

# The Kernstown Courier



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Rev. Gary Heaton



February 2022

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## FROM THE PASTOR

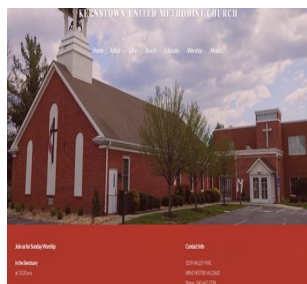
### John 13: 34 "Love one another...."

By the time you read this, I pray that my family will have welcomed a new baby girl, Sylva. New babies teach us so much about love, that I think Epiphany is an especially meaningful time to welcome a child into the world. Epiphany is the season when the church focuses on growing in our knowledge and love of God through the revelation, life, and teachings of Jesus. The birth of Jesus was the incarnation of Divine Love and his ministry and teachings are all about letting love into your life. Jesus taught us not to limit love, but to instead to allow it to grow and expand and multiply. When you hold an infant in your arms, it is hard to imagine loving anything more. I have heard people worry about having so much love for a child that they can't imagine sharing that love with other children. The amazing thing about love that parent of more than one child learn, is that love does not need to be divided like slices of cake. Love expands and multiplies with each additional child. Love is not a limited commodity, it is abundant, expansive, and unlimited.

One of the reasons why people did not always understand the things Jesus said and the way he treated the people he encounter, was because they did not experience love the way Jesus did. Divine love sees no distinction between people. Love breaks down the distinctions of Religion, Class, Race, Gender Identity, Nationality, Language and Culture. The more we grow in our knowledge and love of God, the less distinctions we see in people. It all starts with accepting God's love and grace toward yourself, then you love one another, and love your neighbor; and before you know it, you love everybody, even your enemies. When the love of God fills your life, your capacity to love grows beyond your family. The whole of creation becomes your family.

Be grateful with me for the growth of our divine family that expands out from our family of origin to our church family to our community and neighbors and to the whole world. This is the growth that Jesus teaches, and we can be life long learners. Gary

Check out website updates  
at [kernstownumc.org](http://kernstownumc.org)



Sylva Liv Dehnert  
January 19, 2022



### Snowing on Sunday?

Assume Worship Service will be held but never leave your home if you are unsure of safe roads or sidewalks! You can listen online to the live broadcast. Check our website [kernstownumc.org](http://kernstownumc.org), Facebook or 105.5 FM for any cancellations.

## Reach & Serve

The **Reach and Serve** Ministry of Kernstown United Methodist Church is dedicated to assisting in proclaiming the Gospel beyond the congregation into our community and the world. We envision a congregation where everyone is ready and willing to help those in need as well as witness to those who are lost. Reach and Serve will encourage the congregation to spread the Gospel outside our congregation through acts of compassion, service, proclamation, and evangelism to those who have yet to hear the Good News.

**Volunteers needed:** Do you have 2hrs/week to help at **Froggy's Closet**, a non-profit charity based in Winchester? **Froggy's Closet** is a project of **Families Reaching Out Group** which provides new or nearly new clothing, school supplies, shoes, and other necessities to children ages birth to 18 years. All are provided for no cost to the family. Hours to volunteer are 10-3 on Tuesdays or Wednesdays. There may also be a need for tasks to be completed at home, instead of going to the Froggy's location. Volunteers can be of any age. Froggy's schedules Teen volunteer times for after school hours at various times during the year. Froggy's is located across from Handley Library. It occupies the basement of the Old Post Office Building. Volunteers will help with various tasks - see list below.

- \* Greet donors & sort donations as they come in the door
- \* Fold & match outfits
- \* Clean & disinfect toys
- \* Organize bookshelves by reading level
- \* Fill clothing requests
- \* Make phone calls to referral agencies



- \* Sew t-shirts into bags
- \* Write thank you notes
- \* Clerical, send out mailers

If you have questions, please contact Lisa Dawson. Check out Froggy's Website: [frog-kids.org](http://frog-kids.org).

**WATTS:** Thank you for all the volunteers who helped donate, prepare, and serve the WATTS dinner on 12/29. The clients at WATTS were very appreciative for the meal. *Doris Miller, Chairperson*

**WATTS:** Winchester Area Temporary Thermal Shelter has urgent needs. Since our church recently provided meals for the guests at WATTS, I checked out their Facebook page and found the following statements posted on Jan 17. "Urgent need! We cannot keep up with the demand for long white tube socks or waterproof gloves." "When it is cold, gloves are obvious. Socks are just as important. One of the first thing our guests do when they enter is put on a clean pair of socks. Frostbite and trench foot are conditions homeless individuals face daily."

**Mens Long White Tube Socks-Sz.8-12**  
**Mens Waterproof Gloves-Sz. M, L, XL**  
 If you want to donate these items, please put them in the WATTS Box that will be in the Mission room, the room you enter as you go down the steps to the Fellowship Hall. The box will stay in the Mission Room for the remaining winter months but will be emptied weekly as they will be delivered to the shelter. Question? Contact Lisa Dawson 703 340 6890 or check out the W.A.T.T.S. Facebook page.

### UMW News Sisters-in-Christ

**Scripture:** Even in darkness light dawns for the upright, for the gracious and compassionate and righteous man. Psalm 112:4

**Next Meeting:** Tuesday, February 8th from 10 – 11:30 in the Fellowship Hall. Program will be Call to Prayer

and Self Denial so bring your offering to the meeting.

**Prayer Partner for 2022:** Greenwood UMW. Keep their Unit and members in your prayers.

**Upper Room:** We now have both regular print and large print copies. Leave money for them in jar next to them.

**Projects** of UMW for Missions:

**Soles for Souls Project:** This is an UMW fund raising project for missions. Due to COVID we have not been able to have our usual fund-raising projects in 2021. All members of KUMC are invited to participate in this project. Count the pairs of shoes that you have and multiply by \$.50 per pair. Send a check to our treasurer, Cheryl Spurr, or place in offering basket on Sunday. Make the check out to Kernstown UMW and write UMW Soles for Souls on the memo line. Cheryl's address is 2845 Packer St, Winchester, VA 22601.

### **Soup & Homemade Bread**

**Sale:** UMW is sponsoring a fundraising project for missions. Proceeds from the sales will go to missions. We will be selling the following soups: Potato Soup, Chili, Chicken Barley Soup, Vegetable Beef Soup, Chicken Noodle Soup, Cheeseburger Soup and Homemade Bread. Ordering sheets will be in narthex. Deadline for ordering is 2/20. Pick up soups and bread after church service on 2/27. Price will be a freewill donation when you receive your soup or bread. Any questions, contact Doris Miller 540-303-3135 or e-mail [dorismiller@yahoo.com](mailto:dorismiller@yahoo.com).



Thank you,  
 Church! In the weeks after I broke my ankle, You fed me, transported me, picked up groceries, prayed for me, called to check on me, sent me cards, helped me get in and out of vehicles and up and down stairs. I am truly blessed! Lisa Dawson

## A message from your Lay Leader, Cathy Richard

I like to read. It used to be one of my hobbies. The last few years it seemed I could only indulge when on vacation. Now I'm retired, I am enjoying this hobby again.

Recently, a friend gave me a gift. The attached card read, "when you see the picture on the cover, you'll understand why I bought this. I enjoyed it so much, I wanted you to have a copy." The gift was the book titled *Stay* by Dave Burchett. (ISBN 978-1-4143-9793-1) The cover picture is of an

adorable Fox Red Labrador. The back cover includes this sentence, "You'll be enthralled by this story of a man and his lovable

Labrador retriever, Hannah, and what their canine friendship can show us about life, grace, and long walks in the park." I believe God, in His infinite wisdom, led her to choose this gift for me.

Have you ever enjoyed a book so much that you wanted to share it? I have. I want to see if there is interest in our congregation to start a reading group, similar to a Book-of-the-Month Club. We could meet in someone's home or a coffee shop/restaurant. I will decide the day, time and meeting place based on popular demand. Be sure your choice can be purchased as a hard copy or digitally. If you love to read and have a book you would like to share with others please call/text me at (540) 931-2475 or email catherine6141960@gmail.com.

### Random Thoughts:

Baxter is my buddy. He adores almost everyone. What he does not like is when I am absorbed in my phone or the iPad. I usually make calls during his cuddle time with

Daddy which is 11:00 am-12:30 pm or his nap time 1:00-3:00 pm. If you call me before or after that time period, you will get my voice-mail. Please leave a message, I will return your call. Yes, he's spoiled. I am teaching him the quiet command. By the way, if I answer, he will voice his displeasure loudly. Just ask Brenda Long or Judy Smith.

When I gave the Lay Greeting at the beginning of December 27th worship, I mentioned that it was Boxing Day. I shared the Christmas Day devotion from The Society of St. Andrew. I mentioned that I've been practicing The Gentle Art of Swedish Death Cleaning. Yes, it's a real thing. The book is written by Margaret Magnuson. There was a clip of an interview with Margaret on YouTube which I paraphrase, "We accumulate so much crap!" I like the disciplined focus on less but better.

I've been trying to call **Florence Roman**. The number that I was given; the mailbox is full. Florence, if you read this article, please call me, Cathy Richard @ 540- 931-2475.



**Youth Update:** The Youth and family ministries is currently planning the next youth event. As of right now the goal is to plan at least one event a month. What we need from the church is youth. If you know any of anyone, 6th grade to 12th grade, neighbors, friends, friends of friends, children, grand children, etc., please let them know of our next event. We are currently working on a snow tubing trip in the coming weeks. KUMC Youth



## Educate & Equip

The **Educate and Equip** ministry at Kernstown United Methodist Church is dedicated to providing leadership and direction to the Christian education of church members of all age groups. Educate and Equip is responsible for identifying teachers and discussion leaders; organizing and coordinating Sunday School, Small Groups; and developing other educational opportunities throughout the church year. We will explore new approaches to promote and foster opportunities for members to grow in their faith through Christian education, provide Christian education opportunities within the community, and work collaboratively with other KUMC ministries to develop new opportunities for children and families. We will also look to create new opportunities such as Bible studies, Christian-based classes, and small group studies that will attract new members and visitors through non-traditional time offerings and virtual meeting opportunities. Our goal is to develop a sustainable program that educates and equips to further everyone's growth and development as a Christian.

**Children's Ministry**  
First of all,



thank you to Vicki, Carolyn, Audrey, and Larry for volunteering to lead Children's Church during the January worship services, while I am in Montana helping with my daughter Julie's first baby.

I am excited to be helping with children's ministry for 2022 and being a part of the Educate and Equip work area. Church members have been telling me about the good programs that this church offered before the 2020 pandemic shutdown. Once this latest omicron surge wanes (I am writing this on 1/ 3), I hope we can get back to offering more ministry opportunities for families and children. I welcome your ideas and experience.

--Beth Heaton, elscanoe@yahoo.com



## Care & Connect

**Care and Connect** ministries at Kerntown United Methodist Church is dedicated to keeping people safe and connected to God and to each other. Through fellowship, food, visiting and sharing information about our lives, we believe the Holy Spirit moves throughout our congregation and community. We are always open to creative ideas and opportunities for ways to encourage participation in this vital characteristic of Christian Discipleship. All are welcome to join in this important work of the church.

### Coming Soon, Sunday March 6th Coffee Hour

**11:30 Fellowship Hall**

**Join us for coffee, refreshments & fellowship. Hope to see you there.**

**Health Ministry** – Purpose is to promote Wholistic health and prevent/minimize illness at KUMC and the surrounding community.

**Parish Nurse:** Contact me if you have any health concerns that I can help with or if you would like a hospital or home visit from me, Doris Miller BSN, RN, Faith Community Nurse. Contact Information: my cell phone 540-303-3135 and leave message for me. E-mail [dorismiller@yahoo.com](mailto:dorismiller@yahoo.com).

**Blood Pressure Checks** will resume when safe after COVID.

**COVID Update:** CDC recommends for persons who are fully vaccinated and received a booster can resume many activities they did before the pandemic. However, people should wear a mask indoors in public if they are in an area of substantial high transmission. Lord Fairfax District, including Winchester and Frederick County, is an area of high transmission with increase in hospitalizations with COVID. **It is recommended that we wear masks in church services.** Continue to follow the other guidelines to prevent the spread of the disease:

- \* If you have not been vaccinated for COVID or not received a booster dose, check with your physician

about receiving it.

- \* Wash hands frequently with soap and water for 20 seconds or hand disinfecting gel.
- \* If you are fully vaccinated, a mask is not required but recommended.
- \* Maintain social distancing of 3-6 feet when in public areas.
- \* If you have a fever, feel sick, or have been exposed to someone who has tested positive for COVID, **do NOT attend church** and contact your physician.

If you get exposed to a COVID positive person after attending church, **notify the church** so that we can do contact tracing.

**FLU Season:** Flu season is here also.

It's not too late to get your flu shot if you haven't. Guidelines are similar to those for COVID 19 to help slow the spread of germs that cause respiratory illnesses like flu (nose, throat, and lungs):

- \* Get the Flu Shot
- \* Avoid close contact
- \* Avoid touching eyes, nose, or mouth
- \* Stay away from people who are sick
- \* Stay home when sick
- \* Cover mouth and nose – when coughing or sneezing – use tissue and throw away immediately
- \* **Wash hands** frequently with soap and water or use antibacterial gel
- \* Practice good health habits

Ref.: CDC Communicable Disease Center

**Walk with a DOC** This doctor-led group is a fun and safe way to go for a walk, learn about health, and meet new friends. The event is free and all are welcome. Walks are held the 2<sup>nd</sup> Wednesday of the month at 11 a.m. – 12 p.m. Meet at the Valley Health Wellness and Fitness Center in the lobby. Arrive 30 minutes early to check in. Next walk will be on February 9<sup>th</sup>.

**Save the Date** – March 20-27 Valley Health Virtual Health Fair, more info will be in the March newsletter.

**February is Heart Disease Awareness Month** - Friday, February 4<sup>th</sup> is **Wear Red Day** for Heart Disease awareness.

"..... (Nothing) shall be able to separate us from the love of God which is in Christ Jesus our Lord." Romans 8:39

**Heart Disease** is the leading cause of death for Americans. **Signs and Symptoms of Heart Attack:** If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea, or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

**Signs and Symptoms of Stroke:** Act **FAST** and call 911

**Face** Look for an uneven smile

**Arm** Check if one arm is weak

**Speech** Listen for slurred speech

**Time** Call 911 right away

If you have any of these signs, call 911 and get to a hospital right away.

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing or blurred vision in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance or coordination.
5. Sudden severe headache with no known cause.

Reference: American Heart Association



## Worship & Wonder

**Worship and Wonder** Work Area is dedicated to welcoming all people in God's love, and inspiring faith and hope through prayer, preaching, music, silence, the sacraments of holy communion and baptism, and other experiential moments. The Worship and Wonder Ministry Team is intentional about how people encounter the living God.



### Trustee Update

At the November 2021 Church Council Meeting, the Council tasked the Trustee's to continue to pursue and investigate the purchase of the property next door to the church (The Insurance Agency). Over the holidays and through additional thought and consideration of the owners, they decided to withdraw the sale of the property. Trustee's Chair, Jerry Chapman, reported this back to the Church Council at our January 20, 2022 meeting.

The church still maintains our "first right of refusal" on any future sale of the property. On behalf of the Church Council, we would like to thank Jerry and all of the Trustees for their time and energy spent in performing the due-diligence required to make an informed decision. As of right now we will all continue look to God and leadership as to what our next step is.

If you have any questions, please feel free to ask me. Sincerely,

Brian P. Henshaw,  
KUMC Council Chair



### Birthdays

Declan Carper	2/16
Danny Smith	2/02
Tat Mills	2/03
Trey Yowell	2/03
Midge Youmans	2/04
Thatcher Whitacre	2/06
Donivan Wilson	2/07
Janelle Miller	2/08
Ann Rodgers	2/09
DeAnn Whitacre	2/09
Mary Shetler	2/10
Stas Lipinski	2/11
Solomon Holland	2/12
Donna Campbell	2/13
Chris Scott	2/13
Maneika Shifflett-Walker	2/14
Roy Wilkins	2/14
Gary Sanders	2/15
Noah Marshall	2/16
Margo Young	2/16
John Pitzer	2/19
Emily Whitacre	2/19
Larry Anderson	2/20
Barbara Cooper	2/20
Kevin Dye	2/21
Jeremy Park	2/21
Marissa Augustine	2/22
Tyler Augustine	2/22
Matthew Fuller	2/22
Dan Mitchell	2/22
Tammy Reedy	2/22
Ronald Snyder	2/22
Timothy Hill	2/25
Kris Pine	2/25
Karen Ridder	2/25

### Birthdays continued

Craig Durfor	2/26
Michael Franklin	2/26
Charlotte Smith	2/26
Abigail Youmans	2/26
Amy Youmans	2/26
David Landrum	2/28
Brian Wilkins	2/28



### Anniversaries

James & Kaye-Beth Ambrose	2/07
Bill & Lisa Yowell	2/07
Jim & Mary Markley	2/14

### Directory Updates &/or New Addresses

**Margo Cross**  
6007 Starboard Ln  
Franklin, TN 37064

**Nellie Snoots**  
22 Arrowhead Rd  
Front Royal, VA 22630

**Judy Toth**  
19082 N 97th Lane  
Peoria, AZ 85382  
540-336-1890

**Rev. Gary & Beth Heaton**  
P.O. Box 568  
Strasburg, VA 22657

**Pam Brannon/Cody Williams**  
2622 Cornerstone Cir  
Winchester VA 22601

# KERNSTOWN UNITED METHODIST CHURCH

3239 Valley Pike  
Winchester, VA 22602-5303

**Return Service Requested**

NON-PROFIT  
U.S. POSTAGE  
PAID  
PERMIT NO. 66  
Winchester, VA

Gary Heaton, Pastor  
Charles Harless, Pastor Emeritus  
Cathy Richard, Lay Leader  
Kelly Henshaw, Chancel Choir Director  
Cathy Lichvar, Treasurer  
Doris Miller, RN, Parish Nurse  
Vicky Maphis, Nursery Attendant  
David Landrum, Pianist/Organist & Hand Bell  
Conductor, Music Director  
Alisha Thomas, Communications & Technology  
Coordinator  
Pam Brannon, Administrative Assistant

Phone: (540) 667-7298  
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February 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>30</b> <i>Guest Preacher</i> 9:00 Sunday School 10:20 Worship	<b>31</b>	<b>1</b> 7 Men's Grp	<b>2</b> 9 BSF 5:30 TOPS 6 Handbells 7 🎵 Choir	<b>3</b> 8:30 TOPS	<b>4</b> National Wear Red Day ♥	<b>5</b>
<b>6</b> <i>5<sup>th</sup> Sunday After the Epiphany</i> 9:00 Sunday School 9:15 New Member Orientation 10:20 Worship Isa.6:1-8 (9-13); Psalm 138 1 Cor.15:1-11; Luke 5:1-11	<b>7</b> 11 Care & Connect	<b>8</b> 10 UMW	<b>9</b> 9 BSF <b>2 Worship &amp; Wonder</b> 5:30 TOPS 6 Handbells 7 🎵 Choir	<b>10</b> 8:30 TOPS 11 Staff Mtg <b>6:30 Trustees</b>	<b>11</b>	<b>12</b>
<b>13</b> <i>6<sup>th</sup> Sunday After the Epiphany</i> 9:00 Sunday School 9:15 New Member Orientation 10:20 Worship Jer.17:5-10; Psalm 1 1 Cor.15:12-20; Luke 6:17-26	<b>14</b> Valentine's Day	<b>15</b> 7 Men's Grp	<b>16</b> 9 BSF 5:30 TOPS 6 Handbells 7 🎵 Choir	<b>17</b> 8:30 TOPS <b>7 Council</b>	<b>18</b>	<b>19</b> 9 Crafting Group Fellowship Hall
<b>20</b> <i>7<sup>th</sup> Sunday After the Epiphany</i> 9:00 Sunday School 9:15 New Member Orientation 10:20 Worship UMW Soup Sign-Up Due Gen.45:3-11,15; Psalm 37:1-11, 39-40 1 Cor.15:35-38,42-50; Luke 6:27-38	<b>21</b> President's Day Office Closed Newsletter Deadline	<b>22</b>	<b>23</b> 9 BSF 5:30 TOPS 6 Handbells 7 🎵 Choir	<b>24</b> 8:30 TOPS	<b>25</b>	<b>26</b>
<b>27</b> <i>New Member Sunday</i> <i>Transfiguration Sunday</i> 9:00 Sunday School 10:20 Worship 11:30 Pick Up Soup Exod.34:29-35; Psalm 99; 2 Cor. 3:12-4:2 Luke 9:28-36 (37-43)	<b>28</b>	Upcoming March 2 - Ash Wednesday March 4 - World Day of Prayer March 6 - 1 <sup>st</sup> Sunday in Lent				

Each day  
is a gift