

The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

540.667.7298 / www.kernstownumc.org

Rev. Gary Heaton



February 2023—March 2023

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From the Pastor

**"Now, you are the body of Christ and individually members of it.
And God has appointed in the church....." (1 Corinthians 12: 27)**

We are beginning 2023 with an openness and expectation that God is going to bring abundance and new vitality to the missions and ministries of Kernstown United Methodist Church. Our congregational leadership is equipped with members who have gifts and graces to serve God and neighbor. We have organized ourselves to be in ministry with a staff and pastors who equip us to be the Body of Christ in this place at this time. I hope and pray that all of our members will be strengthened, equipped, and transformed by the love and Grace of God to lives of hope and love and mercy.

As members of the Body of Christ, we have been called into the light of God's salvation away from the darkness and sin of worldly disorder. We will order our lives and the life of the church in such a way that others will see our good works and give glory to God in heaven (Matthew 5:16). We will receive God's grace into our lives so that we are made whole and holy. We will share with others the good news of salvation and care for those for whom Christ gave himself.

Let 2023 be a year when KUMC is a place of renewal, redemption, and transformation for ourselves and for our community. May this Epiphany and Lenten seasons call us into a spiritual journey where we are made in God's image.....Formed, Shaped, and Shattered by the Spirit to be used in the service of God and our neighbors. And in the words of John Wesley, "....best of all, God is with us" as we do this together.

Grace and Peace, Gary

New Members Class PLUS - Our next New Member Sunday is February 19, 2023. Orientation classes will be Jan. 29, Feb. 5 & 12 at 9:00 in the pastor's office. 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.



2022 Financial Report

Tithes & Gifts Received \$ 302,296
Needed to meet Budget \$ 326,423
Difference \$ 24,127

Hello Kernstown UMC! My name is JJ Gibbs and I am the new Intergenerational Ministries Coordinator (still a working title). I am so excited to be here with all of you in this new season of ministry here in this congregation and in our community. I have been working in various United Methodist Churches across North Carolina over the last decade. My family and I moved to Virginia back in September, as my wife is the new executive camp director at Camp Overlook in Keezletown. We have a wonderful 3-year-old named Maylin! We are all very eager and excited to be with you here at Kernstown and I looked forward to getting to know you all more and seeing what God has in store for us during this next GROWING season!



Care & Connect

Card Ministry—If you would like to help with our card ministry, please contact Roger Hill.

Hospitality Save the Dates:

*Feb 12 Valentine C♥ffee S♥cial

*Mar 19 Birthday Luncheon (covered dish) both 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.

Prayer Requests via our website under **CARE** kernstownumc.org/prayer-request. This mailbox is checked two times daily. When a request is received, it is sent to the KneeMail and phone group, or you can email your prayer request directly to prayer@kernstownumc.org.

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, cell 540-303-3135 (leave msg), email dorismiller@yahoo.com.



Blood Pressure Checks 2nd (Feb 12) & 4th (Feb 26) Sundays in fellowship hall after service.

COVID Update: Jan 19 - Community level has continued to be **LOW** in both Winc. & Frederick Co., VA. Per CDC, CDC updates this every Thursday evening.

Flu Season – it is time to receive your flu vaccine from your physician or pharmacist. **Precautions to take:**

*Stay home if you or your children have symptoms – fever, cough, sneezing, congestion

*Stay up to date on vaccinations – both COVID and boosters and flu

*Maintain ventilation improvements – have windows open slightly at top to improve air flow 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 res-

pirator (e.g., N95) when indoors in public

*Teach children about handwashing and covering nose and mouth if coughing or sneezing.

Walk with a Doc – Wednesday, Feb 15 at 11 am – 12. Meet at Valley Health Wellness & Fitness Center for a talk by a Physician and walk around the lake with others. signed up for class.

Scripture: Luke 6: 18-19 NRSV ¹⁸They had come to hear “Jesus” and to be healed of their diseases: and those who were troubled with unclean spirits were cured. ¹⁹And all in the crowd were trying to touch him, for power came out from him and healed all of them.

Health Education – Who should think twice about shoveling snow?

*Snow shoveling can be dangerous – in healthy men, snow shoveling increases heart rate to 179, systolic blood pressure to 181, energy expenditure is about 9 METS which is higher than maximal stress test exertion for many folks. If you lift the shovel 12 times per min at 16 lbs per shovel = 1920 lbs in 10 minutes. Those most at risk for a heart attack include:

* Anyone who has already had a heart attack.

*Individuals with a history of heart disease.

*Those with high blood pressure or high cholesterol levels.

*Smokers

*Individuals leading a sedentary lifestyle.

When you shovel snow, you tend to hold your breath as you lift. That increases pressure in your chest and reduces blood flow to your heart. At the same time, cold air constricts your blood vessels. All of this pushes up your blood pressure and forces the heart to work even harder. If your heart arteries are damaged or partially blocked with plaque, These things can combine to set you up for a heart attack. Using a snow blower can elevate your heart rate to 120 beats a minute and if you have a heart condition, that could still be a real problem.

Bottom line – if you have heart disease and you don't have to shovel snow then don't.

Educate & Equip

Children's Church needs some substitute leaders. When either Miss Vicki or myself (Beth Heaton) are out of town or ill, we have two faithful parishioners who often have stepped up and filled in to help staff Children's Church. But there have been two occasions this winter when we had no substitute, and Children's Church could not be offered that Sunday. This saddens me because I want every person who walks through the church doors to feel welcomed and find what they need that day, whether it is their one and only visit, or a potential church home. I want us to be able to offer Children's Church every Sunday, faithfully. So, for that I need a few more names on our list of substitutes.

Do you wonder what you would be doing if you sign up to help with our children's programs? There are Teacher and Helper roles. You can do as much or as little as you wish. If you sign up to be a Helper, all you have to do is come sit in the classroom and watch what happens. You are there to be the second friendly adult for our Safe Sanctuary standard: that is the important role of the Helper. (In contrast, the Teacher is the one who plans and leads the lesson.) If you are a Helper, it's great if you *want* to help the kids with papers and puzzles, or read a Bible story, or lead the prayer, or help keep kids in line, but as the Helper, you *don't have to*. You just have to sit there and be a friendly adult.

May I wax on about what I believe about the value of Children's Church?

1. It is good for the children: they have fun; they experience ordered, kind routine; they learn about God and church; and they experience a warm caring relationship with two church people. Even if they don't concretely remember the details, that memory of welcomeness

Continued next page→

Educate & Equip, *cont'd*

becomes embedded in their little selves—a kind, welcoming feeling about church and God. And they do have fun. Peek into the classroom anytime during the week: you will see a chalkboard on the floor with a list in the corner: “Hello/Signin/Prayer/Story/Song/Take home Paper/Chalkboard/Puzzles”—the kids take turns checking off the agenda as we go through our half hour. Vicki and I engage the children in talking about their past week and joys and concerns to lift up in prayer. We leave a space in the middle of the prayer for them to speak up and usually they stay silent, but a few weeks ago, one child added her bit to the prayer. The story often repeats in child-version the scripture that they heard in church that morning, and the songs are old camp favorites with movement and joy, like “If I were a butterfly, I’d thank the Lord for giving me wings...”

2. Children’s Church is good for the parents. Many of you remember the challenges of having your preschoolers in worship. ALL children are ALWAYS welcome in Kernstown UMC worship services. I think it is good for kids to early on experience worship: that’s why Children’s Church starts partway through the service, to give them a taste of worship. It’s good for that to happen in an amount they can handle. Parents best know their children, and it is hard for some children to stay through an hour, and hard for the parents to get the most out of the worship service while tending to restless children. Children’s Church allows parents to enjoy the worship service while knowing their child is safely cared for nearby.

Please, prayerfully consider volunteering to help with Children’s Church. Your volunteer role can be tailored to what you feel comfortable doing. Leave your name with the church office, or you can write your interest on the yellow attendance card or you can talk to me directly.

Beth Heaton

Reach & Serve

Reach & Serve has new co-chairs in ‘23, Steve Wells & Lisa Dawson.

Thanks to **Steve Spurr** for his leadership and service.



Jubilee Kitchen Volunteers Needed

On Saturday, March 18, 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, and clean up. Plan to arrive at 10 a.m. and should finish by 1:00 p.m. The sign-up is in the narthex soon. If you have questions, contact Cathy Lichvar or the office. Please consider being part of this ministry to our community.

United Women in Faith (UWF)

Sisters-in-Christ, Scripture: But someone will say, “You have faith and I have works.” Show me your faith apart from your works, and I by my works will show you my faith. James 2:18

Next meeting: February 14 from 10-11:30 am in the Fellowship Hall. Program will be Call to Prayer and Self-Denial. Your gifts to A Call to Prayer and Self-Denial will directly support UWF’s racial justice initiative.

Upper Room & Our Daily Bread:

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 the mission room, leave money for them in jar.

“Souper” Sunday

— We are planning a fun event to raise cans of soup for CCAP on February 5th and 12th. We will have 2 containers in narthex with names of teams in Super Bowl. Place can of soup in the container of team that you think will win the Super Bowl. We will count the cans and announce if KUMC predicted the winner.

WATTS Dinner — Thanks to all who donated items for the dinner that we prepared and served to the clients of WATTS. They were most appreciative of the dinner.

UMCOR Cleaning Kits—Due to the hurricanes, floods, and tornadoes,

we are collecting items for the cleaning kits that are needed to begin the overwhelming job of cleaning up.

Items needed: See display of items that UMCOR needs in narthex. You can take slips with individual items, or envelope with all slips needed if you want to fill an entire bucket, or donate money for us to do the shopping for you (make check out to KUMC and write UMCOR kits on the memo line).

- One five-gallon round bucket with lid (14.35” h x 12.19” w x 12.19” d). - No screw lids.
- One 32–64 oz. bottle liquid laundry detergent
- One 16–40 oz., bottle liquid concentrate household cleaner. - No spray cleaners
- One 16–34 oz. bottle liquid dish soap
- One 4–8 oz. pump spray air freshener
- One 6–14 oz. pump spray insect repellent (pack of 10–20 wipes also acceptable). - Pump spray bottles must have protective covers
- One scrub brush - With or without handle
- 18 re-usable cleaning wipes. - no terrycloth, microfiber or paper towels - Remove from packaging
- Five scouring pads - No stainless steel or pads with soap in them - Remove from packaging
- 36–50 clothespins
- One 50–100 ft. clothesline (cotton or plastic line)
- 24 roll of heavy-duty trash bags (33–45 gallon sizes) - Remove from packaging
- Five N95 particulate respirator dust masks (1–3 mm thickness) - No surgical masks
- Two pairs kitchen gloves - Durable for multiple uses - Remove from pkg
- One pair work gloves with leather palm or all leather



Due Feb 22 (Ash Wednesday)
Goal 10 buckets
(As of 1/18, 4 are complete!)

Worship & Wonder

MINISTRY OPPORTUNITIES – There are several opportunities for you to be blessed by your service. We need **communion stewards** – cut the bread, fill the cups, place elements on the communion table; **communion clean up** – remove all items from the sanctuary, take to the kitchen, wash/wipe all the serving pieces, properly dispose of leftover bread and juice; **candle maintenance** – ensure oil is in the altar candles and the lighter; **greeter** – be at the door to welcome everyone who enters our church; **reader** – read the scripture for that Sunday.

Music Ministry—Lent is going to be an exciting time for the music ministry this year. There was no cantata that I found that is appropriate for our theme, and in the tradition of writing a song last year for the theme and writing alternate lyrics for the Hymn of Promise for the advent theme, I've decided to write my own cantata entitled "Shattered No More." It will be presented on March 26, 2023, during the morning worship service. Spread the word about this exciting opportunity of original church music work for our church. If you want to join the choir during the Lent season just for the cantata to have the chance to sing original music with the composer, we would love to have you. If you have any questions about being a part of the choir for that project, ask Kelly Henshaw or David Landrum.



During the recent Work Area team meetings, hands were laid upon new staff, JJ (Intergenerational Ministries Coordinator).

From your Lay Leader

This is from a devotion that I read recently. I thought it was appropriate for February.

It's easy to love kind, lovely, humble people. I mean, who wouldn't? These are the ones I've spent much of my life loving. Loving the people who are easy to love made me feel like I was really good at it. Because the people I loved were kind and wonderful, they made sure they told me what a great job I was doing loving them.

What I've come to realize, though, is that I was avoiding the people I didn't understand, and the ones who lived differently than me. Here's why: some of them creep me out. Sure, I was polite to them, but sadly, I've spent my whole life, avoiding the people Jesus spent his whole life engaging. God's idea isn't that we would just give and receive love, but that we could actually become love. The way we do this can be summarized like this:

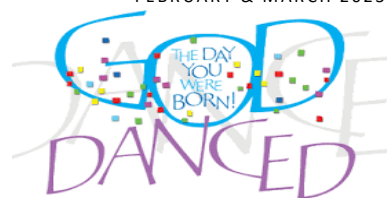
His plan is that we would love everybody, always.

People who are becoming love see the beauty in others even when their off-putting behavior makes for a pretty weird mask. What Jesus told His friends can be summed up in this way: He wants us to love everybody, always—and start with the people who creep us out. The truth is, we probably creep them out as much as they do us.

Are there people you should give a wide berth to? You bet. There are people in my life and yours, who are unsafe, toxic, and delight in sowing discord, wherever they go. God gave us discernment, and we should use it as we live our lives. He's also giving us love and understanding and kindness, and the ability to forgive, which have power we often leave untapped. There's a difference between good judgment and living in judgment. The trick is to use lots of the first and go a little lighter on the second if we want to live the big life Jesus talked about.

Cathy Richard

Excerpt from "Everybody, Always," by Bob Goff



February Birthdays

Dan Smith	2/02
Tat Mills	2/03
Trey Yowell	2/03
Midge Youmans	2/04
Thatcher Whitacre	2/06
Janelle Miller	2/08
Alison Barr	2/09
Ann Rodgers	2/09
DeAnn Whitacre	2/09
Mary Shetler	2/10
Stas Lipinski	2/11
Donna Campbell	2/13
Deven Ricketts	2/13
Chris Scott	2/13
Maneika Shifflett-Walker	2/14
Roy Wilkins Jr	2/14
Gary Sanders	2/15
Declan Carper	2/16
Noah Marshall	2/16
Margo Young	2/16
Cathryn Spriggs	2/18
John Pitzer	2/19
Jenni Simpson	2/19
Emily Whitacre	2/19
Larry Anderson	2/20
Barbara Cooper	2/20
Kevin Dye	2/21
Arthur Lee	2/21
Jeremy Park	2/21
Marissa Augustine	2/22
Tyler Augustine	2/22
Matt Fuller	2/22
Daniel Mitchell	2/22
Tammy Reedy	2/22
Ronald Snyder	2/22
Timothy Hill	2/25
Kris Pine	2/25
Karen Ridder	2/25
Michael Franklin	2/26
Charlotte Smith	2/26
Abigail Youmans	2/26
Amy Youmans	2/26
Kimberly Black	2/28
David Landrum	2/28



Feb. & March Anniversaries

Kaye-Beth & James Ambrose	2/07
Bill & Lisa Yowell (27 th)	2/07
Jim & Mary Markley	2/14
James & Julie Nesselrodt	3/03
Karl & Selena Littman (22 nd)	3/10
Chris & Michelle Scott	3/20
George & Christina Rust (24 th)	3/27



March Birthdays

Isabella Fincham	3/01	Junior Godlove	3/15
Bruce Gordon	3/02	Carmen Thompson	3/15
Ruth Clowser	3/03	Susan Hill	3/17
Jared Castro	3/04	David Minor	3/18
Nellie Snoots	3/04	Jessica Bloxom	3/19
Betty Godlove	3/05	LeAnn Hamman	3/19
Elizabeth Renner	3/05	Marietta Lipscomb	3/19
Genevieve Charles	3/07	Bucky Sibert III	3/19
Logan Kelchner	3/07	Brandon Michael	3/20
William Tumblin	3/07	Pat Beckwith	3/21
Scott Renner	3/09	Scott Ridder	3/21
Betty Amsler	3/12	Joan Tetrick	3/22
Judy Allen	3/13	Shane Weagley	3/22
Barbara Bledsoe	3/13	Addison Fields	3/23
Suzanne Conklin	3/13	Sherry Ford	3/23
Alex Burns	3/14	Carolyn Carney	3/25
Kyle Mahutga	3/14	Kaleb Dillow	3/25
Elaine Cain	3/15	Jennifer Smith	3/28
George Glaize	3/15	Betty Murphy	3/30

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:

- ♦ **Welcome to our newest members Pamela Martin and Dan & Suzanne Conklin on December 11, 2022**
(Their info is in the current green directory dated 11/22)
- ♦ Irene Gates passed on 12/20/2022 (member since 2007)
- ♦ Mary Anton home/cell phone number: 540-686-6838
- ♦ Gordon (new adr) 1527 Senseny Rd Apt 115, Winc VA 22602
- ♦ Weagley (new adr) 1527 Senseny Rd Apt 402, Winc, VA 22602

2022 Annual Statistics (a few of the stats recently reported to UMC)

- ♦ Total Professing Members (233 female + 169 male) **402**
- ♦ Average attendance at weekly worship services **66**
- ♦ Baptized mbrs who have not become professing mbrs **58**
- ♦ Number of participants in Vacation Bible School **38**
- ♦ Number of other constituents of the church **91**
- ♦ Membership in United Women In Faith (UWF) **11**

Trustees have a new chair, Dave Ford. Many thanks to **Jerry Chapman** for his years of service in this role. 🙌

March 2023						
Sun	Mon	Tue	Wed	Thu	Fr i	Sat
			1 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	2 8:30 TOPS fh	3	4 Crafting Fellowship Hall All Day (Richard)
5 2 nd Sunday in Lent 9:00 Encounter 10:20 Worship Gen. 12:1-4a; Psalm 121; Rom 4:1-5,13-17; John 3:1-17;	6	7 12-4 Bridge fh	8 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	9 8:30 TOPS fh 11 Staff Mtg 6:30 Trustees	10	11
12 3 rd Sunday in Lent 9:00 Encounter 10:20 Worship Exod 17:1-7; Psalm 95; Rom 5:1-11; John 4:5-42	13	14 10 UWF fh 12-4 Bridge fh 7 Reach & Serve fh	15 no BSF 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	16 8:30 TOPS fh	17	18 10 Jubilee Kitchen @FPC 5pm Scouting Dinner mtg (f hall)
19 4 th Sunday in Lent 9:00 Encounter 10:20 Worship Birthday Covered Dish Luncheon 1 Sam 16:1-13; Psalm 23; Eph 5:8-14; John 9:1-41	20 News letter Dead line	21 10 Care & Connect (f.hall) 12-4 Bridge fh	22 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	23 8:30 TOPS fh 7 Church Council	24	25 10 Choir 🎵
26 🎵 Cantata 5 th Sunday in Lent 9:00 Encounter 10:20 Worship Ezek 37:1-14; Psalm 130; Rom 8:6-11; John 11:1-45	27	28 12-4 Bridge fh	29 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	30 8:30 TOPS fh	31	APRIL 2 Palm Sunday 6 Maundy Thurs 7 Good Friday 9 Easter

**KERNSTOWN UNITED
METHODIST CHURCH**

3239 Valley Pike
Winchester, VA 22602-5303

Return Service Requested

NON-PROFIT
U.S. POSTAGE
PAID

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

February 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	2 8:30 TOPS fh	3	4
5th Sunday after the Epiphany 9:00 New Member Class 9:00 Encounter 10:20 Worship Isa. 58:1-12; Psalm 112:1-10; 1 Cor. 2:1-16; Matt 5:13-20	6	7 12-4 Bridge fh	8 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	9 8:30 TOPS fh 11 Staff Mtg 6:30 Trustees	10	11
12th Sunday after the Epiphany 9:00 New Member Class 9:00 Encounter 10:20 Worship Valentine C☕ffee S☑cial Deut 30:15-20; Psalm 119:1-8; 1 Cor. 3:1-9; Matt 5:21-37	13	14 10 UWF (f.hall) 12-4 Bridge fh	15 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 2 Worship & Wonder 5:30 TOPS (DeMoya Rm) 6 Handbells 🎵 7 Choir 🎵	16 8:30 TOPS fh	17 Polly Look f.hall	18
19 New Member Sunday Transfiguration Sunday 7 th Sunday after the Epiphany 9:00 Encounter 10:20 Worship Exod.24:12-18; Ps 99; 2Pet 1:16-21; Matt 17:1-9	20 Presi- dents Day Office Closed	21 10 Care & Connect (f.hall) 12-4 Bridge fh	22 Ash Wednesday 11-1 Community Ashes to Go 9-11 BSF (3 rms upstairs) 11 Prayer & Care (f.hall) 5:30 TOPS (DeMoya Rm) 7 Ash Wed.Worship Service	23 8:30 TOPS fh 7 Church Council	24	25
26 1 st Sunday in Lent 9:00 Encounter 10:20 Worship Gen 2:15-17, 3:1-7; Psalm 32; Rom. 5:12-19; Matt 4:1-11	27	28 12-4 Bridge fh				