

The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

540.667.7298 / www.kernstownumc.org

Rev. Gary Heaton



March 2022



March 13

Inside this issue:

From the Pastor Choir	1
Reach & Serve, UMW Lay Leader Message,	2
Worship & Wonder Lenten Series	3
Care & Connect (Health)	4
Educate & Equip Council Update Birthdays & Anniv., Directory Updates	5
Staff/Contact Info Calendar	6

From the Pastor:

Jesus began his ministry by spending 40 days of preparation in the wilderness (Matthew 4: 1-11). The "wilderness" is a place of solitude, inspiration, hazards, and beauty where God is at work in mysterious ways that are beyond human understanding. The trials and temptations that confront us in the wilderness are also the things that strengthen us for navigating the journey of life. The "Wilderness" is not supposed to be easy and carefree; it is an adventure where unexpected challenges give us the opportunity to grow and become fearless.

The Christian observation of LENT is an invitation for disciples to strengthen our faith so that we are not motivated or held captive by fear. In Jesus, we have a Savior who overcomes sin and death and promises to deliver us from darkness and fear.

At Kernstown United Methodist Church this year, our Lenten journey will follow the thread of faith that mends and makes the life of a Christian. **"Mending the FABRIC of our Lives"** will invite us to explore the qualities of mending and making fabric that reflect the qualities of discipleship. Each week in worship the congregation will be invited to participate in a different part of the journey taken by thread to become fabric. We will explore the biblical themes of confession, temptation, alteration, redemption, transformation, and resurrection.

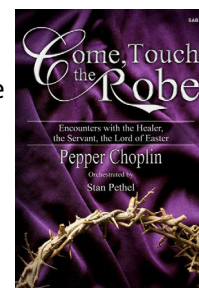
It is my hope that you will be challenged and inspired by this Lenten series to the point that you will want to share it with others who do not regularly attend worship. You will be provided with the information and materials you need to invite others to church. To some, the work of evangelism is a wilderness filled with fear and uncertainty. I believe we can follow Jesus into this wilderness and find strength and vitality for the work of Christ in the world.

I am grateful to the work area of Worship & Wonder for their effort, enthusiasm, and creativity in helping to put together our 2022 theme for Lent & Holy Week. **"Mending the FABRIC of our Lives"**.

Grace and Peace,

Gary

Lent is the perfect time to take up something to strengthen your spiritual connection with God and what better thing is there to take up than praising God. The Chancel Choir is going to have a big element in the fabric theme this Lent and we would love to have you involved in it. It's the cantata, *Come, Touch the Robe*. It's all about the garments used in the last days of Jesus. We start choir practice by rehearsing for the cantata so if you just want to be involved in that you can just be there for the first thirty minutes. It's Wednesday nights at 7 PM. We would love to have you. If you have any questions feel free to reach out to David or Kelly.



Reach & Serve

Lenten Devotionals: Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. Kernstown UMC is providing a devotional, along with activities for families, inspiring stories, Bible studies and information about our faith for the observance of the Lenten season.

"These Forty Days" is offered as a devotional companion for the season of Lent in the Christian year. The title refers not only to the forty days of the season from Ash Wednesday to Easter but also to the wonderful nineteenth century hymn of Claudia F. Hernaman, "Lord, Who throughout These Forty Days."

It is our prayer that you will enjoy this simple book and use it as a daily guide throughout the Lenten season.

May God Bless you during this time of preparation. (In narthex, 1 per family)



UMW News Sisters-in-Christ

Scripture: For God's temple is holy, and you are that temple." 1 Cor.3:17

Next Meeting: March 8th 10-11:30 a.m. in the Fellowship Hall. Program: Fabric of Faith "Mending and Making Community" by Rev. Gary Heaton. Bring cans of food, other processed foods or infant or adult diapers to the meeting for C-CAP.

Prayer Partner for 2022: John Mann/Wesley UMW. Include their unit in your prayers.

Upper Room: There are both regular print and large print copies. Leave money for them in the jar next to them.

Soles for Souls fundraiser for missions. This will continue throughout March. Count the pairs of shoes that you have and multiply by \$.50 per pair. Donate this amount to Kernstown UMW for missions. You may write a check to Kernstown UMW and write Soles for Souls on the memo line. Give it to Cheryl Spurr (our treasurer) or me.

*We are no longer collecting stamps or coke caps.

*Thanks to everyone who supported our Mission Fundraisers by purchasing soup and bread.

Doris Miller, President

A message from your Lay Leader, Cathy Richard

Humankind has struggled to understand each other since Adam and Eve had their first conversation. (Ok, maybe not that long ago). I think many of us can agree there are times when someone has misunderstood something you said. You may wonder how that was possible.

Recently, my crafting friends were talking about how word use/meaning has changed. For example, when I was in elementary school, the word retarded meant delayed mental or physical development. Nowadays using the 'R' word is almost an expletive. One of my children was in LD (learning disabled). I was sharing and someone spoke up. I can't use that term anymore. One teacher said she is not allowed to use the word autism in her Special Ed class. Someone quickly changed the topic, and I was left wondering. Connotation seems to outweigh definition. I attended a workshop titled "How to Communicate with Difficult People". After the presenter introduced herself, she asked us to X out the word difficult in our workbook and replace it with Different. She explained that our culture, education, experiences and so much more work to filter or interpret what we hear.

One definition of the word communication is the imparting or exchanging of information or news. In the many years that I was employed by different churches, technological advances have changed the ways we share information or news. Comcast, Shentel. Verizon, Xfinity, GloFiber, telephone, fax, voicemail, email, cell phone, telegram, telegraph, carrier pigeon, newsletter, website, Twitter, Facebook, Instagram, YouTube, TikTok, etc. Church staff need to be flexible to keep up with changes. It is hard to remember, who reads email, who wants texts only, newsletter through mail, not to mention those who are still tied to a landline. Change inevitably happens. Our pastors are itinerant. Volunteer and paid staff come and go as do church officers. Each of these individuals have a different communication style. It doesn't make one style better or worse, it's different. BTW, I haven't even mentioned the effect of COVID and how wearing masks makes it difficult to hear. Church officers and team members have been communicating throughout these changes. We've listened to concerns and frustrations. We discussed prayer concerns and the best way to share that information.

The yellow "Who's Who in the Pew" cards in the pew racks collect information. Do we have your correct mailing and residential address? If you prefer to use email, make sure we have the address you check frequently. Do we have your telephone & or cell number/s? It's been decided by the church officers that at least one email communication, but no more than two, will go out from the church office weekly. Studies have shown that we are inundated with email messages. Many don't read their messages and hit delete. This is why the two messages a week limit was set. The Church Council will meet on Thursday, February 24 at 7:00 pm. They will hear a recommendation from the Care & Connect Ministry about using email to share prayer concerns. Meanwhile, if you have a prayer concern, please call me at 540-931-2475. I'll gladly pray with you and/or for you or your loved one. If the newsletter goes to print after this meeting, I'll need to revise this paragraph. Stay tuned!

Cathy Richard

Worship & Wonder

MENDING THE FABRIC OF OUR LIVES

Worship & Wonder needs your assistance with our Lenten Series.

Prior to the March 20 service, we would appreciate it if you would bring a piece of cloth (any color, design, or fabric) no bigger than a 12"x12" square or rectangle.

On March 27, you will be given a kit to create a God's eye. You will take the kit home to complete and bring back by April 10. They will be part of the decorations for Easter. On Palm Sunday, please bring an old garment or blanket that we will use during the service that day.

See Lorraine Shelton if you have any questions.

Mending the FABRIC of our Lives



March 2 ~ Ash Wednesday



Ashes to Go ~ Noon to 2
KUMC Parking Lot
Worship Service 7 p.m.

March 6 ~ 1st Sunday in Lent



Thread ~ Micki Smith
God's abundant grace
mends our broken lives

March 13 ~ 2nd Sunday in Lent



Knitting ~ Micki Smith
We are knit together and
made useful for God

March 20 ~ 3rd Sunday in Lent



Sewing ~ Betty Lou Langager
We use the patterns God
gives us to be co-creators

March 27 ~ 4th Sunday in Lent



Weaving ~ Rev. Mochele Morris
Our faith is the woven fabric
which protects & adorns

April 3 ~ 5th Sunday in Lent



Seamstress ~ Kathryn Heberle
Rev. Steven Wells preaching
We surrender ourselves to
God's glory & majesty



REV. GARY HEATON 540-667-7298
3239 Valley Pike, Winchester, VA 22602



Worship at 10:20 a.m.
www.kernstownumc.org

Mending the FABRIC of our Lives



April 10 ~ Palm Sunday 10:20 a.m.



"Come Touch the Robe" Cantata
What did Jesus wear

April 14, 15 & 16 ~ Noon to 3 p.m.



Stations of the Cross
Walk alongside
His journey

April 14 ~ Maundy Thursday 7 p.m.



Worship Service & Communion
in Sanctuary

April 15 ~ Good Friday at Noon



Devotion
in Sanctuary

April 17 ~ Easter Sunrise 6 a.m.



Joint Service at
Opequon Presbyterian
Church

April 17 ~ Easter Worship 10:20 a.m.



Worship & Communion at
Kernstown UMC



REV. GARY HEATON 540-667-7298
3239 Valley Pike, Winchester, VA 22602



Worship at 10:20 a.m.
www.kernstownumc.org

Care & Connect

Health Ministry – Purpose is to promote Wholistic health and prevent/minimize illness at KUMC and the surrounding community.

Parish Nurse: Contact me if you have any health concerns that I can help with or if you would like a hospital or home visit from me, Doris Miller BSN, RN, Faith Community Nurse. Contact Information: my cell phone 540-303-3135 and leave message for me. E-mail dorismiller@yahoo.com.

Blood Pressure Checks will resume when safe after COVID.

COVID Update: Per Lord Fairfax Health District on February 20, 2022: In Winchester and Frederick County, Virginia, community transmission is HIGH TRANSMISSION. Continue to follow CDC Guidelines for COVID:

*Everyone should wear a mask in public indoor settings. **It is not required but recommended that we wear masks in church services.** Mask requirements might vary from place to place. Make sure you follow local laws, rules, regulations or guidance
*Wash hands frequently with soap and water for 20 seconds or hand disinfecting gel.
*Maintain social distancing of 3-6 feet
*If you have a fever, feel sick, or have been exposed to someone who has tested positive for COVID, do NOT attend church & contact your physician.

Centers for Disease Control (CDC)

If you are not fully vaccinated with COVID Vaccine, CDC recommends that you receive it. If you have been fully vaccinated, check with your doctor if you should receive a booster dose. COVID vaccines are available at some pharmacies and physician offices.

In Home COVID Test Kits: Orders can be placed by visiting [covidtests.gov](https://www.covidtests.gov). To submit an order, you'll only need to provide a name and mailing address, although you can also include your email address if you want updates about the status of your order.

FLU Season: Guidelines are similar to those for COVID19 to help slow the spread of germs that cause respiratory illnesses like flu (nose, throat, & lungs):

- * Get the 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 antibacterial gel
 - * Practice good health habits
- Ref.: CDC Communicable Disease Center
Walk with a DOC This doctor-led group is a fun and safe way to go for a walk, learn about health, and meet new friends. The event is free and all are welcome. Walks are held the 2nd Wednesday of the month at 11 a.m. – 12 p.m. Meet at the Valley Health Wellness and Fitness Center in the lobby. Arrive 30 minutes early to check in. Next walk will be on March 9th. Health topic is *Kidney Health*. Also another walk on March 26th at 9am. Health topic is *You Can Do It! Colon Cancer Prevention*.

Valley Health COMMUNITY WELLNESS FESTIVAL This year's festival will be a week of health screenings held in a storefront in Apple Blossom Mall in Winchester, Va., from **Sat., Mar.19 thru Sat., Mar.26**. This approach will provide our community with access to free and reduced cost health screenings in a controlled and safe manner. Whenever possible the screenings will be offered on an appointment basis. **We anticipate offering the following free or low cost screenings :**
SAT 3/19 **Blood Testing**

from VHS Lab Services

MON 3/20 **Consultations with a Dietitian** VHS Wellness Services

TUE 3/22 **Heart Attack Risk Program** VHS Wellness Services

WED 3/23 **Blood Collection Drive** American Red Cross

THU 3/24 **Blood Glucose & Pressure Screenings** Shen Univ Nrsing

FRI 3/25 **Blood Glucose & Pressure Screenings** Shen Univ Nrsing

SAT 3/26: **Cardiovascular Screenings** VHS Heart & Vascular.

Please revisit this site as the festival gets closer for up-to-date information about the schedule of screenings and programming being offered. Valley Health and click on Community Wellness Festival button. *If you have specific questions about the 2022 Valley Health Community Wellness Festival please contact Michael Wade at mwade@valleyhealthlink.com.*

March is National Awareness month for Disability, Kidney, Nutrition, Save your vision, Trisomy, & Multiple Sclerosis

Scripture: "For God's temple is holy, and you are that temple." 1 Corinthians 3:17b (NLT)

HEALTH EDUCATION:

4 Things you can do to prevent falls

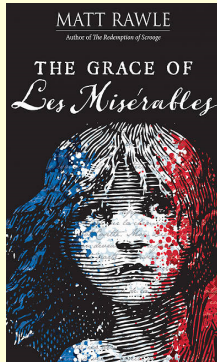
1. Talk with your healthcare provider about fall risks and prevention. Have your doctor or pharmacist review all the medicines that you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines or combination of medicines can make you dizzy or sleepy and cause you to fall.
 2. Exercise to improve your balance and strength. Exercises that improve balance and make your legs stronger, lower your chances of falling. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or healthcare provider about the best type of exercise program for you.
 3. Have your eyes and feet checked. Poor vision can increase your chances of falling.
 4. Make your home safer
 - *Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk
 - *Remove small throw rugs or use double-sided tape to keep rugs from slipping
 - *Keep items you use often in cabinets you can reach easily without using a step stool
 - *Have grab bars put in next to and inside the tub, and next to the toilet
 - *Use non-slip mats in the bathtub and on shower floors
 - *Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare
 - *Have handrails and lights installed on all staircases
 - *Wear well-fitting shoes with good support inside and outside the house
- REF: CDC 2017 For more information www.cdc.gov/

Educate & Equip

New Lenten Sunday School Class

Mar.6 –Easter.

It ponders the themes of justice poverty, freedom and love, based on the book The Grace of Les Misérables by Matt Rawle, sign up in narthex



Update Youth Snow Tubing is now Sun., March 13, at 3 p.m. at Whitetail Ski Resort in Pennsylvania. Meet at the church at 12:30 for pizza. Contact Brian or Kelly Henshaw to register & more info. Invite friends, kids, grandkids, and neighbors!



Vacation Bible School
Save the Date
July 10-15

Church Council MEETING

Financial Stewardship

January Deposits	\$23,167
January Expenses	\$22,022
Needed Weekly	\$ 6,277
Needed January	\$31,385



Birthdays

Bruce Gordon	02
Ruth Clowser	03
Jared Castro	04
Nellie Snoots	04
William Tumblin	07
Scott Renner	09
Barbara Bledsoe	13
Alex Burns	14
Kyle Mahutga	14
Elaine Cain	15
George Glaize	15
Carmen Thompson	15
Susan Hill	17
David Minor	18
LeAnn Hamman	19
Walter Sibert	19
Brandon Michael	20
Pat Beckwith	21
Joan Tetrick	22
Shane Weagley	22
Addison Fields	23
Sherry Ford	23
Carolyn Carney	25
Betty Murphy	30



Anniversaries

James & Julie Nesselrodt	3
Karl & Selena Littman	10
George & Christina Rust	27



Here is a snapshot of the love from our Lay Leader, Cathy Richard. She wrote out valentines cards for our homebound & the office mailed them out last month



Directory Updates &/or New Addresses

Kevin & Barb Mosser
106 Heron Ct
Lake Frederick VA 22630
(New Members Dec 2021)

If you have any updates to your mailing address, phone number or email, please contact the office
Email, phone or website:

office@kernstownumc.org

540-667-7298

www.kernstownumc.org
About tab—>contact us

**KERNSTOWN UNITED
METHODIST CHURCH**

3239 Valley Pike
Winchester, VA 22602-5303

Return Service Requested

NON-PROFIT
U.S. POSTAGE
PAID
PERMIT NO. 66
Winchester, VA

Gary Heaton, Pastor
Charles Harless, Pastor Emeritus
Cathy Richard, Lay Leader
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
Alisha Thomas, Communications & Technology
Coordinator
Pam Brannon, Administrative Assistant

Phone: (540) 667-7298

Email: office@kernstownumc.org

Web: www.kernstownumc.org

March 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:00 Men's Grp	2 Ash Wednesday 9 BSF 5:30 TOPS 12 Ashes to Go KUMC Parking Lot 7 Ash Wednesday Worship Svc Joel 2:1-2, 12-17; Psalm 51:1-17; 2 Cor.	3 8:30 TOPS	4	5
6 1st Sunday in Lent 9:00 Sunday School 10:20 Worship 11:30 Coffee Time Deut. 26:1-11; Psalm 91:1-2, 9-16; Rom. 10:8b-13; Luke 4:1-13	7	8 10 UMW 7 Reach & Serve	9 9 BSF 2:00 Worship & Wonder 5:30 TOPS 7 🎵 Choir	10 8:30 TOPS 11 Staff Mtg 6:00 Educate & Equip 6:30 Trustees	11	12
13 2nd Sunday in Lent Daylight Savings Time begins 9:00 Sunday School 10:20 Worship 11:30 Finance Meeting 12:30 Youth Pizza & Tubing Gen. 15:1-12, 17-18; Psalm 27; Phil 3:17-4:1; Luke 13:31-35	14 7 SPPRC	15 7:00 Men's Grp	16 9 BSF 5:30 TOPS 6 Handbell 7 🎵 Choir	17 8:30 TOPS 7 Church Council	18	19 10 Jubilee Kitchen at First Presbyterian Church mall
20 3rd Sunday in Lent 9:00 Sunday School 10:20 Worship Isaiah 55:1-9; Psalm 63:1-8; 1 Cor. 10:1-13; Luke 13:1-9	21 Newsletter Deadline	22 11 Care & Connect	23 9 BSF 5:30 TOPS 6 Handbell 7 🎵 Choir	24 8:30 TOPS	25	26 9 Crafting Group Fellowship Hall
27 4th Sunday in Lent UMCOR Sunday 9:00 Sunday School 10:20 Worship ~ Rev. Morris Josh 5:9-12; Psalm 32; Cor. 5:16-2; Luke 15:1-3, 11b-32	28	29 7:00 Men's Grp	30 9 BSF 5:30 TOPS 6 Handbell 7 🎵 Choir	31 8:30 TOPS		