28—Children's Sabbath / Children's Event & "Sock it to Me Sunday" final day.



## **It's Harvest Time!**

### **GLEANNING OPPORTUNITIES:**

Come help pick apples and join the fellowship!



At **Marker-Miller Farm** on Cedar Creeek  
Grade

**Saturdays starting at 9:00 am.**

**October 6, 13, 20, 27**

*\*\*\*Apples will be given to CCAP and other local  
Food Pantries.*

See Joyce McKay, [joyce.mckay@yahoo.com](mailto:joyce.mckay@yahoo.com)

## **OPPORTUNITIES FOR WORSHIP & FELLOWSHIP**

**SUNDAY WORSHIP—10:30AM**  
**Refreshments & Fellowship—9AM**  
**SUNDAY SCHOOL ALL AGES—**  
**9:15AM**

### **OTHER REGULAR GATHERINGS**

Youth Group – Sundays at Noon  
Handbells Rehearsal—7pm Wednesday  
Adult Choir Practice – 8pm Wednesday

### **UNITED METHODIST WOMEN:**

Kinser Kern Circle –First Monday 7pm  
Full Circle – First Monday 6:30pm  
Susannah Wesley –First Monday 11am



## **CCAP News**

CCAP will be providing a **"Thanksgiving Feast Give Away"** for their clients in November. It may seem early, but the time flies and November will be here before we know it!

The needs list includes: **Boxed Stuffing, Boxed Potatoes, Canned Sweet Potatoes/Yams, Marshmallows, Boxed Cake Mix and Frosting, Other Boxed Desserts, Cans of Gravy and Disposable Aluminum Turkey Roasting Pans.**

We are asking you to give items each Sunday until Nov. so that Market Street UMC can show our love for those less fortunate than us. Look for the CCAP Donation Box —and let's fill it up!



**CCAP, INC.**  
P.O. Box 2112  
Winchester, VA 22604

### **Attention All Women!**

#### **UMW Annual Meeting**

#### ***Sacred Spaces: Encounters with God and Neighbor***

October 26-27, 2018

Chestnut Memorial UMC—Newport News, VA

See Joyce McKay if you plan on attending.



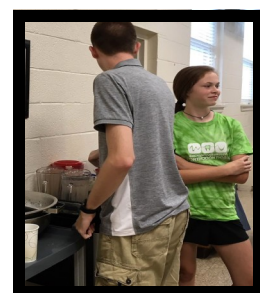
Shannon Priddy—Speaker

Shannon became involved with United Methodist Women through the transformative education called MissionU. It has opened Shannon's eyes to injustice and her heart to faith, hope, and love in action. Shannon lives in Indiana.



Market Street Youth,

Thank you for serving the  
Kitchen of Hope! What a  
blessing!



## Our Weekly Faithfulness in Giving to God

| <u>Sunday<br/>Worship</u> | <u>Weekly Offering<br/>Received</u> | <u>Total Weekly<br/>Attendance</u> |
|---------------------------|-------------------------------------|------------------------------------|
| September 2               | \$ 4983.00                          | 71                                 |
| September 9               | \$ 5353.25                          | 74                                 |
| September 16              | \$ 2958.00                          | 70                                 |
| September 23              | \$ 1587.00                          | 66                                 |
| September 30              | \$ 2403.00                          | —                                  |



### **October**

|                     |       |
|---------------------|-------|
| Nancy Annan         | 10/8  |
| AhannaLise Jennings | 10/13 |
| Stephen Bynog       | 10/15 |
| Jill Fries          | 10/18 |
| Alice Robertson     | 10/18 |
| Sally Spencer       | 10/19 |
| Gene Sine           | 10/31 |

### **EVERY THURSDAY NIGHT—The Kitchen Of Hope**

provides a free meal to help feed the homeless and needy population of Winchester. Kitchen of Hope is supported financially, spiritually and in our weekly operations by Market Street UMC and concerned citizens who have a heart for those less fortunate. Call 662-6709 to volunteer or for more information about the Kitchen of Hope.



### **MARKET STREET MEMBERSHIP**

We hope you consider joining us as a member here at Market Street UMC. If you want to join us in membership, please contact the church office to set-up a date and time with Pastor Keiko.



### **RACE RELATIONS DISCUSSION GROUP**

**Mondays at 7:00 pm**

We meet in the Parlor.



### **~Prayer Group~**

Join us every Thursdays at 1:30pm for Prayer. See Judy Hagan for more Information.

***Everyone is welcome!***

**Tai Chi class**  
Tuesdays at 1:30 pm



**October 13, 8am, and every 2nd Saturday of each month. We meet at Rock Harbor Golf. All men are welcome!**

**CONGREGATIONAL CONCERNS:** Adrian O'Connor, Susan Peer, Faye & Julius Armel, Dick Carpenter, Hess family, Ed Henshaw, Kevin Freeland, Betty Shackelford, Jean Shull, Joe Lausier, Marilee Ramtino, Mary Grim, Brian Aronhalt, Debbie and Randy Bower, Joan Funkhouser, Jason Lake, Virginia Saunders, Betsy Whitehead, Earlene Cone, Walter Kirby, Evelyn Bly, Sandy Glover, John Castle, Dennis Hinkle, Audrey Corbin, Lee Harris, Justeen, Diane Amick, Ben Mathis, Bonnie Sine

# Health Minute

## Jeff's Health Minute by Jeff Swift

What's the right dose of exercise for good health? There is a fair amount of confusion as to the right amount of exercise for optimal health. Is more better? Well it seems Hippocrates, the father of medicine had it right when he said "The right amount of exercise, not too little, not too much is the safest way to health." Or all things in moderation, including exercise. Dr. James O'Keefe is a research cardiologist. He did an interesting TED TALK on recent research concerning the heart, mortality and the right exercise dose for longevity. Dr. O'Keefe has been an avid runner/exerciser all his life and has made changes to his exercise routine as a result of recent research findings. Researchers are finding adverse changes to the heart and coronary arteries in veteran endurance athletes. They have found their hearts to become thick, scarred, stiff with hardened stiff arteries. Not good. So how does this happen? After 60 min of vigorous exercise according to Dr. O'Keefe, the volume of blood coming into the heart chambers starts to overwhelm the heart muscles ability to adapt and creates micro-tears in the heart muscle fibers. This creates inflammation and scarring which if done over and over again will result in the heart to become thick and stiff. A thick, stiff heart cannot contract efficiently. The coronary arteries become inflamed on the inside resulting in them not being able to carry blood to the heart muscle. This can then result in a heart attack. Troponin is a protein that has to do with skeletal and heart muscle contraction. Dr's look for increased levels of troponin in the blood of those suspected of having a heart attack, because it signals heart muscle damage. Researchers have taken blood from runners who have just finished a marathon and half have increased troponin levels in their blood. So what's the bottom line? Joggers who do about a 10 min mile, and run 1-3 miles 2-3x/week live 6 years longer than non-joggers. But if you run 25 miles or more a week, at a 7:30 min mile or faster you lose the health benefits and running actually becomes detrimental. You can walk for much longer distances and time and still get the benefit. Dr. O'Keefe says if you want to do a marathon and check it off your bucket list, go ahead. But then be done with it. The bible tells us Jesus walked from town to town during his ministry on earth. He didn't jog. Maybe he was dropping us a subtle hint? So do like Jesus and take a brisk walk and enjoy the splendor of his creation. See ya in church, and thanks be to GOD!!

*Jeff Swift is an active member at Market Street. He is a physical therapist at Hampshire Memorial Hospital.*



Harold and Tom,

Thanks you so much for the work you do to keep us safe and secure! You are indeed a blessing to Market Street!



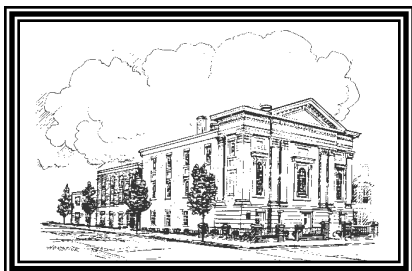
# October 2018

| Sun  | Mon  | Tue   | Wed  | Thu  | Fri   | Sat  |
|--|--|---|--|--|---|--|
| <p>October is<br/>"Sock it to me<br/>Sunday"</p>              | 1  | 2   | 3  | 4  | 5   | 6  |
| <p>7<br/>9:15 Sunday School<br/>10:30 UMW Sunday Worship<br/>2-5 pm Bethel<br/>6-8 pm NOANDA</p>   | <p>8<br/>7-8 Race Relations group<br/>7-8 pm Scouts</p>  | <p>9<br/>1:30 Tai Chi, Fellowship Hall</p>  | <p>10<br/>6-6:45 pm Charge Conference<br/>7-7:45 Hand Bell</p> | <p>11<br/>1:30-2 Prayer Group, Parlor<br/>5:30-6:30 pm Kitchen of Hope</p> | <p>12<br/>7-8:14 pm YAA<br/>8-10 pm Bethel</p>                                      | <p>13<br/>8am UMM, Rock Harbor<br/>9:00 -Gleaning at</p>                                     |
| <p>14<br/>9:15 Sunday Sch<br/>10:30 Worship<br/>2-5 pm Bethel<br/>6-8 pm NOANDA</p>  | <p>15<br/>7-8 Race Relations group<br/>7-8 pm Scouts</p> | <p>16<br/>1:30 Tai Chi, Fellowship Hall</p> | <p>17<br/>7-7:45 Hand Bell<br/>8-9:00 Choir</p>                | <p>18<br/>1:30-2 Prayer Group, Parlor<br/>5:30-6:30 pm Kitchen of Hope</p> | <p>19<br/>7-8:14 pm YAA<br/>8-10 pm Bethel</p>                                      | <p>20<br/>9:00 -Gleaning at Marker-Miller</p>  |
| <p>21<br/>9:15 Sunday Sch<br/>10:30 Worship<br/>2-5 pm Bethel<br/>6-8 pm NOANDA</p>  | <p>22<br/>7-8 Race Relations group<br/>7-8 pm Scouts</p> | <p>23<br/>1:30 Tai Chi, Fellowship Hall</p> | <p>24<br/>7-7:45 Hand Bell<br/>8-9:00 Choir</p>                | <p>25<br/>1:30-2 Prayer Group, Parlor<br/>5:30-6:30 pm Kitchen of Hope</p> | <p>26<br/>7-8:14 pm YAA<br/>8-10 pm Bethel</p>                                      | <p>27<br/>9:00 -Gleaning at Marker-Miller</p>  |
| <p>28<br/>9:15 Sunday Sch<br/>10:30 Children's Sabbath Worship<br/>Sock it to Me—Last day for collection<br/>2-5 pm Bethel<br/>6-8 pm NOANDA</p> | <p>29<br/>7-8 pm Scouts</p>                              | <p>30<br/>1:30 Tai Chi, Fellowship Hall</p> | <p>31<br/>7-7:45 Hand Bell<br/>8-9:00 Choir</p>                |  |  | <p>Mark your<br/>calendars :<br/>Market Street Bazaar<br/>Sat., Nov 3rd<br/>from 8am-2pm</p> |

Market Street United  
Methodist Church  
(540) 662-6709 Office  
Office Hours: 2-5pm  
(540)662-7623 Fax  
131 S. Cameron Street,  
Winchester, VA 22601  
vamarketst@gmail.com  
www.marketst.org

**NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
PERMIT NO. 135  
WINCHESTER, VA**

**ADDRESS SERVICE REQUESTED**



TO:

---

Coffee Fellowship—9:00am  
Sunday School All Ages—9:15am  
**Sunday Worship Service—10:30 am**  
***Special Sundays:***  
*1st Sundays—Communion*  
*5th Sundays— Cinnamon Roll Sunday*



**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.