

# The Kernstown Courier

## KERNSTOWN UNITED METHODIST CHURCH

3239 Valley Pike, Winchester, VA 22602-5303

540.667.7298 / www.kernstownumc.org

Pastor Aaron Winslow Fitch: afitch@kernstownumc.org

Dee Dee Schneider, Administrative Assistant: dschneider@kernstownumc.org

Jonathan Holland, Youth Director: kernstownumcyouth@gmail.com



JUNE/JULY 2019

### PASTOR'S MESSAGE

I have heard a number of people say over the years, "I wish we could go back in time when things were simpler. You knew what was wrong and what was right." It does seem as if our society is being torn apart institution by institution. I don't know if it

could ever be said that politics in Washington were going well, but it seems as if politicians of different parties have less they can agree on today. People seem to be acting crazier than they have before too. Remember the lady I mentioned in Norway

who runs around her yard like a horse on her hands and feet? Whether our society is crazier than it has ever been could be debated, because I think there was probably a reason the western part of the United States was once described as, "wild."

Today we know that our denomination is divided for certain.

General Conference 2019 demonstrated that to us if we were not aware of it before. I believe the likelihood of the UMC in the United States remaining, "united," is very low. I believe the denomination will eventually split. On one side you have the, "Traditionalists," and on the other you have the, "Progressives." The Traditionalists are represented by the Wesleyan Covenant Association, and the Progressives are represented by 12 groups who recently met in Kansas City at an event called, "UMC Next."

The 2019 General Conference of the UMC (See Message on page 7.)

### JUBILEE KITCHEN

Reach and Serve will be serving Jubilee Kitchen on Saturday, June 15 from 10:45 to 1:00.

We need 12 to 15 volunteers. This is a great opportunity to serve our community. Children are welcome to help as long as accompanied by an adult.

Sign up on the sheet in the Narthex. If you have questions contact Cathy Lichvar at 540-664-7280.

### VACATION BIBLE SCHOOL!

The theme for this year's Vacation Bible School is Kickin' It Old School! (We have picked the 1980's to focus on.....lots of neon and fun!!)

Dinner will be at 5:00 p.m. and classes from 6 - 8:30. Pastor Aaron will not be doing an adult class this year, but if there is someone interested, then by all means they can do one!!!

Dates are Sunday, July 7 through Friday, July 12 with VBS Sunday on July 14.

Volunteers are always essential! See Mimi Henshaw.



### Inside this issue:

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

**Save the date(s)!**  
*Sweet Summer Suites*  
**LIVE! with David 2.0**  
 Every Monday @ 8:00 p.m.  
 June — August  
 Tune in via Facebook LIVE & www.kernstownumc.org/worship



## BIRTHDAYS

Aaron Youmans	06/01	Jane Thomas	07/12
Michael Nutry	06/02	Virginia Donohoe	07/12
Ashley Heflin	06/02	Julie Nesselrodt	07/12
Debbie Arbogast	06/03	Henry Walker	07/13
Noah Berg	06/03	Pamela Lipscomb	07/15
Derek Minter	06/04	Andrew Neufer	07/15
Naomi Thomas	06/05	Doris Miller	07/16
Marshall Carper	06/05	Helen Fitzner	07/19
Charles Richard Jr.	06/05	Charles Harless	07/19
Chris Lutz	06/05	Russell Fitch	07/19
Sandy Dunkle	06/06	Cheryl Spurr	07/20
Donald Hillyard	06/06	Kaity Greene	07/21
Cheryl Morris	06/07	Venisa Stonesifer	07/23
Dianne DeOms	06/09	Dolly Park	07/25
Justin Chapman	06/09	Patty Burchard	07/26
Candice Henry	06/09	Dawn Fincham	07/27
Nathan Straight	06/09	Andrew Burns	07/27
Norma Fitzwater	06/12	Bill Schneider	07/28
Michelle Tarbell	06/12	Aaron Shipp	07/28
Lorraine Shelton	06/13	Carson Heflin	07/28
Tina Renner	06/13	Krista Homer	07/29
Carl Ay Jr.	06/14	Tammy Butler	07/30
Cathy Richard	06/14	Jonathan Homer	07/31
Steve Spurr	06/15		
Michelle Ridder	06/15		
Jacob Hill	06/15		
Savannah Bailey	06/18		
William Tharpe	06/19		
Mary Markley	06/19		
Phyllis Baker	06/20		
Kelly Whetzel	06/20		
Phyllis Tharpe	06/21		
Darryl Dawson	06/21		
Dottie White	06/22		
Matt Duvall	06/22		
Thomas Littman	06/23		
Brooke Wilhelm	06/25		
Gary McDonald	06/26		
Samual Henshaw	06/26		
Steven Burns	06/27		
Raymond Stelzl	06/27		
Ruth Bennington	06/27		
Thomas Snapp	06/28		
Paige Littman	06/29		
Anthony DeMayo	06/30		
Nathanael Marcondes	07/01		
Kathryn Henry	07/02		
Betty Oates	07/04		
Akiko Neufer	07/05		
Willard Look	07/06		
Aimee LoRusso	07/07		
Maria Castro	07/08		
Greysin Baker	07/08		
Cathy Lichvar	07/09		
Samantha Scott	07/10		
Jim Franklin	07/11		

## 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 Sponaugle will be walking at Rose Hill Park on Jones Road. Donations would be greatly appreciated, or you can join her! Hot dogs and drinks will be served at the end of the walk. Brochures with more information are available in the narthex.

## ANNIVERSARIES

<u>Couple</u>	<u>Date</u>	<u>Years Married</u>
Thomas & Margaret DeMayo	06/04	
Willard & Polly Look	06/14	
Carl & Carole Ay Jr.	06/22	
Mike & Kimberly DeHaven	06/27	
Carroll & Linda Fuller	07/15	
Kenneth & Kelly Whetzel	07/18	
Arthur & Augustina Lee	07/21	
Roger & Susan Hill	07/27	
Dwight & Doris Miller	06/15	50
John & Tammy Butler	07/25	32
Carl & Carla Ay III	07/11	21
Jerod & Stacey DuBrueler	07/24	20
Keith & Kelly Walker	06/24	19
Jeff & Ginger Matthews	06/24	16
Charles & Cathy Richard Jr.	06/10	13
Jim & Shirley Dick	06/08	12
Aaron & Dawn Fincham	06/05	9
Rich & Cathy Lichvar	07/28	7
Donald & Vicki Adams	06/20	4

## THANK YOU FROM UMCOR FOR \$3000 GIFT

Dear Friends,  
**Thank you!**

The dear people you just helped with your gift to UMCOR may never have the opportunity to meet you, but if they did, I am certain their response would be - *Thank you!*

And through your financial support *you are serving within a vital network of interactive relationships in the U.S. and in more*

*than 60 countries in which UMCOR and partnering agencies engage in direct ministry to persons in need.*

May we continue to reveal the love of God for men, women, and children of all ethnic, racial, cultural, and national backgrounds and to demonstrate the healing power of the gospel with those who suffer.

Grace and Peace,  
Thomas G. Kemper,  
General Secretary  
Roland Fernandes,  
COO & General Treasurer

*"...when you have done it for one of the least of these brothers and sisters of mine, you have done it for me." - Jesus (Matthew 25:40 CEB)*

## 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 Cell Phone 540-303-3135 and leave message for me. E-mail – [dorismiller@yahoo.com](mailto:dorismiller@yahoo.com)

**BLOOD PRESSURE CHECKS** – 2<sup>nd</sup> and 4<sup>th</sup> Sundays after worship service in Mission Room outside of the Fellowship Hall. (June 9 and 23, July 14 and 28).

**SAVE THE DATE:** June 30 – Next 5<sup>th</sup> Sunday Pot Luck Luncheon after Worship Service. Health Ministry will provide Fried Chicken. Bring your favorite dish to share in fellowship with others. Speaker will be Kathy Bowers who is Certified in Essential Oils.

Topic will be Essential Oils in the Bible and Essential Oils in Healing. In our small group – Women of the Bible, we discussed Mary of Bethany applying essential oil NARD to Jesus' feet. There are many references in the Bible to Essential Oils. So this is your opportunity to learn about essential oils.

June is Men's Health Month.

Men's life expectancy is 5% less than women. Leading cause of death is Heart Disease. See leaflet in Narthex for recommendations to protect your health.

July is Ultraviolet Awareness Month – prevent skin cancer and reduce risk of ultraviolet damage to your skin and eyes.

CDC recommends the following for protection from UV radiation:

- **Stay in the shade** - especially during midday hours (10 am – 4 pm DST).
- **Wear clothing that covers your arms and legs.**

- **Wear a hat with a wide brim** to shade your face, head, ears, and lips.
- **Wear sunglasses** that wrap around and block both UVA and UVB rays.
- **Use sunscreen** with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection.
- **Avoid indoor tanning**

July is also National Childhood Obesity month. Childhood obesity has tripled since the 1970's. 1 in 5 children are obese.

Many factors contribute to childhood obesity, including:

- Genetics
- Metabolism – how your body changes food and oxygen into energy it can use
- Eating and physical activity behaviors.

(See Nurse on Page 5.)



## UNITED METHODIST WOMEN

♥ **Ham sandwiches and Bake Sale on Palm Sunday** – Thanks to all members of KUMC who supported us. We raised approximately \$380 for missions.

♥ **Next Meeting:** Tuesday, June 11 10-11:30. Program will be “Women Offering Belongness”

♥ **No Regular Meetings** in July and August

♥ **UMW Picnic.** Friday, August 9 at 6:30 at Cheryl and Steve Spurr’s home. Steve will grill hamburgers and hot dogs, and everyone is to bring a covered dish. We have invited our prayer partner, Burnt Factory UMW, to join us in fellowship together.

♥ **Prayer Partners Burnt Factory UMW** – keep their UMW Unit in your prayers.

♥ **5<sup>th</sup> Sunday Pot Luck Luncheon** on June 30 after Worship Service. We will be helping Health Ministry with this luncheon. See Health Ministry / Parish Nurse news for more information.

♥ **UMW Day at Ferrum College on June 1** — Pat Beckwith

will be attending.

♥ **DISTRICT MISSION ENCOUNTER** at Stephens City UMC in September.

♥ **Collecting cancelled postage stamps, Box tops for Education, Campbell’s Soup labels, 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.

♥ Box tops for Education for Frederick Douglas Middle School. Cut the coupons and place them in container in Mission Room.

♥ Plastic caps from Coke bottles for Dialysis.

♥ Cut off the labels from cans of Campbells Soup for Red Bird Mission.

♥ **Save the Date - Sunday, September 22 from 2-5.** Our UMW will be hosting the Winchester District UMW for their Annual Meeting. More information regarding this at our June Meeting. For more information, call 540-869-7919 or 540-303-3135.

Doris Miller, President

## MUSIC MINISTRY

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

## THANK YOU

Dear Friends,

Thank you for your recent gift of \$3,000.00, received on 04/15/2019. *All donations are directly used to support WATTS's shelter operations.*

WATTS recently wrapped up our 10th season providing temporary shelter for the area's homeless population. Thanks to generous donations such as yours, we were able to provide warm, safe, restful nights, meals, and basic necessities to those who sought shelter during the coldest months of the year.

We remain most grateful for your continued support of this vital community service and ask that you keep WATTS in your prayers as we endeavor to minister to homeless in our community.

God Bless,

Marion Schottelkorb  
Executive Director/ Winchester Area  
Temporary Thermal Shelter



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

## NEWS ON ANNUAL CONFERENCE JUNE 20-22

Soon over 3,000 people will come to the Berglund Center in Roanoke to worship, conduct business, sing, share meals, and fellowship at Annual Conference.

As previously shared during last year's Annual Conference, the schedule of Annual Conference is changing to a Thursday-Saturday schedule.

Annual Conference will begin Thursday, June 20 at 10 a.m. with the clergy and laity sessions.

The opening session of Annual Conference will begin after lunch at 2 p.m. On Saturday, June 22, closing worship will begin at 11 a.m.

Many VOLUNTEERS are needed to make this a success! **Volunteers are welcome from throughout the Virginia Conference!**

Sign up on-line:

<https://www.signupgenius.com/go/20f0848abaf2ca0fc1-2019>

Many hands are needed for:

- Set Up—Clean Up
- Registration
- Ushers & Greeters
- Kits and Cans Donations
- 5K Walk, Run, Bike, & Yoga Mission Event

Questions about volunteering? Contact the Roanoke District Office at 540-989-3335 [RoanokeDistrict@vaumc.org](mailto:RoanokeDistrict@vaumc.org) or Teri Urquhart, Volunteer Coordinator, at 540-344-6011 or [terriu@rcumc.org](mailto:terriu@rcumc.org).

## Parish Nurse

From Page 3

- Community and neighborhood design and safety,
- Short sleep duration
- Negative childhood events

Genetic factors are difficult to change. However, people and places can play a role in helping children achieve and maintain a healthy weight.

Changes in the environments where young people spend their time – like homes, schools, and community settings – can make it easier for youth to access nutritious foods and be physically active.

Adequate sleep contributes to a student's overall health and well-being. Students should get the proper amount of sleep at night to help stay focused, improve concentration, and improve academic performance.

Children and adolescents who do not get enough sleep have a higher risk for many health prob-

lems, including obesity, diabetes, poor mental health, and injuries.

They are also more likely to have attention and behavior problems, which can contribute to poor academic performance in school.

**"It is senseless for you to work so hard from morning until late at night...God wants His loved ones to get their proper rest."**

Psalms 127:2 (LB)

How much sleep someone needs depends on their age. The American Academy of Sleep Medicine has made the following recommendations for children and adolescents:



Age Group	Recommended Hours of Sleep per Day
6-12 years	9-12 hours/ 24 hours
13-18 years	8-10 hours/24 hours

Reference: CDC

## HOLIDAY BUS TRIP

KUMC's bus trip to see "THE MIRACLE OF CHRISTMAS" now will be on TUESDAY, December 10, 2019. (Please note the date change!)

The bus will leave Kernstown UMC promptly at 7 a.m. and return about 6 p.m.

The cost per adult will be \$122 and the cost per child 3-12 will be \$89.

This fee will include the bus, show, taxes, and gratuities.

Your lunch will be on your own.

Lunch options will be available in the near future.

Any questions can be directed to Lorraine Shelton by calling 540-446-5911 or by emailing Lorraine at [lorraineshelton0566@gmail.com](mailto:lorraineshelton0566@gmail.com)



**JUNE 24 - 28**

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**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

*Thank you so much for your recent generous donation to The Laurel Center. Your support means so much to the center. Your donation will help us to continue to serve our clients in our new building. You help keep the lights on.*

*Sincerely,  
Sheryl Reid  
Vice President  
Board of Director  
The Laurel Center*

## THANK YOU

We wish to thank Pastor Aaron, church members and friends for their cards, phone calls, prayers, love, and concern regarding my surgery and recovery. Also, for the sympathy for the death of my dear sister Salle.

Thank you  
Jim & Mary Markley

## WALKING IN THE SPIRIT

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

Our attendance has decreased so we will take a vacation over the summer. We will evaluate if this small group should resume in September. Have a wonderful summer. Stay safe.

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

## THANK YOU

On behalf of The Laurel Center I would like to thank you for your generous gift in the amount of \$3,000.00.

*Your commitment to helping victims and survivors of domestic and sexual violence in our community is sincerely appreciated.*

Each year, The Laurel Center continues to advance its mission of ending sexual and domestic violence in our community.

As staff, we have seen many lives changed for the better through our emergency shelter and counseling

programs.

Our goal is to continue to make a difference in the lives of those who are suffering because of domestic violence or sexual assault. We don't want anyone to give up.

With the help of those such as you we continue to meet this problem head on. We believe all people have the right to live without violence or the fear of violence.

For more information, contact Cindy Marzullo, our Development Coordinator. She is always available to answer any questions you may have. Don't

hesitate to call her at 540-667-6160.

Meanwhile, we will keep you updated through our bi-annual newsletters, email updates and website.

To be added to our email list, call Angie Davis at 540-667-6160.

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

Warm Regards,  
Faith D. Power, EdD  
Executive Director

## Message

From Page 1

met and voted to uphold the Traditional Plan, which supports the current UMC Book of Discipline's stance on human sexuality being between one man and one woman.

UMC Next met to discern what their response to the 2019 General Conference would be in the future. From an article posted on the UM Virginia Conference website we learn, "More than 600 U.S. United Methodists spent three days grappling with possible options for forging what they hope will be a more just and inclusive church future.

What united those at UMC Next, which met May 20-22 behind closed doors at

the United Methodist Church of the Resurrection in Leawood, Kan., was their opposition to the Traditional Plan.

That legislation, which the special 2019 General Conference approved by a vote of 438-384, retains the church stance that the practice of homosexuality is "incompatible with Christian teaching" and strengthens enforcement of church bans on same-sex weddings and "self-avowed practicing" gay clergy. The increased enforcement takes effect January 1 in the United States.

The Reverend Ginger Gaines-Cirelli, senior pastor of Foundry United Methodist Church in Washington, said during the press conference that those gathered agreed to four commitments, including:

- ◇ To be passionate followers of Jesus Christ, committed to a Wesleyan vision of Christianity.
- ◇ To resist evil, injustice and oppression in all forms and toward all people and build a church which affirms the full participation of all ages, nations, races, classes, cultures, gender identities, sexual orientations and abilities.
- ◇ To reject the Traditional Plan approved at General Conference 2019 as inconsistent with the gospel of Jesus Christ and resist its implementation.
- ◇ To work to eliminate discriminatory language and the restrictions and penalties

(See Message on page 11.)

# June 2019

Kernstown UMC

3239 Valley Pike, Winchester, VA 22602

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Pastor Rev. Aaron Fitch – revawfitch@gmail.com

dschneider@kernstownumc.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<b>2</b> 10:20 Worship <b>BUCKET KITS DUE</b> 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	<b>3</b> 8:00 LIVE with David 2.0	<b>4</b> 9:00 Walking in the Spirit <b>CLERGY DINNER</b>	<b>5</b> 5:30 TOPS	<b>6</b> 8:00 TOPS 9:00 Staff Meeting <b>Ministry Team Night:</b> 6:00 Educate & Equip 7:30 Worship & Wonder Health Ministry	<b>7</b>	<b>8</b> <b>8:00 Men's Breakfast</b> 9:00 Scrapbooking
<b>9</b> 10:20 Worship 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	<b>10</b> 1:30 Book of Revelation 6:30 Dance 8:00 LIVE with David 2.0	<b>11</b> 9:00 Walking in the Spirit 10:00 UMW	<b>12</b> 5:30 TOPS <b>1:00 Intercessory Prayer</b>	<b>13</b> 8:00 TOPS <b>Executive Team Night</b> 6:00 Trustees	<b>14</b>	<b>15</b> <b>10:00 JUBILEE KITCHEN</b> Dwight & Doris Miller 50 <sup>th</sup> Anniversary Celebration
<b>16 FATHER'S DAY</b> 10:20 Worship <b>12:00 Finance Committee</b> <b>12:00 Care &amp; Connect</b> 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	<b>17</b> 1:30 Book of Revelation 6:30 Dance 8:00 LIVE with David 2.0	<b>18</b> 9:00 Walking in the Spirit	<b>19</b> 5:30 TOPS	<b>20</b> 8:00 TOPS	<b>21</b> <b>CHURCH OFFICE CLOSED</b>	<b>22</b>
<b>ANNUAL CONFERENCE</b>						
<b>23</b> 10:20 Worship 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	<b>24</b> 1:30 Book of Revelation 6:30 Dance 8:00 LIVE with David 2.0	<b>25</b> 9:00 Walking in the Spirit	<b>26</b> 5:30 TOPS	<b>27</b> 8:00 TOPS 6:30 Garden Club 6:30 Lay Leadership 7:30 Church Council	<b>28</b>	<b>29</b>
<b>LOVE WEEK LOCAL MISSION TRIP</b>						
<b>30</b> 10:20 Worship <b>12:00 5th SUNDAY POTLUCK</b>						





# 2019

Kernstown UMC

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1.</b> 8:00 LIVE with David 2.0	<b>2</b> 9:00 Walking in the Spirit	<b>3</b> 5:30 TOPS	<b>4</b> <b>CHURCH OFFICE CLOSED</b>	<b>5</b> <b>CHURCH OFFICE CLOSED</b>	<b>6</b>
<b>7</b> 10:20 Worship 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	<b>8</b> 8:00 LIVE with David 2.0	<b>9</b> 9:00 Walking in the Spirit	<b>10</b> <b>1:00 Intercessory Prayer</b> 5:30 TOPS	<b>11</b> 8:00 TOPS 9:00 Staff Meeting	<b>12</b>	<b>13</b> <b>8:00 Men's Breakfast</b>
<b>VACATION BIBLE SCHOOL — KICKIN' IT OLD SCHOOL!</b>						
<b>14</b> <b>VBS SUNDAY</b> 10:20 Worship 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	<b>15</b> <b>AUGUST NEWSLETTER DEADLINE</b> 8:00 LIVE with David 2.0	<b>16</b> 9:00 Walking in the Spirit 11:30 SENIOR LUNCHEON	<b>17</b> 5:30 TOPS 6:15 Ringers 7:00 Choir	<b>18</b> 8:00 TOPS	<b>19</b>	<b>20</b>
<b>21</b> 10:20 Worship <b>12:00 Finance Committee</b> 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	<b>22</b> 8:00 LIVE with David 2.0	<b>23</b> 9:00 Walking in the Spirit	<b>24</b> 5:30 TOPS 6:15 Ringers 7:00 Choir	<b>25</b> 8:00 TOPS 9:00 FOLDING FELLOWSHIP	<b>26</b>	<b>27</b>
<b>28</b> 10:20 Worship 6:00 Kids Choir 6:00 Banner Youth 7:30 Youth Choir	<b>29</b> 8:00 LIVE with David 2.0	<b>30</b> 9:00 Walking in the Spirit	<b>31</b> 5:30 TOPS 6:15 Ringers 7:00 Choir			

### SOUND SYSTEM

6/2 – Fred Cheshire  
6/9 – Fred Cheshire  
6/16 – Gary Lantz  
6/23 – Steve Spurr  
6/30— Steve Spurr

### CAMERA

Shane Weagley  
Shane Weagley  
Luke Henshaw  
Luke Henshaw  
Cooper Finch

### SOUND SYSTEM

7/7—Fred Cheshire  
7/14—Fred Cheshire  
7/21—Gary Lantz  
7/28—Steve Spurr

### CAMERA

Cooper Fitch  
Shane Weagley  
Shane Weagley  
Luke Henshaw

# June & July 2019

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3239 Valley Pike, Winchester, VA 22602  
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DATE	GREETERS	USHERS	ACOLYTE	SCRIPTURE READERS	COMM. ASSISTANT	STEEPLE BELL RINGER	NURSERY	OFFERING COUNTERS
6/2 10:20	Jo Ann & Marshall Carper	Gary & Loretta Lantz, Mary Anton, & Brenda Long	Sam Henshaw	Brian Henshaw	Charlotte Notzelman, Cathy & JR Richard, & Sarah Gordon	Michelle Tarbell	Midge Youmans & Vicky Maphis	Gary Lantz & Midge Youmans
6/9 10:20	Jane Thomas & Audrey Dorton		DeLaney Newcome	Cheryl Spurr	_____	Cooper Fitch	Stacey Parker & Vicky Maphis	Lorraine Shelton & Kelly Henshaw
6/16 10:20	Cathy Lichvar & Barbara Cooper		McKenna Newcome	Danny Smith	_____	Hannah Henshaw	Barbara Cooper & Vicky Maphis	Cathy Lichvar & Roger Hill
6/23 10:20	Steve Ayers & Jean Ann Thompson		Erica Tarbell	Lisa Dawson	_____	Thomas Littman	Nora Seabright & Vicky Maphis	Brian Henshaw & Roy Walker
6/30 10:20	Steve & Jennifer Wilhelm		Zach Dawson	Margo Cross	_____	Hannah Henshaw	Audrey Dorton & Vicky Maphis	Carolyn Carney & Dianne DeOms
7/7 10:20	Lisa Dawson & Lorraine Shelton		Lorraine Shelton, Cheryl Spurr, Kris Pine, & Maria Castro	Addison Fields	Ric Dunkle	Doris & Dwight Miller, Jo Ann Carper & Betsy Burns	_____	Vicky Maphis
7/14 10:20	Gene & Barbara Wise		Hannah Henshaw	Lorraine Shelton	_____	_____	Vicky Maphis	Brian Henshaw & Gary Lantz
7/21 10:20	Cathy Lichvar & Maria Castro		Sam Henshaw	Mike Henshaw	_____	_____	Vicky Maphis	Midge Youmans & Polly Look
7/28 10:20	Kris Pine & Norma Wilson		DeLaney Newcome	Sarah Gordon	_____	_____	Vicky Maphis	Carolyn Carney & Kelly Henshaw

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

# KERNSTOWN UNITED METHODIST CHURCH

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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 7

in the Book of Discipline regarding LGBTQ individuals. Table discussions, Gaines-Cirelli said, centered on people's hopes for the church. And indeed multiple participants at the event's conclusion expressed hope for the church's future."

What this looks like is two groups in the UMC disagree, and in the next four years will be fighting it out to see whose viewpoint wins.

I am over simplifying this matter because I want to ask you to make a decision, not about what you believe about

human sexuality, but how you will treat anyone with whom you disagree.

Please watch what happens in the UMC and you will have ample examples of good behavior and bad behavior.

Please decide to treat others with love no matter what.

Jesus said (Matthew 7:12), "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

Jesus' repeats this command in John 13:34-35), "A new command I give you: Love one another. As I have

loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

Paul says it this way (Romans 12:10), "Be devoted to one another in love. Honor one another above yourselves."

When I was young I wanted to do, "big things for Jesus." Now, as I am a little older, all I want to do is be faithful in the little things.

Love God and love others, which for me, is a big deal.

Peace be to you all,  
Pastor Aaron

