

The Kernstown Courier

KERNSTOWN UNITED METHODIST CHURCH

3239 Valley Pike, Winchester, VA 22602-5303

540.667.7298 / www.kernstownumc.org

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MAY 2019

PASTOR'S MESSAGE

One of the many blessings of being a pastor is that I get to spend time with God's people. I want to share with you about a visit I made to Lloyd Henry.

I went over to Lloyd's to find out how he was doing since Betty went home to Heaven. I told him I was having trouble, "letting go of Stephanie," or even understanding what that meant.

Lloyd immediately pulled out his copy of the devotional, Jesus Calling, by Sarah Young and turned to March 24.

Lloyd said he was having trouble with that too until he read this entry,

"THIS IS A TIME in your life when you must learn to let go: of loved ones, of possessions, of control. In order to let go of something that is precious to you, you need to rest in My Presence, where you are complete. Take time to bask in the Light of My Love. As you relax more and more, your grasping hand gradually opens up, releasing your prized pos-

session into My care. You can feel secure, even in the midst of cataclysmic changes, through awareness of My continual Presence. The One who never leaves you is the same One who never changes: I am the same yesterday, today, and forever. As you release more and more things into My care, remember that I never let go of your hand. Herein lies your security, which no one and no circumstance can take
(See Message on Back Page)

Committee Meetings

May 2

6:30 p.m.

Educate & Equip
Care & Connect

7:30 p.m.

Reach and Serve
Children's Ministry
Health Ministry

May 9

6:00 p.m.

Trustees

7:30 p.m.

SPPRC

May 19

12:00 p.m.

Finance Committee

May 23

6:30 p.m.

SPOC

7:30 p.m.

Church Council

SAVE THE DATE

After the United Methodist Judicial Council meets in April, Bishop Peter Weaver, interim bishop of the Virginia Conference, will conduct Question and Answer Gatherings around the conference. The Q & A

for the Harrisonburg and Winchester Districts is **Saturday, May 11, 9:00 a.m. at Riverton UMC in Front Royal, VA.**

Please save this date! More information is available on page 2 of this newsletter.



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Remember: you can get updates & participate in worship live on the KUMC Facebook Page & website!

Walking the Journey Together with Bishop Pete Weaver

Eastertide District Days

'Jesus was talking to us on the road' (Luke 24:32)

Bishop Pete Weaver is inviting clergy and laity of the Virginia Conference to join him in district gatherings in May and early June.

"Jesus most often journeyed in the company of others," said Weaver. "Even in our context, we can learn from each other and practice our Christian love for each other by journeying together. I am inviting you to join me in a district gathering in May and early June so we may have conversation 'on the road' together."

He explained, "We will share in Communion, seek to care for one another, and look at the meaning of the Judicial Council decisions and their implications as your Bishop and Cabinet seek to follow the *Book of Discipline* which governs our church."

A copy of Bishop Weaver's invitation and the schedule may be found on the conference website

at https://www.vaumc.org/pages/news/2019vanews/2019vanews_walkingthejourneytogether

Additional details about the district gatherings will be available from the district office. Each meeting will last approximately two hours.

**The Winchester District Event is May 11, 9:00 am
at Riverton UMC, Front Royal, VA.**

ANNIVERSARIES

	Marriage date	Years Married
Steve & Cheryl Spurr	05/11	
Matt & Sandy Duvall	05/22	
Gary & Loretta Lantz	05/11	72
Edwin & Margo Cross	05/29	44
Roy & Mary Walker	05/12	41
Ric & Sandy Dunkle	05/16	38
Mark & Pamela Lipscomb	05/18	34
Lee & Ruth Folger	05/16	28
Bill & Lisa Yowell	05/10	27
Scott & Karen Ridder	05/01	26
David & Kristy Donohoe	05/03	21
Bill Tumblin & Madonna Sponaugle	05/30	15

BIRTHDAYS

Selena Littman	05/01
Bradley Charles	05/01
Kelly Henshaw	05/04
Ryan Michael	05/04
Steve Straight	05/05
Brendan Nutry	05/05
Jacob Henshaw	05/05
Michael Morgan	05/07
Bette Cossentine	05/08
Mary Kathryn Clark	05/08
Sonya Hess	05/10
Priscilla Minor	05/10
Charlotte Notzelman	05/11
Victoria Morris	05/11
Jacob DeHaven	05/11
Brian Henshaw	05/12
Krista Baker	05/12
Jo Anne Carper	05/13
Steven Dobbin	05/13
Jerry Chapman	05/14
Carroll Fuller	05/14
Stacey Shull	05/14
Stacey Umbenour	05/14
Hillary Nesselrodt	05/14
Brenda Long	05/15
James Ambrose	05/15
Stephen Vann	05/17
Scott Keeler	05/17
Lisa Yowell	05/18
Ellen Sankovich	05/18
Todd Wise	05/19
Chrystal Morris	05/19
Brooke Snapp	05/21
Jackie Rhinaman	05/21
Haden Walker	05/21
Jayne Craig	05/23
Hunter Eastep	05/23
Dick Toth	05/24
John Elder	05/24
Jo-Ann Larrick	05/25
Jean Snider	05/25
Mitchell Ruckman	05/25
Marilyn Stelzl	05/27
Lesley Rickard	05/29
Gary Tisinger	05/29
Linda Fuller	05/29
Russell Creswell	05/29
Mike DeHaven	05/30
Kevin Ecker	05/31
Breanna Wilhelm	05/31

PROJECT LEADER SOUGHT FOR OCC

Love the Lord and want to be part of a mission team?

Why not consider becoming our KUMC Project Leader for Operation Christmas Child who will take charge coordinating collecting shoeboxes for our church only. I will continue as the "Drop Off" Team Leader for our community shoebox collections, which takes place in late November. If God is calling you and you

KNOW you can help GROW His kingdom by SOWing God's love for all of His children around the world, then this opportunity is for you!

Thank you,
Bob Greatorex

Other Reach and Serve Committee Members you may contact:

Cathy Lichvar, 540-664-7280
Cheryl Spurr, 516-637-7513

Proverbs 22:6



HEALTH MINISTRY

PURPOSE of Health Ministry – to promote wholistic health and 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. Doris Miller BSN, RN, Faith Community Nurse. Contact Information – call KUMC office 540-667-7298 or my phone 540-303-3135 and leave message for me.

E-mail – dorismmiller@yahoo.com

- ♥ **BLOOD PRESSURE CHECKS** – Second & fourth Sundays after worship service in Mission Room outside of the Fellowship Hall. (May 12 and 26).
- ♥ **SAVE THE DATE:** June 30 – Next Fifth Sunday Pot Luck Luncheon.
- ♥ May is Mental Health Month.
- ♥ May 13-19 is Women's Health Week.
- ♥ May 31 is Heat Safety Awareness Day (reminder – don't

leave children or pets alone in car. Temperature in car can increase rapidly).

- ♥ **HEALTH EDUCATION: DEPRESSION**

Romans 12:12 “Be joyful in hope, patient in affliction, faithful in prayer.”

Life is full of mountains and valleys or ups and downs. However, whenever you feel sad (including crying often), empty, or hopeless most of the time for at least two weeks or if those feelings keep you from your regular activities — such as affecting your ability to work, go to school, or have relationships with family and friends — you may have depression.

Depression is one of the most common mental health conditions in the United States. It is an illness that involves the body, mood, and thoughts. It can affect the way you eat and sleep, the way you feel about yourself, and the way you

think about things. It is different from feeling “blue” or “down” or just sad for a few hours or a couple of days.

Depression is also different from grief over losing a loved one or experiencing sadness after a trauma or difficult event. It is not a condition that can be willed or wished away. People who have depression cannot just “pull themselves” out of it. Women are twice as likely as men to be diagnosed with depression. There is no single cause of depression. Different types of depression may have different causes. There are many reasons why women may have depression:

- ♥ Family history.
- ♥ Brain changes.
- ♥ Chemistry – they may not have the right balance of chemicals.
- ♥ Hormone levels- changes in the female hormones – estrogen and progesterone
(See Parish Nurse on Page 5.)

MUSIC MINISTRY

He is Risen!

Thank you to everyone who made all of the music possible during this Lent and Easter Season. The Music ministry at KUMC never stops though.

The summer season is on the horizon and that means there will be opportunities for Special Music. There will be a sign up sheet in the Narthex in the upcoming weeks, and I'd love for you to sign up.

If you want to dip your toe into the Music Ministry, this is the perfect chance. Whether it's singing, playing an instrument, doing a liturgical dance, or even reading a poem, we'd love to hear from you.

If you have any questions feel free to ask me.

I'm excited about another summer of fantastic music.

Can you knock on a door and count to four? If so, that means

you have all the skills to be in the KUMC Handbells. We would love to welcome some new members.

Even if you don't think you're a musician, but it just looks like fun— come and try it out for a season.

It may seem overwhelming, but it's far from a serious group. We have a blast at rehearsals and we would love to have more people laughing with us while we ring praises to the Lord. If you're interested in joining this fall, please contact me.

The music ministry is alive and well. We continue to grow, and we were made to thrive.

If you are interested in any involvement, we'd love to have you because everybody can make a joyful noise. Psalm 150.

David Landrum

THANK YOU

Dear KUMC,

We would like to thank the Church family for your support at Betty Henry's Celebration of Life Service.

Her Church Family is so loving and giving. She so enjoyed all of you and often spoke fondly of her Church Family.

The lunch was very nice and it was a good time for our family and friends to talk and reminisce about our mother.

We know from our Mother having put on these type of meals, in her younger days, that they are a great deal of time and work.

Thank you for all you did and may God bless the KUMC Family.

The King Family

UNITED METHODIST WOMEN

- ◆ **Next meeting is on Tuesday, May 14 at 10:00 in Fellowship Hall.** Program will be Women Responding and Serving in Christ's Name – a study of Phoebe as the foremother of deaconesses. All women of KUMC are invited to attend.
- ◆ **UMW will be leading our worship service on Mother's Day** and remembering those who have gone to their eternal lives since our Candle Burning service last year. We will have future members of UMW participate in the service also.
- ◆ UMW will be collecting items for Health Kits, School Kits and Buckets for disaster, which will be taken to Virginia Conference in June.
- ◆ **Spring Fundraiser for local missions.** UMW would like to thank everyone for purchasing ham sandwiches and purchasing baked items.
- ◆ We are continuing to collect cancelled postage stamps (cut to ¼ inch margin around stamp), Box tops for Education, Campbell's Soup Labels, and plastic caps from Coke bottles. Place the items in the appropriate container in the Mission Room.
- ◆ **C-CAP** – as a community outreach project, we will be collecting items of canned goods and other items to be donated to C-CAP for those who are less fortunate in our community. Leave your donations in the C-CAP Box in the Mission Room and we will deliver the items to C-CAP.
- ◆ Cookbooks for sale in the mission room for \$3. Take one and leave payment in the jar.

Love, Hope, Joy, & Peace
to all,
Doris Miller, President

DISCIPLESHIP LIBRARY COMING SOON TO KUMC

A free, outdoor, Christ-centered library, for all ages, will be coming soon to KUMC. This free library will be available to any community member whom God sends.

The library will be located within easy access from Route 11.

Donations of Christ-centered books for all ages are being requested. A collection bin will be placed in the Narthex during the remainder of the Spring, to accept

the donations.

The library could contain, but is not limited to, Sunday school workbooks, Bibles, New Testaments, Christian literature, teen/youth books, kid's books, and pamphlets.

Each item in the library will have information placed on



the inside cover that will include KUMC's information, inviting community members to return to KUMC.

Thank you for your support with getting this new outreach program started!

If you have any questions, please contact Steve Wilhelm.

Parish Nurse

From Page 2

– may all raise her risk for depression.

- ♥ Stress – serious and stressful life events, or the combination of several events may trigger depression.
- ♥ Medical problems – dealing with a serious health problem, such as stroke, heart attack, or cancer can lead to depression. Some illnesses such as Parkinson's disease, hypothyroidism, and stroke can cause changes in the brain that lead to depression.
- ♥ Pain – women who feel emotional or physical pain for long periods are much more likely to develop depression. The pain can come from a chronic (long term) health problem, accident or trauma.

SYMPTOMS:

- ♥ Not all people with depression have the same symptoms.
- ♥ Feeling sad, "down", or empty, including crying often.

- ♥ Feeling hopeless, helpless, worthless, or useless.
- ♥ Loss of interest in hobbies and activities that you once enjoyed.
- ♥ Decreased energy.
- ♥ Difficulty staying focused, remembering, or making decisions
- ♥ Sleeplessness, early morning awakening, or oversleeping and not wanting to get up.
- ♥ Lack of appetite, leading to weight loss, or eating to feel better leading to weight gain.
- ♥ Thoughts of hurting yourself.
- ♥ Thoughts of death or suicide.
- ♥ Feeling easily annoyed, bothered, or angered.
- ♥ Constant physical symptoms that do not get better with treatment such as headaches, upset stomach, and pain that doesn't go away.

TREATMENT:

- ♥ Treated with therapy, medicine, or a combination of the two.
- ♥ People with moderate to severe depression might need a type of

medicine called an antidepressant in addition to therapy. Antidepressants change the levels of certain chemicals in your brain. It may take a few weeks or months before you begin to feel a change in your mood.

- ♥ Having depression can make some people more likely to turn to drugs or alcohol to cope. But this can make your mental health condition worse and can affect how medicines work that are used to treat the depression.

EXERCISE:

- ♥ Researchers think that regular exercise can lower your risk of depression and help many depression symptoms get better. People with depression often find it difficult to exercise. Walking is a good way to begin exercising.

Reference: Women's Health/US Department of Health and Human Services

JUNE 24 - 28

LOVE WEEK

LOCAL MISSION TRIP

THIS YEAR WE WANT TO BRING
OUR SERVICE MISSION TRIP CLOSE
TO OUR FAMILY AND NEIGHBORS.
FIVE DAYS OF PROJECTS AND
EVANGELISM TO OUR COMMUNITY.

HOW CAN YOU HELP?

WE ARE LOOKING FOR VOLUNTEERS TO
PARTICIPATE AND ANYONE WITH
SKILLSETS AND RESOURCES

FOR MORE DETAILS OR TO SIGN UP

DSCHNEIDER@KERNSTOWNUMC.ORG

THANK YOU

A world of thanks for all the prayers, cards, calls, and condolences when my brother passed away. Special thanks to the lady who sent us a card with this inside, "Death leaves a heartache no one can heal; love leaves a memory no one can steal."

Bill Tumblin & Madonna Sponaugle

NEW MINISTRY FORM AVAILABLE

If you feel called to start a new ministry or lead a new small group, we now have a form that must be filled out and returned to Pastor Aaron.

You can find the form online at www.kernstownumc.org or pick one up in the church office.

WALKING IN THE SPIRIT

Your word is a lamp to my feet
and a light to my path.
Psalm 119:105

Join us on Tuesday mornings
at 9 a.m. in the food court at Apple
Blossom Mall.

Raise your endorphins to improve your mood and your happiness. Walking helps you physically and spiritually by walking with this group. You will walk at your own pace and distance.

We start with a short devotion and have intercessory prayers.

Contact Doris Miller or Dwight Miller with any questions.
Phone 540-303-3135.



2019

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Pastor Rev. Aaron Fitch – revawfitch@gmail.com

dschneider@kernstownumc.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1. 5:30 TOPS 6:15 Ringers 7:00 Choir	2. 8:00 TOPS 9:00 Staff Meeting Ministry Team Night: 6:30 Educate & Equip Care & Connect 7:30 Reach & Serve Children's Ministry Health Ministry 7:00 Boy Scouts	3.	4.
5. 9:00 Sunday School 9:15 Birthday Breakfast 10:20 Worship 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	6. 1:30 Book of Revelation 6:30 Dance	7. 9:00 Walking in the Spirit 1:30 Women's Core	8. 1:00 Intercessory Prayer 5:30 TOPS 6:15 Ringers 7:00 Choir	9. 8:00 TOPS Executive Team Night 6:00 Trustees 7:30 SPPRC	10. CHURCH OFFICE CLOSED	11. 8:00 Men's Breakfast 9:00 Scrapbooking
12. MOTHER'S DAY 9:00 Sunday School 10:20 Worship 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	13. 1:30 Book of Revelation 6:30 Dance	14. 9:00 Walking in the Spirit 10:00 UMW 7:00 Men's Core	15. 5:30 TOPS 6:15 Ringers 7:00 Choir	16. 8:00 TOPS 7:00 Boy Scouts	17.	18.
Dee Dee Schneider on Vacation May 10-17, 2019						
19. 9:00 Sunday School 10:20 Worship 12:00 Finance Committee 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	20. 1:30 Book of Revelation Noon – June/ July Newsletter Deadline 6:30 Dance	21. 9:00 Walking in the Spirit	22. 5:30 TOPS 7:00 Choir	23. 8:00 TOPS 6:30 SPOC 7:30 Church Council	24.	25.
26. 9:00 Sunday School 10:20 Worship 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	27. CHURCH OFFICE CLOSED	28. 9:00 Walking in the Spirit 7:00 Men's Core	29. 5:30 TOPS 7:00 Choir	30. 8:00 TOPS 9:00 Folding Fellowship Ministry		



2019

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3239 Valley Pike, Winchester, VA 22602

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Pastor Rev. Aaron Fitch – revawfitch@gmail.com
dschneider@kernstownumc.org



DATE	GREETERS	USHERS	ACOLYTE	SCRIPTURE READERS	COMM. ASSISTANT	STEEPLE BELL RINGER	NURSERY	OFFERING COUNTERS
5/5 10:20	Jerry & Judy Chapman	Bill Tharpe, Mike Henshaw, Kris Pine, & Cheryl Spurr	Erica Tarbell	Pastor Aaron Fitch	Jerry & Judy Chapman, Tammy Look, Pat Beckwith, Nancy Tisinger, & ?	Michelle Tarbell	Cathy Richard & Vicky Maphis	Brian Henshaw & ?
5/12 10:20	Bill & Phyllis Tharpe		Zach Dawson	Cathy Lichvar	_____	Cooper Fitch	Norma Wilson & Vicky Maphis	Roy Walker & Gary Lantz
5/19 10:20	Gary & Loretta Lantz		Addison Fields	Danny Aube	_____	Hannah Henshaw	Jennifer Wilhelm & Vicky Maphis	Midge Youmans & Carolyn Carney
5/26 10:20	Georgia Poe & ?		Hannah Henshaw	Pat Beckwith	_____	Thomas Littman	Audrey Dorton & Vicky Maphis	Cathy Richard & Kelly Henshaw

*At Kernstown, we make Disciples as we:
Know God
Grow in God
Sow God into the World*

SOUND SYSTEM

5/5 – Gary Lantz
5/12 – Gary Lantz
5/19 – Steve Spurr
5/26 – Steve Spurr

CAMERA

Luke Henshaw
Luke Henshaw
Cooper Fitch
Cooper Fitch

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Aaron Fitch, Pastor

Charles Harless, Pastor Emeritus

Carolyn Carney, Lay Leader

Dee Dee Schneider, Administrative Assistant

Jonathan Holland, 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

Donna Funk-Smith, Communication/

Technologies Coordinator

Message

From Page 1

from you.

Blessed are those who have learned to acclaim you, who walk in the light of your presence, O LORD.

—PSALM 89:15

Jesus Christ is the same yesterday and today and forever.

—HEBREWS 13:8

“For I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.”

—ISAIAH 41:13

As Lloyd read me this devotion I was speechless. It spoke directly to me. The Holy Spirit had used Lloyd to bring me comfort and assurance that God has Stephanie, Betty, and all of our loved ones. I don't have to worry about a thing.

I'm looking forward to the Holy Spirit working in our midst through one another in the future, as God has in the past, so that we may encourage one another and build up one another in our faith in Jesus Christ.

Joy & Peace,
Pastor Aaron

NOTICES

CHRISTMAS CARDS FOR OUR MILITARY — We will be collecting Christmas cards and envelopes for our military men and women who are at the VA hospital in Martinsburg, WV. **Please sign the cards.** Deadline is December 1.

WEEKDAY RELIGIOUS EDUCATION (WRE) — Walk for Christ will be October 19. Madonna Sponaule will be walking at Rose Hill Park on Jones Road. Donations would be greatly appreciated, or you can join her and enjoy the morning. Hot dogs and drinks will be served at the end of the walk. Brochures with more information are available in the narthex.