



Kernstown

United Methodist Church | 3239 Valley Pike, Winchester, VA 22602-5303
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June July 2026

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.' – Luke 11:1

"Lord, Teach Us to Pray"

There is a quiet power in prayer that the world often overlooks.

Prayer may appear simple—a whispered word before bed, a cry for help during difficult days, a moment of silence before a meal, or tears shed at the altar rail—but prayer changes people. More importantly, prayer changes relationships. Through prayer, we are drawn deeper into the heart of God.

As followers of Jesus Christ in the Wesleyan tradition, we believe prayer is not merely a religious activity; it is a *means of grace*. John Wesley taught that God's grace continually reaches toward us, shaping us, transforming us, and calling us into holiness. Prayer becomes one of the sacred ways we open ourselves to the living presence of God. Through prayer, the Holy Spirit strengthens us, convicts us, comforts us, and sends us into the world to love and serve.

Prayer connects us to the fullness of the Trinity.
We pray to God the Father, Who created and loves us.
We pray through Jesus Christ, Who redeems and intercedes for us.
We pray in the power of the Holy Spirit, Who guides, sustains, and empowers us.

Prayer reminds us that we are never alone.

In a world filled with noise, division, anxiety, and exhaustion, the church is called to become a praying people again. Programs alone will not transform hearts. Committees alone will not renew the church. Strategies alone will not heal communities. But when God's people pray—really pray—something holy begins to happen.

- Prayer softens hardened hearts.
- Prayer creates compassion.
- Prayer strengthens faith.
- Prayer deepens community.
- Prayer aligns us with God's mission.

A praying church becomes a stronger church because a praying church depends upon God.

Beginning in July, Kernstown United Methodist Church will launch a congregational prayer campaign focused on deepening our relationship with God and with one another. This will not simply be another church program. It is an invitation into a spiritual journey together.

Throughout July-September, there will be many opportunities for prayer and spiritual renewal:

- **Wednesday Prayer Gathering at 11:00 a.m.** Each Wednesday, all are invited to gather for prayer. Whether you are comfortable praying aloud or

simply sitting in prayerful silence, there is a place for you.

- **Drive-Thru Prayer Ministry** On selected days this summer, the pastor and members of the congregation will be available in the church parking lot for anyone who desires prayer. Community members may simply drive through and receive prayer, encouragement, and hope.
- **Prayer Walk Opportunities** We hope to offer guided prayer walks around our church grounds and surrounding community as we pray for our neighbors, schools, first responders, families, and local ministries.
- **Zoom Prayer and Fasting Gatherings** For those unable to attend in person, virtual opportunities for prayer and fasting will be available so we may remain connected as the Body of Christ.
- **Written Prayer Wall** A prayer wall will provide space for people to write prayers, concerns, thanksgivings, and hopes as we carry one another before God.
- **Prayer Labyrinth** Plans are underway to create a prayer labyrinth where individuals may take a personal journey of prayer, reflection, meditation, and listening for God's voice.
- **Open Altar Rail During Worship** During our pastoral prayer in worship, the altar rail will remain open for anyone who feels led to come forward for personal prayer. Sometimes words fail us, but God still hears the prayers of the heart.

There will be many opportunities because prayer is not limited to one moment, one style, or one place. Prayer can happen in silence or song, in tears or joy, walking or kneeling, alone or together.

The disciples once asked Jesus, "Lord, teach us to pray." That remains our prayer today.

My hope is that this season will renew not only our congregation but also our personal faith. I believe God is calling Kernstown United Methodist Church into a deeper spiritual life rooted in prayer, compassion, and grace. I believe lives will be touched. I believe relationships will be strengthened. I believe hearts will be healed. And I believe the Holy Spirit is already moving among us.

You are invited to be part of this journey.

Come pray.

Come listen.

Come seek God together.

Because when the church prays, God moves.

Grace and Peace,
Pastor Victor Gómez,
Kernstown United Methodist Church

Care & Connect

Care & Connect Meeting—We meet the first Tuesday of every other month at 10 am in the fellowship hall. All church members are welcome to attend. Next meeting will be on Tuesday, July 7.

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 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—

⇒ Brunch – June 28 and July 19

⇒ Fellowship Luncheon – August 16 – Picnic / Ice Cream Social

Dedication of Coffee Bar to Mel O'Dell (Cheryl Spurr's Father) – June 28 at Coffee Brunch Social

Coffee/Teatime with Pastor Victor 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 – Old gas range has been sold and removed from kitchen. New electric range has been placed into the kitchen.

Healing Ministry/Compassion Fellowship—Program on Therapeutic Touch will be presented on September 20 Coffee/Brunch. *Doris Miller, Chairperson*

Health Ministry

Parish Nurse: Doris Miller BSN, RN, Faith Community Nurse, 540-303-3135, email dorismiller@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 & 4th Saturday at 9 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 supplies – wound care, ostomy needs, catheter supplies, orthopedic support, etc.

Health Education *Scripture: 1 Thessalonians 5:17 "Pray without ceasing."*

June is Men's Health Month, Heart Disease is the #1 killer of men. Facts: Leading Cause—cardiovascular disease causes about 23-25% of male deaths annually. "Silent Killer"—Hypertension (High Blood Pressure) is a major contributor to heart disease and often has no symptoms. Major Risk Factors—Smoking, obesity, high blood pressure, diabetes, and physical inactivity. **Accidents** are the leading cause of death for men under 45. **Cancer** is the second leading cause of death for men with lung cancer being the most common. *REF: Mayo Clinic*

Reach & Serve

The Reach & Serve Ministry Team, co-chaired by Steve Wells and Lisa Dawson, 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: July 13, All are welcome to attend!

Bright Futures : From **June 7–June 28**, we will be collecting hygiene items for students in our community. Body-wash, deodorant, soap, etc. are among the items to be collected. A full list of items needed will be on the ministry table. In the past, KUMC has collected healthy snacks & school supplies for the students. Cash/Check donations are accepted, if you want Reach & Serve to shop for you. Designate your donation to Bright Futures Hygiene.

Operation Christmas Child: From **July 5 through August 23**, items will be collected to fill shoeboxes for boys and girls, ages 10-14 years. Items include school supplies, hygiene items, craft/art supplies, and toys/games. Shoeboxes will be filled at a Packing Party to be scheduled in October. The shoeboxes are sent to other parts of the world to children who have not heard the Good News of Jesus Christ. A detailed list of items needed will be displayed on the ministry table. Cash/check donations are accepted, if you want Reach & Serve to shop for you. Designate your donation to Operation Christmas Child.

Drive-Through Prayer: Our world needs prayer! Plans are in the works to have prayer partners available to anyone stopping by our KUMC parking lot on a designated day in July and August. This will likely occur mid-week before noon for about 2 hours. More details will be provided during church service announcements and through weekly emails. Please let Reach &

Serve know if you are interested in helping with this important ministry.

VOLUNTEERS NEEDED: Reach & Serve's mission is to spread the Word of Christ through reaching out and serving our community. You don't have to be on the Reach & Serve team to volunteer. Sign-up sheets are on the ministry table in the narthex.

Weekly: Freedge Ministry—Tuesday at 11 am. Time needed: Less than 45 min; 1 or 2 volunteers. Volunteers pick up food from CCAP & deliver to the Freedge at Montague Ave UMC. On the first Tuesday each 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).

Monthly: Freedge Sandwich

Ministry—Monday 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: July 13, Aug 10, Sept 14, Oct 12, Nov 9, Dec 14. Volunteers make turkey, ham, & peanut butter/jelly sandwiches for the Sandwich Ministry. Sandwiches are delivered to the Freedge at Montague Ave UMC.

Quarterly: Jubilee Kitchen—Saturday from 10–12:30 at First Presbyterian Church; 6-10 volunteers. Volunteers set tables in dining area, prepare food, serve meals and clean the kitchen/dining area. The next Jubilee Kitchen is on June 20.



Volunteers make turkey, ham, & peanut butter/jelly sandwiches for the Sandwich Ministry. Sandwiches are delivered to the Freedge at Montague Ave UMC

Financial Info thru April 2026

Received \$ 22,056.77

Needed \$ 26,658.72

Difference \$ 4,601.95

Worship & Wonder

Holy Communion-In the beginning of the year, Worship and Wonder made the decision to have Holy Communion on a monthly basis instead of weekly. At that time, we said that we would revisit that decision and determine to continue or change back. When Worship and Wonder met in April, the decision was made, based on feedback from members of the congregation and the committee, to go back to weekly, more in keeping with Jesus' commandment and Wesleyan doctrine. So starting on May 24, Pentecost Sunday, we will go back to weekly Holy Communion.

Music-Summer Series-Every year we give our hardworking music ministry a bit of a break during the summer to vacation and enjoy the sun and free time with family and friends. We put out a special music sign-up sheet in the narthex. We will still do that again for the month of August. However, for the month of July, we will kickoff a special summer series of special guests to be featured during the service. Two of them are guests that I've showcased before, but two are new faces. It will also be a variety of talents as well. I won't spoil the surprise of the names or the talents being featured so you'll have to make sure you're at every service that month. The summer series will possibly have another concert that will be announced if it happens. It will definitely end, though with a piano concert by yours truly to celebrate being at Kernstown for 10 years. The date of that program will be announced later. There is an exciting summer ahead and I look forward to sharing it with you all.

June & July 2026 Lectionaries

6/07-Gen 12:1-9; Ps 33:1-12; Rom 4:13-25; Matt 9:9-13, 18-26
 6/14-Gen 18:1-15 (21:1-7); Ps 116:1-2, 12-19; Rom 5:1-8; Matt 9:35-10:8 (9-23)
 6/21-Gen 21:8-21; Ps 86:1-10, 16-17; Ps 17:1-7, 15; Rom 6:1b-11; Matt 10:24-39
 6/28-Gen 22:1-14; Ps 13; Rom 6:12-23; Matt 10:40-42
 7/05-Gen 24:34-38, 42-49, 58-67; Ps 45:10-17; Ps 72; Rom 7:15-25a; Matt 11:16-19, 25-30
 7/12-Gen 25:19-34; Ps 119:105-112 or Ps 25; Rom 8:1-11; Matt 13:1-9, 18-23
 7/19-Gen 28:10-19a; Ps 139:1-2, 23-24; Rom 8:12-25; Matt- 13:24-30, 36-43
 7/26-Gen 29:15-28; Ps 105:1-11, 45b; Rom 8:26-39; Matt 13:31-33, 44-52

June & July Birthdays



Curt Corey	6/04
Chris Lutz	6/05
JR Richard	6/05
Sandy Dunkle	6/06
Cheryl Morris	6/07
Duane Sweet	6/10
Pam Brannon	6/11
Amy Newcome	6/13
Lorraine Shelton	6/13
Catherine Richard	6/14
Steven Spurr	6/15
Mary Markley	6/19
Bill Tharpe	6/19
Samuel Henshaw	6/26
Gary McDonald	6/26
Cody Bailey	7/06
Aimee Lorusso	7/07
Greysin Baker	7/08
Maria Castro	7/08
Cathy Lichvar	7/09
Charlie Donohoe	7/12
Jane Thomas	7/12
Rich Lichvar	7/15
Doris Miller	7/16
Victor Gomez	7/17
Cheryl Spurr	7/20
Donna McWhorter	7/23
Dolly Park	7/25

June & July Anniversaries

Anniversary

JR & Catherine Richard	6/10	20
Dwight & Doris Miller	6/15	57
Don & Vicki Adams	6/20	11
Kimberly & Mike DeHaven	6/27	28
Carla & Carl Ay	7/11	28
Eugene & Barbara Wise	7/14	58
Mike & Amy Newcome	7/15	26
Donna & Brian McWhorter	7/26	40
Roger & Susan Hill	7/27	58
Rich & Cathy Lichvar	7/28	14



Georgia Poe (3/23/26)
 Tina Raia (3/27/26)
 Betty Murphy (3/28/26)
 Rev. Charles Harless (3/28/26)
 Richard Chick (husband of Nancy, 04/26/26)



Baptism on May 31, Eleanor Taylor Davis

Reach & Serve, continued-UWF-United Women in Faith

Scripture: *Psalm 100:4 Enter His gates with thanksgiving and His courts with praise. Give thanks to Him and praise His name.*

Meetings-Tuesday, June 9 at 10 am in fellowship hall. Program by Heather Gomez. No meetings in July or August.

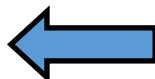
Reading Program-Complete your reading form as you read books and report to Polly Look. Deadline for reporting your books to Polly Look is August 15. All members of church are welcome to read the books. Just sign out the book and sign in when you return it.

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. We donated to Wesley Community Service Center, Portsmouth, VA, Red Bird Mission, Henry Fork Service Center, Camp Overlook, and Kingsway Prison and Outreach, in Harrisonburg. 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 burning candle to remember the women that have gone to be with their heavenly father during the past year. We will be collecting money in memory of these people for world missions in white basket in narthex. *Doris Miller, President*



Kitchen Remodel: the gas range & convection oven were replaced with standard electric ranges.



Kernstown UMC June 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 Trinity Sunday 9 Encounter 10-10:20 Coffee Time 10:30 Worship/Baptism <i>2:30-8:30 Private Event fh</i>	1	2 12-4 Bridge fh 10 ³⁰ Freedgedge 1 Staff Mtg 1-4 Music Dir hrs	3 5 ³⁰ TOPS 11 Prayer & Care fh 6 Handbells 7 Choir Social at Café del Sol	4	5 11-3 ³⁰ Bridge fh	6
7 2 nd Sunday after Pentecost 9 Encounter 10-10:20 Coffee Time 10:30 Worship	8 4 R&S Sandwich Making 	9 12-4 Bridge fh 10 UWF 10 ³⁰ Freedgedge	10 5 ³⁰ TOPS 11 Prayer & Care fh	11 6:30 Trustees	12 11-3 ³⁰ Bridge fh	13
14 3 rd Sunday after Pentecost 9 Encounter 10-10:20 Coffee Time 10:30 Worship	15	16 12-4 Bridge fh 10 ³⁰ Freedgedge	17 5 ³⁰ TOPS Annual Conference~June 17-20~Harrisonburg VA 11 Prayer & Care fh		18	19 Juneteenth 20 10-1 Jubilee Kitchen FPC
21 Father's Day - 4 th Sunday after Pentecost 9 Encounter 10-10:20 Coffee Time 10:30 Worship- UWF Glenda Gale preaching	22	23 12-4 Bridge fh 10 ³⁰ Freedgedge 1-4 Music Dir hrs	24 5 ³⁰ TOPS 11 Prayer & Care fh	25 4 Church Council	26 11-3 ³⁰ Bridge fh	27
28 5 th Sunday after Pentecost 9 Encounter 10-10:20 Coffee Time 10:30 Worship Brunch Potluck Social	29	30 12-4 Bridge fh 10 ³⁰ Freedgedge 1-4 Music Dir hrs				

Kernstown UMC July 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5 ³⁰ TOPS 11 Prayer & Care fh	2	3 Office Closed 11-3 ³⁰ Bridge fh	4  Independence Day
5 6 th Sunday after Pentecost 10-10:20 Coffee Time 10:30 Worship	6	7 12-4 Bridge fh 10 Care & Connect 10 ³⁰ Freedgedge 1-4 Music Dir hrs 1 Staff Meeting	8 5 ³⁰ TOPS 11 Prayer & Care fh	9 1-4 Music Dir hrs 6:30 Trustees	10 11-3 ³⁰ Bridge fh	11
12 7 th Sunday after Pentecost 10-10:20 Coffee Time 10:30 Worship	13 4 R&S Sandwich Making  4³⁰ Reach & Serve Mtg	14 12-4 Bridge fh 10 ³⁰ Freedgedge 1-4 Music Dir hrs	15 5 ³⁰ TOPS 11 Prayer & Care fh	16 1-4 Music Dir hrs	17 11-3 ³⁰ Bridge fh	18
19 8 th Sunday after Pentecost 10-10:20 Coffee Time 10:30 Worship Brunch Potluck Social	20 Aug/Sept Newsletter deadline	21 12-4 Bridge fh 10 ³⁰ Freedgedge 1-4 Music Dir hrs	22 5 ³⁰ TOPS 11 Prayer & Care fh	23 1-4 Music Dir hrs 4 Church Council	24 11-3 ³⁰ Bridge fh	25
26 9 th Sunday after Pentecost 10-10:20 Coffee Time 10:30 Worship	27	28 12-4 Bridge fh 10 ³⁰ Freedgedge 1-4 Music Dir hrs	29 5 ³⁰ TOPS 11 Prayer & Care fh	30 1-4 Music Dir hrs	31 11-3 ³⁰ Bridge fh	Aug 1 10-1 District Training sanc/fh

SAVE THE DATE ~ Fellowship/Potluck – August 16 – Picnic / Ice Cream Social

Kernstown United Methodist Church

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