

The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

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Rev. Gary Heaton



May 2022

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From the Pastor:

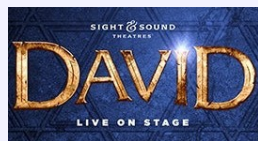
The Apostle Paul never met Jesus in the pre-resurrection. Paul gave us the gift of expressing his relationship with the risen Lord Jesus who he experienced through the powerful work of the Holy Spirit. As we move past the time of Easter and towards Pentecost, I find the writings of Paul extremely helpful in my understanding of living a faithful Christian life in 2022. When Paul wrote in 1st Corinthians describing the Body of Christ as the living church, he gave us the image of what it is to be a healthy church doing ministry in the world. God has gathered an impressive group of disciples here at Kernstown UMC and we are blessed to welcome new members and update our directory every quarter. After Easter, the worship at Kernstown UMC will be blessed to receive the ministry of many different people offering their gifts of leadership, preaching, prayer, music, and praise. I look forward to listening to a sermon that is offered by a lay person sharing the gift of preaching. I pray that each of us can identify the part of the Body of Christ that we play. I believe that no one in the church is here with nothing to offer the Body. As I approach the end of my first year of appointment to Kernstown UMC, I am impressed with the faithfulness of this congregation and its place in the community. I hope to begin some work of identifying and empowering the ministry of the laity, not only inside the church, but also out in the community. Please share with me any sense you have of the work of the Spirit in your life. It is one of the greatest honors of ministry to help someone else discover the work of Christ in and through themselves. The greatest challenge a church with gifted lay people has is to come to a united vision of what God's will is for us, not as individuals, but as a united church. I pray the Holy Spirit will give us a clear calling for our work in the community and world.

Grace and Peace

Gary

Worship & Wonder

"David"- A bus has been chartered to go see "David" at the Sight & Sound Theater in Lancaster



on Tuesday, June 28. The bus will leave the KUMC parking lot promptly at 7:00 a.m. and will return around 6:15 p.m. The cost of the trip, which includes transportation, the show, and buffet lunch at Bird-in-Hand Restaurant (tax & gra-

tuity included), will be \$149. If you are interested, please contact Lorraine Shelton at 540-771-8301.

THANK YOU - Throughout the Lenten season, we have had many people behind the scenes ensuring that we had what was needed to present various aspects of taking raw materials to make thread. Then using that thread in many different ways (knitting, sewing, weaving) to create beautiful garments and acces-

sories. A special thank you goes to Audrey Dorton who made multiple God's eyes and the hand-out for Easter morning. We are so blessed by Audrey's willingness to share her creative talent and to all the others who gave so willingly of their time and talent.

Hope you had a blessed Easter. Lorraine

Finance Report

March Offering \$23,121.78
Budget Needs \$25,109.48
Difference **\$ 1,979.70**

Care & Connect

Health Ministry – Purpose is to promote Wholistic health & 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. Cell 540-303-3135, Email dorismiller@yahoo.com.

Blood Pressure Checks will resume when safe after COVID.

COVID Update: CDC April 15, 2022 **Community transmission is LOW** In Winchester & Frederick Co., VA.

*Stay up to date with COVID-19 vaccines and booster

*Get tested if you have symptoms.

*People may choose to wear a mask based on personal preference.

*Maintain improved ventilation in public indoor spaces by bringing fresh outdoor air into a building by opening multiple doors & windows. You will notice that the windows in sanctuary will be partially open to improve ventilation.

Walk with a DOC - Walks in May are on Wed., May 11, at 11 am-12 pm ->Topic: My New Medications Costs, What?! Tips for Lowering Your Drug Costs, Dr. William Bender and on Sat. May 21, at 9-10 am.->Topic: Sun's Out: How to Keep Your Skin Glowing & Healthy, Dr. Michon Bechamps

Scripture: Psalm 91:11 For He will give His angels charge of you to guard you in all your ways.

Health Education: Cancer Prevention Eating well and moving more can improve your health, help you feel better, and protect you against cancer.

1. Move More. Adults – Get at least 150 minutes of moderate or 75 minutes of vigorous activity per week
2. Sit Less. Avoid long periods of sitting or lying down especially while watching TV, using your cell phone, playing computer or video games.
3. Follow a healthy eating pattern with a focus on plant sources.

- *Foods high in vitamins, minerals, and other nutrients
- *Foods that are not high in calories
- *A colorful variety of vegetables – dark green, red, and orange
- *Fiber-rich beans and peas
- *A colorful variety of fruits
- *Whole grains (in bread, pasta, etc) and brown rice

A healthy eating pattern means limiting or not including:

- *Red meats like beef, pork, and lamb
- *Processed meats like bacon, sausage, luncheon meats, and hot dogs
- *Sugary drinks, including soft drinks, sports drinks, and fruit drinks
- *Highly processed foods and refined grain products

Tips for a healthy eating pattern

- *Fill most of your plate with colorful vegetables, fruits, beans, and whole grains
- *Choose fish, poultry, or beans as your main sources of protein instead of red meat or processed meats
- *If you eat red or processed meats, eat smaller portions

Ref: American Cancer Society

Hospitality - See flyer below:



Reach & Serve

United Women in Faith News

(formerly UMW) **Sisters-in-Christ**

Scripture: "Go, eat rich food, and drink something sweet," [Nehemiah] said to them, "and send portions of this to any who have nothing ready!... Don't be sad, because the joy from the Lord is your strength!" *Nehemiah 8:10*

Next Meeting: Tuesday, May 10th, from 10 to 11:30 AM in the fellowship hall.

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

Prayer Partner: John Mann UWF. Include their unit in your prayers.

Donations for local charities from money raised from Soup and Bread Sales & Souls for Soles : \$200 Laurel Center, \$200 Red Wagon, \$200 Week-day Religious Education, \$200 Bright Futures

Reach & Serve, Cont'd.

UMCOR Kits for conference: We will continue this project through May. You may contribute by:

- * giving a complete kit (shopping list on half blue sheets in narthex)
- * select an item from the slips in the blue bucket
- *write a check to UMW and note **KIT** on the memo line

From your Lay Leader

I will always remember what happened to me on April 1, 1973. During the evening worship service, I knelt at an old wooden bench in the sanctuary of Rosedale Christian Church. I remember praying, "God, I haven't lived long enough to do anything really bad? I've been reading the Bible. I read that everyone is born a sinner. I don't want to be one anymore. I asked Jesus to come live in my heart. I always had a nagging thought. When would I be a mature Christian. I attended Sunday School faithfully. I prayed haphazardly. If I prayed more, is that how I'd "get there?" I recall a conversation I had with Kitty Skiles. She was a longtime member of my former church. She took me and my kids under her wing and mentored me in many ways. I asked her when she became a wise and mature Christian. Kitty was in her 70s then. She laughed almost until she cried. Kitty had been a Christian most of her life. She was active in the UMW, went to Annual Conference, cooked in the church kitchen, and prayed for lots of people. Still she hadn't become a mature Christian. I went deeper into thought as my question didn't appear to have an answer. That conversation took place about 30 years ago. I've taught classes, facilitated small groups, served on district committees, been a lay speaker and lay leader, taken Disciple classes, and so on. I've learned that is what John Wesley meant by saying "we Methodists are moving onto perfection." We mature when we see Jesus face to face. Until then, I will "keep on, keeping on." Thanks for joining me on the road to glory.

Cathy Richard

Reach & Serve, Cont'd.

Jubilee Kitchen

On Saturday, June 18, 2022, we will be serving at Jubilee Kitchen. Jubilee Kitchen is sponsored by the First Presbyterian Church in Winchester. This is a ministry that serves lunch to the homeless and less fortunate in our community. Due to COVID, the meals had been served as TO GO and they did not need a lot of help. They have now opened their doors and are serving sit down meals. We will need 10 to 15 volunteers on June 18th. Volunteers will help setting the tables for the patrons, preparing food, serving food, and clean up. Volunteers will need to arrive at 10 a.m. and should finish by 1:00 p.m. There will be a sign-up sheet in the narthex beginning Sunday, May 15th. If you have questions, please feel free to contact Cathy Lichvar or the church office. Please consider being part of this ministry to our community.

Educate & Equip

Youth Event - May 22,

more details soon,
Spread the word &
Save the date



VBS July 10-15 , More info soon,

Text Kelly 540-247-6231 to help, or
email vthenshaw@comcast.net



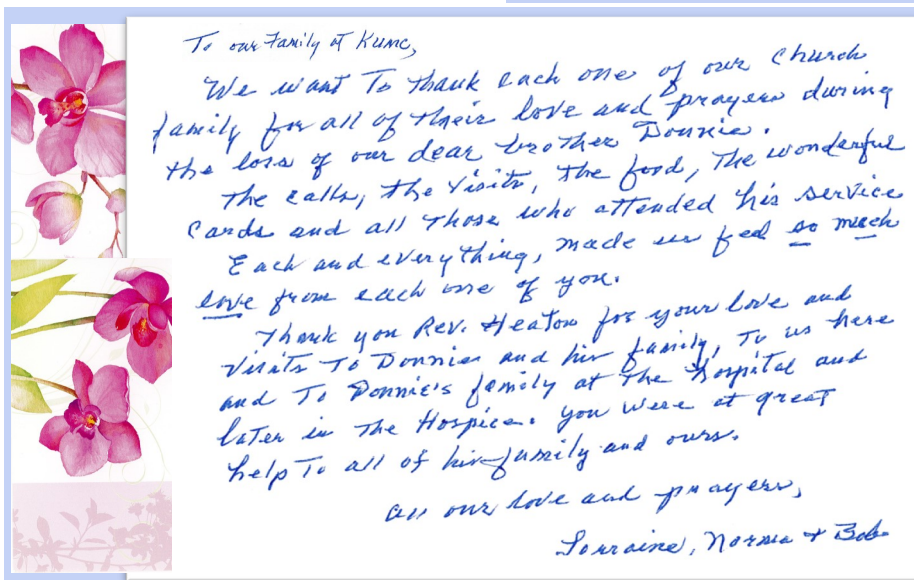
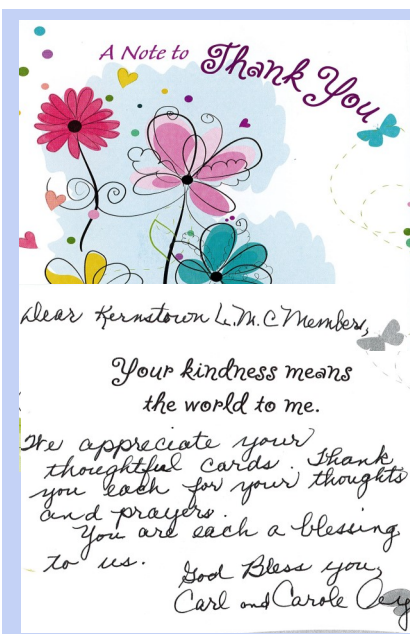
Anniversaries

	Date	#
Scott & Karen Ridder	01	29 th
David & Kristy Donohoe	03	24 th
Robert & Catherine Augustine	06	
Gary & Loretta Lantz	11	54 th
Steve & Cheryl Spurr	11	
Roy & Mary Walker	12	44 th
Ric & Sandy Dunkle	16	41 st
Lee & Ruth Folger	16	31 st
Mark & Pamela Lipscomb	18	37 th
Matt & Sandy Duvall	22	
Bill Tumblin & Madonna Sponaugle	30	18 th

Birthday or Anniversary missing?
Please contact the office.

Birthdays

Bradley Charles	01
Selena Littman	01
Peggy Gillich	02
Kelly Henshaw	04
Ryan Michael	04
Gary Heaton	05
Jacob Henshaw	05
Steve Straight	05
Michael Morgan	07
Dennis O'Neal	07
Mary Kathryn Clark	08
Bette Cossentine	08
Sonya Hess	10
Priscilla Minor	10
Jacob DeHaven	11
Krista Baker	12
Brian Henshaw	12
Jo Anne Carper	13
Steven Dobbin	13
Jerry Chapman	14
Carroll Fuller	14
Hillary Nesselrodt	14
Stacey Umbenour	14
James Ambrose III	15
Bill Erbach	15
Brenda Long	15
Michelle Scott	16
Scott Keeler	17
Stephen Vann	17
Lisa Yowell	18
Todd Wise	19
Jackie Rhinaman	21
Jayne Craig	23
John Elder	24
Jo-Ann Larrick	25
Jean Snider	25
Austin Shipp	26
Marilyn Stelzl	27
Russell Creswell	29
Linda Fuller	29
Lesley Rickard	29
Gary Tisinger	29
Mike DeHaven	30
Kevin Ecker	31
Breanna Wilhelm	31



Directory Additions Welcome New Members

Judy Allen, ph. 727-410-6370
103 Knollwood Ct, Winchester VA 22602
Dennis O'Neal, ph. 540-247-7435
126 Armstrong Pl, Winchester, VA 22602

Paper copies of our most recent
directory are located in the narthex in
the cubby by the coat rack. Please let
us know of any needed updates!

**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

May 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Native American Ministries Sunday 9:00 Sunday School 10:20 Worship 11:15 Bus Trip-Fredericksburg-Camelot Acts 9:1-6 (7-20); Psalm 30 Rev. 5:11-14; John 21:1-19	2	3 6:30 Trustees	4 9:BSF 11 Prayer & Care 5:30 TOPS 6 Handbell 7 ♪ Choir	5 8:30 TOPS 7 SPPRC	6	7
8 Mother's Day 9:00 Sunday School 10:20 Worship Acts 9:36-43; Psalm 23; Rev 7:9-17; John 10:22-30	9 7 Reach & Serve	10 10 UWF 7:00 Men's Grp	11 9:BSF, 5:30 TOPS 11 Prayer & Care 1 Staff Mtg 2 Worship & Wonder 6 Handbell 7 ♪ Choir	12 8:30 TOPS 6:30 Trustees	13	14
15 5 th Sunday of Easter 9:00 Sunday School 10:20 Worship 11:30 Birthday Fellowship Luncheon Acts 11:1-18; Psalm 148; Rev 21:1-6;	16 12 Newsletter Deadline	17 11 Care & Connect	18 9:BSF 11 Prayer & Care 5:30 TOPS 6 Handbell (Last) 7 ♪ Choir	19 8:30 TOPS	20	21 9 Crafting Group Fellowship Hall
22 6 th Sunday of Easter 9:00 Sunday School 10:20 Worship 11:30 YOUTH Event Acts 16:9-15; Psalm 67; Rev 21:10, 22-22:5; John 14:23-29	23	24 7:00 Men's Grp	25 9:BSF 11 Prayer & Care 5:30 TOPS 7 ♪ Choir (Last)	26 Ascension of the Lord 8:30 TOPS 6 Educate & Equip 7 Church Council Acts 1:1-11; Psalm 47; Eph. 1:15-23; Luke 24:44-53	27	28
29 Ascension Sunday 9:00 Sunday School 10:20 Worship Acts 16:16-34; Psalm 97; Rev 22:12-14, 16-17, 20-21; John 17:20-26;	30 Memorial Day Office Closed	31	June 28 Sight & Sound July 10-15 VBS July 17 New Member Sunday			

Check out our photos on the website under Media tab, Photo Gallery or at <https://kernstownumc.org/photos>