



Kernstown

United Methodist Church | 3239 Valley Pike, Winchester, VA 22602-5303
540-667-7298 | www.kernstownumc.org
Rev. Dr. Victor Gomez pastor@kernstownumc.org or 540-662-2432



October & November 2025

From the Pastor

"Taste and see that the Lord is good; blessed is the one who takes refuge in Him." Psalm 34:8

This fall, Kernstown United Methodist Church begins a new stewardship journey with the theme **"Beans of Grace."** Just as a warm cup of coffee brings people together in fellowship, the means of grace bring us closer to God and one another. John Wesley taught that prayer, worship, Holy Communion, acts of mercy, and even our giving are all ways God shapes us in love. Through your tithes and offerings, our church continues to share God's grace in powerful ways. During this campaign, you will hear stories from leaders in our four ministry areas—**Care & Connect, Educate & Equip, Reach & Serve, and Worship & Wonder.** Each ministry will share both their impact this past year and their hopes for 2026.



Inside this issue:

From the Pastor
Church Council
Charge Conference
Finance

Care & Connect
Reach & Serve-UWF

W&W
Welcome New Members
BSF
Birthdays & Anniv
Puzzle

Lectionaries
Calendar

1

We invite you to prayerfully consider your financial commitment for the coming year. Your giving is not just a line in a budget—it is a means of grace. It is one of the ways God draws you nearer and pours out blessing through your life.

2

Mark your calendar for **Commitment Sunday on November 2, 2025.** Together, we will offer our pledges to God with thanksgiving for all that God has done and with hopeful expectation for all that God will do in the year ahead, including our gifts and graces.

3

In God's Service, Rev. Dr. Victor Gómez

Back

If you would like to request a meeting or a visit from Pastor Victor, please let him know. Call 540-662-2432 or email pastor@kernstownumc.org; or you can call the church office 540-667-7298. Note, these are land lines cannot receive texts.

Church Council & Charge Conference Season

A new Church Council meeting was added for Sunday, October 12 after church. The regular scheduled October 23 meeting is still on the calendar if needed.

Charge Conference - Our church will serve as one of the four host locations. Our Northern location includes 27 churches/19 charges in Clarke, Frederick & Winchester. They will meet here at Kernstown UMC on **Sunday, October 26 at 3 pm.** The District Superintendent, Rev. Dr. Kyungsuk Cho, is looking forward to meeting with churches.

Trustees & SPPRC signed paperwork due October 16 at unity.vaumc.org. It can be entered into the unity system directly or sent to the office prior.

Certified Lay Servants & Speakers prepare reports online at unity.vaumc.org.

Only Certified Servants/Speakers prepare reports. Basic Lay Servants **do not** complete a report. If you need help with your login, please contact the office or the district office.

Shenandoah River District News: District Conference is at Camp Overlook Chapel Sat., Nov. 8, at 10 am (this is also a work day for the camp, stay & help)! All invited.



AUG Financial Information

Received	\$ 24,262.00
Needed	\$ <u>32,736.65</u>
Difference	\$ <u>8,474.65</u>

Finance Committee, Roy Walker, Chair

The Hope Fund was originally set up in 1981 to help members and others who fell into hard times. Currently it is still available to our members on a limited basis. The fund comes from our individual member donations. It also acts as a pastor discretion fund.

Our mission is keeping people in our congregation safe and connected to God and each other. Through fellowship, food, visiting, health ministry, and sharing information about our lives, we believe the Holy Spirit moves throughout our congregation and community.

Care & Connect Meeting -We meet every other month at 10 am in the fellowship hall. Our next meeting is Tuesday, November 18. All church members are welcome to attend.

Prayer & Care - You are welcome to join Pastor Victor and our group on Wednesdays at 11 am in the fellowship hall as we pray for our congregation and the needs of our members. Complete the yellow attendance cards in the pew racks each Sunday for attendance and list any prayer requests that you may have.

Prayer Chain KneeMail – Contact Cathy Lichvar via cell 540-664-7280, email prayer@kernstownumc.org or from the web kernstownumc.org/prayer-request. Contact her or call the church office with info on any immediate need for prayer, such as admission to hospital, deaths of loved ones, etc.

Fellowship times together-Shenandoah River District Charge Conference on Sunday., Oct. 26, at 3 pm. We will be hosting and providing refreshments after meeting.

Thanksgiving Eve Service is on Wed., Nov. 26, at 7 pm. Kernstown UMC will host the service with Opequon Presbyterian Church and provide refreshments following the service.

Fellowship times together-

- Coffee/Teatime with breakfast snacks in the fellowship hall at the Coffee Bar from 10-10:20 with Pastor Victor Gomez.
- Coffee Social on Oct. 19 after worship service in fellowship hall. Care and Connect will provide fruit, crackers and cheese, cookies, etc.
- Fellowship / Covered Dish Luncheon on Nov. 16 after worship service followed by showing of Sight & Sound Theater's *JESUS*. Care & Connect will provide fried chicken. *Doris Miller, Ch.*

Health Ministry Mission is to promote Wholistic health and prevent/minimize illness at KUMC and surrounding community. **Parish Nurse:**

Doris Miller BSN, RN, Faith Community Nurse, 540-303-3135, email pameric2021@outlook.com

Blood Pressure Checks: 2nd & 4th Sundays in mission rm. after service.

Walk with a DOC (Exercise) – 2nd Wed.'s (Oct. 8 & Nov. 12) at 11 am and 4th Saturdays (Oct. 25 & Nov. 22) at 9 am. Meet at Valley Health Wellness & Fitness Center for a talk by a physician and walk around the lake with others for exercise.

Scripture: Matthew 6:34. Do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

Health Education: October is Breast Cancer Awareness Month – promotes education, early detection, fundraising for research, and support for those affected by the disease. 1 in 8 women in the US will develop breast cancer in her lifetime. There are over 4 million breast cancer survivors in the US. Early Detection – Breast Self-Exam - all women can perform this to themselves each month to check for changes in their breasts. Have annual mammograms. Although rare, men can get breast cancer, too. Lifetime risk for US man to develop breast cancer is 1 in 726.

Respiratory Virus Season is here – Protect yourself and get this season's flu & COVID 19 vaccines. Also receive the Respiratory Syncytial Virus (RSV) vaccine if you have not received it. Prevention:

- Cover your mouth and nose with a tissue when you cough and sneeze. Throw used tissues in the trash. If you don't have a tissue, cough or sneeze into your elbow, not your hands.
- Wash your hands or use hand sanitizer frequently
- Teach children the correct way to wash their hands
- Clean frequently touched surfaces, such as countertops, handrails, and door-knobs regularly
- Have clean air by bringing in fresh air. You will notice that the windows in the sanctuary are opened at the top to bring in fresh air.
- Wearing a mask is an additional prevention strategy that you can choose to further protect yourself and others, if you desire.
- If you have symptoms, get a COVID test.
- Stay home and away from others until your symptoms get better and you are fever free for 24 hours. Then take added precautions for the next 5 days if mild symptoms or 10 days if moderate symptoms. *CDC.gov*

United Women in Faith (UWF)

Scripture: James 2:26 For just as the body without the spirit is dead, so faith without works is also dead.

Meetings: Tues., Oct. 14 & Nov. 11, at 10 am in the fellowship hall. Nov. 11 program: World Thank Offering.

District Spiritual Life Retreat –Tikkum Olam: Repairing the World through Story, Art, and Humor. Sat., Oct. 18, at Braddock Street UMC from 9:30 am – 3:30 pm. Cost \$20 – Light breakfast and boxed lunch included. RSVP by Mon., Oct. 6, to Susan Chesley. See Doris for more information.

Reading Program: September 1, 2025 – August 31, 2026

"Lighting the Path to the Christ Child" Advent Project for local missions – The service of Lighting the Shrubbery outside our sanctuary will be on the first Sunday of Advent, Nov. 30, after the worship service with Christmas cookies and hot chocolate or coffee served after the service in the fellowship hall while the names are read. See Doris Miller or Cheryl Spurr with questions.

Recycling Plastic bottles. Only plastic bottles are accepted for recycling.

We cannot accept other plastics at this time. Please place other plastics with the trash. This project is to meet our Social Justice Program's goal for Climate Justice. Place them in the blue recycling container in the fellowship hall.

Cookbooks: We still have cookbooks at \$3 each in the mission room outside the fellowship hall. See Doris Miller or Cheryl Spurr to purchase them.

The Upper Room is in the narthex for your use. They are provided by Reach & Serve. Doris Miller, UWF President

Reaching Across the Racial Divide -

Sat., Oct. 11, at 1-3 pm at Laurel Ridge Community College, Middletown. This is a presentation by Betty Kilby Baldwin and Phoebe Kilby, the authors of *COUSINS: Connected through slavery*, a Black woman and a White woman discover their past - and each other. After their presentation, questions, closing, they will have their book *Cousins* available for purchase and signed by the authors. Free admission.

Worship & Wonder, Lorraine Shelton, Chair

Scripture Readers are needed for the 4th quarter of 2025 and for 2026. There is a sign-up sheet on the ministry table in the narthex. Please sign up if you or your family would like to read for the entire month. If you have questions, please contact Lorraine Shelton (540-771-8301, lorrainshelton0566@gmail.com).

All Saints' Sunday - On Nov. 2, we will be honoring those members who died since November 2024. They are John Mason, Ronald Dye, Carol Heaton, Ruth Bennington, Gerri McDonald, and Suzanne Conklin.

Thanksgiving Eve Service - On Wed., Nov. 26, at 7:00 p.m., we will be joined by Opequon Presbyterian Church to celebrate Thanksgiving here at KUMC. Pastor David Witt will provide the sermon.

Christmas Decorating - On Fri., Nov. 28, at 9 a.m., we will decorate the church for Christmas. We invite everyone to come out to join in the fellowship.

Communion - Starting on Oct. 5, we will be celebrating holy communion once a month and at various special services (like Thanksgiving Eve). There has been much discussion about this and there are viable sentiments on both sides - once a month or every week. We will try this for six months and, then, reevaluate.

Welcome to our Kernstown family: Elizabeth Reed transferred in August & belated greetings to Betty Phillips. If you are interested in learning more about Kernstown UMC, please reach out to Pastor Victor or the office.



Bible Study Fellowship (BSF) *"I hope everyone read the insert that was in the bulletin recently about Bible Study Fellowship. I have been doing Bible study with BSF for 14 years and I can't say enough about the wonderful experience it has been. BSF is a non-denominational, international study of the Bible. I would love to talk with anyone that is curious, has questions, or just wants to know more about this wonderful Bible study."* KUMC/BSF liaison, Nora Seabright

Article from bulletin: BSF Int'l - We host BSF again this year starting Wed., Sept. 10. Anyone may join. This year's study, Exile and Return, A Time to Build, invites you on a powerful journey through the Old Testament, where God's people were called to build His kingdom in a foreign land. Their story is our story-we, too, are strangers in a broken world, called to build for His glory. As we explore how God equips and positions His people, we're challenged to ask: Am I building my life for Christ? Exile and Return reminds us that our time to build is now. Books included in this year's study: Ezekiel, Daniel, Ezra, Esther, Haggai, Zechariah, Nehemiah, and Malachi. Lesson materials can be accessed for free as pdf or through the BSF app. If a hard copy is preferred, books can be purchased (\$20+shipping). Various groups/times are available locally or online for men/women/students. See Nora or visit join.bsfindernational.org/.

October Birthdays

David Ford	01
Victor Laughrey	04
Joan Dodson	05
Ric Dunkle	05
Bob Wilson	05
Danna Doyle	10
Daleigh Carper	11
Carolyn Sibert	12
Stacey Park	14
Vicki Adams	17
Rachel Donald	19
Kaye-Beth Ambrose	24
Jimmy Castro	28
Dwight Miller	28



November Birthdays

Carole Ay	01
Nancy Tisinger	03
Tammy Corey	05
Sarah Gordon	06
Eugene Wise	06
Shirley Dick	08
Mary Walker	10
Charles Jackman	12
Alexis Hill	20
Jerry Puffinburger	21
Polly Look	22
Ruth Folger	30
Barbara Sankovich	30

Birthday or anniversary missing? Call the office to update the database.

Oct & Nov Anniversaries

	Date	# Years
Bruce & Sarah Gordon	08-Oct	23
Elizabeth & Harry Reed	12-Oct	2
Kevin & Barb Mosser	25-Oct	4
Adam & Krista Baker	31-Oct	16
Danny & Wendy Aube	02-Nov	40
Brian & Kelly Henshaw	13-Nov	26
John & Gina Elder	13-Nov	4
Jimmy & Maria Castro	16-Nov	40
Tammy & Curt Corey	17-Nov	8
Margo & Rick Young	25-Nov	
Barbara & Ed Cooper	27-Nov	49

Directory: An updated directory (gray) is in the narthex. Please note correction: Melinda Landrum street address is 5 Heron Dr., Apt 101. We will reprint again in early December in time for Christmas.

PARABLES OF JESUS

T	U	D	E	E	S	G	N	I	W	O	R	G	U	T
U	N	S	H	R	U	N	K	C	L	O	T	H	N	R
V	J	A	G	C	R	E	D	I	T	O	R	A	W	E
I	U	N	V	R	N	D	C	T	I	V	N	O	W	
N	S	E	K	R	A	P	E	W	C	R	A	E	R	O
E	T	V	C	S	E	L	O	H	E	M	S	W	T	T
Y	S	A	O	A	L	S	F	S	H	A	O	W	H	A
A	T	E	R	O	O	L	C	N	I	W	I	Y	G	
R	E	L	C	N	O	U	I	I	O	A	E	N	S	N
D	W	X	S	L	F	R	M	L	V	S	R	E	E	I
F	A	I	T	H	F	U	L	S	T	E	W	A	R	D
T	R	O	T	W	O	D	E	B	T	O	R	S	V	L
P	D	I	G	R	E	A	T	P	R	I	C	E	A	I
R	A	W	G	N	I	K	A	M	G	N	I	K	N	U
F	W	I	C	K	E	D	S	E	R	V	A	N	T	B

Word Bank

Building a tower, Creditor, Evil servant, Faithful servant, Faithful steward, Great price, Growing seed, King making war, Leaven, Minas, New wine, Pearl, Rich fool, Rich man, Rock, Sand, Sower, Tax Collector, Two debtors, Two sons, Unjust steward, Unshrunk cloth, Unworthy servant, Vineyard, Wicked servant

Leftover letters form mystery answer

Answer last month SHOWED MERCY

christianbiblereference.org

Kernstown United Methodist Church
Worship at 10:30 | Rev. Dr. Victor Gomez
pastor@kernstownumc.org | 540-662-2432
3239 Valley Pike, Winchester, VA 22602-5303
540-667-7298; office@kernstownumc.org
www.kernstownumc.org | facebook.com/kernstownumc/
Pam Brannon, Admin. Asst./Communications Coordinator
David Landrum, Dir. Music; Kelly Henshaw, Chancel Choir Director
Charles Harless, Pastor Emeritus
Ric Dunkle, Lay Ldr., Cathy Lichvar, Treas.; Doris Miller, Parish Nurse

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

Church Purpose Statement. .
"Strives to welcome ALL into a loving church family that glorifies God through worship, nurture, and outreach to our neighbors."

October & November Lectionaries
10/ 05 | Lam 1:1-6; Ps 137; 2 Tim 1:1-14; Luke 17:5-10
10/ 12 | Jer 29:1, 4-7; Ps 66:1-12; 2 Tim 2:8-15; Luke 17:11-19
10/ 19 | Jer 31:27-34; Ps 119:97-104; 2 Tim 3:14-4:5; Luke 18:1-8
10/ 26 | Joel 2:23-32; Ps 65; 2 Tim 4:6-8, 16-18; Luke 18:9-14
11/02 | Hab 1:1-4, 2:1-4; Ps 119:137-144; 2 Thes 1:1-4, 11-12; Luke 19:1-10
All Saints: Daniel 7:1-3, 15-18; Ps 149; Eph 1:11-23; Luke 6:20-31
11/ 09 | Hab 1:15b-2:9; Ps 145:1-5, 17-21; 2 Thes 2:1-5, 13-17; Luke 20:27-38
11/ 16 | Isa 65:17-25; Isa 12; 2 Thes 3:6-13; Luke 21:5-19
11/ 23 | Jer 23:1-6; Luke 1:68-79; Col 1:11-20; Luke 23:33-43
Thanksgiving Day Deut 26:1-11; Ps 100; Phil 4:4-9; John 6:25-35
11/ 30 Isa 2:1-5; Ps 122; Rom 13:11-14; Matt 24:36-44

Kernstown UMC October 2025						
Sun	M	Tue	Wed	Thu	Fri	S
			1 9 BSF 5:30 TOPS 11 Prayer fh 6 Bells/7 Choir 7 Nom.Ldrshp.Dev	2 8:30 TOPS fh	3 11 Bldg	4
5 17 th Sunday after Pentecost 9 Encounter 10 Coffee 10:30 Worship 11:30 Finance Mtg	6	7 12-4 Bridge fh 10:30 Frdge 11 Music Dir hrs 2 W&W	8 9 BSF 5:30 TOPS 11 Prayer fh 6 Bells/7 Choir	9 8:30 TOPS fh CC paper-work due 1 week 6:30 Trustees	10 11 Bldg	11
12 18 th Sunday after Pentecost 9 Encounter 10 Coffee 10:30 Worship 12 Church Council	13 Colum-bus Day	14 12-4 Bridge fh 10 UWF 10:30 Freedge 11 Staff Mtg 11 Music Dir hrs	15 9 BSF 5:30 TOPS 11 Prayer fh 6 Bells/7 Choir	16 8:30 TOPS fh Paper work due Charge Conference	17 11 Bldg	18
19 19 th Sunday after Pentecost 9 Encounter 10 Coffee 10:30 Worship Rev Wells 11:30 Coffee Social	20	21 12-4 Bridge fh 10:30 Freedge 11 Music Dir hrs	22 9 BSF 5:30 TOPS 11 Prayer fh 6 Bells/7 Choir	23 8:30 TOPS fh 4 Church Council-tentative	24 11 Bldg	25
26 20 th Sunday after Pentecost 9 Encounter 10 Coffee 10:30 Worship 3 Charge Conf	27	28 12-4 Bridge fh 10:30 Freedge 11 Music Dir hrs	29 9BSF 5:30 TOPS 11 Prayer fh 6 Bells/7 Choir	30 8:30 TOPS fh	31 Halo-ween 11 Bldg	
Kernstown UMC November 2025						
Sun	M	Tue	Wed	Thu	Fri	S
2 Daylight Saving Time Ends 21 st Sunday after Pentecost 9 Encounter 10 Coffee 10:30 Worship~All Saints & Commitment Sunday	3	4 Election Day 12 Bldg 10:30 Freedge	5 9 BSF 5:30 TOPS 11 Prayer fh 6 Bells/7 Choir	6 8:30 TOPS fh	7 11 Music Dir hrs 11 Bldg	8 Dist Conf Crmp Ovrk
9 22 nd Sunday after Pentecost 9 Encounter 10 Coffee 10:30 Worship	10 6:30 Fin-ance Mtg	11 Veterans Day 10 UWF 12 Bld 10:30 Freedge 11 Staff Mtg 11 Music Dir hrs	12 9 BSF 5:30 TOPS Dec-Jan Nwsltr Due 11 Prayer fh 6 Bells/7 Choir	13 8:30 TOPS 6:30 Trus tees 7 R&S	14 11 Bld	15
16 23 rd Sunday after Pentecost 9 Encounter 10 Coffee 10:30 Worship 11:30 Covered Dish/Movie	17 Mail DUJ nwsltr	18 12-4 Bridge fh 10 C & C 10:30 Freedge 11 Music Dir hrs	19 9BSF 5:30 TOPS 11 Prayer fh 6 Bells/7 Choir	20 8:30 TOPS fh	21 11 Bld	22
23 Christ the King Sunday 9 Encounter 10 Coffee 10:30 Worship	24	25 12-4 Bridge fh 10:30 Freedge 11 Music Dir hrs	26 9BSF 5:30 TOPS 11 Prayer fh 6 Choir Pract / Thanksgiving Eve Service	27 Thanksgiving Day Office Closed 27/28	28 11 Bldg W&W Decorate	29
30 1 st Sunday of Advent 9 Encounter 10 Coffee 10:30 Worship 11:30 UWF Lighting Shrubbery	Save the Dates Dec 7 Concert; Dec 21 Cantata; Dec 24 Christmas Eve Worship Dec 20 Private Wedding Sanctuary					