

The Kernstown Courier

KERNSTOWN UNITED METHODIST CHURCH

3239 Valley Pike, Winchester, VA 22602-5303
540.667.7298 / www.kernstownumc.org
Pastor Aaron Winslow Fitch: afitch@kernstownumc.org



APRIL 2021

Pastor's Message

Someone has said, "there are only two things certain in life - death and taxes."

The famous American singer, Marvin Gaye, said, "There's only three things that's for sho': taxes, death, and trouble." I would say that there are four things that are certain: death, taxes, trouble, and change.

Last month in my news article I said that I would be moving in June after seven years of ministry at Kernstown UMC. This month I can share a few other changes that are going to be happening in the future.

First, in the near future, Rev. Gary Heaton will be Kernstown UMC's next pastor. Pastor Gary has served several churches in the Virginia Conference, such as, Greene Memorial, Front Royal UMC, Loudon UMC in Loudon County, and Charlottesville UMC. He is a particularly good pastor.

I am going to do whatever I need to do to make sure his transition to Kernstown UMC is a smooth one.

Second, the United Methodist Denomination will be going through changes over the next two to four years. If you haven't already subscribed to their newsletter, then you may want to visit, www.umnews.org often. This is the official source for news for the United Methodist Denomination.

It has been announced that the Wesley Covenant Association, the

(Continued on page 7)

Wanted: KUMC OCC Leader



We are looking for someone to be the OCC Project Leader for the Kernstown UMC congregation. The Project Leader will plan, promote, facilitate, and coordinate collection of shoebox gifts throughout the year among the KUMC congregation.

Interested in learning more? There is a short video from Samaritan's Purse on our website, told from the perspective of current or past project leaders!

If you feel a calling to spearhead this project for our church, please contact **Bob Greateorex** at (540-662-3137 or greateorexb@yahoo.com).

Holy Week activities @ KUMC

As we move through Holy Week, our Lenten Devotionals continue on our app or website everyday at 4:00 p.m.

Easter Upside Down, a series from Skit Guys Studios, began on Palm Sunday and continues with special videos and readings for Maundy Thursday, Good Friday, and Easter! Watch our social media and website for those.

On Maundy Thursday (also called Holy Thursday), there will be an in-person worship service at 7:00 p.m. We will celebrate Holy Communion at this service with pre-packaged communion cups.

The Sanctuary will be open on Good Friday from noon until 3:00 p.m. with Good Friday videos playing during that time to facilitate meditation, quiet reflection, and prayer. All are welcome! Please plan to wear your mask at all times and practice social distancing. At 5:00 p.m. on Friday, music director David Landrum will hold his last "Lyrics of Lent" episode on Facebook Live. We will rebroadcast this episode on Easter Sunday at 4:00 p.m. on our website, app, and YouTube page.

(See Holy Week on page 5.)

Happy Birthday!

Logan Eastep	04/01	Tod Black	04/14
Gussie Lee	04/01	Susan Wills	04/14
Mimi Henshaw	04/02	Lauri Greene	04/15
Jennifer Ambrose	04/04	Caroline Fields	04/16
Isabella McWhorter	04/04	Robin Creswell	04/17
Kenneth Whetzel	04/04	Ashley Martin	04/17
Joe Arbogast	04/05	Zac Anton	04/20
Christine Michael	04/05	Emily Swing	04/22
Cooper Fitch	04/06	Vauda Gaye Adams	04/23
Kimberly Ricketts	04/06	Jim Park	04/23
Ronald Dye	04/08	Christina Rust	04/23
Nelda Harless	04/09	Pam Franklin	04/24
Betty Wilkins	04/10	Gary Lantz	04/25
Ashley Renner	04/11	Tim Youmans	04/27
Betsy Burns	04/12	Victoria Turley	04/28
Erica Tarbell	04/12		



Happy Anniversary!

Name	Date	Years Married
Steve & Betsy Burns	04/02	
Russ & Helen Fitch	04/04	
Terry & Stacey Umbenour	04/16	
Steve & Jean Ann Ayers	04/20	
Ray & Sonya Hess	04/21	
Rusty & Robin Creswell	04/28	



Spring visitors to
Kernstown UMC

Message from Your Lay Leader

Hello Kernstown family! We, Baxter and I, have just arrived home from our first visit to the congregation. We visited Lorraine, Norma, and Bob Wilson.

We had a good visit, reminiscing about Maggie, Zoey, and Annie and the joy they brought to our lives. I don't know who had the most fun. Judging by the smile on his face it's probably Uncle Bob.



Baxter is learning to ride shotgun. I found out today that he dislikes waiting at stop signals as much as I do. He thought it was time to take leave of the car and yipped and yapped his displeasure.

When we arrived at the Wilsons, Baxter enjoyed the smells of their yard while I admired the crocus. His first visit was a success if you consider the giggles I heard.

(See Leader on Page 7.)

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.

PARISH NURSE: If you have health concerns that I can help or if you would like a hospital or home visit from me, call KUMC office 540-667-7298 or my Cell Phone 540-303-3135 and leave message for me.

E-mail – dorismiller@yahoo.com

BLOOD PRESSURE CHECKS: No Blood Pressure screenings currently.

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 your mouth and nose with a face cover (mask) when outside your home and around others
4. Cover coughs and sneezes with tissue or inside of elbow
5. Clean and disinfect surfaces

COVID 19 VACCINATIONS Shenandoah University in partnership with Valley Health has a point of dispensing clinic at SU James Wilkins Athletic Center. Eligible persons can register online: valleyhealthlink.com/c19vaccinations. Rotz Pharmacy in partnership with Lord Fairfax Community College have a point of dispensing clinic. They are also being administered in Clarke County and at other Valley Health Hospitals. Some pharmacies are also administering them. Contact the pharmacy for appointment. “

If we say we are His, we must follow the example of Christ. 1 John 2:6

HEALTH EDUCATION:

APRIL IS HEALTH CARE DECISION MONTH

Do you have an Advance Directive and Organ Donation Directive? What do United Methodists believe about these decisions?

Reference: SOCIAL PRINCIPLES OF THE UNITED METHODIST CHURCH 2013-2016

Section II The Nurturing Community 161. M) **Faithful Care for Dying Persons:** We recognize the agonizing personal and moral decisions faced by the dying, their physicians, their families, their friends, and their faith community. We urge that decisions faced by the dying be made with thoughtful and prayerful consideration by the parties involved, with medical, pastoral, and other appropriate counsel. We further urge that all persons discuss with their families, their physicians, and their pastoral counselors, their wishes for care at the end of life and provide **advance directives** for such care when they are not able to make these decisions for themselves..... God has continued love and purpose for all persons, regardless of health. We affirm laws and policies that protect the rights and dignity of the dying.

Section III The Social Community 162. W) **Organ Transplantation and Organ Donation.** We believe that organ transplantation and organ donation are acts of charity, agape love, and self-sacrifice. We recognize the life-giving benefits of organ

(See Health on page 5.)

UMW NEWS

Sisters-in-Christ: As we near Easter on April 4, we remember His crucifixion, and resurrection.

SCRIPTURE: “...Do not be alarmed... You seek Jesus of Nazareth, who was crucified. He is risen! He is not here.” Mark 16:6

OFFICERS: We need Secretary and a person to mail cards. If you are willing to serve in one of these positions, contact me.

NEXT MEETING: The Healthy Church Team has planned to permit small groups to meet in the Fellowship Hall after Easter while wearing masks, cleansing hands, and social distancing. I am planning a program for us to meet again on **Tuesday, April 13 at 10:00.**

This will be the first time in a year for us to meet. Some of us have received the COVID 19 vaccine. It will be so good to meet in person.

PLEDGE FOR MISSIONS: If you have not completed your Pledge for Mission for 2021, Contact Cheryl Spurr to make your pledge or mail your Pledge Card to her. Cheryl Spurr Phone (540)-665-3876 address is 2845 Packer St. Winchester, VA 22601.

CALL TO PRAYER AND SELF DENIAL Your offering due. We will collect at meeting on April 13.

PRAYER PARTNER FOR 2021: Greenwood UMW. Keep

(See UMW on page 4.)

UMW

From Page 3

their Unit and members in your prayers.

UPPER ROOM: We now have both regular print and large print copies.

PROJECTS OF UMW: Keep saving plastic caps from Coke bottles for juvenile diabetes.

District UMW UMCOR Project. We will continue to sponsor the UMCOR School Kits and Health Kits during April and May for our church. We will then take them to the UMCOR Distribution Center in Pennsylvania. Bring your items for the kits to church and place on box in Mission Room. Also bring items for this to our meeting.

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

CHURCH DIRECTORY UPDATES

- 1) **Jane Thomas**
673-B Constellation Square SE
Leesburg, VA 20175
#(703) 777-5979
- 2) **Judy Allen**
103 Knollwood Court
Winchester, VA 22602
#(727) 410-6370
- 3) **Ed & Helen Clevenger**
c/o Spring Arbor
2093 Northwestern Pike, Apt #319
Winchester, VA 22603
- 4) **Terice Harris**
1301 Monocacy Crossing Parkway
Brunswick, MD 21716

Getting to Know You:

Shane Weagley is our newest member, having officially joined the church on Sunday, March 7!



Shane is fourth from left.

1. **Age:** just turned 27
2. **Hometown:** Winchester, VA
3. **Family members:**
Mom - Tina Weagley
Brother - Shawn
Sister - Dawn
Grandma - Joan Dodson
4. **What do you want to be/do when you "grow up"?** Either a football player, professional wrestler, or a chef
5. **What are some of your hobbies/how do you enjoy spending your time?** Playing sports and video games; I like movies & music; enjoy fishing & cooking
6. **Achievement/s you are most proud of?** Helping to build the tennis team locker room at Handley with my building class & getting a letterman jacket for

- Special Olympics - I was the first person to receive one at Handley for Special Olympics. I have 34 medals and was also a Global Messenger for Special Olympics.
7. **What makes you laugh or smile?** Looney Tunes makes me laugh; my grandma makes me smile
8. **Favorite holiday?** Several - St. Patrick's Day, Christmas, Halloween, Fourth of July, and Thanksgiving
9. **Favorite sport/s?** Football, baseball, and wrestling
10. **Favorite food?** Pizza
11. **Favorite movie?** Star Wars and Marvel movies
12. **Favorite quote?** "She knows... she always knows." (referring to grandma)

Web Updates

As you may have noticed, we have a new website. Our web address remains the same, but site navigation is a little different.

Video recordings of Worship, Intercessory Prayer, Colors of His Abundance Daily Devotionals, Lenten Devotionals, Special Music, and any other media are found by clicking the “media” link at the top of the homepage.

The most recent video uploaded also is featured in a box on the homepage.

A “Watch Now” notice pops up across the very top of the website anytime we are actively Live Streaming, which you can click on to go directly to the active live broadcast.

The KUMC app can be downloaded to smart phones and smart TV/Roku/ Apple TV. This app includes a messaging platform, secure giving, and both Live Stream and On-Demand access to KUMC. It also allows members to personalize preferences.

Pastor Aaron’s video tutorial on how to navigate our new website, etc. is now a link on the website homepage as well. You can watch it for some helpful tips!

Watch for future updates!

Holy Week

From Page 1

Easter is Sunday, April 4, and there will be in-person worship at 11:00 a.m. in the sanctuary, but no sunrise service this year.

Or, you can join us online at 10:20 a.m.!

He is RISEN!



Health

From Page 3

and other tissue donation and encourage all people of faith to **become organ and tissue donors** as a part of their love and ministry to others in need. We urge that it be done in an environment of respect for deceased and living donors and for the benefit of the recipients, and following protocols that carefully prevent abuse to donors and their families.

FACTS OF ORGAN DONATION:

Reference: organdonor.gov

- ◇ There's no age limit to organ donation. What matters is the health and condition of your organs when you die.
- ◇ When you are sick or injured and admitted to a hospital, the one and only priority is to save your life. Period. Donation doesn't become a possibility until all lifesaving methods have failed.
- ◇ A national computer system matches donated organs to recipients. The factors used in matching include blood type, time spent waiting, other important medical information, how sick the person is, and geographic location. Race, income, and celebrity are NEVER considered.
- ◇ The majority of deceased organ donors are patients who have been declared brain dead. Brain death is NOT the same as coma. People can recover from comas, but not from brain death. Brain death is final.
- ◇ What matters most is the health of the organs.
- ◇ Every adult should have completed an Advance Directive and Organ Donation. We do not know God's plan for us and when we may enter into eternal life. We may be in an automobile accident or other event, that leads to our deaths. The donation of your

organs, tissues, eyes, skin can be your ministry to others in need of these to continue their lives.

It is easy to complete an Advance Directive. *The Five Wishes and the Advance Directive Form is approved by the Virginia General Assembly. It does not need to be notarized in Virginia but if you live in West Virginia it needs to be notarized. In Virginia, you will need to have your signature witnessed by 2 persons. I suggest that you have friends, neighbors, or persons at KUMC witness when you sign the form. The Five Wishes gives you information on what you should consider when completing an Advance Directive. It also contains an Advance Directive form that is approved in Virginia. After completing the form and having it witnessed, you should keep the original and give copies to your family, your primary care physician, other specialists that you see, and the hospital that you use. At Winchester Medical Center, give a copy of your Advance Directive to Health Information Management (HIM) to be included in your hospital chart. HIM is located on the hallway between Valley Pharmacy and the hospital. You can also complete organ donation at DMV and have it on your Driver's License or ID card. This is helpful in the event of an accident; so that, EMS and the police know that you are an Organ Donor.*

If you need a Five Wishes Form, have questions, or need assistance with completing these, see Doris Miller RN, your Faith Community Nurse (Parish Nurse)



UMCOR Kit instructions

HYGIENE KIT:

Value Approx. \$12 / kit

MATERIALS: All items must be new. Do not wash items as they will no longer be considered new. Do not include any personal notes, money, or additional materials. Contents of kits should not be imprinted with cartoon characters, advertisements, or religious, patriotic, military, or camouflage symbols.

- One hand towel (15X25 -

17X27 inches)

- No kitchen, cleaning, or Microfiber towels
- One Washcloth
 - No kitchen, cleaning, or Microfiber
- One Comb
 - Must be sturdy with at least 6 inches of teeth
 - No pocket combs or picks
 - Rattail and combs without handles are acceptable but must have at least 6 inches of teeth
- One toenail or fingernail clipper
 - No emery boards or metal nail files
- Bath-size soap (3 oz. bar or larger)
 - No Ivory or Jergen's soap
 - Do not remove packaging
- One adult toothbrush
 - Do not remove from packaging
 - Personal advertising not acceptable
- One one-gallon size re-sealable bag

ASSEMBLY INSTRUCTIONS:

- Lay hand towel flat on table.
- Lay the washcloth in the center of the hand towel.
- Place all remaining items on top of the washcloth (except the plastic bag).
- Fold the sides of the hand towel to cover the items.
- Grasp the bundle tightly and roll over the remainder of the towel.

Place the tightly rolled bundle in the plastic bag, remove the air, and seal.

SCHOOL KIT:

Value Approx. \$11 / kit

MATERIALS: Homemade or purchased cloth tote bags are no

longer being accepted. All items must be new. Please do not include any personal notes, money, or additional materials in the kits. Contents of kits or the containers of kits should not be imprinted with cartoon characters, advertisements, religious, patriotic, military, or camouflage symbols.

- One pair blunt scissors
 - Round tip only
 - No plastic scissors
- One box of 24 crayons
 - Only 24-count boxes are accepted
- Three, one-subject notebooks
 - No marble compositional books
 - No three or five-subject notebooks
- One pack loose-leaf paper
 - 100-200 page packets
 - Wide or college rule
- One hand-held pencil sharpener
 - 1-inch or longer
 - Remove from packaging
- One ruler
 - 12 inches or 30 centimeters long
 - Sturdy or flexible material accepted
- Six unsharpened pencils
- One eraser
 - Two inches or larger
- One two-gallon re-sealable plastic bag

ASSEMBLY INSTRUCTIONS:

- Stack all paper items on top of each other
- Place all loose items in top of paper.
- Small loose items may be placed in a smaller re-sealable bag.
- Place kit inside of re-sealable bag and seal.

THANK YOU

Dear KUMC Friends,

Thank you for all your prayers, cards, phone calls, and comforting words at this very sad time in our life.

To each of you, all our love.

Brenda Long & Lisa Yowell

THANK YOU

Thanks to all the people who prayed, called, and sent cards.

Please continue to pray for my sister, Mary; I know prayer helps.

Love,

Nellie Snoots

THANK YOU

Thanks to all for the prayers, cards, and phone calls while Claude was sick. I also want to thank everyone for the beautiful cards and phone calls after his death. They meant so much.

Love,

Ruth Bennington

Pastor's Message

From Page 5

traditionally theological group within the UMC, will be launching their new denomination named, Global Methodist Church.

Most in the UMC agree that there will be some sort of split in the denomination when General Conference is able to convene. When General Conference will be able to convene safely without the worry of COVID-19 is yet to be seen.

Rev. Keith Boyette, President of the Wesley Covenant Association, has said that he "...and other leaders are counting on passage of the Protocol of Reconciliation and Grace Through Separation, a plan negotiated by centrist, progressive and traditionalist United Methodist leaders to end the denomination's longstanding conflict over how accepting to be of homosexuality.

"The protocol would let traditionalist churches and even annual conferences vote to leave and form

another denomination, with \$25 million to start.

"However, the protocol requires approval by General Conference, The United Methodist Church's global lawmaking assembly."

We are living in interesting times, which makes for interesting

news headlines, but not so much for certainty.

The Good News is that we can be sure God is in control and nothing happens that God does not allow.

So, whatever happens God will make good result from it in our lives. Praise God! Stay tuned.

Pastor Aaron

Leader

From Page 2

Baxter was given new toys. He is now carrying first one, then another and another through the house at full speed.

I promised last month that I would share something godly in this article. I was going to share some thoughts gleaned from our Lenten study. Once I started typing, the subject changed.

I received and gave hugs freely today. It's been a very long time that I've hugged someone outside of my family. It felt so good, refreshing even.

I don't know about you but I MISS hugs from my church family. The last one I received was from Polly Look at Bill's funeral. I didn't realize that my Hug-ometer was on Empty.

A pastor once told me when visiting to remember to touch older members of your congregation. Hug them or hold their hand. Today, I would change his advice to include the younger members of the congregation. He said to call our older members by their name. They may be called Mama, Grandpa, Auntie, or Honey and

not by their given names anymore. It's good to remind them who they are (valuable members of our congregation and mentors to today's leaders). Even better to remind them whose they are as children of God.

That reminds me of a little game Emmett Dorton and I would play. I'd always forget and greet him as Mr. Dorton. He asked me once if I liked being called Catherine. I replied not much. He didn't like to be called Mr. Dorton either. Our last visit to the nursing home, I called him Emmett. He smiled.

Call me at 540.931.2475 if you would enjoy a visit. I can bring Baxter if you are craving some puppy kisses.

If I don't answer, leave a voicemail. I will return your call as soon as I am able. You can also email me:

Catherine6141960@gmail.com.

**In His Service,
Cathy Richard**



OCC Corner

The collection item for the month of April is stuffed animals! Bring your donations to the church.



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Return Service Requested

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Phone: (540) 667-7298

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Aaron Fitch, Pastor
Charles Harless, Pastor Emeritus
Cathy Richard, Lay Leader
Cindee Steele, Administrative Assistant
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
Donna Funk-Smith, Communication/
 Technologies Coordinator

What's Inside:

Pastor's Message	1
Lay Leader Message	2
Birthdays & Anniversaries	2
UMW & Health News	3
Directory Updates	4
"Getting to Know You" Column	4
Thank You Notes	6

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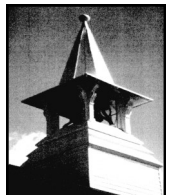
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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Reminders! Daily — Devotional video by Men's Core Group	Holy Week			1 MAUNDY THURSDAY 7:00 PM IN-PERSON WORSHIP	2 GOOD FRIDAY NOON-3:00PM CHURCH OPEN 5:00 Lyrics of Lent	3
4 EASTER 10:20 Online Worship 11:00 In Person Worship	5 CHURCH OFFICE CLOSED	6	7 1:00 IP	8 9:00 Staff Mtg 7:00 SPPRC	9	10
11 10:20 Online Worship 11:00 In Person Worship	12 10:00 HCT	13 10:00 UMW 7:00 Men's Group	14 1:00 IP	15 7:00 Church Council	16	17
18 10:20 Online Worship 11:00 In Person Worship	19 Noon — newsletter deadline	20	21 1:00 IP	22	23	24
25 10:20 Online Worship 11:00 In Person Worship	26	27 7:00 Men's Group	28 1:00 IP	29	30 	1