

The Kernstown Courier



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



March 2019

At Kernstown UMC we make disciples as we, KNOW God through worship, GROW in God through study with one another, and SOW God into our community through service projects. Our discipleship process is based upon the lifecycle of a tree. A tree grows during the spring and summer, but what happens in the fall and winter is also important for a tree's growth. In the fall, a tree prepares to rest or go "dormant" during the winter. We too need to rest and go "dormant," but just because we are dormant doesn't mean we are not doing anything. Take for example what happens during the time a tree is dormant.

In order for a tree to rest and be dormant, the tree sheds its leaves. I'm not a plant expert, so please read what a plant expert says about the importance of a tree losing its leaves. "The first part of dormancy is when trees lose their leaves. They don't make food in the winter, so they have no use for masses of leaves that would require energy to maintain. When it's time for trees to lose their leaves, a chemical called ABA (Abscisic acid) is produced in terminal buds. The terminal bud is where the leaf breaks off when it falls, so when ABA gathers there, it signals the leaf to break off. (This occurs only in deciduous trees — not in coniferous trees.) ABA is a chemical that also suspends growth, preventing cells from dividing. This is something that occurs in both deciduous and coniferous trees. Impeded growth is another aspect of dormancy. It saves a lot of energy to stall growth during the winter, and during the winter, the tree isn't making any new food for energy."ⁱ

There is more a tree must do to rest during winter. "Paul Schaberg, a research plant physiologist with the USDA Forest Service's Aiken Forestry Sciences Laboratory in Burlington, Vermont, has led many investigations of cold tolerance in trees, particularly in the foliage of montane spruce and fir in New England. Schaberg's work suggests three

basic ways in which living tree cells prevent freezing. [Pastor Aaron here, if water in the cells of the tree froze, then the tree cells would be damaged on the jagged edges of the frozen water in the cells.] One is to change their membranes during cold acclimation so that the membranes become more pliable; this allows water to migrate out of the cells and into the spaces between the cells. The second way a tree staves off freezing is to sweeten the fluids within the living cells. [Pastor Aaron here again, this is why we get "maple syrup."] Come autumn, a tree converts starch to sugars, which act as something of an antifreeze. The cellular fluid within the living cells becomes concentrated with these natural sugars, which lowers the freezing point inside the cells, while the sugar-free water between the cells is allowed to freeze. Because the cell membranes are more pliable in winter, they're squeezed but not punctured by the expanding ice crystals. The third coping mechanism is altogether different. It involves what Schaberg describes as a "glass phase," where the liquid cell contents become so viscous that they appear to be solid, a kind of "molecular suspended animation" that mimics the way silica remains liquid as it is supercooled into glass. This third mechanism is triggered by the progressive cellular dehydration that results from the first two mechanisms and allows the supercooled contents of the tree's cells to avoid crystallizing. A tree doesn't have to keep all of its cells from freezing, just the living ones. This is significant, since much of a tree's living trunk is made up of cells that are dead (though it's strange to think of these cells as dead, because they're still involved in functions, such as sap flow, that keep the tree alive). Dead cells can and do freeze, but even the lowest temperature can't kill an already dead cell."ⁱⁱ

So, a lot is happening when a tree is dormant during the winter. A tree's health depends upon it going dormant for a time every year. As a child of God, we too need to be dormant and rest. But like

the tree, a lot is going on within us as we rest during Lent. We rest during Lent and allow the Holy Spirit to prepare us for Easter. We have a risen Savior whose Holy Spirit is in the world and within us Who will move us out into ministry. To prepare for new ministry adventures, we are to rest during Lent.

But what does rest and being dormant look like as disciples of Jesus? For us at Kernstown UMC this year it means: 1.) we take time to study seven words found in Scripture; 2.) we meditate on the seven words we have studied; and 3.) we pray about the seven words we have meditated upon and ask the Holy Spirit to use these words to make us more like Jesus.

Here are those seven words:

- 1.) Ash Wednesday - DUST;
- 2.) First Sunday of Lent - SHARE;
- 3.) Second Sunday of Lent - SUBMIT;
- 4.) Third Sunday of Lent - IDENTITY;
- 5.) Fourth Sunday of Lent - EXPERIENCE;
- 6.) Fifth Sunday of Lent - GREATNESS;
- 7.) Sixth Sunday of Lent - STAND.

I look forward to resting with you at Kernstown UMC during Lent 2019.

Joy & Peace,
Pastor Aaron

<https://www.mnn.com/earth-matters/wilderness-resources/stories/how-do-trees-survive-winter>

1

https://northernwoodlands.org/outside_story/article/tr-ees-survive-winter-cold

the LORD has done
GREAT things
& we are **JOY** for US
filled with
Psalm 126:3



LENT & HOLY WEEK WORSHIP SCHEDULE

ASH WEDNESDAY

MARCH 6, 2019

“ASHES TO GO” AT 2:00

WORSHIP SERVICE AT 7:00 P.M.

PALM SUNDAY

APRIL 14, 2019

WORSHIP SERVICE AT 10:20 A.M.

HOLY/MAUNDY THURSDAY

APRIL 18, 2019

WORSHIP SERVICE AT 7:00 P.M.

GOOD FRIDAY

APRIL 19, 2019

WORSHIP SERVICE AT 7:00 P.M.

SPRING FESTIVAL

SATURDAY, APRIL 20, 2019

10:00 A.M.

EASTER SUNDAY

APRIL 21, 2019

EASTER SUNRISE WORSHIP—

6:00 A.M.

OPEQUON PRESBYTERIAN

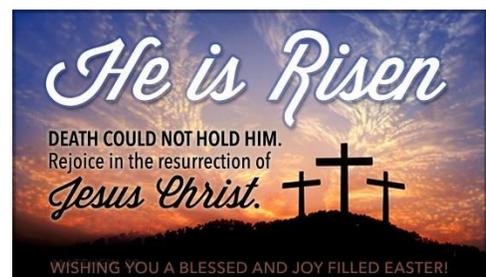
PITCOCK MEMORIAL SHELTER

Bring flowers for the cross & dress for the weather.

WORSHIP SERVICE AT 10:20 A.M.

KERNSTOWN UMC

Bring flowers for the cross.



ANNIVERSARIES/BIRTHDAYS

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
Jared Castro	3/4
Nellie Snoots	3/4
Bill Tumblin	3/7
Robert Renner	3/9
Marsha Dove	3/11
Betty Amsler	3/12
Barbara Bledsoe	3/13
Steve Burns	3/14
Kyle Mahutga	3/14
George Glaize	3/15
Carmen Thompson	3/15
Elaine Cain	3/15
Marilyn Harper	3/16
Susan Hill	3/17
Walter Sibert	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
Shane Weagley	3/22
Addison Fields	3/23
Carolyn Carney	3/25
Kaleb Dillow	3/25
Jennifer Koller	3/28
Betty Murphy	3/30
Amber Ruckman	3/30

Do we have your anniversary and birthday?

Call the church office

667-7298 so you're not left out!

CHURCH OFFICE CLOSURE:

Friday, March 15th

THANK YOU NOTES

I want to thank KUMC family for prayers, good wishes, and cards following my knee replacement surgery. Marcy Cormier

We would like to thank our church family for their prayers, cards and phone calls, during this past week during Gary's surgery. It's such a blessing to belong to such a loving and caring church.

Thanks again,
Gary and Loretta

MINISTRY TEAM NEWS

Attention Crafty Ladies

Cathy Richard and a group of her scrapbooking and paper crafting friends (aka Kamie's Krafters) meet at KUMC once a month. A free will offering is collected to purchase items for Operation Christmas Child Shoeboxes. We will meet on Saturday, March 2, from 9 a.m. until 8 p.m. in the fellowship hall. You are welcome to join us. Contact Cathy at 540-931-2475 or catherine6141960@gmail.com with questions.

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 6:00

Youth Choir meets on Sundays at 7:30

—The HandBells practice each Wednesday

Kernstown Ringers at 5:30

KUMC HandBells at 6:15

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

CHILDREN'S CHOIR

Psalm 150: 1-5

"Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Praise him with the sounding of the trumpet, praise him with the harp and lyre, praise him

with timbrel and dancing, praise him with the strings and pipe, praise him with the clash of cymbals, praise him with resounding cymbals. "

Whether singing or playing bells, the children of KUMC love to Praise Him! As we prepare for the upcoming Spring season, Children's Ministry and Choir are seeking all children (age potty-trained (3ish) to completion of 5th grade) to come and join us for choir on Sunday evenings from 6 - 7 PM in the sanctuary. Don't have a child, bring a grandchild, niece, nephew, cousin, sister, brother, in-law, friend, neighbor, etc... We love to PRAISE HIM, with our joyful noise!

Questions? Contact Mimi Henshaw, children's choir director, or David Landrum, music director.

UNITED METHODIST WOMEN

Next meeting on March 12 at 10:00 in fellowship hall. Program will be Happy Birthday, United Methodist Women. UMW is celebrating its 150th Anniversary this year.

We are continuing to collect 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 Douglass Elementary School. Cut the coupon from some General Mills and other products.
- Campbell's Soup labels
- Plastic caps from Coke bottles for dialysis. Each cap will provide 10 cents towards paying for pediatric dialysis.

C-CAP – as a community outreach project, we will be collecting items of canned goods 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 1 and leave payment in the jar.
Love, Hope, Joy, and Peace to all. Doris Miller,
President



Marriage Enrichment Weekend
"The Art of Marriage"

March 22-23, 2019

Kernstown United Methodist Church
Marriage, the way God intended it to be, is a true art form. "The Art of Marriage" weaves together expert teachings, real-life stories, humorous vignettes, and small group opportunities in order to portray the challenges and the beauty of God's design.

This week-end is designed for those who have been married for a brief time, as well as those who have experienced their 50th anniversary. We can help each other grow.

Kevin C. James, Pastor and his wife, Brenda
Milford, Virginia

Experienced Marriage Enrichment Leaders
Time: Friday evening: 6:00 p.m. – 9:00 p.m.
Saturday: 9:00 a.m. – 3:30 p.m.

Cost: \$61.00 per couple, includes three meals and one workbook, OR
\$72.00 per couple if you desire two notebooks

Maximum number: 20 couples
Deadline: March 10, 2019.

WALKING IN THE SPIRIT

Come 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 make you happy. Help you physically and spiritually by walking with this group. You will walk at your own pace and distance. Doris Miller

WHAT IS HOLY WEEK?

What Is Holy Week?

For some Christians, the week preceding Easter is known as Holy Week. It begins on Palm Sunday and is traditionally a week of somber reflection on the events preceding Jesus' death: His triumphant entry into Jerusalem; His betrayal by Judas; His Last Supper with His twelve apostles; His arrest, crucifixion, and death; and His burial in a tomb.

What Is Palm Sunday?

On Palm Sunday, Christians celebrate Jesus' procession into Jerusalem, which occurred several days before His death. According to the Gospels, the people of Jerusalem spread branches from trees—identified specifically as palm branches in John's Gospel—on the road to welcome Jesus as He rode a donkey into the city. Because of this, many Christian churches today offer congregants palm fronds as they enter the church on Palm Sunday. In some denominations, the story of Jesus' entry into Jerusalem and of His death is read in church on Palm Sunday, juxtaposing the welcome Jesus received on one day with his betrayal and arrest a few days later.

What Is Holy Thursday?

On Holy Thursday (also called Maundy Thursday), Christians commemorate the Last Supper—a Passover meal that Jesus shared with His disciples the night before His death. During the meal, Jesus broke bread and offered His followers wine saying, "This is My body, given up for you." Many Christians consider this event to have been the

institution of the Eucharist, which is a sacrament in some denominations.

What Is Good Friday?

Christians observe Good Friday (for English-speaking Eastern Orthodox Christians, "Great and Holy Friday") as the day Jesus was crucified and died. It is the most somber day on the Christian calendar. On Good Friday, some Christians abstain from meat or refrain from food altogether. They may also attend special church services that might include readings from the Gospel stories of Jesus' Passion, Jesus' last words, and other Bible passages. Catholics often make the Stations of the Cross on Good Friday.

What Is Easter?

Easter is the most important Christian holiday, surpassing even Christmas. As a celebration of the day Jesus rose from the dead, Easter symbolizes forgiveness, rebirth, and God's saving power. Christians view the day as a victory over sin, death, and all destructive forces in people's lives.

Read <http://www.beliefnet.com/faiths/christianity/2007/03/faq-christian-holidays-during-holy-week.aspx#idamtFxeUp0CcmL0.99> at

1 Corinthians 15:16-26 New International Version (NIV)
¹⁶ For if the dead are not raised, then Christ has not been raised either.¹⁷ And if Christ has not been raised, your faith is futile; you are still in your sins. ¹⁸ Then those also who have fallen asleep in Christ are lost.¹⁹ If only for this life we have hope in Christ, we are of all people most to be pitied.

²⁰ But Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep. ²¹ For since death came through a man, the resurrection of the dead comes also through a man. ²² For as in Adam all die, so in Christ all will be made alive. ²³ But each in turn: Christ, the firstfruits; then, when he comes, those who belong to him.²⁴ Then the end will come, when he hands over the kingdom to God the Father after he has destroyed all dominion, authority and power. ²⁵ For he must reign until he has put all his enemies under his feet. ²⁶ The last enemy to be destroyed is death.

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: Blood pressures will be checked after the worship service in the mission room outside of fellowship hall on March 10th, and March 24th.

SAVE THE DATE: March 31st – 5th Sunday Pot Luck Luncheon. Health Ministry will provide Fried Chicken. Health topic will be Ticks and Preventing Tickborne Diseases

HEALTH EDUCATION –

Matthew 6:31-33 ...Do not worry, saying, 'What shall we eat?' Or 'What shall we drink?' Or 'What shall we wear?' For... your heavenly Father knows that you need all of these things.

DON'T WORRY, BE HAPPY

What is happiness? And what makes someone happy? According to researchers, happy people:

- Live longer
- Have lower risk of heart disease
- Have lower blood pressure
- Are less stressed
- Less likely to be sick
- Sleep better
- Have stronger relationships
- Stronger sense of meaning and purpose in life
- Have greater emotional wellbeing & are just, well, happier.

Consider the following **“Happy Moves”** this week to boost your own happiness - they are guaranteed to put a smile on your face:

1. **Nurture your relationships:** If there was one thing you can do to boost your happiness, it would be

to share your heart with the ones you love. Be intentional and once a day compliment or say “thank you” for something you appreciate about them (such as their smile, compassion, sweetness, encouragement, hope, faith, or help). You’ll be amazed how much this simple “happy move” will increase your connection with the one you love.

2. **Cultivate kindness:** Overwhelming evidence demonstrates that caring for someone other than ourselves creates a happier and more positive environment. Write down qualities that you admire in others. Visualize how these individuals comforted you and showed you kindness when you were distressed or worried. Think about how this experience made you feel. Watch your kindness grow.

3. **Let it flow:** Ever find yourself losing track of time? If we are deeply involved in trying to accomplish a goal or an activity that is engaging, fun, or challenging, we experience a pleasurable and joyful state called “flow.” By doing these things, a state of raised happiness becomes a reality.

4. **Schedule sacred moments – Invest in your spiritual engagement and meaning:** Many studies indicate a close link between happiness and our spiritual lives. For centuries, societies across the globe have engaged in practices that elevate one’s faith, perspective, hope, social support, meaning, and a greater sense of purpose in life – all which have been shown to increase one’s happiness. So intentionally focus on practicing a “sacred moment” during your day. Take a few minutes to pray, journal, read a devotional, and or listen to a favorite set of worship songs.

5. **Focus on strengths and virtues:** For years, many of us have believed strengthening our weaknesses was the way to improve our lives. Now current research shows that focusing on one’s strengths and virtues builds your happiness. So, focus on what makes you feel energized and strong, what you feel competent doing, and what those closest to you say are your greatest strengths.

6. **Look on the bright side – build optimism and gratitude into your life:** Optimistic and grateful people have been shown to demonstrate more positive attitudes, a greater sense of belonging, greater ability to handle stressful situations, and a

significantly higher level of happiness. Optimism and gratitude have also been associated with greater immune functioning, prevention of chronic disease, improved self-esteem and greater life satisfaction. So, pick three great things for which you are thankful to increase your happiness.

7. Move to boost your mood: Exercise releases endorphins that have been proven to make us feel better. The simple act of moving is not only good for your body – it’s also good for your “smile.” So, get on the move, go for that walk, or try to do something that brings a smile to your face! You’ll be happy that you did!

“Happiness is a thing to be practiced, like the violin.” John Lubbock

Reference: Sean Foy, The Daniel Plan, December 30, 2018

**OPERATION CHRISTMAS CHILD
UPDATE**



**SAMARITAN’S PURSE
CELEBRATES 10.6 MILLION
SHOEBOX GIFTS COLLECTED
FOR CHILDREN IN NEED.....
2018 Collection Totals: 10,623,776
Shoebox Gifts
Sent to 112 Countries and Territories**

BOONE, N.C., Feb. 1, 2019 — Because of the generosity of donors across the United States, Operation Christmas Child, a project of Samaritan’s Purse, collected more than 8.8 million shoeboxes in 2018. Packed with fun toys, school supplies and hygiene items, these gifts bring joy and the eternal hope of the Gospel to children around the world.

“It’s incredible to see the difference a simple

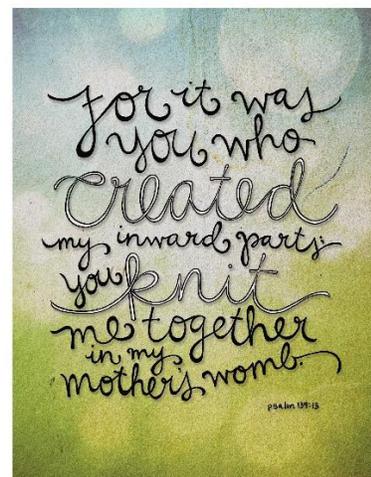
shoebox gift can make in the life of a child. They bring the message of unconditional love and forgiveness found only in Jesus Christ,” said Franklin Graham, president of Samaritan’s Purse. *“There’s still nothing like seeing how one gift can impact the eternal destiny of a child.”*

Combined with those collected from partnering countries in 2018, the ministry is now sending more than 10.6 million shoebox gifts to children in more than 100 countries.

Many children who receive shoebox gifts will also enroll in Operation Christmas Child’s 12-lesson discipleship program, The Greatest Journey. This program teaches children about God’s amazing love and guides them through what it means to faithfully follow Jesus Christ. Since 2009, 14.9 million children have participated in the program. Every child who graduates is given a New Testament in their own language.

Although local drop-off locations for gifts are closed until Nov. 18 – 25, 2019, anyone can still be a part of this life changing project by conveniently packing a shoebox gift online at samaritanspurse.org/buildonline.

Samaritan’s Purse is an international Christian relief and evangelism organization headed by Franklin Graham. Since 1993, more than 168 million Operation Christmas Child gift-filled shoeboxes have been distributed to children in more than 160 countries and territories. To learn about year-round and seasonal volunteer opportunities or to serve with Operation Christmas Child, visit samaritanspurse.org/occ.



Kernstown UMC
3239 Valley Pike
Winchester, VA 22602-5303

NON-PROFIT
U.S. POSTAGE
PAID

Return Service Requested

MARCH

- 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
-

W. – WHY W. – WE W. – WORSHIP

W – WANT
O – OBEDIENCE
R – REVERANCE
S – SACRIFICE
H – HONOR
I – INTIMACY
P – PEACE

Ask yourself these three questions:
How can I worship on a day-to-day basis?
How can I worship in my own way?
How can I encourage others to worship?

Submitted by David Landrum

