

The Kernstown Courier



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Pastor Gary Heaton



October 2021

FROM THE PASTOR



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Learning the inner workings of a congregation is a task that takes years to accomplish. I have been blessed at Kernstown UMC to have had the privilege of working with five people who volunteered to staff the office while we searched for a new office administrator. Caroline, Susan, Lorraine, Sandy, and Cathy have blessed me each time I walked in the door to be greeted by a smiling face and a willing spirit. I feel they have given me a crash course in how KUMC operates. They are a wonderful gift to me and to this congregation.

Speaking of how KUMC “works”, our Charge Conference is coming up on October 7th. At this annual meeting, the congregation elects its leaders for the following year, sets the pastor’s compensation, reports on the assets and programs of the church, affirms church structure, and shares aspirations for the future of ministry. I would like to affirm that the current structure of KUMC includes the standard administrative committees as well as the work areas of Care & Connect, Educate & Equip, Reach & Serve, and Worship & Wonder. We will be electing members to serve as the leaders of these work areas who will encourage and coordinate the ministry of the congregation inside and outside the church.

FROM THE PASTOR *(Cont. from Page 1)*

It is my conviction that Jesus calls the Church to service. He strengthens us for service by offering Himself to redeem and inspire us for the work of making disciples. We are able to commit to love others because He first loved us and offered Himself that we might have life and have it abundantly (John 10:10). When we come to worship, we are offered the Gospel through the Word of God, written, proclaimed, and enacted through the sacraments. I am committed to offering Christ in every worship service from the pulpit, from the scriptures, and from the Lord's Table. I have placed the Lord's Table at the center of our sanctuary as a reminder that we can do all things through Christ who strengthens us (Philippians 4:13). The legs that hold up the work of Christ are the evidence that the resurrected Jesus continues to be at work in the world. I look forward to joining you often and we will receive Christ at the Lord's Table.

-Gary

FROM THE OFFICE



Hello Church,

My name is Pam Brannon and I am the new Administrative Assistant. I started on Wed., Sept. 22, and am so blessed to be here! I have had the pleasure of working with Cathy and Lorraine, two of the Office Angels, during my first week. Let me thank them for their guidance during training. I visited the Church in August and also enjoyed the fellowship meal a few weeks ago when I met lots of folks, both times I felt a warm welcome. I live here in Winchester with my son who is attending LFCC. I recently left Winchester schools as a Teaching Assistant after six years. Prior to that, I was the Office Manager & Bookkeeper for the Presbyterian Parish of the Valleys (eight small Presbyterian Churches) in Marlboro, just down Middle Road, for eight years until they closed their Parish headquarters in 2015. After college, I did programming and Information Technology work but then was blessed to be a stay-at-home mom for many years. I also did administrative work at Rubbermaid for many years in my early career (mostly in Winchester but also at their regional office in Philadelphia).

I look forward to meeting or talking with you in the next few months. Thanks for your patience as I learn KUMC. My former Church position never felt like a job and I have been anxious to return to this environment. My recent reminder in life is that it is all in God's time and not mine/ours. I will end with (as 1Corinthians 15:57 says)...But thanks be to God! He gives us the victory through our Lord Jesus Christ. Blessings, Pam

HEALTH MINISTRY With Parish Nurse Doris Miller, RN

PURPOSE of Health Ministry – to promote Wholistic health and prevent/minimize illness at KUMC and the surrounding community. 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 – call KUMC office 540-667-7298 or my cell phone 540-303-3135 and leave a message for me. Email–dorismiller@yahoo.com



BLOOD PRESSURE CHECKS - we will not be checking BP until safe after COVID-19.

HEALTH EDUCATION - Even in darkness light dawns for the upright, for the gracious and compassionate and righteous man (Psalm 112:4).

HEALTH MINISTRY (Cont.)

OCTOBER IS BREAST CANCER AWARENESS MONTH - Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early.

- Do monthly breast self exams.
- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.



Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

COVID UPDATE - You may have been hearing about receiving a booster dose of COVID-19 vaccines. "Booster dose" refers to another dose of a vaccine that is given to someone who built enough protection after vaccination, but then that protection decreased over time (this is called waning immunity). Health and Human Services has [developed a plan](#) to begin offering COVID-19 booster shots to people this fall. The FDA is currently meeting to investigate if booster dose is needed and make recommendations. Implementation of the plan is subject to FDA's authorization and ACIP's recommendation. If you have been fully vaccinated, talk with your physician if you will need a booster dose when FDA recommends them. If you have not received COVID-19 vaccine, CDC recommends that you receive it. COVID-19 vaccines are available at some pharmacies and physician offices. Continue to follow COVID-19 guidelines to prevent spread of the disease:

- Wash hands frequently with soap and water for 20 seconds or hand disinfecting gel
- If you are fully vaccinated, you may wear a mask if you feel more comfortable
- Maintain social distancing of 3-6 feet
- 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.

FLU SEASON: Preventing Flu - 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 flu vaccine (a flu shot)
- Avoid close contact
- Avoid touching eyes, nose, or mouth
- Stay away from people who are sick
- Stay home when sick
- Cover mouth & nose – when coughing or sneezing – use tissue & throw away immediately
- Wash hands frequently with soap and water or use antibacterial gel
- Practice good health habits

Signs and Symptoms of Flu

- Fever or feeling feverish/chills (but not everyone will have a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some may have vomiting & diarrhea, though this is more common in children than adults.

Reference: CDC (Communicable Disease Center)

UNITED METHODIST WOMEN

NEXT MEETING: Tuesday, October 12th, from 10 – 11:30 a.m. in Fellowship Hall. All women of KUMC are invited to attend.

PRAYER PARTNER FOR 2021: Greenwood UMW - Keep their Unit and members in your prayers.

UPPER ROOM: We now have both regular print and large print copies. Leave donations in jar in narthex to pay for them.



PROJECTS OF UMW:

Soles for Souls Mission Project - All members of KUMC are encouraged to participate in this project for missions. Count the number of shoes that you have and multiply by \$.50/pair. Mail check to Cheryl Spurr and mark "Soles for Souls" on memo line. Cheryl's address is 2845 Packer St, Winchester, VA 22601.

CCAP - Non-perishable food and diapers for Red Wagon. Place donations in tub in Mission Room.

Plastic caps from Coke Bottles for Pediatric Dialysis - Place the plastic caps in the container in Mission Room.

Love, Peace, Hope and Joy to all as disciples of Christ, Doris Miller, President

HAPPY BIRTHDAY



Dee Dee Schneider	10/3		
Cindy Peyton	10/3		
Joan Dodson	10/5		
Robert Wilson	10/5		
Ric Dunkle	10/5		
Brian Lipscomb	10/5		
Michael Michaels	10/6		
Sheila Pitzer	10/6		
Chelsey Jones	10/6		
Mark Neufer	10/7	Mark Hottle	10/19
Sandy Rhinaman	10/8	Alyson Hottle	10/20
Frank Plum	10/9	Rebecca Ambrose	10/20
Helen Fitch	10/11	Elizabeth Schroeder	10/21
Daleigh Carper	10/11	Lloyd Henry	10/23
Carolyn Sibert	10/12	Kaye-Beth Ambrose	10/24
David Spriggs	10/14	Margo Cross	10/25
Stacey Park	10/14	Dwight Miller	10/28
Gussie Lee	10/14	Terice Harris	10/28
Kristy Donohoe	10/15	Jimmy Castro	10/28
Butch Bloxom	10/15	Jessica Straight	10/28
Vicki Adams	10/17	Anna Hill	10/29
Brittany Renner	10/18	Arthur Campbell	10/31
Rachel Donald	10/19	Holly Rickard	10/31

HAPPY ANNIVERSARY

David & Cathryn Spriggs	10/7
Bruce & Sarah Gordon	10/8
Paul & Ginny Morris	10/9
Dan & Constance Mitchell	10/9
Gary & Katie Sanders	10/9
Timothy & Midge Youmans	10/12
Paul & Patty Burchard	10/13
Roy & Betty Wilkins	10/17
Darren & Danett Carper	10/23
Arthur & Dorothy Mitchell	10/30
Adam & Krista Baker	10/31



Come Join Us for an OPEN HOUSE

Beth & Gary invite the
congregation to visit their farm
on October 10 at 3-4:30 p.m.
(rain date Oct. 17 at 3-4:30 p.m.)

Address:

**392 Rocky Bluff Road
Strasburg, VA 22657**

Thank You Notes

Dear Kerntown church
I have been getting along with
everybody at ~~home~~ ^{my} home.
I am happy that I could ~~live~~
in a group home I miss all
of you very much I think about
you a lot. the weather has been
not this year AND we need rain
really bad because it has not
rained for about four weeks
here in my Jackson.

JAKE CARE

STEVEN
DOBBS

Thank You!

Dear Cathy

I'm doing well. See
my family so much more.

Miss Kerntown family
and so many friends.

You have had a lot
of changes which is
never easy.

Learning to drive in
Leesburg has been a
chore, sometimes I
miss Winchester gridlock.

Jake care.

Jane Thomas

Jane



Kume family - Greetings from Maine!
We are safe + sound + settled in nicely
to our new home. The only downfall...
internet is spotty at best! We only have
satellite available at our house - so not
always able to send + receive emails
in a timely fashion. But it has
allowed us more time to make memories,
play outside + do the gardening. And as
a bonus, write letters + cards the way
we did in school with pen pals! We
will be in VA for a visit in church
Sept 26 - Our niece gets married there!
Hope to see you there! In the meantime -
anyone needing a pen-pal - I am game!
Thank you, too, for the use of the kitchen that
weekend - but my niece went in another direction
+ I will no longer need it. Blessings -
512 Foster Hill Rd
Freeman Twp, ME 04833
Mike, Miri, Hannah
+ Dane Henshaw


KERNSTOWN UNITED METHODIST CHURCH

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Phone: (540) 667-7298
www.kernstownumc.org
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Winchester, VA

Gary Heaton, Pastor
Charles Harless, Pastor Emeritus
Cathy Richard, Lay Leader
Jonathan Holland, Youth Director
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

October 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 New Member Sunday 6 Youth @ Macedonia	4	5	6 9 BSF 5:30 TOPS 6 🎵 Hand Bell Practice 7 🎵 Choir Practice	7 8:30 TOPS 7 CHARGE CONFERENCE 	8	9 9 Crafting Group
10 3-4:30 Heaton Open House 6 Youth @ Macedonia	11	12  10 UMW 2 Worship & Wonder	13 9 BSF 5:30 TOPS 6 🎵 Hand Bell Practice 7 🎵 Choir Practice	14 8:30 TOPS	15	16
17 3-4:30 Open House Rain Date 6 Youth @ Macedonia	18 12 Newsletter Deadline	19	20 9 BSF 5:30 TOPS 6 🎵 Hand Bell Practice 7 🎵 Choir Practice	21 8:30 TOPS 7 Church Administrative Council	22	23
24 6 Youth Halloween Party at KUMC	25	26	27 9 BSF 5:30 TOPS 6 🎵 Hand Bell Practice 7 🎵 Choir Practice	28 8:30 TOPS	29	30
31						