

# The Kernstown Courier



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Rev. Gary Heaton



September 2023

## From the Pastor

*Scripture ~ The place where you are standing is Holy Ground* Exodus 3:5

We have had some Holy moments in worship this summer as faithful members of our congregation stepped to the front of the sanctuary and shared joyful music (*see the collage below*). All different styles and presentation were offered to the Glory of God and the delight of the congregation. Folk, classical, show tunes, contemporary & contemporary Gospel; all representing the Methodist tradition of diversity in music.

As the fall season begins, we will be continuing to prepare a Holy place for people to worship. Our challenge will be to invite others to join us in a Holy hour of worship where our language, music, attire, and behavior is welcoming and hospitable to a wide variety of people. God's spirit will be responsible for leading people into a Holy place, our responsibility is to welcome them with grace and peace. I want us to be ready to receive the people God will bring.

To that end, there will be a church-wide study on the **Hospitality of Jesus** that everyone is encouraged to experience. We will learn about the wide variety of ways that God calls people into faith and service. We will open ourselves to the Holy Spirit that gives us the power to love others. We will be a burning bush that beacons others into a saving relationship with Jesus. We will affirm the gifts and graces that God has placed at Kernstown UMC to be the hands and feet of Jesus in our community.

Please make an effort to join together for Holy worship, on Holy ground, with Holy music, and people striving to be made Holy by God's grace. We will strive for what John Wesley referred to as "Holiness of Heart & Life" through our worship, our service and through our hospitality.

See you in church, Gary

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



## July 2023 Financial Report

Tithes & Gifts Received \$30,406<sup>50</sup>  
Needed to meet Budget \$34,142<sup>05</sup>  
**Difference \$ 3,735<sup>55</sup>**



**Members  
Class**

Find Out More About Our Church

Next New Member Sunday is **October 8**. Orientation Classes will begin September 17, 24 & October 1. Any questions, see Rev. Heaton or call the office.

## ♥ Care & Connect

**Celebrating 50 Year Members**—On Sunday, September 24, we are going to celebrate and recognize people who have been members of KUMC for fifty years or more. Following the worship service on Sept. 24th, there will be a reception in the Fellowship Hall where stories will be told and memories shared.

**Wednesday Morning Prayer & Care Group** - At 11:00 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. We also remember our **homebound** and mail them a personalized bulletin as well as a devotion each week. They are: Barbara Bledsoe, Shirley Dick, Steven Dobbin, Rachel Donald, Virginia Ebbs, Bryan Hartley, Lloyd Henry, Gussie Lee, Marietta Lipscomb, Connie Mitchell, Pat Price, Mary Shetler, Jean Snider, Nellie Snoots, Bill Tharpe, Tina Weagley, the Wilsons. If you would like to mail them as well, directories are in the narthex with up to date addresses.

**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).

**Blood Pressure Checks** Sept. 10 & 24 in the f. hall after worship service.

**Scripture:** "He heals the brokenhearted and binds up their wounds." Psalms 147:3

### Flu/COVID/Common Cold Update

Ref: Centers for Disease Control & Prevention

(CDC) We are entering flu season. CDC reports that September & October are the best times to receive flu vaccine. CDC recommends that everyone 6 months and older receive the flu vaccine before the end of October. The best way to prevent flu and its potentially serious complications is by getting yearly flu vaccine. It has been shown in several studies to reduce the severity of illness in people who get vaccinated but still get sick.

**Difference** between Flu, COVID19, & Common Cold. They are contagious respiratory illnesses, but they are caused by different viruses. Since

symptoms are similar, diagnostic testing can help determine which illness you have.

**Symptoms:** Fever (not everyone with flu will have fever), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, & 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 & sneezes, cover with tissue & discard in trash after 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.

**Walk with a Doc** - 2<sup>nd</sup> Wednesday, September 14, at 11 am-12 noon & 4<sup>th</sup> Saturday, September 24, at -9-10 am. Meet at Valley Health Wellness & Fitness Center.

### Health Education: Back to School

**Tips** to help your children prepare for school:

- Begin the conversation early.
- Provide consistency and stability when and where you can.
- Encourage them to focus on what they can control.
- Help them protect their body.
- Keep their schedule manageable.
- Look for signs of stress and anxiety.
- Connect with professional help, if needed.

## ✝ Worship & Wonder

**Handbells & Choir** - It's that time of year again where the fellowship hall comes alive with music on Wednesday nights, and it all begins on August 30<sup>th</sup> at 6 & 7 PM for bells and choir respectively. We'd love to have you join us. If you have any questions ask David Landrum or Kelly Henshaw.



## Educate & Equip

**Bible Study**— Book of John in September  
**Safe Sanctuary** Save the Date Oct. 8



PRAISE

VBS

2023



## Reach & Serve

**United Women in Faith (UWF) Sisters in Christ**—**Scripture:** Joshua 1:9 "I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go." NRSV

**Next meeting:** Tuesday, Sept. 12, at 10:00 in fellowship hall —Program: Election of Officers for 2024 & Pledge Program for 2024

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

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

**CCAP Project** — UWF will be collecting canned meats for CCAP during the month of September. Leave your donations in a container in mission room.

**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. Lights will be \$5 each in honor of or memory of someone. Pick up a form in the narthex, complete & enclose cash or check made out to **Kernstown UMW** & place in an envelope addressed to Cheryl Spurr (our treasurer). We will be collecting the donations during the month of September. Doris Miller, President



### From SPPRC Staff/Pastor Parish Relations Committee

#### Redefining the Old for something New

About 18 months ago, the Educate & Equip work area requested that the church explore the possibility of bringing on staff a person to fill the role of Coordinator of Intergenerational Ministries; that project was approved. So in January of 2023, KUMC extended an offer to Mr. J.J. Gibbs to fill that position. What an exceptional addition he has been to the staff here at KUMC.

But as with any job, there comes time to evaluate and tweak. As we began the evaluation in the spring, it was determined by the SPPRC, the Senior Pastor, and J.J. that maybe we needed to redefine the scope and responsibilities of the position.

In April, a special sub-committee of the SPPRC was commissioned to look at all aspects of the position mentioned above and the overall utilization of J.J.'s time and talent. In keeping with the vision of members of KUMC to expand its ministry to reach people of all ages, we have approved and renamed a Director of Program Ministry position. This person in this position, currently J.J., will work to bring people from diverse backgrounds together, encouraging faith formation and spiritual growth in an intergenerational community.

He will continue to report directly to the Senior Pastor and increase his weekly time to meet his new objectives, all within the current budget. He will also chair a new Council on Ministry, to include the chairs from our everyday work areas. This will help to develop clear, measurable, and challenging goals and deliverables and ensure the completion of these within established timeframes.

Should any members of KUMC have any questions about any aspect of this, please reach out to Steve Spurr or any member of the SPPRC committee, or the Pastor. The change of title and responsibility will be effective 1 September 2023.



### September Birthdays

Crystal Minor	01
Danny Aube	02
Nicklaus Fincham	02
George Ritter	02
Norma Wilson	03
Vicky Maphis	04
Stephen Ricketts	04
Peter Mango	05
Bret Ay	06
Barb Mosser	06
Lindsey Rickard	06
Jeffrey Affolder	07
Steven Aube	12
Bridget Bailey	12
Kimberly DeHaven	14
Stacey Pitzer	14
Kaden Baker	15
Bryan Renner	15
Joshua Rott	15
Sarah Steele	17
Patricia Dye	20
Georgia Poe	20
Jeanne Newlin	21
Clinton Ritter III	21
Janie Slater	21
Paulette Zottig	21
Marcy Cormier	22
Timothy Stump	22
Jean Marie Affolder	23
Audrey Dorton	24
Norene Spitznogle	24
Leslie Harding	25
Douglas Seabright	25
Lisa Dawson	26
Tina Minter	27
Mary Anton	28
Jodi McKay	29
David Chapman	30
Arthur Ridder	30



### Sept. Anniversaries

Name	Date	#Yrs
Chris & Katie Hill	9/01	22
Peggy & Ray Gillich	9/06	26
David Worthington & Julie Staggers	9/20	20
Susan & John Wills	9/24	



Email from Conklin's

To Our Kernstown  
UMC Friends &  
Family



Suzanne and I want to thank you all for your warmth and hospitality as we celebrated our 55<sup>th</sup> wedding anniversary at the church on August 6<sup>th</sup>. We were overwhelmed by your expressions of friendship.

We are grateful to Pastor Gary, David Landrum, and Jacob Henshaw for the meaningful and beautiful service and to Maria Castro for the special posters.

A special thanks to the women who provided such a beautiful setting for our celebration and served the luncheon and to the men who helped prepare and reset the social hall.

KUMC has become our church family!

Yours in Christ,

Dan & Suzanne Conklin

Mail from Nellie Snoots

I no longer have my house phone. Would you list my cell phone number if anyone wants to call. It is 540-282-0009. Love talking to the friends from church, *Thank you Nellie*

Email from Georgia Poe's daughter

We wanted to thank you for the nice card. Mom is now living at Commonwealth Senior Living in Berryville VA. If any of the congregation would like to send her a card they can just address it to her at the address: Georgia Poe, 413 McClellan St., Berryville, VA 22611, 540-955-1386; 540-454-2405 cell. She is doing great here, getting lot's of physical therapy and good nutrition. I have forwarded her billing and other mail to my address: Georgia Poe c/o Penny Poe, 213 Crown St., Berryville. *Thank you, Penny 703-599-3449*

#### Directory Updates:

If you have any updates to your mailing address, phone number, email, birthday or anniversary, call or email the office. Updated directories are in the narthex.

## Return Service Requested

NON-PROFIT  
U.S. POSTAGE  
PAID  
PERMIT NO. 66  
Winchester, VA

September 2023 rev 08/30/2023

	September 2023 <small>rev 08/30/2023</small>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>3</b> 14 <sup>th</sup> Sunday After Pentecost  10:20 Worship Exod 3:1-15; Ps, 105:1-6, 23-26, 45b; Rom 12:9-21; Matt 16:21-28	<b>4</b> Ofc closed <b>La-bor Day</b>	<b>5</b> SRDistrict meeting  12-4 Bridge fh <del>6 Wonder of</del> <del>Worship Class</del>	<b>6</b>  11 Prayer & Care 5:30 TOPS (DeMoya) 6 Nomination Leadership Development 6 Handbells 🎵 7 Choir 🎵	<b>7</b>  8:30 TOPS fh	<b>1</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh <hr/> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh <b>8</b>	<b>2</b>         <b>9</b>	
<b>10</b> 15 <sup>th</sup> Sunday After Pentecost 9:00 Bible Study Demoya Rm 10:20 Worship Exod 12:1-14; Psalm 149; Psalm 148; Rom. 13:8-14; Matt 18:15-20	<b>11</b>	<b>12</b> 10 UWF fh 12-4 Bridge fh 7 Reach & Serve	<b>13</b> 11 Prayer & Care 5:30 TOPS (DeMoya) 6 Nomination Leadership Development 6 Handbells 🎵 7 Choir 🎵	<b>14</b> 8:30 TOPS fh 6:30 Trustees fh 7:00 Educate & Equip upstairs	<b>15</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>16</b> 9-3 Lay Servant Training Strasburg 10 Jubilee Kitchen@FPC	
<b>17</b> 16 <sup>th</sup> Sunday After Pentecost 9:00 New Member Class 9:00 Bible Study Demoya Rm 10:20 Worship 7 Sml Grp Adult Pop Topic Exod 14:19-31; 15:1b-11, 20-21; Rom 14:1-12; Matt 18:21-35	<b>18</b> Oct. News letter Dead line	<b>19</b> 10 Care & Connect fh 12-4 Bridge fh 5 Wonder of Worship Class <small>(note new time)</small>	<b>20</b> 11 Prayer & Care 5:30 TOPS (DeMoya) 6 Nomination Leadership Development 6 Handbells 🎵 7 Choir 🎵	<b>21</b> 8:30 TOPS fh	<b>22</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>23</b>	
<b>24</b> 17 <sup>th</sup> Sunday After Pentecost 9:00 New Member Class 9:00 Bible Study Demoya Rm 10:20 Worship 50 Yr.Member Recognition/Lunch 7 Sml Grp Adult Pop Topic Exod 16:2-15; Ps.105:1-6, 37-45; Ps. 78; Phil 1:21-30; Matt 20:1-16	<b>25</b>	<b>26</b> 12-4 Bridge fh 2 Worship & Wonder Meeting 6 Wonder of Worship Class	<b>27</b> 11 Prayer & Care 5:30 TOPS (DeMoya) 6 Nomination Leadership Development 6 Handbells 🎵 7 Choir 🎵	<b>28</b> 8:30 TOPS fh  7:00 Church Council fh	<b>29</b> 9 <sup>30</sup> -2 <sup>30</sup> Bridge fh	<b>30</b>	