

The Kernstown Courier



3239 Valley Pike, Winchester, VA 22602-5303

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March 2016

On Sunday January 31st I announced that there had been found some financial anomalies with Kernstown UMC's bank account. I urged the congregation to pray concerning this matter. A few days later Mimi Henshaw contacted me to tell me how the Holy Spirit had been speaking to her to help Kernstown UMC to pray together during Lent. After hearing Mimi's plan I was excited to see how God raises up God's children to work together for the glory of God and the benefit of one another.

To further emphasize the theme of prayer for Lent 2016, I have developed a sermon series that explores Jesus' prayer life. The title of the 2016 Lenten Sermon Series is, "The Prayer Life of Jesus." Prayer was a practice that Jesus performed regularly and it influenced His actions. Prayer is to have the same influence upon us as we are guided by the Holy Spirit through prayer. Here is the 2016 Lenten Sermon Series outline:

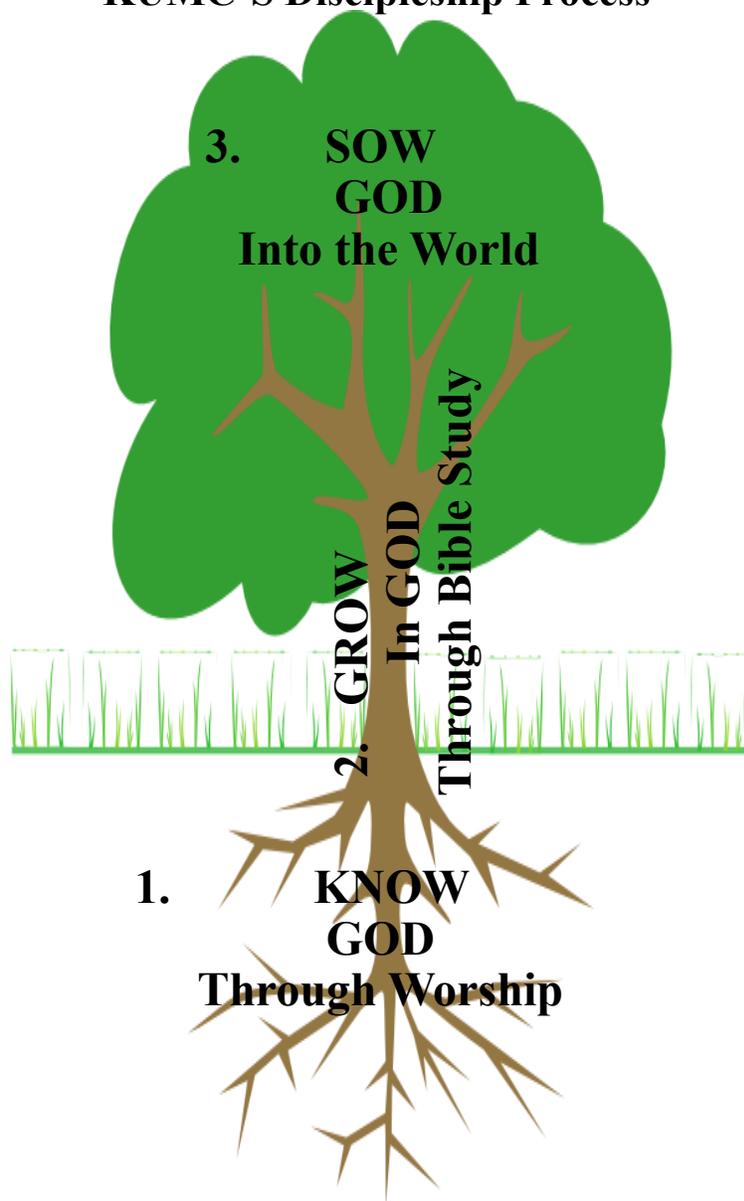
WEEK 2- February 21st; Title: "What is a Tzitsit?" Text: Luke 8:43-48; Theme: Jesus **heals** the woman with the issue of blood. WEEK 3- February 28th; Title: "Jesus is Tempted in the Wilderness." Text: Luke 4:1-13; Theme: Jesus **overcomes temptation** through the Word of God. WEEK 4- March 6th; Title: "Jesus Commands His Disciples to Pray." Text: Matthew 6:5-15; Theme: Jesus commands His followers to **pray**. WEEK 5- March 13th; Title: "Jesus Raises the Dead." Text: John 11:14-44; Theme: Jesus is the **resurrection** and the life. WEEK 6- March 20th; Title: "Jesus is Crucified." Text: Luke 23:26-49; Theme: Jesus is the sacrifice for our sins and He provides **atonement** for us.

As we face the challenges of life individually and as a congregation, we can be sure that God will guide our

steps. As we pray the Holy Spirit will provide the peace, hope, wisdom, and strength we need for our journey. Praise God!

Joy & Peace,
Pastor Aaron

KUMC'S Discipleship Process



CHURCH FAMILY NEWS



Happy Anniversary

MARCH

James & Julie Nesselrodt	3/3
Karl & Selena Littman	3/10
Rusty & Chrissy Rust	3/27
Bill & Phyllis Tharpe	3/29

Happy Birthday

MARCH

Isabella Fincham	3/1
Bruce Gordon	3/2
Ruth Clowser	3/3
Nellie Snoots	3/4
Robert Blinn	3/4
Thomas Marshall	3/6
Bill Tumblin	3/7
Robert Renner	3/9
Peggy Cox	3/11
Marsha Dove	3/11
Betty Amsler	3/12
Barbara Bledsoe	3/13
Steve Burns	3/14
George Glaize	3/15
Carmen Thompson	3/15
Elaine Cain	3/15
Marilyn Harper	3/16
Susan Hill	3/17
David Minor	3/18
LeAnn Hamman	3/19
Jessica Bloxom	3/19
Judy Post	3/20
Brandon Michael	3/20
Pat Beckwith	3/21
Joan Tetrick	3/22
Shane Weagley	3/22
Addison Fields	3/23
Kaleb Dillow	3/25
Jennifer Koller	3/28
Betty Murphy	3/30
Amber Ruckman	3/30

Do we have your birthday? Call the church office
667-7298 so you're not left out!

WINTER CLOSING INFORMATION

For information about whether church will be closed due to winter weather, tune to WINC radio or go to www.winc.fm

The Church Office follows the Frederick County School District inclement weather closures and delays.

DAYLIGHT SAVINGS TIME BEGINS

Sunday, March 13, 2016

CHURCH OFFICE CLOSED

March 28th

Dear KUMC Family,

I am truly blessed to be able to serve our Lord and Savior in mission with you! You are very special, dear, and important to me.

I wish to thank you for the wonderful and thoughtful Christmas gift. More importantly I wish to take this opportunity to thank you for the precious gift of friendship and family in the body of Christ!

**In His Holy Name,
Dee Dee Schneider**

Kernstown UMC,

I thank you all so much for the generous gift card for Christmas. It bought a lot of things for my house that had to be replaced. Nothing beats a good church family to warm your heart and give you hope.

**God Bless you all,
Charlotte Taylor**

I am grateful to my church family for all the many kindnesses that you have shown me through 2015, and are continuing to show me. I love each and every one of you.

**Thank you,
Sarah Gordon**

Dear Friends,

HelpHOPELive is please to acknowledge your gift of \$5,558.00 in honor of Kaye-Beth Ambrose. It is so rewarding to know that caring people like you are willing to help. Thank you again for your efforts.

**Sincerely,
Jenny Boylan, Chief Financial Officer**

ANNOUNCEMENTS & YOUTH

Your BIG HEART and gift helped the 92.5 WINC-FM Chain of Checks raise over \$71,000 for ChildSafe Center and Blue Ridge Hospice! We are blessed to have you as Chain of Checks partners. Thank you for sharing your talents.

Barry Lee

NEWSLETTER DEADLINE

The deadline for the April Newsletter will be Wednesday March 16th at Noon. The Folding Fellowship and mailing date will be Thursday, March 31st at 9:00 am. If you would like to be a part of the Folding Fellowship Team, your help would be appreciated!

FELLOWSHIP MEALS

Save the dates!

The Care and Connect Team met and we have planned our Fellowship Lunch dates for the year 2016. They will follow the 10:30 service. The dates are as follows:

March 13th BIG BIRTHDAY CELEBRATION

May 15th

July 12th SENIOR LUNCH

September 18th

November 13th

We hope you will come and share in the fellowship, love and caring we have here at KUMC.

The Care and Connect Team

BIRTHDAY CELEBRATION

Please mark your calendars for March 13th. That is the day we will be having our Birthday Celebration Lunch after the 10:30 service. Please Come bring Meat, Vegetable, Salad . No dessert as we will be having birthday cake for dessert. Hope to see everyone there.

Sunday School News

New teacher for the 2nd – 5th grade class: Gina Ayers will begin teaching this class on Sunday. Gina grew up here at KUMC and was very active in the Youth Group, including mission trips. She brings her passion for the Lord to our elementary classroom. Gina has made this teaching commitment until May. Thank you, thank you Gina! E&E prays that parents of children in this age group will bring them to be a part of this class on a regular basis. Susan Hill and Mary Walker

SMALL GROUPS

Small groups will not meet during the Holy Week/Easter week and will conclude prior to the Apple Blossom Festival week. The sessions should conclude the week beginning April 24th.

Come and Be a Part of a Small Group!!

KUMC Youth

Spring is almost here! Away with the winter chill and snow!

Another month brings new adventures for the Kernstown Youth. Our big adventure this month will be our trip to Planet Wisdom on the 4th and 5th. Planet Wisdom is a youth conference held at Hylton Memorial Chapel in Woodbridge, Virginia. This conference provides an excellent opportunity for our youth to join in worship and fellowship with youth from around the mid-Atlantic region. We look forward to the fun memories we will make on our trip.

The youth would like to thank the congregation for their support during our Super Bowl Sunday sub fundraiser. It was a huge success, and we look forward to doing it again next year. Without the support from the rest of our church, we would not be able to have the wonderful ministries that we do.

If you are interested in finding a way to become involved with our youth ministry please contact me.

God Bless,

John D. Elder

Director of Youth Ministries
Kernstown United Methodist Church



Contact me if you have any health concerns that I can help with or if you would like a hospital or home visit from me. Doris Miller BSN, RN - your parish nurse.

Contact information: Call Church office and leave message for me 540-667-7298 or my Cell Phone 540-303-3135 E-mail dorismiller@yahoo.com or dmiller@kernstownumc.org

Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. – Psalms 62:8

Flu Season is here. Remember Infection Control measures – cover your mouth / nose when coughing. There are boxes of tissues on the pews for your use. Wash your hands frequently with soap and water or use Hand Cleansing Gel. Gel has been placed in restrooms and in narthex for your use.

Blood Pressure Checks – 2nd and 4th Sundays after the 10:30 service in Mission Room outside of Fellowship Hall. (March 13th & 27th)

February Was Heart Month – Knowing the signs and symptoms of a heart attack can save a life. Those who seek immediate treatment greatly increase their chances of survival. Heart attack is the leading cause of death in the US and half of those deaths occur because there was not enough time to get medical treatment. The following 10 signs commonly show up during a heart attack and serve as a warning that emergency medical help needs to be called – so call 911.

10 Signs and Symptoms of Heart Attack (Myocardial Infarction):

Chest Pain – One of the most common signs of a heart attack is chest discomfort. Feelings of pressure, squeezing, fullness or pain in the chest area can signal that the heart is not functioning properly. Because there can be other causes for this symptom, having chest pain does not always signal a heart attack. Similar symptoms are associated with respiratory infections, acid reflux, and pinched nerves. However, it is important to take action quickly to prevent heart damage, so seeking medical attention to determine the cause for severe chest discomfort is recommended.

Discomfort in Upper Body – The pain and discomfort associated with a heart attack are not always limited to the chest area. Back pain and jaw pain are often associated with Myocardial Infarctions, especially in women. Shooting pains that run down either arm are also signs that there is a problem with blood flow to the heart. If jaw

pain is associated with other signs on this list or feelings of strong anxiety, it could signal a heart attack.

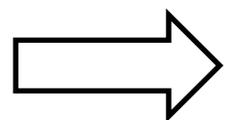
Shortness of Breath – Shortness of breath is frequently associated with Heart Attack. Because the heart is responsible for pumping the blood which carries oxygen throughout the body, being unable to take deep breaths can signal a heart problem. Shortness of breath indicates that the body is not getting enough oxygen. This symptom is usually accompanied by other signs such as fatigue and dizziness.

Cold Sweat and Anxiety – Profuse sweating may be associated with heart attacks. The feeling of anxiety or dread is the body's reaction to having restricted blood flow to the heart muscle. Many people have anxiety problems that are unrelated to heart issues. However when cold sweats occur along with other symptoms of a heart attack, it is important to seek medical treatment right away.

Nausea – While nausea is associated with a variety of health concerns, it is especially associated with heart attacks when accompanied by other symptoms. This occurs because the digestive system is not getting enough blood, which prevents the digestive system from functioning properly. Nausea that occurs with some of the other symptoms can indicate that a person is having a heart attack.

Indigestion – Indigestion can be another symptom. Its cause is identical with the reason nausea often occurs during a heart attack. Because the heart is attempting to direct blood flow to the most vital organs, less blood is going to the stomach. This leads to indigestion because the body is not attempting to digest food properly. Instead, it is focused on getting blood to the heart. Indigestion that occurs with some of the other symptoms can be a sign of heart attack.

Fatigue – When the blood is oxygen deprived, fatigue follows quickly. Because blood flow to the heart is restricted during heart attack, feelings of extreme tiredness can be a symptom. While fatigue by itself does not usually indicate a problem with the heart, if it occurs suddenly and presents along with other symptoms, it could be related to a heart attack.



Dizziness – Dizziness is sometimes the first sign of a heart attack. This occurs because blood flow to the brain has been restricted. Sometimes the dizziness is so severe during a heart attack that people actually faint. This is especially dangerous because it can cause other injuries. At the first sign of lightheadedness, it is important to get to a seated position to prevent falls. There can be other causes for dizziness. Many people often overlook this important warning sign.

Flu-like symptoms – Sometimes a heart attack will cause flu-like symptoms. Normally, the flu does not cause chest pains, so any related symptoms that happen along with chest pain are cause for concern. It is important for anyone who has chest pain along with flu symptoms to call 911. Vomiting and nausea is especially common among women who are having heart attacks. Men seem to experience this particular symptom less often.

10. Racing heart – Heart palpitations are often described as a racing heart. The heart begins beating faster to try to compensate for the loss of pumping capacity. This can also mimic feelings of anxiety.

****Some people mistakenly believe that extreme pain is always associated with heart attacks, so they wait for painful symptoms to arise. Meanwhile, the heart is being damaged. While extreme chest pain can be a symptom in most cases, it does not happen in all cases. A heart that is working too hard to pump blood can experience further damage if left untreated.**

If you experience multiple symptoms, call 911 immediately

IMPORTANT DATES

March

3/3— All Committee Night @ 7:00

3/4-3/5—Youth at Planet Wisdom

3/6—ONE WORSHIP SERVICE AT 10:30
begins

3-6—Birthday breakfast at 9:00

3/16—Daylight Savings begins

3/16—Birthday Celebration @ 11:30 ish

3/20—Palm Sunday

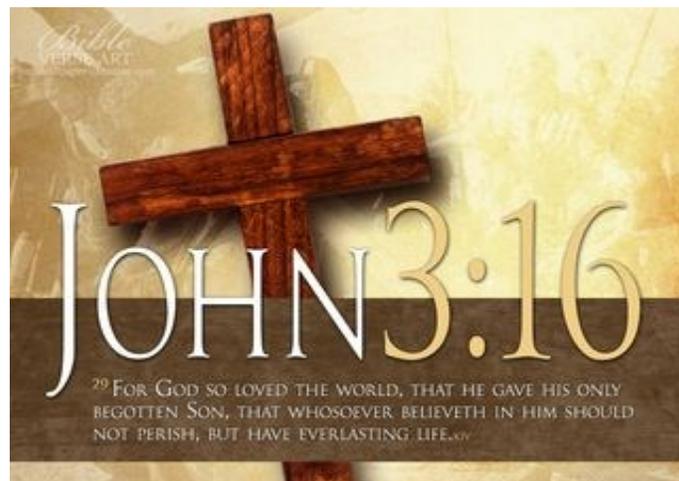
3/24—Maundy Thursday worship service @
7:00 p.m.

3/25—Good Friday worship service @ 7:00

3/27—Easter Sunday

3/28—Church Office closed

3/31—Folding Fellowship Ministry @ 9:00



Kernstown UMC Mission Statement

Our purpose is to make disciples, sharing with all persons the Good News and inviting them into a living relationship with Jesus Christ.

HOLY WEEK

Palm Sunday—March 29, 2015

Read: Matthew 21: 1-11. Mark 11:1-11. John 12: 12-19

Overview: Accompanied by his disciples, Jesus rode into Jerusalem on a colt, while crowds of people covered the streets ahead of him with their cloaks and with palm branches.

This Sunday observes the triumphal entry of Jesus into Jerusalem that was marked by the crowds who were in Jerusalem for Passover waving palm branches and proclaiming him as the messianic king. The Gospels tell us that Jesus rode into the city on a donkey, enacting the prophecy of Zechariah 9:9, and in so doing emphasized the humility that was to characterize the Kingdom he proclaimed. The irony of his acceptance as the new Davidic King (Mark 11:10) by the crowds who would only five days later cry for his execution should be a sobering reminder of the human tendency to want God on our own terms.

This Sunday is also known as Passion Sunday to commemorate the beginning of Holy Week and Jesus' final agonizing journey to the cross. The English word passion comes from a Latin word that means "to suffer".

Holy Monday— March 30, 2015

Read: Matthew 21: 18-20; 22:15-46; 23:1-39. Luke 19:45-48, Mark 11:15-18.

Overview: Jesus chased the money-changers out of the Temple.

On Great Monday the Church commemorates the event of the cursing of the fig tree (Mt 21.18-20). In the Gospel narrative this event is said to have occurred on the morrow of Jesus' triumphant entry into Jerusalem (Mt 21.18 and Mk 11. 12). Together with the event of the cleansing of the Temple this episode is another manifestation of Jesus' divine power and authority and a revelation as well of God's judgment upon the faithlessness of the Jewish religious classes.

Holy Tuesday—March 31, 2015

Read: John 12:17-50. Matthew 21:23-24. Luke 20:1-21, 36.

Overview: Jesus preached and taught in Jerusalem.

On Great Tuesday the Church calls to remembrance two parables, which are related to the Second Coming. The one is the parable of the Ten Virgins (Mt 25.1-3); the other the parable of the Talents (Mt 25.14-30).

Holy Wednesday—April 1, 2015

Read: James 5:10-16, Romans 15:1-7, I Corinthians 12:27-31-13:1-8, II Corinthians 1:8-11. Galatians 5:22-6:2, I Thessalonians 5:14-23. Gospel readings: Luke 10:25-37, Luke 19:1-10, Matthew 10:1 & 10:5-8, Matthew 8:14-23, Matthew 25:1-13, Matthew 15:21-28, and Matthew 9:9-13.

Overview: Day of Rest.

The scriptures do not mention this day but with the surrounding events it seems to indicate that on this day Jesus rested in preparation for what was to come.

On Great Wednesday the Church invites the faithful to focus their attention on two figures: the sinful woman who anointed the head of Jesus shortly before the passion (Mt 26.6-13), and Judas, the disciple who betrayed the Lord. The former acknowledged Jesus as Lord, while the latter severed himself from the Master. The one was set free, while the other became a slave. The one inherited the kingdom, while the other fell into perdition.

Holy Thursday— April 2, 2015

Read: Matthew 26:2-20, John 13:3-17, Matthew 26:21-39, Luke 22:43-45, and Matthew 26:40-27:2.

Overview: After washing the feet of the disciples, Jesus celebrated the Feast of the Passover. After the supper, Jesus and his disciples went to Gethsemane to pray, where he was arrested by the Temple guard and taken to an illegal night session of the Jewish court, the Sanhedrin.

There are a variety of events that are clustered on this last day before Jesus was arrested that are commemorated in various ways in services of worship. These include the last meal together, which was probably a Passover meal, the institution of Eucharist or Communion, the betrayal by Judas (because of the exchange with Jesus at the meal) and Jesus praying in Gethsemane while the disciples fell asleep. Most liturgies, however, focus on the meal and communion as a way to commemorate the day.

During the last few days, Jesus and His disciples had steadily journeyed from Galilee toward Jerusalem. On the sunlit hillsides of Galilee, Jesus was popular, the crowds were friendly and the future was bright. Even his entry into Jerusalem had been marked by a joyous welcome. But in Jerusalem there was a growing darkness as the crowds began to draw back from the man who spoke of commitment and servanthood. There was an ominous tone in the murmuring of the Sadducees and Pharisees who were threatened by the new future Jesus proclaimed.

Even as Jesus and his disciples came together to share this meal, they already stood in the shadow of the cross. It was later that night, after the meal, as Jesus and His disciples were praying in the Garden of Gethsemane, that Jesus was arrested and taken to the house of Caiaphas the High Priest. ON FRIDAY HE WOULD DIE.

The real focus of the story is that this Thursday of Holy Week is remembered as the time Jesus ate a final meal together with the men who had followed Him for so long. After they had finished the meal, as they walked into the night toward Gethsemane, Jesus taught his disciples a "new" commandment.(John13:34-35):

A new commandment I give to you, that you love one another; even as I have loved you, you also ought to love one another. By this everyone will know that you are my disciples, If you have love for one another.

HOLY WEEK

As in some church traditions, all of the altar coverings and decorations will be removed after the service is over.

Holy Friday/Good Friday—April 2, 2015

Read: I Corinthians 1:18-2:2, Matthew 27:1-38, Luke 23:39-43, Matthew 27:39-54, John 19:31-37, and Matthew 27:55-61. Mark 15.

Overview: Jesus was taken into Roman courts, before Pontius Pilate and Herod Antipas, who sent him back to the Jewish court. Roman soldiers took him to Golgotha, the place of the skull, where he was crucified.

Friday of Holy Week has traditionally been called Good Friday or Holy Friday. On this day, the church commemorates Jesus' arrest (since by Jewish custom of counting days from sundown to sundown it was already Friday), his trial, crucifixion and suffering, death and burial. Since services on the day are to observe Jesus' death, and since Eucharist is a celebration, there is traditionally no Communion observed on Good Friday. Also, depending on how the services are conducted on this day, all pictures, statues, and the cross are covered in mourning black, the chancel and altar coverings are replaced with black and altar candles are extinguished. They are left this way through Saturday, but are always replaced with white before sunrise on Sunday.

One traditional use of Scripture is to base the homily or devotional on the Seven Last Words of Jesus as recorded in the Gospel traditions.

Father, forgive them....(Luke 23:24)

This day, you will be with me in paradise (Luke 23:43)

Woman, behold your son.....(John 19:26- 27)

My God, my God----(Matthew 27:46, Mark 15:34)

I trust....(John 19:28)

It is finished (John 19:30)

Father into your hands.....(Luke 23-46)

Some services use paintings, or banners to represent various scenes from Jesus' betrayal, arrest, trial, and death.

Another common service for Good Friday, is Tenebrae (Latin for 'shadows' or 'darkness'). Sometimes this term is applied generally to all church services on the last three days of Holy week. More specifically, however, it is used of the Service of Darkness or Service of Shadow, usually held in the evening of Good Friday. Again there are varieties of this service, but it is usually characterized by a series of Scripture readings, a meditation done in stages while lights and/or candles are gradually extinguished to symbolize the growing darkness not only of Jesus' death but of hopelessness in the world without God. The service ends in darkness, sometimes with a final candle, the Christ candle, carried out of the sanctuary, symbolizing the death of Jesus. Often the service concludes with a loud noise symbolizing the closing of Jesus' tomb. The worshippers

then leave in silence to wait.

Holy Saturday—April 4, 2015

Read: Romans 6:3-11, Matthew 28:1-20.

Overview: Jesus rested in the tomb while his disciples observed the Sabbath.

On Holy Saturday we celebrate the theme of faithfulness receiving its reward. The crucifixion is over, Christ is buried, the twelve apostles and other disciples are scattered and defeated. And yet, three myrrh-bearing women come in faithfulness to perform the last act of love--to anoint Jesus according to the Jewish burial custom. Their unwavering devotion is rewarded--they are the first to share in Christ's triumph over evil and death. They are the first witnesses to the Resurrection.

Easter Sunday—April 5, 2015

Read: Mark 16:1-8. John 20:19-25. Matthew 28. Luke 24.

Overview: An angel met Mary Magdalene and "the other Mary" at the tomb to tell them that Jesus was risen from the dead.

EASTER is the most important annual religious feast in the Christian liturgical year. According to Christian scripture, Jesus was resurrected from the dead on the third day after his crucifixion.

The chronology of his death and resurrection is variously interpreted to be between 26 AD and 36 AD. Easter also refers to the season of the church year called Eastertide or the Easter Season. Traditionally the Easter Season lasted for the forty days from Easter Day until Ascension Day but now officially lasts for the fifty days until Pentecost. The first week of the Easter Season is known as Easter Week or the Octave of Easter. Easter also marks the end of Lent, a season of fasting, prayer, and penance.

Easter is a moveable feast, meaning it is not fixed in relation to the civil calendar. The date of Easter therefore varies between March 22 and April 25.

The New Testament teaches that the resurrection of Jesus, which Easter celebrates, is a foundation of the Christian faith. The resurrection established Jesus as the powerful Son of God and is cited as proof that God will judge the world in righteousness. God has given Christians "a new birth into a living hope through the resurrection of Jesus Christ from the dead. Christians, through faith in the working God are spiritually resurrected with Jesus so that they may walk in a new way of life.

Newer elements such as the Easter Bunny and Easter egg hunts have become part of the holiday's modern celebrations, and those aspects are often not celebrated by many Christians and non-Christians alike. There are also some Christian denominations who do not celebrate Easter.

Citation:

<http://mbctysonsblog.com/wp-content/uploads/2013/03/>



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Winchester, VA 22602-5303



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Return Service Requested

March 2016

Staff

Aaron Fitch, Pastor
Charles Harless, Pastor Emeritus
Darryl Dawson, Lay Leader
Dee Dee Schneider, Administrative Assistant
John Elder Youth Director
Marilyn Harper, Organist
Ron Dye, KUMC Winds & Hand Bell Director
Kelly Henshaw, Chancel Choir Director
Kelly Henshaw, Treasurer



PALM SUNDAY, MARCH 29, 2015
WORSHIP SERVICES AT 10:30

MAUNDY/HOLY THURSDAY,
APRIL 2, 2015
WORSHIP SERVICE AT 7:00 PM
WITH HOLY COMMUNION & FOOT WASHING

GOOD FRIDAY, APRIL 3, 2015
SERVICE AT 7:00 PM

EASTER SUNDAY,
APRIL 5, 2015
WORSHIP SERVICE AT 10:30 AM
SUNDAY SCHOOL
AT 9:30 AM

Sunrise service at 6:30am at Opequon
Presbyterian Church