

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



JUNE 2021

Pastor's Message

From the time I was 17 up until Stephanie went home, my "life verse" was Philippians 4:4-9, which says:

"4 Rejoice in the Lord always; again I will say, Rejoice. 5 Let your gentleness be known to everyone. The Lord is near. 6 Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. 9 Keep on doing the things

that you have learned and received and heard and seen in me, and the God of peace will be with you."

These were my go-to verses that the Holy Spirit used to give me the faith I needed to press on.

Stephanie reminded me of another helpful verse that I would claim as my "life verse," which is Joshua 1:9 — **"I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go."**

Both of these verses remind us that God is in control of our lives and will help us accomplish whatever it is God has called us to do.

I had so many ideas about what God wanted to do at Kernstown UMC. A few of us went door to door to 800 homes. Rich-

ard Nenge began attending Kernstown UMC and became a member. Praise God!

But then there were a number of things that began happening that were out of my control. I learned the truth of verses like Jeremiah 10:23 — **"I know, O Lord, that the way of human beings is not in their control, that mortals as they walk cannot direct their steps,"** and Proverbs 16:9, **"The human mind plans the way, but the Lord directs the steps."**

I had different plans for Kernstown UMC when I began, but now, looking back on my time, I recognize God did at Kernstown UMC that which was needed.

Sarah Gordon is very wise and smart; she is also perceptive. She wrote me an email that blesses me because it provides more examples of fruit than I would have counted.

So, I will end my June Newsletter article with her words:

"You came to us with a heart for small groups. Until then we had Choir and Sunday School. (And the various committees....) You inspired us to begin a small group ministry. This got more of us involved in learning about the Lord and staying con-

(Continued on page 9)

Jubilee Soup Kitchen

Kernstown UMC volunteers
needed to serve take-out meals.

Saturday, June 19, 2021
10:00 am - 1:00pm
First Presbyterian Church
Contact: Cathy Lichvar (540-722-2762)

Happy Birthday!

| | | | |
|------------------|-------|-----------------|-------|
| Aaron Youmans | 06/01 | Michelle Ridder | 06/15 |
| Debbie Arbogast | 06/03 | Steve Spurr | 06/15 |
| Noah Berg | 06/03 | Savannah Bailey | 06/18 |
| Derek Minter | 06/04 | Mary Markley | 06/19 |
| Marshall Carper | 06/05 | Bill Tharpe | 06/19 |
| Chris Lutz | 06/05 | Phyllis Baker | 06/20 |
| JR Richard | 06/05 | Kelly Whetzel | 06/20 |
| Naomi Thomas | 06/05 | Darryl Dawson | 06/21 |
| Sandy Dunkle | 06/06 | Matt Duvall | 06/22 |
| Cheryl Morris | 06/07 | Dottie White | 06/22 |
| Justin Chapman | 06/09 | Thomas Littman | 06/23 |
| Candice Henry | 06/09 | Russell Parrish | 06/25 |
| Nathan Straight | 06/09 | Brooke Wilhelm | 06/25 |
| Debbie Parrish | 06/10 | Sam Henshaw | 06/26 |
| Norma Fitzwater | 06/12 | Gary McDonald | 06/26 |
| Amy Newcome | 06/13 | Ruth Bennington | 06/27 |
| Tina Renner | 06/13 | Steve Burns | 06/27 |
| Lorraine Shelton | 06/13 | Alan Snapp | 06/28 |
| Carl Ay Jr. | 06/14 | Paige Littman | 06/29 |
| Cathy Richard | 06/14 | Anthony DeMayo | 06/30 |
| Jacob Hill | 06/15 | | |



Happy Anniversary!

| Name | Date | Years Married |
|--------------------------|-------|---------------|
| Thomas & Margaret DeMayo | 06/04 | |
| Aaron & Dawn Fincham | 06/05 | |
| JR & Cathy Richard | 06/10 | |
| Dwight & Doris Miller | 06/15 | |
| Don & Vicki Adams | 06/20 | |
| Russell & Debbie Parrish | 06/21 | |
| Carl & Carole Ay Jr. | 06/22 | |
| Jeff & Ginger Matthews | 06/24 | |
| Mike & Kim DeHaven | 06/27 | |

Message from Your Lay Leader

After X number of months of mask-wearing during the COVID outbreak, I imagine you are tired of wearing one. While a mask provides us some protection from spreading and/or catching the virus, they are annoying to wear. I can't breathe through the double layered cloth type. The disposable kind tickles my nose, yet I can breathe easily. The N95 masks that I wear at work rub behind my ears. They also make my ears stick out and I resemble Dumbo. You probably have similar gripes. I joyfully wait for the day that mask wearing is no longer mandatory. It appears my wait is almost over. I am so excited!

After writing the opening paragraph, I succumbed to Writer's Block. I talked with God since last night trying to discern what he wants me to share with you. I mulled over the topic at work today. I even sent Cindee a message asking what is Donna's "drop-dead" deadline. Cindee said she'd pray for me.

While eating dinner, it occurred to me to ask Siri for Bible references on mask wearing. The block was removed. I give credit
(See Leader on Page 4.)

THANK YOU

I want to thank everyone for all the cards and get-well wishes in the past few weeks. As I continue to heal, they have been encouraging and very enjoyable.

Blessings to all,
Judy Smith

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

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



CONTINUE 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: some physicians and pharmacies are administering these. Contact them to get appointment to re-

ceive the vaccine. Many members of our church have received the vaccine. CDC has authorized that you do not need to wear a mask if you are fully vaccinated, except in certain locations. However, we need to continue to wear masks in church building until the Bishop and Healthy Church Team has authorized this.

HEALTH EDUCATION: June is Men's Health Month and Alzheimer's Awareness Month

Scripture: *2 Corinthians 13:11Be of good comfort, be of one mind, live in peace; and the God of love and peace will be with you.*

10 EARLY SIGNS AND SYMPTOMS OF EARLY ALZHEIMER'S:

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, do not ignore them. Schedule an appointment with your physician.

1. Memory loss that disrupts daily life. One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they

(See Health on page 5.)

UMW NEWS

Sisters-in-Christ:

SCRIPTURE: Pray for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. Timothy 2:2 Keep our president, vice-president, members of congress, state and local leaders in your prayers.

NEXT MEETING: Tuesday, June 8th at 10 am. All women are invited to attend.

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

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: if you would like to contribute, mail check to Cheryl Spurr and note "call to prayer and self-denial" on memo line.

PRAYER PARTNERS for 2021 — Greenwood UMW: Keep their unit and members in your prayers.

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

PROJECTS OF UMW: Keep saving plastic caps from Coke bottles for juvenile diabetes. Place in appropriate box in Mission Room.

(See UMW on page 4.)

Leader

From Page 2

to Pastor Kevin Moyer of Rinehart Christian Church for the following:

You might be interested in knowing that Jesus condemned the Pharisees for wearing a mask.

Fifteen times in the book of Matthew Jesus addresses the subject of "mask-wearing." He addressed it once in Mark's gospel, and four times in Luke's gospel.

Add all that up and you have 20 scripture references that address mask-wearing, and everyone of them is cautioning us against wearing a mask.

Did you know the word "hypocrite" in the NT means "stage-actor?" Let me quote to you from Vine's Expository Dictionary of Greek Words as it defines the word "hypocrite": "Pretender; it was a custom for Greek and Roman actors to speak in large masks with mechanical devices for augmenting the force of the voice." Strong's Exhaustive Concordance defines "hypocrite" this

way: "an actor; stage-player; pretender; a dissembler."

Jesus took this word from the Greek and Roman theater and used it in such a way that people understood perfectly what He was getting at. A hypocrite was someone pretending to be what they were not. They were "stage-acting" in a spiritual sense. In the case of the Pharisees, they were portraying themselves as spiritual-minded men, when really they were not spiritual at all. They were just putting on a show. They sounded spiritual on the outside, and maybe they "dressed like they were spiritual," but in reality, they were not spiritual at all. They were wearing a mask.

Jesus had strong words of condemnation for those who were hypocritical "mask-wearers."

Check out some of these scriptures:

⇒ Matthew 6:2,5,16; 7:5; 22:18; 23:15,23,25,27,29; 24:51;

⇒ Mark 7:6;

⇒ Luke 12:56; 13:15.

It appears that those who act like they're a Christian, but really they are not, are in for a terrible awakening.

Jesus wants us to be sincere in our faith, and real. He wants us to be true. Don't be that person who is a "Sunday Christian," but has nothing to do with Him through the week. Don't be that person who sings praises on Sunday morning and curses your neighbor on Tuesday evening. "My brethren, these things ought not to be this way." (James 3:10).

May we all take off the masks and be what He wants us to be. Thank you Awesome God, for these words.

Cathy Richard

It's Not June 14 Yet! Still Time for Mission Kits

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 or containers 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 Micro-fiber towels

(See Kits on page 6.)

UMW

From Page 3

KITS AND CANS FOR CONFERENCE: KUMC will be collecting School and Hygiene Kits as well as canned foods and dry foods. Please have your items to KUMC by June 14. Place in boxes in Mission Room. The items will be transported to Duncan Memorial UMC on June 19. They will be distributed to local mission- CCAP, Bright Futures, Loudoun Hunger Relief.

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

THANK YOU

To my UMW secret sister, a belated thank you for my lovely Christmas gift. Hoping that we will all be revealed soon.

Jayne Craig

Health

From Page 3

used to handle on their own.

What is a typical age-related change? Sometimes forgetting names or appointments, but remembering them later

2. Challenges in planning or solving problems. Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. What is a typical age-related change? Occasional errors when managing finances or household bills.

3. Difficulty completing familiar tasks. People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list, or remembering the rules of a favorite game. What is a typical age-related change? Occasionally needing help to use microwave settings or to record a TV show.

4. Confusion with time or place. People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. What is a typical age-related change? Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships. For some people, having vision

problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving. What is a typical age-related change? Vision changes related to cataracts.

6. New problems with words in speaking or writing People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock"). What is a typical age-related change? Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses. What is a typical age-related change? Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgment. Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean. What is a typical age-related change? Making a bad decision or mistake once in a while, like ne-

glecting to change the oil in the car.

9. Withdrawal from work or social activities. A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity. What is a typical age-related change? Sometimes feeling uninterested in family or social obligations.

10. Changes in mood and personality Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone. What is a typical age-related change? Develop very specific ways of doing things and become irritable when a routine is disrupted.

Get checked. Early detection matters. If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It is natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real." Or, you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior. However, these are significant health concerns that should be evaluated by a doctor, and it is important to take action to figure out what is going on.

Source: Alzheimers.org

Getting to Know You:

Peggy Gillich

I was born and raised on a farm in central Virginia.

When I graduated from high school, I worked for one year for the State of Virginia and then moved to Loudoun County in 1957.

My daughter was born the same years. We were first members of Harmony UMC in Hamilton and then joined Leesburg UMC in August of 1963.

I worked for the Loudoun Times-Mirror for eight years as Circulation Manager moving on to a 31+ year career at the Federal Aviation Administration Air Traffic Control Center in Leesburg.

I started as a secretary and when retired was in HR. It was there I met my present husband.

When I retired in 1999, I sold

my home in Leesburg and we moved to Florida. Florida was never home to me — too much of Virginia in me.

My husband wasn't much for moving back but we were getting up in years and I just felt it best to be with my family. They had finally stopped traveling the world as State Department employees and settled on the east side of Winchester.

I have three grandchildren — all graduates of Longwood University.

The oldest, Brie, is a teacher at Quarles and the mother of Lawton and now Scarlett.

Travis is an Investigator with the Frederick County Sheriff's Department and the father of Weylan.

The youngest, MacKenzie, works for the State Department.

My family is very special to me and a big part of my life.

Wherever I lived I was in the church choir but have had to give it up and I miss it greatly.

For 20 or so years I even sang in the choir at Atlantic UMC in Ocean City Maryland in the summers where we usually spend three or four months.

Besides church and family my other big interest is genealogy — my family arrived in Massachusetts in 1630 with the Puritans, thus my interest. I am an active member of the Daughters of the American Revolution (DAR).

Ray & I live in Woodbrook Village just down the road.

Peggy Gillich

Kits

From Page 4

- 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

(See Kits on page 7.)

OCC Corner

The collection item for the month of JUNE is TOYS! Bring your donations to the church.



Toys

June

THANK YOU

Thank you for all the prayers and cards during my sister's illness and then after her death.

We are thankful Annalue is no longer suffering, but we will miss her dearly.

Love,
Madonna Sponaugle

Getting to Know You:

JudySue & George Kempf

George and I have been married for 30 years. We were married in one of the lovely historic DuPont gardens in Williamsburg, Virginia.

George is from Erie, Pennsylvania and I was born and reared in Berryville.

George graduated from an engineering school in Erie and I received my banking degrees from Shenandoah College (before becoming University.)

We both have come out of retirement three times! Not a fan of having nothing to do for either of us.

My claim to fame is I originated the Historic Patsy Cline House on Kent St where I served as executive director for 20 years.

We are also wedding officiants appointed by the Commonwealth of Virginia. We have been performing ceremonies combined for about 40 years! Many, many happy couples, and I just performed a third generation ceremony: grandmother, mother, and daughter!

Additionally, George and I have been escorts for Apple Blossom celebrity grand marshals for about 15 years. We have met many celebrities and have maintained relationships of some still to this day!

The photo of us is from Apple Blossom a few years ago, with Jim Belushi!

Our children are scattered across the country including Hawaii — how lucky can we get?!

Our little heartbeat is Maggie Sue, a six year old shih tzu. Spoiled rotten and we live with her!!

George and I both love people, children, and have a very soft spot for all animals.

We are very happy to be part of Kernstown United Methodist Church and look forward to meeting everyone!

JudySue & George Kempf
Stephenson, VA 22656



Kits

From Page 6

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.

A THANK YOU & FAREWELL

Since my last day of work with Kernstown UMC is May 31, I just wanted to take this opportunity to say thank you again to you all for the privilege of working with KUMC these nearly three years.

Peace to you all! Be well!

ALL THE BEST,
Donna Smith

JUNE 2021

Kernstown UMC

3239 Valley Pike, Winchester, VA 22602

540-667-7298

Pastor Reverend Aaron Fitch

revawfitch@gmail.com



| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|--|---|---|---|-----|---|
| | | 1 KUMC Newton Scholarship Deadline! | 2 | 3 11:00 Staff Lunch | 4 | 5 |
| 6 10:20 In Person Worship (live-streamed) 6:00 Banner Youth | 7 | 8 10:00 UMW | 9 | 10 7:00 SPPRC | 11 | 12 |
| 13 Children's Bibles 10:20 In Person Worship (live-streamed) 6:00 Banner Youth | 14 Noon – newsletter deadline | 15 | 16 | 17 7:00 Church Council | 18 | 19 Juneteenth 10am-1pm Jubilee Kitchen |
| 20 Father's Day 10:20 In Person Worship (live-streamed) 6:00 Banner Youth | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 10:20 In Person Worship (live-streamed) 6:00 Banner Youth <i>Pastor Aaron's last Sunday</i> | 28 <i>John Wesley's Birthday</i>  | 29 Bright Futures 11:30 – 1:30 (parking lot) | 30 <i>United Methodist Pastors' Move Day</i> |  | | |

| DATE | Reader/ Lay Person | Counters |
|------|-----------------------|-----------------------------------|
| 6/6 | | Gary Lantz Roger Hill |
| 6/13 | | Roy Walker Lorraine Shelton |
| 6/20 | | Gary Lantz Roger Hill |
| 6/27 | | Roy Walker Lorraine Shelton |

THANK YOU

Thank you for the cards and remembrances for my 90th birthday. I am grateful I can be a part of the KUMC family.

Mary Kathryn Clark



CHURCH DIRECTORY UPDATES

Jean Snider
c/o Spring Arbor
2093 Northwestern Pike,
Apt #144
Winchester, VA 22603
#(540) 450-8398

KERNSTOWN UNITED METHODIST CHURCH

Return Service Requested

3239 Valley Pike Winchester, VA 22602-5303

Phone: (540) 667-7298

www.kernstownumc.org

Follow us on Facebook!

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

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Pastor's Message

From Page 1

nected with each other. If it hadn't been for small groups, we might not have been as connected with each other and with the church during this COVID pandemic. (Is it just my impression, or did we get worse about getting back to our seats after the passing of the peace once the small group ministry had really taken off?)

When the embezzlement was confirmed, your series on forgiveness was right on point each week. When it dragged on, you helped us continue to put God first and trust that it would eventually get resolved.

We got to watch you deal with

crisis after crisis, all while continuing to care for your sick wife and your family. We even saw how you were able to handle becoming a single father with two small children and a job that is functionally 24/7. Conditions that might break someone simply caused you to lean more heavily on God.

You lead by example. You are always willing to stop and pray. When you struggle with a word or passage in a sermon, you do not act as if we are expecting perfection from you or that you were expecting to be perfect, you just do the best you can without getting upset. This is another good example for

us.

You were exactly what we needed, and if God has somewhere else for you to be now, we will miss you. You have been a real blessing to us, and I believe that it is due to your influence that we stuck together during COVID as well as we did. May God bless you in your future church...."

Joy & Peace,
Pastor Aaron

