

# The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

540.667.7298 / [www.kernstownmc.org](http://www.kernstownmc.org)

Pastor Gary Heaton



August 2021

## FROM THE PASTOR

As you enter the sanctuary this month, you will notice a few things have been moved around. By now you should know that a new pastor was appointed in July, and this is the reason for the rearrangement. You should know that I try very hard to communicate with church leaders and committees about learning the culture and traditions of a new parish. I try to telegraph and explain any changes I might make in the ministries of the church, and I am constantly amazed by the tolerance and grace that Methodist people afford to their pastors. Thank You !

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Two things you should know about the current arrangement of the chancel area of the sanctuary. First, as we restart the music program after over a year of COVID protocols, the choir loft and risers have been removed to allow better opportunities for social distancing. This change was endorsed and submitted to the Trustees by the Pastor, Music Director, Choir Director and the Worship and Wonder Committee. Second, the Communion Table has been placed at the center of our worship and the Alter elevated on the back wall.

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# HAPPY BIRTHDAY

Crystal Minor	09/01	Georgia Poe	09/20
Danny Aube	09/02	Jeanne Marshall	09/21
George Ritter	09/02	Janie Slater	09/21
Norma Wilson	09/03	Clinton Ritter Jr.	09/21
Vicky Maphis	09/04	Paulette Zottig	09/21
Stephen Ricketts	09/04	Marcy Cormier	09/22
Mollie Fishback	09/05	Audrey Dorton	09/24
Peter Mango	09/05	Summer Marcondes	09/24
Lindsey Rickard	09/06	Douglas Seabright	09/25
Ruth Ann Martin	09/08	Lisa Dawson	09/26
James Eastep	09/11	Erika Jones	09/26
Steven Aube	09/12	Tina Minter	09/27
Bridget Bailey	09/12	Mary Anton	09/28
Kimberly DeHaven	09/14	Jodi McKay	09/29
Stacey DuBrueler	09/14	David Chapman	09/30
Kaden Baker	09/15	Arthur Ridder	09/30
Bryan Renner	09/15		
Raymond Hess	09/18		
Patricia Dye	09/20		



# HAPPY ANNIVERSARY

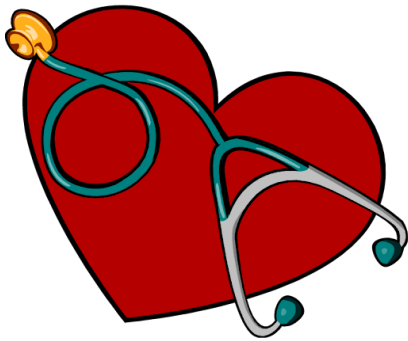
Christopher & Katie Hill	09/01
Jonathan & Somer Holland	09/07



# 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 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 message for me. E-mail – [dorismiller@yahoo.com](mailto:dorismiller@yahoo.com)

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

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**Sunday School for adults begins at 9:00 AM on September 12.**

Two Classes are being offered:

## **1. The Early Church (Ray Vander Laan)**

Teacher/Leader: Ric Dunkle

From the very beginning and throughout history God has revealed himself through human servants. Nations and cultures have come and gone over the millennia, but the message of the scriptures is eternal and remains unchanged. Throughout the course of history God has chosen to reveal himself within the cultures and conditions that existed; therefore, it is important to understand how these various cultures were used by God to communicate His Word. The focus of this study will be on the establishment of the early church from the time Christ was crucified, resurrected and ascended. The gentile world at that time was pagan, dangerous, and largely without hope. The primary purpose of this study will be to help us better understand God's revealed mission for our lives by enabling us to hear and see his words in their original context, as well as how His word applies to our world today.

## **2. Current Events**

Teacher: Larry Sullivan

Subjects for Sept. - October include global warming, homelessness, growing up poor, mental illness, divorce, life events, aging, marriage, addiction, loneliness and lots of relevant subjects. Answers and Questions may or may not be forthcoming.

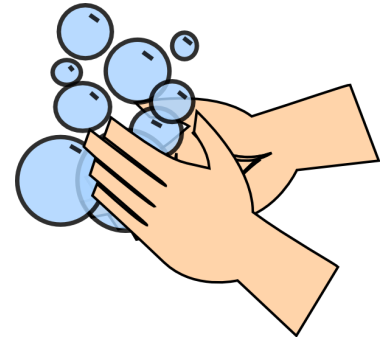
The subject for Sunday Sept. 12 will be Global Warming facilitated by Dr Charles Hagen with reports by John Kummer and John Bumgartner. Scripture reference is 1 Corinthians 10: 23 - 26. Topics of discussion include solar panels and electric cars.

**All are welcome!**

# Health Ministry (Cont.)

## CONTINUE THE CDC GUIDELINES FOR COVID 19:

1. Wash your hands with soap and water or hand sanitizer for at least 20 seconds.
2. Follow social distancing of at least 6 feet
3. Cover coughs and sneezes with tissue or inside of elbow
4. Clean and disinfect surfaces
5. If you feel sick or have fever, stay home and contact your physician
6. Due to the variant Delta for COVID 19, you may want to resume wearing a mask



**COVID 19 VACCINATIONS** – If you have not received COVID 19 Vaccine, it is available at some physicians, pharmacies, and Health Department. Discuss with your physician whether you should receive it. Many members of our church have received the vaccine.

## HEALTH EDUCATION: HEALTH EDUCATION:

Stay safe and Healthy.

**This is the day the Lord has made; We will rejoice and be glad in it. Psalm 118:24**

**SEASONAL FLU SEASON IS APPROACHING:** With COVID19 pandemic, it is more important than other years to receive the Flu Vaccine.

**Preventing Flu** – 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 and nose – when coughing or sneezing – use tissue and throw away immediately
- **Wash hands** frequently with soap and water or use hand sanitizer gel
- Practice good health habits

*(continued on page 5)*

## Health Ministry (Cont.)

### 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 people may have vomiting and diarrhea, though this is more common in children than adults.

Reference: CDC Communicable Disease Center

## UMW News

**NEXT MEETING:** Tuesday, September 14<sup>th</sup> at 10 am. All women of KUMC are invited to attend.

**OFFICERS:** We will be electing officers for 2022 at our September meeting. If you are willing to be an officer, see Doris Miller. We need Vice President, Secretary, and person to mail cards.

**WINCHESTER DISTRICT UMW ANNUAL MEETING** on Sunday, September 26 from 2-5. It will be virtual via zoom so you can attend from home. Let Doris know if you plan to join so that she can send you an invitation.

**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.

*(continued on page 6)*

# UMW News (Cont.)

## 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. Leave in tub in Mission Room.

**Box Tops for Education for Frederick Douglas Middle School** - cut the coupons from container and place them in container 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

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## Annoucements

Join **Bible Study Fellowship** as we walk through Matthew chapter by chapter, exploring God's Word in context. We will savor the life of Jesus, from His miraculous birth, insightful teachings, unbelievable miracles and penetrating parables until ultimately journeying alongside Him to the cross and Easter morn. The life, death and resurrection of Jesus Christ shows how God's one and only Son provides the only path for every human being to find redemption and reconciliation to their Creator God.

Women's groups meet right here at Kernstown UMC on Wednesdays starting Sep 15th at 9:30am. Men's, Women's, & student's groups meet at Fellowship Bible Church Mondays @ 7:00pm.

For more information: [www.BSFinternational.org](http://www.BSFinternational.org) or email Elizabeth at [easpenceva@gmail.com](mailto:easpenceva@gmail.com).

# Operation Christmas Update from Lisa Dawson



I am the KUMC project leader for OCC, otherwise known as the shoe-box ministry. This is a new position for me as I am learning from my predecessor, Bob Greatorex. Boy, do I have some big shoes to fill! Under Bob's leadership, Kerntown has a great record of supporting this ministry with over 100 boxes donated each year (last year's total was 150). In addition, Bob and KUMC members have volunteered many hours during the collection weeks to pack 1000s of boxes that were dropped off as KUMC was the designated collection site for the area. Thank You, Bob, for your leadership, time (countless hours), muscle and patience. Thank you, KUMC, for your continued dedication to this ministry.

In the past, KUMC members have participated in the OCC project in 2 ways:

The first way was a yearlong OCC corporate collection effort. Each month focused on a specific type of item (games, school supplies, clothing, etc). Members would deposit their donation for the month in a designated OCC box at KUMC. A packing party would be held in early November to assemble the boxes from the collection of items. Currently, there is a collection box, but it does not have a lot of items due to Covid. The good news is that we do have some leftover items from previous years. I have counted all that we have on hand and I will be posting the list in an accessible area at church. I will also post items needed and you can sign up to donate items and/or donate money to cover the \$9 shipping cost per box. I realize there are only about 10 weeks until the packing party; I have faith that God will provide!

The second way to participate is to purchase items, pack your own box and pay the \$9 shipping cost per box. Specific details of what **can and can't** be packed are on the KUMC website. Bring your packed shoeboxes to KUMC by November 14<sup>th</sup>.

I will be updating through email, the church bulletin and the KUMC website. Please let me know if you have questions. [ldawson2665@yahoo.com](mailto:ldawson2665@yahoo.com) (703) 340-6890

Please pray for this ministry. Personally, I give thanks that we can share God's light, despite the darkness surrounding us in so many ways.

Blessings and Peace, Lisa

## Announcements (Cont.)

### Giving Statements: Financial Secretary update

KUMC sends giving statements 3 times a year. Statements are emailed to those with an email on file

and mailed to those without an email address. The next statement will represent your giving from

January 1 through August 31; you should receive it mid-September.



# Calendar

## AUGUST

**Kernstown UMC**  
3239 Valley Pike, Winchester, VA 22602  
540-667-7298



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 10:20 In Person Worship (live-streamed)	2	3	4	5 9:00 Staff Mtg 6:30 Trustee's Mtg	6	7
8 10:20 In Person Worship (live-streamed) 6:00 Youth Revival	9	10 11:30-1:30 Bright Futures Donations	11	12 7:00 SPPRC	13 7:00 -Youth Lock-In	14
15 10:20 In Person Worship (live-streamed) 11:15 Finance Mtg	16 Noon – newsletter deadline	17	18	19 7:00 Church Council	20	21
22 10:20 In Person Worship (live-streamed) 6:00 Youth Revival	23	24	25 6:00 Handbells 7:00 Choir	26	27	28
29 10:20 In Person Worship (live-streamed) 6:00 Youth Revival	30	31				

## Thank You

"Thank you for all the prayers & cards during Jim's illness and after his death. They meant a lot."

With love,

Shirley Dick

"Dear Kernstown,

You hardly knew us as we were new to Winchester, but you reached out anyway. Your kind thoughts, cards, and prayers were so greatly appreciated when Bill passed away last November. Thank you from our hearts."

From Judy Allen and family



## **KERNSTOWN UNITED METHODIST CHURCH**

Return Service Requested  
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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

## **FROM THE PASTOR**

*From Page 1*

The Alte, Table, Pulpit, Baptismal Font, Kneeling Rail and Lectern are all symbolic furniture that reflect the spiritual and theological emphasis of Worship in the Methodist tradition. I embrace the beauty of worship that includes practices of many Christian traditions and I take great joy in sharing them with my congregation through out the year. Many of you have experienced many different pastors over the years and you know the each one brings differing gifts to ministry. I am honored to bring the gifts God has given me and I will offer them with joy to this congregation. I look forward to your sharing with me the gifts God has given you and I hope you will experience joy as we share them together.

Grace and Peace

Gary