



RETURN SERVICE REQUESTED

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Educational Bldg.: 913-675-7495

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Office Hours—M-Th 9a-3p, Friday—9a-noon



Or visit us at FUMCLVKS.ORG

Sunday services stream at either site.

November 2023

29 9:45 am Sunday School 8:30 & 11am Worship 4 pm Bells 6 pm Youth	30 1pm AIR Ministries	31 10 am Women's Bible Study 2 pm Grief Share 5 pm Fall Festival	1 1:30 pm Heart & Soul 3:45 pm Wonderful Wednesdays 6:30 pm Choir	2 8:30am Staff Meeting 6:30 pm Women's Study	3	 SET CLOCKS BACK
5 9:45 am Sunday School 8:30 & 11am Worship 4 pm Bells 6 pm Youth	6 1 pm AIR Ministries	7 10 am Women's Bible Study	8 Let's Do Lunch 1:30 pm H & S 3:45 pm WW 5pm Grief Group 6:30 pm Choir	9 8:30am Staff Meeting 6:30 pm Women's Bible Study	10 Church office closed	11 Veteran's Day
12 9:45 am Sunday School 8:30 & 11am Worship 4 pm Bells 6 pm Youth	13 1 pm AIR Ministries	14 10 am Women's Bible Study 12pm Lunch Bunch 2pm Grief Share	15 1:30 pm Heart & Soul 3:45 pm Wonderful Wednesdays 6:30 pm Choir	16 8:30am Staff Meeting 1:30 Itchin to Stitch 6:30 pm Women's Bible Study	17	18 Men's Prayer Breakfast
19 9:45 am Sunday School 8:30 & 11am Worship 4 pm Bells 6 pm Youth	20 1pm AIR Ministries	21	22	23 Thanksgiving Church Office closed	24 Church Office closed	25 
26 9:45 am Sunday School 8:30 & 11am Worship 4 pm Bells 6 pm NO Youth	27 1pm AIR Ministries	28 10 am Women's Bible Study	29 1:30 pm H & S 3:45 pm Wonderful Wednesdays 5pm Grief Group 6:30 pm Choir	30 8:30am Staff Meeting 6:30 pm Women's Bible Study	1	2 





Think
on these
things...



As we come closer to the end of another election cycle, it is important to weigh in on HOW we participate in the process of democracy. For people of faith, the way we live matters! The power of speech has great influence as we are bombarded by commercials, speeches, and conversation. The sin of evil speech is creeping around our doors. When Jesus was asked what the most important law was, he quoted Leviticus 19:18 as part of it. Loving our neighbor is considered by Christians to be part of the Great Commandment (Luke 10:27). What does that sound like? In Leviticus 19, there were prohibitions against lying, swearing falsely, defrauding your neighbor, spreading slander among the people, seeking revenge or bearing a grudge against one of your neighbors. Those sins were considered part of an evil tongue. **Words Matter!**

Words are powerful because they create. In Genesis 1, when God created, words were used. God spoke the universe into being. The use of language to harm, therefore, goes against God's creation. When God sought to halt the plans for the Tower of Babel, he confused their language because communication is basic to the formation of societies (Genesis 11). God created the natural universe with words, and we have the power to create or destroy societies with words. **Words matter!**

It is through language that God revealed Himself in scripture. God spoke to Adam, Noah, Abraham, and Moses. We find the prologue to the Gospel of John describing, "The Word was with God and the Word was God." John 1:14 tells us "The Word became flesh and lived among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth". Christians believe that the fullest expression of God is Jesus Christ, the Word made flesh. **Words Matter!**

How we choose to use, misuse or abuse language makes a difference in our families, businesses, schools, churches, and community. Words can be used to build trust and compassion. They can be used to teach and encourage. Or they can be used to sow suspicion and discord. The ability to communicate is one of the greatest gifts God has given us. It allows us to love one another and work together for good. When used for its lowest purpose, language is used to destroy. Speech filled with grace and truth can transform people and societies. Evil speech does the opposite. **Words Matter!**


Take what you say and how you say it seriously when talking to others or posting on social media. Words have the power to create or destroy; to build up or tear down. When you listen to potential leaders, what are they saying to you?

Pastor Dave



**NOVEMBER
COLLECTION
ITEMS:**
**COOKING OIL,
ALL TYPES OF SPICES
& CANNED BEANS**

WORDS KILL, WORDS GIVE LIFE;
THEY ARE EITHER POISON OR FRUIT—
YOU CHOOSE.
PROVERBS 18:21





2nd	Pamela Gephart	14th	Kevin Bond	26th	Michael Ralls Jr.
	Lea Ann Weilbacher	16th	Sandy Davis		Rhonda York
3rd	Kyle Lauber	17th	Kay Hale	27th	Jeff LaMoe
4th	Jeff Andrews	18th	Cindy White	28th	Madison Christy
	Cheryl Rader	20th	Kristen Howell		Madison Mohan
7th	Norman Dawson	23rd	Jo Burkett		Kaelyn Mohan
	Sy Nyhart		Dan Wiley		
8th	David Landis	24th	Emma Yates		
12th	Marsha Gaffin	25th	Valynn Schmierer		



3rd	Ed & Bernie Garven	23 years
13th	Bill & Sheila Bailey	58 years
24th	Dave & Cathy Landis	43 years
25th	Rod & Kathy Huskey	22 years
30th	Mark & Sherry Lauber	27 years



WED. NOV 8, 12:00 PM
TEN PENNY RESTAURANT

**MEN'S PRAYER & STUDY
BREAKFAST**

**NOVEMBER 18
8:00 AM**

FOR MORE INFORMATION CONTACT
MIKE MIX HAIRYMULE@GMAIL.COM
OR DAVE LANDIS DLANDIS@HUGHES.NET



Did we miss your birthday or anniversary? Please help us update our records. Send an email with your current address, phone number and birthdays to swood@fumclvks.org.



The weight of grief can be oppressive at times, especially with the added stress of the holidays. People who have experienced the death of a loved one face tough, debilitating emotions in grief. The holidays are going to be tough - emotionally, relationally, spiritually. For many, this Christmas will be the first holiday without a special loved one. The loss of a family member or a friend brings obvious grief. And for those who have the opportunity to interact with a bereaved person, there are often questions: What do I do? What do I say?

1. Acknowledge the loss and express your caring. **Be available; be present to say a word about the special life that's gone.** Ask if there is a holiday-related task you can help with. Will they be alone for the holidays? Invite them over or **take a meal to their home if they aren't ready to get out and be around others.** Offer to help with Christmas shopping.
2. Find a way to include the lost loved one in the holidays. Light a candle on the mantel to burn through the day as a symbol of his continued presence, to make an ornament with her name and place it on the tree. Talk about their roles and be intentional about who will assume those roles now of carving the turkey, etc. Use their favorite recipes.
3. Take time to tell stories and look through old photos. If folks find it too painful, there should be no pressure to do it. For others, it will provide comfort and a way to reminisce.
4. **Ask what helps and be open to what doesn't.** Ask the bereaved person to tell what the experience is like for them and ask what you can do to help them.
5. **Avoid "helpful" actions that are actually hurtful.** When you stay away, pretend it didn't happen or walk the other way in a store so you don't have to say anything – those things hurt.
6. **Understand that there's no set time frame for someone who suffers a loss to be "over it" or "move on."** Adjustment to loss is a long process and tends to get worse before it gets better. Those not closely connected to the loss will move on with their busy lives while the person who has lost a spouse, child or parent will experience fresh loss over and over again for the first year while facing birthdays, anniversaries, Christmas, vacation, without the person with whom they had always shared those moments. Continuing to miss our loved ones, and more importantly, being aware at times of how much we wish they were present, is a life-long experience and does not mean we have failed to move on." **Marsha Gaffin**



us at any time. You'll always be welcome. If this isn't your style, there are other ways you can pray.

1. The front of the church is always open for prayer. If you are physically able, please consider praying at the altar before the service begins. You are welcome to stand or kneel or pray from your seat.
2. Make prayer part of your daily walk with Christ. Set aside time each day to talk with the one who created you.
3. Pray for our church, for each other, for our community and what ever the Holy Spirit lays on your heart.
4. Consider being a prayer partner. I have grown exponentially in my prayer walk by doing this.
5. Let us know how to pray for you. Email the church office at prayers@fumclvks.org or phone 923-682-5374.

God promises to be present and available to us when we seek Him in prayer. *When you call out to me and come to me in prayer, I will hear your prayers. When you seek me in prayer and worship, you will find me available to you. If you seek me with all your heart and soul, I will make myself available to you,' says the Lord"* **Jeremiah 29:12-14**

Please feel free to call me with any questions or concerns. Marsha, 913-547-0286, marshagaffin@gmail.com



Here at FUMC Leavenworth, we have a long tradition of loving on our military families. Many of our church members are active duty, military retirees or veterans' families that were called to serve this proud nation. Monica Bassett is the founder of Stronghold Community Food Pantry on Ft. Leavenworth and the 2022 Army Spouse of the Year. Monica's passion is advocating for military families who are dealing with food insecurity and providing food and resources for military families in need.

Food insecurity has existed for decades in our US Military community and according the Center for Strategic & International Studies Household Pulse Survey: food Insufficiency and the Child Tax Credit the percentage of Active-duty households with children who reported sometimes or often not having enough to eat was 23% versus 11% for all US households with children.

Our call to action is simple: James 2:14-26

What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.

This is a list of great food pantry essentials

Peanut Butter	Jelly	Pasta	Pasta Sauce	Canned Soups
Canned Vegetables	Canned Fruit	Canned Stew	Canned Tuna	Canned Beans
Canned Chicken	Rice	Granola Bars	Instant Oatmeal	Cereal
Whole Grain Crackers	Nuts			

They are planning Stretch Your Thanksgiving Meal Baskets. It will contain a recipe for turkey soup and all the items needed to make the meal. Families can be sponsored for \$20. For Christmas they will be distributing The Gift of Family. This will be all items to bake and decorate Christmas cookies as a family and enjoy hot cocoa. They would like to give these away in a family Christmas stocking. Families can be sponsored for \$20. They will also gladly accept donations of Christmas stockings.

Say Thanks With Giving

Each Thanksgiving, our church family has a designated offering for a local charities. This year our gifts will help feed our community through Trinity House food bank, Stronghold food bank on Ft Leavenworth and Meals on Wheels. If you would like to contribute to the Thanksgiving offering, please make sure to designate on your envelope or check.

Trinity House is a community food bank and clothing closet for any Leavenworth resident. They have seen an increase in families coming in for food assistance this year. They give food until their shelves are bare. They also accept donations of clothing, especially warm coats, gloves and hats this time of year. Trinity House is located at 2101 10th Ave and is a mission of Trinity Lutheran church. They are open Tues-Thurs from 10 am to 1 pm. We have several church members who volunteer at Trinity House, including Marsha Gaffin and Sherry Lauber.

The Council on Aging operates the local Meals on Wheels program. They deliver over 400 meals to seniors who are over the age of 60, have difficulty preparing meals or have no one available to prepare a noon-day meal, and are homebound. They deliver meals 5 days a week and several of our church members help deliver those meals including Roy and Donna Ramsey and Chez Shafer. Georgia Moore, the director, said, "The cost of 400 meals a day is roughly \$2,600. We ask for a \$2 donation, but 40% of their customers can not afford even that. But we will never refuse to give someone a meal. We are more than a meal. We are a daily smile and health check. Some people tell us we are the best part of their day."



Greetings and salutation to all.

The financial position of the church remains strong, however annual giving through the first ten months of the year 2023 is down from previous years and costs are up. We have always been a very generous and faithful giving congregation, so I ask that each of you pray for where God leads you in your giving decisions.

Every October we establish a draft budget for the upcoming year (2024) based on historical donations patterns and projected expenses. That budget is presented to the church council and available at the annual charge conference. Currently, we're projecting a \$20,000 shortfall on our statement of activities for 2024.

On the second week of October, pledge cards went out to every member. The pledge cards are vital for us to anticipate the projected income for 2024, as we align those giving dollars with our proposed budgeted expenses. In December, the final 2024 budget will be completed after we receive all the pledge cards and reevaluate forecasted cost. In coordination with the church council, we will adjust the spending proposal based on projected income. The dollars you pledge and the weekly unpledged offering we receive go directly to operational expenses for maintaining your church staff, this fabulous facility (all four corners of Chestnut and 5th Street), the children and youth ministries and much more.

We have three special designated offering celebrations every year (Easter, Thanksgiving and Christmas). The moneys collected from these offering go directly to designated community partners.

What we will do is continue building His Kingdom. We will continue to love our God and love our neighbors as ourselves. This year so far we have impacted our ministries, our community and our global partners to the tune of \$119,000.

I again ask that each of us take our decisions to the Lord, to find how He wants us to impact our church and community.

In Christ, Ed

Thank you to everyone who made soup, bread, or dessert for the teachers on November 1 and to everyone who wrote thank you cards to the teachers. ROTC students helped to serve your goodies. This was greatly appreciated by the teachers. Our next opportunity to reach out to the schools will be our Angel tree. We will have ornaments with Leavenworth school children's names and wish lists. We will deliver the gifts to the children on December 10. Another way you can help mold the future of our youth is to volunteer at one of the schools. For more information see Ed Garven.



Angel Tree

We have local children's names on the tree in the lobby. Please return the wrapped gifts to the church office by December 10.



Welcome to the family



This month we would like to welcome Nathan, Paula, Merrick and Miles Moore to our church family. Nathan and Paula grew up in West Texas and originally met in Sunday School as small children at First United Methodist Church in Morton, Texas. Nathan's family moved away and then back again. Their second meeting was in high school. They started dating the summer after Nathan graduated and when Paula was a senior year of high school. He went to Eastern New Mexico University for three years until they got married and then he joined Paula at Texas Tech and graduated from there. Paula went to law school at Texas Tech too.

The family moved here this summer from Dhaka, Bangladesh where Nathan was the defense attache at the U.S. Embassy. They lived there for two years. Dhaka is a densely populated, polluted city in a Muslim country. It's significantly different than Kansas. Merrick went to the American International School in Dhaka and Miles had a regular playgroup/nanny. Paula has been working for the same firm online as a tax attorney since 2014 as they moved around, though admittedly it was harder from Dhaka with the time difference.

Before Dhaka they were in D.C. for 9 months and Hawaii for almost four years. Miles was born in Hawaii. They have lived in Austin, Texas, India, and Monterey, CA with Merrick before that. Nathan and Paula also lived in Germany for three years before kids. He's also been posted at Fort Sill and Fort Riley and Paula spent part of our pre-kids time working in Houston and Dallas.

Nathan is currently an instructor at the Command and General Staff College at Fort Leavenworth. He enjoys skiing, surfing and his motorcycle. Paula enjoys reading and knitting/crochet. They always cheer for the Texas Tech Red Raiders in any sport

Merrick is age 10 and loves art, reading and is on the Fort Leavenworth Lancers swim team. Miles is age 3, loves playing with vehicles of all types and riding his bicycle.

They both grew up United Methodist. Nathan's dad was a United Methodist pastor, so they often visit a Methodist church first if one is available. They stayed with our church family because everyone has been so welcoming and caring. They love the small town feel of Leavenworth and the community activities, small independent businesses, proximity to both the city and country. Welcome to the family!

Congratulations!

Congratulations to proud parents, Amy Hastings and Alistair Cragg as well as proud grandparents Scott and Aileen Hastings on the birth of Isla Aileen on Sept. 26, 2023.

Congregational Care

Fall brings with it all sorts of fun activities. But for me and many others, late fall and winter are difficult seasons for mental health and if you aren't suffering, it's likely someone around you is. For some, Seasonal Affective Disorder (SAD) kicks in and the lack of exposure to light makes very real chemical changes in the brain that causes depression. For others, it may be difficult to face the holidays for the first time without loved ones or the reduced ability to leave the house and be around other people due to weather. Whatever the cause is, knowing the signs of depression, as well as how to get help can make you a better friend, neighbor, or loved one of someone who is struggling, or help you help yourself. Depression can exist on its own or in conjunction with other mental health struggles. It may also have physical issues as a symptom or side-effect.

If you or someone you love is struggling with depression, there are many steps you can take to help them/you get better. **Before I delve into those, it's important to remember that depression is not a spiritual issue. It is not a result of moral failing, or not praying enough, or as some sort of curse for some wrongdoing on the person's part or their parents (see the Book of Job).** Some people are just more prone to depression based on genetics, life experiences, past trauma, etc. Jesus went out of his way to care for people who were suffering with mental disorders. Be like Jesus (even if you're the one suffering)!

Step 1: Look for home remedies. These include getting enough sleep, trying to get out of the house as much as you can, scheduling time with friends or family (even if it feels hard to do!), purchasing an LED lightbox designed to help Seasonal Affective Disorder, exercising, eating healthy foods, and drinking lots of water. If you suspect someone you love has mild depression, offer a listening ear, check in, and help with housework or other tasks There are great ways to be Christ's hands and feet. Sometimes, even just sitting in the same room as someone who is depressed and doing your own thing is helpful.

Step 2: **Often more severe depression is more pervasive and doesn't respond to at-home remedies. This is where you're getting into medical intervention territory.** Best practice is a two-pronged approach including a medical doctor, as well as a therapist; the two work to treat different aspects of the depression. A doctor will screen for depression to determine what is causing it, as well as make sure there are no other underlying medical issues that need to be addressed. Often, this doctor will prescribe a medication that will help treat the depression so you can get back to feeling like yourself. Keep in mind that these medications don't often have immediate results and take 4-8 weeks to give a full effect. In the meantime, it's important to pay extra close attention to your mental health/the mental health of your friend or family because the early period before they kick in increases the risk of suicidal ideations, especially for teenagers and young adults.

The second prong is a therapist. Although seeing a therapist is still taboo in some circles, it's a really important part of the recovery process. While medications will help to reduce feelings of depression and despair, talking to a therapist helps you to deal with the underlying issue causing the depression. If you don't deal with what's causing it, it's likely that if you come off the medication, the depression will come right back. If you have insurance, it's helpful to check with them to see if they can find a therapist that they cover. Occasionally, a third prong is added in if the doctor or the therapist deem it necessary to pull in a psychiatrist. This is helpful if the diagnosis is more complicated or if you need medication for particularly specific conditions like OCD, Disassociative Personality Disorder, or psychosis. The Psychiatrist has gone to school specifically to learn how to apply medicine to complex cognitive issues, so they're great for prescribing a helpful medication.

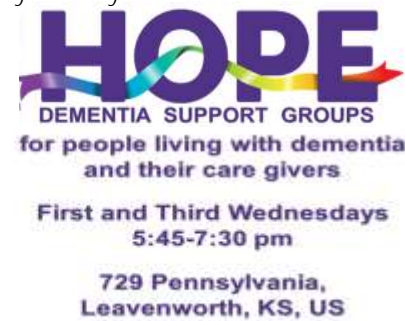
Step 3: Sometimes mental health crises are an immediate care situation. If you or someone you care about is suicidal, that's cause for concern. Additionally, any mental health issues so severe that the person is unable to perform important day-to-day activities may need more immediate action than a therapist or family doctor. This would be red flags such as not showing up to work or other obligations, being unable to care for dependents, etc. If the issue is severe enough that the person is suicidal with a plan, that pretty much always warrants a trip to the hospital or calling 911. This option isn't ideal but being in a hospital under constant supervision, is better than being dead.

Another option is 24/7 suicide watch. This isn't a long-term solution, but it is something that if you have enough resources and feel like the depression is manageable enough at home, you can take shifts watching the depressed person until you can get them into a doctor and/or therapist. This works well if the person needing support has a large network of people who can take shifts and they do not have a plan to harm themselves

Finally, The Guidance Center (theguidance-ctr.org) which is a community resource that provides a myriad of mental health supports and referrals. They have 24/7 crisis care that includes psychiatric evaluation, treatment & crisis stabilization services, as well as connection to government assistance programs. Give them a call at 913-682-5118 for the Leavenworth location to learn more. Supporting others through mental health struggles is a way of showing God's love to others



Dementia affects the whole family. It is 24/7 and can be exhausting physically, mentally, and spiritually. One of the purposes of AIR ministry is to provide support and respite for caregivers. November is National Family Caregivers Month, a time to recognize the struggles family caregivers face and the importance of the care they provide. Several of our caregivers have been having an especially difficult time and would appreciate your prayers and perhaps a card or call. Here are a few other ideas to help you support caregivers you may know.



November is Ten Ways to Support a Caregiver

1. Offer to run errands, i.e. take the car for an oil change mail a package, or pick-up groceries.
2. Do something special for holidays or birthdays. People with dementia don't remember these special days.
3. Offer to stay with their loved one when they have an appointment or just need a break.
4. Listen. Sometimes caregivers just need to talk to another adult and feel heard. They also need confidentiality.
5. Help with seasonal home maintenance such as mowing, raking leaves or shoveling snow.
6. Bake an extra batch of cookies or other treat and surprise them.
7. Encourage them to attend a support group. Offer to attend with them.
8. Schedule a special day to pamper them.
9. Offer to do a special house cleaning day.
10. Pray for them.

NOVEMBER SCHEDULE



November 6 - Veteran's Day



November 13 - Mickey Mouse Birthday



November 20 - Thanksgiving



November 27 - 50s Sock Hop



Itchin' to Stitch

Kristi Edington has had a craft booth at local festivals for many years called the Crafty Cricket. This year at the Leavenworth CAMP festival she had shared her booth with her granddaughter, Annabelle. She had several items for sale, including a glow in the dark painting that Kristi added embroidery to. On Friday the painting went missing. Kristi mentioned the loss on Facebook. Jacob and Heather Williams felt compelled to start a GoFundMe page to help pay for the missing painting. "I just wanted to come together for the community and for this girl and raise some money for her and get her some canvases – just do the right thing," Jacob said. "We just want to continue to encourage our youth for the community. This is our future generation. We don't want to discourage them from something that could change the world. We don't want one bad experience to discourage her. We want to keep her uplifted." When Annabelle was presented with the money, she chose to donate it to the Guidance Center for art supplies because she said that kids that go there need something to do while they are there.



Joy to the World!



As the Advent season approaches, the music ministries at First UMC have begun preparing for some special events. Our theme for advent this year is "Jesus, the Light of the World," and we will be exploring this each Sunday in Advent. The focus on December 17th is "Joy to the World" - a special music-filled Sunday, with all of our ensembles participating at both services. We are also excited to bring back the children's Christmas musical! Area children will be presenting "Carriers of the Light" on Saturday, Dec 16th at 2:00 as part of our community concert "Sharing the Light." This Saturday event will start with the play and then have area musicians share their musical gifts. Rehearsals for children are on Wednesdays from 4:30-5:30 in the Education Building. If you (or someone you know) might be interested in participating in any of these, we always welcome new members! For more information, please contact me by email at kmckinley@fumclvks.org or by phone at 401-835-1157

*Dear Nurture and Care Committee,
Thank you for the wonderful meal, entertainment and fellowship at the Octogenarian luncheon. This was a great opportunity to renew some old friendships. Your committee did a wonderful job that was much appreciated.
Jack Walker*

Community Thanksgiving

The 7th Street Feast is a Thanksgiving tradition in Leavenworth. It provides a full Thanksgiving meal with all the trimmings for people in our community who may not be able to afford such an extravagant meal. It takes the whole community to come together to make this meal happen. If you would like to volunteer to help, sign up at Bit.ly/7thfeast

Itchin' to Stitch will meet Nov. 16, at 1:30 pm. They create hand crafted items for local charities. New members are welcome to join.

First United Methodist church,
On behalf of our community, I want to extend our deepest gratitude for your steadfast support throughout the years. Your unwavering commitment to our cause has allowed us to make a profound and lasting impact on the lives of those in need in Leavenworth County and we are truly grateful for your generosity. These programs rely heavily on the kindness and generosity of people like you, enabling us to offer warmth, comfort, and a glimmer of hope to those who have nowhere else to turn.
Myranda Agnew, Executive Director of Leavenworth Interfaith Community of Hope

Prepare your heart

The Ladies Bible Study is starting "The Journey; Walking the Road to Bethlehem" by Adam Hamilton. Using historical information, archaeological data, and a personal look at some of the stories surrounding the birth, the most amazing moment in history will become more real and heart-felt as you walk along this road. Carol Shafer teaches the same class on Tuesdays at 10 am OR Thursdays at 6:30 pm. You can get info at cshafer@lvnworth.com.

Ladies Bible Study

Tues. 10:00 am OR
Thurs. 6:30 pm
Starting Nov. 7 & 9
Led by Carol Shafer
cshafer@lvnworth.com

The cover of the book "The Journey: Walking the Road to Bethlehem" by Adam Hamilton. It features a silhouette of a person on a donkey against a sunset background.

Starting Nov. 26

The cover of the book "An Unlikely Advent: Extraordinary People of the Christmas Story" by Rachel Billups. It features a dark blue background with white silhouettes of the Nativity scene.

new life seekers

Sundays 9:45 am
Donna Ramsey
dcramsey@kc.rr.com

The New Life Seekers will be starting "An Unlikely Advent: Extraordinary People of the Christmas Story" on November 26. This Advent study focuses on the experiences of four sets of often overlooked characters in the Nativity story. During this Advent season, Rachel Billups guides readers through the themes of hope, love, joy, and peace by sharing the stories of Elizabeth and Zechariah, Herod, the Magi, and the shepherds. Each set of unexpected characters has something to teach about living faithfully on the journey to Christmas. This class is taught by Donna Ramsey each Sunday at 9:45 am in room 203. They would love to have some new visitors during the Advent season.

REFUGE Student Ministry



In October, youth group and youth Sunday school continued to meet regularly. In Sunday school, we are working on a long-term study of the Hebrew Bible: what it's about, how it was compiled, who wrote it, how it relates to the events during pre and post-exilic periods, etc. We are using The Bible Project, which is a free online resource. They have awesome videos, classes, and podcasts and I highly recommend them to anyone in the congregation who is interested in learning more about the Bible. In youth group, we are following Dave's sermons and have really enjoyed the conversations generated by Dave's topics. Our hope is that students are equipped to go home and have conversations with their adults who are learning the same things in church.
November will be pretty routine for the youth with a week off the Sunday after Thanksgiving. We are, however, gearing up for our winter trip which is a staycation this year. We will be serving in the Kansas City metro area (including a great deal right here in Leavenworth County), and playing in the evenings. If you are interested in bringing us a meal that week, we would love it! If you're interested, please contact me (Kristen) at khowell@fumclvks.org or flag me down.



Holiday Art Gala

Did you know we have artists in our church family who participate in an annual art show every year? Ron Roggentien, Heidi Eaton and Libby Frashier are all members of Leavenworth County Artists Association. The LCAA Annual Holiday Art Gala will be Friday, December 1, from 5-8pm.

Artists in and around Leavenworth County will have nearly 100 pieces of art on display and most of them can be purchased during the show that night.

Ron is a photographer who does interesting things to his images with the computer. **Heidi is what's called a scratchboard artist.** Her art is features intricate wildlife subjects. My art this year is a variety of things all done in acrylic paint.

Penny Black Band will be performing that evening which is guaranteed good music. **There are hors d'oeuvres** and yummy desserts provided during the event.

The artists vie for awards presented at 7:30 for Best of Show, 1st, 2nd, 3rd, and Honorable Mention. Each year, the members of LCAA choose a theme to help with their creative process and add some interest to the event. This year's theme is "Wild West" so there's bound to be some great works for the theme display.

We always have a good time and look forward to seeing you at the Gala on Friday, December 1, from 5-8pm. Join us! *Libby Frashier*



Every Christian story is a freedom story.

Be Free. Live Free. Give Free.

The freedom we have in Christ is a radical gift of grace. It liberates us from the bondage of sin, guilt, and shame and enables us to live a life of love, service, and purpose. We are called to wholeheartedly live in this freedom while drawing others to experience the true freedom that can only be found in Jesus Christ.

At the Live Free conference we bring together courageous individuals who have experienced the transformative power of Jesus, breaking free from the shackles that once held them captive. Through captivating narratives and meaningful dialogues, we explore personal journeys of resilience, empowerment, and the pursuit of truth.

Join us at Live Free and be prepared to envision a future where your story is a freedom story.

Register now at www.westsideleavenworth.com/womensconference



October was a busy month for the scouting ministry.

Back in the day, a Scout had to find people to be merit badge counselors if they were not at summer camp. But **now BSA across the land is making it easier, and more fun, to get merit badges by hosting "merit badge colleges"**. Now, instead of just working on camping skills, Scouts learn about Science, Technology, Engineering, and Mathematics (STEM). The theme this year was Invention Jamboree 2023. The Troops took the trailer and headed to Camp Hohn on the Lake of the Ozarks. What was nice is that the local schools were closed, and everybody could leave in the early afternoon and get set up before dark.

Scouts could participate in: Shooting, Invention Lab, Blacksmithing, Geospatial Mapping, Climbing, Welding, Tech, Drones, Woodworking, and Design. Drones are used for everything. Scouts got to work in our woodworking building to help build woodworking projects. In Design, Scouts used the latest software to help design things like banners in the sublimation printer and molds in the Vakuform. (Remember back in the day when we could make our own toys with the Mattel Toy Vac U Form?)

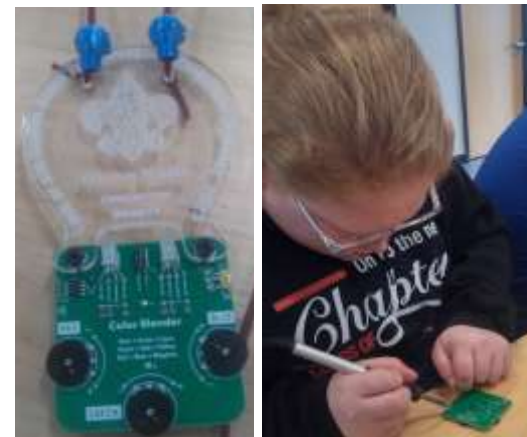
In Climbing, Scouts learned about the newest Climbing technology. Scouts experienced the climbing wall. In the Invention Lab, Scouts used their electronics skills and used soldering irons to make a unique, invention project. In Welding, Scouts learned how to join metal. In Shooting, they worked in teams to develop new types of moving targets. This is real back in the day stuff-- In Blacksmithing, Scouts experienced the ancient art of metalworking. In the summer camp sessions, they make more complex projects. In Geospatial Mapping, Scouts got an overview of the latest drone-mapping technology about Geographic Information Systems.

And it was great fun...until we were driving home, just outside of KC, in the rain, when the tire blew on I-70! **Changing tires is never fun, but changing one in the rain, by the side of a busy highway... well, you know what I mean. The great news, everybody made it home safely.**

The Cub Scout Pack 3109 is super active on Tuesday nights during soccer season. The scouts are raising money for **their annual recharter dues (\$125), so they're selling excellent meat sticks (2 for \$3). They will be at Walmart these dates.**

11-4-23 12-8pm 11-5-23 12-4pm 11-10-23 4-8pm 11-11-23 4-8pm 11-12-23 12-4pm

Our next big event is November 4, for One Homeless Night where the Scouts will learn more about the homeless youth in the greater Kansas City area. This is when we sleep in the green space without tents. The next morning we will **help with Samaritan's Buffet. We will also march in the Veterans Day Parade.**





As we approach the season of thanksgiving, we asked the staff for their grateful thoughts. What are you thankful for this year?



Pastor Dave - I am thankful for being called to Leavenworth in this season in my life. Blessed to be the pastor of this church in these days. Hoping for many more to come!



Ed Garven - I am thankful for all the family members of this church that do without being asked. They see a need and respond to the Holy Spirit with their time, talent, and treasure. From the landscaping and maintenance of the new front entry planters to the painting of the west side and east side doors to cleaning the tile floors and so much more, these faithful servants simply do what needs to be done to maintain and improve His house. And in their faithful obedience and action, they glorify God and extend love to all.



Nancy Shade - I am grateful for pecan pie, but not for how it tastes. One Thanksgiving my mom and aunt were busy in the kitchen. As they peeled and chopped and mixed and baked, they would pass by the pecan pie that had already been made for the feast. Then one of them noticed that one pecan on the pie looked "loose". They quickly remedied the situation by eating the pecan, which apparently made another pecan "loose". Long story short, by the time the pie made it to the table there were no pecans left on the pie! Every time I eat pecan pie, I am reminded of the laughter and the joy in their eyes as they explained what had happened. For that, I am forever grateful.

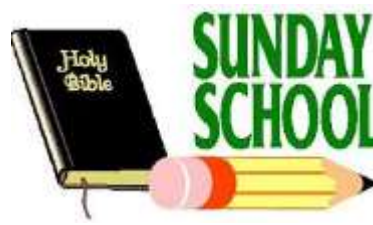


Libby Frashier - Our staff has been tasked with writing about things for which we are thankful. **It's so easy to just write the same stuff, I'm thankful for my family and friends, thankful for doctors and other caregivers who use God's gifts to comfort and heal people, thankful for a roof over our head and food on the table but I've tried to really think about it this week.**

I'm thankful for the way the leaves turn bright colors just before the gloomy days of winter start. I'm thankful for the rooster who crows as we walk into church to worship our creator. I'm even thankful for the headache I get when I haven't had enough water to drink. I'm thankful for the patience that a parent shows their

mentally challenged adult child while she's trying to vote. I'm thankful for the grocery checker who jokes with us about being in our twenties when clearly, we aren't.

The growing season was so wonderful for our tomatoes this year that I had to can so many pints but still had enough supplies to share with someone else who wanted to can this year. We had a late rose bloom on one of our plants that was probably the biggest bloom of the season. And the smell it had when I stopped to check it was a reminder that summer will come again. **I think I'm thankful for the weeds that seem to pop up everywhere this summer because it reminds us that being persistent is often successful.** When my seasonal allergies flare up this time of year it is a reminder that the farmers are harvesting food that we rely upon to feed our families. I even enjoyed discovering the big spider web in our yard that is nature's way of decorating for the October holiday that shall remain nameless. Yes, I'm trying to be more aware of the little things in life that can easily be ignored or annoying. The day of Thanksgiving should be a reminder of the many things we should thank God for and the way He created us.



I have four distinct memories of Sunday school. The first one was when I was in 1st and 2nd grade and my teacher, LeMyra Allen, taught us "The Lord's Prayer". The second is when I was in 3rd and 4th grade and one of my teachers was my mom. We were talking about Creation and she and Carole Day were having us pretend to be different animals. My mom was crawling on the floor and mooing when the Pastor walked in. I remember us all laughing a lot! The third one was in 5th and 6th grade and our teacher,

Parthena Longberg, taught us a song with all the books of the Old Testament. I taught it to our kids last year and at the end of the year they sang it in worship. **Talk about a "full circle" moment! The final one isn't the same kind of a memory.** It happened when I was in the 7th and 8th grade class with Jana Smith. She is one of the most physically beautiful women I have ever known. I used to stare at her, wanting to be her. I recently saw her at my dad's memorial service, and she really didn't look all that different to me. As I talked with her, I not only saw her beauty, but was keenly aware of the beauty of her spirit. I was taken back decades and reminded that she always had the spirit of gentleness and kindness – which I now recognize as the fruit of the spirit shining through her.

I can hear you now..."Nancy, that was such a nice trip down memory lane, but I thought you were going to talk about Sunday school here at First UMC." My response is that I thought I was too. My goal was to encourage every one to come to Sunday school. When I started typing, though, that's not exactly what came out. I think maybe God had a different idea. The idea of showing how the actions of my Sunday school teachers choosing to spend their Sunday morning helping kids learn about God, the actions of my parents making sure I was there every week, the choice of my home church to provide Sunday school classes for kids, youth, and adults helped shape me into who I am today; a wife who takes her vows made in front of God seriously, a mother who strives to be the Proverbs 31:28 kind of mother, a teacher who cannot wait to share what she knows about God and Jesus with whoever will listen, a child of God who knows that she is loved. You, dear reader, are a child of God. You are loved. You are invited. Come. **Nancy Shade**



When I first started working at FUMC in 2007, I was introduced to Shirley Nyhart. She was the lead teacher of the Kindergarten Sunday school class, and she and her husband Sy volunteered every Wednesday afternoon to drive our church van to pick up kids from Lansing Elementary so that they could come to Wonderful Wednesdays. She also helped Cindy White with our children's bell choir, "Genesis Chimers."

She would take the Sunday school curriculum, and would kick it up a notch with her special way of teaching, and all the "extras" she would bring to the lesson. Her classroom was filled with the artwork of the children as well as lots of homemade props to be used to make the story come alive for the children. Never one to be wasteful, she saved juice can lids to make medallions, fabric remnants to be blankets and Bible time costumes, and lots of dowel rod/string/magnetic clip fishing poles. Over the decades Shirley has influenced the lives of so many children. Thank you.





Kids First Worship meets during the 11:00 am service each Sunday on the lower floor of the Sanctuary building. Throughout this fall we have been learning about prophets of the Old Testament. This month we will conclude our focus on the Old Testament with Daniel and Jonah.

November 5 – Fiery Furnace

November 19 – Jonah

November 12 – Daniel in the Lion's Den

November 25 – Isaiah's Prophecy

Sunday School meets from 9:45 - 10:40 am. We have two classes, one for non-readers and one for readers. With the Bible as our foundation, we use science, art and activity to not just tell God's story, but learn what it means for us. Our lessons will be a deeper dive into Daniel, Jonah and Isaiah.



Wonderful Wednesday is a fantastic way to remind children that God is not just for Sundays, he is for EVERY day. Our theme this year is The Journey. We meet in the Education Building from 3:45 – 5:30. Friends are always welcome! In November, we will learn what Paul has to say in his letters about being thankful. We will also be working on our Christmas music to share in December.

November 8, 8:30 – 11:30a.m. Our theme for November is Thanksgiving. Each month, on the second Wednesday, we will be providing care for children ages birth through school age. There will be three groups: Nursery, Toddlers and Preschool. Space is limited, so register now by going to: FUMCLVKS.ORG/MMO



Fusion 56 meets on Sunday afternoons at 12 pm. Designed especially for 5th and 6th graders to meet them where they are and support them as they grow. This month we will parallel Pastor Dave's sermons.

November 5 – Children of God

November 19 – Communion

November 12 – Be Ready

November 25 – Fusion 56 will NOT MEET - Thanksgiving



It's that time of year again! Kids are all back in school, the leaves are starting to change, the days are getting cooler and pumpkin spice lattes are back. Here at FUMCL our Children's Ministry is in full swing. In Sunday school and Kids First Worship, we just finished our finding out about Ezra, Nehemiah, Esther, and Job.

Wonderful Wednesday has started our Journey with Paul, getting to know who he was and how he was changed by his encounter with Jesus on the road to Damascus. Watching Pre-schoolers leading a blind-folded friend is so cute to watch! They took it so seriously!

At Fusion 56, we made Forgiveness Rocks while we talked about the story of Jesus writing in the sand and saving a woman from being stoned. Keep your eyes peeled! Some of them are on the church grounds!



Kristen Howell - I'm really grateful that I have friends in my life who are there for me through thick and thin, regardless of what's going on, or if they even understand it. As we integrated a second kid into our family this past year, we had a bit of a bumpy start between a NICU stay, postpartum depression, and the chaos of managing two kids' schedules on top of our own (parents of 3+, I have no idea how you do it). A few dear friends have checked in on me, been my buddy to get me out of the house sans kids, sat with me when the postpartum depression got to be too much, and reminded me of who I am when I felt like I'd lost my identity in motherhood.

Marsha Gaffin - I am so thankful for the kindness that I have seen in you. We share ourselves with others through acts of generosity in words and deeds. I was privileged this year to see our congregation respond to a special need with compassion and unbelievable generosity, not once, but several times. As the congregational care coordinator, I have called upon you numerous times, and you never disappoint. It makes me so grateful to be a member of this congregation. Together, we are the body of Christ.



Grant Zschoche - I've been blessed to be "employed" here for about six and one half years now. When a good friend of mine suggested that I apply for the job opening here at the church, I applied and thankfully, I was hired. Lifelong friends at my old job asked if it was going to be tough to move to this job. I responded quickly, probably too quickly for their liking, "NO!" My wife Amy is a member here and we had been attending here, thus we knew some members. Through all the volunteers here at FUMC, I had the privilege of meeting many more of you as you "volunteered" at my previous job location, thus an easy move for me. To all of you, I say THANK YOU!

Kathy McKinley - What am I thankful for? This year, I am especially thankful for the man that I called Daddy. He shared with me a thirst for knowledge, a sense of humor, a love for music...and the importance of sharing our gifts with others. He lived his life to the fullest every day and lived what he "preached": love God, love others, follow Jesus. The example he and my mother set, the lessons he taught, made me who I am, guided me in my choice of spouse, and shaped how I raised my own children. And now I see him in them! I'm thankful for the strong bonds he fostered in our family and that my siblings and I can lean on each



other for support. I'm thankful that I can celebrate his life, not only with my family, but also the community I grew up in. I get to see his legacy live on in the in the lives he touched, in the connections he made. And I'm thankful in the knowledge that we will meet again some day... he's just gone ahead to clear the path and light the way.

Steven Shade - I've been on a weight loss journey this year, and I'm thankful that I've only ever been truly hungry by choice. Millions (billions?) don't have that security and I try not to take it for granted.

Sandy Wood - I am thankful for many things. God has been so good to me. There are the obvious things such as my husband, my family, my church, my job, my home etc. But this time of year I like to look deeper for the things I might take for granted if I were not looking for things to be grateful for. One of those things is clean water. For my whole life I have been able to turn on the faucet in my home and get clean water. I don't just use it for drinking and cooking. I get to take a lovely hot shower every morning. I can water my plants whenever I remember to. I even have clean water to flush the toilet. My mother grew up in rural Kansas. They did not have running water in the house until she went to nursing school! Can you believe there are still places in the world where women spend hours a day walking to a dirty creek to gather enough water for their families and then they have to carry it back to their homes miles away?



LIFE @ FUMC

Bible stories, games, candy and costumes. Kids played games while they heard Bible stories. **Thank you to all our volunteers!**

