

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



MARCH 2021

Pastor's Message

On Wednesday December 9, 2020 the SPPRC and I discerned it was time for a pastoral move. The paperwork that was required by the District was sent in on time.

Therefore, I am on the "Pastor Move List," so possibly by the time you read this a new pastor will have been appointed to Kernstown UMC.

I will continue to be your pastor until moving day, which is the last Wednesday of June.

This decision was not

easy. I have been, "restless," for two years.

When I become this way, I believe the Holy Spirit is getting me ready for a move, and it

is because my work at my current appointment is finished.

After the resolution of the Embezzlement Case I wondered to myself, "Lord, what do you want for me now? I know there is more work to be done at KUMC, but I don't



know if I am the one to do it."

Today is February 23, and there is much to be done before moving day in June. I look forward to finishing well at Kernstown UMC.

I plan to make phone calls, porch visits staying 12' away and wearing a mask to see you, sending texts, direct messages, and saying hello on Facebook.

As I said when I first arrived at KUMC in 2014, so too do I say now in 2021, the best is yet to come for us all!

Praise God!

Joy & Peace,
Pastor Aaron

Message from Your Lay Leader

Hello Kernstown family! I'm sitting here in my craft room with Baxter, our puppy, at my feet and Charlie, the cat, sitting on my paper cutter. Charlie is glaring at me in that annoyed stare that only cats use. It's a beautiful, sunshiny afternoon in early February.

If we haven't met in person, or connected on Facebook, I will introduce myself. I came to Kernstown UMC in the late 90s, replacing Cheryl Morris as the Administrative Assistant. I worked at KUMC in the mornings and Emmanuel UMC, my home church, in the afternoons. I've been active in the Winchester District as a lay representative to Annual Conference (starting in 2005) and a member of the District Committee on Superintendency.

(See Leader on page 2.)



The Season of Lent

This year, Kernstown UMC will be using the resources of the Society of Saint Andrew for our Lenten Devotional.

Those interested also can visit SOSA's website (<https://endhunger.org/lent>) to sign up for a daily devotion, delivered to your inbox during Lent.

For more Lenten activities and info, see page 5.



Society of St. Andrew
GLEANNING AMERICA'S FIELDS - FEEDING AMERICA'S HUNGRY

Happy Birthday!

Isabella Fincham	03/01	Susan Hill	03/17
Bruce Gordon	03/02	David Minor	03/18
Ruth Clowser	03/03	Jessica Bloxom	03/19
Jared Castro	03/04	LeAnn Hamman	03/19
Nellie Snoots	03/04	Walter (Bucky) Sibert	03/19
Bill Tumblin	03/07	Brandon Michael	03/20
Robert Renner	03/09	Pat Beckwith	03/21
Betty Amsler	03/12	Joan Tetrick	03/22
Judy Allen	03/13	Shane Weagley	03/22
Barbara Bledsoe	03/13	Addison Fields	03/23
Alex Burns	03/14	Carolyn Carney	03/25
Kyle Mahutga	03/14	Kaleb Dillow	03/25
Elaine Cain	03/15	Jennifer Koller	03/28
George Glaize	03/15	Betty Murphy	03/30
Carmen Thompson	03/15	Amber Ruckman	03/30



Happy Anniversary!

Name	Date	Years Married
Jim & Julie Nesselrodt	03/03	
Karl & Selena Littman	03/10	20
George & Judy Sue Kempf	03/20	
Rusty & Christina Rust	03/27	
Bill & Phyllis Tharpe	03/29	

**Planning to attend In-Person
Worship Services on Sundays?**
Remember to call the church office by
3:00 p.m. on each Thursday to sign up.
(And remember, volunteers welcome!)

Leader

From Page 1

When JR and I married in 2006, I transferred my membership. Since joining I've served as the Educate and Equip captain, stewardship chair, Send & Serve captain, and Lay Leader. This is my second term as your Lay Leader.

I recently "retired" from Opequon Presbyterian after 17½ years as the Office Administrator, Key Communicator, and Financial Secretary. This ended a career of almost 28 years in ministry.

I feel that God is leading me in the direction where I can get back to building relationships with the family of God. I want to get to know you better. I want you to get to know me.

By the time you read this article, I will have received my 2nd coronavirus vaccination. As soon as I am able, I want to visit if you're lonely, bored or need to talk. I like to play card and board games, Rumikub, checkers, and am very rusty at Dominoes.

Call me at 540.931.2475. Leave a voicemail (so I know it's not a scam call) I will return your call as soon as I am able.

You can also email me Catherine6141960@gmail.com.

Maybe next month, I will write something "Godly." Until then, I look forward to serving you.

Cathy Richard



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 at www.valleyhealthlink.com/

c19vaccinations. 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.

FLU VACCINE: It is not too late to receive Flu vaccine at your physician or pharmacy.

"No one hates his own body but feeds and cares for it, just as Christ cares for the Church."

Ephesians 5:29 (NLT)

HEALTH EDUCATION: NUTRITION AND EATING HEALTHY

March is National Nutrition Awareness Month

How to Eat Healthy:

It's easier than you think to start eating healthy! Take small steps each week to improve your nutrition and move toward a healthier you.

Eight Healthy Eating Goals

Small changes can make a big difference to your health. Try incorporating at least six of the eight goals below into your diet. Commit to incorporating one new healthy eating goal each week over the next six weeks.

1. **Make half your plate fruits and vegetables:** Choose red, (See Health on page 5.)

UMW NEWS

Sisters-in-Christ: As we enter 40 days of Lent on Ash Wednesday, February 17, we remember the teachings of Jesus, the road to Jerusalem, His crucifixion, and resurrection.

SCRIPTURE: Come unto me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me for I am gentle and humble in heart and you will find rest for your souls. *Matthew 11:28-29*

NEXT MEETING: There will be no meeting in March. If I can have meeting via ZOOM, I will let each of you know. We are all missing the opportunity to meet together in Christian fellowship. Keep everyone in your prayers.

PLEDGE FOR MISSIONS: You should have received a letter and Pledge Card for Missions for 2021 from Cheryl Spurr. To make your 2021 Pledge, complete and mail the Pledge Card to Cheryl at 2845 Packer St. Winchester, VA 22601.

CALL TO PRAYER & SELF DENIAL: It is time for this offering for missions. Send your gift to Cheryl and write memo on check – Call to Prayer and Self Denial.

UMW LEGACY DAY: March 23 is Legacy Day for UMW. It was on this day that the first meeting of UMW met. You may send an offering for our legacy

(See UMW on page 4.)

UMW

From Page 3

to Cheryl but mark on the memo that it is for Legacy.

DISTRICT PRAYER BREAKFAST:

There will be no breakfast this year due to COVID 19. (We may have it later in the year.)

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.

PROJECTS OF UMW:

Keep saving plastic caps from Coke bottles for juvenile diabetes.

District UMW UMCOR Project.

We will be sponsoring the UMCOR School Kits and Health Kits during March, 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 office and place in container for them. The instructions for preparing the kits are on page 6 of this newsletter.

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

Doris Miller, President



Getting to Know You:

Judy Allen

Hello,

This is Judy Allen coming to you from lovely Woodbrook Village. I have lived in Winchester for a year and a half after living in the Tampa Bay area of Florida for 25 years.

Bill was in the marine industry and it just seemed reasonable to live in an area surrounded by water.

I love Winchester – the beautiful countryside, the history, the excitement of the huge industries so close but not encroaching on our quiet, private neighborhood.

I was born in West Virginia but grew up in Arlington, VA, went to Washington-Lee High School & went to work at C&P Tel after graduation.

For the last 25 years worked at Advantica EyeCare (a vision benefit provider) in Clearwater, FL as Admin for the founder and president.

Still work a few hours per week in a support role.

Bill passed away in November 2020 so am now facing one of life's challenges that we don't always welcome and are not especially prepared for. I am optimistic as I have a wonderful family close by & they have been a tremendous support.

My daughters and their husbands are teachers (two are retired), 4 adult grandsons and 1 granddaughter, all established professionals. Also have 3 great grands with one more expected in June.

We are looking forward to



the wedding in October, of our grandson, Ben, who recently moved to Winchester from Chattanooga, TN.

I could go on and on about my family as I am so very proud of each one of them.

Even though I have not yet become a member of Kerntown UMC (thanks to Covid-19), many of you have reached out to me with sympathy and friendship which is so greatly appreciated.

Cindee has kept me on her mailing list so I feel in touch.

I can tell you that I have felt the presence of God beginning as a teenager when joining the Baptist faith in Arlington, VA, and especially with the timing of our decision to move from FL to Winchester and now as I am looking at paths to move forward in a positive way.

Judy Allen

Lenten News, web updates

Continuing through March, Director of Music David Landrum and members of Worship & Wonder are providing special online programming. The daily devotional appears at 4:00 p.m., Monday through Saturday, on Facebook, as well as the app, YouTube, and website.

Lyrics of Lent with David premieres Live on Facebook on Fridays at 5:00 p.m. The program then rebroadcasts to the KUMC app, website, and our YouTube for everyone to enjoy!

As you 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 also is featured in a box on the homepage.

A "Watch Now" notice at the top of the website provides a quick link to any active Live broadcasts.

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.

Watch for future updates!

Health

From Page 3

orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert. The more colorful you make your plate, the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy.

2. Make half the grains you eat whole grains: An easy way to eat more whole grains is to switch from a refined-grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread. Read the ingredients list and choose products that list a whole-grain ingredients first. Look for things like: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "rolled oats," "quinoa," or "wild rice."

3. Switch to fat-free or low-fat (1%) milk: Both have the same amount of calcium and essential nutrients as whole milk, but fewer calories and less saturated fat.

4. Choose a variety of lean protein foods: Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (where the label says 90% lean or higher), turkey breast, or chicken breast.

5. Compare sodium in food:

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned food labeled "low sodium," "reduced sodium," or "no salt added."

6. Drink water instead of sugary drinks: Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories. Try adding a slice of lemon, lime, or watermelon or a splash of 100% juice to your glass of water if you want some flavor.

7. Eat some seafood: Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Adults should try to eat at least eight ounces a week of a variety of seafood. Children can eat smaller amounts of seafood, too.

8. Cut back on solid fats: Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies, and other desserts (often made with butter, margarine, or shortening); pizza; processed and fatty meats (e.g., sausage, hot dog, bacon, ribs); and ice cream.

Reference: Health & Human Services (HHS)

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 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 Microfiber towels
- One Washcloth
 - No kitchen, cleaning, or Microfiber

HELLO!

Happy New Year!
Praying this year will
be better.

Sure do miss church
and seeing everyone!

Love & Prayers,
Madonna Sponaugle

THANK YOU

I want to thank everyone for all the calls and cards you've sent me during this time of my sister's going home.

I have really appreciated it.

Love in Christ,
Mary Walker

- 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 from 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 of 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.

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Return Service Requested

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Phone: (540) 667-7298

www.kernstownumc.org

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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

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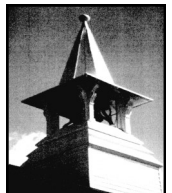
Kernstown United Methodist Church





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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Reminders! Daily — Devotional video by Men's Core Group 4PM, M-Sat — Lenten Devotional, Live	1	2 1:00 Bible Study 7:00 Men's Group	3 1:00 IP	4 9:00 Staff Mtg	5 5:00 Lyrics of Lent 	6
7 10:20 Online Worship 11:00 In Person Worship	8	9 1:00 Bible Study	10 1:00 IP	11 6:30 SPPRC	12 5:00 Lyrics of Lent	13
14 10:20 Online Worship 11:00 In Person Worship set your clocks ahead! 	15 Noon — newsletter deadline	16 1:00 Bible Study 7:00 Men's Group	17 1:00 IP 	18 6:30 Church Council	19 5:00 Lyrics of Lent	20 10am-1pm Jubilee Kitchen
21 10:20 Online Worship 11:00 In Person Worship 3:00 Finance Mtg	22	23 1:00 Bible Study	24 1:00 IP	25	26 5:00 Lyrics of Lent	27
28 Palm Sunday 10:20 Online Worship 11:00 In Person Worship	29	30 1:00 Bible Study 7:00 Men's Group	31 1:00 IP			

HOLY WEEK