

The Kernstown Courier



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Rev. Gary Heaton



June 2022

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From the Pastor:

A church filled with the Holy Spirit communicates God's love to all the world. The moment I arrived at Kernstown UMC, God's love was communicated in several ways. I could see the beautiful steeple from Rt. 37, I saw the electronic sign on Valley Pike, I noticed the well-kept grounds and welcoming entry way. When I walked inside, it was obvious that care and effort was put into the neatness and cleanliness of the facility and that the sanctuary was a reverent space set aside for worship. But the most powerful way this congregation communicates God's love is through the warm way you greet strangers and friends. The way we treat one another speaks volumes to those outside the church.

At Pentecost, the followers of Jesus were gathering together making sure everyone was alright. Suddenly, tongues of fire fell upon them, and the love they had for one another spilled out into the streets and the Holy Spirit allowed them to share God's love with the whole world. The disciples became the church of Jesus Christ for the whole world. They communicated God's love in generosity, fearlessness, telling the story of Jesus in other languages, and communicating in every way they could that Jesus is risen from the dead and salvation is at hand.

I pray that the Holy Spirit which fills KUMC with love will spill out from this wonderful church and communicate God's love to our neighbors, community, and world. Communication is not an easy task in this age of digital media, multi-lingual culture, and growing populations, but the Holy Spirit will help us to overcome these challenges. I believe the church should reach out in social media and on the internet. I believe we should embrace the multi-lingual culture around us and communicate to a generation of cellphone users that Jesus is Lord of the internet. I believe the Holy Spirit will help us to share God's love in as many ways as there are people who will listen. There is no greater privilege we can have than to introduce someone to the love of God in Jesus Christ. Let's pray that the Holy Spirit will lead us into that opportunity.

Gary

On Pentecost Sunday, we remember the day the disciples received the Holy Spirit in a special way. The story in [Acts 2](#) describes a powerful wind and tongues of fire as the Holy Spirit was poured out on people from all over the world who came to Jerusalem to celebrate a Jewish feast. At the first Pentecost over 3000 people were baptized, creating the first church. This is why Pentecost is known as the [birthday of the Christian church](#).

The word [Pentecost](#) comes from a Greek word meaning fiftieth. The Jewish Festival of Pentecost (called Shavuot, meaning "weeks" in Hebrew) falls on the fiftieth day after the original Passover. On that day, God gave the Torah to Moses on Mount Sinai. The Christian festival of Pentecost falls on the 50th day after the resurrection of Jesus. Ref: <https://www.umc.org/en/content/ask-the-umc-what-is-pentecost>



Finance Report

April Offering	\$21, 501.75
Budget Needs	\$25,109.48
Difference	\$ 3,607.73

Educate & Equip

Sunday School is an important component of KUMC's ministry. Currently KUMC offers one Sunday School option for adults which meets every Sunday from 9:00 to 10:00 AM. As attendance continues to resume to pre-COVID levels and beyond, our goal will be to expand Sunday School to provide at least two options for adults as well as resume Sunday School for youth and children this fall. Our Educate and Equip Team plans to organize Sunday School programming according to the seasons of the year: fall, advent, winter, lent, spring, and summer. To succeed in doing this, however, we will need a cadre of individuals who will be willing to teach a class occasionally, rather than having teaching or leading responsibilities always falling on a very small number of individuals. We will need a minimum of eight to ten people committed to be available on an occasional basis to teach or lead classes. Teaching teams of at least two people per class are preferred. No individual or team should be expected to teach more than one to two classes per year. Throughout my teaching life I have found out that the best way to learn is to teach. Soon we will be posting sign-up sheets to develop this cadre. I urge each of you to seriously consider this opportunity. This approach will keep our Sunday School vibrant and exciting! Ric Dunkle, Chair, Educate and Equip Ministry Team



VBS Vacation Bible School

Sunday, July 10 thru Friday, July 15
 ⇒ FREE Programs for all ages 6^{pm}
 ⇒ FREE Community Dinner 5:15^{pm}

Volunteers needed

- ⇒ Adult Bible Study leader,
- ⇒ Pre-K Leader
- ⇒ Crafts Leader
- ⇒ Games Leader

Text or email Kelly at 540-247-6231 or vthenshaw@comcast.net.
 More details in June newsletter, Kelly

Reach & Serve

Jubilee Kitchen- Volunteers Needed

On Saturday, June 18, 2022, we will be serving at Jubilee Kitchen. Jubilee Kitchen is sponsored by the First Presbyterian Church in Winchester. This is a ministry that serves sit-down meals/lunch to the homeless and less fortunate in our community. We still need folks to volunteer on June 18th. Volunteers will help setting the tables for the patrons, preparing food, serving food, and cleaning up. Plan to arrive at 10 a.m. and should finish by 1:00 p.m. The sign-up is in the narthex. If you have questions, please feel free to contact Cathy Lichvar or the church office. Please consider being part of this ministry to our community.

United Women in Faith (UWF)

Sisters-in-Christ, Scripture: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against things like this. Galatians 5:22-23
Next meeting: Tuesday, June 14th, 10-11:30 am on 2nd Floor.

Upper Room: when you take a copy of Upper Room, leave a donation for them in the jar next to them

Prayer Partner: John Mann UWF. Include their unit in your prayers as they pray for us.

UMCOR Kits for conference: Thank you to all members of KUMC for their generosity in donating items for UMCOR Hygiene Kits and Cleaning Buckets to be used for disasters; as well as School Kits and food for local missions. *Doris Miller, President*



Prayer Chain/Kneemail

If you are interested in our prayer chain, email prayer@kernstowntownumc.org. You can also email our prayer chain via our website under **CARE** kernstowntownumc.org/prayer-request. This mailbox is checked two times daily. When a request is received, they are sent to the KneeMail & phone group. If there is a *critical concern*, (fire, accident, heart attack), I will activate the KneeMailPrayer Vine immediately, Cathy Richard
540.931.2475.

Care & Connect

Health Ministry – Purpose is to promote Wholistic health & prevent/minimize illness at KUMC and the surrounding community. Contact **Parish Nurse** 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, 540-303-3135, email dorismiller@yahoo.com.

Blood Pressure Checks will resume in June on 2nd & 4th Sundays outside after service.

COVID Update: CDC May 12, 2022

Community transmission is LOW In Winchester & Frederick Co., VA. *Note to those attending Annual Conference in Hampton transmission is also low. Recommendations from CDC in areas that have low transmission:

*Stay up to date with COVID-19 vaccines and booster/s

*Get tested if you have symptoms.

*Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID 19. Wear a mask on public transportation. You may choose to wear a mask at any time as an additional precaution to protect yourself & others.
 *Maintain improved ventilation in public indoor spaces by bringing fresh outdoor air into a building by opening multiple doors & windows. You will notice that the windows in sanctuary will be partially open to improve ventilation.

WALK with a DOC – Walks are on 2nd Wednesday, June 8th at 11 am –12 noon and 4th Saturday, June 25th at 9 – 10 am
Men's Health Month - Men's life expectancy is 5% less than women. Leading cause of death is Heart Disease. See leaflet in the narthex for recommendations to protect your health.

Health Education - Summer Precautions - Prevent Skin Cancer and reduce risk of ultraviolet (UV) damage to your skin and eyes. CDC recommends the following for protection from UV radiation:

*Stay in the shade – especially during mid-day hours (10 am-4 pm DST)

*Wear clothing that covers your arms & legs

*Wear hat with a wide brim to shade your face, head, ears, and lips

*Wear sunglasses that wrap around & block both UVA & UVB (broad spectrum) rays*Use sunscreen with a sun protection factor (SPF) of 15 or higher

* Avoid indoor tanning

Worship & Wonder

Summer Music Opportunities -

Summer time is an opportunity for fun in the sun, a break from school, and summer vacations. However, while the music ministry department at KUMC may take a summer vacation, worship and music ministries is a year-round endeavor. If you would like to offer some kind of spiritual talent this summer, we would love for you to share that with our congregation. There is a sign-up in the narthex. Whether it's a vocal solo, playing an instrument, an interpretive dance, or even slam poetry, we would love for you to provide your offering. It will be in the Response to the Word moment of the worship service. This is the perfect opportunity for anybody to showcase a talent that may not be regularly involved in our music department. This summer will be alive and well with music and I'm so excited about it. If you have any questions contact David Landrum.

"David"- If you are interested in joining the bus trip to see "David," please sign up on the board in the narthex or contact Lorraine Shelton by Sunday, May 29. It is at the Sight & Sound in Lancaster on Tuesday, June 28. Cost is \$149 for transportation, the show, and buffet lunch including tax & gratuity. The bus will leave our parking lot promptly at 7:00 a.m. and will return around 6:15 p.m. If you are interested, contact Lorraine Shelton at 540-771-8301.



Trustee Need: Commercial Freezer

Our freezer stopped and we are replacing it with a new one. Cost is approximately \$2,200 and we are accepting monetary donations to this fund. Please call Jerry Chapman at 540-303-3739 if you have any questions. Thank You.



Anniversaries	Date	#
Don & Vicki Adams	20	7 th
Larry & Margaret Anderson	06	52 nd
Carl & Carole Ay Jr.	22	
Kimberly & Mike DeHaven	27	
Thomas & Margaret DeMayo	04	
Wallace & Lori McKinney	30	
Dwight & Doris Miller	15	53 rd
Debbie & Russell Parrish	22	31 st
JR & Catherine Richard	10	16 th

Birthday or Anniversary missing?
Please contact the office.



Members Class

Find Out More About Our Church

New Members Classes

Our next New Member Sunday is July 17. Orientation classes will be on June 26, July 3 and July 10.

If you are interested, please reach out to the church office or Rev. Heaton. We would love you to join our KUMC family!

Photos? A former pastor, Clay Knick, is retiring. If you have any 4x6 pictures in ministry to share, send them to his wife, Lisa, by June 20 at 309 Fredericktowne Dr., Stephens City, VA 22655 (a surprise).

"Thanks to the Care & Connect Hospitality team for the good food and for a lovely lunch (birthday). We ♥ our church," the Wilsons

Annual Conference -

Lisa Dawson is our lay delegate at the annual conference on June 16-18. Please keep

her in your prayers as she represents Kerntown and for her travel to Hampton. For more information, visit vaumc.org/ac2022



Birthdays

Aaron Youmans	01
Deborah Arbogast	03
Derek Minter	04
Chris Lutz	05
JR Richard	05
Sandy Dunkle	06
Cheryl Morris	07
Justin Chapman	09
Candice Henry	09
Nathan Straight	09
Debbie Parrish	10
Pam Brannon	11
Brandi Charles	12
Norma Fitzwater	12
Paul Hilderbrand	12
Amy Newcome	13
Tina Renner	13
Lorraine Shelton	13
Carl Ay Jr.	14
Catherine Richard	14
Jacob Hill	15
Michelle Ridder	15
Steve Spurr	15
Savannah Bailey	18
Mary Markley	19
Bill Tharpe	19
Phyllis Baker	20
Kelly Whetzel	20
Matt Duvall	22
Dottie White	22
Thomas Littman	23
Donna Minor	24
Russell Parrish	25
Brooke Wilhelm	25
Samuel Henshaw	26
Gary McDonald	26
Ruth Bennington	27
Steve Burns	27
Paige Littman	29
Anthony DeMayo	30

Directory Additions

Paper copies of our most recent **directory** are located in the narthex in the cubby by the coat rack. Please let us know of any needed updates!

Thanks to our membership secretary, Cathy Richard, for her hard work on our membership records and data!

**KERNSTOWN UNITED
METHODIST CHURCH**

3239 Valley Pike
Winchester, VA 22602-5303

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U.S. POSTAGE
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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
Email: office@kernstownumc.org
Web: www.kernstownumc.org

June 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11 Prayer & Care 5:30 TOPS	2 8:30 TOPS	3	4
5 Pentecost ~ WEAR RED 9:00 Sunday School 10:20 Worship 11:45 Wedding Counseling Pastor Study Acts 2:1-21; Psalm 104:24-34, 35b; Rom. 8:14-17; John 14:8-17 (25-27)	6	7 12-4 Bridge f.hall	8 11 Prayer & Care 5:30 TOPS	9 8:30 TOPS 9:30 Staff Mtg 6:30 Trustees 7 Educate & Equip	10	11
12 Trinity Sunday 9:00 Sunday School 10:20 Worship Prov. 8:1-4, 22-31; Psalm 8; Rom 5:1-5; John 16:12-15	13	14 10-11:30 UWF 12-4 Bridge f.hall	15 Rev. Heaton Out 11 Prayer & Care 5:30 TOPS	16 Annual Conference Rev. Heaton Out 8:30 TOPS	17 Annual Conference Rev. Heaton Out 9-11 Polly f.hall	18 Annual Conference 10-1 Jubilee Kitchen at First Presby. Church mall
19 Father's Day, Rev. Heaton Out 9:00 Sunday School 10:20 Worship~Lillian Sloane preaching 1 Kings 19:1-15a; Psalm 42; Gal 3:23-29; Luke 8:26-39	20 Rev. Heaton Out 12 Newsletter Deadline	21 Rev. Heaton Out 11 Care & Connect 12-4 Bridge f.hall	22 Rev. Heaton Out 11 Prayer & Care 5:30 TOPS	23 8:30 TOPS 7 Church Council	24	25
26 9:00 New Member Orientation 9:00 Sunday School 10:20 Worship June 26 2 Kings 2:1-2, 6-14; Psalm 77:1-2, 11-20; Gal 5:1, 13-25; Luke 9:51-62	27	28 7am Sight & Sound Bus Trip 12-4 Bridge f.hall	29 11 Prayer & Care 5:30 TOPS	30 8:30 TOPS	July 10-15 VBS July 17 New Member Sunday	