



Our Ministry of Prayer

Our Nation

Those Affected by COVID19
 Our homebound and
 Shut-in members
 Our church leaders
 Election Officers
 Roger Eckwright
 Pastor Josette Franklin
 Lori Lohr
 Dean Pittman
 Raymond Ritchie
 Frances Stalnaker

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What'd You Say?

By Steve Stalnaker

Attributed to the French author and philosopher Voltaire is this famous line: “I disapprove of what you say, but I will defend to the death your right to say it.”

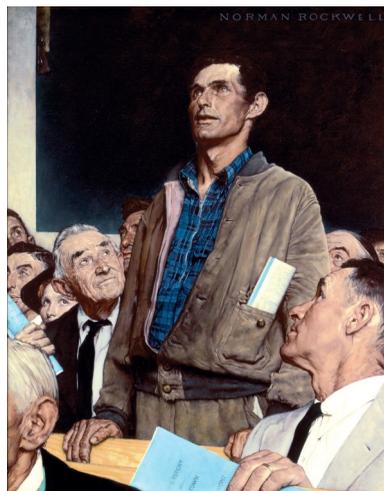
Research suggested that Voltaire (a.k.a. François-Marie Arouet) [probably] didn’t really say this. A biographer in the early 1900s thought that this was an expression of Voltaire’s beliefs. Sort of “if he didn’t say this, he should have.”

Such literary license is akin to English King James’ Bible translators sticking some extra phrasing into what we know as the Lord’s Prayer (Matthew 6:9-13 and Luke 11:2-4). In a well-meaning, but breath-taking exhibition of hubris, they added

“For thine is the kingdom, the power and the glory, for ever and ever” to the end of these Gospel verses, because they felt Jesus should have said those words, too.

However, I digress. The point of this article isn’t inserting words in a quote – or prayer – that

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“Freedom of Speech” by Norman Rockwell.

From the Pastor

Gratitude vs. Thankfulness

“Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” — Melody Beattie, American Self-Help Author

Due to COVID-19, the anticipation of Thanksgiving with family and friends will be a moot subject. That is if we are not already quarantined together. At least it should be — but this article is not about that. I digress.



The Thanksgiving Holiday is a time of focusing on being thankful for the things we enjoy in our lives. In the Oxford dictionary thankful is defined as “pleased and relieved” — feelings everyone wants to feel. But feelings come and feelings go. Feelings are conditional.

On the other hand, grateful is defined as “showing an appreciation of kindness.” And this is where the difference is between being thankful and being grateful — one is a feeling and the other is an action.

How do we go from expressing the feeling of being thankful to exercising the action of being grateful? I am so glad you asked. The answer is *humility* — the companion virtue to gratitude.

The actions of gratitude flow from a *humble* heart. The apostle Paul, in his letter

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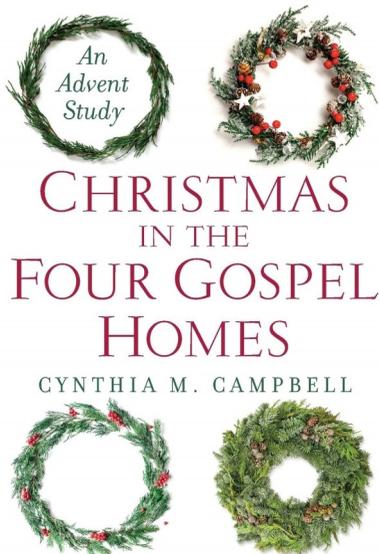
*Our November Communion
Offering Goes to:*



Advent Bible Study

How might a house look for Christmas based on what each Gospel says about it?

In "Christmas in the Four Gospel Homes," we will study and reimagine each of the four Gospels as a "house" which the church visits at Christmas. This study will allow for reflection on the distinctive perspective of the birth of Jesus or the incarnation offered by each Gospel.



Starting Thursday, Dec. 3 at 6:30 p.m. we will engage in this four week Advent Study in-person at Greenwood and simultaneously on Zoom only (telephone and/or video).

The Sunday in-person protocols will be followed for these Thursday Advent Studies on Dec. 3, 10 and 17. The final installation of the Advent Study will be a part of our Christmas Eve Service at Greenwood on Thursday, Dec. 24 at 6:30 p.m. which will be on Zoom and Facebook Live.

Save the dates and invite others to participate!

Pre-Packaged Communion Elements

Pre-packaged, already-consecrated Communion elements will be available for those not planning to attend monthly first Sunday in-person or drive-thru Communion services.

Elements can be picked up Wednesday — Friday at the Greenwood church office, 9 a.m. — 1 p.m. during the last week of each month for the next month's Communion.

The Virginia Annual Conference has authorized clergy to virtually bless the elements for those still listening or viewing services via virtual platforms.



All Saint's Day

by Linda Walker

On All Saint's Day (Nov. 1) we remember the saints who have gone to heaven. The first evidence for the Nov. 1 date of celebration occurred during the reign of Pope Gregory III (731-741) who dedicated a chapel in St. Peter's in Rome in honor of all saints.

In the United Methodist Church on All Saint's Day we remember deceased members of the local church congregation. Many of you will remember when Mary Ann was the associate pastor at Greenwood, during the worship service, there were many candles on the altar table and the congregation called out the names of those who had died in the last year. As each name was announced she lit a candle. We know candles symbolize light, hope and new life.

You may want to set aside some of your private devotional time to remember and thank those people who inspired you by the way they lived their lives. I can think of two wonderful women who died during the past year: Betty Lloyd and Brenda Shuler. I am certain there are others, too, you would like to commemorate. Perhaps you can light a candle or two and use the following prayer to help you center your thoughts:

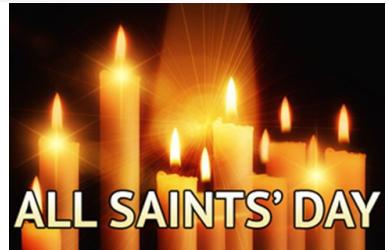
A Prayer Meditation for All Saints Day by Safiyah Fosua

We give you thanks, O God, for all the saints who ever worshiped you, whether in arbors or cathedrals, wooden churches or cement meeting houses.

We give you thanks, O God, for hands lifted in praise: manicured hands and hands stained with grease or soil, strong hands and hands gnarled with age, holy hands.

We thank you, God, for hardworking saints, whether hard-hatted or aproned, blue-collared or three-piece-suited. They left their mark for you, for us, for our children to come.

Thank you for sacrifices made by those who have gone before us. Bless the memories of your saints. May we learn how to walk wisely from their examples of faith, dedication, worship and love.



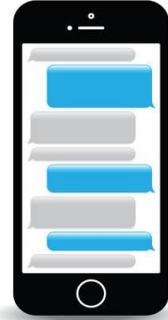
Dealing with Text Scams

Downloaded from McAfee.com

Texts and online messaging are prime places for scammers to try and con you out of personal information.

We often make the mistake of believing that if someone has our number, we either should know them or our number was given to them for a good reason.

Scammers take advantage of this assumption and have grown increasingly sophisticated about the way they exploit people. They will often pretend to be an acquaintance or a reputable institution like a bank.



Verify the message via a different source: If a friend, family member, bank or any other business asks you for personal information or money, validate the request by calling the company or person making the request.

Beware of unknown or strange numbers: Chances are, you already have a friend or family member's number stored in your phone under a familiar name.

Notice poor grammar: If the text or chat is not using proper grammar, this is often a tip off that it's a bot or a scammer operating from a foreign locale.

Don't respond: In the end, the safest response is no response at all. If the request is crucial the company or acquaintance will attempt to contact you in multiple different ways.

Editor's note: don't text and drive, either!



Fit Fitness Into Your Schedule

By Benjamin Szweda of AAA.com

If you either don't want to return to your gym just yet or the one you go to hasn't reopened, don't worry. There are still highly effective workouts you can do at home with little-to-no equipment.

Go for A Walk or Jog

You've heard of the side effects of sitting too long at a desk. It's possible that working from home has likely increased the time you spend sitting and has cut out those short walks to the coffee shop or from the parking garage to the office. Add time for these walks back into your schedule.



Whether running intervals, training for a race or just walking your pet, going outside for a walk or jog is hugely beneficial and not just for physical health.

In an article in the online journal *Scientific Reports* that researched "associations between recreational nature contact," the authors found that exposure to nature for at least 120 minutes per week made it more likely for people to report good health and well-being.

Take an Online Exercise Class

Many online platforms offer virtual fitness classes. Some, like Glo.com, are specific to one type of exercise like yoga. Others, like Peloton Digital, provide multiple options on one subscription, including cardio, boot camps, stretching, yoga, guided outdoor runs and more.

To find other options, try downloading exercise apps to your phone or device. Or check with your local gyms or studios to see if they offer online programming.

Do A Circuit Workout

Circuit workouts are highly effective. They can be done with no equipment and in very little time. The exercises you choose to do aren't really that important. The timing and structure of the workout should be your focus.

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Prayer Call Moves to Tuesdays

A huge thank you to the members of Greenwood-Laurel Park Charge who completed the Weekly Prayer Call survey. As a result of the data compiled from this survey our weekly Prayer Call will be moved to Tuesdays at 8 am starting Tuesday, Nov. 3!

The same Zoom telephone number and link will be used. In an effort to encourage more participation, Pastor Josette is asking for three volunteers to write and pray a five sentence prayer of their choosing. Please let her know by Sunday, Nov. 1 if you are willing to be a volunteer.

God wants to hear from all of us.



Be Prepared – Read the Scriptures November Lectionary Readings

Nov. 1 All Saints Day	Revelation 7:9-17; Psalm 34:1-10, 22; 1 John 3:1-3; Matthew 5:1-12
Nov. 8	Joshua 24:1-3a, 14-25; Psalm 78:1-7; 1 Thessalonians 4:13-18; Matthew 25:1-13
Nov. 15	Judges 4:1-7; Psalm 123 or Psalm 76; 1 Thessalonians 5:1-11; Matthew 25:14-30
Nov. 22 Thanksgiving Sunday	Ezekiel 34:11-16, 20-24; Psalm 100; Ephesians 1:15-23; Matthew 25:31-46
Nov. 29 Advent Sunday	Isaiah 64:1-9; Psalm 80:1-7, 17-19; 1 Corinthians 1:3-9; Mark 13:24-37

Food Donation Connection

November Pick Up Rotation

Thanks to everyone who has been bringing in canned goods and fresh vegetables. Fresh vegetables are the first things to go. Bring your donations to the church office Tuesday through Friday. 9 a.m. to 1 p.m.



Wednesday, Nov. 4: Jean Mowatt and William Gibbs; Thursday, Nov. 5: Susan Johnston and Lewis Daniel; Friday, Nov. 6: Adamarye Patteson.

Wednesday, Nov. 11: Charley Banks; Thursday, Nov. 12: Susan Johnston and Lewis Daniel; Friday, Nov. 13: Carolyn and Ray Smith.

Wednesday, Nov. 18: Jean Mowatt and William Gibbs; Thursday, Nov. 19: Susan Johnston and Lewis Daniel; Friday, Nov. 20: Trish Hayes.

Wednesday, Nov. 25: Charley Banks; Thursday, Nov. 26: Thanksgiving Day; Friday, Nov. 27: Adamarye Patteson.

Sunday Combined Virtual Worship

Every Sunday at 11 a.m. on Zoom or dial 301-715-8592

Meeting ID: 829 5710 1589; password: 929829

Also on Facebook Live

Tuesday Prayer Call

Every Tuesday, 8 to 8:15 a.m. on Zoom or dial +1-301-715-8592

Meeting ID: 851 1374 4202; password: 452446

Thursday Virtual Bible Study

Starting Thursday, Sep. 17 at 6:30 p.m.

On Zoom (click [here](#)) or dial +1-301-715-8592

Meeting ID: 863 1433 8951; Password: 239754

Note: Links, Meeting IDs and Passwords Are Different.



Right of Free Speech

(Continued from page 1)

the person being quoted “should have said.” The point is our right of free speech. Whether or not Voltaire actually said or wrote those words, the reality behind them is as solid as the laws of physics. **Each of us is entitled to our opinions and is entitled to express them.**

Many years ago, I **swore an oath** before God that I would “support and defend the Constitution of the United States of America against all enemies, foreign and domestic.” As far as I’m concerned that oath is still in force.

The **Constitution** which I swore to defend, includes the Bill of Rights — the first 10 amendments — which **doesn’t grant rights**, it **forbids the government** from restricting our God-given rights.

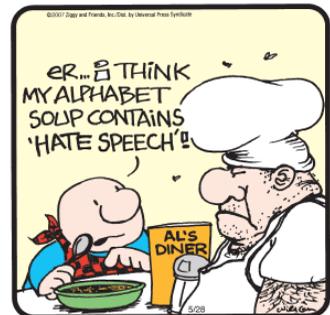
While **laws can’t restrict our right of expression**, custom and good manners might often do so. For example, one would be within his/her rights to stand up in church during worship and shout obscenities. But custom, good manners and common sense [should] restrict one from that particular exercise of freedom of speech.

Furthermore, I think it’s incumbent on each of us to **make sure we differentiate** between “fact” and “opinion.” The late Democrat Senator Daniel Patrick Moynihan famously said: “You are entitled to your own opinion. But you are not entitled to your own facts.” Reflect on that for a minute.

So, form your opinions, **based on facts**, not emotions or prejudices. Express your opinions but make sure that, whether you’re a private person, a governor, a newsletter editor or a pastor, that listeners or readers know that what you’re expressing are your personal opinions, not official ones.

... and here’s one of my personal positions: **See you in church.**

(Ed. Note: finding illustrations to go with this article was difficult; everything about free speech seemed to be politically charged and either left or right biased. Go figure!)



We Express Gratitude

(Continued from page 2)

to the church at Philippi, teaches about imitating the *humility* of Christ saying, “Do nothing from selfish ambition or conceit, but in *humility* regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others...”(Philippians 2:3-4, NRSV).



There is nothing wrong with being thankful for what you have. But a life of *humility*, having a *humble* heart, elevates one’s understanding that it’s not just about you. *Humility* is focusing outward.

Every believer in Christ knows they are the recipient of grace — God’s unmerited favor. This is a gift we can never repay. This spiritual truth transforms the mind — we know we owe everything to God. Regardless of our circumstances, a *humble* heart causes us to live in gratitude to God.

The overflow of a *humble* heart calls us to action. We express gratitude by being transformed by the renewing of our minds and letting the mind of Christ be in us. We express gratitude by being in service to God, fulfilling God’s will, manifesting the love of God in the world.

We express gratitude by being advocates for those in the margins — the least, the last and the almost forgotten. We express gratitude by having difficult conversations around privilege and equality, even if it makes us uncomfortable. And we express gratitude by not just being hearers of God’s word, but doers.

It is not enough to just feel thankful. God’s grace calls us to live a life of gratitude. “Less of me and more of you, Jesus.” Amen.

Pastor Josette Franklin



Fit Fitness Into Your Schedule

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To keep things simple, choose two exercises . After warming up, perform the first exercise for 20 seconds, getting in as many reps as possible. Do nothing for 10 seconds, then go into the second exercise you chose for 20 seconds. Take another 10-second break. Once you've done four rounds, take a minute break, then pick another pair of exercises and go again.



Aim to keep this pattern up for 20 minutes. The best exercise options will involve your entire body. Think burpees, jumping lunges, jumping rope or pushups.

Just Choose Something

Regardless of whether you choose a leisurely walk or an intense circuit, it's essential to find some form of activity you enjoy doing. In *Physical Activity Guidelines for Americans* the U.S. Department of Health and Human Services calls exercise "one of the most important actions that people of all ages can take to improve their health."

Exercise can make you feel better, function better, sleep better and reduce the risk of chronic diseases. Health benefits start immediately after exercising and even short episodes of physical activity are beneficial. So, don't wait to have the right equipment or attire or for your gym to reopen, just start moving more today.

Greenwood's Women's Circles

The Willing Workers Circle will meet on Wednesday, Nov. 11 at 6:30 p.m. in the home of Mary Cullom; we're working on supporting a Longdale family for Thanksgiving.

The Ruth Circle will meet Wednesday, Nov. 11 at 2 p.m. in the home of Jean Mowatt. We will be discussing our plans for Thanksgiving and Christmas.



Shopping Online

Want to get a great product at a great price when you shop online? Some extra research can really pay off.

PLAN

Set a Budget

How much do you want to spend? Include delivery costs.



Decide What Matters

What are your "must-have" features vs. those that are nice to have?



COMPARE PRODUCTS

Use Search Engines

To find out more about a brand, product, or site, type the name into a search engine with words like "review," "complaint," or "scam."



Read Reviews Online



Reviews from other people, experts, and columnists can give you an idea of how a product performs. Don't put all your trust in any one review.

Consider Reputation



Does the brand or site have a reputation for quality and good customer service?

COMPARE COSTS

Check Shopping Comparison Sites



Some sites show the price of a product at several online stores. Keep shipping costs in mind when computing the best deal.

Consider Coupons



Coupon codes can impact your final costs. Do a search for the store with terms like "discount," "coupon," or "free shipping."

Read Return Policies



Not all stores have the same rules for returns. Some charge fees for return shipping or restocking.

CHECK OUT

Decide How To Pay

When you shop online, credit cards can offer extra protections.



Look for a Secure Checkout

Does the website address start with https (the "s" stands for secure) when you're checking out?



Learn more at consumer.ftc.gov/articles/0020-shopping-online





Greenwood Church Family Birthdays

Nancy Lloyd.....	11/3	Seth Stanley.....	11/6
Betty Henley.....	11/4	Frank Miner	11/21
Betty Ritchie.....	11/5		

Don't see your birthday or wedding anniversary in The Twig Bender and would like to have us publish it? Send your dates to admin@gumcva.org or call the church office at 804-266-5341; likewise, let us know if you'd like your birthday or anniversary removed.

Sign Up for Altar Flowers

Don't forget the 2020 flower calendar posted in the back hall. You're invited to donate altar flowers in memory of or in honor of, those you'd like to remember.

Cost of the altar flowers is \$20; please pay in advance.



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Greenwood United Methodist Church November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Communion Sunday All Saints Day 2 a.m. DST Ends 11 a.m. In-Person and Virtual Worship	2 All Souls Day 	3 Election Day 8 a.m. Prayer Call 	4	5 Guy Fawkes Day 6:30 p.m. Bible Study 	6 6 p.m. Free Food 	7 Book Lover's Day No Men's Breakfast 	
8 11 a.m. In-Person and Virtual Worship	9 World Freedom Day (Berlin Wall Falls 1989) 	10 USMC Birthday 8 a.m. Prayer Call 	11 Veterans Day 2 p.m. Ruth Circle 6:30 p.m. Willing Workers Circle 	12 6:30 p.m. Bible Study 	13 Sadie Hawkins Day 6 p.m. Free Food 	14 World Diabetes Day 	
15 11 a.m. In-Person and Virtual Worship	16 Nat'l Fast Food Day 	17 8 a.m. Prayer Call 	18 Mickey Mouse Birthday 	19 Great American Smokeout Day 6:30 p.m. Bible Study 	20 6 p.m. Free Food 	21 Nat'l Adoption Day 	
22 11 a.m. In-Person and Virtual Worship	23 Nat'l Espresso Day 	24 8 a.m. Prayer Call 	25 Nat'l Jukebox Day 	26 Thanksgiving Day 	27 Black Friday Twig Bender Deadline 6 p.m. Free Food Science Museum of Virginia Train Show	28 10 a.m. Hanging of the Greens 	
29 Advent Begins 11 a.m. In-Person and Virtual Worship SMV Train Show	30 Computer Security Day 	<div style="border: 2px solid blue; padding: 10px; background-color: white; display: inline-block;"> Every Month is a Month to Give Thanks, Not Just the Month of November! </div>					

Mark Your Calendars

Dec. 7 Pearl Harbor Day
Dec. 24 Christmas Eve
Dec. 25 Christmas Day
Dec. 31 New Year's Eve



Greenwood's Vision

Loving

Learning to love and connect with God and People



Growing

Acquiring tools for being transformed into the image of Christ



Serving

Participating in church ministry and community outreach