

# The Kernstown Courier



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Rev. Gary Heaton



November 2022

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## From the Pastor



It was one year ago on November 6 that my father died at home next to my mother and surrounded by family. This All Saints Sunday will be especially powerful for me and for my mother as we attend worship in North Carolina. Last year my father's name was read aloud in the worship service at Kernstown United Methodist Church and a candle was lit in his memory. One of my favorite chapters in the Bible is the 12<sup>th</sup> chapter of 1<sup>st</sup> Corinthians where the followers of Christ are described as being "One Body." As I think about you reading aloud the name of a man you did not know, but who was a faithful disciple; I am moved by the power and the promise of eternal life in Jesus and I will miss hearing the names read aloud in the sanctuary.

The tradition of All Saints is a strong reminder of the grace of God that redeemed and connects us with all creation, all people, and all generations. On the cross, Jesus won salvation for all men & women, Jews & Greeks, slaves & free, living & dead. In times of grief and sadness over losing a loved one, I am especially grateful for the hope that the Gospel gives us in this life and in the promise of life everlasting.

This November begins with All Saints Sunday and ends with the 1<sup>st</sup> Sunday in Advent. I pray that our worship and fellowship at Kernstown UMC will fill us with the hope and grace and power of God, Father, Son & Holy Spirit in this life and in the life to come.

Grace and Peace

Gary



**New Members Class** - Our next New Member Sunday is in December. Orientation classes will begin in November. If you have any question, please see Rev. Heaton or call the church office

## Care & Connect



Please join us for a  
welcome reception for  
Pastor Mandy Newman  
after the service on  
November 6, 2022.



PLEASE JOIN US for a VERY  
SPECIAL  
Pot Luck Dinner with FUN and games on  
November 13, 2022 to honor and celebrate our  
KUMC  
Veterans and to honor all Veterans of the Wars,  
from the  
Revolutionary War until today.



**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 in fellowship hall after service.

**COVID Update:** CDC & VA Health Dept., October 13, 2022 - **Community level has improved** and is **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. The guidelines for preventing flu are like those for COVID:

- Get the flu vaccine
- Avoid close contact
- Avoid touching eyes, nose, or mouth
- Stay away from people who are sick
- Stay home when sick
- Cover mouth and nose when coughing or sneezing - use tissue and throw away immediately

**Wash hands** frequently with soap and water or use antibacterial gel

Practice good health habits

**Walk with a Doc** - November through January - only on the 2<sup>nd</sup> Wednesday, November 9 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** - I am planning to schedule a CPR Course in November. If you are interested to learn CPR, Sign-up sheet in Narthex. Contact Doris if you have questions.

**SCRIPTURE:** Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand. Isaiah 41:10 (KJV)

**Health Education:** Holiday Stress Management ~ We are entering the season of the holidays of Thanksgiving and Christmas. It can be a time of stress and anxiety. Some stress keeps us on our toes, but too much stress is bad for our health.

10 Tips for Getting Rid of Excess Stress:

- Get enough sleep and relaxation
- Spend time with friends
- Laugh a lot
- Believe in yourself! You can do it!
- Show love freely
- Know that sometimes it's ok to let things go
- Take time for exercise/hobbies/creativity
- Understand that everyone is scared sometimes
- Take deep breaths throughout the day when you are feeling stressed
- Don't overeat
- Limit alcohol and caffeine, drink water instead
- Accept help graciously when needed

**WATTS DINNER** - KUMC will prepare

and serve dinner to WATTS clients on Wednesday, Dec. 28, during the week that Opequon Presbyterian Church is hosting WATTS. More info in December newsletter.

**UMCOR CLEANING KITS** - Deadline for returning items is October 30. They will be delivered to the District Charge Conference on 11/6.

### Happy Birthday

Carole Ay	01
Mary Kay LaFollette	02
Lynn Martin	02
Jeanne Seckman	02
Nancy Tisinger	03
Richard Homer	05
Doug Chapman	06
Sarah Gordon	06
Eugene Wise	06
Noah Bloxom	07
Shirley Dick	08
Hannah Minter	08
Courtney Rust	10
Mary Walker	10
David Donohoe	11
Mary Morgan	12
Katie Sanders	12
James Nesselrodt	13
Ginny Birdsong	14
Sarah Charles	15
Daniel Folger	15
James Nesselrodt	16
John Butler	20
Alexis Hill	20
Andrew Greene Jr.	21
Alexis Greene	21
Jerry Puffinburger	21
Polly Look	22
Eric Wilson	23
Natalie (Whitacre) Larrick	24
Mark Fuller	24
Christopher Hill	25
Kenny Minter	27
LaPaula Smith	28
Ruth Folger	30
Barbara Sankovich	30

### Happy Anniversary

Danny & Wendy Aube	02	37 <sup>th</sup>
John & Gina Elder	13	1 <sup>st</sup>
Brian & Kelly Henshaw	13	23 <sup>rd</sup>
Jimmy & Maria Castro	16	37 <sup>th</sup>
Mark & Allyson Hottle	18	16 <sup>th</sup>
Margo & Rick Young	25	
Barbara & Ed Cooper	27	46 <sup>th</sup>

*Birthday or Anniversary missing?  
Please contact the office.*

## Educate & Equip

**Children's Encounter in the Sunday School hour** - On every Sunday morning at 9:00, two teachers have Room 2 upstairs open and set up for Children's Encounter class. It's a fun curriculum and a friendly space and is ready for any children ages 3-8 who arrive at our church looking for an experience with a church community. This is possible because of our eight volunteers who stepped up to take turns teaching once a month: **thank you, volunteers!** (Note: there will be no Encounter class on Christmas Day, which falls on a Sunday this year.)

**Children's Church during the worship service** - It has been one year now since the current Children's Church program was first offered. Over this year, a number of children have headed to the nursery room after the offering, to spend twenty minutes in fellowship, prayer, story, song, and activity. Some weeks, we have 5 children, some weeks we have no children, but it has been available almost every Sunday morning. Many thanks to Miss Vicki for her constant enthusiasm and expertise in relating and guiding children. Vicki and I would be helped by having a couple more people to call on when a substitute is needed. If interested, please leave your name with the church office. Church membership and willingness for background check are the only qualifications needed. —Beth Heaton, Children's Ministries

## Reach & Serve

**CCAP Thanksgiving Food Items** are due on November 4<sup>th</sup>. If you would like to drop them off at church, do so by **Sunday, October 30<sup>th</sup>**. Shopping Lists are in the narthex on the easel.

**United Women in Faith (UWF) Sisters-in-Christ, Scripture:** "We have known and have believed the love that God has for us. God is love, and those who remain in love remain in God and God remains in them." 1 John 4:16

**Next meeting:** Tues., Nov. 9<sup>th</sup>, 10-11:30 am in the fellowship hall. Program will be World Thank Offering so bring your offering to the meeting.

## Reach & Serve cont'd

Polly Look will present the program. **Zone 2 & 3 UWF** meeting on Sat., Nov 12, 9:00 at Refuge UMC.

**Upper Room:** Please leave donation in the jar next to them in the narthex **Cookbooks:** Still available in Mission Rm, \$3, leave money in jar.

**Prayer Partner:** Pray for women of John Mann.

**Fundraisers for local missions:** "Lighting the Path to the Christ Child" during Nov., we will be collecting \$5 per light for lights honoring or in memory of someone. We will add these lights to the shrubs outside the sanctuary. The lighting ceremony is on the 1<sup>st</sup> Sunday in Advent, Nov. 27<sup>th</sup>, at 5 pm with Christmas Carol singing followed by Christmas refreshments in fellowship hall. Information in mail. Return forms & checks made out to **KUMW** to Cheryl Spurr by Nov. 12<sup>th</sup>. Contact Pat Beckwith (540-869-2753) with questions regarding this local mission Project. *Doris Miller, Pres.*

**Operation Christmas Child** There are a few more ways to participate in this yearly outreach:

1. Write a **NOTE to a child** to put in the boxes we will pack at the Packing Party. Let the child know you love them and they are being prayed for. You can add some information about yourself like your first name, the town/state you live in, your hobbies, etc. Put your note in the basket on the table in the narthex beside all the stacked OCC boxes. Please turn in your note by Nov 4.

2. **Churchwide Packing Party:** Friday, Nov 4, 6 -8 pm in the fellowship hall. We will pack the shoeboxes with the wonderful donations the congregation has generously provided. It is a party.... Expect party food!

3. **Turn in the box you filled by Nov. 13.** Filled boxes are stacked in the narthex space by the nursery rm.

4. **Volunteer/s needed to transport boxes** to Fellowship Bible Church (100+ boxes). The boxes can be delivered from Nov 14-21. Please let me know if you can do this.

Why should you come to the packing party? \* Fun & Fellowship \* Come & see all the cool items we are sending with our love. It will put you in the Christmas Spirit... Wear your red and green. \* Free Treats...It's a Party! \* The box you pack might **Change a**

**Life!** Lisa Dawson

## Worship & Wonder

**CHRISTMAS CAROLING** – Do you enjoy singing Christmas carols? Well, everyone is invited to join the choir at Belle Grove's Kris Kringle Market on Saturday, November 19, from 11 a.m.–1 p.m. to sing Christmas carols. The Kris Kringle Market has local artisans and vendors, wreath-making classes, traditional German food, hot chocolate, and Santa. The event is on Saturday from 10 a.m.–4 p.m. and on Sunday from 1 p.m.–5 p.m. Come out and join us for fellowship and singing, and maybe some Christmas shopping?

**CHRISTMAS GIFT WRAPPING** – Do you like to wrap presents? As part of the Worship and Wonder Advent events, you are invited to come and wrap Christmas boxes on Saturday, November 12, at 9 a.m. Breakfast will be served.

**CHRISTMAS DECORATING** – On Friday, November 25, starting at 9 a.m., the Worship and Wonder team will be decorating the church for the Christmas season. Everyone is welcome to join in this fun time of fellowship.

**ADVENT SCRIPTURE READERS** – Each Sunday in Advent, starting on November 27, we are in need of someone to read the Advent message and light the Advent candle(s). If you would like to participate in this meaningful part of worship during Advent, please contact Lorraine Shelton, 540-771-8301, or email at

[lorraineshelton0566@gmail.com](mailto:lorraineshelton0566@gmail.com).

## September Finance Report

Tithes & Gifts Received	\$ 27,784
Need to meet Budget	\$ 25,109
<b>Difference</b>	<b>\$ 2,675</b>

Giving statements were emailed or mailed (those with no email on file) the week of Oct. 9<sup>th</sup>. If you have not received a giving statement, please contact the church office. If you have questions about your statement, please contact Roy Walker or a member of the Finance Committee.



**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  
Pam Brannon, Administrative Assistant

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November 2022	Sunday	Mon	Tue	Wed	Thu	Fri	Sat
<b>Oct 30 Stewardship Sunday</b> <b>CCAP Thanksgiving items due</b> 21 <sup>st</sup> Sunday After Pentecost-Reformation 9:00 Encounter 10:20 Worship <i>Hab 1:1-4, 2:1-4;</i> <i>Ps.119:137-144; 2Thess 1:1-4,11-12; Lu.19:1-10</i>			<b>1</b> 12-4 Bridge <i>f.hall</i> 9:30 PIM- Rev Heaton <i>(TomsBrk)</i>	<b>2</b> 9-11 BSF <i>(3 rms upstairs)</i> 11 Prayer & Care <i>(f.hall)</i> 5:30 TOPS <i>(DeMoya Rm)</i> 6 Handbells 🎵 7 Choir 🎵	<b>3</b> 8:30 TOPS <i>(f.hall)</i> 3:30 Wedding Rehearsal <i>offsite</i> 11 Staff Zoom	<b>4</b> CCAP items due 4 Wed- ding <i>offsite</i> 6-8 OCC packing	<b>5</b> Cathy R. <i>(f.hall)</i> Crafting 10-12 Steve S. <i>(DeMoya)</i> Gideon's
<b>6 Daylight Savings Time Ends</b> <b>All Saints Day</b> 22 <sup>nd</sup> Sunday After Pentecost 9:00 Encounter 10:20 Worship <i>Mandy Newman</i> <i>preaching~Reception after worship</i> 3 In-person Dist. Charge Conf.@ RMA <i>Hag 1:15b-2:9; Psalm 145:1-5, 17-21; 2</i> <i>Thess 2:1-5, 13-17; Luke 20:27-38</i>		<b>7</b>	<b>8</b> 10 UWF <i>(f.hall)</i> 12 Clergy Mtg 12-4 Bridge <i>f.hall</i>	<b>9</b> 9-11 BSF <i>(3 rms upstairs)</i> 11 Prayer & Care <i>(f.hall)</i> 2 Worship & Wonder 5:30 TOPS <i>(DeMoya Rm)</i> 7 Choir 🎵 <i>David Out</i>	<b>10</b> 8:30 TOPS <i>(f.hall)</i> 6:30 Trustees <i>(f.hall)</i>	<b>11</b> <b>Veter- an's Day</b> <i>Office Closed</i>	<b>12</b> 9-1 W &W Gift Wrapping <i>(f.hall)</i> 9 UWF Zone 2&3 <i>RefugeUMC</i>
<b>13 Veteran's Recognition</b> 23 <sup>rd</sup> Sunday After Pentecost <i>David Out</i> 9:00 Encounter 10:20 Worship, Cover Dish afterwards <i>Isa 65:17-25; Isa 12 or Psalm 118; 2 Thess 3:6-13;</i> <i>Luke 21:5-19</i>		<b>14</b>	<b>15</b> 11 Care & Connect <i>fh</i> 12-4 Bridge <i>fh</i> 12 Newslet- ter Deadline	<b>16</b> 9-11 BSF <i>(3 rms upstairs)</i> 11 Prayer & Care <i>(f.hall)</i> 5:30 TOPS <i>(DeMoya Rm)</i> 6 Handbells 🎵 7 Choir 🎵	<b>17</b> 8:30 TOPS <i>(f.hall)</i>	<b>18</b>	<b>19</b> 11-1 Singing Belle Grv. Grove Kris Kringle Mkt
<b>20 Christ the King Sunday</b> 9:00 New Member Class 9:00 Encounter 10:20 Worship <i>Jer.23:1-6; Lu.1:68-69; Col.1:11-20; Luke 23:33-45</i>		<b>21</b>	<b>22</b> 12-4 Bridge <i>f.hall</i>	<b>23</b> 9-11 BSF <i>(3 rms upstairs)</i> 11 Prayer & Care <i>(f.hall)</i> 12 Office Closes early 5:30 TOPS <i>(DeMoya Rm)</i> <b>7 Thanksgiving Eve Srvc</b> <i>(Opequon Preby. Church)</i>	<b>24Thanks- giving</b> <i>Office Closed</i> 8:30 TOPS <i>(fh)</i>	<b>25</b> 9 Decorate Sanctu- ary <i>Ofc Closed</i>	<b>26</b>
<b>27 First Sunday of Advent</b> <b>CCAP Christmas items due</b> 9:00 New Member Class 9:00 Encounter 10:20 Worship 5:00 UWF Lighting Path <i>Isa 2:1-5; Ps.122; Rom 13:11-14; Matt 24:36-44</i>		<b>28</b>	<b>29</b> 12-4 Bridge <i>f.hall</i>	<b>30</b> 9-11 BSF <i>(3 rms upstairs)</i> 11 Prayer & Care <i>(f.hall)</i> 5:30 TOPS <i>(DeMoya Rm)</i> 6 Handbells 🎵 7 Choir 🎵	Save the Date: Dec.18 Cantata.🎵		