

# The Kernstown Courier

KERNSTOWN UNITED METHODIST CHURCH

3239 Valley Pike, Winchester, VA 22602-5303

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

Pastor Aaron Winslow Fitch: [afitch@kernstownumc.org](mailto:afitch@kernstownumc.org)



MAY 2021

## Pastor's Message

I have the verse Jeremiah 10:23 hung up on my wall, and it says (NRSV), "I know, O Lord, that the way of human beings is not in their control, that mortals as they walk cannot direct their steps."

I like the NIV version a little more, which says, "Lord, I know that people's lives are not their

own; it is not for them to direct their steps."

I like being reminded my life is not my own and belongs to the Lord. Since, my life is not my own I can rest in God, and learn to trust God more and more throughout my life. Since, my life is not my own I can know for sure that whatever happens in my life God will teach me more about God and myself.

I recently read this statement, "Do not tell yourself that life events happen to you, but instead tell yourself life events happen for

you."

One way of looking at life circumstances makes it sound as if we are victims, but this is never true. We are children of the King of Kings! We belong to God and it is God the Holy Spirit who cares for us.

The other way of looking at life circumstances reminds us of the truth, we are God's people, who do not control our lives, and who are being led by God. Therefore, whatever happens in our lives God will make it benefit us.

*(Continued on page 5)*

### 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 Greatorex** at (540-662-3137 or [greatorex@yahoo.com](mailto:greatorex@yahoo.com)).

## ATTENTION: KUMC NEWTON SCHOLARSHIP OPPORTUNITY

Letters of interest for the KUMC Newton Scholarship for graduating high school seniors who will be attending college/university/trade school this fall, are now being accepted!

**Eligibility requirements for applicants include: a minimum of two years' membership at KUMC with regular church attendance. Involvement with KUMC ministries and Youth is also beneficial.**

The letter must detail applicant's high school/college subjects taken, grade point average, and extra-curricular activities, along with the school in which matriculated for Fall 2021, college/trade program to be pursued, expected degree/certification, and any other information deemed important by the applicant.

Two letters of personal reference should also be included.

Please send all application materials to the church (mail, email, or hand deliver) **no later than June 1.**

# Happy Birthday!

Bradley Charles	05/01	Michelle Scott	05/16
Selena Littman	05/01	Scott Keeler	05/17
Peggy Gillich	05/02	Stephen Vann	05/17
Kelly Henshaw	05/04	Ellen Sankovich	05/18
Ryan Michael	05/04	Lisa Yowell	05/18
Jacob Henshaw	05/05	Chrystal Morris	05/19
Brendan Nutry	05/05	Todd Wise	05/19
Steve Straight	05/05	Jackie Rhinaman	05/21
Michael Morgan	05/07	Brooke Snapp	05/21
Mary Kathryn Clark	05/08	Haden Walker	05/21
Bette Cossentine	05/08	Jayne Craig	05/23
Sonya Hess	05/10	Hunter Eastep	05/23
Honor Holland	05/10	John Elder	05/24
Priscilla Minor	05/10	Jo-Ann Larrick	05/25
Jacob DeHaven	05/11	Mitchell Ruckman	05/25
Victoria Morris	05/11	Jean Snider	05/25
Charlotte Notzelman	05/11	Austin Shipp	05/26
Krista Baker	05/12	Marilyn Stelzl	05/27
Brian Henshaw	05/12	Russell Creswell	05/29
Jo Anne Carper	05/13	Linda Fuller	05/29
Steven Dobbin	05/13	Lesley Rickard	05/29
Jerry Chapman	05/14	Gary Tisinger	05/29
Carroll Fuller	05/14	Ed Clevenger	05/30
Hillary Nesselrodt	05/14	Mike DeHaven	05/30
Stacey Shull	05/14	Kevin Ecker	05/31
Stacey Umbenour	05/14	Breanna Wilhelm	05/31
James Ambrose III	05/15		
Brenda Long	05/15		
Carroll Palmer	05/15		



## Message from Your Lay Leader

When Pastor Aaron and I met in January, he asked me to re-search ministry in our “post-Covid” world.

I’ve heard acquaintances say, “My Church isn’t requiring masks at all!”

“I enjoy worshipping in my pajamas while drinking my second cup of coffee.”

Even “My pastor is not doing anything other than an on-line sermon.”

And the popular comment “When will we get back to normal?”

I admit, in January I was engaging in some stinking thinking and needed Pastor Aaron’s push.

I contacted Chad Hrbek, Director of Congregational Excellence for the Winchester District, and asked for book recommendations. He suggested several titles that he and/or pastors in the Virginia Conference are reading.

“The Post Quarantine Church” (Six Urgent Challenges + Opportunities that will determine the future of your congregation) caught my attention. The author, Pastor Thom Rainer, has dedicated his life to pastoring and assisting churches with challenges.

The title is compelling; the book is short. Here are the challenges:

1. gather differently and better
2. seize your opportunity to reach the digital world
3. reconnect with the community near your church
4. take prayer to a new and powerful level

(See Leader on page 4.)

## Happy Anniversary!

Name	Date	Years Married
Scott & Karen Ridder	05/01	
David & Kristy Donohoe	05/03	
Bill & Lisa Yowell	05/10	
Gary & Loretta Lantz	05/11	
Steve & Cheryl Spurr	05/11	
Roy & Mary Walker	05/12	
Ric & Sandy Dunkle	05/16	40
Lee & Ruth Folger	05/16	30
Mark & Pam Lipscomb	05/18	
Matt & Sandy Duvall	05/22	
Bill Tumblin & Madonna Sponaugle	05/30	

# 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** – will resume after in person worship resumes and it is safe for nurses to check your BP.

## **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
6. Receive COVID 19 vaccine.

## **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 for it at [valleyhealth-link.com/c19vaccinations](http://valleyhealth-link.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.

## **May is National Nurses Month (May 6 is Nurses Day)**

– Thank a nurse for their dedication to the service of others. They have been especially instrumental in the care of persons with COVID 19.

## *May is Mental Health Awareness Month*

## **HEALTH EDUCATION: MENTAL HEALTH**

*Scripture: Philippians 4:6 NKJV “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”*

1 in 5 US adults experience mental illness each year but less than half receive treatment.

**Mental Illness** — A wide range of

(See Health on page 5.)

# UMW NEWS

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

## **PRESENTATION OF MISSION**

**UMW PIN FOR 2020:** Madonna Sponaugle was presented with the mission pin by Cheryl Spurr at our last meeting on April 13 for her service to Christ for our unit of UMW, KUMC, and our community (especially the Weekday Religious Education Program). Congratulate her when you see her.



**NEXT MEETING:** Tuesday, May 11 at 10 am. Program will be Call to Prayer and Self-Denial. Bring your offering to meeting or mail check to Cheryl Spurr Phone (540)-665-3876 address is 2845 Packer St. Winchester, VA 22601. Write “Call to Prayer and Self Denial” on the memo line.

(See UMW on page 4.)

# UMW

From Page 3

**MOTHER'S DAY SERVICE:** We will not lead the worship service this year as we have in past years due to COVID-19 restrictions. However, Doris Miller will participate in the service to represent UMW.

**SPIRITUAL LIFE RETREAT:** Conference Spiritual Life Retreat will be held by zoom on Saturday, May 15 from 9:00 a.m. to 1:00 p.m. Topic will be "Peace be with You." Contact me if you would like to attend for information on registration.

**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.

**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. (For instructions, see page 6.) 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

## Leader

From Page 2

- 5.) rethink your facilities for emerging opportunities.
- 6.) make lasting changes that will make a difference.

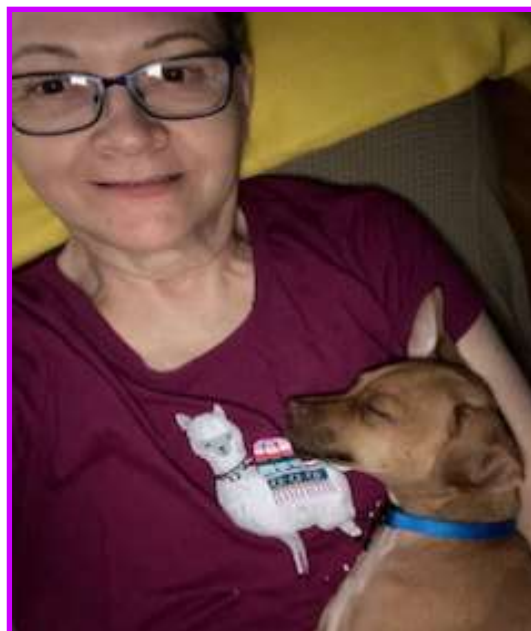
Sometime in my church life I recall a pastor saying, "I like hearing Amen! when I'm preaching. Yes or even Ouch! can be appropriate. It means the Holy Spirit interpreted my words and that person 'got it'."

I was underlining, highlighting, shaking my head and saying Ouch! a lot while reading. I am convicted and stirred by Rainer's words. His response to a pastor's statement, "he couldn't wait for things to get back to normal. I responded softly that I didn't think we would ever return to the pre-quarantine normal....

"I didn't want him walking

blindly into a world that no longer exists."

I can't count the times that I heard the same statement and was



afraid to voice those words.

The good news is that Covid-19 didn't catch God by surprise.

Why did I need to be reminded?

I emailed projected Pastor Gary Heaton to tell him I love this book and it would be fantastic if our leadership could study it. Gary and I will meet in May to discuss the possibility.

Meanwhile, I invite you to order a copy to read. I'd really like your feedback.

Call me at 540.931.2475 if you would enjoy a visit or chat. If I don't answer, leave a voicemail. I will return your call as soon as I am able.

You can also email me at [Catherine6141960@gmail.com](mailto:Catherine6141960@gmail.com).

**In His Service,  
Cathy Richard**



## Help with Soles for Missions

Serving souls by counting your soles. Only 50 cents for each pair of your soles to help support a soul in need.

Please count your pairs of "shoe" soles and multiply by 50 cents and remit your saving souls' amount to the UMW. You may give at church, or send your donation. Just note on the memo line of your check: Soles for Souls.

Make checks payable to UMW. Please remit by May 31. Funds are used for local missions.

## Health

From Page 3

conditions that affect mood, thinking, and behavior.

### 5 Warning signs of mental illness:

- Long lasting sadness or irritability
- Extremely high and low moods.
- Excessive fear, worry or anxiety
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Addictions

Contact your physician if you have any of these signs.

### Types of mental disorders:

- Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias.
- Depression, bipolar disorder, and other mood disorders.
- Eating disorders.
- Personality disorders.
- Post-traumatic stress disorder.
- Psychotic disorders, including schizophrenia.

**Source: NAMI**

## Pastor's Message

From Page 1

When I look back on the seven years that I served Kernstown UMC as pastor, I am amazed at all of the "bad" circumstances from which God brought good.

God has brought so much good from our bad circumstances, there comes a point when we actually think that God planned the bad circumstances ahead of time.

I do not see it this way. Instead, I think God is not threatened by

sin, evil, or death and allows it into our lives, so that God may demonstrate to us how good, compassionate, and powerful God is toward us.

I have grown to love Kernstown UMC more than when I first became your pastor.

I can't help but wonder what God will allow to happen for you.

Whatever it is, I know that it will be good or it will be "bad," and God will bring good from that. No matter what happens.

The best is yet to come.

**Praise God!  
Pastor Aaron**

## THANK YOU

We would like to thank everyone for being so kind and supporting during Phyllis' illness and death. Also, thanks to everyone who brought food or sent flowers and any other donations.

**Blessings,  
Bill Tharpe, Arnold Fishel, and all  
of Phyllis' family**

## THANK YOU

My family and I would like to thank everyone who called, sent cards, sent food, and made donations to KUMC during the loss of my husband, Norman Tisinger, Jr. It is so good to have so many family and friends who were there for me and my family. May God bless you all for caring for the family.

**Love,  
Nancy Tisinger**

## CHURCH DIRECTORY UPDATES

- 1) John Elder  
324 Amherst Street #6  
Winchester, VA 22601
- 2) Lloyd Henry  
c/o Spring Arbor  
2093 Northwestern Pike,  
Apt #210  
Winchester, VA 22603  
#(540) 662-7746

# 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
- 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

## **OCC Corner**

The collection item for the month of May is hygiene items! Bring your donations to the church.



Hygiene Items

May

- 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**

We thank everyone for thinking of us with prayers, cards, calls, and messages of encouragement while Marshall continues his treatments for lung cancer.






He battled the same cancer 23 years ago and we are praying for another miracle!

**Love and blessings to all,  
JoAnne & Marshall Carper**



**Kernstown UMC**  
 3239 Valley Pike, Winchester, VA 22602  
 540-667-7298  
 Pastor Rev. Aaron Fitch - revawfitch@gmail.com



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1 
2 10:20 In Person Worship (live-streamed)	3	4 2:00 Women's Study	5 1:00 IP	6 <b>National Day of Prayer</b> 9:00 Staff Mtg 	7	8
9 <b>Mother's Day</b> 10:20 In Person Worship (live-streamed)	10	11 10:00 UMW 2:00 Women's Study 7:00 Men's Group	12 1:00 IP	13 7:00 SPARC	14	15 6pm - Dunkle Vow Renewal
16 10:20 In Person Worship (live-streamed) 11:15 Finance Mtg	17 Noon - newsletter deadline	18 2:00 Women's Study	19 1:00 IP	20 7:00 Church Council	21	22
23 <b>Pentecost</b> 10:20 In Person Worship (live-streamed) 	24 <b>Aldersgate Day</b> <i>(Pastor Aaron off)</i>	25 2:00 Women's Study 7:00 Men's Group	26 1:00 IP <i>(last one!)</i>	27	28	29
30 10:20 In Person Worship (live-streamed)	31 <b>Memorial Day</b>  <i>Office Closed</i>					

DATE	Reader/ Lay Person	Counters
5/2	Lorraine Shelton	Gary Lantz Roger Hill
5/9	Doris Miller	Roy Walker Lorraine Shelton
5/16	Charlie Donohoe	Gary Lantz Roger Hill
5/23	Cathy Lichvar	Roy Walker Lorraine Shelton
5/30		Gary Lantz Roger Hill



# KERNSTOWN UNITED METHODIST CHURCH

Return Service Requested

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[www.kernstownumc.org](http://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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