Kernstown

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April May 2026

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Kernstown UMC

Financial Info

Received $ 34,480.93
Needed $ 26,658.72
Difference $ 7,822.18

Reverend's Word

This winter has felt different.

In my 33 years living in the United States, I cannot remember a season quite like this one. We have seen snowstorms, ice, bitter winds, and freezing temperatures—sometimes all in the same week. It has been relentless. Many of us found ourselves saying, "No more, please. No more," longing for warmer days and clearer skies.

Yet even as we waited for spring, our hearts were drawn to those who struggled the most. We thought of neighbors without shelter, families burdened by high utility bills, workers who lost income because they could not safely travel, and those who faced illness or emergencies in the midst of dangerous conditions. We remembered the elderly shoveling driveways, the injured recovering from falls, and the many whose daily lives were disrupted.

And still—there were moments of grace.

Children laughed while building snowmen. Families gathered around warm fires. Some rediscovered the gift of time together. Even in the harshness of winter, glimpses of joy broke through.

Perhaps that is what this season has been teaching us.

Winter has a way of revealing both hardship and hope. It invites us to draw closer—to God and to one another. In those long, cold days, we were given opportunities: to pray more deeply, to read Scripture more intentionally, to check on a neighbor, to care for those in need, and to be the hands and feet of Christ in a hurting world.

As we now turn toward Easter, we are reminded that our faith is rooted in this very movement—from hardship to hope, from suffering to new life.

In the final days before the cross, Jesus walked through what must have felt like a long and bitter winter. There was betrayal, pain, uncertainty, and grief. Yet through it all, he remained rooted in God's presence. And on the third day, God did what only God can do—bringing life out of death, hope out of despair.

That is the promise of Easter.

Spring has arrived. The earth is waking up. Flowers are beginning to bloom. The cold is giving way to warmth. And in the same way, the Resurrection proclaims to us that no winter—no matter how long or harsh—has the final word.

Hope is not just coming.
Hope is here.

Christ is risen. And because He lives, we are invited to live with renewed faith, renewed joy, and renewed purpose—carrying the hope of Jesus into our community and into the lives of all we meet.

Yes, spring is here.
Yes, hope is here.
But most important of all—
The Resurrection is here.

Important Newsletter Update—This is **the last bulk mailing of paper copies** of our newsletter. Future newsletters will be emailed to the majority of our members and registered friends/visitors. We will use your same email from our weekly distribution list. If you do not currently receive our weekly email from the office with the pastor message, calendar for the week and pew prayers, please call the office and provide us your current email. You can also email office@kernstownumc.org. Paper copies of the newsletter will still be available in the narthex at any time for you to pick up. Those who are homebound with no internet access will still be mailed a newsletter thru the mail. Newsletters and bulletins are always available via our website kernstownumc.org

Care & Connect

Our mission is keeping people in our congregation safe and connected to God and each other. Through fellowship, food, visiting, health ministry, and sharing information about our lives, we believe the Holy Spirit moves throughout our congregation and community.

Care & Connect Meeting -We meet the first Tuesday of every other month at 10 am in the fellowship hall. Our next meeting is May 5 . All church members are welcome to attend.

Prayer & Care - You are welcome to join Pastor Victor and our group on Wednesdays at 11 am in the fellowship hall as we pray for our congregation and the needs of our members. Complete the yellow attendance cards in the pew racks each Sunday for attendance and list any prayer requests that you may have.

Prayer Chain KneeMail – Contact Cathy Lichvar via cell 540-664-7280, email prayer@kernstownumc.org or from the web kernstownumc.org/prayer-request. Contact her or call the church office with info on any immediate need for prayer, such as admission to hospital, deaths of loved ones, etc.

Fellowship times together-following worship service, save these dates: **April 19** for Fellowship Brunch followed by Sight & Sound Theater Video presentation by Worship and Wonder.

May 24 for Covered Dish Fellowship Luncheon to celebrate Pentecost – the birthday of the Church and our birthdays. During the luncheon we request that you sit at the table with people who have the same birthday month as you. Care & Connect will provide Fried Chicken. We will have 12 birthday cakes – one for each month. If you would like to make one of the cakes, contact Polly Look. *Doris Miller, Chairperson.*

Coffee/Teatime with Pastor Victor every Sunday at 10:00 – 10:20.

Name Tags – continue to wear name tags each Sunday to assist in remembering names.

Health Ministry

Parish Nurse: Doris Miller BSN, RN, Faith Community Nurse, 540-303-3135, email dorismmiller@yahoo.com

Blood Pressure Checks: 2nd & 4th Sundays in mission rm. outside fellowship hall after service.

Walk with a DOC (Exercise**)** – 2nd Wed.'s at 11 am. Meet at Valley Health Wellness & Fitness Center for a talk by a physician and walk around the lake with others for exercise.

Medical equipment – we have some equipment that can be loaned out for temporary need. The district also has free medical equipment as well as disposable medical supplies – wound care, ostomy needs, catheter supplies, orthopedic support, etc.

Health Education Scripture James 2:26 *For just as the body without the spirit is dead, so Faith without works is also dead.*

Health Care Decision and Organ Donation Do you have an Advance Directive and Organ Donation Directive? Anyone over 18 years should have one. It is easy to complete. Five Wishes is approved by the Virginia General Assembly. Copies can be found in the Narthex. It does not have to be notarized in Virginia, but your signature needs to be witnessed by 2 persons. If you have questions or need help com-

Reach & Serve

The **Reach and Serve Ministry** strives to proclaim the Gospel beyond the doors of KUMC as it serves the community and the world. We encourage the congregation to spread the Gospel through acts of compassion, service and evangelism to those who have yet to hear the Good News.

Each of you should use whatever gift you have received to serve others as faithful stewards of God's grace in its various forms. 1 Peter 4:10

New meeting time and day:
4:30 pm on the 2nd Monday of every other month. Future meeting dates are May 11, July 13, Sept. 14, Nov. 9. We meet in the DeMoya Room on the 2nd floor . All are invited to our meetings. We welcome your ideas to Reach and Serve and hope to see you at our next meeting.

NEW: FREEDGE SANDWICH MINISTRY starting April 13 at KUMC 4:00-4:30. On the 2nd Monday of each month, Reach & Serve will be making deli sandwiches at KUMC. Volunteers for the Freedge Ministry will pick up the sandwiches from KUMC on Tuesday morning and deliver them with their normal delivery of food from CCAP. Everyone is invited to help make sandwiches. Any cash/check donation to this new ministry is appreciated. Please include a memo with your donation to designate it for the Freedge Sandwich Ministry. **Dates** for Sandwich making: April 13, May 11, June 8, July 13, Aug. 10, Sept. 14, Oct 12, Nov 9, Dec 14

FREEDGE Ministry? Weekly volunteers needed What is a FREEDGE? A FREEDGE is a refrigerator filled with free food that is accessible to anyone. KUMC provides 1 or 2 weekly volunteers on Tuesdays to pick up food from CCAP around 11 am, transport it and fill the FREEDGE at Montague Ave UMC. The time commitment is no more than 1 hour. Want to volunteer? Sign -up sheet is on the Ministry Table in the Narthex.

***Starting April 14: Pick up sandwiches from KUMC before picking up CCAP donations.**

If you have questions about Reach and Serve, contact Steve Wells or Lisa Dawson

UMCOR (United Methodist Committee on Relief) **Hygiene Kits.** Due to hurricanes, floods, tornadoes, earthquakes, and fires, KUMC will be collecting items for Hygiene Kits and Menstrual Hygiene Kits during May. See display of items needed on ministry table in Narthex. Due by May 24 with dedication of kits on May 31. Exact Items needed**:**

Hygiene Kits: 1 one-gallon size re-sealable bag, 1 Hand Towel, 1 washcloth, 1 comb, 1 toenail or fingernail clipper, 1 bath size soap (3 oz or larger) – no Ivory or Jergen's Soap, 1 adult toothbrush, and 10 adhesive bandages (3/4 by 3 inches)

Menstrual Hygiene Kits: 1 one-gallon size re-sealable bag, Two 2 oz bottle hand sanitizer, Three 4-gallon bathroom trash bags, One travel pack of wet ones, 10 tampons (5 regular and 5 super absorbency) – unscented, 10 sanitary napkins – unscented, long super ultra- thin, One bath-size soap (3 oz bar or larger), one pack of flushable wipes (42 count), and six laundry detergent sheets (placed inside of a small plastic storage bag prior to being added to the kit). Doris Miller

UWF – United Women in Faith

Meetings – Tuesday, April 14 and Tuesday, May 12 at 10 am in Fellowship Hall

Reading Program – Complete your reading form as you read books and report to Polly Look. All members of church are welcome to read the books. Just sign out the book and sign in when you return.

Recycling Plastic Bottles. Only plastic bottles are accepted for recycling, no other plastics. Place other plastics in the trash. Place plastic bottles in the blue recycling container in the fellowship hall.

Cookbooks – We still have cookbooks at $3 each in the mission room outside the Fellowship Hall. See Doris Miller or Cheryl Spurr to purchase.

Spring Fundraiser for missions outside our area. Homemade bread and Quarts of homemade soup were picked up on February 15. We made $737 on this project with thanks to you.

Father's Day –the UWF will be leading the Worship Service on June 21. During the service we will have a candle burning for the women that have gone to be with their heavenly father during the past year. We will be collecting money in memory of these persons for missions. Doris Miller, President

E&E—Educate & Equip

Isaiah: Wesley Bible Studies
Our next study is the book of Isaiah from the *Wesley Bible Studies.* This series provides a thoughtful and powerful survey of key scriptures from the book of Isaiah. It combines commentary from contemporary teachers, with highlighted quotes from the writings and life experiences of John Wesley, along with the poetry and hymns of his brother Charles. Please join us, upstairs at 9am on Sundays beginning April 12. Questions, see Ric Dunkle or Carolyn Carney.

VA Annual Conference

Update from Lisa Dawson, KUMC delegate to VA Annual Conference

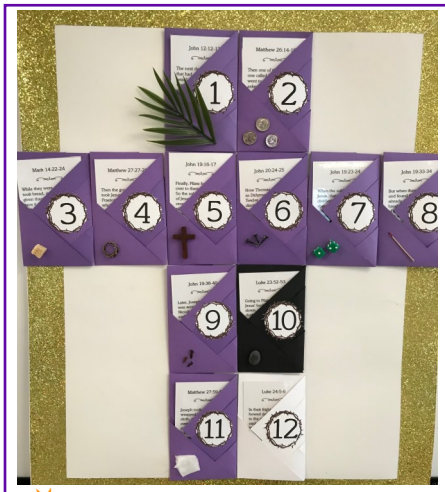
I have been your Virginia Annual Conference Delegate for a few years, and I am excited to invite you to experience it. Since this year's conference takes place just an hour away from KUMC, you have the opportunity to experience the worship and music; the teaching sessions; the powerful sermons from Bishop Sue Haupert-Johnson and others; the moving ceremonies recognizing those who are retiring; those who are now in the arms of Jesus; and those who are just beginning their work to answer the call for ministry. In addition, you can attend the business sessions and learn how the decisions impact the diverse needs of all churches, whether they are rural, metropolitan, small town, over 100 years old or brand new, congregations over 1000 or those with less than 25, or churches that offer services and ministries in languages other than English. I have always returned from Annual Conference in awe of how we are all connected through Christ, despite out diversity.

Since our district, the Shenandoah River District, is hosting the Annual Conference, we are called on to help with many tasks- see below. Whether you want to attend the conference for a couple of hours or a couple of days, the District could use your help. I have been told that the volunteer sign-up goes live on April 1. shenandoahriverdistrict.org

If you have any questions regarding Annual Conference, please don't hesitate to contact me.

Hope to see you at Annual Conference!
Lisa

Dear Church Family.
I cannot thank you enough for your care and concern for me since my diagnosis.
Your prayers have filled me with so much peace. Your cards are so uplifting. Thank you for your calls that tell me that you are praying for me. I love you all so much and I'm so grateful that you love me too!
Love, Charlie Donohoe



Holy Week Devotional Chart

Rear & Office Entrance Sidewalk Repair

Hanging Lenten Drape

Bring fresh flowers to decorate the cross at the 6 am Sunrise Service at Opequon &/ or our 10:30 service at Kernstown on Sunday, April 5

UNITED STATES POSTAL SERVICE

USPS mail issues causing delays: Currently we mail out 10 bulletins a week to some of our homebound. The post office has been returning them to us. It is just a glitch in their system at the distribution center and they are aware, bear with us.

From Thursday TOPS class (Taking off Pounds Sensibly)

THANK YOU March 1, 2026

Dear Mr. Ford,

I wish to thank you and other members of the Board of Trustees for allowing members of TOPS Chapter VA-0427, a nonprofit weight-loss support group, to meet in the church fellowship hall for the past several years. Our sponsor was Betty Lou Langager, a member of our group and a member of your congregation.

We found Kernstown United Methodist Church a convenient and welcoming place to meet and received excellent support and communication from Administrative Assistant Pam Brannon. In turn, we hope we proved to be worthy and cooperative guests of the church's hospitality. We thank you most sincerely for the opportunity to meet within the church's walls.

Sincerely, Chrissie Beck
Secretary

MASTERPIECE

Birthdays

April

Lucinda Erbach	01
Gussie Lee	01
Nelda Harless	09
Cody Williams	13
Susan Wills	14
Caroline Fields	16
Vauda Gaye Adams	23
Jim Park	23
Christina Rust	23
Todd Wise	23
Gary Lantz	25
Steven Wells	26

May

Barbara Wise	01
Peggy Gillich	02
Kelly Henshaw	04
Ruvimbo Nenge	04
Gary Heaton	05
Jacob Henshaw	05
Steve Straight	05
Dennis O'Neal	07
Bette Cossentine	08
Daniel Conklin	10
Sonya Hess	10
Jacob DeHaven	11
Krista Baker	12
Brian Henshaw	12
Jo Anne Carper	13
Steven Dobbin	13
Bill Erbach	15
Brenda Long	15
Ayanda Nenge	17
Jackie Rhinaman	21
Jan Sweet	22
John Elder	24
Marilyn Stelzl	27
Mike DeHaven	30

Brianna & Edward Jackman	4/15	3rd
Steven & Jean Ann Ayers	4/20	
Chris & Kathy Lutz	4/21	35th
Gary & Loretta Lantz	5/11	58th
Steven & Cheryl Spurr	5/11	
Roy & Mary Walker Jr.	5/12	48th
Ruth & Lee Folger	5/16	35th
Ric & Sandy Dunkle	5/16	45th
Victor & Heather Gomez	5/17	
Bill Tumblin & Madonna Sponaugle	5/30	22nd

Sympathies to the families of JoAnn Larrick, (2/28/26) and Ruth Clowser (Dolly Park's mother & Stacey's grandmother) (2/27/26)

JOHN Puzzle

Find the words below in the puzzle - left, right, up, down or diagonally.
Leftover letters form a mystery answer.
Last puzzle answer: Resurrection

Believer, Beloved, Churches, Comforted, Domitian, Endurance, Epistles, Eternity, Exile, Faithful, Fire, Fisherman, Friend, Galilee, Glory, Grace, Hope, Humility, Imagery, James, Jerusalem, Judgment, Light, Miracles, Patience, Promises, Splendor, Suffering, Testified, Thunder, Tomb, Trumpets, Warnings, Water, Witness, Writer, Zebedee

M	I	R	A	C	L	E	S	T	E	P	M	U	R	T
R	T	H	U	N	D	E	R	E	V	E	I	L	E	B
E	G	O	B	W	A	R	N	I	N	G	S	S	N	E
T	L	P	M	F	R	I	E	N	D	N	T	A	D	L
A	O	E	O	S	A	L	I	D	A	I	M	Y	U	O
W	R	I	T	E	R	I	F	I	F	R	D	R	R	V
R	Y	Y	N	S	P	J	T	I	E	E	T	E	A	E
O	T	T	E	I	S	I	E	H	T	F	H	G	N	D
D	I	I	M	M	M	D	S	R	F	F	G	A	C	J
N	N	L	G	O	I	I	O	T	U	U	I	M	E	A
E	R	I	D	R	F	F	P	C	L	S	L	I	X	M
L	E	M	U	P	M	G	R	A	C	E	A	E	I	E
P	T	U	J	O	W	I	T	N	E	S	S	L	L	S
S	E	H	C	R	U	H	C	E	E	D	E	B	E	Z
G	A	L	I	L	E	E	C	N	E	I	T	A	P	M

Kernstown UMC April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:30 TOPS 11 Prayer & Care *fh* 6 Handbells 7 Choir	**2 Maundy Thursday** **7 Holy Communion Foot/ Hand Washing Service**	**3 Good Friday** 11 Music Dir hrs *11-3:30 Bridge fh* **7 Tenebrae Service**	**4**
5 Easter 6 Sunrise Service/Brkfst (Opequon Presby. Shelter) 10 Coffee 10:30 Worship/Cantata	**6** Easter Monday Office Closed	**7** *12-4 Bridge fh* **10 UWF** 10:30 Freedge 11 Music Dir hrs	**8** 9-11:30 BSF 5:30 TOPS 11 Prayer & Care *fh* 6 Handbells 7 Choir	**9** **6:30 Trustees**	**10** *11-3:30 Bridge fh*	**11**
12 2nd Sunday after Easter 9 Encounter 10-10:20 Coffee Time 10:30 Worship w/ Heather Gomez Preaching	**13** 4 R&S Sandwich Making	**14** *12-4 Bridge fh* 10:30 Freedge 11 Music Dir hrs	**15** 9-11:30 BSF 5:30 TOPS 11 Prayer & Care *fh* 6 Handbells 7 Choir	**16**	**17** 11-3:30 Bridge *fh*	**18**
19 3rd Sunday after Easter 9 Encounter 10-10:20 Coffee Time 10:30 Worship Brunch & Movie *MOSES*	**20**	**21** *12-4 Bridge fh* 10:30 Freedge 11 Staff Meeting 11 Music Dir hrs	**22** 9-11:30 BSF 5:30 TOPS 11 Prayer & Care *fh* 6 Handbells 7 Choir	**23** **4 Church Council**	**24** 11-3:30 Bridge *fh*	**25**
26 4th Sunday after Easter 9 Encounter 10-10:20 Coffee Time 10:30 Worship	**27**	**28** *12-4 Bridge fh* 10:30 Freedge 11 Music Dir hrs	**29** 9-11:30 BSF 5:30 TOPS 11 Prayer & Care *fh* 6 Handbells 7 Choir	**30**		

Kernstown United Methodist Church
Worship at 10:30 | Rev. Dr. Victor Gomez
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Pam Brannon, *Admin. Asst./Communications Coordinator*
David Landrum, *Dir. Music;* Kelly Henshaw, *Chancel Choir Director*
Charles Harless, *Pastor Emeritus;* Ric Dunkle, *Lay Ldr.*,
Cathy Lichvar, *Treas.;* Doris Miller, *Parish Nurse*

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April & May 2026 Lectionaries
4/01 Isa 50:4-9a; Ps 70; Heb 12:1-3; John 13:21-32
4/02 Exod 12:1-4, (5-10), 11-14; Ps 116:1-2, 12-19; 1 Cor 11:23-26; John 13:1-17, 31b-35
4/03 Isa 52:13-53:12; Ps 22; Heb 10:16-25; John 19:1-42 or Mark 14:1-15:47
4/04 Job 14:1-14; Ps 31:1-4, 15-16; 1 Peter 4:1-8; Matt 27:57-66 or John 19:38-42
4/05 Jer 31:1-6; Ps 118:1-2, 14-24; Col 3:1-4 or Acts 10:34-43; John 20:1-18 or Matt 28:1-10
4/12 Ex 15:1-11; Ps 111; 1 Pet 1:3-9; John 20:19-31
4/19 Isa 51:1-6; Ps 34:1-10; 1 Pet 1:17-23; Luke 24:13-35
4/26 Ezk 34:7-15; Ps 100; 1 Pet 2:19-25; John 10:1-10
5/03 Prov 4:10-18; Ps 119:9-32; 1 Pet 2:2-10; John 14:1-14
5/10 Ezk 34:1-7; Ps 115; 1 Pet 3:13-22; John 14:15-21
5/14 Dan 7:9-14; Ps 24:7-10; Eph 1:15-23; Luke 24:44-53
5/17 Isa 45:1-7; Ps 21:1-7; 1 Pet 4:12-14; 5:6-11; John 17:1-11
5/24 Num 11:24-30; Ps 104:24-34, 35b; 1 Cor 12:3b-13; John 7:37-39
5/31 Gen 1:1-2:4a; Ps 8; 2 Cor 13:11-13; Matt 28:16-20

Bring fresh flowers to decorate the cross at the 6 am Sunrise Service at Opequon &/or our 10:30 service at Kernstown on Sunday, April 5

Kernstown UMC May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Closed Apple Blossom Friday Bridge	**2**
3 5th Sunday after Easter 9 Encounter 10-10:20 Coffee Time 10:30 Worship w/ Rev Wells preaching	**4**	**5** Cinco De Mayo *12-4 Bridge* **10 Care & Connect** 10^{30} Freedge 11 Staff Meeting 11 Music Dir hrs	**6** 11 Prayer & Care *fh* 6 Handbells 7 Choir	**7** National Day of Prayer	**8** 11-3^{30} Bridge *fh*	**9**
10 Mother's Day 6th Sunday after Easter 9 Encounter 10-10:20 Coffee Time 10:30 Worship	**11** 4 R&S Sandwich Making **4:30 Reach & Serve Mtg**	**12** *12-4 Bridge fh* **10 UWF** 10^{30} Freedge 11 Music Dir hrs	**13** 11 Prayer & Care *fh* 6 Handbells 7 Choir	**14** **6:30 Trustees**	**15** 11-3^{30} Bridge *fh*	**16**
17 Ascension Sunday 9 Encounter 10-10:20 Coffee Time 10:30 Worship	**18** Summer Newsletter deadline	**19** *12-4 Bridge fh* 10^{30} Freedge 11 Music Dir hrs	**20** 11 Prayer & Care *fh* 6 Handbells 7 Choir	**21**	**22** 11-3^{30} Bridge *fh*	**23**
24 PENTECOST WEAR RED 9 Encounter 10-10:20 Coffee Time 10:30 Worship Birthday Potluck Fellowship	**25** Memorial Day Office Closed	**26** *12-4 Bridge fh* 10^{30} Freedge 11 Music Dir hrs	**27** 11 Prayer & Care *fh* 6 Handbells 7 Choir	**28** **4 Church Council**	**29** 11-3^{30} Bridge *fh*	**30**
31 Trinity Sunday 9 Encounter 10-10:20 Coffee Time 10:30 Worship						