



RETURN SERVICE REQUESTED

Phone: 913-682-5374

Educational Bldg.: 913-675-7495

E-mail: office@fumclvks.org

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



Or visit us at FUMCLVKS.ORG

Sunday services stream at either site.

August 2024

28 10 am Worship 11 am First Family Fellowship	29	30 9 am Prayer Group	31 6:30 pm Choir practice	1 24 Hour Prayer for Schools	2	3
4 8:30 am Traditional 9:45 am Sunday School 11:00 am Contemporary 4:00 pm Bells	5 10 am Itchin' to Stitch 5:00 pm Virtual Grief Share	6 9 am Prayer Group 1 pm Book Club	7 6:30 pm Choir	8 8:30am Staff	9 3 pm Fusion 56 Pool Party 5:30 pm Wingtips 6:00 pm Youth Lock-in	10 6 pm Jazz By The River
11 8:30 am Traditional 9:45 am Sunday School 11:00 am Contemporary 4:00 pm Bells	12 5:00 pm Virtual Grief Share	13 9 am Prayer Group	14 5:00 pm Grief Share 6:30 pm Choir	15 8:30am Staff	16	17 Men's Prayer Breakfast
18 8:30 am Traditional 9:45 am Sunday School 11:00 am Contemporary 12 pm Fusion 56 4:00 pm Bells 6:00 pm Youth	19 5:00 pm Virtual Grief Share	20 9 am Prayer Group 2:00 pm Grief Share	21 12 pm Ladies Lunch 3:45 pm Wonderful Wednesday 5:30 pm Potluck 6:30 pm Choir	22 8:30 am Staff	23	24
25 8:30 am Traditional 9:45 am Sunday School 11:00 am Contemporary 12 pm Fusion 56 4:00 pm Bells 6:00 pm Youth	26 5:00 pm Virtual Grief Share	27 9 am Prayer Group	28 3:45 pm Wonderful Wednesday 5:00 pm Grief Share 6:30 pm Choir	29 8:30am Staff Meeting	30	31


LIFE @ First United Methodist church

August 2024





Think on these things...



Rejoice always,
Pray continually,
Give thanks
in all circumstances;
1 Thessalonians 5:16-18

Summer is winding down and school is starting up! The Bible reminds us that seasons come and go but the Word of the Lord remains forever. While I miss the blessings of the past season, I do look forward to the good things of the upcoming time.

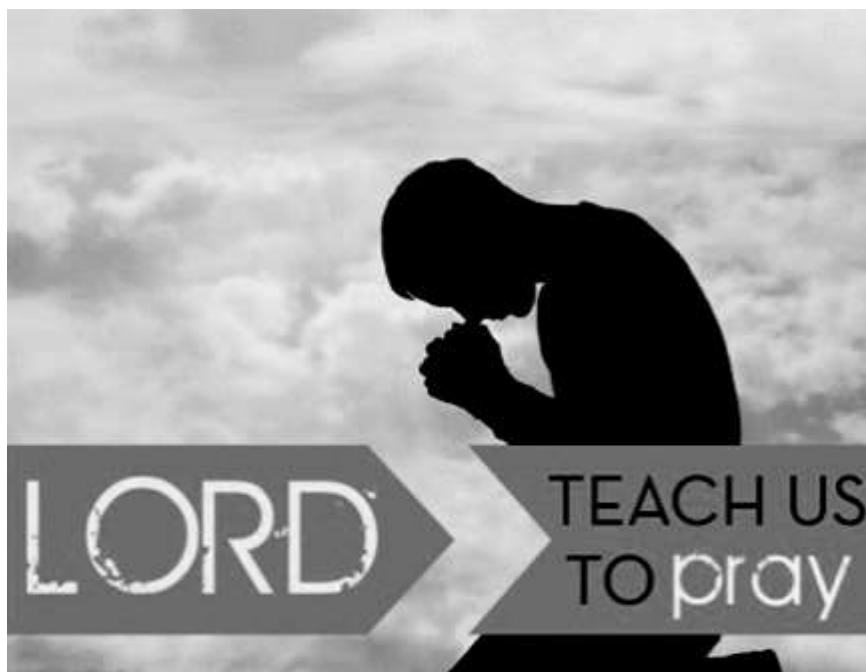
Going into August, I am focused on two major areas: prayer and intentional invitation. People need the Lord. Our relationship with God is the most important part of our life. Yet, it is so hard to keep together. We get busy with our activities and business. Our self-centered nature also comes into play. Constantly abiding in Christ allows us to gain peace, joy, wisdom, hope, confidence, courage, and many other virtues that are really the most valuable part of our lives. **LOVE** is the thing that holds them all together!

Prayer allows people to remain close to God through Christ. We draw closer to the Lord in listening to God through Bible reading, the Church, preaching, circumstances, and people. The Holy Spirit consistently teaches and reminds us of what God desires. The relationship that God wants with us comes from constant communication – we call it prayer! Silence, solitude, and simplicity are ways to help you with this relationship.

Relationships are done little by little and are the strength of our lives. Invite others to attend worship services or groups. Ask them if they want to go to coffee or lunch. If you like to host people, invite them to come to your home and enjoy an evening. When grace overflows in your heart, allow it to pass into the lives of others. Intentionally doing these things will be a blessing to you!

Dave

PS – I'll be going on vacation from August 12 – August 21 on a baseball trip. One of my life goals is to visit all 30 major league baseball stadiums, so I'll knock off five of them in California.



Pastor Dave and Kristen Howell will continue our study in Acts during August, but coming in September, Pastor Dave will begin a series on prayer. Recently, the church staff read *Praying Like Monks, Living Like Fools* by Tyler Staton, the national director of the 24-7 Prayer Movement in America. The staff has also read several prayer books by Pete Greig, including, *God On Mute, Engaging the Silence of Unanswered Prayer*. Pete Greig is the cofounder of the 24-7 Prayer movement which is an international, interdenominational prayer movement, with a vision to revive the church and rewire the culture through non-stop night and day prayer. You can find out more at 24-7prayer.com.

August BIRTHDAYS



3rd	Wes Ludwig Steven Shade	13th	Betty Logan Abel Rolf	23rd	Doris Norrie
4th	Karen Kidder Owen Resnick Trish Simms	14th	Kiernan Riffel Nancy Shade Fiona Tebbetts	24th	Trudy Holyfield
5th	Amy Brandt Steve Scrimsher	15th	Linda Langley	25th	Brenda Coats Ashley Hansen Ruth Ann Logan
6th	Tim DeFrees Zachary Resch Katie Short	17th	Aileen Hastings Janette Holdeman Joe Sepulvado	26th	Audrey Jones Kathy Serena Caleb Shade Jim Walley
7th	Jennifer Bell	18th	Robbie Helm Christine Owens	27th	Nancy Dawson Suzanne Gray Avery Holyfield
10th	Bill Bailey	19th	Taylor York		Brian Resch
11th	Candace O'Rourke Mary Seymour	20th	Steve Songer		Violet Varnal
12th	Randy Herrman	21st	Pam Hubbert	30th	Robin Sanders
13th	Ed Garven	22nd	Jan Mix Meredith Roush		

August ANNIVERSARIES

2nd	Keith & Libby Frashier	44 years
3rd	Ryan & Kristen Howell	11 years
4th	Marlin & Trudy Holyfield	47 years
10th	Wade & Valynn Schmierer	51 years
11th	Douglas & Alice Hall	51 years
12th	Roy & Donna Ramsey	57 years
20th	Dean & Carla Hamon Gary & Cheryl Rader	59 years 58 years
22nd	Mike & Jan Mix Joe & Lynn Sepulvado	47 years 43 years
25th	Jack & Jo Burkett	57 years
28th	Jim & Lynne Atwell Bill & Pam Bay	42 years 58 years

If we missed your birthday or anniversary, please contact the office so we can update our records. swood@fumclvks.org

Upcoming EVENTS

MEN'S PRAYER & STUDY
BREAKFAST
AUGUST 17
8:00 AM

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



WED. AUG 21, 12:00 PM
KARMA CAKES

Refuge Youth

Summer has flown by so fast and we can't believe we're already preparing for the school year ahead! As we near the 2024-2025 school year, we wanted to give you an overview of what the youth group does through the year. We would love to have students going into 7-12th grades join us!

Refuge Youth Group: Youth group meets Sunday nights from 6-7:45 in the youth room (basement of the education building) during the school year. We kick off each year with a lock-in at the church and then the youth group runs from midway through August through the end of April. We generally don't meet in May because the end of the school year is bonkers for everyone. This year, our lock-in is August 9-10. The general format of our youth group is time to eat dinner while catching up, games, and then a lesson. We take a few Sundays off a year for holidays (mostly around Christmas and Easter), but otherwise, we meet every week.

Youth Sunday school: Sunday mornings, we meet from 9:45-10:45 for youth Sunday school in the youth room. Sunday school goes year-round. Starting this fall, we are welcoming 5th and 6th graders to youth Sunday school, as well.

Fun Outings: We typically try to schedule three fun outings during the school year (Fall, Winter, and Spring) and one per month over the summer when we aren't meeting weekly for youth groups. We do different things and have done escape rooms, scavenger hunts, arcades, kayaking, museums, etc.

Trips: We typically take two trips per year - one in the summer and one in the week between Christmas and New Years. The summer trip is always focused on service projects and the winter trip is typically just for fun (though we do sometimes partner with service organizations during those trips, as well). Generally, those trips have been within driving distance (10 hours or less) from church, though last year, we took the high schoolers overseas.

Other Service Opportunities: We also take on service opportunities as they arise throughout the year. Sometimes this means we work on a service project during youth group. Sometimes, it means we're helping an elderly congregant with moving or household maintenance or doing something out in the community. It just kind of depends on what opportunities pop up.

We'd love to have your students, neighbors, grandkids, etc. join us!

Kristen Howell & Steven Shade



The youth had a great time boating at Shawnee Mission lake in July.



Cody Choraliers Concert



The Cody Choraliers is Leavenworth's local Barbershop ensemble. Both Bill Bay and Taylor York sing with the group. Each year they put on a great show to raise money for music programs in our local schools. This year's show will feature lots of fun music. In addition to the Cody Choraliers, their guest quartet is Tofu Concern. This quartet from St. Charles, Missouri is the 2024 Next Generation Varsity Quartet Champion. The show is on August 17th, at 7:00 pm at the Heritage Center at 109 Delaware. Tickets will be \$25 for adults and \$10 for 12 and under. After the show, there will be an afterglow with refreshments and drinks.

all that Jazz



On August 10, our partners at the Richard Allen Cultural Center and Museum are hosting their annual Jazz by the River event at Saint Mary University. The Richard Allen Cultural Center and Museum (RACCM) is a center that highlights African-American history, and so much more, here in Leavenworth. The RACCM opened in 1992 to highlight African-American history in Leavenworth, Kansas. In 1992, the museum opened in the former home of U.S. Army Captain William Bly, a Buffalo Soldier during World War I. The home is decorated to look as it would have in the early 1900s. In 2002, an addition was built to the front of the original home to display more items teaching about African-American history in Kansas. The center offers a glimpse into the history of African-Americans, both local and nationwide. It was created to ensure that the rich heritage of African-Americans and their profound effect on American society would not be lost. Their mission and purpose is to educate the public about the rich history of African-Americans and their contributions to every phase of American life. Educational programs are also offered through museum exhibits, tours, research opportunities, and traveling exhibits for the general public. If you would like tickets to Jazz by the River, please contact Ed Garven at egarven@fumclvks.org or 816-805-4771 (cell)



Greetings and may the peace of the Lord be with each of you. In 2 Thessalonians 3:16, Paul writes, "Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you."

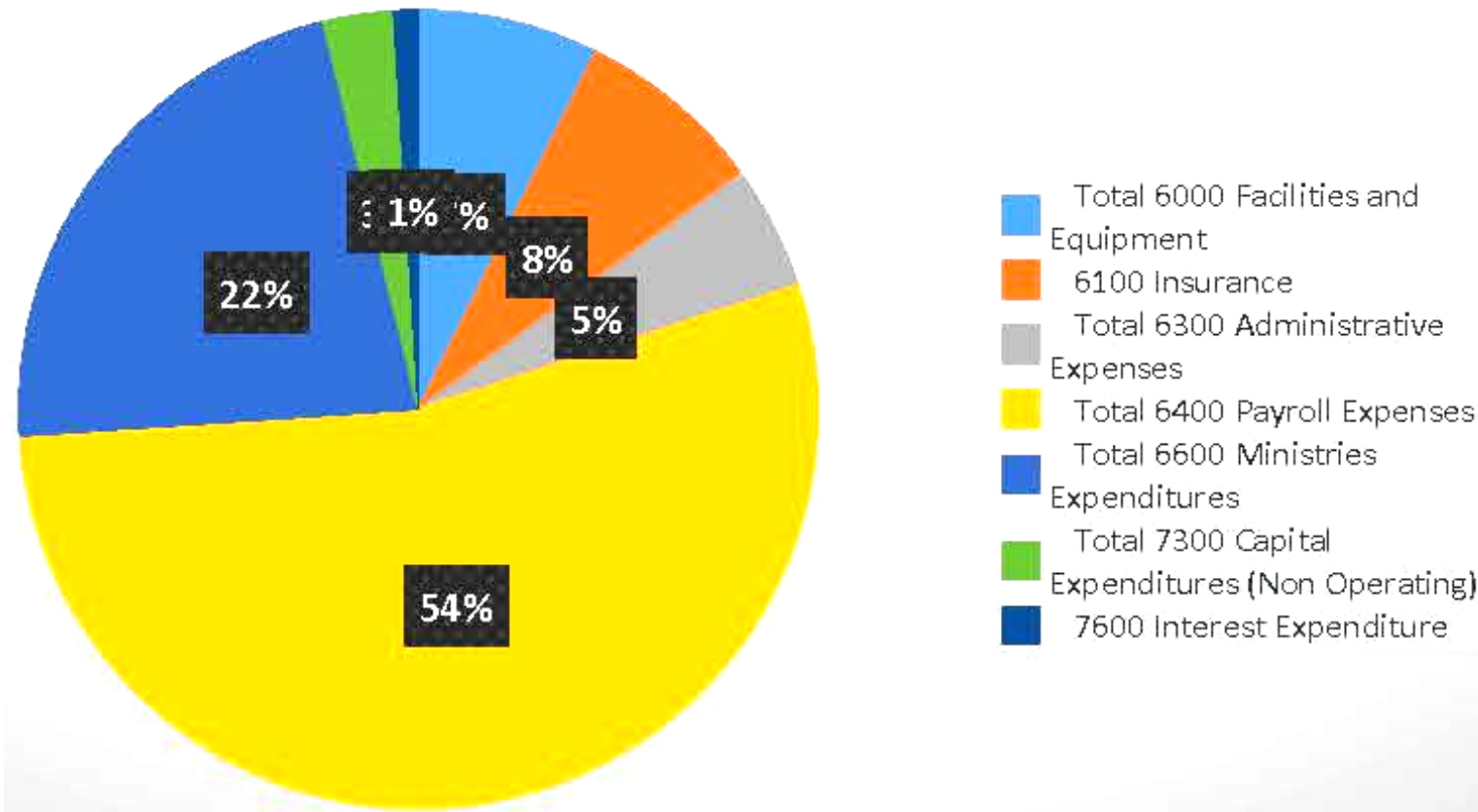
At the end of this letter, Paul is moving from instruction to encouragement, pointing us back to the Prince of Peace, the Lord of Peace, Jesus Christ. His peace is more than tranquility without conflict, it is not temporary nor fragile like worldly peace which is subject to our own fragile fleshly desires. His peace is divine from the Father, permanent and focused. His peace is personal and has no disorder. His peace is a gift and He gives it freely. His peace is comfort and love – we have to stay focused!

Financially, the church is strong and moving forward, continuing to build His Kingdom (with love and peace) in our community. Below is the Statement of Activities (profit and loss) through June of this year. As you can see your giving is outpacing our spending and our investments (net other revenues) are strong.

Budget vs. Actuals: 2024 Budget SOA Jan.-June

	Actual	Budget
Revenue		
Gross Profit	\$ 346,850.77	\$ 329,454.00
Total Expenditures	\$ 338,040.97	\$ 330,221.93
Net Operating Revenue	\$ 8,809.80	-\$ 767.93
Total Other Revenue	\$ 179,692.73	-\$ 63,394.00
Total Other Expenditures	\$ 12,751.56	\$ 24,700.02
Net Other Revenue	\$ 166,941.17	-\$ 88,094.02
Net Revenue	\$ 175,750.97	-\$ 88,861.95

Below is the current breakdown of expenses for 2024.

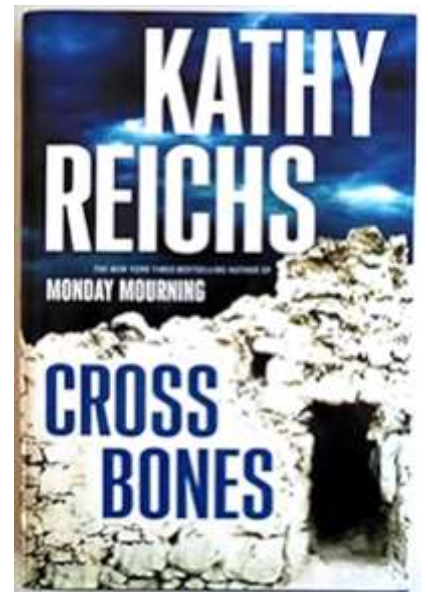


Your generosity makes all this happen. I encourage each of us to pray about how we can continue to use our treasure for the maintenance and growth of this spirit filled community.

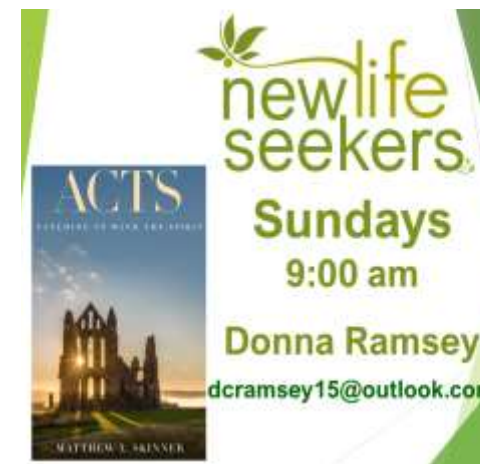
In Christ,
Ed Garven



Sept. 3, 1 pm



The Book Club will be reading *Cross Bones*, a gripping and explosive thriller from internationally acclaimed forensic anthropologist and New York Times best-selling author Kathy Reichs, featuring Temperance Brennan and Detective Andrew Ryan on the trail of a modern murder and an ancient biblical mystery. When an Orthodox Jew is found shot to death in Montreal, Temperance Brennan is called in to examine the body and to figure out the puzzling damage to the corpse. Unexpectedly, a stranger slips her a photograph of a skeleton and assures her the picture is the key to the victim's death. Before she knows it, Tempe is involved in an international mystery as old as Jesus, a mystery that could rewrite 2000 years of religious history. Along with Detective Andrew Ryan and biblical archeologist Jake Drum, Tempe travels to Israel to probe the origins of the skeleton and the ancient crypt in which it was found. Have they made a startling discovery that raises radical questions about Christ's death? Or, has someone concocted an elaborate hoax? Join the discussion, Sept. 3 at 1 pm.



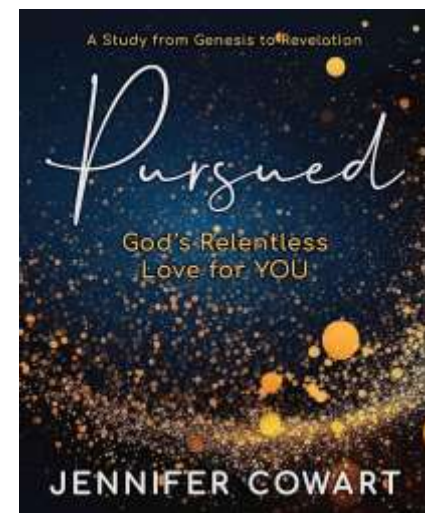
The New Life Seekers Sunday School class is studying *Acts: Catching Up With The Spirit*. The Acts of the Apostles is a unique and crucial book that chronicles the story of God's grace flooding out to the world through the lives of the apostles in the decades immediately following Christ's ascension into heaven. Author and biblical scholar Matthew Skinner provides a theologically attuned introduction to this important book and its story of the early church learning to bear witness about God's salvation through Jesus Christ. Skinner explores six key themes that illustrate the ways in which reading Acts is capable of igniting our imagination about the character of the Christian message, the work of God's people (the church), and the challenges

of living faithfully in a complex and changing world.

You can join this Sunday School class or three other adult classes on Sundays at 9:45 am. New Life Seekers meets in classroom 203 in the Education building. For more information on this class, see Donna at dcramsey15@outlook.com.

COMING SOON

Carol Shafer will start a Ladies Bible Study in September. They will be studying *Pursued: God's Relentless Love for YOU*. This Bible study by Jennifer Cowart will explore God's great love for us from Genesis to Revelation. You'll see that God passionately pursues people who do not deserve His love, and we are those people! Like Cain, Abraham, Sarah, Rebekah, David, the woman caught in adultery, Peter, and so many others, we are the ones who have broken relationship with God. But He runs after us anyway to bring us home. For more information contact Carol at cshafer@lvnworth.com.





What I Did On My Summer Vacation



Alexis Hoffman has had a very busy summer. In June she traveled to Colorado Springs to join 47 Army youth from 30 garrisons worldwide to participate in the 2024 Army Teen Panel and Youth Leadership Forum. Alexis was one of the leaders because this is her second year to attend. She arrived early with 12 other leaders to prepare things for the other kids. While they do have fun, this Forum also does some important work. They address problems that military kids face. The leadership team Alexis was on received 27 different problems to consider. They narrowed the list down to 8 categories. Then all of the kids voted on the top three problems to work on. After that they worked in committees to brainstorm ideas to fix these problems. At the end of the Forum, Alexis and her team debriefed Col. John S. Chu, Executive Officer to the Commanding General, U.S. Army Installation Management Command. Here is their report.

1. Life Skills

Some military kids have both parents that can deploy at the same time and military life can demand a lot from parents. Because of this, sometimes military parents don't have as much time to teach important life skills. The military has two programs called Smart Girls and Passport to Manhood that teach kids life skills like cooking, changing a tire and balancing a checkbook, but they are very gender biased. The Leadership Forum would like equal training from these programs because everyone needs to know simple cooking skills, how to sew on a button and how to manage money.

2. Healthy Intimate Boundaries

The military has the SHARP program that addresses sexual harassment, but it is only available to military personnel. The Forum wanted a similar program to be developed for teenagers because there were many students who felt they had been sexually harassed.

3. College Preparation

Because military students move from place to place with their families, many of the students did not feel adequately prepared for college. They also asked for assistance in applying for college and financial aid.

Alexis said, "I was really nervous to brief Colonel Chu. I felt relieved that I had presented but also proud because we are going to be making changes for the future. All the ideas aren't going to happen right away, but we are hoping we helped make a difference."

When she returned from the Forum, Alexis headed to Camp Chippewa where she was part of the junior staff. This is a new program that allows students to work in all the different areas of camp. Alexis helped set up games, lead worship, build campfires, and lead trail rides. She also worked in the mess hall and helped keep the campers safe around the animals. She had 13 younger campers in her cabin. She said, "I learned a lot of patience working with younger kids." Gaga ball is a favorite activity at camp. Everyone gets muddy, even the counselors!

When asked about her favorite part of being a junior staff member, she said, "I like how much energy the kids have and how they love to worship God and how they pay attention to the stories." Sounds like a summer well spent!



ALL ABOARD!

Time to hop aboard the Mission Work Team adventure to Camp Horizon!

DEPARTURE: Sunday, October 13 after 8:30 worship service

RETURN: Thursday, October 17

POSSIBLE ADVENTURES: painting, landscaping/yard work, brush hauling, some inside activities, cleaning, fellowship, feeling of furthering God's kingdom, whatever they deem needs to be completed

LODGING AND FOOD: free

DEADLINE FOR REGISTERING: September 15 to Gary and Cheryl Rader gcrader66@gmail.com or 913 651- 6429



Dear Church Family,
Thank you so much for the overwhelming number of wonderful cards for my 80th birthday. I received over 80 cards! I was so pleased and surprised. Thanks to all of you that sent one. You are so thoughtful!
Thanks again,
Gary Russell

Editor's Note: Carol and Gary Russell have been faithfully sending out birthday and anniversary cards to our church family for years. We are so thankful for their quiet service that brings each of us so much joy. It was wonderful to see the favor returned for Gary.

BLOOD DRIVE



Our Summer Blood Drive the drive went very smoothly and we sincerely appreciate all of the donors who helped save lives! Here are some numbers that you might find interesting:

- Goal: to collect 25 units/pints of blood
- Registered: 32 donors
- First Time Donors: 1
- Alyx (double red cells): 1 donor, 2 units
- Total Units Collected: 28

Thank you to all the volunteers who worked at the Blood Drive. We couldn't do it without you. With 28 pints of blood collected, as many as 84 patients will receive the life-saving blood they need!





My dad was fairly young, 78 years old, when he died from colon cancer. My mom was 74 years old, the same age I am now. My parents had been pillars in their church; between the two of them they had probably served in every position and done every menial task there was to do in their church. When Dad died, Mom took great comfort from the hundreds of cards and letters she received. But one day, inevitably, the cards stopped.

Around six months later, the church received new pastors, a husband-wife team of ordained ministers. After a couple months of getting settled into their new position, the female pastor called my mother. "Marge", she said, "I've heard so many things about Frank. I'd like to pick you up and take a picnic to the cemetery, and you tell me all about him." And that's what they did. They went to the grave site, spread a blanket, ate their lunch, and Mom talked and talked about my dad.

The reason I'm sharing this story is because of the profound impact it had on my mother, and vicariously on me. It was as if, once he died, my dad was all but forgotten. Friends never brought him up in conversation, he was the "elephant the room", the verboten subject. What was it about my dad that, once he died, made people uncomfortable to talk about him? The fact is - my mother desperately needed to talk about him. It was an integral part of her grieving process.

My take-away from this story is simple. When you are with someone who is grieving the loss of a loved one, encourage them to talk to you about them. They will love you for it. I had the opportunity to actually recreate the picnic scenario many years later. I was at my friend Sally's side when her son Curtis died. Months later, I picked her up, drove to the cemetery, spread a blanket, and served a picnic lunch. Sally talked and talked and talked about Curtis. It still brings tears to my eyes to remember how much this simple act meant to her.

If you know someone who is grieving, please tell them about our Grief Share program. All of our Grief Share groups are open to the community. Talking about your grief can really help with healing. We have a special group for spouses who are grieving that meets on the third and fifth Tuesday of each month from 2-4 pm. We have an open group for people grieving all kinds of losses that meets on the second and fourth Wednesday of the month at 5 pm. We also have a virtual group that meets through Zoom every Monday at 5 pm. If you would like a link to the virtual group or have any questions about Grief Share, please contact me at marshagaffin@gmail.com. *Marsha*



Stronghold is a community food pantry for families at Ft. Leavenworth. Many military families are moving into our community this time of year and that can create financial strain on a family. Stronghold helps relieve the strain by offering essential items such as food, diapers, and cleaning products. The most often requested items are breakfast food such as cereal, breakfast bars, oatmeal, peanut butter and jelly etc. If you would like to donate, there is a plastic tote in the foyer. Thank you for your help.

Trinity House is our local food pantry and clothing closet that is located on the Trinity Lutheran campus on the corner of 10th Ave and Thornton Street. This time of year, many families are coming to Trinity House to find back to school clothes for their children. They could use gently used children's clothing of all sizes. They accept donations Tues-Thurs from 10 am to 1 pm at 2101 10th Ave. If you have questions, you can call (913) 682-7474.



VBS By The Numbers

What a great week we just had here at the church! Kingdom Quest VBS was full of energy, kindness, and of course God and Jesus. VBS by the numbers this year:

- 59 – Kids registered (5 were unable to come due to illness or travel)
- 27 – Volunteers during the week
- 50 – Kids on our highest day of attendance



But these numbers are just the beginning of the story... When divided up into categories: 12 of the kids come to FUMCL regularly, 15 of the kids have some kind of family connection to FUMCL or have been to a previous VBS which leaves 20 kids that we did not have contact with before VBS! Many are new to Ft. Leavenworth; some are long-time Leavenworth residents.

That's really awesome! But these numbers just tell one small part of the story of VBS. We were also able to help provide support for our community and our world through our mission projects for the week. Our monetary donations go to World Vision to send Bibles to countries around the world in their native language. Because of the generosity of the kids and of our amazing congregation, we raised \$145.32 Enough to send 29 Bibles.

During the week we collected items for our mission partners. We received 25 boxes of cereal/oatmeal, 8 packages of dry pasta, and 37 jars of pasta sauce; as well as 183 pairs of underpants and 196 pairs of socks!

There were LOTS of seeds planted for God's Kingdom. We're confident that God will continue to work in the lives of both the participants and all the leaders and helpers.

Each day we "unlocked" another Key to the Kingdom using a story from one of the Biblical kings as an example. During the closing on Friday, you could have heard a pin drop as we interviewed Jesus. I wish you could have seen the kids faces when they came up to hug Jesus and tell him thank you.

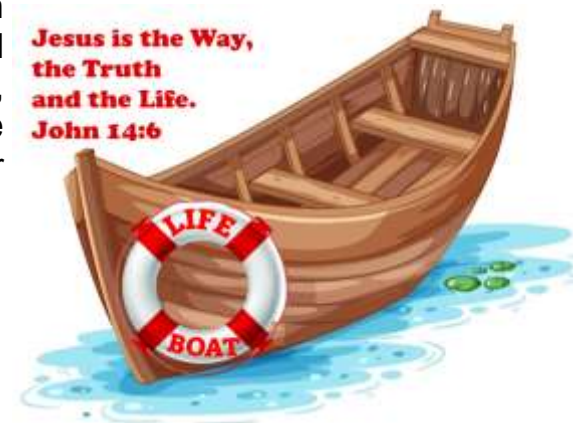


Dear Church Family,

We truly could not have provided VBS without you! Offerings of time, treasure, and talent were in abundance, not only during the week, but through the months of preparation. Our supply list for donations and items to borrow were filled out by so many different people. You have yet again, exceeded my expectations in your ability to find cardboard boxes! Who knew there were so many cardboard boxes in Leavenworth County?!?! People showed up to transform the church into a castle using their skills of construction and art to make in 3-D fireplaces, torches, and castle towers from the supplies on hand and just a photograph on a piece of paper as their guide. Station Crew Leaders chose to use their time in service and witness for God and inspiring. Many artists that shared their talents in visual arts, videography, music, and technology. Many prayers lifted on behalf of us and the entire VBS. We are exceedingly thankful for your support of this church and our Children's Ministry.

Peace and blessings to all of you,
Nancy and Kathy

P.S. We already know what next year is going to be! **LIFEBOAT – Where God comes to the rescue.**





Kids First Worship is for kids ages 3 years through 4th grade and meets during the 11:00 service each Sunday on the lower floor of the Sanctuary building. This month we will be focusing on the letters of Paul and Philemon.

- August 4 – EPISTLES: CORINTHIANS – Love Is...
- August 11 – EPISTLES: GALATIANS – Fruit of the Spirit
- August 18 – EPISTLES: EPHESIANS – Armor of God
- August 25 – EPISTLES: PHILEMON – Obedience in Love

Sunday School meets on Sunday mornings from 9:45 – 10:40 am.

We have two classes, one for Preschool/Kindergarten and one for 1st-4th grade. With the Bible as our foundation, we will be using 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 the Epistles.

*NOTE: 5th and 6th graders will be joining with Kristen Howell in the Youth Room for Sunday school.



Wonderful Wednesday is a fantastic way to remind children that God is not just for Sunday, he is for EVERY day. Designed for kids ages 3 years through 6th grade, we will meet in the Education Building from 3:45 – 5:30 pm during the school year. Coming in August we are going to start back at the very beginning, a very good place to start! The Book of Genesis is packed! From the Creation Story to floods and toppling towers; generations of a family filled with love, joy, anger, jealousy, pain, and reconciliation; promises made, promises broken, and promises kept; the beginning of God's story is where you'll find it.



Fusion 56 is for 5th and 6th grade students. They meet for lunch on Sundays after second service in the basement of the Education Building. They will start meeting on Aug. 18. For more information contact Nancy at nshade@fumclvks.org.



Thank you to everyone who participated in our 24 Hours of Prayer for Our Schools. August 1, leaders from six church in our community gathered to worship and pray. There was such a powerful spirit of unity, love and peace. Let's continue to join in prayer for our students, our families, our teachers, and our school administrators. Our children are our future. As our schools go, so goes the nation. There is power in prayer. From preschool classes to doctorate level study, let's join forces to pray.

Dear Angel Ministry Team,

Thank you for our cheerful Spring Angel Gift Bag. We always enjoy and appreciate the fun, creative and yummy items in the bag.

Most of all we are thankful for your ministry and our church family.

We appreciate your thoughtfulness and prayers and for thinking of us.

Love in Christ,

Frank & Gini Geib

Dear Church family,

We wish to thank everyone for the prayers, cards, visits and assistance during this major transition in our lives. Alice is in room 417 at Twin Oaks.

Alice and Doug Hall

Dear Leavenworth Methodist,

Forgive us for being so late in thanking you for the Octogenarian gift sack with all the useful and yummy things tucked inside. It is so nice to be remembered as we approach life's brink. It is always a joy for we northwest Kansas grown people to get together even if old league rivals.

Ernest & Wilda Wicke

Dear Friends,

One small card cannot contain the immense gratitude we have for our First United Methodist church. Our event was a grand success because you gave your all before, during and after. We raised \$22,000!

Your service to our Leavenworth community is outstanding. You live the Gospel daily in word and deed. It is a joy to be in your circle of friends.

Gratefully,

Sister Amy &

The Leavenworth Attainable Housing Staff

Dear FUMC,

I felt blessed by all of the snacks, lunches, doughnuts and goodie bags you lovingly gave us at Anthony Elementary School. Your thoughtfulness and generosity made me feel appreciated, loved and supported. I'm truly grateful for you!

Sincerely,

Tracy Livingston



Dear FUMC,

How blessed I am to receive another scholarship from the church! I'm excited to begin my senior year in the fall and I deeply appreciate your support as I finish up my Animal Science degree at K-State. Thank you for investing in me in more ways that one these past several years!

Love,

Sarah Lauber

Dear FUMC family,

Thank you so much for celebrating our graduation with us. It means a lot and we appreciate your support through the years.

Anya & Jonas Anderson



Itchin' to Stitch

Itchin' to Stitch is a group of seamstresses that use their skills to make the world a better place. They love to make quilts for new babies. They recently made this quilt for Aileen Hastings new granddaughter. Here is her note.

Dear Itchin' to Stitch Ladies,

What a wonderful and unexpected gift! Thank you so much for the quilt for Isla. She already loves it. I know very well the time, focus and love that goes into every stitch. so I really appreciate you thinking of her. She will grow old with this quilt. From the bottom of my heart, thank you.

— Amy Hastings Cragg



At the last Itchin' to Stitch meeting Teresa Hicks was surprised with the Rotary's Paul Harris award for her work with Itchin' to Stitch and the Nurture and Care Committee. This prestigious award goes to people who have made outstanding contributions to their community. Thank you, Teresa, for all you do for others.



Music Notes

Although the choir and handbells had a lighter schedule this summer, they stayed pretty busy! Several members of the **Wesley Ringers** attended the National Catholic Handbell Workshop earlier this month in Kansas City. We were invited to participate by our friends at Immaculata Catholic Church and got to play with choirs and ringers from all over the country. I even got to dust off my gloves and play! It was an amazing experience – we met some new friends, made connections, and played some great music together! We're excited about some future possibilities and will be playing several of the pieces throughout the year, starting in August. If you'd like to know more about our handbell program, please contact me. All levels of ringers are welcome to join us.

The **Sanctuary Choir** is back to regular Wednesday rehearsals, meeting weekly at 6:30 in the Sanctuary. All are welcome to come and sing, no audition required. I know that we heard some lovely voices from the congregation over the summer. We would love to have you join us! There will be a welcome back potluck on Aug 21 at 5:30 pm in Fellowship Hall for new and current choir members and musicians.

Coming this fall: **Children's Choirs!** We will be rehearsing music with our little ones at Wonderful Wednesdays and Sunday School not only singing but using instruments too. Starting in October, we'll begin putting together children's Christmas program, so mark your calendars now.

I am always on the lookout for musicians and music; if you can play an instrument or have a favorite piece you'd like to hear, please let me know.

Music is worship, music is prayer. Keep it in your heart. – Kathy



Be Kind to Your Mind continued

What you may not know about the Guidance Center is that the Chief Operating Officer and Certified Community Behavioral Health Clinic Director is a part of our church family! Maggie Myers and her mother, Marcia have been attending here since Marcia moved here from Ulysses, Kansas.

Maggie began her professional career as a youth minister. She served in Winfield and then in Augusta, Kansas for four years. During that time, Maggie started going to a therapist. Her therapist asked her, "What do you want to do?" Maggie said, "I want to do what you do." So Maggie decided to get her Masters in Social Work from KU. Her church was very supportive. They let her go to school part time while she was still was a youth pastor.

Maggie started her social work career in Ulysses, Kansas. She worked at their Community Mental Health Center for 12 years as a counselor and case manager. That mental health center had to serve 13 counties in western Kansas. Clients often had to drive many miles for services. She later moved to Topeka to become a trainer for an insurance company. She also worked with a case management team and helped people coordinate services. This taught her a lot about resources available around the state of Kansas. In November of 2021, Maggie moved to the Guidance Center in Leavenworth. Originally she was a grant writer. She was recently promoted to Chief Operating Officer.

Maggie is passionate about mental health. She said, "Mental health is health. That motivates what I do in working with the Guidance Center to continue to offer as many services as we can."



Be a Superhero! The CASA Superhero Run is August 24 at the Sports Field Recreation Complex in Leavenworth. It is broken into certified 10k and certified 5k routes. The 5k is a run/walk event. Runners are encouraged to dress as a super hero.

After the run our 12 and under superheroes will get their chance to participate in a 100 yard dash. Bouncy castle, face painting and costume contest are a few of the activities rounding out the morning event.

- 6:00 AM - Onsite Registration and Packet Pick Up
- 6:00AM - Exhibitors Activities
- 7:30 AM - 5K and 10K Start
- 8:30 AM - Awards
- 9:30 AM - Costume Contest
- 9:30 AM - Kid's Fun Run

For more information, visit casalvks.org/shr.





Be Kind to Your Mind

According to the National Institutes of Health (NIH), 57.8 million adults, or 19% of the population, have a mental illness, but only 43% receive treatment. According to a study done by USA Today, based on people who self reported mental illness, Kansas was number four in the nation with 26% of the population needing mental health care. Kansas was number 23 in the nation for people who do not receive the mental health care they need. In Kansas, 52% of the people polled did not get help with their mental health issues. Mental health is often stigmatized, so people try to hide their need for care. But caring for your mental health is just as important as caring for your physical health.

If you or someone you know are struggling with anxiety, depression, PTSD or other mental health issues, you may be wondering if there is any help available in our area. The Guidance Center, located at 500 Limit Street in Leavenworth, is a community based, non-profit agency that serves as the local Community Mental Health Center for Atchison, Jefferson and Leavenworth Counties in Kansas. We provide a full range of quality outpatient and inpatient referral/release services for individuals, families and businesses in our communities. They offer a broad array of home and community based behavioral health services, always prioritizing those who are most in need without regard for their ability to pay for care. The Guidance Center is the only provider of psychiatry services in the three-county area offering a sliding fee scale for individuals who have no other way to pay for their care.

The Guidance Center not only offers individual, marriage and family counseling, they have six school based clinicians that go into the public schools to work with students. The Guidance Center has also developed the Assertive Community Treatment team (ACT). This eight member team consists of nurse practitioners, employment specialists, and therapist that focuses on adults with significant mental health struggles in our community. They work off site in the community, for example they have regular visits at the Interfaith Community of Hope. They also have a counselor who is available to go with police officers on calls that may need mental health assistance. They also have a Justice Involved Behavioral Health Liaison who works with the jail, the courts and law enforcement. The Guidance Center also has emergency service available 24 hours 7 days a week.

One of the newest resources the Guidance Center is offering is Guiding Lights at 711 Marshall Street which is the former Cushing Hospital. Guiding Light's goals are to serve as a resource to individuals and families preventing unnecessary hospitalization of persons who can benefit from community-based resources. Areas of service include: Sobering Services: withdrawal management with average stays of four to six hours. Allows client to become sober enough to make treatment decisions regarding drug/alcohol treatment. Crisis Observation: a supervised unit for stays of up to 23 hours. Observation room is a large room with a circle of recliners. Clients are not assigned a bed. Crisis Stabilization: Length of stay determined by crisis symptoms. Crisis services and medication evaluation, as needed. Clients will continue to be assessed until determined symptoms are stable and the client is able to discharge to a lower level of care. They will have a case manager and support staff working with them.

If you ever need to call Guiding Light, their phone number is (913) 416-4497.

The Guidance Center has offices in Atchison and Oskaloosa. They also host the monthly Leavenworth County Mental Health Advisory Council which includes law enforcement, public schools, Community of Hope, Leavenworth Attainable Housing, St. Mary University and concerned citizens all working together on our community's mental health.

If you would like more information about the Guidance Center and the services they provide, you can check out their website at theguidance-ctr.org or you can call (913) 682-5118. Sometimes it takes a lot of courage to ask for help but self care is important. If you don't care for yourself, who will?



Scout News

The Troops did a field trip to the Ft. Leavenworth Frontier Museum. The director of the museum met the Scouts and invited them into the "real museum" where the artifacts are stored and preserved. He showcased textiles like officer and enlisted soldier uniforms and the BSA Troop 2 flag. Then the Scouts enjoyed the history hunt from horses, wagons, to trucks and airplanes. This trip helped Scouts to complete the Citizenship in the Nation merit badge. Cub Scout Pack 3109 went bowling with the Lansing Pack. Three Scouts completed their Committee level board of review for promotion. Sept. 15 we will complete an Eagle Scout Court of Honor at the Church. While at the Leavenworth County Fair, two of our Scouts were recognized for their 4H presentations. Now that is a super busy family.

The leaders spent time this month cleaning out the Scout Room! As summer melts away and the school year kicks into gear, sports start and the BSA recharter begins. Everybody will be active. The Scouting Ministry appreciates the incredible support from the church and the congregation.

A Scout is Reverent.

Bill Kibler



Anya Anderson was recently honored by the Kansas City Star and the Kansas City Royals as a Scholar-Athlete. She was nominated by a faculty member for Lansing High School. Then judges from the Star, Royals, Chiefs, and the community reviewed their athletic, and academic prowess and community service to determine the winners. Anya graduated fifth in her class of 238. She was the band drum major and on the Scholar Bowl team. She lettered in cross country, track, soccer and basketball all four years. She was also nominated for High School Scholar All-American. Congratulations, Anya!

Cash Melloh was baptized on Sept. 28. His parents are Eric & Dyanna Melloh.



VBS @ FUMC



Vacation Bible School was a great success. The kids learned about the kings and their character keys: Faith, Self-control, Obedience, Trust, and Being a Servant. They performed science experiments, made crafts, sang songs, and played games. When they learned about obedience, Rhonda York brought her dog, Blake, to teach the kids about how she has trained him to obey. King Jesus visited the younger kids on Friday to wash their hands and feet. Each day the kids would write down their "God Sightings". They wrote them on pennants and tied them to the front altar area. It was a wonderful week.

