

# The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

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## August/September 2018

To: Kernstown UMC  
From: Pastor Aaron

Grace and peace be to each of you from God our Father and our Lord and Savior Jesus Christ. I have asked our Lay Leader, Carolyn Carney, to read this letter during worship on June 24<sup>th</sup>. I was unable to attend D.S. Thompson's Farewell Celebration when I wanted to let everyone know how his ministry has made a big difference in my life. So, I want to share with you how D.S. Larry Thomson has been a blessing to me.

Larry has been a source of encouragement to me and my family the entire time he has been the Winchester District Superintendent. In 2010, after the Relief-Hites Charge Conference, I followed Larry and his wife, Vicky, out of the church and to their car. All the while I was apologizing that I had not gotten all of the signatures for the forms, and assuring him I would get the signatures ASAP and bring the reports to Cheryl at the District Office. But suddenly Larry stopped walking, looked at me and said, "Aaron relax! You are ok! It is ok!" I was thankful Larry showed me grace.

Larry has empowered me to be a life-long learner. In 2011, I went to Larry and asked permission to apply to, and if accepted go to, Wesley Theological Seminary's Doctor of Ministry program, so that I could receive more training in church leadership. Larry wanted to know if Stephanie approved of me attending Wesley Theological Seminary and if it would put too much of a burden on our family, myself, and the Relief-Hites Charge. I told Larry how Stephanie and I had prayed about this decision and didn't think it would be a burden on our family, myself, or the churches; but if it became a problem, I would discuss the matter with him and make the necessary changes. After I was accepted at Wesley, Larry continued to support me in my studies by allowing me to lead clergy small groups at the District Office. I remember one day Larry was in a meeting in the conference room and Cheryl sent someone into the conference room to let Larry know I had arrived and was

waiting to get into the room. Cheryl was trying to kick Larry out of the conference room for me! Not soon after that Larry came out of the conference room quickly and apologized for making me wait. I assured him it was ok.

Larry has been an instrument through whom the Holy Spirit has worked to provide for my family's well-being. In 2013, I put in to move, and it was a shock to Stephanie, and everyone at Relief-Hites Charge. I myself couldn't understand why the Holy Spirit was making me restless and moving me to request a change of appointment. Instead of moving me off the Winchester District, Larry appointed me to Kernstown UMC. One day in 2010, while Stephanie and I were driving past Kernstown UMC, Stephanie said, "Kernstown looks like a nice church. Maybe someday you will be appointed there." Then that is exactly what happened in 2014. Stephanie and I were amazed and ecstatic. It was only after Stephanie's PLS/ALS progressed that we began to realize why the Holy Spirit sent us to Kernstown UMC. The elevator had just been completed and Stephanie could get to every area of the church building. The overwhelming generosity of food, prayer, encouraging cards, the wheelchair ramp, the wheelchair van, and the financial support also revealed why God had brought us here.

At the 2015 Clergy Retreat, Larry asked me why I didn't request prayer for Stephanie when we were taking prayer requests. Looking back, I was being selfish and proud. I didn't want people to pity us or to think I was weak if I cried. Larry gave me another opportunity to share my prayer requests for Stephanie at the clergy retreat, and as a result, we were able to find a physical therapist who could help Stephanie. We were looking for one and a few places said they didn't help people with PLS/ALS. Pastor Kirk Knave, from Braddock St. UMC, introduced us to Caroline Saari whose husband died in 2014 of ALS. Caroline is a physical therapist and had personal experience that could help Stephanie. Stephanie and Caroline became good friends. If Larry hadn't

# ANNIVERSARIES/BIRTHDAYS

Pastor's letter continued—

moved me out of my comfort zone, then who knows how long it would have taken us to find a physical therapist.

Being appointed to Kernstown UMC, humbling me of my pride, and finding a physical therapist were big ways in which Larry has been an instrument of God's grace. But there have been little ways in which Larry has been an instrument of God's grace. For example, Larry kept Bishop Cho, Bishop Lewis, and the Cabinet updated on Stephanie's condition, and they prayed for us regularly. Also, Larry bought me and Steph coffee from Starbucks, and gave us gift cards from Starbucks. Larry has blessed Stephanie and I in big and small ways that have made it easier to handle the difficult path to which the Lord called us to walk.

Larry has been a mentor and a friend. For the past year, Larry has been my Coach and wanted to hear about Stephanie and the kids first. Everything else was second. Larry wanted to know about Stephanie and the kids, and how I was doing. Larry has spent hours listening to me share what has been on my heart and mind and has provided practical and compassionate words of wisdom. Larry suggested I take a clergy renewal leave, which I would have never considered. As the weight of the reality of Stephanie's home going bears down upon my heart and mind, I realize just how much I do need a clergy renewal leave. The Holy Spirit has brought Larry into my life, at this time, to care for my spiritual and emotional well-being.

As I write this, I realize again how good God is and how true Psalm 23 (NRSV) is, "The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside still waters; He restores my soul. He leads me in right paths for His name's sake." God, my shepherd, guided me to Larry and Kernstown UMC, and as a result Stephane, Cooper, Elise, and I have not been in want. Praise God.

Kernstown UMC, please encourage and bless Larry as much as you do me. He is my friend. I know you will do this because it is your character as a congregation. Thank you.

Joy & Peace,  
Pastor Aaron



## Happy Anniversary AUGUST

Jerry & Judy Chapman	8/3
Ray & Marilyn Stelzl	8/7
Steve & Jennifer Wilhelm	8/12
Ken & Ruth Ann Martin	8/16
Kenny & Lynn Martin	8/16
Jim & Pam Franklin	8/22
James & Lisa Manuel	8/25
Mike & Carol Nutry	8/26
Jack & Elizabeth Bushby	8/30
Fred & Marie Cheshire	8/31

## SEPTEMBER

Chris & Katie Hill	9/1
Anthony & Deanna Ritenour	9/21

## Happy Birthday AUGUST

Lindsey Marshall	8/1
Shawn Weagley	8/1
Taylor Shull	8/1
Patsy Homer	8/2
Julie Worthington	8/2
Michael Morgan II	8/2
Anthony Ritenour	8/3
Karl Littman	8/3
Gavin Sanders	8/4
Suzanne Wilkins	8/4
Alyssa Greene	8/6
Paul Morris	8/7
Luke Henshaw	8/9
Jennifer Wilhelm	8/9
Ginny Morris	8/10
Helen Baylis	8/12
Vivian Bartles	8/13
Lee Folger	8/13

# BIRTHDAYS AND THANK YOU NOTES

Doug Ruckman	8/13
Ron Homer	8/13
David Carper	8/13
Gina Ayers	8/16
Thomas Fields	8/18
Nancy Mango	8/18
Josh Minor	8/18
Cora Harding	8/18
Jeff Bloxom	8/19
Viola Purtlebaugh	8/20
Randall Creswell	8/21
Will Rodgers	8/21
Judy Toth	8/21
Bill Yowell	8/21
Tina Weagley	8/22
Jean Ann Thompson	8/23
Arthur Shelby	8/24
Edwin McDonald	8/24
Robert Augustine	8/25
Bob Greatorex	8/25
Jackie Spitznogle	8/25
Constance Mitchell	8/26
Marty Collins	8/26
Matthew Morgan	8/26
Lauren Ricketts	8/26
Anthony Wilson	8/28
Seth Anton	8/28
Robbie Gordon	8/29
Cherilyn Kelchner	8/31

## SEPTEMBER

Crystal Minor	9/1
George Ritter	9/2
Danny Aube	9/2
Norma Wilson	9/3
Vicky Maphis	9/4
Stephen Ricketts	9/4
Peter Mango	9/5
Mollie Fishback	9/5
Lindsey Rickard	9/6
Bret Ay	9/6
Evelyn Perry	9/7
Ruth Ann Martin	9/8
James Eastep	9/11
Bridget Bailey	9/12
Steven Aube	9/12
Kimberly DeHaven	9/14
Kaden Baker	9/15
Bryan Renner	9/15

Pat Dye	9/20
Georgia Poe	9/20
Paulette Zottig	9/21
Jeanne Marshall	9/21
Janie Slater	9/21
Clinton Ritter, Jr.	9/21
Marcy Cormier	9/22
Audrey Dorton	9/24
Summer Marcondes	9/24
Doug Seabright	9/25
Leslie Harding	9/25
Lisa Dawson	9/26
Erika Jones	9/26
Tina Minter	9/27
Mary Anton	9/28
David Chapman	9/30
Arthur Ridder	9/30

If we do not have your birthday or anniversary, please contact the church office at 540-667-7298 or [dschneider@kernstownumc.org](mailto:dschneider@kernstownumc.org)

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Dear Friends,

On behalf of The Laurel Center, I would like to thank you for your gift in the amount of \$150. Your commitment to helping victims and survivors of domestic and sexual violence in our community is sincerely appreciated.

Thanks again for your kind support of our efforts to end sexual and domestic violence in our community.

**Warm Regards,  
Faith B. Power  
Executive Director**

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Dear Kernstown United Methodist Church,

Your gift has already made an impact at Heart Havens in the lives of adults with a developmental disability. Thank you for your generous give of \$150 to Heart Havens.

Our current and future success of making sure that people with a developmental disability are successfully woven into the fabric of everyday life is achieved only by the continued generosity of those like you.

**With Deep Gratitude,  
Jennifer Boyden  
Chief Executive Officer**

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Dear Pastor Fitch,

# THANK YOU NOTES & MINISTRY TEAM NEWS

**THANK YOU**—Wanted to thank the United Methodist Women on honoring me with the Special Mission Recognition Award in May. I enjoy being involved and helping my church family.

**Thanks again,  
Loretta Lantz**

**THANK YOU**—We had a really good time at the Senior Luncheon on Tuesday, July 17th. We thoroughly enjoyed the meal, fellowship, and games. Thank you for your hard work.

**Lorraine, Norma, & Bob Wilson**

Dear Pastor Fitch,

Thank you for allowing the Kiwanis organization to use your church facility for the Club Leadership Training Sessions for the upcoming officers of the Kiwanis clubs.

We are appreciative of your Trustees willingness to allow us the use of your facility. It was exactly what we needed, and a very convenient location. I also appreciate the help provided by Dee Dee Schneider in setting this up.

**Yours in Service,  
John Westervelt**

**Lt. Governor, Kiwanis Organization**

Dear Kernstown,

Thank you so much for the wonderful and delicious meals that were delivered to us during VBS. Our neighbor, Nancy, also really appreciated the delicious meals.

**Phyllis & Bill Tharpe**

I'd like to thank the staff of the Vacation Bible school for the wonderful meals delivered to my home each evening. It was fun opening the box, trying to guess what was inside. The variety and nutrition was well planned out. I could eat that meatloaf every night!

**Thank-you for remembering me. Bette Cossentine**

A word of thanks to all who helped and made VBS a wonderful success. The food was great and the salad bar was by far the best in town! Thanks to all who put on those wonderful meals. We really appreciated it.

**Lloyd and Betty Henry**

**MISSIONARIES**—We support Gregg Yarian with “Ministry of Jesus, TOGO.” You will find their newsletter on the bulletin board in the mission room.

**CHURCH OFFICE CLOSURE**—The Church office will be closed on Monday, September 3rd.

**VACATION**—Dee Dee Schneider will be on vacation August 27th—31st.

**MEN'S BREAKFAST**— The Men's Breakfast is on Saturday, September 1st, at 8:00 a.m. It is held at Perkins Restaurant. All men are welcome and encouraged to come out for the fellowship.

## COMMUNITY DINNER

**DATE:** Saturday, September 22nd

**TIME:** Dinner starts at 5:30

**MENU:** Barbeque menu, pork or chicken, potato salad, slaw, fruit.

Everyone is welcome! Invite your friends and neighbors!

## CALLING ALL MUSICIANS!

Kernstown UMC is very blessed with a wonderful music ministry. There are many opportunities available:

### —The KUMC Choirs

- ◆ Chancel Choir meets each Wednesday at 7:00
- ◆ Children's Choir meets on Sundays at 6:30
- ◆ Youth Choir meets on Sundays at 7:00

### —The Hand Bells practice each Wednesday

- ◆ Kernstown Ringers at 5:30
- ◆ KUMC Hand Bells at 6:15

If you would like to be a part of this ministry, please contact David Landrum, Kelly Henshaw, or Mimi Henshaw



***This is the day that the Lord  
has made; let us rejoice and  
be glad in it.***

***-Psalm 118:24***

# OPERATION CHIRTMAS CHILD CORNER



## Operation Christmas Child "Corner"

First, I want to thank all the children and their parents who participated in VBS and their mission project with OCC. Wow, we received two cartons full of gift items that will help bless children's lives and send the message of God's "Good News and Great Joy" to many children around the world. Because of the VBS students' dedication and generosity, children in need will be learning the true meaning of Christmas found only in Jesus Christ. Many will be receiving a gift for their very first time.

We will be combining these gift items along with the "year round" gift items we've been receiving to have an "OCC Packing Party" this fall at the KUMC Fall Festival (to be announced later).

### Available Shoeboxes for Packing:



Want to get ahead of the "Pack".....Shoeboxes are now available! The newest pre-printed plastic boxes are in (suggested donation at only \$1 ea). Cardboard available at no cost. Please call Dee Dee Schneider (KUMC Office Mgr.) at 540-667-7298 for inquiries and pick up arrangements.



### KUMC Operation Christmas Child "Drop Off Center":

KUMC has been approved by our Admin Council to become the Winchester Area "Drop

Off Center" for 2018.

Operation Christmas Child counts on thousands of volunteers to collect and process millions of shoebox gifts every year.

We will be looking for volunteers to receive and help pack shoeboxes from our area into cartons to be delivered to our Mid-Atlantic Processing Center, located in Columbia, MD. Stay tuned for future volunteer sign up announcements.

**National Collections Week** this year is **November 12 - 19th, 2018.**

Thank you and Blessings,  
Bob Greator, Reach and Serve Committee  
*Proverbs 22: 6*

### NEW FOR 2018:

**Mark The Date: "Shoe Box Collection Week Nov 12-19, 2018"**

**Year-Round Gift Ideas:** For your convenience, please see below the "Suggested Items of the Month" to help build the shoebox inventory for 2018. A drop-off box will be placed in the church **narthex** to collect these items throughout the year to help ease the seasonal challenge of acquiring these items. Items collected at the church throughout the year will be later packed by our Youth Ministries team. All church members are invited to join in.

<p><b>Hats, Gloves, Scarfs</b> <b>JANUARY</b></p>	<p><b>Accessories</b> <b>FEBRUARY</b></p>	<p><b>Quality Crafts</b> <b>MARCH</b></p>
<p><b>Stuffed Animals</b> <b>APRIL</b></p>	<p><b>Hygiene Items</b> <b>MAY</b></p>	<p><b>Toys</b> <b>JUNE</b></p>
<p><b>Clothing Items</b> <b>JULY</b></p>	<p><b>School Supplies</b> <b>AUGUST</b></p>	<p><b>Games</b> <b>SEPTEMBER</b></p>
<p><b>Letter &amp; Photo</b> <b>OCTOBER</b></p>	<p><b>NOVEMBER</b></p>	<p><b>DECEMBER</b></p>

# PARISH NURSE NEWS

**Purpose of Health Ministry** – To promote wholistic health (mind, body, spirit) and prevent/minimize illness at KUMC and the surrounding community.

Contact me if you have any health concerns with which I can help. Doris Miller, BSN, RN – your Parish Nurse. My contact information: Call the church office and leave a message for me. Or call me on my cell phone (540) 303-3135 or e-mail me at [dorismiller@yahoo.com](mailto:dorismiller@yahoo.com).

**BLOOD PRESSURE CHECKS:** Blood pressures will be checked after the worship service, in the mission room outside of fellowship hall on August 12th, August 26th, September 9th, and September 23rd.

Health Ministry has joined the 100 Virginia Congregations for Million Hearts. We will be working towards reducing the impact of two of the leading causes of death in the US: heart disease and stroke. The national goal is to prevent one million heart attacks and strokes. We received a new BP Electronic Monitor from the health department for this program. Participate in this program and have your BP checked.

**CHILDREN'S POSTER CONTEST:** Congratulations to the children who entered the contest. Winners were: Reagan Walker (Preschool – 2<sup>nd</sup> Grade), Hannah Henshaw (3<sup>rd</sup> – 5<sup>th</sup> Grade). Other participants were Addie Fields, Erica Tarbell, Dane Henshaw, Sam Henshaw.

**5<sup>th</sup> SUNDAY POT LUCK LUNCHEON AND HEALTH PROGRAM,** will be on September 30<sup>th</sup> following Worship Service in fellowship hall.

## **Health Education: BLOOD PRESSURE (BP)**

*“Be anxious for nothing, but in everything with prayer and supplication, with thanksgiving, let your requests be made known to God. (Philippians 4:6).*

Keep your BP down. BP should normally be less than “120 over 80” (adult). Reads like this 120/80.

**HIGH BLOOD PRESSURE (also called hypertension)** puts you at risk for **stroke, heart attack, heart failure, kidney disease, and even blindness.** high blood pressure is often called the “silent killer” because **it can have no symptoms.**

**One in four adults has high BP; nearly one-third of them don't know it.**

The only way to know for sure is to have your BP checked!

## **You can lower your risk for high BP.**

- Maintain good nutrition and a healthy weight.
- Don't smoke, and quit if you are currently a smoker.
- Exercise regularly
- Reduce stress

## **Remember:**

A single BP measurement that's high does **Not** necessarily mean you have hypertension.

If you're taking medicine to control your BP, never stop taking it unless directed by your doctor.

Decongestants may increase BP and may interfere with BP medicine. Check with your doctor or pharmacist before taking decongestant.

## **Have your BP checked by Health Ministry.**

## **STROKE**

National Stroke Association 1-800-787-6537 or [www.stroke.org](http://www.stroke.org)

Use **FAST** to remember warning signs of a stroke.

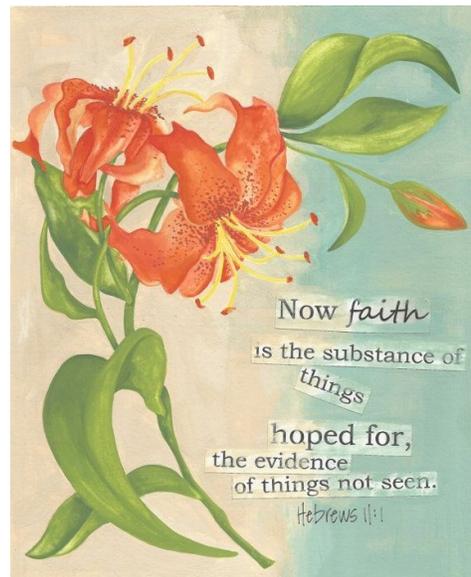
**FACE:** Ask the person to smile. Does one side of the face droop?

**ARMS:** Ask the person to raise both arms. Does one arm drift downward?

**SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**TIME:** If you observe any of these signs, **CALL 911 IMMEDIATELY**

**SURVIVE, DON'T DRIVE, CALL 911 if you have symptoms of heart attack or stroke.**



# MINISTRY TEAM NEWS

**CONFIRMATION CLASS**—Confirmation class will start in October. It will be one or two Sundays a month. Pastor Aaron will lead this class.

Please fill out this form and return it to the church office by August 11<sup>th</sup>, if you have a child interested in attending.

Child's Name:

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Address:

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Phone:

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Parent's Name

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Mentor's Name

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Each child attending this class needs to choose an adult not in their family to be their mentor. This person will need to be available to attend this class with the child.

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**EDUCATE AND EQUIP**—Sunday School kickoff for the Fall, Winter, and Spring will be Sunday, August 26<sup>th</sup>, in the fellowship hall at 9:00 a.m.

We need two teachers for the Youth Sunday School class. Also, we need one person a week to work with the lead teacher for 3<sup>rd</sup> through 5<sup>th</sup> grade Sunday School class. This is called a "1 job" where you can do once a month, twice a month, or once every other month. There will be a sign-up sheet in the narthex starting July 22<sup>nd</sup>.

## United Methodist Women

### No Regular Meeting in August

**UMW Picnic on Sunday, August 12<sup>th</sup>**, after Worship Service at Cheryl Spurr's home (2845 Packer St, Winchester). It will be Pot Luck picnic. Next regular meeting will be Tuesday, September 11<sup>th</sup>, 10-11:30 in Fellowship Hall.

**5th Sunday Pot Luck Luncheon** on Sept. 30th after Worship Service. We will be helping Health Ministry with serving the luncheon and clean up. Health Ministry will provide Fried Chicken.

**Prayer Partners:** Brucetown UMW and Little Mountain UMW. Continue praying for them as they pray for us.

**Collecting cancelled postage stamps and Campbell's Labels, Box tops for Education, and plastic caps from Coke bottles.** Place the following items in the appropriate container in the Mission Room.

Postage stamps -cut stamps from envelopes leaving ¼" around it. Place them in sealed bag.

Box tops for Education for local school. Cut the coupon from some General Mills products and Campbell's Soup labels and place them in sealed bag.

Plastic caps from Coke bottles for Dialysis. Doris has found out that only caps from Coke bottles are accepted. Each cap will provide 10 cents towards paying for dialysis.

**District Mission Encounter** on Saturday, September 8<sup>th</sup>, from 9am – 4pm at Stephens City UMC. Cost is \$17 and includes lunch. The classes are Spiritual Growth – "Seeking Health and Wholeness," Geographic Study – "The Missionary Conferences of the United Methodist Church," Issue Study – "What About Our Money? A Faith Response." There are registration forms in the narthex. Deadline is August 31.

**Silent Auction Fundraiser for local missions** - September 30<sup>th</sup> with the 5<sup>th</sup> Sunday Luncheon.

Contact me for more information. (H - 540-869-7919 or C-540-303-3135). Doris Miller, President



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## **AUGUST/SEPTEMBER**

**Aaron Fitch**, Pastor

**Charles Harless**, Pastor Emeritus

**Carolyn Carney**, Lay Leader

**Dee Dee Schneider**, Administrative Assistant

Youth Director

**Kelly Henshaw**, Chancel Choir Director

**Jackie Spitznogle**, Treasurer

**Doris Miller**, RN, Parish Nurse

**Vicky Maphis**, Nursery Attendant

**David Landrum**, Pianist/Organist & Hand Bell Conductor, Music Director

## **PASTOR APPRECIATION—OCTOBER**

Anytime is a good time to express appreciation for pastors. Pastor Appreciation Month in October is dedicated to giving focused attention to appreciating pastors in tangible ways.

The partnership between the church body and the pastor is a significant key to the effectiveness and well-being of the church, which has direct benefits for KUMC. Encouragement and affirmation that will help Pastor Aaron flourish and strengthen our partnership!

We believe that the concept of clergy appreciation started with the Apostle Paul as he was establishing the first Christian churches. In 1 Timothy, he wrote, "The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching and teaching" (1 Tim. 5:17). And, in 1 Thessalonians, he said, "Respect those who work hard among you, who are over you in the Lord and who admonish you. Hold them in the highest regard in love because of their work" (1 Thess. 5:12-13). May God bless you lavishly for your faithful service to the church.

Together in faith, let's expect God to do great things in the coming months to affirm and appreciate Pastor Aaron.



**"Be careful how you live. You may be the only Bible some person ever reads."**

**William J. Toms**

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**ANNUAL WINCHESTER DISTRICT LAY SERVANT TRAINING**—The annual Winchester District Lay Servant Training will be held on September 21st & 22nd, at Duncan Memorial UMC. Classes will include: Basic, Discovering Your Spiritual Gifts, Devotional Life in the Wesley Tradition/Heritage and Conflict Resolution. Hope to see you there!