

# The Kernstown Courier



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## September 2017

The Lord said through the prophet Isaiah, “*I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.*” This is the verse that Bishop Lewis used for the 2017 Virginia Annual Conference. God is doing a new thing in the Virginia Conference, and God has been doing a new thing here at Kernstown UMC. Isaiah 43:19 illustrates how God brings to fulfillment over and over God’s word. Let me explain. God was telling God’s people, through the prophet Isaiah, that God would deliver them from Babylon. It would seem to them a new thing after being there 70 years, but God would make it happen. God would make a way. God fulfilled God’s promise during Isaiah’s time. Ultimately, God the Father and God the Holy Spirit would fulfill this promise through God the Son Jesus Christ by His ministry, crucifixion, resurrection, and ascension to the right hand of God the Father. God fulfilled God’s promise during Jesus’ time. Today, God does a new thing in our lives as well.

As I look over the past three and a half years, while I have been pastor of Kernstown UMC, God has been doing new things. The new things God has been doing are exciting, but they can also be scary. What new thing has God done at Kernstown UMC recently? God called Ron Dye to leave Kernstown UMC and go to Riverton UMC to direct the Winds. Why would God allow Ron to leave? I also wonder; why would God allow my wife, Stephanie, to have ALS? I can’t explain exactly why, but I am certain God will make good come from these two circumstances and every other situation we do not like or understand.

Here are two examples from Scripture when God acts in ways that don’t make sense at the time, but then as God continues to work it is readily apparent of the good that God is bringing from bad circumstances.

The first example is of King Josiah who ruled Judah and was a righteous King. Josiah fixed the Temple, tore down all the pagan worship altars, had everyone listen to the reading of the Book of the Law, and observed a huge Passover celebration. God told him that God was going to destroy Jerusalem and the Temple as a result of the wickedness of God’s people. God told Josiah that God would not do this until after Josiah died. A short time after God revealed this to Josiah, King Necho of Egypt wanted to go through Judah to fight his enemies elsewhere. However, King Josiah would not let him go through Judah. Josiah mustered his army and attacked King Necho, but King Necho tried to talk Josiah out of it. Listen to what one

writer says about this event, “*Necho tried to warn Josiah not to interfere with his God-given mission, but Josiah would not listen, no doubt not believing Necho’s claim. This may seem understandable to us, as Necho was a king of a nation that did not know God as Israel did, and Josiah had no particular reason to believe that Necho’s claim was anything more than a ruse. However, we have to remember that Josiah had ready access to prophets of the LORD in his land, and could easily have asked them to verify Necho’s claim. Moreover, if that was too hard for him, Josiah could have inquired of the LORD himself by means of the Urim and Thummim. Yet Josiah did not do either of these things, choosing instead to rely upon his own intelligence and to take matters into his own hands in attempting to stop Necho.*” God allowed King Josiah to make a fatal decision, so that God could send judgment upon God’s people through the Babylonians.

Before you get nervous about God allowing you to make a fatal mistake in your life, please listen. First, Josiah could have gone to the Lord to find out what to do, but Josiah was proud and thought he knew best. Pride comes before a fall. We need to continually humble ourselves and seek God. Second, life isn’t about us. Life is about God receiving glory from God’s children. Proverbs 20:24 says, “*All our steps are ordered by the Lord; how then can we understand our own ways?*” God has a plan. God allows us to participate in God’s plan and make some of the decisions, but God’s plan will ultimately come to pass. Why? What if God’s plan differs from our plan and we experience confusion, hurt feelings, and chaos? God’s plan is good and God will be with us. Romans 12:2 says, “*Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.*” God’s plan is good, acceptable, and perfect, but we must seek God to know what it is and understand it from God’s perspective. Our steps are ordered by the Lord and we don’t always understand what is happening in our lives. Life is about enjoying and glorifying God, and not what we want all the time. Life isn’t about us.

The second Biblical example of God bringing good from circumstances that didn’t seem good at the time is from Paul and Barnabas. Acts 15:36-41 tells of Paul and Barnabas getting into a big disagreement over whether to bring John Mark with them on another missionary journey. John Mark had decided to go home in the middle of one of their missionary journeys, and so Paul didn’t want to allow

# BIRTHDAYS AND MINISTRY NEWS

him to go with them again (Acts 15:36). In Paul's mind, John Mark was undependable. But Barnabas saw potential in John Mark and wanted to bring him. So, Paul took Silas with him, and Barnabas took John Mark (Acts 15:39-41). They went their separate ways.

What good came out of this disagreement? First, God now had two missionary teams to help the churches grow in their knowledge of Jesus Christ. Second, John Mark was given a second chance by Barnabas. As a result, Paul would eventually see that John Mark had matured and could be trusted. Listen to what one writer says, "*Years later, he [John Mark] is with Paul, who calls him a "fellow worker" (Philemon 1:24). And near the end of Paul's life, Paul sends a request to Timothy from a Roman prison: "Get Mark and bring him with you, because he is helpful to me in my ministry" (2 Timothy 4:11). Obviously, John Mark had matured through the years and had become a faithful servant of the Lord. Paul recognized his progress and considered him a valuable companion.*" God brought good from a bad situation. No one understood what was happening at the time, but God was ordering everyone's steps for God's glory.

Sometimes what God wants makes one or more persons unhappy, but, as the Pastor of Kernstown UMC and the members of SPPRC, we must do what we believe the Holy Spirit is calling us to do for what is best for the Church. Nobody was happy when Ron decided to leave Kernstown UMC. But we are excited to see what new thing God has in store for Ron and Kernstown UMC. God is doing a new thing.

Kernstown UMC has been working with Riverton UMC to make the transition for Ron and the Winds as easy as possible. We are going to donate a number of hymnals and music stands that the Winds regularly used to get them started at Riverton UMC. Riverton UMC will make a donation for these items for the amount that they believe the Holy Spirit is calling them to make. The Music Department at Kernstown UMC is going to hold onto the music and other things that we believe we will be able to use here at Kernstown UMC to make sure our music ministry remains strong.

Please continue to pray for Ron and the members of the Riverton Winds. We pray for God's blessing upon them. We will continue to love them and pray for them. I am certain that Ron and the Riverton Winds will receive good from God, and do good for others while they are at Riverton UMC. I am excited to see what God does in this new chapter of their ministry. While Ron and the Winds were here for many years at Kernstown UMC, we received joy, hope, and encouragement through their music ministry. On behalf of Kernstown UMC I want to say thank you.

In the future we will promote the concerts of the Riverton Winds on our sign out front and in our bulletin. We want Ron and the Winds to continue to thrive and make a difference in the new community in which they are serving.

The Lord said through the prophet Isaiah, "*I am about to do a new thing; now it springs forth, do you not perceive*

*it? I will make a way in the wilderness and rivers in the desert.*" I am excited to see what new things God does here at Kernstown UMC in the coming church year as well! KNOW! GROW! SOW! Amen.

Joy & Peace,  
Pastor Aaron

<https://www.gotquestions.org/John-Mark-in-the-Bible.html>  
<https://www.gotquestions.org/John-Mark-in-the-Bible.html>

## Happy Anniversary SEPTEMBER

Chris & Katie Hill	9/1
David & Julie Worthington	9/20
Anthony & Deanna Ritenour	9/21

## Happy Birthday SEPTEMBER

Crystal Minor	9/1
George Ritter	9/2
Danny Aube	9/2
Norma Wilson	9/3
Vicky Maphis	9/4
Stephen Ricketts	9/4
Peter Mango	9/5
Mollie Fishback	9/5
Lindsey Rickard	9/6
Bret Ay	9/6
Evelyn Perry	9/7
Ruth Ann Martin	9/8
James Eastep	9/11
Bridget Bailey	9/12
Steven Aube	9/12
Kimberly DeHaven	9/14
Kaden Baker	9/15
Bryan Renner	9/15
Pat Dye	9/20
Paulette Zottig	9/21
Jeanne Marshall	9/21
Janie Slater	9/21
Clinton Ritter, Jr.	9/21
Marcy Cormier	9/22
Audrey Dorton	9/24
Summer Marcondes	9/24
Doug Seabright	9/25
Leslie Harding	9/25
Lisa Dawson	9/26
Erika Jones	9/26
Tina Minter	9/27
Mary Anton	9/28
Jodi McKay	9/29
David Chapman	9/30
Arthur Ridder	9/30

# MINISTRY NEWS

I've been asked to give a report on the Women's Retreat which was held last fall on October 12, 2016, at Hunting Ridge Retreat from 10:00—3:00. There were 33 women present. The leader was Lisa Creamer, who led both the program and the music, and the theme was Finding Comfort in His Strength.

There were several things which attracted me. The place is beautiful! Lisa is one of the people who can help my spirit soar even at its lowest. And I knew there would be something there which I would need.

I have attended some other KUMC retreats, and my overall impression of them is that they always have something I need, even if that is nothing more than some time to spend with God and a sense of timelessness within time.

What did I gain from this retreat? First: A bit of background. I have a weird brain chemistry which causes depression. I am on anti-seizure medication which is causing dizziness, drowsiness, and depression as a side effect, and which will not play nicely with any anti-depressants that I could possibly take. And I have polycystic ovaries, which has been known to cause depression. This gives me a "triple whammy" for depression. So I live with it. Most of the time it's a bag of feathers on my spirit. Sometimes the bag is gone. I know it will eventually be back, but if I worry about when it will be back rather than just enjoying the respite, I'm picking the thing back up myself. Other times some (or even all) of the feathers have been turned into anvils. The anvils try to tell me they will be there forever, but I know that they are even more temporary than the times when the bag is gone. One day the bag will be gone forever, and I will FLY!

So, what did I gain? I gained another reminder of the times when God got me through, and another reminder of the promise that God will always get me through. I got another reminder that we are expected to help each other get through. And, most importantly, I got a memory of a day spent encountering God in friends, in music, in silence and solitude, and in sharing. This gives me strength when the bag is full of anvils again.

Lisa told us about eagles. There are three things which really stuck with me. First: when a baby eagle is ready to learn to fly, the mother begins thrashing around in the nest until one falls out. It doesn't really know what the wings are for, but it flaps a lot on the way down. Just before it hits the ground, the mother swoops down, catches the baby on her wing, and carries the baby back home. Then this process is repeated, day after day, until all the babies know how to fly. Like a baby eagle, I am learning to fly. My loving God always catches me, but the lessons continue.

Second: mature eagles are renewed. But first, they need to pull out all their old feathers. This is a painful process, and leaves the eagle a bloody mess. But if they don't go through it, they cannot be renewed, and they will die. Like a mature eagle, I must go through times of pain to be renewed.

Our craft that we made was a prayer feather. The choices of colors and beads were supposed to have personal meaning, and all of mine do. The threads are tied around the end of the feather so that both ends hang free, and one of my strands is black for the night sky. It has two beads at one end. One black, and one white. During the day, the sun shines brightly. It helps us see this world more clearly, but it is at night when we can see the light of other worlds.

Third: Eagles are made to soar. They don't flap their wings like most other birds. Flapping uses too much of their own strength. They wait for the right timing and then leap onto a wind current. Then they rest on the wind current and use its strength to carry them. They are some of the cleanest birds in nature, but some of the dirtiest birds when kept in captivity since they were not made for that. They were made to soar in the sky. Like an eagle, I am made to soar. I cannot allow myself to be held captive, nor should I waste energy by trying to do things entirely under my own strength rather than resting in God's strength. When my bag is full of anvils, I can remember that joy is a choice, and I am learning to choose joy. God will get me through the valley of the shadow of death, but it will be on God's time, not mine. I will not waste strength by trying to flap my wings and fly ahead of my guide.

And when my lessons are over and I have been renewed, I will fly with even more strength.

*Since I gave this report I was asked for a copy by several people. I thought I had sent it to Dee Dee to put in the newsletter, but it apparently didn't go through. So I've sent it again in time for the September newsletter. It is pure coincidence that it is coming out in time for the Fall retreat this year. (Although I really don't believe in coincidence...)*

Sarah Gordon

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A VERY SPECIAL "Thank you" for those who were in the Nursery for the 10:20 Worship Service in July and August and for my faithful volunteers who are always in the Nursery when they are needed.

This is a great opportunity and blessing to interact with the younger children in our church.

If you would like to assist in the Nursery, please call Miss Vicky at 540-678-5521 or the church office at 540-667-7298.

**Thank you,  
Vicky Maphis**

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Thank you very much for the meals I received each day during Vacation Bible School. The food was delicious and I enjoyed it very much.

It was sweet of you to remember me!

**Eleanor W. Zombro**

# MINISTRY NEWS

## 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 7:00

### —The Hand Bells practice each Wednesday

- ◆ Kernstown Ringers at 5:30
- ◆ KUMC Hand Bells at 6:15

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

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**SMALL GROUP MINISTRY**—What a blessing our KUMC small groups have been this past year! God is good all the time. There has been tremendous response to the different group offerings. The leadership team appreciates the thoughtful evaluations at the end of each group. Those comments are valuable in planning future offerings. Fall group plans are underway. Please mark your calendars for Monday, September 18th @ 7:00 pm. "Come To The Foundry," our fourth annual gathering of small group participants, will take place in our sanctuary. We will dedicate ourselves to the KUMC 2017-18 small group experience, renewing the purpose of "providing an environment in which the Holy Spirit can work in the life of each member." Fall small groups will begin the week of September 24th.

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**RISE AGAINST HUNGER**—On Saturday, October 14<sup>th</sup>, Opequon will host the second Rise Against Hunger event. We will fill 3,000 plastic bags with highly nutritious grains that will feed many people to keep them from starving. These packages can be sent all over the world or used here at home. We are looking for 60 volunteers to make this event go well. Please contact Graham Taylor or Susanna Shade. Set up will be at 8:30 am, and the event begins at 9:00 am. This is truly an intergenerational event. Bring your children, grandchildren, friends and neighbors.

### OCTOBER NEWSLETTER DEADLINE

The deadline for the October Newsletter will be Wednesday, September 18th, at noon. The Folding Fellowship and mailing date will be Thursday, October 26th, at 9:00 am. If you would like to be a part of the Folding Fellowship Team, your help would be

appreciated!

The United Methodist Women of Kernstown will start their Fall season with a tea party on September 7th, with their prayer partner's from Braddock St. UMW. The tea party is from 3:00—5:00 p.m. We will have our regular monthly meeting on Tuesday, September 12th at 10:00 a.m. We will have a guest speaker, elect new officers, and have a pledge service. This meeting is for all the women of the church. Please plan to join us!

Pat Beckwith

President KUMW

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**MISSIONARIES**—We support Craig & Meghan Durfor through "World Outreach Ministries" and Gregg Yarian with "Ministry of Jesus, TOGO." You will find their newsletters on the bulletin board in the mission room and there are copies of their newsletters in the mission room, if you wish to pick up one.

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### POTLUCK/NEW MEMBERS/MINISTRY FAIR

Please mark your calendars for the Sunday, September 17th, for the fellowship potluck lunch following church service.

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**The Church Office is closed:  
Friday, September 1st and Monday,  
September 4th**

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**MEN'S FELLOWSHIP BREAKFAST**—The Men's Fellowship Breakfast will resume on September 9th

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**CONSECRATION SUNDAY**—September 24th  
Consecration Sunday is a stewardship education program based on our Christian acceptance of God's unconditional love and our need as stewards of God's Word to make a faith commitment by giving a percentage of our income to God's household, the Church. It is a spiritual growth program that teaches giving as a response to God's love, and part of the worship act. The program focuses on the need of the giver to give, and invites everyone to consider growing in faith through growing one step closer to tithing and beyond in their personal stewardship as a disciple of Christ. The emphasis is not on paying the bills of the church. Instead, members are asked to consider what God is calling them to give in thanksgiving for the blessings they have received. It encourages joyful giving rather than fund-raising to meet a budget.

# 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](mailto:dorismiller@yahoo.com).

**BLOOD PRESSURE CHECKS** 2<sup>nd</sup> and 4<sup>th</sup> Sundays after service in Mission Room outside of Fellowship Hall on Sept 10<sup>th</sup> and Sept 24<sup>th</sup>.

**ADVANCE DIRECTIVES (AD):** Follow-up from program on 7/29. Have you completed your AD? If you have not completed them, there is a display with forms and instructions for you to complete. You will have to have your signature witnessed by 2 persons. You can fill out your forms and bring them to KUMC for obtaining witnesses. You should then give a copy to your family, physicians, and Health Information Management office at Winchester Medical Center and / or other hospitals that you use. If you have any questions, contact Pastor Aaron or Doris Miller RN, Parish Nurse.

**FRIENDS AND FAMILY CPR CLASS:** Doris is arranging a class for KUMC at WMC – System Support Building in October. It will take approximately 2-2 1/2 hours and will include Adult, Child and Infant CPR and choking as well as AED. You will not receive a CPR Certification Card as this class is directed to lay persons. However, I will give you a certificate that shows that you took the class for your file at KUMC. There is no limit to the number of persons in the class. She will arrange for the number of instructors to meet the needs of those attending.

Please sign up on the sheet in the Narthex with the day/time that best suits you. I will then set up the class for the time that suits most. All persons working with children will need to take the class if you do not have a current CPR Card.

**SAVE THESE FUTURE DATES:** More information coming in the October Newsletter

**October 8, 2017** - We have been invited by Opequon Presbyterian Church to attend Senior Luncheon and Health Education Program after church service at 12:00. Topic - Diabetes by Diabetic Educator at WMC

**October 29<sup>th</sup>** – Fifth Sunday Potluck Luncheon after service co-sponsored by UMW and Health Ministry. We hope that all can attend and we will have a program

following the luncheon. Topic will be Human Trafficking. This is an important topic regarding the targeting of children, teens and young adults. I encourage all parents and grandparents to attend.

**HEALTH INFORMATION (Parents and Children)**  
**Let integrity and uprightness preserve me, for I wait for You. Psalm 25:21**

**BULLYING:** It's Not Child's Play

Bullying can be physical, psychological, or both.

Physical: hitting, slapping, kicking, twisting of arms

Psychological: taunting, teasing, rumors, deliberate exclusion/rejection, hate speech

The bullied child often doesn't come right out and tell anyone because they're afraid or ashamed.

**SOME WARNING SIGNS THAT A CHILD IS BEING BULLIED.**

- Unexpected changes in routine
- Problems with schoolwork/lack of interest in activities in and out of school
- Missing belongings or money
- Irritability
- Sleeping problems
- Bedwetting
- Complaints of illness, especially stomach aches, headaches
- Threatens to hurt self or others
- Starts to bully other children

**SOME WARNING SIGNS THAT A CHILD IS A BULLY.**

Bullies come in all shapes and sizes but their actions give them away.

Bullies may:

- Try to dominate and manipulate others
- Enjoy feeling powerful and in control
- Lack empathy for others
- Be both a poor winner AND a poor loser
- Blame others for his/her problems
- Be good at hiding negative behavior from adults
- Have a history of discipline problems
- Show uncontrolled behavior

**WAYS FOR PARENTS TO DEAL WITH BULLYING**

Instruct the child to:

- Hold anger. The bully wants to upset you. Your anger gives him more power.
- Don't get physical or bully back. Look the bully in the eye, and say, "I want you to stop right now," then walk away using body language that shows confidence.
- Tell a trusted adult. It's an act of courage and safety, not

# PARISH NURSE NEWS

tattling.

-Be an empowered bystander. Tell the bully to STOP! Use the buddy system and reach out in friendship to targets and isolated peers.

## **LEARN ‘N’ GO Wellness Promotion Tips from the Northwestern Virginia Faith Community Nurse Coalition, Winchester, VA**

References: <http://www.kidshealth.org/parent/emotions/behavior/bullies.html>; <http://stopbullyingnow.com>

### **HEALTH INFORMATION (ADULTS)**

**“But we have the mind of Christ.” 1 Corinthians 2:16b**

## **KEEPING HEALTH IN MIND: 10 STEPS TO KEEP YOUR MEMORY SHARP**

### **1. Exercise your mind.**

- Learn to play a musical instrument
- Do crossword puzzles or play board games
- Interact with other people
- Learn a foreign language
- Volunteer
- Read; stay informed about what’s going on in the world

### **2. Stay physically active.**

- Aerobic activity
- Strength training
- Stretching and balance activities

### **3. Eat, drink and be healthy.**

- Drink water
- Eat plenty of fruits, vegetables and sources of omega-3 fats (salmon, walnuts, soybeans, ground flaxseed)

### **4. Develop a system of reminders.**

- Write it down (diary, calendar, lists)
- Establish a routine
- Set up cues and practice repetition

### **5. Take time to remember things.**

- Slow down and pay full attention to the task at hand

### **6. Learn relaxation techniques.**

- Deep breathing exercises
- Scan your body for tense muscles
- Allow your mind to become quiet

### **7. Keep a positive attitude!**

### **8. Talk to your doctor.**

### **9. Know your numbers. (Blood pressure, cholesterol, blood sugar)**

### **10. Keep your perspective.**

- Don’t lose sight of how much you do remember
- Be patient with yourself
- Pace yourself and break down activities into small, more manageable steps

**LEARN ‘N’ GO Wellness Promotion Tips from the Northwestern Virginia Faith Community Nurse Coalition, Winchester, VA Sources:**  
[www.asaging.org](http://www.asaging.org); [www.alz.org](http://www.alz.org)

## **SAVE THE DATES**

- ◆ **Saturday, October 28th—Fall Festival**
- ◆ **Sunday, October 29th—Potluck with a Health Ministry workshop on nutrition**

## **PASTOR APPRECIATION—OCTOBER**

Anytime is a good time to express appreciation for pastors. Pastor Appreciation Month in October is dedicated to giving focused attention to appreciating pastors in tangible ways.

The partnership between the church body and the pastor is a significant key to the effectiveness and well-being of the church, which has direct benefits for KUMC. Encouragement and affirmation that will help Pastor Aaron and Stephanie flourish and strengthen our partnership!

We believe that the concept of clergy appreciation started with the Apostle Paul as he was establishing the first Christian churches. In 1 Timothy, he wrote, “The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching and teaching” (1 Tim. 5:17). And, in 1 Thessalonians, he said, “Respect those who work hard among you, who are over you in the Lord and who admonish you. Hold them in the highest regard in love because of their work” (1 Thess. 5:12-13). May God bless you lavishly for your faithful service to the church.

Together in faith, let’s expect God to do great things in the coming months to affirm and appreciate Pastor Aaron and Stephanie.



# SMALL GROUPS

## SEPTEMBER SMALL GROUPS

### CORE GROUPS

**Sunday Morning September 24th–June**

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

Location: DeMoya Room

Cost of book \$6 Facilitator: Mike Henshaw

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**Monday through Friday**

6:00—7:00 a.m. Morning Prayer

Location: Sanctuary

Facilitator: Pastor Aaron Fitch

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**Tuesday**

**September 26th –June  
WOMEN'S CORE GROUP**

1:30—3:00 p.m. The Power of a Praying

Woman

*The Power of a Praying Woman* includes personal illustrations, carefully selected Scripture, and heartfelt prayers to help you.

Location: Home of Mary Kathryn Clark

Cost of books \$16 Facilitator: Cheryl Spurr

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**Tuesday Morning**

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

This group has a prayer focus for the morning walk.

Option to wear a KUMC shirt.

Location: Apple Blossom Mall Food Court

Cost Free Facilitators: Roger and Susan Hill

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**Tuesday Evening September 26<sup>th</sup> - June**

**MEN'S CORE GROUP**

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

Good or God, Why Good without God Isn't Enough. By John Bevere

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

Location: DeMoya Room

Cost of book \$ 14 Facilitator: Steve Ayers

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**Wednesday Afternoon**

1:00—2:00 p.m. Intercessory Prayer

Location: Sanctuary

Facilitator: Pastor Aaron Fitch

## 8- WEEK FALL GROUPS\*

**Monday Afternoon**

**September 25—November 6**

1:30 – 3:00 p.m. Christian Caregiving, A Way of Life.

by Kenneth C. Haugk & William J. McKay

Christian caregiving is an inspirational guide for Christians who want to improve the quality of the care they give to the people around them—family, friends, neighbors, coworkers, customers, and clients. This distinctive approach to caregiving can become a way of life for you.

Location: DeMoya Room

Cost of book \$15 Facilitator: Doris Miller

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**Monday Night**

**September 25—November 6**

7:00—8:30 p.m. Acts, by John Stott

This study will open your eyes to the Spirit's power in the past and present and help you apply the riches of Scripture in your own life.

Location: Room 4

Cost of book \$7 Facilitator: Mary Walker

**\*Maximum 12 participants**

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**NEW MEMBER/REGULAR ATENDEE**

**APPRECIATION:** Sunday September 17<sup>th</sup>, anyone who would like to join KUMC will be able to do so. Pastor Aaron will be contacting our regular attendees soon, so that anyone who wants to discuss membership with Pastor Aaron may do so. After the Fellowship Meal, Pastor Aaron will share something interesting about each new member and regular attendee, so that everyone will be able to get to know one another more easily. We may learn something we can discuss with the new members or regular attendees when we have the opportunity.

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**CONGRATULATIONS—**

Katie & Gary Sanders are the proud Parents of Gavin Sanders, born on 8/4/17, weighing 8 lbs. and 11ozs. Addison is the proud bigger sister.



**COME TO THE FOUNDRY—**September 18th at 7:30 p.m. Everyone who has signed up for small groups is requested to attend.

**Kernstown UMC**  
3239 Valley Pike  
Winchester, VA 22602-5303

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## September

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

## RETREATS ARE HELD AT HUNTING RIDGE\*

1011 Hunting Ridge Rd., Winchester, VA 22603

### Men's Retreat

September 19, 2017

6:00 p.m. to 8:30 p.m.

**Theme:** *Following in the Footsteps of the Great  
Servant; Bunions and All.*

Speaker: **Bobby Ford**

Lay Leader, UMC Macedonia

Cost \$ 15.00 dinner

Sign up by September 10<sup>th</sup>

### Women's Retreat

October 19, 2017

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

**Theme:** *Finding Peace in the Family, in the  
World, and in My Heart*

Speaker: **Pastor Clay Knick**

**Grace UMC**

Cost: \$15.00 lunch

Sign up by October 15<sup>th</sup>

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

