

# The Kernstown Courier



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Rev. Gary Heaton



October 2023

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## Members Class

Find Out More About Our Church

Next New Member Sunday is **October 8**. The last orientation classes will be October 1. Any questions, see Rev. Heaton or call the office.

## August 2023 Financial Report

Tithes & Gifts Received \$22,163.<sup>45</sup>

Needed to meet Budget \$27,313.<sup>64</sup>

Difference \$ 5,150.<sup>19</sup>

## From the Pastor

*...Then, opening their treasure chests, they offered him gifts of Gold, Frankincense and Myrrh.*

Hospitality is the anticipation of someone's needs. The birth story of Jesus describes the wise men as offering gifts to the Holy Family that anticipated their future needs for comfort in life and in death. When someone enters the household of God (The Church) it is a strong tradition for Christians to anticipate needs by offering hospitality. We believe that God will draw people to Kernstown United Methodist Church as we offer the light of Christ in love and service to the community. When they get here, we want to offer the hospitality of a safe and secure building, a robust worship service, and ministries that care and serve and equip people for Christian Discipleship. To that end the Lay Leadership Committee is putting together a slate of officers and leaders who will guide our congregation into the upcoming year of ministry. You will be hearing from them next month as they present our plans for ministry in 2024 and the resources needed to bring our plans to life. The apron will be the symbol of our stewardship campaign as we lift the opportunities to participate and give to the work and ministries of the church.

We, like the Holy Family, are in need of a dry place to inhabit while following God's plans. The roof of our Education Building is leaking and must be replaced. For the first time in decades the congregation will be asked to contribute to a Capital Campaign to upgrade and repair our facility without depleting our reserves. Like the wise men, our leaders have anticipated needs and have brought forth projects that will enhance and secure our building. Please pray about and participant in this opportunity to give generously to the life and work of Christ here at Kernstown United Methodist Church. Your contribution is not only financial, but also time, talent, and service. Each member of our church is identified with a ministry work area that carries out the ministries of the church. It will be inspiring to see and hear members of our congregation share their joy and enthusiasm for the work areas of our church each week in the month of October. Come and bring a friend to experience the abundance of God's love we have to share here at Kernstown UMC.

Joyfully,  
Gary



Invite A Friend to Church—Don't rob your friends of a great joy

## Care & Connect

**Health Ministry** - Purpose is to promote Wholistic health & prevent/minimize illness at KUMC and the surrounding community. Contact me if you have any health concerns that I can help or if you would like a hospital or home visit from me, **Parish Nurse**, Doris Miller, BSN, RN, Faith Community Nurse, cell 540-303-3135 (leave msg), email [dorismiller@yahoo.com](mailto:dorismiller@yahoo.com)

**Scripture:** Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

There is no law against things like this. **Blood Pressure Checks:** 2<sup>nd</sup> (Oct.8) & 4<sup>th</sup> Sundays (Oct.22) in Mission Rm after worship service.

**WALK with a DOC** - 2<sup>nd</sup> Wednesday, Oct. 11, at 11 am-12 noon & 4<sup>th</sup> Saturday, Oct. 28, at 9-10 am. Meet at Valley Health Wellness & Fitness Cntr

**CPR** - will have class in October. Sign-up sheet in narthex

### Flu/COVID/Common Cold Update

We are entering flu season. If you did not receive flu vaccine in September, get it in October. On September 12<sup>th</sup> updated COVID boosters became available that more closely target the circulating variants. You may receive COVID booster & flu vaccine on the same visit. CDC recommends having the updated COVID booster this fall.

**Symptoms:** fever (*not everyone w/ flu will have fever*), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue (tiredness). Some people may have vomiting and diarrhea, though this is more common in children than adults.

### Prevention:

-Avoid close contact with people who are sick.

-If you are sick, limit contact with others as much as possible to keep from infecting them. (Do not attend church service if you are sick, but you may watch it on-line.)

-Cover coughs and sneezes-cover with tissue and discard in trash after you use it.

-Wash hands often with soap and water for at least 20 seconds. You may use an alcohol-based hand cleanser if soap and water is not available.

-Avoid touching eyes, nose, & mouth. -Clean and disinfect surfaces and objects that may be contaminated with viruses that cause these illnesses.

-CDC recommends that people stay home for at least 24 hours after fever is gone for flu and quarantine at home for 5 days if you test positive for COVID19.

**Health Education - October is Breast Cancer Awareness Month** Breast cancer is the second most common cancer in women after skin cancer.

### Risk Factors:

- Older age
- Being overweight
- Smoking
- Drinking alcohol
- Dense breast tissue
- Personal history of breast cancer or benign breast disease
- Family history in mother, sister, or daughter
- Reproductive history resulting in greater exposure to estrogen.
- Taking hormone therapy for symptoms of menopause
- Radiation therapy to the breast or chest
- Not getting enough exercise

### Prevention:

- Breast self-exam -Healthy diet
- Stop smoking -Increase exercise
- Having screen mammograms-

Reference: CDC

## Educate & Equip

**Safe Sanctuary** - October 8 after worship

## Reach & Serve

### United Women in Faith (UWF)

#### Sisters in Christ - Scripture:

Romans:15:13 May the God of hope fill you with all joy and peace in faith so that you overflow with hope by the power of the Holy Spirit.

**Next meeting:** Tues., Oct. 10, at 10 am in fellowship hall. Program-Polly Look **Upper Room and Our Daily Bread:** In narthex. When you take a copy, leave a donation in the jar next to them to help cover the cost of it.

**Cookbooks:** We still have cookbooks at \$3 each. They are in the mission room outside fellowship hall. Leave money for them in the jar next to them.

**CCAP Project** - UWF will be collecting canned meats for CCAP during the month of October. Leave your donations in container in the mission rm.

### Fund Raiser for Local Missions - Lighting project - "Lighting the Path to The Christ Child during Advent"

We will be having the Christmas lights on the shrubbery outside the sanctuary again this year during Advent.

They will be electric and more visible from Valley Pike. Collection of forms to honor or in memory ended on September 30. If you did not have chance to complete this in Sept. see Doris Miller or Cheryl Spurr. *Doris Miller, President*

## Reach & Serve, continued

### Operation Christmas Child

IT'S THAT TIME AGAIN...time to shop, pack and pray for children all over the world as we send a free gift of love to them, although WE know the ultimate free gift of love comes from Christ!

#### If you aren't familiar with OCC:

It is an annual worldwide mission sponsored by Samaritan's Purse. It started in war-torn Bosnia in 1993 by giving the Bosnian children shoeboxes full of fun items to help them cope with the tragic events. Since then, over 200 million needy children in over 170 countries have received a shoebox. In addition to the shoebox, they receive the Good News of Jesus Christ through the Greatest Journey, a Gospel presentation in their own language. Participating in OCC is a way we can spread the Gospel to all nations in the pursuit of making disciples. (Matt.28:19) HOW COOL IS THAT?

Here is how it works at KUMC:

### 3 OPTIONS to PARTICIPATE (Choose 1)

**1. Pack Your Own Box:** Pick up an empty OCC shoebox from church - the box will contain a list of handy information about items that can and can't be packed. Pick an age group and gender and buy gifts and essentials to fill the box, then **turn in box by Nov 12.** (Feel free to team up with others to split costs).

**2. Help Fill Congregation Boxes:** The congregation will be collecting items for the 10-14 yr old age group. We hope to fill 48 boxes (24 girls/24 boys). **Sign up** to buy specific item(s) via the OCC board in the narthex, then place them in the OCC donation box in narthex by **October 29.**

**3. Build a Box Online :** The cost is \$25 which pays for postage and all items.

**Due by Nov 12.** Use this website:

<https://www.samaritanspurse.org/operation-christmas-child/buildonline/>

Or scan this code with your camera \*\*Please let KUMC know the # of boxes you built.



**SAVE THE DATE: Saturday, Nov 4, 10am-1pm fellowship hall Shoebox Packing Party (Fill the 48 boxes)**

Questions? **See Lisa Dawson or Steve Wells**

Check out Yuri's story of how OCC opened the door for her to recognize God's plan for her. <https://video.samaritanspurse.org/yuris-story/> Or scan this code with your camera







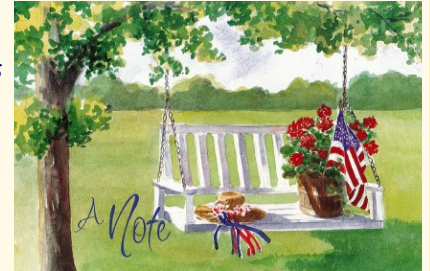
Grace Bushby	01	Frannie Lee-Spielman	14
David Ford	01	Stacey Park	14
Margo Strawderman	01	Ahnaya Smith	14
Cindy Peyton	03	David Spriggs	14
Megan Thomas	03	Butch Bloxom	15
Victor Laughrey	04	Kristy Donohoe	15
Joan Dodson	05	Vicki Adams	17
Ric Dunkle	05	Alea Bowman	17
Brian Lipscomb	05	Brittany Renner	18
Bob Wilson	05	Rachel Donald	19
Hunter Black	06	Mark Hottle	19
Michael Michael	06	Rebecca Ambrose	20
Sheila Pitzer	06	Allyson Hottle	20
Jane Kasoff	07	Benjamin Butler	23
Mark Neuffer	07	Lloyd Henry	23
Sandra Rhinaman	08	Kaye-Beth Ambrose	24
Donna Snyder	08	Jimmy Castro	28
Frank Plum	09	Terice Harris	28
Danna Doyle	10	Dwight Miller	28
CJ Scott	10	Jessica Straight	28
Daleigh Carper	11	Anna Hill	29
Carolyn Sibert	12	Arthur Campbell	31
James Bowman Jr.	13	Holly Rickard	31



### Regrets (on 50 Year Celebration)

Dear Friends, I will not be attending the celebration on September 24th, but I was so happy to get the invitation.

I am very thankful for the countless hours of Bible Study, and for the thousands of sermons I have had the privilege of hearing, and for the many hours of working with, and having fellowship with the saints. My life has been so enriched.



Jesus said, you are the light of the world. He said preach the gospel. (That was not a suggestion.) The world tries to lead us astray, but the Bible says, lean not unto your own understanding. We are not smarter than God.

We have the Bible as our moral and spiritual guide. It has never steered me wrong.

God loves you and I love you. Hold the banner high!

Rachel Donald

Rachel's handwritten card is posted on the bulletin board by the elevator



### October Anniversaries

Name	Date	#Yrs
David & Cathryn Spriggs	10/07	
Bruce & Sarah Gordon	10/08	21
Paul & Ginny Morris	10/09	
Gary & Katie Sanders	10/09	13
Timothy & Midge Youmans	10/12	37
Paul & Patty Burchard	10/13	22
Roy & Betty Wilkins Jr	10/17	
Tod & Kimberly Black	10/19	
Darren & Danett Carper	10/23	13
Kevin & Barb Mosser	10/25	2
Lucien & Judy Hilderbrand	10/26	27
Adam & Krista Baker	10/31	14

### Directory Updates

If you have any updates to your mailing address, phone #s, email, birthday or anniversary, call or email the office. Updated directories were just printed on red paper & are in the cubby by the coat rack in the narthex. Your church leaders & church budget are also available there as well. Pick up yours today.

**Line Dancing** - A fun night was had by all. In fact,



everyone had so much fun, we're going to do it again. Come join the fun on Friday, Nov. 17, from 6 to 7:30pm.



**Sympathies** to the family of Rev. Eugene Thomas, former pastor at Kernstown & many other Methodist churches.

May 1945 to August 14, 2023



**Thank You's from the family**

Dear Kernstown UMC, Sept. 9, 2023

On behalf of my immediate family we can't thank you enough for the kind cards, text's, calls, emails, prayers, & loving thoughts. His passing was so quick and we are still in great mourning. Our faith has been rattled but we are strong & steadfast in our belief that daddy has been reunited with our beautiful mother in Heaven! God is still so good! We can feel the love. Our love to all!

Bill, Jennifer and immediate family

Dear Kernstown,

Rec'd Sept 20, 2023

Thank you for your love, words of hope, prayers, & cards during Daddy's illness & passing. He loved you all so much! So do I!

My daughter, Dani, and I had the honor to care for him up until the moment of his death. He was as handsome & dapper as ever! Our Lord was so good throughout it all.

Thank you again! With a warm heart,



Jenni Thomas

Original notes & a more personal obit. "from home" is posted on bulletin board by elevator

# KERNSTOWN UNITED METHODIST CHURCH

**Gary Heaton, Pastor**

3239 Valley Pike

Winchester, VA 22602-5303

540-667-7298; email: office@kernstownumc.org

**Worship at 10:20**

www.kernstownumc.org | facebook.com/kernstownumc/

**Return Service Requested**

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, Director of Music Ministries  
JJ Gibbs, Director of Program Ministry  
Pam Brannon, Administrative Assistant



*October Lectionary/Scripture Readings:*

10/1: Exod.17:1-7; Ps.78:1-4,12-16; Phi.2:1-13; Matt.21:33-46

10/8: Exod.20:1-4, 7-9, 12-20; Ps.1; Phil.3:4b-14; Matt.21:33-46

10/15: Exod. 32:1-14; Ps.106:1-6,19-23; Phil.4:1-9; Matt.22:1-14

10/22: Exod. 33:12-23; Ps.99; 1Thess.1:1-10; Matt.22:15-22

10/29: Deut.34:1-12; Ps.90:1-6,13-17; 1Thess.2:1-8; Matt.22:34-46

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PERMIT NO. 66

Winchester, VA

OCTOBER 2023	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> World Communion Sunday 18 <sup>th</sup> Sunday AP 9:00 New Member Class 9:00 John Bible Study <i>Demoya</i> 10:20 Worship 7:00 Sml Grp Adult Pop Topic	<b>2</b>	<b>3</b> 12-4 Bridge fh 12 Staff Mtg <del>6 Wonder of Worship Class</del> <i>Class canceled</i>	<b>4</b> BSF 2-3 <i>rms upstrs</i> 11 Prayer & Care fh 5:30 TOPS ( <i>DeMoya</i> ) 6 Handbells 7 Choir	<b>5</b> 8:30 TOPS fh	<b>6</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>7</b>	
<b>8</b> New Member Sunday 19 <sup>th</sup> Sunday AP 9:00 Art of Hospitality Team 9:00 John Bible Study <i>Demoya</i> 10:20 Worship 11:30 Safe Sanctuary 7:00 Sml Grp Adult Pop Topic	<b>9</b> Holi- day Office Closed	<b>10</b> 10 UWF fh 12-4 Bridge fh 7 SPPRC <i>DeMoya</i>	<b>11</b> BSF 2-3 <i>rms upstrs</i> 11 Prayer & Care fh 5:30 TOPS ( <i>DeMoya</i> ) 6 Handbells 7 Choir	<b>12</b> 8:30 TOPS fh  6:30 Trustees fh	<b>13</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>14</b>	
<b>15</b> 20 <sup>th</sup> Sunday After Pentecost 9:00 Art of Hospitality Team 9:00 John Bible Study <i>Demoya</i> 10:20 Worship 7:00 Sml Grp Adult Pop Topic	<b>16</b> Newsltr Dead- Line	<b>17</b> 10 Care & Connect fh 12-4 Bridge fh	<b>18</b> BSF 2-3 <i>rms upstrs</i> 11 Prayer & Care fh 5:30 TOPS ( <i>DeMoya</i> ) 6 Handbells 7 Choir	<b>19</b> 8:30 TOPS fh	<b>20</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>21</b>	
<b>22</b> 21 <sup>st</sup> Sunday After Pentecost 9:00 John Bible Study <i>Demoya</i> 9:00 Art of Hospitality Team 10:20 Worship <b>2:00 Zoom District Conference</b> 7:00 Sml Grp Adult Pop Topic	<b>23</b>	<b>24</b> 12-4 Bridge fh 2 Worship & Wonder	<b>25</b> BSF 2-3 <i>rms upstrs</i> 11 Prayer & Care fh 5:30 TOPS ( <i>DeMoya</i> ) 6 Handbells 7 Choir	<b>26</b> 8:30 TOPS fh 7 Church Council fh	<b>27</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>28</b>	
<b>29</b> Commitment Sunday 22 <sup>nd</sup> Sunday AP 9:00 John Bible Study <i>Demoya</i> 9:00 Art of Hospitality Team 10:20 Worship 7:00 Sml Grp Adult Pop Topic	<b>30</b>	<b>31</b> 12-4 Bridge fh					

**Save the Date...In Person Charge Conference at Macedonia on November 12, 2023 at 2:00 pm**