



# MARKET STREET UNITED METHODIST CHURCH MAY 2020

Our life continues to be different. Shopping became less frequent. Meetings are conducted via Zoom or FaceTime. Sunday Worship services too are streamed online. No catching up with colleagues over coffee. We can't even see our neighbors unless we keep six feet apart. While I must remain thankful for new day, health, shelter, and all those who are tirelessly helping others, every now and then it gets to me.

We are in Easter season, a time of new hope. When Jesus was crucified, his disciples thought everything was over. They were ready to go back to their "old" life, whether fishing or collecting taxes. But things were not over. Risen Jesus appeared to them and breathed on them. Dr. Fred Craddock writes, "In that house in Jerusalem, as quiet as a man's breath, they received the Holy Spirit - and that group became the church." They were given new hope, and their life was never the same.

May we too receive the Holy Spirit, the very Breath of God, that we may see new hope. May we be enlivened, peace restored, patience given, that we take one day at a time, remembering the gifts of each day.

See you in online worship! [facebook.com/marketstreetumc/](https://www.facebook.com/marketstreetumc/) 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*

*Lisa Martinson*

### *Trustee Chair*

*Ed Henshaw*

### *Children's Choir*

### *Director*

*Linda Hart*



## Easter 2020 THANK YOU to our online worship team!



## Opportunities to Stay Connected

Hello!  
LET'S STAY  
CONNECTED }

### Weekly Emails & Robo Call

Contact the Church Office if you would like to be added to the list.

### "Facebook Live" Sunday Worship

You can view it at 10:30 am on Sundays or at your convenience

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

\*\*You do not have to have Facebook account to view the video\*\*

### Zoom Sunday School Class (Details on Page 3)

If you are interested, contact Judy Hagan ([judysan742@gmail.com](mailto:judysan742@gmail.com))  
- she will send you an Email link to join the meeting.



**Mark Your Calendar NOW!**  
**Market Street UMC Church Conference**  
**Sunday, May 3 @12:30 pm**

**\*\* We will meet via Zoom --- You will need internet or phone to join.**  
**Go to <https://zoom.us/j/92553489169> Password: 191268**

**OR Call 301-715-8592 or 855-880-1246 Meeting ID: 925 5348 9169**

**\*\* There will be a vote --- all Professing members are invited to vote.**

**Conference Subject: Approve establishing for-profit entities  
for Market Street Commons**

As we renovate the Educational Building, we plan to apply for Historic Tax Credit,  
which would save up to 25% of the total construction cost (about \$750,000).

Since Market Street Church is a non-profit, tax-exempt entity, **we must establish  
for-profit entities to become eligible to receive historic tax credits.**

**Some entities are temporary --- they cease to exist after 5 years of receiving the  
credits. Market Street Commons LLC will continue to exist to run the commercial  
kitchen and co-working space. This structure also protects the church from  
potential problems or liability issues.**



**Zoom Practice Session  
Wed, April 29 at 7pm  
More info is to come!**

***Q. This process sounds complicated. Why is it necessary?***

This is a common practice and a common structure, according to Mr. Erik Wishneff, a historic tax credit consultant and attorney. Both state and federal allow this structure so non-profit organizations can receive historic tax credits. Establishing for-profit entities in Virginia is simple and costs very little.

***Q. Why are we meeting over Zoom?***

With the current circumstances of pandemic and social distancing, Dr. Steve Summers, Winchester DS, as well as Virginia Conference Cabinet recommend Zoom to be the tool to convene such conferences. We have Dr. Summers' authorization.

***Q. Why are we meeting at this timing? Cannot we wait?***

Securing Historic Tax Credit is CRITICAL for the Commons project to move forward. Application process can take 3-6 months. Paperwork is complete & ready to be filed!

***Q. How can I join Zoom meeting?***

1. Use Internet --- Go to <https://zoom.us/j/92553489169> Password --- 191268

Please "Join with Computer Audio" "Join with Video (if you have a camera)"

2. Use Telephone --- 301-715-8592 or 855-880-1246 Meeting ID: 925 5348 9169

***Q. Is this the final vote?***

NO. It is an important process, but this is not the final vote.

**\*\*The Book of Discipline does not allow absentee ballot. You must be "duly present."**

# Health Minute

By Jeff Swift

I hope and pray you are all doing well during this Covid-19 crisis. I thought I would pass along some information that Dr. Jacob Teitelbaum, MD sent out in one of his email updates I receive. Dr. Teitelbaum is a holistic physician who specializes in the treatment of fibromyalgia and chronic fatigue syndrome. He routinely treats not only with traditional medication, but also with vitamins, minerals, and herbals. He recently sent out his recommendations for reducing your chances of contracting Covid-19. These are his recommendations but you certainly need to do your own research and/or consult your Dr. before implementing them.

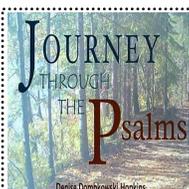
According to Dr. Teitelbaum, Zinc appears to be poisonous to the coronavirus. It is known to be helpful in fighting viral infections in general. As such he suggests sucking on a zinc lozenge when you are out and about amongst the public. I have been using a Zinc/Elderberry lozenge. This won't likely be an issue for anyone. He also recommends increasing your intake of zinc by using a supplement with 50mg of zinc a day for a month then cut back to 15mg a day thereafter. The daily value for zinc is 15mg. You may be getting this in a multivitamin so check the label on your vitamin container. Also, you can get zinc naturally by eating cooked oysters, lamb, beef, eggs, whole grains, nuts, and yogurt. To be honest I have been taking 50mg of zinc 2-3x/week since I'm around people daily in the hospital. I think 50mg daily is a bit much. Taking too much zinc can decrease your immunity. If you don't eat much red meat you may be deficient in zinc. Taking calcium supplements may decrease zinc absorption, and taking a diuretic (water pill) may decrease your zinc levels. Low levels of vitamin B6 also decreases your zinc absorption. As you can see there are a lot of variables. So make sure you are at least getting the 15mg daily allowance. If you want to take a zinc supplement talk to your Dr. about it first.

Dr. Teitelbaum also recommends a product called ProBoost. It is available on Amazon. It's actually dried Thymus gland! It's a powder that is tasteless. Just put it under your tongue and let it absorb. I like a similar product called Bioprotien-Plus because it has also has some zinc in it. I use it when I feel like I might be coming down with something. It has worked for me. Dr. Teitelbaum swears by it.

By now I'm sure you have washed and sanitized your hands to the point where you've found the notes you wrote on your hand during your 7th grade history class! If you are not already doing this don't forget to sanitize your smartphones and computer keyboards frequently. Use a doggy poop bag as a barrier when you pump gas and throw it away when you're done. They're easier to find than gloves. Sanitize your steering wheel frequently also.

Until we meet again, be well, and be careful. We will see each other in church soon! Jeff

*Jeff is a member at Market Street. He works as a physical therapist at Hampshire Memorial Hospital.*



*Sunday School by Zoom*  
***Journey Through the  
Psalms***

**Sunday Mornings at 9:15 am**

Interested in joining? Contact Judy Hagan.

**You can Help! Local Ministries**

**Kitchen of Hope**

Send check to Market St ("KoH" on memo line)

**Winchester Rescue Mission**

435 N. Cameron St. Winchester 22601

**Highland Food Pantry**

PO Box 1762 Winchester 22604



My sign-off for these monthly stewardship articles is 'Practice generosity. Always practice generosity!' Today, even with the concerns about a recession, it still is!

These are most unusual of all unusual times. No one living has ever seen anything like it unless they were alive during the 1918-1919 pandemic, which took the lives of millions around the world. The economic struggles we have experienced in the past fifty years, however, has some familiarity to it. A few remember the great depression. Others know the volatility of the economy as it hits rough spots with recessions and near depressions. Now we have the specter of serious harm to the economy.

Researchers who study the economy and philanthropy trends have documented over many years that Americans are not particularly generous, giving away about 2% of our income. This has been documented as a historical reality. But what is very interesting is that at one point it reached 3%. Do you know when that was? The answer: during the Depression. The years 1929 - 1939 marked a terrible economic downturn for the country. Massive unemployment dogged the nation and lines stretched for blocks as people faced dire hunger, waiting to get a little bit of food. It was a long, dark period of painful memories.

What researchers tell us is that when we all had less to give we all gave more!

This downturn in our economy is not a time to give less. Truly. Please do not hoard money you do not need while others are hurting. If you are fortunate enough to retain your job and wages, give generously as you are able to support the ongoing ministries of your church.

Let me make an appeal to my age group, senior citizens.

My wife and I are blessed to receive Social Security and a pension (thank you very much, UM's, after 30 years of ministry!). We have some investments that further support our lifestyle. Therefore, we believe we can afford to be generous with the stimulus we expect to receive. In fact, we have covenanted to give most of it away, first to the church and secondly, to help those hit hard by loss of wages. Seniors: as you are able this is a time to ask God to show you who and how to help. (Gift cards may be best).

The churches that will be remembered fondly when this is over are the churches that stretched and supported the community in which they reside, assisting households in and out of the church family. If your church has funds earmarked for generous acts of compassion and support, do not withhold those thinking 'we need to cut back'.

How do you want your church to be remembered a year from now? What will the community say about your church?



Rev. David A. Rash  
© Stewardship Matters of Virginia LLC [info@StewardshipMattersVa.org](mailto:info@StewardshipMattersVa.org)  
[www.StewardshipMattersVa.org](http://www.StewardshipMattersVa.org)  
*Stewardship: It's not what you think. It's what you believe and DO!*

**Virginia Annual Conference 2020 Postponed**

Due to the COVID-19 pandemic, the June session of the Virginia Annual Conference has been postponed to September 18-19, 2020. More info, including the location, is to come at a later date.



**Thank you for your ongoing faithfulness!  
Ways to Give to Market Street's Ministries**

**1. Mail in checks to:**

Market Street UMC  
131 S. Cameron St. Winchester, VA 22601

**2. Give online**

Go to [marketst.org](http://marketst.org) then click "Give Now" button  
It will take you to registration page.

## Men's Breakfast Gatherings

All men are Welcome!  
 Every 2nd Saturday of the month.  
 We meet at Rock Harbor Gold  
 Club at 8 am

\*\*\*CANCELLED  
 for May\*\*\*



## WORSHIP & FELLOWSHIP

## OPPORTUNITIES FOR WORSHIP & FELLOWSHIP

SUNDAY WORSHIP-10:30AM  
 SUNDAY SCHOOL ALL AGES-  
 9:15AM

## OTHER REGULAR GATHERINGS

Youth Group Sundays at Noon  
 Adult Choir Practice - 7pm Wednesday

## UNITED METHODIST WOMEN:

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

## MAY BIRTHDAYS

Judy Fogle	5/3
Martha Downes	5/8
Lonnie Phillips	5/9
Kathy Freeland	5/10
Lemony Hagan	5/11
Joyce McKay	5/13
Alexander Harmon	5/16
Timothy High	5/16
Donnie Oates	5/16
Becky Rockwell	5/18
Jim Bynog	5/18
Steve Jennings	5/19
Dorothy Randolph	5/21
Kevin Freeland	5/22
Whitney Craig	5/22



## 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 Prayer for One Another...

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



## Please Also Pray for Valley Health!

Melanie Lewis, lead chaplain at Valley Health, is asking 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. Also, it's often helpful for individuals to  
 know that a person from their own  
 faith tradition is lifting them up.



## Prayers for Our friends & family at Market Street:

Adrian O'Connor, Susan Peer, Faye & Julius Armel, Dick Carpenter, Ed Henshaw, Betty Shackelford, Joe Lausier, Marilee Ramtino, Mary Grim, Brian Aronhalt, Virginia Saunders, Betsy & Larry Whitehead, Earlene Cone, John Castle, Lee Harris, Diane Amick's brother Steve, Ben Mathis, Mable Carter, Chris Sweeney II, Janet Moore, Maxine Korb, Judy Fogle, Tom Dickinson, Al Blank, Pat Jenck, Brenda Sine, Gloria Ann Trent, Pearl Ebert, Kevin Freeland, Jack Lake, Janet Moore's sister Dena. All of our shut-ins of Market Street, Pastor Keiko, Market Street Church/Market Street Commons, United Methodist Church (General Conference in 2021)

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



TO:

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Sunday School—9:15 am via Zoom  
**Sunday Worship Service via Facebook Live**  
**10:30 am (or anytime later)**  
<https://www.facebook.com/marketstreetumc/>  
(You do NOT need to have Facebook account to watch!)

**MAY**  
  
**2020**



**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.