

The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

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Rev. Gary Heaton



April 2023—May 2023

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From the Pastor

It is our great privilege to share with others the message of resurrection. I pray our congregation has been strengthened by our Lenten journey and will take every opportunity to share with friends and neighbors an invitation to join in our Holy Week and Easter worship. Please make an effort to bring someone to church with you. When you invite or bring someone with you to church, you are inviting them to participate in a spiritual life of love, hope, and faith. It may be one of the greatest gifts anyone ever gave them.

I will always be grateful for the friend who invited me to church camp for the first time. It introduced me to the God of Creation that has nurtured my soul and called me into the ministry. The Church and the Out-Of-Doors have been my constant source of spiritual strength and inspiration ever since. One of my favorite writers is the naturalist, John Muir. His writings have inspired Beth and I to travel out west after Easter to see the Grand Canyon and Yosemite National Parks. A few of my favorite quotes are:

"Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean."

"The mountains are calling, and I must go."

"Between every two pine trees there is a door leading to a new way of life."

"I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found, was really going in."

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine into trees."

"How glorious a greeting the sun gives the mountains! To behold this alone is worth the pains of any excursion a thousand times over."

"The snow is melting into music."

Please pray traveling mercies for us as we drive across the country in April. Perhaps as your Lenten devotions end, you too can find opportunity to spend some time outside walking in nature, looking into the night sky, or sitting by a river. I have come to believe that the Church and the Natural World are two of God's marvelous, complex, and beautiful creations.

While I am away, the Rev. John Lock will be filling in for me with the help of Rev. Wells and Rev. Erbach.

Grace and Peace, Gary

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.



March 2023 Financial Report

Tithes & Gifts Received \$ 25,203
Needed to meet Budget \$ 27,314
Difference \$ 2,111

Care & Connect

Hospitality

Save the Date: May 28 Coffee Social after worship

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. Contact

Parish Nurse Doris Miller BSN, RN, Faith Community Nurse, cell 540-303-3135 (leave msg), email

dorismiller@yahoo.com

Blood Pressure Checks 2nd (April 9 & May 14) and 4th (April 23 & May 28) Sundays in mission room after service.

COVID Update: March 16 - Community level has continued to be **LOW** in both Winc. & Frederick Co., VA. Per CDC. **Precautions to take:**

- *Masks are not required but are optional while at KUMC. They are available if you want one.
- *Follow handwashing guidelines
- *Stay home if you have symptoms – fever, cough, sneeze, congestion. Do not attend church.
- *Stay up to date on vaccinations – both COVID and boosters and flu
- *Windows are open slightly at top to improve ventilation in church sanctuary.
- *Avoid contact with people who have suspected or confirmed COVID or flu
- *Follow recommendations for isolation if you have suspected or confirmed COVID or flu
- *If you are at high risk of getting very sick, wear a high-quality mask or respirator (e.g., N95) when indoors in public.
- ***Walk with a Doc** – Twice a month on 2nd Wednesday at 11 am and 4th Saturday at 9 am Meet at Valley Health Wellness and Fitness Center for a talk by a Physician and walk around the lake with others at your own pace.

Scripture: 3 John 1:2 Beloved, I pray that all may go well with you and that you may be in good health.

Health Education – April is Health Care Decision Month

Do you have an Advance Directive, Health Care Agent, and Organ Donation Directive? Everyone should have these when you become 18. What does United Methodists believe about these decisions?

This is included in the Social Principles of the United Methodist Church Section II The Nurturing Community 161 (M) addresses Faithful Care for Dying Persons; Section III The Social Community 162. (W) Organ Transplantation and Organ Donation

Five Wishes The Five Wishes and the Advanced Directive Form is approved by the Virginia General Assembly. It does not need to be notarized in Virginia but if you live in West Virginia it needs to be notarized. In Virginia you will need to have your signature witnessed by two (2) persons. You may have your friends, neighbors, or persons at KUMC witness when you sign the form.

The Five Wishes gives you information on what you should consider when completing an Advance Directive. It also contains an Advance Directive form that is approved in Virginia.

After completing the form and having it witnessed, you should keep the original and give copies to your family, your primary care physician, other specialists that you see, and the hospital that you use. At Winchester Medical Center, give a copy of your Advance Directive to Health Information Management (HIM) to be included in your hospital chart. HIM is located on the hall between Valley Pharmacy and the hospital.

You can also complete organ donation at DMV and have it on your driver's license or ID Card. This is helpful in the event of an accident; so that, EMS and the police know that you are an Organ Donor.

If you need a Five Wishes Form, have questions, or need assistance with completing these, see Doris Miller RN, your Faith Community Nurse (Parish Nurse). The Five Wishes Form can be found in the narthex.

Educate & Equip

Save the date for VBS July 16-21

New Encounter Class: Beginning April 23rd, JJ will be offering an additional Encounter Class entitled "*Fear of the Other*" by Will Willimon. This class will be offered multiple times during the week, Sundays at 9:00 am in the Yellow Room of the Education Hallway and Tuesdays at 1:00 pm both in person (Yellow Room) and online through our new media platform "Amplify Media". If you are interested in attending this class please register at the link below:

<https://share.fluro.io/form/6419e42b86365a003467c03c>

If you have any questions please reach out to JJ at programs@kernstownumc.org.

In this no non-sense book, reliable spiritual guide, Will Willimon, invites readers to consider the gospel command to love (and not merely tolerate) those considered to be "Other" or outside mainstream Christian culture. Rooted in the faith of Israel and the Christian story and vision, Willimon brings a Wesleyan perspective to bear on what may be the hardest thing for people of faith to do: keeping and loving the "Other" as they are - without any need for them to become like us.

Worship creation collage from 3/12



Reach & Serve

United Women in Faith (UWF) Sisters-in-Christ, Scripture: I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." John 8:12

Next meeting: Tuesday, April 11 at 10 am in the fellowship hall, program by Suzanne Conklin. Tuesday, May 9 at 10 am in the fellowship hall, program by Danna Doyle.

Shenandoah River District UWF

Earth Day Retreat -Celebrating God's Great Creation: Sat., April 22 from 9 am- 12 noon via Zoom in Fellowship Hall. Facilitator is Karen McElfish, who will present program on Just Energy for All and the Virginia Conference Green Church Initiative. This program is open to all at KUMC, not just the UWF members.

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

Cookbooks: We still have cookbooks at \$3. They are in the mission room, leave money for them in jar.

"Souper" Sunday Project – Thanks to all who participated. We collected 101 cans for CCAP. KUMC correctly predicted the winner of the Super Bowl.

UWF Spring Fundraiser for Missions: Homemade Soup & Homemade Bread Fundraiser for Mission United Women in Faith is sponsoring a fundraising project for missions. Proceeds from the sales will go to missions. We will be selling the following soups: Chicken Noodle, Vegetable Beef, Vegetarian, Chili, Cheeseburger, and Home Made Bread. Ordering sheets will be in the narthex. Deadline for ordering is Sunday, April 16, 2023. Pick up is in Fellowship Hall on Sunday, April 30, 2023, after church service. Price will be freewill donation when you receive your soup or bread. Any questions, contact Doris Miller 540-303-3135 or e-mail dorismiller@yahoo.com

UMCOR Cleaning Kits—Thanks to all who supported this project. We established a goal to collect items for 10 Cleaning Kits, but we collected 15 Cleaning Kits. Congratulations KUMC Doris Miller, Chairperson

Worship & Wonder

Fresh Flowers - Please bring fresh flowers on Easter Sunday to decorate the cross that will be in the narthex. That cross will be brought into the sanctuary during the service. After the service, the cross will be taken outside and placed near the fence on Rte. 11. Also bring flowers to the SonRise service at Opequon.



Prayer Vigil 2023 This year from Good Friday to Easter sunrise, we, as a body of believers at Kernstown UMC, are invited to participate in a prayer vigil—a one-hour time slot of your choosing. Prayer is one of the most powerful gifts we have as Christians. One of the most beautiful blessings of Easter is that by His death on the cross and becoming the sacrifice for us, we are given direct access to God through prayer. Let us celebrate that access by praying through this solemn time in the church's life. We have a signup online where you can claim a one-hour time slot anytime from 8 PM Good Friday to 6 AM Easter morning and you may claim more than one one-hour time slot. It does not require you to leave home. We will also supply resources for you to help structure your prayer time.

Whether you attend church in person, online, or are a shut-in, you can participate in this prayer vigil. The Worship and Wonder team is looking to unite the entire body of Christ at Kernstown UMC through this opportunity of Faith in Action by praying for our families, our church, our community, and our world until He comes again. Join us, reserve your slot today, sign up online <https://www.signupgenius.com/go/10C0E48AAA72FA5F4CF8-prayer> or call Charlie Donohue at 540-450-6038.

Music Ministry—What a wonderful season we have had with the music ministry so far this year. Thanks to all who have been involved in the bell choir and the chancel choir. There are big plans to add ensembles and/or collaborate between the music ministry and the Educate and Equip group. As the temperatures heat up outside the music ministry is heating up as well because it's time for summer music and that means it's time for the congregation and special guests to bless us with their gifts. There will be a sign-up sheet in the narthex to sign up for special music this summer. It doesn't just have to be music. It could be an interpretative dance or even slam poetry accompanied by bongos. If you even know someone you would like to feature that is up for consideration as well. If you have any questions about summer music, contact David Landrum. Sending musical blessings.

Chancel Choir



Worship guest on 3/12



Message from your Lay Leader

Change Your Words, Change Your Life
Here is a reading that really hit home.
How many frivolous words do I use a day? Too many.

In Psalm 19:14 the psalmist cries out “that the words of his mouth and the meditations of his heart would be acceptable in God’s sight”. Have you ever wondered what kinds of words God would consider acceptable? They certainly wouldn’t be words of judgment, criticism, sarcasm, negativity, complaining, or gossip.

So what can we do to ensure our words are pleasing to the Lord? One way is to be quiet more, to limit the words coming out of our mouth. We speak so many frivolous words, and participate in conversations that are not edifying on any given day. Try this today: in conversations with other people, listen more and speak less. Make your prayer, “Lord, close my mouth.”

Closing your mouth has some great benefits. It will mean you won’t sin with your words; you’ll listen more; you’ll seek to understand, not seek to be understood; and people will think you’re wise.

You may be wondering whether it’s possible for the Lord to do such a complete work in you that even the meditations of your heart would be acceptable to him. Yes, it is possible. He tells us in Hebrews that he will save us completely if we come to him (Hebrews 2:25) – and when he says completely, he means 100%, including each idle word, and every thought in our minds. Oh, what a great salvation he has for us!

This is the goal as we fast from words of judgment, criticism, sarcasm, negativity, complaining, and gossip – that the Lord would do such a deep work in our hearts, that the words that come out of our mouth, and the meditations of our hearts would be acceptable to him.

Ask yourself, “what is on my mind most of the time – the thing I think about the most – if I am honest?” Any, if any words come out of your mouth today that you need to repent of, do so. Ask the Holy Spirit to touch your heart and keep those words out of your mouth tomorrow. From *Change Your Words, Change Your Life*—a seven day devotional by Tim Cameron

Cathy Richard

April Birthdays

Gussie Lee	4/01
Isabella McWhorter	4/04
Morgan Thomas	4/04
Kenneth Whetzel	4/04
Joseph Arbogast	4/05
Laurie Bundrick	4/05
Kimberly Ricketts	4/06
Ronald Dye	4/08
Nelda Harless	4/09
Finnick Fincham	4/10
Betty Wilkins	4/10
Betsy Burns	4/12
Cody Williams	4/13
Christopher Affolder	4/14
Tod Black	4/14
Susan Wills	4/14
Lauri Greene	4/15
Caroline Fields	4/16
Robin Creswell	4/17
Ashley Martin	4/17
Zachary Anton	4/20
Kenneth Wilson	4/20
Vauda Gaye Adams	4/23
Jim Park	4/23
Christina Rust	4/23
Pam Franklin	4/24
Gary Lantz	4/25
Constance Mitchell	4/26
Steven Wells	4/26
Timothy Youmans	4/27
Victoria Turley	4/28
Aubree Barr	4/29

May Birthdays

Bradley Charles	5/01
Selena Littman	5/01
Barbara Wise	5/01
Peggy Gillich	5/02
Kelly Henshaw	5/04
Ryan Michael	5/04
Gary Heaton	5/05
Jacob Henshaw	5/05
Steve Straight	5/05
Bret Morgan	5/07
Dennis O'Neal	5/07
Mary Kathryn Clark	5/08
Bette Cossentine	5/08
Daniel Conklin	5/10
Sonya Hess	5/10
Priscilla Minor	5/10
Jacob DeHaven	5/11
Krista Baker	5/12
Brian Henshaw	5/12
Jo Anne Carper	5/13
Steven Dobbin	5/13
Jerry Chapman	5/14
Carroll Fuller	5/14
Hillary Nesselrodt	5/14
Stacy Umbenour	5/14
James Ambrose III	5/15
Bill Erbach	5/15
Brenda Long	5/15
Michelle Scott	5/16
Scott Keeler	5/17
Ayanda Nenge	5/17
Steve Vann	5/17
Vicki Owens	5/18
Lisa Yowell	5/18
Todd Wise	5/19
Jackie Rhinaman	5/21
Jayne Craig	5/23
John Elder	5/24
JoAnn Larrick	5/25
Jean Snider	5/25
Maylin Gibbs	5/26
Austin Shipp	5/26
Marilyn Stelzl	5/27
Russell Creswell	5/29
Linda Fuller	5/29
Lesley Rickard	5/29
Gary Tisinger	5/29
Mike DeHaven	5/30
Kevin Ecker	5/31
Breanna Wilhelm	5/31



April & May Anniversaries

Name	Date	#Yrs
Steve & Betsy Burns	4/02	
Stacy & Terry Umbenour	4/16	
Edwin & Concetta Shipp	4/19	
Steven & Jean Ann Ayers	4/20	
Chris & Kathy Lutz	4/21	32 nd
Russell & Robin Creswell	4/28	
Scott & Karen Ridder	5/01	
David & Kristy Donohoe	5/3	
Rbt & Catherine Augustine	5/6	
Gary & Loretta Lantz	5/11	55 th
Steven & Cheryl Spurr	5/11	
Roy & Mary Walker Jr.	5/12	45 th
Ric & Sandy Dunkle	5/16	42 nd
Lee & Ruth Folger	5/16	32 nd
Mark & Pamela Lipscomb	5/18	
Matt & Sandy Duvall	5/22	
LaPaula & James Smith	5/26	
Bill Tumblin & Madonna	5/30	19 th

Directory Updates/Corrections:

If you have any updates to your mailing address, phone number, email, birthday or anniversary, please contact the office via email office@kernstownumc.org or phone. Here are recent updates for you:

- ♦ Sympathies to the family of Ann Rodgers who passed on 3/19/2023 (member since 2014)

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
APRIL 2023						1	
2 Palm Sunday 9:00 New Member Class 9:00 Encounter 10:20 Worship JJ preaching Matt 21:1-11; Ps 118:1-2,19-29; Isa 50:4-9; Ps 31:9-16; Phil 2:5-11;Matt 26:14-27:66 or 27:11-54	3	4 10 Staff Mtg	5 11 Prayer & Care fh 6 Handbells 🎵 7 Choir 🎵	6 Maundy Thursday 7 PM Worship Service	7 Good Friday 11-1 Prayer Vigil 7 PM Wor-ship Service	8	
Holy Week No Outside Groups meeting in church							
9 Easter New Members 6:30 SunRise OPC 9:00 Encounter 10:20 Worship Acts 10:34-43 or Jer 31:1-6; Psalm 118:1-2, 14-24; Col 3:1-4; John 20:1-18 or Matt 28:1-10	10 Office Closed	11 10 UWF fh 12-4 Bridge fh	12 9-11 BSF (3 rms upstairs) 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm)	13 8:30 TOPS fh 6:30 Trustees	14 Wedding Rehearsal 1-7 pm (fellowship hall, sanctuary & room upstairs)	15 Wedding 10-3 pm fellowship hall, sanctuary & room upstairs booked all day	
16 2nd Sunday of Easter 9:00 Encounter 10:20 Worship Rev Locke pr. UWF Soup/Bread orders due Acts 2:14a, 22-32; Psalm 16; 1 Pet 1:3-9; John 20:19-31	17	18 10 Care & Connect fh 12-4 Bridge fh	19 9-11 BSF (3 rms upstairs) 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	20 8:30 TOPS fh	21	22 8-12:30 UWF District Zoom fh	
23 3rd Sunday of Easter 9:00 Encounter 10:20 Worship Rev Locke pr. Acts 2:14a, 36-41; Psalm 116:1-4, 12-19; 1 Pet 1:17-23; Luke 24:13-35	24 7 Edu-cate & Equip Mtg	25 12-4 Bridge fh 1:00 Encounter online & Yellow Rm 2:00 Worship & Wonder	26 9-11 BSF (3 rms upstairs) 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	27 8:30 TOPS fh 7 Church Council	28	29 UWF Fundraiser prep fh	
MAY	Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 4th Sunday of Easter 9:00 Encounter 10:20 Worship Rev Locke pr. Pickup Soup/Bread Orders Acts 2:42-47; Psalm 23; 1 Pet 2:19-25; John 10:1-10	1	2 1:00 Encounter online & Yellow Rm	3 9-11 BSF (3 rms upstairs) 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	4 8:30 TOPS fh	5 Closed Apple Blossom	6	
7 5th Sunday of Easter 9:00 Encounter 10:20 Worship Rev Locke pr. Acts 7:55-60, Psalm 31:1-5, 15-16, 1 Pet 2:2-10, John 14:1-14	8	9 10 Staff Mtg 10 UWF fh 12-4 Bridge fh 1:00 Encounter 7 Reach & Serve	10 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	11 8:30 TOPS fh 6:30 Trustees	12	13	
14 Mother's Day 6th Sunday of Easter 9:00 Encounter 10:20 Worship Acts 17:22-31, Psalm 66:8-20, 1 Pet 3:13-22, John 14:15-21	15 News letter Dead line	16 10 C&C fh 12-4 Bridge fh 1:00 Encounter online & Yellow Rm	17 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	18 8:30 TOPS fh	19	20 Crafting All Day fh (Richard)	
21 Ascension Sunday 7th Sunday of Easter 9:00 Encounter 10:20 Worship Acts 1:6-14, Psalm 68:1-10, 32-35, 1 Pet 4:12-14, 5:6-11, John 17:1-11	22	23 12-4 Bridge fh 1:00 Encounter online & Yellow Rm	24 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm) 7 Choir 🎵	25 8:30 TOPS fh 7 Church Council	26	27	
28 Pentecost 8th Sunday of Easter 9:00 Encounter 10:20 Worship After worship Coffee Social Acts 2:1-21, Psalm 104:24-34, 35b, 1 Cor 12:3b-13, John 7:37-39	29 Mem-orial Day Office closed	30 12-4 Bridge fh	31 11 Prayer & Care fh 5:30 TOPS (DeMoya Rm)	New Member Sunday June 25 New Mmbr Classes June 4, 11 & 18 Annual Conference June 15-17 Jubilee Kitchen June 17 Save the Date VBS July 16-21			

**KERNSTOWN UNITED
METHODIST CHURCH**

3239 Valley Pike
Winchester, VA 22602-5303

Return Service Requested

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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 & Music Dir.
JJ Gibbs Intergenerational Ministry Coord.
Pam Brannon, Administrative Assistant
540-667-7298; email: office@kernstownumc.org
Web: www.kernstownumc.org

HOLY WEEK 2023 at Kernstown UMC

will feature many opportunities to deepen your connection to Christ during his Passion Week.

- Palm Sunday** Palm branches will be given to all worshipers and J.J. Gibbs will be giving the Sermon discussing how we can follow Christ to the ultimate end of Sin and grabbing onto Grace.
- Holy Thursday** An Agape Meal and Foot Washing will be offered at 7:00 PM. We will combine the Lord's Supper with the beautiful Brethren tradition of Foot Washing to remember our call to service and humility. Participants may choose to wash hands or feet as we explore this powerful Gospel narrative.
- Good Friday** The Sanctuary will be open & arranged from 11:00 AM to 1:00 PM for quiet prayers and reflection.
A traditional Service for Good Friday will be held at 7:00 PM. During this time, we will go through the passion of Jesus while also going through a unique type of confessions.
Following service, we will have a Prayer Vigil from 8:00 PM Friday night till 6:00 AM Sunday morning.
- Easter Sunrise** A joint Community Sunrise Service will be held at the picnic shelter of Opequon Presbyterian Church. Bring fresh flowers. Breakfast to follow.
- Easter Worship** Worship begins at 10:20 featuring special music by soloist, Kristianna Pirrie and trumpet player, Kevin Romano. The congregation will be invited to place fresh flowers on a wire cross.

