# The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303 540.667.7298 / www.kernstownumc.org Rev. Gary Heaton



June 2023

# The BODY CHRIS

### From the Pastor

Now, you are the Body of Christ and individually members of it..... 1 Corinthians 12: 27

As the Easter season comes to a close and we look forward to Pentecost, I want to share one of the many ways we understand resurrection. The topic of resurrection is a mystery for mortal human beings. No one living can speak with certainty about resurrection outside of the context of faith. Many believers throughout the centuries have written about their experience of the presence of Christ in their lives. Many of us have experiences of the love and mercy of Jesus in our lives. None of us know for sure what or

when or how the resurrection will be realized. I have come to embrace deeply Paul's metaphor of "The Body," as the way believers are to manifest the resurrection. Each person of faith is part of the resurrected Jesus in the world. Together we make up the Church. The Church is both temporal and eternal.

As members of the church, each of us is a part of the Body of Christ. The living Christ is present in the world through the actions of His church. Our hands, our eyes, our mouth and ears and feet are the resurrection. When the Holy Spirit fills us with power, we become Jesus in the world.

I want Kernstown United Methodist Church to embrace our identity as the Body of Christ and explore just what part each of us might be in His ministry. This year, each member of our congregation has been identified with one of our four ministry work areas. (Some people have identified with more than one....) Please take note of your area and find out how you can serve. If you wish to serve in a different area, reach out to our leaders and let them know. Our body is not complete without all of its parts. We can not function without all of our parts, and all of our parts are made into one body. We can not separate ourselves from each other or from the work of Christ through the church. We are blessed to be part of the Body at Kernstown United Methodist Church which is blessed to be part of the Church Universal.

May the Holy Spirit fill you with power to offer your gifts and graces to the work of the resurrected Jesus.

Gary

### Inside this issue:

From the Pastor Finance New Members Class	1
KUMC Organizational Chart	2
Work Area Members	3
Care & Connect Educate & Equip Reach & Serve Worship & Wonder	4
Lay Leader, New Members, Sympathies, Birthdays, Weddings, Anni-	5

Back

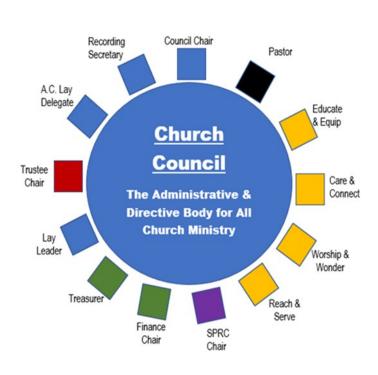
Calendar

### **April 2023 Financial Report**

Tithes & Gifts Received \$ 29,678 Needed to meet Budget \$34,14205 Difference \$ 4,46405 New Members Class PLUS - Our next New Member Sunday is June 25, 2023. Orientation classes will be June 4, 11 & 18 at 9:00. We will gather in the narthex. If you have any questions, please see Rev. Heaton or call the office. This class is also open to anyone who wants to learn about the United Methodist Church and belong to Kernstown UMC. It is a good opportunity to learn and share about Methodism and the church. If you are already a member and want to brush-up on your Wesleyan spirituality or have questions about

current events in the life of the church; please come to this open forum.

### **Kernstown UMC Leaders for 2023**





### **Church Council** Nomination & Lead-Trustees **Finance** SPPRC (Staff, Pastor. ership Development Parrish Relations Comm.) Roy Walker, Chair Brian Henshaw, Chair Rev. Heaton, Chair David Ford, Chair Steve Spurr, Chair Rev. Gary Heaton Cathy Richard, Lay Leader Mary Anton Judy Allen Steve Ayers Brian Henshaw, Council Barbara Cooper Jerry Chapman Steve Spurr, SPPRC Carolyn Carney Daniel Conklin Dave Ford Steve Spurr, SPPRC Lisa Dawson Roy Walker, Financer Sandy Dunkle Susan Hill Ric Dunkle Dave Ford, Trustees Dave Ford, Trustees Carolyn Fields Chris Lutz Brenda Carolyn Fields Cathy Richard, L.Ldr. Cathy Lichvar, Treasurer Jerry Puffinburger Long Dennis Barb Mosser, Lisa Dawson Conf/F.Sctv Lisa Dawson Conf. Delegate Carolyn Sibert O'Neal Larry Sulli-Richard Nenge Cheryl Spurr, UWF Tr. Doris Miller, UWF & Nurse Eugene Wise van Karen Wells Polly Look, Hope Fund Addison Fields Youth Cathy Richard, L.Ldr. Cathy Richard, L.Ldr. Cathy Lichvar, Treasurer Rev. Gary Heaton, Pastor Lisa Dawson, Conf. Roger Hill, At Large Danna Doyle, Recording Secretary Gary Lantz, At Large Danny Aube, At Large/IT Kevin Mosser, At Large Roger Hill/Carolyn Carney, Care & Connect Ric Dunkle, Educate & Equip Steve Wells//Lisa Dawson, Reach & Serve Lorraine Shelton, Worship & Wonder Cathy Richard, Mbrship Secretary

**Work Area Members Listed on Next Page** 

If you do not see your name or would like to change to a different area, please let the Chair, Pastor or office know.

Jeffrey Affolder Kaye-Beth Ambrose Margaret Anderson Janine Avvenire Krista Baker Alison Barr Ginny Birdsona Kimberly Black Tod Black Butch Bloxom Gregory Bloxom Louis Bundrick Patty Burchard Paul Burchard Carolyn Carney Darren Carper Jo Anne Carper Jimmy Castro Maria Castro

Sarah Charles Nancy Chick Martin Collins Suzanne Conklin Barbara Cooper Marcy Cormier Shirley Dick Brittany Dillow Steven Dobbin Charlie Donohoe David Donohoe Audrey Dorton Ric Dunkle Sandy Dunkle Virginia Ebbs Kevin Ecker Gina Elder John Elder Emilie Epstein

Lee Folger David Ford Sherry Ford Christine Franklin Jim Franklin Michael Franklin Pam Franklin Matt Fuller Leslie Harding Ronald Harding Nelda Harless Terice Harris Llovd Henry Brian Henshaw Kelly Henshaw Christopher Hill Jennifer Hill Jonathan Hill Roger Hill

Susan Hill Mark Hottle Cherilyn Kelchner Mary Kay LaFollette Loretta Lantz Aimee LaRusso Arthur Lee Brenda Long Polly Look Tammy Look Danielle Mango Jim Markley Mary Markley Noah Marshall Kenny Martin Lynn Martin John Mason Jeffrey Matthews Eddie McDonald

Michael McWhorter Doris Miller Dwight Miller Janelle Miller Constance Mitchell Daniel Mitchell Bret Morgan Mary Morgan Matthew Morgan Michael Morgan Cheryl Morris Ginny Morris Paul Morris Dolly Park Jim Park Cindy Peyton Kris Pine John Pitzer Sheila Pitzer

Frank Plum Tina Raia Elizabeth Renner Will Rodgers Barbara Sankovich Maneika shimett-Walker Bucky Sibert Carolyn Sibert Charlotte Smith Jennifer Smith Judy Smith Ronald Snyder Cleatus Spitznoole Madonna Sponaugle Cheryl Spurr Steven Spurr Steve Straight Timothy Stump Jane Thomas

Lindsey Thomley Nancy Tisinger Judy Toth William Tumblin Victoria Turley Mary Walker Roy Walker DeAnn Whitacre Dorothy White Breanna Wilhelm Brooke Wilhelm Jennifer Wilhelm Bob Wilson Lorraine Wilson Norma Wilson Pam Wilson Abigail Youmans Midge Youmans Margo Young Paulette Zottig

Larry Anderson Mary Anton Zachary Anton Carla Ay

Judy Allen

Steven Ayers Savannah Bailey Shelvy Bayne Ruth Bennington Barbara Bledsoe Laurie Bundrick Alex Burns John Butler

Elaine Cain Carolyn Carney Shelly Carson Doug Chapman Bradley Charles Justin Childs Russell Creswell Anthony DeMayo Margaret DeMayo Audrey Dorton Danna Doyle Ric Dunkle Sandy Dunkle

David Dve Ronald Dye Caroline Fields Carroll Fuller Doris Gavurnik Sarah Gordon Adrienne Greatorex Bob Greatorex Lauri Greene Brvan Hartley Beth Heaton Brian Henshaw Jacob Henshaw Kelly Henshaw

Educate & Equip (Ric Dunkle, Chair) Brenda Homer Patsy Homer Richard Homer Ronald Homer Francoise Lee-Spielman Grace Lewis Pamela Lipscomb Thomas Littman Kyle Mahutga Peter Mango Vicky Maphis Ashlev Martin Pamela Martin

Ginger Matthews Michael Michael Ryan Michael Crystal Minor Priscilla Minor Barb Mosser Kevin Mosser James Nesselrodt Julie Nesselrodt Mark Neufer Jeanne Newlin Becky Reedy Tammy Reedy Clinton Ritter

Clinton Ritter Christin Rust Chris Scott Samantha Scott Douglas Seabright Arthur Shelby Concetta Shipp Janie Slater Alan Snapp Jacalyn Spitznogle Cheryl Spurr Steven Spurr Sarah Steele Jessica Straight

Joan Tetrick Gary Tisinger Stacy Umbenour Mary Walker Roy Walker Steve Wilhelm Bradley Wilkins Michael Wilkins Dana Williams Katie Winters David Worthington Timothy Youmans

Don Adams Seth Anton Deborah Arbogast Joseph Arbogast Wendy Aube Catherine Augustine Carole Ay Jean Ann Ayers Bridget Bailey Barbara Baltimore

Grace Bushby David Carper David Chapman Brandi Charles Daniel Conklin Tammy Corey Lisa Dawson Nicholas Dawson Zachary Dawson Thomas DeMayo Pat Beckwith Rachel Donald Jeffrev Bloxom Charlie Donohoe Jeremiah Brown Ric Dunkle Andrew Burns Sandy Dunkle Betsy Burns Patricia Dye

Dawn W. Fincham Emily Folger Linda Fuller Mark Fuller Peggy Gillich George Glaize Bruce Gordon Charles Hale Brian Henshaw Kelly Henshaw Roger Hill Susan Hill Jane Kasoff Betty Lou Langager

Reach & Serve (Steve Wells/Lisa Dawson, Chairs) Gary Lantz Gussie Lee Cathy Lichvar Rich Lichvar Mark Lipscomb Selena Littman Chris Lutz Lisa Manuel Debbie Martin Gary McDonald Lori McKinney Brandon Michael Doris Miller Tat Mills

Donna Minor Derek Minter Richard Nenge Akiko Neufer Jeremy Park Stacey Park Hannah Redman Scott Renner Catherine Richard Lindsey Rickard Scott Ridder George Ritter Aaron Rust George Rust

Gary Sanders Katie Sanders Alexandra Scott Jeanne Seckman Austin Shipp LaPaula Smith J. L. Snider Cheryl Spurr Steven Spurr Julie Staggers Venisa Stonesifer Nathan Straight Terri Taggart Carmen Thompson

Steve Vann Shawn Weagley Tina Weagley Steven Wells Betty Wilkins Brian Wilkins Roy Wilkins Alan Wilson Blane Wilson Kenneth Wilson Sandy Wilson Todd Wise Amy Youmans Bill Yowell

Vauda Gaye Adams

Vicki Adams Christopher Affolder Jean Marie Affolder Barbara Armstrong Danny Aube Robert Augustine Carl Ay Cody Bailey Helen Baylis James Bowman Sandra Bundrick Tammy Butler Donna Campbell Jerry Chapman Judy Chapman Justin Chapman

Fred Cheshire Marie Cheshire Mary Kathryn Clark Ruth Clowser Suzanne Conklin Bette Cossentine Jayne Craiq Robin Creswell Jacob DeHaven Kimberly DeHaven Joan Dodson Charlie Donohoe Ric Dunkle Sandy Dunkle Matt Duvall Sandy Duvall

Helen Fitzner Norma Fitzwater Daniel Folger Ruth Folger David Ford Sherry Ford Sarah Gordon Andrew Greene Kaitlynn Greene LeAnn Hamman Charles Harless Candice Henry Kathryn Henry Brian Henshaw Kelly Henshaw Luke Henshaw

Worship & Wonder (Lorraine Shelton, Chair) Sonya Hess Judy Hilderbrand Lucien Hilderbrand Roger Hill Susan Hill Allyson Hottle Scott Keeler Sandra Keiter Loretta Lantz JoAnn Larrick Cathy Lichvar Stas Lipinski Karl Littman William Loud Nancy Mango

Gerri McDonald

Wallace McKinney Donna McWhorter Sharon Mills David Minor Tina Minter McKenna Newcome Dennis O'Neal Vicki Owens Amy Park Evelvn Patton Georgia Poe Jerry Puffinburger Bryan Renner Edna Renner Tina Renner Jackie Rhinaman

Sandra Rhinaman Catherine Richard JR Richard Kimberly Ricketts Stephen Ricketts Karen Ridder Anthony Ritenour Joshua Rott Courtney Rust Michelle Scott Nora Seabright Lorraine Shelton Edwin Shipp Dan Smith Jean Snider Nellie Snoots Cathryn Spriggs

David Spriggs Cheryl Spurr Steven Spurr Marilyn Stelzl Linda Straight Margo Strawderman Bill Tharpe Mary Vann Shane Weagley Karen Wells Steven Wells Suzanne Wilkins Susan Wills Barbara Wise Eugene Wise Aaron Youmans Lisa Yowell



Wednesday Morning Prayer & Care Group - At 11 AM, every Wednesday morning, the congregation is invited to meet with the pastor for a time of praying for the concerns of the church. Join us during this journey together each week.

**Health Ministry** - Purpose is to promote Wholistic health & prevent/minimize illness at KUMC and the surrounding community.

Parish Nurse Doris Miller BSN, RN, Faith Community Nurse, cell 540-303-3135 (leave msg), email dorismmiller@yahoo.com.

Blood Pressure Checks 2<sup>nd</sup> Sunday (June 11) and 4<sup>th</sup> Sunday (June 25) in Mission Room after service.

- •COVID Update: Per CDC, May 11 marked the end of the federal COVID 19 Public Health Emergency declaration.
  •The community transmission is LOW for both Winchester and Frederick County. After May 11<sup>th</sup>, this will no longer be tracked.
- •Vaccines for COVID will continue to remain available and free for adults and children.
- COVID 19 at-home tests may not be covered by insurance.
- Treatments will remain available for free as long as supplies last.

WALK with a DOC – Twice a month on 2<sup>nd</sup> Wednesday at 11 am & 4<sup>th</sup> Saturday at 9 am. Meet at Valley Health Wellness & Fitness Center for a talk by a physician & walk around the lake with others at your own pace.

SCRIPTURE: 1 Thessalonians 5:7 NRSV "Pray without ceasing." James 5:16 "Pray for one another that you may be healed." Exodus 15:26 "I am the Lord your healer." Health Education—The Power of Prayer & Healing: Health means the state achieved when a person's mind, body, and spirit work as God created them to do.

Healthy 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, hand washing, 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, receive less antibiotics and diuretics, have fewer visits to the doctor, and spend less time in the hospital when hospitalized.

Further studies show that people who pray tend to get sick less often, live healthier and longer lives, have lower blood pressure, fewer strokes, fewer heart attacks, and less depression, and when depressed, recover faster.

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. Prayers of repetition of sound and words cause healing effects as The Lord's Prayer and meditation.

Reference: Ruth E. Williams, A Collection of Parish Nurse Newsletters, Page 13

### **Educate & Equip**

**Encounter**: We are wrapping up our book "Fear of the Other", watch for more opportunities in the fall.

**VBS** Vacation Bible School - July 16-21, registration opens May 21 online. **WE NEED YOU**. We still need 26 volunteers. Sign up on the link online for your spot: <a href="https://www.signupgenius.com/go/10C0A4FA4A728A4FC1-">https://www.signupgenius.com/go/10C0A4FA4A728A4FC1-</a>

### Worship & Wonder

No Bell/Choir in June/July. Sign up for special music in the narthex.

### Reach & Serve

Jubilee Kitchen Volunteers Needed On Saturday, June 17, we will be serving at Jubilee Kitchen. Jubilee Kitchen is sponsored by the First Presbyterian Church in Winchester. Volunteers help set the tables for the patrons, serve food, & clean up. Plan to arrive at 10 a.m. and should finish by 1:00 p.m. The sign-up will be in the narthex soon. If you have questions, contact Cathy Lichvar. Please consider being part of this ministry to our community.

UMCOR—(United Methodist Committee on Relief) Thanks to everyone who participated in collecting items and supported the project of providing 16 Cleaning Kits and Hygiene Kits for UMCOR to use for disasters.

Doris Miller

United Women in Faith (UWF) Sisters-in-Christ, Scripture: John 10:14-15 NRSV "I am the good shepherd. I know My own and My own know Me. 15 just as the Father knows Me and I know the Father. And I lay down my life for the sheep."

Next meeting: Tuesday, June 13, at 10:00 in Fellowship Hall – Program by Nancy Tisinger. There will not be meetings in July or August.

Father's Day Service - We will be leading the worship service on Father's Day, June 18. We will also have a Candle Burning service for remembering Irene Gates & Anne Rogers during the worship service. We will present our unit's Special Mission pin & Rainbow Mission pin during the service.

Conference Spiritual Life Retreat: Sarah Gordon, Suzanne Conklin, & I attended on May 13 by Zoom. Topic was "Let Your Light Shine."

Mission Encounter (ME): July 28 – 30 in person or on-line

Thanks to everyone at KUMC, who supported our Fundraiser for Missions by purchasing homemade soup and homemade bread.

**Upper Room & Our Daily Bread**: In narthex. When you take a copy, leave a donation in the jar next to them in the narthex.

**Cookbooks**: We still have cookbooks (\$3 each) in Mission Rm. Leave money for them in jar next to them. *Doris Miller, President* 

### From Your Lay Leader

When we become a member of a United Methodist Church, we commit to support the church with our prayers, our presence, our gifts, our service, and our witness.

Prayer = lifting up the Body of Christ Presence = attending worship Gifts = money & talents Service = time

Witness = telling others about what Jesus has done in your life

In his article, Pastor Gary shared with you a current list of members &/or friends of Kernstown UMC who have committed their time, talent, and abilities to a Ministry Work Area. Chair people are encouraged to send meeting reminders and minutes to everyone on their list. You will notice there are names of people on these lists who you may not know. Perhaps they haven't been active in the life of the church for some time. Please make contact with them. Find out how they are and encourage them to join us in worship.

Currently, I serve as the Membership Secretary as well as the Lay Leader. It is very hard for one person to keep track of everyone on the membership roll. I can use your help. If you speak with someone and find they've moved from the area, get their current mailing and email address. I am happy to follow up with them. Last year, I discovered two members who died in prior years. No mail was returned by the Post Office so Pam and I wonder where their newsletters went. I appreciate each of you and anticipate the future we have together as the Body of Christ here at Kernstown. Cathy Richard

We received a call this week: "Thank you for your cards, calls and prayers for me. They contributed to my recovery."

Mary Kathryn Clark

### **New Members**

On Easter Sunday, we welcomed three new members: Cody Bailey, Tammy Corey, and Joshua Rott

They are listed in the new pink directories dated May 11 in the narthex. Please welcome our new church families.



To the families of: Raymond Hess 3/6/2023 Ann Rodgers 3/19/2023

### Congratulations

Congratulations to **Brianna Baker & Edward Jackman** who were married here at Kernstown on 4/15/2023. They have been attending since August 2022. Their address is in the directory under Baker, but Brianna will officially be Jackman in July. Congratulations also to **Nikki & David Carper** who were married on 4/29. David is a member and the son of JoAnne.

### **June Anniversaries**

Thomas & Margaret DeMayo 6/4
Larry & Margaret Anderson 6/6
JR & Catherine Richard 6/10
Dwight & Doris Miller 6/15
Don & Vicki Adams 6/20
Debbie & Russell Parrish 6/22
Kim & Mike DeHaven 6/27
Wallace & Lori McKinney 6/30

### June Birthdays

A	
Aaron Youmans	01
Deborah Arbogast	03
Curt Corey	04
Derek Minter	04
Chris Lutz	05
JR Richard	05
Cody Renner	05
Sandy Dunkle	06
Cheryl Morris	07
Justin Chapman	09
Candice Henry	09
Nathan Straight	09
Debbie Parrish	10
Pam Brannon	11
Brandi Charles	12
Norma Fitzwater	12
Lucien Hilderbrand	12
Amy Newcome	13
Tina Renner	13
Lorraine Shelton	13
Catherine Richard	14
Jacob Hill	15
Michelle Ridder	15
Steven Spurr	15
Savannah Bailey	18
	19
Mary Markley	
Bill Tharpe	19
Kelly Whetzel	20
Matt Duvall	22
Dorothy White	22
Thomas Littman	23
Donna Minor	24
Russell Parrish	25
Brooke Wilhelm	25
Samuel Henshaw	26
Gary McDonald	26 27
Ruth Bennington	27
Steve Burns	27
Alan Snapp Jr.	28
Paige Littman	29
Anthony DeMayo	30

## From the mailbox (also on the bulletin board by the elevator)

To the Dear Folks of Kernstown UMC 
I want to sincerely Thank You
for your kindness and your gifts to

Me. You made my 4 Sundays there

Most enjoyable.

I will continue to pray for you

I will continue to pray for you All And your ministries. God Loves You AND So Do I! Pastor Jol John

### 5/3/2023

To the Trustees and Pastor, Thanks again for the wonderful experience of being at Kernstown United Methodist Church every Wednesday for our Bible Study. It is a great location and, for our ladies, we have had some great sharing from their chasses. We are taking a break but pray to see you in the fall. Thanks Again, Emma Bridges, BSF

# 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 & Music Dir.
JJ Gibbs Intergenerational Ministry Coord.
Pam Brannon, Administrative Assistant

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Winchester, VA

			June 2023			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Pentecost 8th Sunday of Easter ?9 Encounter tentative 10:20 Worship Wear RED After worship Coffee Social Wedding Offsite (Rev. Heaton)	29 Memor ial Day Office closed	30 12-4 Bridge fh	<b>31</b> Prayer & Care fh 5:30 TOPS DeMoya Rm	<b>1</b> 8:30 TOPS fin	<b>2</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge <i>fh</i>	3
4 1st Sunday after Pentecost 9:00 New Member Class ?9 Encounter tentative 10:20 Worship Gen 1:1-2:4a; Psalm 8; 2 Cor 13:11- 13; Matt 28:16-20	5	6 10 Staff Mtg 12-4 Bridge fh	7 8 Down River Devotion 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm)	8 8:30 TOPS fh 6:30 Trustees	9 9 <sup>30</sup> -2 <sup>30</sup> Bridge <i>fh</i>	10
11 2nd Sunday after Pentecost 9:00 New Member Class 10:20 Worship Gen 12:1-9; Psalm 33:1-12; Rom 4:13-25; Matt 9:9-13,18-26	12	13 10 UWF fh 12-4 Bridge fh	14 8 Down River Devotion Flag Day 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm)	15 Annual Conference 8:30 TOPS fh		17 Annual Conference 10 Jubilee Kitchen at FPC
18 Father's Day 3 <sup>rd</sup> Sunday after Pentecost 9:00 New Member Class 10:20 Worship <i>led by UWF</i> Gen 18:1-15; Psalm 116:1-2,12-19; Rom 5:1-8; Matt 9:35-10(9-23)	19 News letter Dead line	<b>20</b> 10 C & C <i>fh</i> 12-4 Bridge <i>fh</i>	21 8 Down River Devotion Summer Begins 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm)	8:30 TOPS fh 7 Church Council	<b>23</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge <i>fh</i>	24
25 New Member Sunday 4th Sunday after Pentecost 10:20 Worship Gen.21:8-21; Psalm 86:1-10,16-17; Ps.17; Rom 6:1b-11; Matt 10:24-39	26	<b>27</b> 12-4 Bridge <i>fh</i>	28 8 Down River Devotion 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm)	<b>29</b> 8:30 TOPS <i>fh</i>	30 Audit due District 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	Save the Date VBS July 16-21