

# The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

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

Rev. Gary Heaton



Summer 2022

## Inside this issue:

From the Pastor	1
Finance/Budget	
Care & Connect	2
Educate & Equip ~ VBS	
Reach & Serve	3
Worship & Wonder	
Finance	
Lay Leader	
Trustees,	4
Birthdays , Anniv.	
Birth Announcement	
Calendars	5
Staff	
Puzzle	Back

## From the Pastor

Some months ago, our Worship and Wonder work area decided to embrace speaking in other languages as our theme for Pentecost. We experienced the din of speaking in tongues in our worship as the scripture was read in different languages. It was exhilarating.

On Pentecost, we printed Vacation Bible School flyer in both English and Spanish and distributed them to schools and businesses up and down Valley Pike. A sign was put up advertising our VBS in Spanish. As a result we have received registrations from Spanish-speaking people who live in our community, and we anticipate with joy their inclusion in our VBS.

I pray that Kernstown UMC will continue to be a church open to the community surrounding us and willing to make an effort to include those who are new neighbors looking for a congregation where they can belong.

I ask that we all look for opportunities to invite our friends and neighbors to join us in worship so we can all grow in our knowledge and love of God.

Who knows...? God may have you speaking in different tongues.

Gary



## Finance Report

May Offering	\$24,893.07
Budget Needs	\$31,386.85
Difference	\$ 6,493.78

## New Members Classes

Our next New Member Sunday is July 17. Orientation classes will be on July 3 & 10. If you are interested, please reach out to the church office or Rev. Heaton. We would love you to join our KUMC family!



## 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, [dorismiller@yahoo.com](mailto:dorismiller@yahoo.com).

**Blood Pressure Checks** 2<sup>nd</sup> & 4<sup>th</sup> Sundays outside on sidewalk under the trees after service.

**COVID Update:** CDC June 16, 2022 Community level is **MEDIUM** in Winchester & **LOW** in Frederick Co., VA.

\*If you are at high risk for severe illness, consider wearing a mask indoors in public and taking additional precautions.

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

\*Get tested if you have symptoms.

\*Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID 19. Wear a mask on public transportation. You may choose to wear a mask at any time as an additional precaution to protect yourself & others.

**Walk with a Doc**– 2<sup>nd</sup> Wed., July 13, at 11<sup>am</sup>–12 noon and 4<sup>th</sup> Sat., July 23, at 9–10<sup>am</sup>; Aug. 10 at 11<sup>am</sup>–12 noon and Aug. 27 at 9–10<sup>am</sup>. Meet at Valley Health Wellness and Fitness Center.

**Health Education** - 2 Corinthians 1:4a God comforts us in all our afflictions, so that we may be able to comfort those who are in any affliction.

**Be Cool...Avoid Heat Stroke** As temperatures soar in July & August, so do incidences of heat-related illness. Heat stroke or sunstroke can cause brain damage and even death, if not treated immediately. The body becomes unable to regulate its own temperature, which may rise above 105 degrees.

**Every age group is at risk.** Older folks, especially those living alone, should be aware of signs of heat stroke.

**Heat Stroke Signs:**

- \* Fainting or feeling unsteady or dizzy
- \* Changes in behavior (confusion or delirium)
- \* Body temperatures more than 101 degrees
- \* Dry, red/flushed skin
- \* Headache
- \* Strong, rapid pulse or slow weak pulse
- \* Lack of perspiration/sweat despite heat
- \* Nausea
- \* Unconsciousness/coma

**What Should You Do?** If you suspect someone is suffering from heat stroke, **CALL 911**. While waiting for emergency services, move the victim to an air-conditioned or shady area. Put the individual in a cool bath/shower or cover the person with wet towels or sheets. If conscious, offer the person sips of cool water or juice.

**Heat Stroke Prevention:** The best way to prevent heat stroke is to avoid becoming overheated and to stay well-hydrated, avoiding beverages with alcohol, sugar, and caffeine, which contribute to dehydration. Other tips include:

- \* Use air-conditioning or spend at least 2 hours daily in a place that has air-conditioning
- \* Draw blinds or curtains during the sunny part of the day
- \* Cut back on using heat-generating appliances
- \* Wear lightweight, loose clothes that allow perspiration to evaporate
- \* Wear sunscreen, insect repellent, & a wide brimmed hat
- \* Avoid being outside during high sun times, limit outdoor activities
- \* Avoid closed-in or crowded places, especially ones that are not air-conditioned

For people living alone, find a buddy or someone to check in with on a regular basis. *Sources: American Red Cross, MedicineNet.com, National Institute on Aging*

**Hospitality** - Save the date - Church Picnic on September 18. We also hope to have coffee hour after worship in the fall.

**Bridge** - Dick Bowers Bridge Club is now being hosted by KUMC in the social hall every Tuesday at 12:30 PM. Cost is \$5 per person and snacks are provided. Be sure to be early so we can orient you. We play duplicate bridge, and we have an expert teacher available to teach you if you would like to learn.

Duplicate bridge is played by pairs (two people). Come and bring a partner. If you don't have a partner, call Steve Straight at (540) 550-8178.

If you play social bridge, you can pick up duplicate quickly. We hope some of you will join us at our game. We're a very friendly group.

Regards,  
Steve Straight, Club Director

## Educate & Equip

### VACATION BIBLE SCHOOL



What an amazing gift we have been given through Jesus Christ! Come celebrate that gift with us at Vacation Bible School this year, **July 10-15**. We will have programs for all ages and will

explore how God is always working in our lives to give us the ultimate **VICTORY!**

Highlights for the week are set to include:

**FREE** dinner each night starting at 5:15<sup>pm</sup>

**FREE** program each night at 6:00

**FREE** closing celebration on Friday, 7/15 at 6pm including dinner, program, and outdoor fun

Be sure to sign up thru the church's website, [kerns-townumc.org/vbs](http://kerns-townumc.org/vbs) or by

scanning the QR code if you want to attend or help in any way!



Want to help us get ready? We'll be

meeting to create and decorate on the following dates and times:

Tuesday, July 5<sup>th</sup> – 6pm

Thursday, July 7<sup>th</sup> – 6pm

Saturday, July 9<sup>th</sup> – 10am



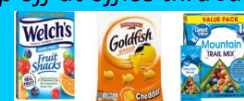
Mission focus is **Bright Futures** – look for the blue info cards to see what we are collecting!

### VBS Donations ~ Bright Futures

Healthy, Child-Friendly  
Single Serve Snacks (*no chips*)

- Trail mix, pretzels, Chex-Mix
- Animal Crackers, Goldfish, etc
- Popcorn, Rice Krispies treats,
- Single-serve cookies, oatmeal cookies
- Real fruit snacks, All-natural fruit crisps, Fruit n' Yogurt snacks, Raisins

Place in Bright Futures donation bins or drop off at office thru July 31<sup>st</sup>



## Reach & Serve

**MISSION** - On Wednesday, June 15<sup>th</sup>, the Reach & Serve Team handed out approximately 30 VBS flyers to families in our community that



came to the Bright Futures food distribution at Frederick Douglas Elementary School. We would like to be a part of the food distribution on July 20<sup>th</sup> and August 3<sup>rd</sup>. Kernstown is blessed with many gardeners that often share their bounty with our congregation. During the food distribution on July 20<sup>th</sup> August 3<sup>rd</sup> we would like to have a table to possibly share the extras from our gardens with the community. If you are a gardener and would like to help with this project, please watch the bulletin and weekly announcements for updates.

Bright Futures also does a "Stuff the Bus" campaign prior to the start of school for school supplies. Once that is over the items need to be sorted and packaged for distribution. The date for that has not been set but will be prior to the start of school. If you would be willing to donate an hour or two of your time to help with this project, please watch the bulletin for future announcements

### **United Women in Faith (UWF)**

**Sisters-in-Christ, Scripture:** You teach me the way of life. In your presence is total celebration. Beautiful things are always in your right hand. Psalm 16:11

**Next meeting:** No meetings in July or August. Next meeting will be on Tuesday, Sept. 13, at 10-11:30<sup>am</sup> in the fellowship hall. Have a wonderful and safe summer. We will assist the Care & Connect Group for a church-wide picnic in September.

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

->

## Worship & Wonder

### **Alter & Communion Stewards Ministry**

Weekly Communion enriches our worship. Setting and clearing the Lord's Supper is a Holy Act of hospitality. We are looking for people who would enjoy setting up the communion table (cutting bread, filling communion cups, etc.) or cleaning up after (removing the elements, cleaning the dishes, and putting them away). If you are interested in participating in this meaningful area, please contact Lorraine Shelton, 540-771-8301.



### **Finance**

Donation Statements thru April were emailed or mailed in June. If you did not receive a statement, or have questions, please contact Roy Walker, Finance Chair at 540-662-6015, Thanks.



**Cookbooks:** We still have cookbooks at \$3. They are in Mission Room. Leave money for them in jar.

**Prayer Partner:** John Mann UWF. Include their unit in your prayers as they pray for us.

**UMCOR Kits for conference:** KUMC was very generous with the UMCOR collection of items. We donated 8 Cleaning Buckets and 30 Hygiene Kits, which I delivered to Duncan Memorial UMC. We also collected 54 lbs of food and 13 School Kits. The School Kits will be given to Bright Futures along with what is collected at VBS. Doris Miller, Pres.

## Message from your Lay Leader

According to Siri, one definition of prayer is a solemn request for help or expression of thanks addressed to God. We experience prayer in various ways. During worship, we read prayers responsively, recite them in unison or speak them aloud when prompted by Pastor Gary. Many songs in our hymnals are prayers. *Breathe On Me, Breath of God* is the first to come to mind.

The congregation of Kernstown UMC is a praying congregation. We collect information off the yellow pew cards weekly. Not only attendance, but visitor information, and joys or concerns are noted. Yes, those cards are used. They are handled by approximately ten individuals. On Wednesdays at 11:00 am, we pray for YOU, (this is a reminder to register your attendance each Sunday). We rejoice with your praises and lift up your concerns.

We also have what I call a Prayer Vine. It is set up that callers have no more than four persons to call, instead of one person calling another who would then call another. There are currently 35 individuals who receive emailed joys and/or concerns. Three of those individuals have a few people to call. If you want to participate as a person of prayer, send an email to [Prayer@kernstownumc.org](mailto:Prayer@kernstownumc.org). This mailbox is checked twice daily. *Please don't send requests to my personal email.* If you do not have internet access and wish to receive a telephone call, please call me at **540.931.2475**. By being active pray-ers, we open ourselves up to a deeper love for others and a richer relationship with God the Father, the Son, and the Holy Spirit. Amen!

Cathy Richard





**Trustee Update:** The trustees want to take this opportunity to thank Dave Ford for refurbishing the playground equipment. He sanded, replaced damaged boards, stained the entire set and replaced the broken climbing steps. Again, we appreciate all his hard work.

We also appreciate Don Adams relocating the mailbox. The mail carrier requested that the box be relocated to make it more accessible, and we thank Don for always stepping up to help.

We also appreciate the donations towards the purchase of the new freezer for the kitchen. The old freezer was purchased many years ago and needed to be replaced.

Jerry Chapman Trustees Chair



## Verse to Remember

*Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."*

John 14:6

### July & August Anniversaries

Carl & Carla Ay III	7/11	24 <sup>th</sup>
Ronald & Patricia Dye	7/15	55 <sup>th</sup>
Mike & Amy Newcome	7/15	22 <sup>nd</sup>
Kenneth & Kelly Whetzel	7/18	
John & Tammy Butler	7/25	35 <sup>th</sup>
Roger & Susan Hill	7/27	
Rich & Ada Lichvar	7/28	10 <sup>th</sup>
Jerry & Judy Chapman	8/03	53 <sup>rd</sup>
Steve & Jennifer Wilhelm	8/12	22 <sup>nd</sup>
Kenneth & RuthAnn Martin	8/16	
Kenny & Lynn Martin	8/16	19 <sup>th</sup>
Gary & Gerri McDonald	8/19	55 <sup>th</sup>
Pam & Jim Franklin	8/22	29 <sup>th</sup>
James & Lisa Manuel	8/25	
Fred & Marie Cheshire	8/31	26 <sup>th</sup>

**Birthday or Anniversary missing?**



**Congratulations** - Richard Nenge just returned from Zimbabwe and is pleased to announce his wife gave birth to a baby girl on May 17. Her name is Ayanda Mazvita Nenge. Ayanda is a Zulu/Ndebele name meaning the first/ first born. Mazvita is a Shona name meaning We thank you. Thank you, Lord.

### July & August Birthdays

Kathryn Henry	7/02	Lori McKinney	8/03
Alan Wilson	7/02	Anthony Ritenour	8/03
Betty Oates	7/04	Gavin Sanders	8/04
Akiko Neuffer	7/05	Suzanne Wilkins	8/04
Aimee LaRusso	7/07	Alyssa Greene	8/06
Greysin Baker	7/08	Paul Morris	8/07
Maria Castro	7/08	Katelynn Homer	8/08
Ada Lichvar	7/09	Wallace McKinney	8/08
Samantha Scott	7/10	Luke Henshaw	8/09
Jim Franklin	7/11	Jennifer Wilhelm	8/09
Charlie Donohoe	7/12	Ginny Morris	8/10
Julie Nesselrodt	7/12	Judy Hilderbrand	8/11
Jane Thomas	7/12	Judy Smith	8/11
Alicia Thomas	7/13	Helen Baylis	8/12
Pamela Lipscomb	7/15	Karen Wells	8/12
Andrew Neuffer	7/15	David Carper	8/13
Jonathan Bowman	7/16	Lee Folger	8/13
Doris Miller	7/16	Ronald Homer	8/13
Terri Taggart	7/17	Emma Shipp	8/14
Helen Fitzner	7/19	Gina Elder	8/16
Charles Harless	7/19	Christine Franklin	8/18
Cheryl Spurr	7/20	Nancy Mango	8/18
Kaitlynn Greene	7/21	Joshua Minor	8/18
Bradley Wilkins Sr	7/22	Gregory Bloxom	8/19
Donna McWhorter	7/23	Jeffrey Bloxom	8/19
Venisa Stonesifer	7/23	Alexandra Scott	8/20
Dolly Park	7/25	Randall Creswell	8/21
Patty Burchard	7/26	Will Rodgers	8/21
Andrew Burns	7/27	Judy Toth	8/21
Dawn W. Fincham	7/27	Bill Yowell	8/21
Aaron Shipp	7/28	Tina Weagley	8/22
Krista Homer	7/29	Jean Ann Ayers	8/23
Tammy Butler	7/30	James Homer	8/23
Jonathan Homer	7/31	Eddie McDonald	8/24
Lindsey Thomley	8/01	Arthur Shelby	8/24
Shawn Weagley	8/01	Robert Augustine	8/25
Patsy Homer	8/02	Bob Greatorex	8/25
Michael Morgan II	8/02	Jacalyn Spitznogle	8/25
Becky Reedy	8/02	Martin Collins	8/26
Julie Staggers	8/02	Matthew Morgan	8/26
Karl Littman	8/03	Lauren Ricketts	8/26
		Seth Anton	8/28

KUMC CHURCH PICNIC!

Save the Date

September 18, 2022

Care & Connect

### Directory

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!

July 2022						
Sun	Mon	Tue	Wed	Thu	Fri	
					1	2
<b>3</b> 4 <sup>th</sup> Sunday after Pentecost 9:00 New Member Orientation 9:00 Sunday School 10:20 Worship~ <i>Luke Henshaw Preaching</i> <i>2 Kings 5:1-14; Psalm 30; Gal 6:1-6 (7-16); Luke 10:1-11, 16-20</i>	<b>4</b> July 4 <sup>th</sup> Office Closed	<b>5</b> 12-4 Bridge f.hall 6 VBS Art Day 	<b>6</b> 11 Prayer & Care 5:30 TOPS	<b>7</b> 8:30 TOPS 6 VBS Art Day 	<b>8</b>	<b>9</b> 10am VBS Art Day 
<b>10</b> 5 <sup>th</sup> Sunday after Pentecost 9:00 New Member Orientation 9:00 Sunday School 10:20 Worship <i>Amos 7:7-17; Psalm 82; Col. 1:1-14; Luke 10:25-37</i>	<b>11</b>	<b>12</b>	<b>13</b> 11 Prayer & Care	<b>14</b> 8:30 TOPS 11 Staff Mtg	<b>15</b>	<b>16</b>
VBS ~ Sunday, July 10 <sup>th</sup> thru Friday, July 15 <sup>th</sup> ~ Meal at 5:15 ~ Program at 6:00						
<b>17</b> New Member Sunday VBS  6 <sup>th</sup> Sunday after Pentecost 9:00 Sunday School 10:20 Worship <i>Amos 8:1-12; Psalm 52 or Psalm 82; Col. 1:15-28; Luke 10:38-42 &lt;</i>	<b>18</b>	<b>19</b> 11 Care & Connect 12-4 Bridge f.hall	<b>20</b> 11 Prayer & Care 12 R & S Resource Fair at Frederick Douglas Elem 2 Worship & Wonder 5:30 TOPS	<b>21</b> 8:30 TOPS	<b>22</b>	<b>23</b>
<b>24</b> 7 <sup>th</sup> Sunday after Pentecost 9:00 Sunday School 10:20 Worship <i>Hos 1:2-10; Psalm 85; Col. 2:6-15 (16-19); Luke 11:1-13</i>	<b>25</b>	<b>26</b> 12-4 Bridge f.hall	<b>27</b> 11 Prayer & Care 5:30 TOPS	<b>28</b> 8:30 TOPS	<b>29</b>	<b>30</b>
<b>31</b> 8 <sup>th</sup> Sunday after Pentecost 9:00 Sunday School 10:20 Worship <i>Hos 11:1-11; Psalm 107:1-9, 43; Col. 3:1-11; Luke 12:13-21</i>	No August Newsletter					

August 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> 12-4 Bridge f.hall	<b>3</b> 11 Prayer & Care 12 R & S Resource Fair at Frederick Douglas Elem 5:30 TOPS	<b>4</b> 8:30 TOPS 2 Small Group *	<b>5</b>	<b>6</b>
<b>7</b> 9 <sup>th</sup> Sunday after Pentecost 9:00 Sunday School 10:20 Worship – <i>Steve Wells Preaching</i> <i>Isa 1:1, 10-20; Psalm 50:1-8, 22-23; Heb 11:1-3, 8-16; Luke 12:32-40</i>	<b>8</b>	<b>9</b> 12-4 Bridge f.hall	<b>10</b> 11 Prayer & Care 5:30 TOPS	<b>11</b> 8:30 TOPS 11 Staff Mtg 2 Small Group 6:30 Trustees	<b>12</b>	<b>13</b>
(Tentative Dates) Replace Sanctuary Floor						
<b>14</b> 10 <sup>th</sup> Sunday after Pentecost 9:00 Sunday School 10:20 Worship <i>Isa 5:1-7 Psalm 80:1-2, 8-19 Heb 11:29-12:2; Luke 12:49-56</i>	<b>15</b> 12 Newsletter Deadline	<b>16</b> 11 Care & Connect 12-4 Bridge f.hall	<b>17</b> 11 Prayer & Care 5:30 TOPS	<b>18</b> 8:30 TOPS 2 Small Group	<b>19</b>	<b>20</b>
<b>21</b> 11 <sup>th</sup> Sunday after Pentecost 9:00 Sunday School 10:20 Worship <i>Jer 1:4-10; Psalm 71:1-6; Heb 12:18-29 Luke 13:10-17</i>	<b>22</b>	<b>23</b> 12-4 Bridge f.hall	<b>24</b> 11 Prayer & Care 5:30 TOPS	<b>25</b> 8:30 TOPS 2 Small Group 7 Church Council	<b>26</b>	<b>27</b>
<b>28</b> 12 <sup>th</sup> Sunday after Pentecost 9:00 Sunday School 10:20 Worship <i>Jer 2:4-13; Psalm 81:1, 10-16; Heb 13:1-8, 15-16; Luke 14:1, 7-14</i>	<b>29</b>	<b>30</b> 12-4 Bridge f.hall	<b>31</b> 11 Prayer & Care 5:30 TOPS	*New small group class. Sign up for book in narthex. The class on Ecclesiastes will begin Thursday, Aug. 4 <sup>th</sup> at 2:00 pm (6 wks). Save the date: Picnic September 18		

**KERNSTOWN UNITED  
METHODIST CHURCH**

3239 Valley Pike  
Winchester, VA 22602-5303

**Return Service Requested**

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](mailto:office@kernstownumc.org)  
Web: [www.kernstownumc.org](http://www.kernstownumc.org)

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

**WORD SEARCH  
ROMANS 8**

This is one of the great chapters of Scripture. In it we find such themes as what it means to walk in the Spirit and how we cannot be separated from the love of God. Find the words taken from this chapter in the word search below.

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

Abba	elect	Jesus	adoption	family
justifies	angels	firstborn	Lord	bondage
flesh	love	called	freedom	Spirit
Christ	fruits	powers	condemnation	heart
glorified	peace	creation	conquerors	
good	purpose	hardship	decay	
died	intercedes	redemption	predestined	