

# The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

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

Rev. Gary Heaton



July 2023—August 2023

## From the Pastor

*Galatians 3:26 for in Christ Jesus you are all children of God through faith. <sup>27</sup> As many of you as were baptized into Christ have clothed yourselves with Christ. <sup>28</sup> There is no longer Jew or Greek; there is no longer slave or free; there is no longer male and female, for all of you are one in Christ Jesus.*

The promise of our oneness in Christ is made manifest to me when God's people sing. Singing together is a spiritual practice that embodies the idea that we can do something collectively that blesses God and unites us in giving God glory. When you tell people about worship at our church, tell them that we use music as a primary way to let the Holy Spirit flow through us.

I look forward to the summer music ministry at Kernstown United Methodist Church because the choir gets a break, and the congregation is given the opportunity to share their individual musical gifts. We are blessed by the people who love us enough to sing to us.

Music & Singing is a powerful gift that helps us connect to God and to each other. When you sing in worship, think about parents singing to their infant children, or cowboys singing to the herd, or marching soldiers singing on parade. All gifts of love and comfort in a difficult and sometime scary world. Singing, like "perfect love," casts out all fear.

When we gather for worship this summer, I hope you can invite some friends and neighbors to come and be encouraged by the singing in our church.

Grace and Peace, Gary

## Inside this issue:

From the Pastor	1
Financial Report	
District News	
Reach & Serve	2
Care & Connect	3
Educate & Equip	
Worship & Wonder	
Anniv & Birthdays	4
Trustee Update	
Downriver Devotion	
Wedding Thank You,	5
August Calendar	
July Calendar	Back



**Bishop Sue** joined Rev. Gary Heaton on early Monday morning, May 22. A beautiful morning on the Shenandoah River. For more see page 4



## May 2023 Financial Report

Tithes & Gifts Received \$ 24,514  
Needed to meet Budget \$ 27,314  
**Difference \$ 2,800**

**District News: Save the date:**  
**Shenandoah River Lay Servant Training, Sat., Sept. 16**  
at Strasburg UMC from 9:00-3:00



## Reach & Serve

### United Women in Faith (UWF)

**Scripture:** Luke 4:18 "The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor."

**No regular meetings in July and August.** Next regular meeting will be on September 12 at 10 am in the Fellowship Hall. The program will be the Election of Officers for 2024. All the women of KUMC are invited to attend our meetings.

**Picnic KUMC UWF** – after worship service on Sunday, August 13<sup>th</sup> at home of Cheryl and Steve Spurr.

**Shenandoah River District UWF – North – Celebration Get Together** on Saturday afternoon, August 19<sup>th</sup> at Burnt Factory UMC

**Mission Encounter (ME):** July 28 – 30 (Friday - Sunday). Registration is May 1 – July 15. Classes are Living the Kin-Dom: Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation, Climate Justice: A Call to Hope and Action, or God's Mission and The Spirituality of Relationship. It is in person at locations in Richmond area or on-line. All KUMC members are invited to attend. To register – go to <https://vaumc.org/ME/>

**Christmas Lights Project** - Lighting the Path to the Christ Child. We are planning to have this project for local missions again this year. More details later.

**Upper Room and 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 at \$3 each. They are in the mission room. Leave money for them in the jar next to them.

Doris Miller, President

**UMCOR** (United Methodist Committee on Relief) Thank you to everyone who participated in donating, collecting items and supporting the project of providing 16 Cleaning Kits, 68 Hygiene Kits, and 17 Feminine Hygiene kits for UMCOR to use for disasters. Doris Miller

**KUMC** received recognition from Bright Futures recently. This was from your donations last year during VBS which supported students in need in Winchester & Frederick County schools.



PROUDLY PRESENTED TO

**Kernstown United Methodist Church**

on May 16, 2023  
Every child needs a champion . . .  
Thank you for being that Champion.

*Elise Stine-Dolinar*  
Bright Futures Frederick/Winchester Coordinator

**BSF Bible Study Fellowship** meets at our church weekly during the school year. They sent us the following Thank you. For more info check out their website: <https://www.bsfinternational.org/>

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 classes. We are taking a break but plan to see you in the fall.  
Thanks again, Emma Bridges, BSF

Reach & Serve in the WincStar:

### Dick Bowers Duplicate Bridge Club

The club meets every Tuesday and Friday in the Kernstown United Methodist Church fellowship hall, 3239 Valley Pike, Winchester. The Tuesday game starts at 12:30 p.m. and the Friday game starts at 10 a.m., with a 20-minute mid-game break for lunch (bring your own). All bridge players are welcome and lessons are available. If you need a partner, call 703-935-6720 or visit [www.winchesterbridge.com](http://www.winchesterbridge.com).

### TOPS (Take Off Pounds Sensibly)

TOPS Inc., a nonprofit weight-loss support group headquartered in Milwaukee, Wisconsin, has three chapters meeting each week in the Winchester area. In-person meetings offer tools, accountability and support. Fees to join are modest. For information, visit [www.tops.org](http://www.tops.org) or contact any of the leaders below:

Wednesdays from 5:30-6:30 p.m. at Kernstown United Methodist Church, 3239 Valley Pike. Call Mary Jane Nicoll at 540-678-0011.

Thursdays from 9-10:30 a.m. at Kernstown United Methodist Church. Email Joyce Steele at [faith.and.hope524@gmail.com](mailto:faith.and.hope524@gmail.com).



## Care & Connect

**Hospitality** We were blessed to see Nellie Snoots who now lives in Front Royal at worship, and also Richard Nenge's family, Ruvimbo & Ayanda, who recently arrived from Zimbabwe. **Save the Date: Sept. 24** Recognition Lunch for Members with 50+ Years. Next C&C meeting 7/25/23.

**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](mailto:dorismiller@yahoo.com).

**Blood Pressure Checks** 2<sup>nd</sup> Sunday and 4<sup>th</sup> Sunday each month in mission room outside fellowship hall after worship service.

**\*Walk with a Doc** - Twice a month on 2<sup>nd</sup> Wednesday at 11 am and 4<sup>th</sup> 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:** Psalm 118:24 "This is the day that the Lord has made; we will rejoice and be glad in it."

**Health Education**— CDC recommends the following for protection from UV radiation:

- **Stay in the shade** – especially during mid-day hours (10 am – 4pm)
- **Wear lightweight clothing** that covers your arms and legs.
- **Wear a hat with a wide brim** to shade your face, head, ears, and lips.
- **Wear shoes that cover your feet**
- **Wear sunglasses** that wrap around and block both UVA and UVB rays
- **Use sunscreen** with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection.
- **Avoid indoor tanning**

## Educate & Equip



### Praise - Vacation Bible School 2023

July 16-21, 2023 Join us at Kerntown United Methodist Church for a week of searching and learning through the Bible to discover what it means to Praise. Kids will begin their search each day at Worship Rally. From Worship Rally, kids will gather with their groups where they will explore God's Word. Each day kids will encounter amazing and wonderful things designed to help them "Get down, so they can lift God up." Kids will be able to Praise God through making crafts, playing fun games, enjoying tasty snacks, singing cool songs, and learning about missions. Register to attend or volunteer on our church website: <https://kernstownumc.org/vbs>



## Worship & Wonder

There are some amazing Worship Opportunities this summer.

1) Wonder of Worship Class (Tuesdays at 6 PM Aug./Sept.) with a field trip to Shenandoah Summer Music Theatre production of "Joseph..." on Aug. 4 at 2:30. Cost of the ticket is \$40.

2) It's not too late to sign up for a special music opportunity during worship this summer. There are some slots available for August, and we would love to have you share your gift with us.

3) There will be a time of musical gathering on Sunday mornings in August at 10:00 around the piano before worship. It will be a Sunday Jam Session where we sing favorite hymns and songs that mean something to us and share stories about those important songs. A great time of fellowship and music to help us get excited for worship. Any questions about any of these opportunities ask David Landrum.



*The Murphy family is more than grateful for the sincere notes of sympathy sent to us from many at Kerntown... we are uplifted by your prayers and know the Lord is keeping us aware of His presence in all things.*  
PTL! - Betty Murphy





## July & August Anniversaries

Name	Date	#Yrs
Carl & Carla Ay III	7/11	25
Eugene & Barbara Wise	7/14	55
Ronald & Patricia Dye	7/15	56
Mike & Amy Newcome	7/15	23
Kenneth & Kelly Whetzel	7/18	
John & Tammy Butler	7/25	36
Roger & Susan Hill	7/27	55
Rich & Cathy Lichvar	7/28	11
Jerry & Judy Chapman	8/03	54
Dan & Suzanne Conklin	8/04	55
Steve & Jennifer Wilhelm	8/12	23
Kenny & Lynn Martin JR	8/16	20
Gary & Gerri McDonald	8/19	56
Pam & Jim Franklin	8/22	30
James & Lisa Manuel	8/25	
Fred & Marie Cheshire	8/31	27

## Trustee Update

It looks as though KUMC is going to be expending some resources to address improvements and repairs to our building in the near future. Office renovations, improvements to the fellowship hall, narthex and 2<sup>nd</sup> floor as well as a new roof are all being considered.

## July Birthdays

Kathryn Henry	7/02
Alan Wilson	7/02
Betty Oates	7/04
Akiko Neuffer	7/05
Cody Bailey	7/06
Aimee LaRusso	7/07
Greysin Baker	7/08
Maria Castro	7/08
Cathy Lichvar	7/09
Mark Lipscomb	7/10
Samantha Scott	7/10
Jim Franklin	7/11
Charlie Donohoe	7/12
Julie Nesselrodt	7/12
Jane Thomas	7/12
Pamela Lipscomb	7/15
Andrew Neuffer	7/15
Jonathan Bowman	7/16
Doris Miller	7/16
Terri Taggart	7/17
Helen Fitzner	7/19
Charles Harless	7/19
Cheryl Spurr	7/20
Kaitlynn Greene	7/21
Bradley Wilkins Sr	7/22
Donna McWhorter	7/23
Venisa Stonesifer	7/23
Dolly Park	7/25
Patty Burchard	7/26
Andrew Burns	7/27
Dawn Weagley Fincham	7/27
Aaron Shipp	7/28
Krista Homer	7/29
Tammy Butler	7/30
Jonathan Homer	7/31



## August Birthdays

Lindsey Thomley	8/01
Shawn Weagley	8/01
Patsy Homer	8/02
Michael Morgan II	8/02
Becky Reedy	8/02
Julie Staggers	8/02
Karl Littman	8/03
Lori McKinney	8/03
Anthony Ritenour	8/03
Gavin Sanders	8/04
Suzanne Wilkins	8/04
Alyssa Greene	8/06
Paul Morris	8/07
Katelynn Homer	8/08
Wallace McKinney	8/08
Luke Henshaw	8/09
Jennifer Wilhelm	8/09
GINNY MORRIS	8/10
Judy Hilderbrand	8/11
Judy Smith	8/11
Helen Baylis	8/12
Karen Wells	8/12
David Carper	8/13
Lee Folger	8/13
Ronald Homer	8/13
Emma Shipp	8/14
Gina Elder	8/16
Christine Franklin	8/18
Nancy Mango	8/18
Joshua Minor	8/18
Gregory Bloxom	8/19
Jeffrey Bloxom	8/19
JJ Gibbs	8/20
Alexandra Scott	8/20
Randall Creswell	8/21
Will Rodgers	8/21
Judy Toth	8/21
Bill Yowell	8/21
Tina Weagley	8/22
Jean Ann Ayers	8/23
James Homer	8/23
Eddie McDonald	8/24
Arthur Shelby	8/24
Robert Augustine	8/25
Jacalyn Spitznogle	8/25
Martin Collins	8/26
Matthew Morgan	8/26
Lauren Ricketts	8/26
Seth Anton	8/28
Robbie Gordon	8/29
Kamryn Charles	8/31
Cherilyn Kelchner	8/31

**Bishop Sue** joined Rev. Gary Heaton & Rev. John Haynes, as well as Rev. Victor &



Heather Gomey, Rev. Kathleen Haynes, Rev. Chad Hrbek, Revs. Blane & Ashley Oliver-Thomas, JJ Gibbs, Clara Heaton and Roy Walker for "Downriver devotion" early Monday morning, May 22. A beautiful morning on the Shenandoah River.

**Downriver Devotion** Wednesdays, 8 am at Strasburg Town Park Boat Ramp. Bring your own kayak, canoe or inflatable or borrow one of ours! Hosts: Revs. Haynes & Heaton. DRD continues now that the morning temperatures are perfect and the water is flowing. Ministry Leaders are welcome to participate in a one hour devotional on the water. We gather at 8:00 AM and are generally finished by 9:15. If you do not have your own boat, one can be provided for you, but you must call ahead to arrange for life jacket, paddle and boat. Hats, sunglasses and closed toe shoes are advisable. In a desire to strengthen collegial connection, offer grace and encouragement, and anticipate the renewing of our ministry, the Downriver Devotion is offered every week, rain or shine. *from the June District Newsletter*

### Directory Updates:

If you have any updates to your mailing address, phone number, email, birthday or anniversary, call or email the office



*From Sandra Keiter's granddaughter*

THANK  
YOU

MR. & MRS. MCLEAN  
MAY 28, 2023

Reverend Heaton,  
we cannot thank you enough for officiating and being a part of our wedding day. The ceremony was absolutely beautiful and exceeded all expectations. It was full of so many special moments we will cherish for the rest of our lives.

Getting to know you was a true blessing and we will forever look at religion in a different light because of you. We will continue to keep God in our marriage on the good days and the bad. We look forward to visiting you at Kernstown in the future!

Love,  
Hattie & Sam

August 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 12 Staff Mtg 12-4 Bridge fh 6 Wonder of Worship	<b>2</b> Down River Devotion 11 Prayer & Care fh 5:30 TOPS (DeMoya)	<b>3</b> 8:30 TOPS fh	<b>4</b> 2:30 JSSMT 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>5</b>
<b>6</b> 10 <sup>th</sup> Sunday After Pentecost 10 Sunday Jam Session 10:20 Worship Gen 32:22-31; Psalm 17:1-7, 15; Rom. 9:1-5; Matt. 14:13-21	<b>7</b>	<b>8</b> 10 UWF fh 12-4 Bridge fh 6 Wonder of Worship Class	<b>9</b> Down River Devotion 11 Prayer & Care fh 5:30 TOPS (DeMoya)	<b>10</b> 8:30 TOPS fh 6:30 Trustees	<b>11</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>12</b>
<b>13</b> 11 <sup>th</sup> Sunday After Pentecost 10 Sunday Jam Session 10:20 Worship UWF picnic Gen 37:1-4, 12-28; Ps. 105:1-6, 16-22, 45b; Rom. 10:5-15; Matt. 14:22-33	<b>14</b>	<b>15</b> 10 Care & Connect fh 12-4 Bridge fh 6 Wonder of Worship Class	<b>16</b> Down River Devotion 11 Prayer & Care fh 5:30 TOPS (DeMoya)	<b>17</b> 8:30 TOPS fh	<b>18</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>19</b>
<b>20</b> 12 <sup>th</sup> Sunday After Pentecost 10 Sunday Jam Session 10:20 Worship Gen. 45:1-15; Ps. 133; Rom. 11:1-2a, 29-32; Matt. 15:(10-20) 21-28	<b>21</b> News letter Dead line	<b>22</b> 12-4 Bridge fh 6 Wonder of Worship Class	<b>23</b> Down River Devotion 11 Prayer & Care fh 5:30 TOPS (DeMoya)	<b>24</b> 8:30 TOPS fh 7 Church Council	<b>25</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>26</b>
<b>27</b> 13 <sup>th</sup> Sunday After Pentecost 10 Sunday Jam Session 10:20 Worship Exod. 1:8-2:10; Ps. 124; Rom 12:1-8; Matt 16:13-20	<b>28</b>	<b>29</b> 12-4 Bridge fh 6 Wonder of Worship Class	<b>30</b> Down River Devotion 11 Prayer & Care fh 5:30 TOPS (DeMoya) 6 Handbells 7 Choir ♪	<b>31</b> 8:30 TOPS fh	as of 6/22/2023	


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

July 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<b>2</b> 5 <sup>th</sup> Sunday After Pentecost 10:20 Worship Gen 22:1-14; Psalm 13; Rom 6:12-23; Matt 10:40-42	<b>3</b> Office Closed	<b>4</b> Office Closed 	<b>5</b> 8 Down River Devotion 11 Prayer & Care <i>fh</i> 12 Staff Meeting 5:30 TOPS ( <i>DeMoya</i> )	<b>6</b> 8:30 TOPS <i>fh</i>	<b>7</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge <i>fh</i>	<b>8</b>
<b>9</b> 6 <sup>th</sup> Sunday After Pentecost 10:20 Worship Gen 24:34-38,42-49,58-67; Ps.45:10-17 or Psalm 72; Rom. 7:15-25a; Matt 11:16-19, 25-30	<b>10</b>	<b>11</b> 12-4 Bridge <i>fh</i> 6 VBS Workday 7 Reach & Serve	<b>12</b> 8 Down River Devotion 11 Prayer & Care <i>fh</i>	<b>13</b> 8:30 TOPS <i>fh</i> 6 VBS Workday	<b>14</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge <i>fh</i>	<b>15</b> 10 VBS Workday
<b>16</b> 7 <sup>th</sup> Sunday After Pentecost 10:20 Worship ( <i>Susan Schall</i> ) 5:00 <b>VBS</b> Gen 25:19-34; Ps.25 & 119:105-112 Rom 8:1-11; Matt 13:1-9,18-23	<b>17</b> 5:00 <b>VBS</b>	<b>18</b> 5:00 <b>VBS</b>	<b>19</b> 8 Down River Devotion 11 Prayer & Care <i>fh</i> 5:00 <b>VBS</b>	<b>20</b> 5:00 <b>VBS</b>	<b>21</b> 5 <b>VBS</b>	<b>22</b>
VBS WEEK - No outside groups using facilities						
<b>23</b> 8 <sup>th</sup> Sunday After Pentecost 10:20 Worship Gen 28:10-19a; Ps. 139:1-12, 23-24; Rom 8:12-25; Matt 13:24-30,36-43	<b>24</b>	<b>25</b> 10 Care & Connect <i>fh</i> * 12-4 Bridge <i>fh</i>	<b>26</b> 8 Down River Devotion 11 Prayer & Care <i>fh</i> 5:30 TOPS ( <i>DeMoya</i> )	<b>27</b> 8:30 TOPS <i>fh</i> 6 Trustees <i>fh</i> * 7 Church Council	<b>28</b> UWF Mission Encounter 9 <sup>30</sup> -2 <sup>30</sup> Bridge <i>fh</i>	<b>29</b> UWF ME
<b>30</b> 9 <sup>th</sup> Sunday After Pentecost 10:20 Worship ( <i>Pastor Bill</i> ) Gen 29:15-28; Ps. 105:1-11; 45b; Rom.8:26-39; Matt 13:31-33,44-52	<b>31</b>	<i>*Please note Trustees and Care &amp; Connect have changed their normal scheduled meeting times this month due to VBS</i>				

as of 6/22/2023