

# The Kernstown Courier



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



October 2022

## From the Pastor

Each week in the month of October, we will hear from our ministry work areas about their vision for the upcoming year. We all will be invited to participate in our Stewardship campaign by making a pledge and choosing an area of ministry with which we identify. All of this is with the anticipation that our church can enter a time of growth as people are seeking connection with God and each other. If you believe that people want to sing and pray and eat and learn and serve; then I ask that you take on the task of speaking to someone about your church.

This is a good time of year to invite and include people into the life of the church. I hope that each one of us is comfortable telling others about what we do at Kernstown United Methodist Church. For example:

- ◆ Try to find an opportunity to ask someone if they like to sing and invite them to participate in our music ministry.
- ◆ Ask someone you meet if they would like prayer for anything in their life. Tell them that our church prays weekly for those who ask.
- ◆ Tell someone about the great food and fellowship we enjoy at KUMC and ask if they would like to be included.
- ◆ Share with someone about what you have learned about God and a life of faith; ask if they are interested in "spiritual things".
- ◆ Encourage people to give and serve others in the community and world by missions and charity.
- ◆ Show others how a life of faith can bring joy and strength to your life amid an uncertain world. Let Jesus' love shine through you to others.



This month you will be receiving a Stewardship Letter inviting you to participate in the ministries of the church with your time and treasure. We are hoping to increase the resources available for ministry next year as we anticipate a time of abundance in discipleship and service. I pray that God's Spirit will lead us each into lives of light and love that pour out into others, and result in the building up of the Body of Church in this place.

Gary

## Inside this issue:

From the Pastor	1
Finance	
New Member Class	
Care & Connect	2
Educate & Equip	
Reach & Serve	3
Worship & Wonder	4
Trustees, Misc.	
Sympathy, Birthdays	5
Anniversaries, Mailbox	
Staff, Calendar	Back

## August Finance Report

Tithes & Gifts Received	\$20,532
Need to meet Budget	\$25,109
Difference	\$ 4,577

**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



NEW

**Members Class**  
Find Out More About Our Church

## Care & Connect

**Men's Fellowship** - Dart Baseball will be held on October 2<sup>nd</sup> at 5 pm Dart in the fellowship hall.



**Picnic** - The Care and Connect Committee sponsored a Church Picnic on Sunday, September the 18th at the church. A good time was had by all in attendance. We had a cake walk and a baseball dart game. There was of course plenty of food to enjoy and fellowship. It would be an understatement to say we had cake and desserts of almost every kind. We Methodist really do know what foods are good for us! Hopefully we can do it again next year.

**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, [do-rismiller@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., September 15, 2022 - **Community level has improved** and is **Medium** 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.

**Walk with a Doc** – 2<sup>nd</sup> Wed., Oct. 12, at 11<sup>am</sup>-12 noon and 4<sup>th</sup> Sat., Oct. 22, at 9–10<sup>am</sup>. Meet at Valley Health Wellness & Fitness Cntr. for a talk by a Physician & walk around the lake with others.

**Friends & Family CPR** - 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.

**Health Education: Physical Activity for your Health!** 3 John 1:2 **Be-loved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul."**

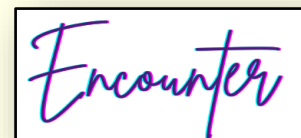
The US CDC recommends 150 minutes of physical activity per week for adults ages 18-64. Just about every part of your body can benefit from physical activity. To add physical activity into your daily schedule:

- Select enjoyable activities
- Work out with a friend
- Encourage family members to participate
- Measure progress through a daily exercise journal

According to CDC, exercise also helps:

- Maintain healthy weight
- Reduce the risk of cardiovascular disease; can lower blood pressure and improve cholesterol levels
- Reduce the risk for Type 2 diabetes; can help control glucose levels
- Reduce the risk of colon & breast cancer
- Strengthen bones & muscles – can increase or build muscle mass and strength; can slow the loss of bone density that comes with age; can help with arthritis & other joint conditions
- Keep thinking, learning, and judgement skills sharp
- Reduce the symptoms of depression and anxiety

## Educate & Equip



**Children's Ministries**— The news this month is that Kernstown UMC is again offering a Sunday morning class for children. This program is called Children's Encounter, and is held each Sunday morning in the second floor children's room. Parents can drop off children at 9:00 am and pick them up at 10:00 am before worship begins. Rotating teams of two church members lead the class. Curriculum is *Celebrate Wonder* and aimed at ages 3-8. Upper elementary children are welcome to attend also.



A separate program, **Children's Church**, continues to be offered during the worship hour. Parents bring their children ages 3-8 into the worship service with them. After the offering, Miss Vickie and Miss Beth will lead the children to the first floor classroom for story, song, prayer, and fun. Children will be returned to their parents in the sanctuary before communion. Parents always have the option of keeping their children with them in the sanctuary: all children are welcome in our worship services.



## Reach & Serve

### **Winchester Rescue Mission Fieldtrip**

We had a great visit to the new location of the Winchester Rescue Mission. See below on how you can take action and help.

**FDES Lunch** - Reach and Serve will need volunteers to assist in serving lunch to the teachers and administrators at Frederick Douglas ES on October 13, from 10 am to 1 pm. If you can help serve, please contact Pat Beckwith at 540-869-2753.

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

**Sisters-in-Christ, Scripture:** "I have asked for one thing from the Lord – it's all I seek; to live in the Lord's house all the days of my life, seeing the Lord's beauty and constantly adoring his temple. Psalm 27:4

**Next meeting:** Tuesday, Oct. 11<sup>th</sup> 10-11:30 am in the fellowship hall.

**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 are in Mission Room, leave money for them in jar.

**Prayer Partner:** John Mann UWF has become inactive; so, we no longer have a prayer partner. However, we will continue to pray for the women of John Mann UMC.

### **Fundraisers for local missions:**

"Lighting the Path to the Christ Child" during October & November 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. We will have a lighting ceremony on the 1<sup>st</sup> Sunday in Advent, Nov. 27<sup>th</sup>. Look for fliers on this fundraiser project for local missions. *Doris Miller, President*

**Special Called Cleaning Kit Collection** for **UMCOR**—We received a letter

from Bishop Lewis informing us that VAUMC received an urgent call from UMCOR requesting cleaning kits. UMCOR Supply Depots are already close to disbursing all their stored cleaning kits to impacted areas. In 2017, the VA Conference responded to a similar call and collected 4,676 cleaning kits. The VAUMC Annual Conference Kit team proposes to hold another event on Nov. 10. Bishop Lewis requests that each church contribute 4 cleaning kits and be "United as One" in this opportunity to share the hope of Jesus Christ. UWF will coordinate with Reach & Serve to again sponsor this request for at least 4 cleaning kits from KUMC as we did in the Spring. This collection will take place during October. Look for buckets in narthex and papers for items needed. Thank you for your help with this project. *Doris Miller, President, Kernstown UWF*

### **Winchester Rescue Mission**

## **YOU CAN TAKE ACTION!**

Get involved in transforming lives at Winchester Rescue Mission! Contact Lauren Clouse at [lclouse@winrescue.org](mailto:lclouse@winrescue.org) to get started. Here are some of our top volunteer needs:

- Center for Women Check-in Monitor, 4-6 p.m. daily: assisting female residents with check-in and women's shelter needs.
- Food Runners and Drivers, Monday-Friday, 8:30-10 a.m.: driving WRM vehicles and picking up donations for food distribution.
- Center for Women Lunch Bunch: preparing and dropping off sack lunches for the ladies.
- Resident Supporter: assisting male or female residents with various medical and practical needs.



### **Other ways to give:**

- Our food pantry is running low! Help us replenish our shelves by donating ground coffee, large cans of vegetables, cereal, cookies, crackers, pasta, spaghetti sauce or canned fruit.
- Help our guests and residents stay hydrated this summer by donating cases of bottled water, gallon jugs of water or bottled Gatorade.
- Looking for something different? Consider hosting a yard sale this summer to benefit WRM.



### **CCAP 2022 Thanksgiving/ 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

**Thanksgiving items**  
due Friday, Nov 4

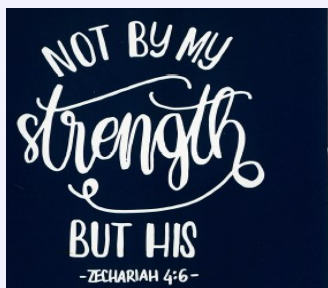
**Christmas items** due  
Friday, Dec 2  
**Thanks!**

## Worship & Wonder

Christmas Music -  
Christmas time is  
singing time at  
Kernstown UMC.



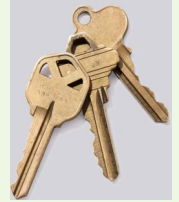
In October we start rehearsals for our Christmas Cantata: "Miracle in a Manger." It's perfect for this year's theme which is full of surprises that I won't reveal yet. If you have wanted to join the choir but have been concerned about time commitment this is perfect for you. We rehearse the cantata every Wednesday for about thirty minutes at the start of practice and then move on to regular Sunday music so you only have to be there for the first part and no Sunday obligations beyond the day of the cantata. We'd love to have you "Come Sing With Us" as we celebrate the good news that Jesus Christ is born!



DEAR Kernstown Church!  
Thank you for the  
honor and privilege of  
being invited to your worship  
service. Those who knew  
of my family, and those who  
did not, were most kind  
and gracious. And your gift  
was most kind. Thank you  
and blessings,  
Pastor J. L. Cook

## Trustees

**KEY Request:** The trustees would like to ask all members who are not currently using their church building or room keys to return them asap. Keys must be returned when the need to possess them no longer exists, such as vacating a church service position. Keys must not be passed on to another person. Thanks , Jerry Chapman, Chr. Chair



# OPEN HOUSE!

SUNDAY OCTOBER 9,  
2-4 PM

Thank you KUMC family for all your prayerful support during our displacement resulting from our January surprise experience. We have now been home for two months after spending seven months at the Kernstown Commons Comfort Inn.

As an expression of our gratitude for all the meals, cards, phone calls, gift cards, and prayer support, we invite you to stop by our house for light refreshments.

114 Laurel Hill Drive  
Stephens City VA 22655

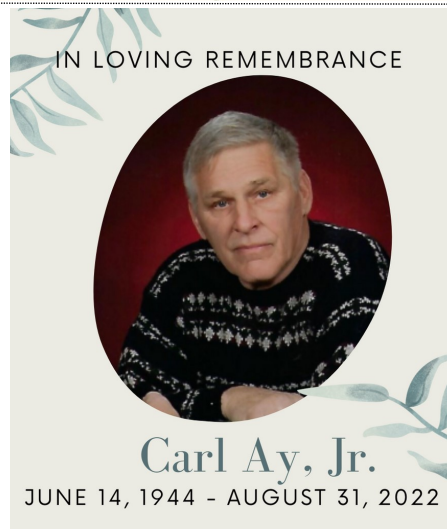
Praise be to God! Roger & Susan



The Dick Bowers Bridge Club led by Steve Straight



# WITH DEEPEST Sympathy

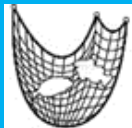


## October Anniversaries

Adam & Krista Baker	31	13 <sup>th</sup>
Tod & Kimberly Black	19	
Paul & Patty Burchard	13	21 <sup>st</sup>
Darren & Danett Carper	23	12 <sup>th</sup>
Bruce & Sarah Gordon	08	20 <sup>th</sup>
Lucien & Judy Hilderbrand	26	26 <sup>th</sup>
Paul & Ginny Morris	09	
Kevin & Barb Mosser	25	1 <sup>st</sup>
Gary & Katie Sanders	09	12 <sup>th</sup>
David & Cathryn Spriggs	07	
Roy & Betty Wilkins Jr	17	
Timothy & Midge Youmans	12	36 <sup>th</sup>

## Verses to Remember

**Luke 5:10-11** Then Jesus said to Simon, 'Do not be afraid; from now on you will be catching people.' <sup>11</sup> When they had brought their boats to shore, they left everything and followed him.



## October Birthdays

Grace Bushby	01
David Ford	01
Margo Strawderman	01
Cindy Peyton	03
Megan Thomas	03
Joan Dodson	05
Ric Dunkle	05
Brian Lipscomb	05
Bob Wilson	05
Hunter Black	06
Michael Michael	06
Sheila Pitzer	06
Jane Kasoff	07
Mark Neufer	07
Sandra Rhinaman	08
Donna Snyder	08
Frank Plum	09
Danna Doyle	10
CJ Scott	10
Daleigh Carper	11
Carolyn Sibert	12
James Bowman	13
Francoise Lee-Spielman	14
Stacey Park	14
Ahnaya Smith	14
David Spriggs	14
Butch Bloxom	15
Kristy Donohoe	15
Vicki Adams	17
Alea Bowman	17
Brittany Renner	18
Rachel Donald	19
Mark Hottle	19
Rebecca Ambrose	20
Allyson Hottle	20
Benjamin Butler	23
Lloyd Henry	23
Kaye-Beth Ambrose	24
Jimmy Castro	28
Terice Harris	28
Dwight Miller	28
Jessica Straight	28
Anna Hill	29
Arthur Campbell	31
Holly Rickard	31

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

## In the mailbox



Dear Kernstown Members and Friends,  
Thank you to all, for the prayers and cards. Each has meant a great deal to all of us.  
Thank you for surrounding us with your warmth and love.  
God bless each of you,  
Carol, Carl III, Carla  
Bret and Christine

**KERNSTOWN UNITED  
METHODIST CHURCH**

3239 Valley Pike  
Winchester, VA 22602-5303

**Return Service Requested**

NON-PROFIT  
U.S. POSTAGE  
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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  
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**October 2022**

Sun	Mon	Tue	Wed	Thu	Fri	
						<b>1</b>
<b>2</b> 17 <sup>th</sup> Sunday after Pentecost World Communion 9:00 Encounter 10:20 Worship 5:00 Dart Baseball <i>Lam 1:1-61; Psalm 137;            2 Tim 1:1-14; Luke 17:5-10</i> 	<b>3</b>	<b>4</b> 12-4 Bridge f.hall	<b>5</b> 9-11 BSF <b>11</b> Prayer & Care 5:30 TOPS <b>6</b> Handbells <b>7</b> ♪ Choir	<b>6</b> 8:30 TOPS	<b>7</b>	<b>8</b>
<b>9</b> 18 <sup>th</sup> Sunday after Pentecost 9:00 Encounter 10:20 Worship 2-4 Hill's Open House <i>Jer 29:1, 4-7; Psalm 66:1-12; 2 Tim 2:8-15;            Luke 17:11-19</i>	<b>10</b> Holiday <i>Office            Closed</i>	<b>11</b> <b>10</b> UWF 12-4 Bridge f.hall	<b>12</b> 9-11 BSF <b>11</b> Prayer & Care 5:30 TOPS <b>6</b> Handbells <b>7</b> ♪ Choir	<b>13</b> 8:30 TOPS <b>10-1 R &amp; S</b> Serve Lunch to FDES <b>6:30</b> Trustees	<b>14</b> 9-11 Fellowship hall in use	<b>15</b>
<b>16</b> 19 <sup>th</sup> Sunday After Pentecost Laity SUNDAY 9:00 Encounter 10:20 Worship <i>Jer 31:27-34; Psalm 119:97-104; or Psalm 19            2 Tim 3:14-4:5; Luke 18:1-8</i>	<b>17</b> Newsltr. Deadline	<b>18</b> <b>11</b> Care & Connect 12-4 Bridge f.hall <b>7</b> Reach & Serve	<b>19</b> 9-11 BSF <b>11</b> Prayer & Care 5:30 TOPS <b>6</b> Handbells <b>7</b> ♪ Choir	<b>20</b> 8:30 TOPS	<b>21</b>	<b>22</b>
<b>23</b> 20 <sup>th</sup> Sunday After Pentecost 9:00 Encounter 10:20 Worship <i>Joel 2:23-32; Psalm 65; 2 Tim 4:6-8, 16-18;            Luke 18:9-14</i>	<b>24</b>	<b>25</b> 12-4 Bridge f.hall <b>7</b> SPPRC	<b>26</b> 9-11 BSF <b>11</b> Prayer & Care 5:30 TOPS <b>6</b> Handbells <b>7</b> ♪ Choir	<b>27</b> 8:30 TOPS <b>7:00</b> Church Council <b>7:30</b> Charge Conf.	<b>28</b>	<b>29</b> 9:30 Special Zoom Annual Conference
<b>30</b> Stewardship Sunday 21 <sup>st</sup> Sunday After Pentecost - Reformation 9:00 Encounter 10:20 Worship <i>Ps.119:137-144; 2 Thess 1:1-4,11-12; Luke 19:1-10</i>	<b>31</b>	<b>Nov. 23 at 7pm Thanksgiving Eve Service at Opequon Presbytery</b>				