

# The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

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

Rev. Gary Heaton



December 2022—January 2023

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## From the Pastor



Wrapping paper is all around us in the seasons of Advent and Christmas. Wrapping paper conceals the gift that is inside. In an age where there is so much data, information and transparency, where conversations are put on hold in order to ask google for the answer, and instant responses are the currency of our relationships; there is power in the ability to accept on faith. The Gospel of Jesus Christ is a good gift that we can give to others. Our worship theme for Advent and Christmas this year is ***“Unrevealed Until Its Season.”*** On Sunday mornings, we will explore the messianic secret that the birth of Christ unwrapped for the world. We will sing and pray and proclaim the message of HOPE, JUSTICE, LOVE, & PEACE.

This year at Kernstown UMC, everyone will be offered a wrapped gift to take home and open on Christmas Eve. The gift inside can be brought to the manger at our Christmas Eve Candle Light Service on December 24<sup>th</sup> at 7:00 PM. If you have a friend or neighbor who you can invite to worship, they too will receive a wrapped gift. The bow on top of the gift affirms that what is inside is good news. The ribbon promises that salvation is complete and held together by hope. The quality wrapping paper shows the care taken by Christians to share God’s love. The box and padding represent the preciousness of the Christ Child.

I pray that people will come to believe that the ministries at Kernstown United Methodist Church have something good for their lives. I pray that God’s Spirit will draw more people to worship as they see the good work and witness of this congregation in the community. I hope that 2023 will be a year of growth and abundance for the Body of Christ here in Kernstown and that the Gospel will be shared freely and generously. Please take this year’s Advent and Christmas theme as an opportunity to invite a neighbor to church where something good awaits them and where Jesus can bring redeeming love into their lives.

Rev. Heaton

The 2023 slate of Lay Leadership are listed on page 5. They are also available in the cubby by the coat closet (please pick one up for your refrigerator) . All leaders are encouraged to take part in the **Wesley Covenant Service** on January 8, 2023.

## October Finance Report

Tithes & Gifts Received	\$ 31,387
Need to meet Budget	\$ 24,239
Difference	\$ 7,148

**New Members Class** - Our next New Member Sunday is December 11, 2022. Orientation classes will be November 20, 27, & December 4. If you have any questions, please see Rev. Heaton or call the church office



NEW

**Members Class**

Find Out More About Our Church

## Care & Connect

**Health Ministry** - Purpose is to promote Wholistic health & prevent/minimize illness at KUMC and the surrounding community. Contact **Parish Nurse** 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, 540-303-3135, [dorismmiller@yahoo.com](mailto:dorismmiller@yahoo.com).

**Blood Pressure Checks** 2<sup>nd</sup> & 4<sup>th</sup> Sundays in fellowship hall after service.

**COVID Update:** Nov 11, 2022- Community level has continued to be **LOW** in both Winc. & Frederick Co., VA.

**COVID 19 Test Kits** - a case of test kits has been donated to KUMC. They are in the narthex above the coat rack.

**Flu Season** - it is time to receive your flu vaccine from your physician or pharmacist.

**Walk with a Doc** - November through January - only on the 2<sup>nd</sup> Wednesday, Dec. 14 at 11 am - 12. Meet at Valley Health Wellness and Fitness Center for a talk by a Physician and walk around the lake with others.

**Friends & Family CPR** - This has been canceled, we did not have enough persons signed up for class.

**Scripture:** "Pray without ceasing." 1 Thessalonians 5:17. "Pray for one another that you may be healed." James 5:16

**Health Education:** Health means the state achieved when a person's mind, body, and spirit work as God created them to do. Healthy practices and habits need to be developed and practiced

to reduce the risk of illnesses and injuries.

These healthy practices include prayer, reading the Bible, attending church/worship, seeing your health care provider, healthy nutrition, regular exercise, controlling anger, hand-washing, forgiveness, respect of self and others, non-violence, and love.

Studies show that people who are prayed for (intercessory prayers) experience less complications, do better, heal faster, have less pain, receive less antibiotics and diuretics, have fewer visits to doctor, and spend less time in the hospital when hospitalized.

Further studies show that people who pray tend to get sick less often, live healthier and longer lives, lower blood pressures, fewer strokes, fewer heart attacks, and less depression, and when depressed, recover faster.

Studies of prayer review that all forms of prayer evoke a relaxation process that decreases stress, soothes the body, and promotes healing.

Prayers of repetition of sound and words cause healing effects as in The Lord's Prayer and meditation. Ref.: Ruth E. Williams

**Prayer Requests** via our website under **CARE** [kernstownumc.org/prayer-request](http://kernstownumc.org/prayer-request). This mailbox is checked two times daily. When a request is received, they are sent to the KneeMail and phone group, or you can email your prayer request directly to [prayer@kernstownumc.org](mailto:prayer@kernstownumc.org).

## Educate & Equip

**Children's Encounter in the Sunday School hour** continues to be offered in Room 2 upstairs, with the exception that there will not be a class held on Christmas Sunday morning, Dec. 25.



**Children's Church during the worship hour** also continues, with children ages 3-8 leaving the worship service for twenty minutes of fellowship, prayer, song, and story in the nursery room with Ms. Vicki and Ms. Beth. *All children are always welcome to choose to stay with their parents for the entire church worship service.*

**A few more volunteers are needed for these two children's programs**, to either take a turn once a month co-teaching, or simply to put their names on a "substitute list" in case teachers have to cancel at the last moment. Church membership and willingness for a church-paid background check are the qualifications needed to volunteer to work with children at Kernstown UMC.

THANKSGIVING CARDS



Care & Connect work area and the Prayer & Care group signed cards for our shut-ins. Thanks to Cathy Richard for crafting these beautiful cards for this wonderful ministry!

**Lost & Found:** Please check the coat rack and shelf for items left from last season. We also had a pair of sunglasses turned into the office this week.





## Reach & Serve

### Jubilee Kitchen—Volunteers Needed

On Saturday, Dec. 17, we will be serving at Jubilee Kitchen. Jubilee Kitchen is sponsored by the First Presbyterian Church in Winchester. This is a ministry that serves sit-down meals/lunch to the homeless and less fortunate in our community. We need extra folks to volunteer this month! Volunteers will help setting the tables for the patrons, preparing food, serving food, and cleaning up. Plan to arrive at 10 a.m. and should finish by 1:00 p.m. The sign-up is in the narthex. If you have questions, contact Cathy Lichvar or the office. Please consider being part of this ministry to our community.

### United Women in Faith (UWF)

**Sisters-in-Christ, Scripture:** "May the God of hope fill you with all joy and peace in faith so that you overflow with hope by the power of the Holy Spirit" Romans 15:13

**Christmas Luncheon (off-site):** Tuesday, December 13<sup>th</sup> at 11:00 at the Italian Delight in Stephens City (Dutch treat). Invite your spouse or friend to attend with you.

**Next meeting:** Jan.10 from 10-11:30 am in the fellowship hall. Program will be Installation of Officers for 2023. Shenandoah River Dist. Pres., Mary Preston, will install our officers.

**Upper Room:** when you take a copy of Upper Room, leave a donation in the jar next to them in the narthex

**Cookbooks:** We still have cookbooks at \$3. They make good Christmas gifts and are in mission room, leave money for them in jar.

### Fundraisers for local missions: "Lighting the Path to the Christ Child"

Thank you to all who donated to this project for local missions.

**WATTS DINNER - KUMC** will prepare and serve dinner to WATTS clients on Wednesday, December 28, during the week that Opequon Presbyterian Church is hosting WATTS.

**UMCOR CLEANING KITS** – Thank you for your donations. We collected 5 Cleaning Kits which Doris Miller delivered to the district at the District Charge Conference on 11/6.

**Thank You** on behalf of Bright Futures of Fred-



erick/Winchester for your generous donation of backpacks, school supplies, and food. Because of donations like yours, Bright Futures is able to provide...

- Weekend food packs to over 1,200 students each week
  - Clothing/Coats to students in need
  - School supplies so every student has the tools to be successful
  - Hygiene items & household necessities to support students & families.
- Without donors like you, Bright Futures would not be able to provide these services to our students and their families. Thank you for making our mission possible. Thank you again for your generous donation and we look forward to a continued relationship.



### BASATA ~ Be A Santa To A Senior ~

Once again we are participating in the Santa program for local seniors in the community thru Home Instead. We received 47 tags. A few tags have only 1 request, but most have requested 8-20 items. Please take only 1 tag initially to allow the entire congregation to pick a client. When choosing a client, perhaps buddy up with someone if you want to get them all or most of their requested items. Requests are generally for pjs or sweat pants, slippers, gloves/scarves, blankets, treats, toilet paper, tissues, cleaning supplies in addition to a gift card or a personal item. Have fun shopping! Tags will be out on 11/27 and are due back on Sunday, 12/11. Tape the tag to your box or bag with the unwrapped gifts and place them under the tree.



A Community Thanksgiving Dinner will be Thursday, Nov. 24 from 11:30-2 pm. Take out meals or delivery will be coordinated at FPC. Call 540-773-9418 **before Nov 22** to order a meal for pickup or delivery. Monetary donations may be sent to First Presbyterian Church 116 S.Loudoun St., Winchester, VA 22601 –memo "Community Thanksgiving Dinner." Special thanks to our corporate sponsors, church partners, business supporters, faith communities, other organizations & individuals for making this happen.

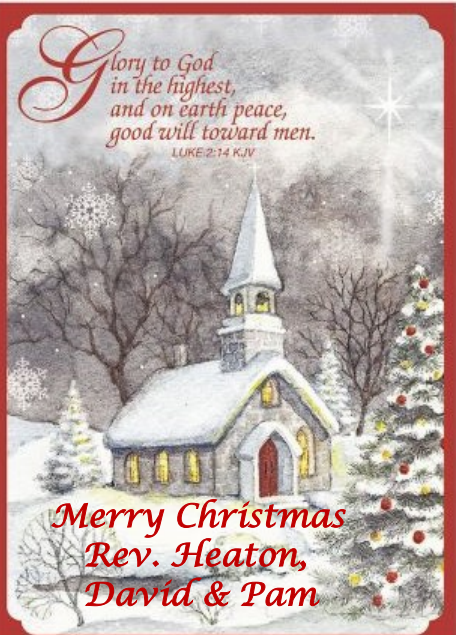
See bulletin board by the elevator for more information.

CCAP  2022

### Christmas Food List:

Canned Yams  
Canned Green Beans  
Marshmallows  
Cranberry Sauce  
Boxed potatoes  
Gravy packets/cans  
Dressing/Stuffing Mix  
Brownie/cookie mix  
Pancake mix  
Cooking Oil  
Roasting pans  
Turkeys  
Hams

**Christmas items due Friday, Dec 2 Thanks!**



## Worship & Wonder

**CHRISTMAS EVE** - This year you will have the opportunity to participate in two different worship services. The first one is the traditional Christmas Eve service with communion at 7:00 p.m. The second one is new and more casual. We are calling it "Campfire Christmas Eve." Starting at 11:00 p.m., we will have a campfire in the parking lot where we can gather to read the story of the nativity, sing Christmas carols, and light candles while singing "Silent Night." If the weather is inclement, the service will be cancelled. Please come out to celebrate the birth of Jesus.

**CHRISTMAS DAY SERVICE** - Since Christmas is on Sunday this year, the 10:20 a.m. service will be "Come as You Are." It will be a time of sitting around the manger singing carols and secular songs, reading scripture, and remembering a special gift we received or an event that has special meaning. The songs that we will be singing will be from the requests that will be collected on December 18.

**CHRISTMAS DECORATING** - A great big "Thank You!" to all those who came out on Friday, Nov. 25, to beautifully decorate the church for the Christmas season.

**Worship Greeters/Scripture Readers**  
Thank you all so much for your willingness to serve in 2022. Our worship is made more meaningful by the lay participation. Your dedication and flexibility in making the schedule "happen" has been a blessing.

2023 fast approaches as does the need to fill the calendar once again. This year, there will be an online sign-up for the greeter & one for the reader:

<https://www.signupgenius.com/go/10c0e48aaa72fa5f4cf8-greeters> and

<https://www.signupgenius.com/go/10c0e48aaa72fa5f4cf8-readers>. Please check your schedules & begin signing up. Call Susan Hill at 540-303-2852 with questions or if you want her to sign you up.

**CHOIR**—It's the holiday season and the music ministry is alive and well all year long but definitely at Christmas. We are focused on the anticipation of the ultimate gift in this year's theme and awaiting the arrival of the Baby Jesus. However, you won't have to wait long to sing your favorite Christmas music. Every Sunday will be packed with Christmas music. On the 18th of December the choir will present the cantata "Miracle in a Manger." That's a perfect conclusion to our Advent theme. Of course, there will be some wonderful music on Christmas Eve. Last but not least there will be a big Christmas sing along on Christmas Day morning of sacred and secular Christmas classics. It's an exciting time. The music ministry will take a break for a couple of weeks but the wonderful service music won't stop. Bells and choir will resume rehearsals January 4th and we are always welcoming new people. It's such a great time of fellowship and we continue to bring the love of Jesus to the world through glorious music. Any questions about the music ministry contact David Landrum or Kelly Henshaw.



## December Birthdays

Catherine Augustine	01
Katie Hill	02
Olivia Scott	03
Cleatus Spitznogle	03
Roland Creswell	04
DeLaney Newcome	05
George Rust	05
Steven Ayers	06
Jonathan Hill	06
Tina Raia	06
Michelle Stonesifer	09
Mike Newcome	10
Jennifer Ambrose	11
Gerard Avvenire	11
Roger Hill	11
Jeffrey Matthews	12
Margaret DeMayo	13
Richard Nenge	13
Carl Ay III	14
Carla Ay	14
Dana Williams	14
Clinton Ritter Jr.	15
Loretta Lantz	16
Judy Chapman	17
David Dye	17
Aria LaRusso	17
Michael McWhorter	17
Darren Carper	18
Sandy Duvall	18
Tammy Look	19
Tearah McWhorter	19
Sandra Keiter	20
Marie Cheshire	21
Ashley Bowman	22
Jeremiah Brown	22
Margaret Anderson	23
Fred Cheshire	23
Debbie Martin	24
Roy Walker Jr.	24
Steve Wilhelm	24
Kenny Martin Jr.	26
Nora Seabright	26
Sandy Wilson	26
Nancy Chick	27
Virginia Ebbs	27
Lorraine Wilson	28
Aiden Fields	29
Emma Fields	29
Ronald Harding	29
Kevin Mosser	29
Danielle Mango	30
McKenna Newcome	30
Madonna Sponaugle	30
Wendy Aube	31



## Dec & Jan Anniversaries

Jonathan & Jennifer Hill	12/04	12 <sup>th</sup>
Jim & Dolly Park	12/06	48 <sup>th</sup>
Bryan & Kim Renner	12/08	
Doug & Nora Seabright	12/20	19 <sup>th</sup>
Bob & Adrienne Greatorex	12/22	49 <sup>th</sup>
DeAnn & Scott Whitacre	12/14	31 <sup>st</sup>
Gary & Beth Heaton	12/30	39 <sup>th</sup>
Steve & Linda Straight	12/23	45 <sup>th</sup>
Will & Ann Rodgers	01/18	65 <sup>th</sup>







### January Birthdays

Austin Renner	01	Gerri McDonald	20
Charles Hale JR	02	Emily Folger	21
Amy Park	02	Courtney Creswell	22
Grace Lewis	03	Irene Gates	22
Adrienne Greateorex	06	Paul Burchard	24
Betty Lou Langager	06	Nicholas Dawson	24
Concetta Shipp	06	Zachary Dawson	24
Jim Markley	10	James Smith	24
Janine Avvenire	11	Brayden Wilkins	24
Brittany Dillow	11	Michael Wilkins	24
Emilie Epstein	12	Nicholas Kelchner	25
Linda Straight	12	J. L. Snider	26
Sharon Mills	15	Edna Renner	29
Beth Heaton	16	Addison Sanders	29
Don Adams	17	Pam Wilson	29
Jennifer Hill	17	Barbara Baltimore	31
Lisa Manuel	18	Brenda Homer	31
Blane Wilson	18	Ginger Matthews	31
Justin Childs	19	Edwin Shipp	31
Aaron Rust	19		

#### Directory Updates/Corrections:

If you have any updates to your mailing address, phone number, email, birthday or anniversary, please contact the office via email, phone or website:  
[office@kernstownumc.org](mailto:office@kernstownumc.org) | 540-667-7298 or  
[www.kernstownumc.org](http://www.kernstownumc.org) **About tab—>contact us.**  
 Directory copies are located in the narthex in the cubby.

## Kernstown UMC Leaders for 2023

#### Church Council

Brian Henshaw  
 Cathy Richard  
 Steve Spurr  
 Roy Walker  
 Trustee Chair tbd  
 Cathy Lichvar  
 Lisa Dawson  
 Doris Miller  
 Addison Fields  
 Danna Doyle  
 Danny Aube  
 Roger Hill  
 Ric Dunkle  
 Steve Wells  
 Lorraine Shelton  
 Cathy Richard  
 Rev. Heaton



#### Nom. & Leadership Dev.

Rev. Heaton  
 Cathy Richard  
 Mary Anton  
 Barbara Cooper  
 Lisa Dawson  
 Sandy Dunkle  
 Carolyn Fields  
 Jerry Puffinburger  
 Carolyn Sibert  
 Eugene Wise

#### SPPRC

Steve Spurr  
 Lisa Dawson  
 Cathy Richard  
 Judy Allen  
 Carolyn Carney  
 Daniel Conklin  
 Ric Dunkle  
 Carolyn Fields  
 Barbara Mosser  
 Richard Nenge  
 Karen Wells

#### Finance

Roy Walker  
 Rev. Heaton  
 Lisa Dawson  
 Brian Henshaw  
 Steve Spurr  
 Trustees Chair tbd  
 Cathy Richard  
 Lisa Dawson  
 Polly Look  
 Cathy Lichvar  
 Roger Hill  
 Gary Lantz  
 Kevin Mosser

#### Trustees

Chair tbd  
 Steve Ayers  
 Jerry Chapman  
 Dave Ford  
 Susan Hill  
 Chris Lutz  
 Brenda Long  
 Dennis O'Neal  
 Larry Sullivan



January 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Epiphany Sunday New Year's 9:00 Encounter 10:20 Worship Rev Erbach Preaching <i>Eccles. 3:1-13; Psalm 8</i> <i>Rev. 21:1-6a; Matthew 25:31-46</i>	<b>2</b> Office Closed	<b>3</b> 12-4 Bridge f.hall	<b>4</b> 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 6 Handbells ♪ 7 Choir ♪	<b>5</b> 8:30 TOPS fh	<b>6</b> Epiphany of the Lord	<b>7</b> Un-deco-rate church
<b>8</b> Baptism of the Lord <b>Wesley Covenant Srvc.</b> 9:00 Encounter 10:20 Worship <i>Isaiah 42:1-9; Psalm 29</i> <i>Acts 10:34-43; Matthew 3:13-17</i>	<b>9</b>	<b>10</b> 10 UWF f.hall 12-4 Bridge f.hall	<b>11</b> 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 6 Handbells ♪ 7 Choir ♪	<b>12</b> 8:30 TOPS fh 11 Staff Mtg 6:30 Trustees	<b>13</b>	<b>14</b> Crafting All Day in fh, Cathy Richard
<b>15</b> 2nd Sunday after the Epiphany 9:00 Encounter 10:20 Worship <i>Isa. 49:1-7; Psalm 40:1-1</i> <i>1Corinthians 1:1-9; John 1:29-42</i>	<b>16</b> Martin Luther King Jr Day Ofc Closed	<b>17</b> 11 Care & Connect fellowship hall 12-4 Bridge f.hall	<b>18</b> 9-11 BSF (3 rms upstairs) 11 Service of Prayer for Christian Unity (sanctuary) 5:30 TOPS (DeMoya Rm) 6 Handbells ♪ & 7 Choir ♪	<b>19</b> 8:30 TOPS fh	<b>20</b>	<b>21</b>
<b>22</b> 3rd Sunday after the Epiphany 9:00 Encounter 10:20 Worship <i>Isaiah 9:1-4; Psalm 27:1, 4-9</i> <i>1Cor. 1:10-18; Matthew 4:12-23</i>	<b>23</b>	<b>24</b> 12-4 Bridge f.hall	<b>25</b> 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 6 Handbells ♪ 7 Choir ♪	<b>26</b> 8:30 TOPS fh 7 Church Council	<b>27</b>	<b>28</b>
<b>29</b> 4th Sunday after the Epiphany 9:00 Encounter 10:20 Worship <i>Micah 6:1-8; Psalm 15</i> <i>1 Cor. 1:18-31; Matthew 5:1-12</i>	<b>30</b>	<b>31</b> 12-4 Bridge f.hall				

**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  
Pam Brannon, Administrative Assistant

Phone: (540) 667-7298  
Email: [office@kernstownumc.org](mailto:office@kernstownumc.org)  
Web: [www.kernstownumc.org](http://www.kernstownumc.org)

<i>Merry Christmas</i>		December 2022				
December 2022   Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 8:30 TOPS	<b>2</b>	<b>3</b>
<b>4</b> 2 <sup>nd</sup> Sunday of Advent 9:00 New Member Class 9:00 Encounter 10:20 Worship Isaiah 11:1-10; Psalm 72:1-7, 18-19; Romans 15:4-13; Matthew 3:1-12	<b>5</b>	<b>6</b> 11-4 Bridge & lunch fh 6:30 Trustees 7:00 SPPRC	<b>7</b> 9-11 BSF 11 Prayer & Care 5:30 TOPS 6 Handbells 7 🎵 Choir	<b>8</b> 8:30 TOPS 7 Church Council	<b>9</b>	<b>10</b>
<b>11</b> New Member Sunday 3 <sup>rd</sup> Sunday of Advent 9:00 Encounter 10:20 Worship Isaiah 35:1-10 Luke 1:46b-55; James 5:7-10; Matthew 11:2-11	<b>12</b>	<b>13</b> 11 UWF Christmas Lunch Italian Delight Stephens City 12-4 Bridge fh	<b>14</b> 9-11 BSF 11 Prayer & Care 5:30 TOPS 7 🎵 Choir	<b>15</b> 8:30 TOPS	<b>16</b>	<b>17</b> 10 Choir 10-1 Jubilee Kitchen at First Presby. Church mall
<b>18</b> Cantata 4 <sup>th</sup> Sunday of Advent 9:00 Encounter 10:20 Worship Isaiah 7:10-16; Psalm 80:1-7, 17-19; Romans 1:1-7; Matthew 1:18-25	<b>19</b>	<b>20</b> 11 Care & Connect 12-4 Bridge fh	<b>21</b> 9-11 BSF 11 Prayer & Care 5:30 TOPS	<b>22</b> 8:30 TOPS	<b>23</b> Office Closed	<b>24</b> Christmas Eve  7 Candlelight Service 11 Campfire & Carols
<b>25</b> Christmas Day 10:20 Worship Isaiah 52:7-10; Psalm 98; Hebrews 1:1-4, 5-12; John 1:1-14	<b>26</b> Office Closed	<b>27</b> 12-4 Bridge fh	<b>28</b> 11 Prayer & Care 5:30 TOPS WATTS Dinner at Opequon Presby.	<b>29</b> 8:30 TOPS	<b>30</b> Office Closed	<b>31</b> New Year's Eve