

The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

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Pastor Gary Heaton



November 2021

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FROM THE PASTOR

When you join a choir, one of the first things that often happens is that you are given a choir ROBE. The robe represent your inclusion in a group that is dedicated to glorifying God by offering their gift of singing in worship. Historically, a choir robe covers up any flaws or dirt that may be on your cloths and also makes the choir look as though they belong to a unified body.

Though not necessary, choir robes bring a sense of reverence and acknowledgment of special service for those who wear them. It is not uncommon to be given a choir robe that belonged to a prior member of the choir, and it is an encouraging feeling to think of carrying on the service of the person who wore your robe before you did.

In a sense, everyone in the church wears a robe that belonged to someone else. We have all inherited faith and service of the Saints of God who were members of the church before us. On All Saints Sunday (November 7th) we will remember the saints of our church who have died in the last year. We will also remember and celebrate all the saints who have gone before us and now commune with God in eternity. When you come to worship on Nov. 7th, I pray you will come with a sense of reverence and thanksgiving for the ones who wore the robes before us. The choir at Kernstown UMC recently purchased new robes which they have not been able to wear often because of COVID. I like to think that if we listen well when the choir sings (wearing the robes), we can hear the voices of the saints singing with us as we all commune with God, each other, and all the saints.

P.S. Remembering that saints come in all sizes, a "Children's Time" will be offered for young ones during the sermon who will rejoin us in the sanctuary for Holy Communion. Please bring or invite children to church so they can join in worship with all the saints.

Gary Heaton



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: 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 will resume when safe after COVID

COVID Update: Booster doses of COVID19 Vaccines have been approved by the FDA. If you have been fully vaccinated, check with your doctor if you should receive a booster dose. If you are not fully vaccinated with COVID Vaccine, CDC recommends that you receive it. COVID vaccines are available at some pharmacies and physician offices. Continue to follow COVID guidelines to prevent spread of the disease:

- * wash hands frequently with soap and water for 20 seconds or hand disinfecting gel
- * If you are fully vaccinated, a mask is not required, but you may wear a mask if you feel more comfortable
- * 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 and contact your physician.

FLU Season: It's time to get your

Flu Shot if you haven't. Guidelines are similar to those for COVID 19 to help slow the spread of germs that cause respiratory illnesses like flu (nose, throat, and 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 11am – 12pm. Meet at the Valley Health Wellness and Fitness Center in the lobby. Arrive 30 minutes early to check in.



Next walk will be on November 10th.

Health Education: Walking Health Benefits *“If we live in the Spirit. Let us also walk in the Spirit.” Galatians 5:25*

You carry your own body weight when you walk. This is known as weight-bearing exercise. **Health Benefits:**

- * **Burn calories** Walking can help you burn calories. Burning calories can help you maintain or lose weight. Your actual calorie burn will depend on walking speed, distance covered, and your weight.
 - * **Strengthen the heart** Walking at least 30 minutes a day, five days a week can reduce your risk of Coronary Heart Disease.
 - * **Can help lower your blood sugar.** Taking a short walk (15 min) after eating may help lower your blood sugar.
 - * **Eases joint pain** Walking can help protect the joints, including your knees and hips. That's because it helps lubricate and strengthen the muscles that support the joints. Walking may also provide benefits for people living with arthritis, such as reducing pain. And walking may also help prevent arthritis.
 - * **Boosts immune function** Walking may reduce your risk for developing a cold or the flu and may lessen symptoms if you get sick.
 - * **Boost your energy** Going for a walk when you're tired may be a more effective energy boost than grabbing a cup of coffee. Walking increases oxygen flow through the body. It can also increase levels of cortisol, epinephrine, and norepinephrine. Those are the hormones that help elevate energy levels.
 - * **Improve your mood** Walking can help your mental health. It can help reduce anxiety, depression, and a negative mood. It can also boost self-esteem and reduce symptoms of social withdrawal. To experience these benefits, aim for 30 minutes of walking or other exercise three days a week.
 - * **Tone your legs** Walking can strengthen the muscles in your legs.
 - * **Creative thinking** Walking may help clear your head and help you think creatively. Walking opens up a free flow of ideas and is a simple way to increase creativity and get physical activity at the same time
- Staying safe while walking** To ensure your safety while walking, follow these tips:
- * Walk in areas designated for pedestrians.
 - * Wear sturdy shoes with good heel and arch support.
 - * Wear loose, comfortable clothing.
 - * Drink plenty of water before and **after** your walk to stay hydrated.

Reference: Healthline Written by Jane Chertoff and medically reviewed by J. Keith Fisher. Nov. 8. 2018

Operation Christmas Child



Matthew 28:19 commands us to...go therefore and make disciples of all nations....

Did you know that OCC isn't just about giving boxes of toys to children and making them smile? In addition to receiving the fun-filled boxes, children receive a Gospel presentation in their language. This is the first time many kids hear about the love of Jesus Christ. Children share the Gospel with their families, and this often leads to churches being formed. Participating in Operation Christmas Child is a way we can spread the Gospel to all nations in the pursuit of making disciples.

Check out Yuri's story of how OCC opened the door for her to recognize God's plan for her.

<https://video.samaritanspurse.org/yuris-story/>

Reminders about OCC at KUMC

Filling an OCC Box

- * If you haven't picked up a box to fill, pick up as many as you want from the Nursery.
- * Filled Boxes are **due back at KUMC by Nov. 7th**.
- * Put filled boxes in the Nursery. DO NOT tape the box shut because volunteers at the processing center go through the boxes to make sure there are no prohibited items.
- * Tape the gender/age label on the outside of the box.
- * If you are donating the \$9 shipping cost, please put the envelope inside the box on top of the items.

What is a **WOW** item? This item is the star of the show when the child opens the box. Examples: doll, a soccer ball and pump, outfit of clothing, small musical instrument, stuffed animal, toy truck, backpack, etc.

What items are prohibited? Candy, gum, food, drink mixes, toothpaste, liquids or lotions, medications, vitamins, war-related items such as toy guns, military figures, knives, breakable items such as glass containers, aerosol cans

Donating Items—Please turn in donated items by Nov 7. Place them in the box in the nursery

Build a Box Online—Please let the church know the number of boxes you built.

Check out the OCC link on the KUMC Website for more ideas, information, videos etc.

<https://www.samaritanspurse.org/what-we-do/operation-christmas-child/#>

Lisa Dawson



Everyone's Invited

**Operation Christmas Child
Packing Party:**

**Thursday, November 11, 6:00-8:00
in the Fellowship Hall**

YOUTH



Youth are encouraged to invite your family and friends to a night of singing, storytelling and s'mores around the campfire at

The Heaton's

**Sunday, November 7th at 5:00 pm
392 Rocky Bluff Rd. Strasburg, VA**

UNITED METHODIST WOMEN



Next Meeting:

Tuesday, November 10th from 10-11:30 am in the fellowship hall. All women of KUMC are invited.

Program: World Thank Offering

Bring your offering for missions

Prayer Partner for 2021:

Greenwood UMW - Keep their Unit and members in your prayers

Upper Room:

We now have both regular print & large print copies. Leave donations in jar in Narthex to pay for them.

Projects of UMW:

- * **CCAP** –non- perishable food & diapers for Red Wag-on. Place donations in tub in Mission Room.
- * **Plastic caps from Coke Bottles for Pediatric Dialysis**
Place the plastic caps in the container in Mission Room

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

SOLES FOR SOULS



Mission Project! All members of KUMC are encouraged to participate in this project of UMW for missions. Count the number of shoes that you have and multiply by \$.50 /pair.

Mail check to **Cheryl Spurr** or place with offerings on Sunday. Write – UMW “Soles for Souls” on memo line. Address: **2845 Packer St, Winchester, VA 22601**

Doris Miller, President UMW

CHILDREN'S CHURCH



Starting in November, Kernstown UMC will begin offering a Children's Church program. Children start in the sanctuary with their parents. Miss Vicky & Miss Beth will invite those ages 3-9 to accompany them to the nursery room for a Children's Church program of story, song, and prayer, to last about 15 minutes. Then the children will be returned to their parents in the sanctuary for the time of communion and closing hymn. Parents are welcome to join their children, if desired. All who enter the nursery room will need to wear a mask. Parents are welcome to email Beth Heaton elscanoe@yahoo.com with any questions.

SUNDAY SCHOOL

The Current Events Sunday School Class meets at 9:00 a.m. on the second floor. Our goal is to use our christianity to solve today's problems. In November, we will explore "out of body & near death" experiences; holistic medicine & ageing well, the welfare system, and divorce. We have a chair just for you. *Larry Sullivan*



CCAP THANKSGIVING DINNER DONATION LIST

*Items need to be at the church by **Nov 14th**
Questions, Contact Steve Spurr*

Frozen Turkeys
Disposable Aluminum Roasting Pans
Stuffing Mixes/Boxes
Canned Gravy (No Glass)
Canned Fruit
Cake Mixes/Icings
Canned Sweet Potatoes/Yams
Boxes of Mashed Potatoes (Scalloped, Au Gratin)
Ocean Spray Cranberry Sauce
Boxed Desserts (Jell-O, Brownies, Puddings)
Marshmallows
Gift Cards (Martins, Aldi & Walmart)



NEW MEMBERS

Please welcome the following new members to Kernstown UMC and add them to your directory:

Dave & Sherry Ford

126 Bleeding Heart Dr.
White Post, VA 22663

Steve & Karen Wells

207 Bridgewater Dr.
Stephens City, VA 22655

**Our next New Member Sunday is
the second Sunday next month,
December 12!**

ANNIVERSARIES

Danny & Wendy Aube	11/02
Brian & Kelly Henshaw	11/13
Jimmy & Maria Castro	11/16
Margo & Rick Young	11/25
Barbara & Ed Cooper (45 th)	11/27



*Thanks for your sincere condolences,
cards, and the dish garden after my Dad's
recent & sudden passing. I feel blessed!*
Pam Brannon (Admin. Asst)

BIRTHDAYS

Carole Ay	11/01
Mary Kay LaFollette	11/02
Lynn Martin	11/02
Jeanne Seckman	11/02
Nancy Tisinger	11/03
Doug Chapman	11/06
Sarah Gordon	11/06
Eugene Wise	11/06
Noah Bloxom	11/07
Shirley Dick	11/08
Hannah Minter	11/08
Arthur Morgan	11/10
Courtney Rust	11/10
Mary Walker	11/10
David Donohoe	11/11
Mary Morgan	11/12
Katie Sanders	11/12
Jim Nesselrodt	11/13
Ginny Birdsong	11/14
Chaz Shull	11/14
Sarah Charles	11/15
Laura Folger	11/15
Jamie Nesselrodt	11/16
John Butler	11/20
Alexis Greene	11/21
David Greene	11/21
Jerry Puffinburger	11/21
Polly Look	11/22
Eric Wilson	11/23
Mark Fuller	11/24
Natalie Whitacre Larrick	11/24
Christopher Hill	11/25
Helen Clevenger	11/27
Kenny Minter	11/27
LaPaula Smith	11/28
Ruth Folger	11/30
Barbara Sankovich	11/30







**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

November 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 Stewardship Sunday  9 Sunday School 10:20 Worship Rev Wells preaching	1 Rev Heaton Vacation (All Week) Fellowship Hall	2 Floor Stripping	3 9:BSF 5:30 TOPS 6 Handbell Practice 7 Choir Practice	4 8:30 TOPS	5	6
7 Daylight Savings Ends All Saint's Sunday 9 Sunday School 10:20 Worship 5 Youth Bon Fire/Heaton's	8	9 10 UMW 	10 9 BSF 5:30 TOPS 7 Choir Practice	11 Veterans Day 8:30 TOPS 6-8 OCC Packing Party F.Hall 	12	13 Wedding Church in use all day (F. Hall & Sanctuary)
14 Veterans Recognition 9 Sunday School 10:20 Worship 2-4 Fellowship Hall in use	15 12 Newsletter Deadline 2 Worship & Wonder	16	17 9 BSF 5:30 TOPS 6 Handbell Practice 7 Choir Practice	18 8:30 TOPS 7 Church Council	19	20 9 Crafting Group Fellowship. Hall
21 9 Sunday School 10:20 Worship	22	23	24 8:30 TOPS 9 BSF 12 Office Closed 7 Thanksgiving Eve Service (Combined w/ Opequon Presb.)	25 Office Closed 	26 Office Closed	27
28 1st Sunday in Advent 9 Sunday School 10:20 Worship	29	30				