

The Kernstown Courier



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February 2018

I want to share a devotion with you from January 15th that sums up what Stephanie and I have been learning. God has allowed Stephanie to have ALS (amyotrophic lateral sclerosis), “which is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord.”¹ ALS has been a nightmare, but God has been faithful and good. Jesus Calling, by Sarah Young, has given me and Steph much comfort. Stephanie has had to surrender a lot as a result of ALS, and the way she has been able to do this is to focus on Jesus.

Sarah Young writes her devotions as if God is speaking to us, and Scripture is what she uses to make these first person devotions from God. Here is January 15th, “My face is shining upon you, beaming out Peace that transcends understanding. You are surrounded by a sea of problems, but you are face to Face with Me, your Peace. As long as you focus on Me, you are safe. If you gaze too long at the myriad problems around you, you will sink under the weight of your burdens. When you start to sink, simply call out ‘Help me, Jesus!’ and I will lift you up. The closer you live to Me, the safer you are. Circumstances around you are undulating, and there are treacherous-looking waves in the distance. Fix your eyes on Me, the One who never changes. By the time those waves reach you, they will have shrunk to proportions of My design. I am always beside you, helping you face today's waves. The future is a phantom, seeking to spook you. Laugh at the future! Stay close to me.”

The Scripture texts she provides for this devotion are these: Philippians 4:7 (English Standard Version) - “And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Matthew 14:30 (English Standard Version) - “But when he saw the wind, he was afraid, and beginning to sink he cried out, ‘Lord, save me.’ Hebrews 12:2 (English Standard Version) - “...looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

Stephanie has been focusing on Jesus. I have been focusing on Jesus. As a result, we have been able to endure the emotional, physical, and spiritual toll living with ALS places upon us. We are crushed, but not

destroyed. Stephanie and I strive to be an example for you to follow in your walk with Jesus Christ. We enjoy being in ministry together. As all of us at Kernstown UMC continue to KNOW God, GROW in God, and SOW God into the world, we will be able to endure more and more for the glory of Jesus Christ! Praise God! Joy & Peace, Pastor Aaron

1. <http://www.alsa.org/about-als/what-is-als.html??referrer=https://www.google.com/>



ASH WEDNESDAY is one of the most popular and important holy days in the liturgical calendar. Ash Wednesday, February 14, 2018, opens Lent, a season of fasting and prayer.

Ash Wednesday takes place 46 days before Easter Sunday.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return."

Alternatively, the priest may speak the words, "Repent and believe in the Gospel."

Ashes also symbolize grief. In this case, grief that we have sinned and caused division from God.

Writings from the Second-century Church refer to the wearing of ashes as a sign of penance.

Pastor Aaron will administer ashes during a special worship service, at 7:00 p.m., and all are invited to accept the ashes as a visible symbol of penance.

It is important to remember that Ash Wednesday is a day of penitential prayer and fasting.

SMALL GROUP MINISTRY

KERNSTOWN UNITED METHODIST CHURCH SMALL GROUP OPPORTUNITIES Spring 2018

The purpose of the small group is to provide an environment in which the Holy Spirit can work in the life of each member.

2018 SMALL GROUPS

CORE GROUPS*

Sunday Morning September 24th–June 2018

9:00– 9:45 a.m. Matthew: Immersion Study

Location: DeMoya Room

Cost of book \$6 Facilitator: Mike Henshaw

Monday through Friday

6:00–7:00 a.m. Morning Prayer

Location: Sanctuary

Facilitator: Pastor Aaron Fitch

Tuesday

January 9th –June 2018

WOMEN'S CORE GROUP

1:30–3:00 p.m. How Can I Know?

Author Robert Jeffress explores answers to life's most important questions. How can I know the Bible is true? How can I know I'm going to heaven when I die? And five other "good ones."

Location: KUMC Church Fellowship Hall

Cost of book \$11 Facilitator: Barbara Cooper
Co-Facilitator: Carolyn Carney

Tuesday Morning

9:00-10:00 a.m. Walking in The Spirit

This group has a prayer focus for the morning walk. Option to wear a KUMC shirt.

Location: Apple Blossom Mall Food Court

Cost Free Facilitators: TBA

Tuesday Evening September 26th - June

MEN'S CORE GROUP

7:00–8:30 p.m. (meets every other week)

Good or God?: Why Good Without God Isn't Enough. By John Bevere

This book will do more than ask you to change your behavior. It will empower you to engage with God on a level that will change every aspect of your life.

Location: DeMoya Room

Cost of book \$ 14

Facilitator: Steve Ayers

Wednesday Afternoon

1:00–2:00 p.m.

Intercessory Prayer

Location: Sanctuary

Facilitator: Pastor Aaron Fitch

Fitch

8- WEEK FALL GROUPS*

Monday Afternoon

February 26–April 23,

2018

1:30–3:00 p.m.

The Power of Music

Hear music that inspires us to worship. Learn the stories behind some of our familiar hymns and listen to music for relaxation.

Location: Home of Mary Kathryn Clark

Cost: None

Facilitator: Mary Kathryn Clark

Monday Evening

February 26-April 23, 2018

7:00 – 8:30 p.m.

Acts: Life Change Series

This study of the book of Acts is a change from the fall format. This one will be Bible-based using a NavPress Life Change study as a guide. It will include scene-setting historical insights, helpful word definitions, and discussion questions.

Location: Room 4

Book: Bible

Facilitator: Mary Walker

***Core groups can be joined at any time. One may also move out of the core group, join another study and return again later.**

BIRTHDAYS AND MINISTRY NEWS



Happy Anniversary

FEBRUARY

James & Kaye-Beth Ambrose	2/7
Jim & Mary Markley	2/14

Happy Birthday FEBRUARY

Danny Smith	2/2
Tat Mills	2/3
Bill Yowell	2/3
Midge Youmans	2/4
Thatcher Whitacre	2/6
Donivan Wilson	2/7
Janelle Miller	2/8
Ann Rodgers	2/9
DeAnn Whitacre	2/9
Mary Shetler	2/10
Stas Lipinski	2/11
Aubrey Cox	2/12
Donna Campbell	2/13
Devon Ricketts	2/13
Aaron Fitch	2/14
Roy Wilkins	2/14
Eleanor Zombro	2/14
Maneika Shifflett-Walker	2/15
Gary Sanders	2/15
Margo Young	2/16
Noah Marshall	2/16
Cathryn Spriggs	2/18
Keith Walker	2/18
John Pitzer	2/19
Walter Sibert	2/19
Jenni Spriggs	2/19
Emily Whitacre	2/19
Larry Anderson	2/20
Barbara Cooper	2/20
Arthur Lee	2/21
Jeremy Park	2/21
Kim Tarbell	2/21
Dan Mitchell	2/22
Tammy Reedy	2/22

Matthew Fuller	2/22
Tyler Augustine	2/22
Marissa Augustine	2/22
Timothy Hill	2/25
Kris Pine	2/25
Karen Ridder	2/25
Edwin Cross	2/26
Charlotte Smith	2/26
Michael Franklin	2/26
Amy Youmans	2/26
Abby Youmans	2/26
Hannah Henshaw	2/27
David Landrum	2/28
Brian Wilkins	2/28

Do we have your anniversary and birthday?

Call the church office (667-7298)

so you're not left out!

Dear Kernstown Family,

Thank you so much for the generous Christmas gift you gave me this year. I am so blessed to be a part of this amazing community of faith! I am thankful for your constant support and I look forward to seeing what God has in store for KUMC in 2018.

**In His love,
Kelly Henshaw**

Many thanks to my church family who sent up prayers these last few months for my Daddy and our family, those who sent cards and those who called us. Your love means everything. Daddy could hardly wait to meet Jesus and so see my Mom again. Your prayers for a "homecoming" got him there quickly. He is now with the One he sang to and about. At two months shy of 98, he would tell you to embrace life...that 100 years is not very long. He is not gone. He has just slipped into the next room. All is well.

Charlie Donohoe

To all the Wonderful People of KUMC,

I do not know the words to express our gratitude and sincere thank you to all of Kernstown UMC for all you have done for us.

The prayers, thoughts, visits, and cards have meant so much to both of us and have been most appreciated.

Thank you so much and God Bless to each and every one of you.

We hope you have a happy and health 2018.

Joan & Ed Dodson

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.

BLOOD PRESSURE CHECKS after service in the mission room outside of the fellowship hall on Feb 11th and Feb 25th.

ADVANCE DIRECTIVES (AD): Have you completed your AD? If you have not completed them, there is a display with forms and instructions for you in the narthex. If you have any questions, contact Pastor Aaron or Doris Miller RN, Parish Nurse.

FLU: Flu (Influenza) season is here. The best way to prevent flu is by getting a Flu Vaccine (Flu Shot) each year and washing hands frequently with soap and water or antibacterial hand gel. There are tissues available in the sanctuary and hand gel in the narthex for your use to prevent the spread of infection of flu. Remember that if you have symptoms of flu (cough, sore throat, fever, nausea) do not attend church and expose others to the illness but watch the service on line.

FEBRUARY IS HEART MONTH – remember Friday, February 2nd, is National Wear Red Day to raise awareness of heart disease and stroke. Approximately 2200 Americans die every day of cardiovascular disease. Strokes claim the life of approximately 1 woman every 80 seconds.

SAVE THESE DATES:

Saturday, February 24th, from 10-6. Valley Health Wellness Festival at Apple Blossom Mall

Sunday, April 29th – Fifth Sunday luncheon after church service followed by program on Health Education

Saturday, June 9th, from 9-12. KUMC's 3rd Health Fair

HEALTH EDUCATION – THE POWER OF PRAYER AND HEALING

“I am the Lord your healer” (Exodus 15:26).

“Pray for one another that you may be healed” (James 5:16).

February recognizes Ash Wednesday as the beginning of Lent, St Valentine's Day and Healthy Heart month. Health means the state achieved when a person's mind, body, and spirit work as God created them to do. Healthy practices and habits need to be developed and practiced to reduce the risk of illnesses and injuries. These healthy practices include prayer, reading the Bible, attending church/worship, seeing your health care provider, healthy nutrition (following the food pyramid), regular exercise, controlling anger, hand-washing, forgiveness, respect of self and others, nonviolence, and love.

This month I will concentrate on effects of prayer and studies conducted on prayer. Studies show that patients that are prayed for (intercessory prayers) experience less complications, do better, heal faster, have less pain, receive less antibiotics and diuretics, have fewer visits to the doctor, and spend less time in the hospital when hospitalized. Further studies show that people who pray tend to get sick less often; live healthier and longer lives; have lower blood pressures; fewer strokes; fewer heart attacks; and less depression, and when depressed, recover faster.

Studies of prayer have been conducted by Harvard University's Dr. Herbert Benson. He states that all forms of prayer evoke a relaxation process that decreases stress, soothes the body, and promotes healing. The prayers of repetition of sound and words cause healing effects. The repetitious prayer used by Catholics is the rosary; Protestants use centering as in The Lord's Prayer; and some religions use meditation. Research on the power of prayer and healing has nearly doubled in the last ten years.

May our lives during this month of February reflect the words of St Paul, “Pray without ceasing” “1 Thess. 5:17).

Reference: Ruth E. Williams, A Collection of Parish Nurse Newsletters, Page 13.

Valley Health thanks KUMC for the generous gift of \$50 to the Winchester Medical Center Foundation towards the Friends and Family CPR kits and classes.

MINISTRY TEAM NEWS

MISSIONARIES—We support Craig & Meghan Durfor through “World Outreach Ministries” and Gregg Yarian with “Ministry of Jesus, TOGO.” You will find their newsletters on the bulletin board in the mission room.

UNITED METHODIST WOMEN—Officers were installed at the January meeting: President / Vice President – Doris Miller, Secretary – Pat Beckwith/ Mary Walker, Treasurer – Cheryl Spurr, Spiritual Growth Coordinator – Pat Beckwith, Social Action Coordinator – Sarah Gordon, Membership, Nurture, and Outreach Coordinator – Madonna Sponaule. There were 8 members present.

Our program in January was Call to Prayer and Self-Denial. This year the collection will go to the education of women and girls in leadership. We collected \$58 at the meeting. If you want to give money to this cause, see Cheryl Spurr.

Our next program will be on Tuesday, February 13th, from 10 - 11:30. We hope that all of our active members will be able to attend.

Winchester District Prayer Breakfast is on Saturday, March 3rd, from 9-12 at Lee-Jackson Hotel on Millwood Pike, Winchester. Cost is \$13. Speaker will be Lisa Nichols, Director of Henry Fork Center, Rocky Mount, VA. If you plan to attend, let Doris or Cheryl know so that we can order tickets early.

Love, Hope, Peace, and Joy to all. Doris Miller

MARCH NEWSLETTER DEADLINE

The deadline for the March Newsletter will be Wednesday, February 14th, at noon. The Folding Fellowship and mailing date will be Thursday, February 22nd, at 9:00 a.m. If you would like to be a part of the Folding Fellowship Team, your help would be appreciated!

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.



SAVE THE DATE

RETREATS ARE HELD AT HUNTING RIDGE*

1011 Hunting Ridge Rd., Winchester, VA 22603

Men’s and Women’s Laity Retreat*

Saturday, May 19, 2018

10:00 a.m. to 3:00 p.m.

Small group ministry leadership is very excited about plans in the making for a great church-wide retreat.

Please **mark your calendars** and watch for the announcement of theme, speakers, and music leaders.

Cost: \$15 lunch

*Bring your Bible, notebook, pen, and if you prefer, a pillow for the chairs.

Feed your body and spirit!

To my brothers and sisters in Christ,
Thank you so much for your generous and compassionate souls. It is my great honor to be working with you to further God’s work here on earth. Thank you for the delightfully generous Christmas gift. Your love and support means the world to me.

**In His Name,
Dee Dee Schneider**

Kernstown UMC
3239 Valley Pike
Winchester, VA 22602-5303

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FEBRUARY

Aaron Fitch, Pastor
Charles Harless, Pastor Emeritus
Darryl Dawson, Lay Leader
Dee Dee Schneider, Administrative Assistant
John Elder Youth Director
Kelly Henshaw, Chancel Choir Director
Kelly Henshaw, Treasurer
Doris Miller, RN, Parish Nurse
Vicky Maphis, Nursery Attendant
David Landrum, Pianist/Organist & Hand Bell Conductor, Music Director

Bring your loved ones and join us for a night of fun and dancing at
the Kernstown Children's Ministries'

Sweetheart Dance



Saturday, February 17th, 7:00—9:00pm
Fellowship Hall

Refreshments provided. Open to the entire congregation—Please come support our growing children's ministry. So that we can have a general headcount, please sign-up to attend in the narthex.