



From the pastor

Growing Together Through Prayer "Lord, teach us to pray..." — Luke 11:1

When the disciples asked Jesus, "Lord, teach us to pray," they were not asking for a new technique or a better set of words. They longed for a deeper relationship with God. That same longing is at the heart of our congregation's prayer campaign, Lord, Teach Us to Pray, and already we are witnessing God at work in beautiful and unexpected ways. Prayer is more than something we do—it is who we are becoming. As we continue this journey together, we are discovering that prayer changes us before it changes our circumstances. It opens our hearts to God's presence, aligns our lives with God's will, and reminds us that we never walk alone.

One of the most encouraging signs has been hearing members talk about finding their chair. During worship we asked, "Where is your chair?" Many have shared that they have intentionally set aside a place in their homes where they meet with God each day. Whether it is a favorite chair by a window, a quiet corner of the house, or the kitchen table before the day begins, these sacred spaces have become places of peace, Scripture, silence, and conversation with God. It is a simple practice that is helping many grow into a deeper relationship with Christ.

The Prayer Altar in the Fellowship Hall has also become a meaningful part of our church family. Inspired by the Western Wall in Jerusalem, worshipers have been lighting candles, writing prayer concerns, thanksgivings, hopes, and celebrations, and placing their prayer notes between the stones. Many have shared that this tangible act of prayer has helped them feel closer to God and reminded them that every prayer is heard. As your pastor, it has been a privilege to gather these prayer requests and carry them to my prayer chair, where I continue lifting each one before the Lord.

Another beautiful expression of this ministry has been the growing use of our "I Say a Little Prayer for You" prayer cards. These simple cards have become a ministry of encouragement as members hand them to friends, neighbors, coworkers, and even strangers who are facing difficult moments. What a powerful witness it is to let someone know that they are not alone and that someone is praying for them. Sometimes the greatest gift we can offer another person is simply this promise: "I am praying for you."

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I say a little prayer for you



Take a card and give it away

Join us August 17-23 for our indoor Labyrinth for personal reflection, meditation, & prayer.



Labyrinth schedule

Monday, August 17, 9-3 pm
Tuesday, August 18, 9-3 pm
Wednesday, August 19, 9-3 pm
Thursday, August 20, 9-3 pm
Friday, August 21, 9-1 pm
Sunday, August 23, before and after worship



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Our first Morning of Prayer and Fasting was another significant milestone in this campaign. Many members spent the morning in Scripture, prayer, silence, and reflection before joining together online at noon for our closing prayer. Fasting reminds us that our deepest hunger is for God alone. By setting aside food for a time, we make room to feast on God's presence, listen more carefully to the Holy Spirit, and renew our dependence upon Christ. Thank you to everyone who participated in this meaningful spiritual discipline.

As we continue through the summer, we invite everyone to take part in the many opportunities to grow in prayer:

- Wednesday Prayer & Care each Wednesday at 11:00 a.m. in the church.
- Weekly Congregational Prayer every Monday at 6:00 p.m., wherever you are, joining together as one church family.
- Open Altar Rail each Sunday during the pastoral prayer for those who wish to kneel in prayer.
- Prayer Labyrinth available for personal reflection and prayer.
- Prayer Walk (date to be announced), as we walk together through our community while praying for our neighbors.
- Drive-Thru Prayer on Wednesday, August 19, from 9:00–10:30 a.m., welcoming anyone in our community who desires prayer.
- Four-Week Prayer Study, beginning Sunday, August 2, at 9:00 a.m., exploring what Jesus teaches about prayer and how prayer transforms our lives.
- Second Morning of Prayer and Fasting on Thursday, September 10, concluding with a live prayer on Facebook.
- Our Prayer Chain Ministry continues to faithfully surround our congregation and community with prayer

Throughout this campaign, our Sunday sermons will continue exploring the many dimensions of prayer. Together we are learning that prayer is not simply a part of the Christian life—it is the very heartbeat of discipleship. John Wesley often reminded the early Methodists that the means of grace are the ordinary ways God forms us into the likeness of Christ. Prayer is one of those precious means of grace. As we pray, God shapes our hearts, strengthens our faith, and equips us to serve the world in Christ's name.

Thank you for embracing this journey. Thank you for praying for one another. Thank you for making room for God in your daily lives. May we continue to pray with the confidence, humility, and expectation of those first disciples: "Lord, teach us to pray."

Pastor Victor



Drive Thru Prayer and crew on July 22. Another opportunity on Wednesday, August 19 from 9-10:30





Annual Conference update

Lisa Dawson, KUMC Lay Delegate, attended the 244th session of the Virginia Annual Conference of the UMC from June 17 – June 20 in Harrisonburg. This year's conference highlights were centered around Reclaiming the Heart of Methodism through a historical and theological approach. Worship sessions celebrated immigrants, women and black Americans who have been called into ministry in the United Methodist Church. Ceremonies for memorials, retirements and ordination were also held. Teaching sessions were lead by Dr. Ashley Boggan, history and theology of Methodism, and Rev. Dr. Candice Lewis, how to reclaim the Heart of Methodism. There were opportunities for Lisa and other KUMC attendees (Steve & Karen Wells, Steve & Cheryl Spurr, Rev. Dr. Victor & Heather Gomez) to fellowship, brainstorm, break bread, volunteer and worship together.

Recordings and photos of all sessions held during the conference can be found by searching Virginia Annual Conference 2026. Click here for more vaumc.ac2026



Annual Conference Update

Educate & Equip - Rick Dunkle, Acting Chairperson

Pastor Victor's August Prayer Series - Sundays at 9 am, upstairs in Classroom 3. Join us as we understand prayer as well as practicing different ways to pray

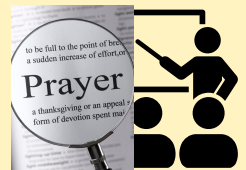
Aug. 2 – Why Pray? Prayer, a Relationship with God - Be still and know that I am God - Taizé

Aug. 9 – Lord, Teach Us to Pray: Learning from Jesus - Understanding the Lord's Prayer

Aug. 23 – Different Forms of Prayer: Thanksgiving, Petition, Intercession – Tongsung Kido

Aug. 30 -Listening to God: Prayer that Transforms Lives – Intercessional Prayer

Encounter will resume in September, watch bulletin for more details.



Lay Servant Ministries - Training Opportunities



VAUMC **VIRTUAL** Fall 2026 Courses, Lay Servant Academy Fall Training, Aug. 14 & 15. Virtual Only, Registration fee per course: \$30.00/\$15.00. Courses will be offered in different modalities and schedules based on the Instructor Schedule. Courses include: *Basic Course, Called To Preach, Spiritual Gifts Climate Justice, Connectional Living and Connectional Giving, The Aging and Ministry in the 21st Century, The Millennial Narrative, and CLM Orientation*. Register by 8/7 and visit vaumc.org/layservantacademy for more.

Local In-Person training with the Shenandoah River District will be on Sat., September 26, at Strasburg UMC. More information coming soon from the district. Check for updates soon on their website at [District Lay Servant Training](#). If you missed the distcit newsletter, click [here](#).





Care & Connect, Doris Miller, Chairperson

Care & Connect Meeting - We meet on the first Tuesday of every other month at 10 am in fellowship hall. All church members are welcome to attend. Next meeting will be on Tuesday, September 1.

Prayer and Care – You are welcome to join Pastor Victor Gomez and our group on Wednesdays at 11 am in Fellowship Hall as we pray for our church family and the needs of our church. Complete the yellow attendance cards in the pew racks each Sunday during worship and list any prayer requests that you may have.

Prayer Chain Knee Mail – Contact Cathy Lichvar via her 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:

- Fellowship Luncheons – August 16 – Picnic / Ice Cream Social. Bring potluck dishes and desserts to share. Care and Connect will provide Fried Chicken, Hot Dogs, and Ice Cream.
- Coffee/ Brunch Social – September 20

Coffee/Teatime with Pastor Victor Gomez every Sunday from 10 – 10:20 am.

Name Tags – Continue to wear name tags each Sunday to assist in remembering names. Remove your name tag from Magnetic/ White Board at mission table in narthex and return to board after service.

Kitchen Renovation – New electric ranges have been placed into the kitchen. The vent above stoves needs to be turned on before starting stoves.

Healing Ministry / Compassion Fellowship – Program on Therapeutic Touch and Reiki will be presented on September 20 at Coffee/Brunch Social.

Health Ministry

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

Blood Pressure Checks – 2nd & 4th Sundays after worship service in the mission room.

Walk with a Doc – (Exercise) – 2nd Wednesday at 11 am & 4th Saturday at 9 am. Meet at Valley Health Wellness & Fitness Center for a talk by physician and walk around lake with others for exercise.

Medical Equipment – we have some equipment located at coat rack 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. See Doris Miller for more information.

Scripture – Matthew 6:6 ...whenver you pray, go into your room and shut the door and pray to your Father Who is in secret; and your Father Who sees in secret will reward you. 8 ...your Father knows what you need before you ask Him.

Health Education - The Power of Prayer and Healing - Health means the state achieved when a person's mind, body, and spirit work as God created them to do. Health practices and habits need to be developed and practiced reducing 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, handwashing, forgiveness, respect of self and others, nonviolence and love.

Studies show that patients that are prayed for (intercessory prayers) experience less complications, do better, heal faster, have less pain, and spend less time in the hospital.

A prayer for healing can be comforting and a hopeful message for someone who is unwell. When offering a prayer for healing, it is important to be sincere and to offer words of comfort and hope. You can also offer practical support, such as helping with errands or providing meals.

Studies of prayer have been conducted by Harvard's Dr. Herbert Benson. He states that all forms of prayer evoke a relaxation process that decreases stress, soothes the body, and promotes healing.





Reach & Serve, Lisa Dawson & Steve Wells, Co-Chairs

The Reach and Serve Ministry Team is dedicated to assisting in proclaiming the Gospel beyond the congregation into the community and the world.

Meetings are held on the 2nd Monday of every other month. Meeting time is 4:30 pm.

Next meeting: Sept 14. All are welcome to attend!



Bright Futures : We collected hygiene items for students in our community throughout the month of June. Thank You SO Much for caring for the youth; there were so many items donated that required several carts to transport them!

Operation Christmas Child SHOEBOX Collection: July 5 through August 23

Did you know ?

- Since 1993, over 2 million children in over 117 countries have received an OCC shoebox.
- It is very rare that a child receives more than 1 shoebox in his/her lifetime.
- Children not only receive a box, they also participate in a 12-lesson discipleship program, "The Greatest Journey," that teaches kids about the Gospel, Scripture, and how to share their Faith.



3 Ways to Participate: Which method describes you?

1. I LOVE TO SHOP and PICK ALL THE ITEMS FOR A BOX: Pick up a shoebox (from narthex), buy all items for a child (you choose gender and age group), pack the box and turn into KUMC by Sept 27. (Each box has a list of ideas to pack a shoebox.)
2. I LIKE TO SHOP, BUT TELL ME WHAT TO BUY: Sign up on OCC sheet on Ministry table to purchase a number of specific item(s). Turn in your items by August 23. *The congregation boxes will go to the 10-14 year-old age group this year.
3. I'D RATHER NOT SHOP; HERE IS \$ TO SHOP FOR ME. Check/Cash donation needs to be submitted during Sunday service offering. Please designate the donation is for OCC. Please make donation by Aug 23.

What happens after items are collected? Once all items are turned in for congregation boxes, they are sorted and counted. Reach and Serve purchases any items that were not donated from the sign-up sheet as well as additional items to fill the boxes.

The congregation boxes are filled at a **Packing Party: Oct 24 at 10am**

All shoeboxes are delivered to a community drop-off location in November and will be sent to Baltimore, MD, to undergo final prep before shipping to designated areas around the world.

Drive-Through Prayer - August 19 at 9:00 am - 10:30 am. Anyone may drive into the church parking lot, remain in their vehicle, and receive prayer from members of our prayer team. There will be no sermon, no requirements - just people praying with others in the name of Jesus Christ. Invite a friend, neighbor, co-worker, etc. to stop by.

Volunteers Needed: Weekly: Freedge Ministry- Tuesday at 11 am. Time needed: Less than 45 min; 1 or 2 volunteers pick up food from CCAP and deliver to the Freedge at Montague Ave UMC. On one Tuesday a month, Freedge volunteers will also pick up sandwiches from KUMC and deliver with the CCAP food. Sandwich pick-up will occur on the day following the sandwich making (see dates below). **Sign up sheet on ministry table.**

Monthly: Freedge Sandwich Ministry- 2nd Monday of every month from 4:00-4:30 at KUMC; 6-8 volunteers. Volunteers make sandwiches which will be delivered to the Freedge the next day by Freedge volunteers. *Dates for sandwich making: Aug 10, Sept 14, Oct 12, Nov 9, & Dec 14.

Quarterly: Jubilee Kitchen - Sept 19 from 10-12:30 at First Presbyterian Church; 6-10 volunteers set tables in dining area, prepare food, serve meals and clean the kitchen/dining area.

Reach and Serve UWF – United Women in Faith, Doris Miller, President

Scripture: Ephesians 2:8 For by grace you have been saved through faith, and this is not your own doing; it is the gift of God- not the result of works.

Meetings – No meeting in August. Meeting in September will be on Tuesday, September 8 at 10 am in fellowship hall. Program is Election of Officers and Pledge Service.

Reading Program – Complete your reading form and give to Polly Look by deadline on August 15. All members of church are welcome to read the books next to the elevator. Just sign out the book and sign it in when you return it.





Reach and Serve UWF – United Women in Faith, *continued from page 5*

Recycling Plastic Bottles. Only plastic bottles are accepted for recycling. 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.

“Lighting the Path to the Christ Child” - Fall/ Winter Fundraiser for local charities. During November we will be collecting donations in memory or honor of someone for \$5 each for lights on the shrubbery outside the sanctuary during Advent. More information in next newsletter.

The Candle Burning donations on Father’s Day totaled \$81 for World Missions.



Reach & Serve Ministry of Kernstown UMC



Worship & Wonder – Lorraine Shelton, Chair

The Worship and Wonder Work Area is dedicated to welcoming all people in God’s love, and inspiring faith and hope through prayer, preaching, music, silence, the sacraments of Holy Communion and Baptism, and other experiential moments. The Worship & Wonder Ministry Team is intentional about how people encounter the living God.

Holy Communion - Now that we are observing Holy Communion every Sunday, we would love to have a few more people to volunteer to clean up the Holy Communion elements after the service. It takes about 15 minutes and training is available. If you want more information, please contact Lorraine Shelton, 540-771-8301 or Lorraineshelton0566@gmail.com

From the Music Director - It’s been a great summer and I hope you all have enjoyed all the special guests. I’m so grateful to all of them and I know we were all blessed by their talents. Thanks to those who are signed up to share their gifts this month. Speaking of this month, it is the 10-year anniversary of my starting here at Kernstown and I’ll present a special concert to commemorate the occasion. Keep an eye out to the bulletin, screens, and Facebook for what day and time the concert will be; but it will definitely be this month.

Last but certainly not least, handbells and choir resume rehearsal on August 26th at 6 and 7, respectively. It’s a great time of fellowship and we would love to have you there. No music experience is required. All you need is a song in your heart and a joy of music to share with the Lord. I’d love to see some new faces. There is some exciting music planned for the fall and I hope you will join us to be a part of it.



Worship & Wonder Ministry of Kernstown UMC



AUGUST BIRTHDAYS

Lindsey Thornley	1	Will Rodgers	21
Luke Henshaw	9	Bill Yowell	21
Judy Smith	11	Glenda Gale	22
Helen Baylis	12	Tina Weagley	22
Karen Wells	12	Jean Ann Ayers	23
David Carper	13	Melinda Landrum	24
Lee Folger	13	Eddie McDonald	24
Gina Elder	16	Robbie Gordon	29



SEPTEMBER BIRTHDAYS

Danny Aube	2	Joshua Rott	15
Norma Wilson	3	Clinton Ritter III	21
Vicky Maphis	4	Paulette Zottig	21
Barb Mosser	6	Marcy Cormier	22
Lindsey Rickard	6	Audrey Dorton	24
Steven Aube	12	Doug Seabright	25
Bridget Bailey	12	Lisa Dawson	26
Kim DeHaven	14	Mary Anton	28
Kaden Baker	15	Ed Jackman	29
Bryan Renner	15	David Chapman	30



SYMPATHIES

to the families of:

Sandy Dunkle, *beloved member & wife of Ric*

Lillian Ritchie, *Tammy Corey’s mother*

Charles “Jay” Funkhouser, *Carolyn Sibert’s brother*

ANNIVERSARIES

	<u>Date</u>	<u>Yrs</u>
Richard & Ruvimbo Nenge	Aug27	5
Peggy & Ray Gillich	Sept 06	29

From the office: Directories are now located in the copy room. Directory updates contact the [office](#)





Lord, Teach us to pray Luke 11:1

Thursday, July 16 & September 10



Prayer & Fasting
Gatherings conclude
with a Facebook Live
prayer experience.

Wed., July 22 & Aug. 19 from 9-10:30



Drive-Thru Prayer in the
church parking lot

Sundays at 9 am, starting August 2



Pastor will engage the
congregation in a class
setting to understand
prayer & different ways
to pray (no class 8/16)

August 17-23



Labyrinth available inside
the fellowship hall for
personal reflection,
meditation, & prayer

August 19 & Sept. 2 at 11:45



Prayer reflection with
peaceful piano in the
sanctuary

Prayer Altar Table



An altar will be available in
the fellowship hall for prayer
concerns, thanksgivings,
hopes, & celebrations ~ The
pastor will regularly gather
these requests & pray over
them from his prayer chair

Date/Location tba



A congregational
prayer walk in a local
park or community

OVER

PRAYER

Lord, Teach us to pray Luke 11:1

Live Every Sunday



Pastor message before
Sunday worship via fbLive
with a focus on prayer &
spiritual preparation

Every Sunday in Worship



Open Altar Rail/Laying on
hands every Sunday during
worship (pastoral prayer)

Weekly on Monday



Prayer & Thanksgiving email
message; Congregational
prayer vigil at 6 pm

Weekly Prayer-Wednesday at 11 am



You are invited to join the
pastor for a dedicated
time for prayer, care,
intercession, &
encouragement

Friday Knees@Noon



Friday at noon, join a "15 minutes
max" prayer Zoom call
Zoom Meeting ID: 884 9441 6113
Passcode: UMMNOON
(UMMen sponsor a safe place to
bring your prayer concerns & joys)

Prayer Chain



Email prayer requests to
prayer@kernstownumc.org
On our website, click on
Care/Prayer Request via
kernstownumc.org

Kernstown United Methodist Church
Rev. Dr. Victor Gomez ~ Worship at 10:30 am
540-667-7298 ~ 3239 Valley Pk, Winchester, VA

Web: kernstownumc.org,
facebook.com/kernstownumc
YouTube:@kernstownumc4102

For new or updated Prayer Campaign events, click [here](#).





Calendar at a glance

Mon Aug 10 Sandwich making for Freedge
 Thu Aug 13 Trustees
 Sun Aug 16 Hymn Sing, Potluck Picnic/Ice Cream Fellowship
 Aug 17-23 Labyrinth Walk open
 Wed Aug 19 Drive Thru Prayer, Prayer Reflections w/Piano
 Wed Aug 26 Handbells & Choir returns
 Thu Aug 27 Church Council
 Tue Sept 1 Care & Connect Meeting
 Wed Sept 2 Prayer Reflections with Piano
 Mon Sept 7 Labor Day
 Tues Sept 8 UWF
 Thu Sept 10 Prayer & Fasting-FaceBook Live Noon, Trustees
 Mon Sept 14 Sandwich Making, Reach & Serve meeting
 Tue Sept 15 Care & Connect meeting
 Sat Sept 19 Jubilee Kitchen
 Sun Sept 20 Fellowship Brunch
 Thu Sept 24 Church Council
 Tues Sept 29 Worship & Wonder meeting

Ongoing Weekly.

Sunday-Encounter, Coffee & Worship
 Mondays in Aug & Sept-Prayer Vigil
 Tuesdays- Freedge, Bridge
 Wed-Prayer Group, Handbells & Choir (8/26), BSF(9/9)
 Fridays-Bridge

Click here for updated [CALENDAR](#) & times

Financial Information

Received June 2026 \$ 20,681.00
 Needed June 2026 \$ 26,658.72
 Difference \$ 5,977.72

Lectionaries

AUG 02 | 10th Sunday after Pentecost (Green)

Gen 32:22-31; Ps 17:1-7, 15 (UMH 749); Rom 9:1-5; Matt 14:13-21

AUG 09 | 11th Sunday after Pentecost (Green)

Gen 37:1-4, 12-28; Ps 105:1-6, 16-22, 45b (UMH 828); Rom 10:5-15; Matt 14:22-33

AUG 16 | 12th Sunday after Pentecost (Green)

Gen 45:1-15; Ps 133 (UMH 850); Rom 11:1-2a, 29-32; Matt 15:(10-20), 21-28

AUG 23 | 13th Sunday after Pentecost (Green)

Exod 1:8-2:10; Ps 124 (UMH 846); Rom 12:1-8; Matt 16:13-20

AUG 30 | 14th Sunday after Pentecost (Green)

Exod 3:1-15; Ps 105:1-6, 23-26, 45b (UMH 828); Rom 12:9-21; Matt 16:21-28

SEPT 06 | 15th Sunday after Pentecost (Green)

Exod 12:1-14; Ps 149 or Ps 148 (UMH 861); Rom 13:8-14; Matt 18:15-20

SEPT 13 | 16th Sunday after Pentecost (Green)

Exod 14:19-31 and Ps 114; Exod 15:1b-11, 20-21 (UMH 135); Rom 14:1-12; Matt 18:21-35

SEPT 20 | 17th Sunday after Pentecost (Green)

Exod 16:2-25; Ps 105:1-6, 37-45, or Ps 78 (UMH 799); Acts 1:14-21, 33-35; Matt 20:1-16

SEPT 27 | 18th Sunday after Pentecost (Green)

Exod 17:1-7; Ps 78:1-4, 12-16 (UMH 799); Acts 3:1-19; Matt 21:23-32



Kernstown
 United Methodist Church
 Rooted in faith.
 Branching out through the Spirit

Kernstown United Methodist Church

Worship at 10:30

[Online kernstownumc.org](https://www.kernstownumc.org) | facebook.com/kernstownumc

YouTube:@kernstownumc4102 | Instagram: kernstownunitedmethodistchurch

3239 Valley Pike., Winchester VA 22602, 540-667-7298

Rev. Dr. Victor Gómez, 540-662-2432, pastor@kernstownumc.org

David Landrum, Music Dir. 770-714-1197, dlandrum17@gmail.com

Jennifer Moore, Missionary/ UMC in the Republic of North Macedonia

Pam Brannon, Admin. Asst. 540-667-7298, office@kernstownumc.org