



First United Methodist Church

of

Leavenworth





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 Or visit us at [FUMCLVKS.ORG](https://www.fumclvks.org)
Sunday services stream at either site.

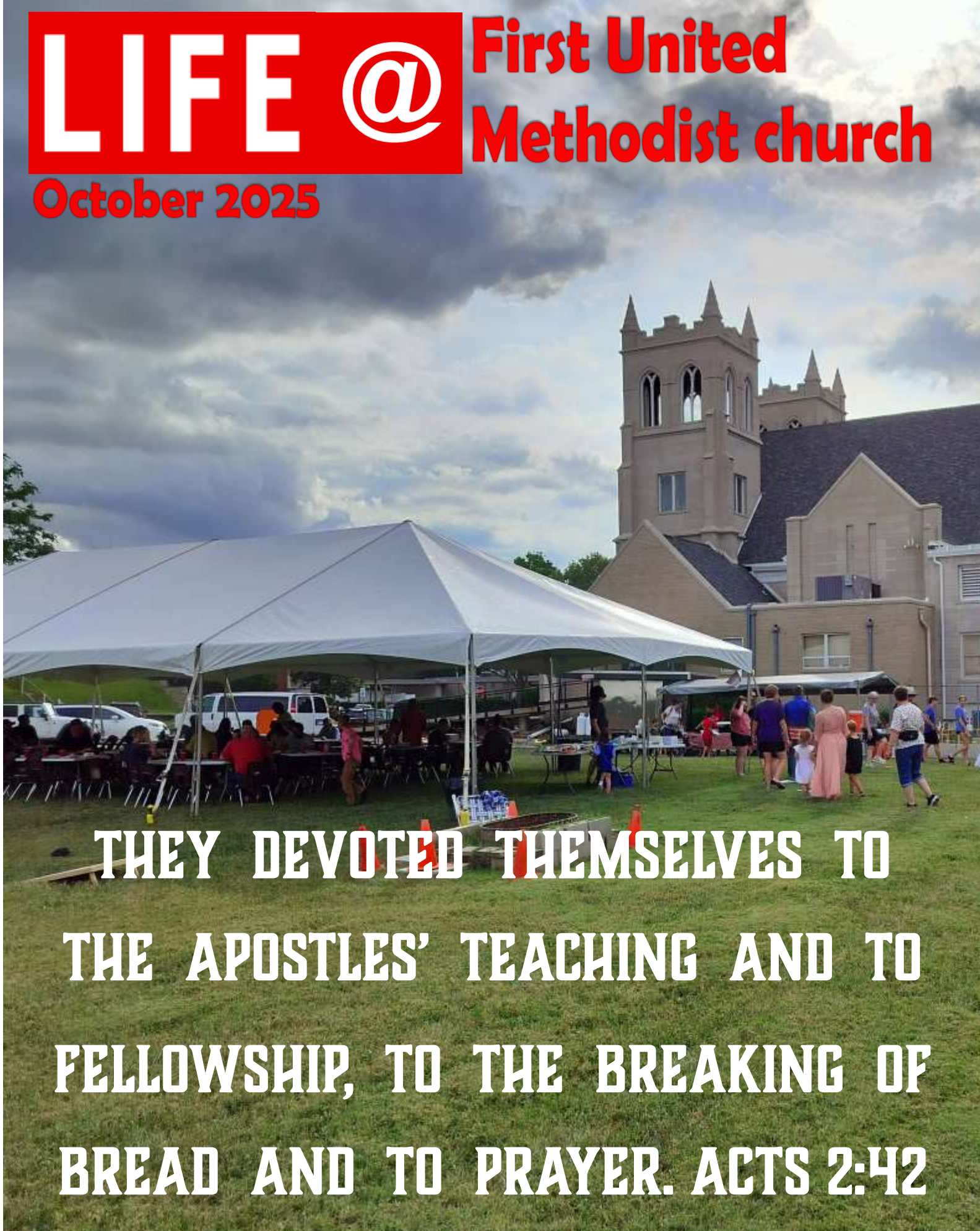
October 2025

28 8:30 am Traditional 9:45 am Sunday School 11:00 am Contemporary 4 pm Bells 6 pm Youth	29 5 pm Virtual Grief Share	30 10 am Women's Bible Study 6:30 pm Pastor Dave's Bible Study	1 1 pm H & S 3:45 pm WW 5:30 pm Potluck 6:30 pm Choir	2 9 am Staff Meeting 6:30 pm Women's Bible Study	3	4 Relay for Life 
5 8:30 am Traditional 9:45 am Sunday School 11:00 am Contemporary 12 pm Octogenarian 4 pm Bells 6 pm Youth	6 5 pm Virtual Grief Share	7 10 am Women's Bible Study 1 pm Book Club 6:30 pm Pastor Dave's Bible Study	8 8:30 MMO 1 pm H & S 3:45 pm WW 5 pm Grief Group 5:30 pm Potluck 6:30 pm Choir	9 9 am Staff Meeting 6:30 pm Women's Bible Study	10 5:30 pm Wingtips	11
12 8:30 am Traditional 9:45 am Sunday School 11:00 am Contemporary 12 pm Fusion 56 4 pm Bells 6 pm Youth Camp Horizon Trip	13 5 pm Virtual Grief Share	14 10 am Women's Bible Study 6:30 pm Pastor Dave's Bible Study	15 1 pm H & S 3:45 pm WW 5:30 pm Potluck 6:30 pm Choir	16 9 am Staff Meeting 1:30 pm Itchin to Stitch 6:30 pm Women's Bible Study	17	18 8 am Men's Breakfast
19 9 am Sunday School 10 am One Service 11 am Charge Conference 4 pm Bells 6 pm Youth	20 5 pm Virtual Grief Share	21 10 am Women's Bible Study 1 pm Spouse Grief Share 6:30 pm Pastor Dave's Bible Study	22 12 pm Let's Do Lunch - Karma Cakes 1 pm H & S 3:45 pm WW 5:30 pm Potluck 6:30 pm Choir	23 9 am Staff Meeting 6:30 pm Women's Bible Study	24	25  
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LIFE @

First United
Methodist church

October 2025



THEY DEVOTED THEMSELVES TO
THE APOSTLES' TEACHING AND TO
FELLOWSHIP, TO THE BREAKING OF
BREAD AND TO PRAYER. ACTS 2:42



Don't worry about anything;
INSTEAD, PRAY ABOUT EVERYTHING.
TELL GOD WHAT YOU NEED,
& Thank Him
FOR ALL HE HAS DONE.
PHILIPPIANS 4:6

"Be grateful for the next thing in front of you." When I first read this quote, it caught me by surprise. Sometimes, the next thing in front of me isn't a good thing: illness, conflict, loss, or even death. Why would I be grateful for any of those? It was explained in this way. If God has allowed whatever thing is in front of you, it is your lot. Therefore, I give thanks for the thing even when I can't see the goodness in it. Paul described it in 1 Thessalonians 5:16-18 "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus." We are not instructed to be thankful FOR all things but IN all circumstances. God is in the middle of it with you. We don't know how things will turn out. What may seem like the worst thing to ever happen might turn out for good. Consider the cross of Jesus and Good Friday. Salvation of the world through suffering, loss and death.

Philippians 4:4-6 reads "Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all because the Lord is near. Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God." Trials and challenges cause us to turn toward God. We can find strength and comfort during hard times. It's more than positive thinking; being grateful for the next thing in front of us causes our prayers to increase and our attention to turn to God.

This is an attitude of a mature disciple who knows circumstances change but God remains constant. I hope that you can grow into a mindset of being thankful in all goodness like family, fun, and friends. That's easy to do. My prayer is that you will be thankful in all things because God is with you always. Praying for Christlike vision to see what is in front of you and be grateful for it.



Have you ever considered giving as a way of showing gratitude? Sort of paying it forward because you're thankful for all that God has given you.

Each year, our church family asks you to consider what you will give back to God in the coming year and to fill out a pledge card. This act of faith helps the church leadership plan effectively and responsibly for the future. When you give, you are funding the continued operations of our beautiful church. You are paying our staff members. You are supporting with 15 mission partners that are making a difference in the world, both locally and globally. Part of you giving goes to the Great Plains Conference. On page 17 there is a letter from Bishop David Wilson that outlines how the Great Plains Conference uses the money they receive.

So, please, carefully consider what God would have you to pledge to give this year. You can not out give God. Luke 6:38, says, "Give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap, for the measure you give will be the measure you get back." Please return your pledge card by November 9.

October is Pastor Appreciation month. Some people joke that pastors have the easiest jobs because they only work on Sundays, but the reality is pastors do much of their ministry behind the scenes. Pastors are called when someone is in the hospital, when a marriage is crumbling, or when a child is in trouble. Often times, the only time a church member talks to the pastor is to criticize something. Here are some statistics from the Soul Shepherding organization.

- 75% of pastors report being "extremely stressed" or "highly stressed"
- 90% work between 55 to 75 hours per week
- 90% feel fatigued and worn out every week
- 65% feel their family is in a glass house

If you feel Pastor Dave is doing a great job, take a moment to write him an encouraging note. Dave's birthday also happens to be this month on October 27. Tell him how much you appreciate his service to our church family.



1st Kathryn West
2nd Jim Glick
Rick Roush
4th Margaret McLaurin
7th Lou Ann Roggentien
8th Alicia Moody
9th Jacob Brandt
Cory Martin

12th Linda Hermann
13th June Bond
Kristen Dilka
14th Kathy Huskey
Margaret Songer
Valancy Varnal
16th Steve Johnson
Bonnie Smith
17th Morgan Johnson
18th Chet Cole
Mike Mix
19th Roy Davis
20th Mallie Rust
21st Sherry Lauber
22nd Helen Parks

24th Roma Keller
25th Kathy McKinley
26th Wayne Parks
26th Cape Rust
27th Austan Sargent
Blaine Weeks
Sherri Williams
Dave York
28th Frank Geib
Harold Poe
29th Haylie Dilka
Jeff Perry
30th Navya Hopkins
Maia Songer
31st Kristina Edington



1st Jeff & Tammy John
7th Rick & Shari Hansen
9th Tim & Bobbi Burkett
11th Steve & Carla Wiegiers
12th Klaus & Shannon Sanford
Grant & Amy Zschoche
13th Matt & Laura Johnson
25th David & Sheryl Reddell
30th Forrest & Janette Holdeman

30 years
41 years
31 years
27 years
22 years
29 years
9 years
44 years
31 years



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 Caring Congregation



Something that I really enjoy about volunteering as Congregational Care Coordinator is my self-appointed right to be nosey. So, assuming my role as Interrogator, I cornered Jim Wolfe and plied my trade. He, luckily, was very good natured and complied by answering my questions. Here's what I discovered about James David Wolfe.

Jim, the second of four children and the oldest son, was born into privilege in a small town near Amarillo, Texas. When I say he was privileged, I don't mean that his family was rich. Instead, I mean that his parents, strong Baptists, made sure to expose their children to the love of Jesus from the beginning. So Jim grew up in a Christian home and always knew the stories and teachings of Christ from an early age. However, at age ten, tragedy struck. "It was Saturday night, and I was lying in bed beside my father. We were going over my Sunday School lesson together. Suddenly, my dad had a heart attack and died right there beside me."

This event changed everything and had a profound effect on Jim. Mom, who had been a full time homemaker, returned to school to become a schoolteacher in a small town near Lubbock called Muleshoe. At the age of ten, Jim was suddenly required to assume many of the responsibilities previously performed by his parents, that permanently shaped his character. He won several scholarships and attended West Texas State University, now a part of Texas A&M. During his junior year, he joined ROTC and upon graduation was commissioned into the US Army.

What followed was a twenty-year career with the military. While attending the Advanced Course at Fort Benning, he met Judy Davenport who lived in the adjacent apartment complex. Luckily, he had a follow-on assignment to Benning so was able to get to know Judy. Three years later they married and the rest is history.

During this time of career building and family growing, there was little time for spiritual growth, with the exception of an eighteen month stretch as Company Commander when he attended weekly church services with his troops. Jim realized during this dormant time that something was lacking. When they were assigned to Ft Leavenworth in 1987, they knew it was time for a change. They bought a house and started church shopping. They knew after the second visit that First Methodist was their home. "The people were so welcoming. Pastor Tim Hutabarat visited our home and within the month we had joined the church."

"I knew I needed to do better. I started actively looking for ways to serve." He went back to school and became a teacher. "I knew I didn't want to be at the fort, where most children had both parents, a stable income, advanced degrees, etc. I wanted to be a positive male role model. I took a job teaching 4th grade at Howard Wilson Elementary." Sixteen years later, he moved to Henry Leavenworth School, and retired after 20 years. During this time, he also volunteered through the church. He tutored children after school during Wonderful Wednesday, as well as at Anthony school, and volunteered for Vacation Bible School. Later, he joined St Paul's Buffet which was serving community meals. He and others then helped move this ministry to FUMC as Samaritans Buffet, which now serves over 500 meals twice a month. He also volunteers at the Hope Shelter, working the night shift.

Looking back, Jim sees God at work throughout his life, orchestrating each event leading to his work here. He knows now that the choices and decisions he made were God's way of preparing him for his current ministry. Every morning, as an early riser, he goes to his reading nook and gazes out the window at the sunrise and the bird feeder. He spends an hour in solitude, Bible study, and reflection. He ends with prayer, asking God to help him to recognize opportunities where he can serve. I'd say that his prayers are being answered. Well done, good and faithful servant.

Shalom, Marsha

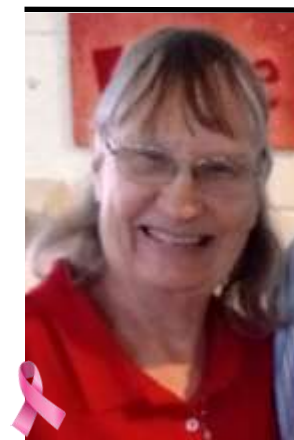


Our prayer team meets every Tuesday morning to lift up special concerns of the congregation. We welcome you to join us. Or, let us know if we can pray for you. There's a prayer box in the church narthex for written requests, or if you prefer to discuss in person, contact Marsha Gaffin, Congregational Care Coordinator, at 913-547-0286. All submissions are totally confidential.

Nelson Mandela said, "Education is the most powerful weapon which you can use to change the world." But teachers in our community are facing more and more challenges in the classroom. So again this year, we will be partnering with other churches in Lansing and Leavenworth to show teachers we care about them and the work they are doing. On Nov. 10, we'll be taking breakfast to Anthony Elementary. We need volunteers to make casseroles, breads, and fruit trays. Please sign up in the foyer or call the office if you are willing to donate.

We will also be writing personal thank you cards to all the teachers and staff. We will supply the cards and the names, we just need your gratitude for five teachers. There is a sign up in the foyer for that as well.

Would you like to do even more? You can volunteer to be a tutor one hour a week. You would help students with math or reading on a one on one basis. Pastor Dave has been a tutor at Anthony Elementary for a year. He said, "This is one way I can give back to the community. I can really make a difference. I was assigned to a teacher and the kids are really easy to work with. You can get a lot accomplished in an hour. A classroom teacher can't do everything by themselves." Contact the office if you're willing to volunteer.



October Is Breast Cancer Awareness Month

October is breast cancer awareness month. Schedule a mammogram - it could save your life. A regular mammogram, 23 years ago, discovered a cancerous lump in my breast. Since it was found early, stage one, no chemotherapy was needed. This even led to further events for me when nine months later, stage four ovarian cancer was discovered. Surgery and chemotherapy followed. A genetic test indicated I am positive for the BRCA1 mutation. People who inherit harmful variants in one of these genes have increased risks of several cancers—most notably breast and ovarian cancer. Speak to your health care provider to determine when you should begin regular mammograms. Early diagnosis is important. It could be life saving! YOU are important, and this is too. Cheryl Rader

Dear FUMC Family,

In north Leavenworth there is a fountain and from it flows blessings, grace and love - in abundance! I am so thankful for the ever present kindness of FUMCL. Ed, Grant, Sandy, Libby and Pastor Dave faithfully sought ways to be of service during the Bake Week 2025. On the day of the Bake Sale, parishioners consistently crossed the threshold of KCKCC with smiles, encouragement, donations, and love. "Come Thou Fount of every blessing, Tune my heart to sing Thy grace, Streams of mercy, never ceasing, Call for songs of loudest praise." I loudly praise God for you all!

Much love,
Elaine Belardo

Dear Church Family,

Thank you for the cards and best wishes for my 90th birthday.

Dale Roller



Greetings and love to everyone that reads this incredible newsletter. The Lord is at work in FUMC of Leavenworth, Kansas. Financially, we're holding steady. Thank you everyone. The repair to Wesley Hall post water damage is complete! The trustee committee now is moving their attention to their 2025-2026 project list that includes, but is not limited to, replacing water fountains, filling in low depressions around the campus and much more.

The church council will meet on Oct 16 in Fellowship Hall to finalize our annual charge conference packet. The annual Church Charge Conference will happen on Sunday, October 19 in Fellowship Hall following our one service at 10am. For this year's conference, there will be a catered lunch, followed by the church wide business meeting and all are invited. "Decisions are made by people that show up." The love this congregation brings on a daily basis is steaming ahead this fall.

Feeding the hungry (Samaritan's Buffet, Leavenworth Mission and Trinity House Volunteers, Backpack Buddies), housing the homeless (Leavenworth Interfaith Community of Hope), and loving unconditionally on our neighbors not for individual/collective recognition, but to bring glory to our Lord Jesus (Itchin' to Stitch, Grief Share, Youth Mission, Kids First Worship, Bible Study Groups, Sunday School, Scouts, and Music) are all opportunities for you to serve and love. If you would like more information on these service ministries or you have an idea or other area where you believe we need to serve, please contact me at egarven@fumclvks.org.

Thank you to everyone who participated in the "Hog Wild for Missions". The dollars we raised, the hours you served, the love you showed help build His Kingdom locally and around the world.

We are continuing the fellowship and hospitality focus throughout the month with a potluck dinner the first four Wednesday evenings in October, starting at 5:30pm in Fellowship Hall. Joining us are local guest speakers from our outreach partners; Leavenworth Mission – Iris Arnold, Anthony Elementary School – Principal Kristy Tsen, Leavenworth Attainable Housing – Sister Amy Willcott, Interfaith Community of Hope - Jennifer Christensen. This is a great opportunity for each of us to invite a friend and show them true hospitality, opening our doors, our lives and our walk with our collective Lord and Savior Jesus Christ.

in Christ, Ed

We will be providing candy for our Trunk or Treat on October 25, but we will also be contributing to Anthony Elementary's Trunk or Treat and The Richard Allen Cultural Center event. If you are able to donate a bag of candy, please bring it by the October 22. Thank you.



What is a Charge Conference? And why should I go?

The Charge Conference is the annual business meeting of our church family. I know, your first thought is "Ugh! I hate boring meetings!" Me, too! So, why should we go? Well, first of all, there will be good food! This year, we will serve lunch after our one worship service at 10 am. Everything will be provided. Just come and enjoy. The meeting starts at 11 am.

Most importantly, this is our opportunity as church members to understand important decisions being made by our church leaders. You may not even know who those church leaders are, but you will meet them at the Charge Conference. If you financially support this church, this is your chance to see how your money is being spent. It will also give you a vision for the future of our church. Attending the Charge Conference is a way to show you care about the church and our mission. It's a way to be informed and hopefully inspired. This is your church and you have a voice. Use it! Decisions are made by people that show up, so show up! See you there!



Scouting

Now that School is in full swing, so is the Scouting Ministry at FUMC. Our Scout Executive, Pastor Dave, joined pack 3109 at the KC Monarch's Ball Park. The hot dogs, candy cotton and nachos might have been the hit until the game was over. Then the real fun! Scouts set up their tents or sleeping bags in the outfield and watched a movie on the screen. Not sure about *Angels in the Outfield*, but there were Packs of Scouts.

On the hottest day of the year, Sept 13, Brady Mendenso showed his leadership skills and planning for an Eagle Project supporting the Leavenworth City Parks and Recreation. The first half of the day was rebuilding the flower garden at Hawthorn Park. That was punctuated by a birthday party for Conner Walsh. Pizza and cake for everybody. The second half of the project was in the 96 degree heat at Haymarket Square. Two days before, Scouts power-washed the viewing stand in preparation for it to be painted. Short people and tall roofs made for a challenge. Mix that with traffic on the street and 100 more cars parking at Haymarket and you have an opportunity to throw some paint. Not one car was splashed.

The youth group and some Scouts helped with Hog Wild. The scouts walked away with six cakes.

Topping off the month and the summer was the annual Court of Honor where Scouts are recognized for their advancements

Dear Bill Kidder,

I commend you and all the active leaders in Scout Pack 3109, Troop 173, and Troop 6173. The scouting adventures and troop citizen skills that you build are sure to have a lasting imprint on the area youth and our society as a whole, now and in years to come. Thank you.

As chartered units through First United Methodist Church of Leavenworth for over 50 years, you continue to serve others and contribute to a powerful tradition of involvement.

Well done,

Jeff Klemp, Kansas State Senator, District 5



and receive the merit badges they earned over the summer. This is a Scout run event. Following that, the Scouts took the opportunity to thank the Tinkler Trustees and Church Leadership for their scholarship support for camp.

But wait, there is more. Scoutmaster Glenn Kolin has been in charge of Troop 173 for over 12 years and has helped over 100 young men and women in the Scouting Ministry here at FUMC. Thirteen of those young men and women have become Eagle Scouts. Glenn is also the driving force behind FUMC Chartering the first female BSA Troop 6173 in the Leavenworth. Pastor Dave passed the flag for the Change of Responsibility and Shawn Walsh willingly accepted the challenge.

Bill Kidder

Dear First United Methodist Church of Leavenworth,

I am writing to thank you personally for your efforts to improve on payment of your mission shares. In fact, as of this letter, your church is among the 25 largest increases in payments of mission shares compared to 2024. I fully recognize the sacrifice and budgetary discipline necessary to meet your financial commitment to our annual conference, and your efforts have been noticed. Your efforts show support for our combined ministry in Kansas and Nebraska, and they also show your faithfulness in our Creator God and the abundance we all too often fail to see.

Contributions such as yours make our conference one of the most vital in our entire denomination. Funds provided via your mission shares help provide grants and educational opportunities across Kansas and Nebraska, retreats for clergy, and opportunities for our multi-ethnic churches to bolster programming and enhance leadership.

Your mission shares also help support the next generation of committed Christians by helping fund campus ministries at 13 universities and colleges across our two states, our five Great Plains camps, as well as internships and special events designed for youth. In short, you are helping young people prepare to serve as leaders in our churches.

Finally, among other things, your mission shares greatly support our justice work within the conference boundaries and beyond. Thousands of people are engaged in justice work at a grassroots level via our Doing Justice Initiative, a movement that seems to grow every year. The funds given and leadership provided by you and others in our conference continue to push forward in a new era in our two states by living up to the words of Micah 6:8. Now, perhaps more than any time since the height of the Civil Rights Movement, we must take a stand for equity and inclusion as taught by Jesus Christ.

I'm so thankful for your support! May our Creator God bless your ongoing commitment to serving the risen Christ as we spread the Gospel throughout our world in ministry together. I greatly appreciate your efforts and I feel privileged to be your bishop. Bishop David Wilson, Great Plains Conference



Kids First Worship is for kids ages 3 years through 6th grade and meets during the 11am service each Sunday on the lower floor of the Sanctuary building. Last month, we started learning about Israel's kings. This month, we will zoom in on the most famous king, David.

October 5 – KINGS: David and Goliath

October 12 – KINGS: David and Jonathan

October 19 – KINGS: David Hides from Saul

October 26 – KINGS: David and Mephibosheth

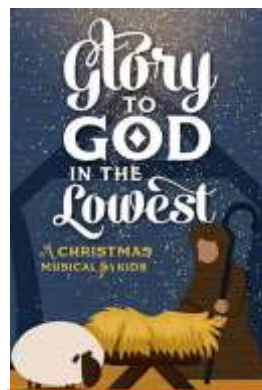
Sunday School meets on Sunday mornings at 9:45 am in room 202 of the Education Building. With the Bible as our foundation, we use science, art, and activities to not just tell God's story, but learn what it means for us. Our lessons will be a deeper dive into the story of David.

Wonderful Wednesday is a fantastic way to remind kids that God is not just for Sunday, he is for EVERY day. Designed for kids ages 3 years through 6th grade, we meet in the Education Building from 3:45 – 5:30 pm during the school year. Our theme is "Exodus: From Moses to Me". We are studying the book of Exodus from start to finish this year. Last month we focused on young Moses. This month we'll discover adult Moses.



Fusion 56, our for 5th & 6th grader group, meets from 12:00–1:30 pm every other week (unless otherwise noted). Each meeting we have lunch, a Bible lesson and FUN! Contact Nancy for more information. Friends are always welcome! **This month's meetings are Oct 12 & 26.**

Mother's Morning Out is an outreach for young families in our community. We need volunteers to keep this ministry going. The next Mother's Morning Out is Oct. 8, from 8:30 am to 11:30 am. Our theme for October is "Pumpkins." We have three age groups; babies, toddlers and pre-K. Please register at FUMCLVKS.ORG/MMO



Glory to God in the Lowest is this year's Children's Christmas Musical. It will be performed on Dec. 13. Music rehearsals begin in October. We will spend part of Wonderful Wednesday and part of Kids First Worship learning some great music! We also have a beginning bells group for kids from fourth grade to adult who want to learn how to play bells. They rehearse on Sunday evenings at 5 pm. For more information, contact Kathy at kmckinley@fumclvks.org.



For info on Children's Ministry contact Nancy Shade nshade@fumclvs.org

What: Trunk or Treat with a Twist!

Time: October 25, 5 - 7 pm

Treasure: Donate needed candy or other treats.

Talent: Decorate a Trunk!

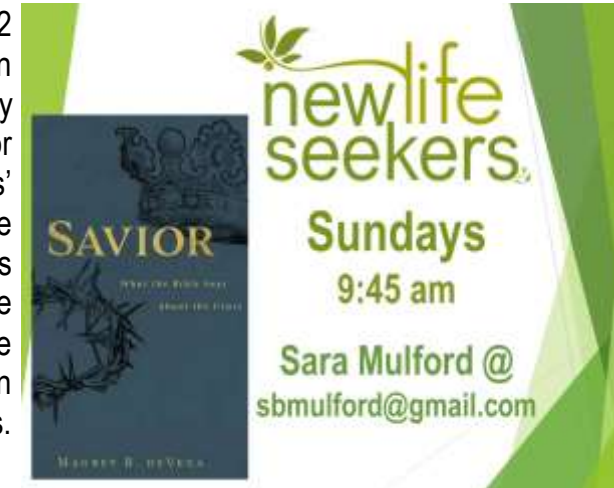
We are partnering with the Presbyterian church again this year. There will be a costume contest and other surprises.



Mary Lou Anderson was awarded The Vincentian Charism Award. The Vincentian Charism Award is given to individuals who embody the spirit of St. Vincent de Paul, recognized for their compassion, commitment to justice, and transformative works of mercy for the poor and marginalized. Mary Lou has worked at the Interfaith Community of Hope since 2018. She was also a retired physical education teacher of 32 years and is a volunteer for Deeper Window, which cares for individuals living with Alzheimer's disease. Mary Lou is a kind and compassionate human being who has a heart for caring for those in need and we couldn't be more proud of her! **Congratulations, Mary Lou!!**



The New Life Seekers Sunday School class meets in room 202 of the Education building. They will be starting a new Bible Study on October 19 called, *Savior: What the Bible Says About the Cross* by Magrey deVega. This Bible study faithfully describes the need for reconciliation between humankind and a holy God through Jesus' death on the cross. The Bible uses many images to understand the meaning of Jesus' death and resurrection, and deVega guides us through these images to achieve a richer understanding of the Christian faith. By exploring the mystery of salvation through the cross, we can deepen our love for God and others and strengthen our commitment to follow Jesus. You are invited to join their class. For more information contact Sara at sbmulford@gmail.com.



In October, the book club will be reading *Before the Swallows Come Back* by Fiona Curnow. *Before the Swallows Come Back* is a story of love, found family, and redemption that will break your heart and have it soaring time and time again as you sit on the edge of your seat desperately hoping. Tommy struggles to communicate with people, preferring solitude, and drifting off in nature. He is protected by his Tinker family who keep to the old ways. A life of quiet seclusion under canvas is all he knows. Charlotte cares for her sickly father. She meets Tommy by the riverside and an unexpected friendship develops. Over the years it becomes something more, something crucial to both of them. When tragedy strikes each family they're torn apart. The book is a celebration of nature and it's beauty. We'll discuss the book on November 4 at 1 pm in Wesley Hall. Everyone is welcome to join us. If you need a ride, contact Sandy at 913-547-6916.

We are thankful for our volunteers!

Every Sunday in October and November we will be highlighting a group of volunteers from our church family to let them know how much we appreciate all they do. If you have been especially blessed by their work, why not let them know with a text, email or note? None of our volunteers expect praise, but everyone does enjoy being appreciated.

October 5 - Nurture and Care Ministry

They care for our older church members and visit sick and shut in church members. They facilitate Grief Share, coordinate informative seminars, lead the church prayer group and host the Blood Drive.

October 12 - Music Ministry

Music Ministry enhances our worship services with adult choir, children's choir, Wesley Ringers, the beginning bell choir and the Praise Team. They also plan special seasonal musical presentations.

October 19 - Children's and Youth Ministry

Children's Ministry teaches children from birth through sixth grade about the love of Jesus. This includes Nursery, Sunday School, Kids First Worship, Wonderful Wednesday, Fusion 56, Mothers Morning Out, Vacation Bible School and special events like the Christmas pageants, Trunk or Treat and TGIGF. Youth ministry disciples youth from seventh to twelfth grade. This includes Sunday School, Refuge Youth, Confirmation, service projects and mission trips.

October 26 - Adult Education

Adult Education includes Sunday School teachers and Bible Study teachers.

November 2 - Church Council/Trustees/Staff Parish Relations Committee

The Church Council is the leadership of our church family. They approve large financial decisions and the budget. They help plan for the future. The Trustees maintain the church buildings and grounds. The Staff Parish Relations Committee works with the conference to manage all church employees.

November 9 - Samaritan's Buffet and Itchin' to Stitch

It takes many volunteers to prepare meals for over 500 people 16 times a year. They make sure the meals are not only nutritious, but delicious. Itchin' to Stitch creates a myriad of handcrafted items for church members and charities throughout the Kansas City area including veteran's quilts, fleece blankets, bibs, scarves, pillows and bookmarks.

November 16 - Unseen Ministries

There are many behind the scenes volunteers in our church family that perform gifts of service that enhance our worship experience. A few of these unseen volunteers include the people who maintain our lovely garden areas, and who decorate the sanctuary each week. We have volunteers that count the offering each week. We also have volunteers who make repairs or paint, who pick up donuts every week and who help set up and clean up when we have special events. We even have volunteers who send birthday and anniversary card and make prayer shawls.

November 23 - Hospitality/Fellowship Meals

Hospitality volunteers greet for every service, they set up coffee and help usher when needed. Many people help with Fellowship meals including potlucks, funeral meals and meals for people who are sick or in the hospital.



Another way we can collectively show gratitude is by thanking people in our community who make a difference. We will be doing this in a series of potlucks in October. Join us at 5:30 pm on Wednesdays as we thank these people for helping the least of these in our community. Please bring a main course and either side dish or dessert to share.

October 1 - Iris Arnold - Leavenworth Mission Food Pantry

October 8 - Kristy Tsen - Anthony Elementary School

October 15 - Amy Wilcott - Leavenworth Attainable Housing

October 22 - Jennifer Christensen - Interfaith Community of Hope



Itchin' to Stitch creates special handmade items for our church family and our community. They donated animal pillows for the Furever Hope Pet Festival on Sept. 6. They had a pet costume and pet trick contest, along with games, vendors and raffles to raise money for Hope Pet Rescue Center. This adoption facility is dedicated to saving pets that are presently in shelters. Prior to adoption, animals are spayed or neutered, vaccinated, and treated for parasites. At their September meeting they also worked on Mother's Hearts, fleece and flannel blankets for Children's Mercy Hospital and scarves for KU Cancer Boutique.

Itchin' to Stitch is open to anyone who loves to create. They meet the third Thursday of each month at 1:30 pm in the Fellowship Hall. Their next meeting is Oct. 16. For more info, contact Teresa Hicks at hickst@kc.rr.com



Anthony Elementary School's enrollment is made up of 80% economically disadvantaged students and the minority student enrollment is 62%. We, as a church family, realized this would be a great place to practice loving our neighbors. Four years ago, Pastor Dave met with the principal and asked how we could help. This resulted in a partnership that includes supplying volunteers for special events like the Family Fun Night. (pictures left) We also purchased underwear and sweats in case of accidents for the nurse. We will be supplying meals for teachers at special times and buying Christmas gifts for kids in need later this year. Thank you for your generous donations that really do make a difference in our community.



Dear Pastor Dave and Congregation,

Thank you so much for the generosity and compassion you have showered not only on our students here at Anthony, but the staff as well. Your donation of clothing was much needed in the nursing office. Your kindness is truly making a real difference for students who need a little extra support. We are grateful for the way you all care for our community!

Nurse Baker @ Anthony



Your Gratitude Attitude Determines Your Life Altitude - Zig Ziglar

First Thessalonians 5:18 says, “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” Have you ever considered that this is less of a command, and more of a prescription for a better life?

Jonathan Passmore and Lindsey Oades wrote a paper in 2016 that asserts “as expectations have changed, gratitude has diminished in western society. Possessions and health are expectations for many individuals rather than considered personal ‘blessings’ that are appreciated. For many, gratitude has been replaced by anger, disappointment, and resentment when these expected ‘blessings’ either do not appear or they disappear.” Many research studies have been conducted about gratitude and how being more grateful can actually change not only your attitude, but your health and relationships. Here are some of the findings.

Boosts mental health:

A recent research study involving 300 college students seeking mental health counseling at a university with issues related to depression and anxiety found that regularly practicing gratitude is associated with a significantly lower risk of depression, anxiety, and other mood disorders. It helps people focus on what they have, fostering a more positive outlook, happiness, and greater satisfaction with life. Gratitude practices can reduce the stress hormone cortisol, helping individuals cope better with stressful situations and negative experiences.

Improves physical health:

Gratitude is linked to better sleep and positive markers of cardiovascular health, and may contribute to a longer life. Published July 2024 in JAMA Psychiatry, a study drew on data from 49,275 women with an average age of 79. Participants with gratitude scores in the highest third had a 9% lower risk of dying over the following four years than participants who scored in the bottom third. Gratitude seemed to help protect participants from every cause of death.

Strengthens relationships:

Allen W. Barton, a professor of human development at the University of Illinois Urbana-Champaign conducted a study that examined the effects that expressed gratitude had on married couples. Individuals in the sample with higher levels of expressed and perceived gratitude were more satisfied, more closely connected, and more committed to their relationship. Studies on gratitude in the workplace have shown that thankfulness promotes cooperative behavior and reinforces the willingness to help one another, fostering a positive cycle of support.

Helps with adversity:

Gratitude has been linked to a stronger ability to bounce back from setbacks and challenges, making individuals emotionally stronger and more motivated to overcome distress. A 2003 study by Emmons & McCullough demonstrated that individuals who regularly wrote down things they were grateful for reported more optimism, enthusiasm, and energy compared to those who focused on hassles or neutral life events.

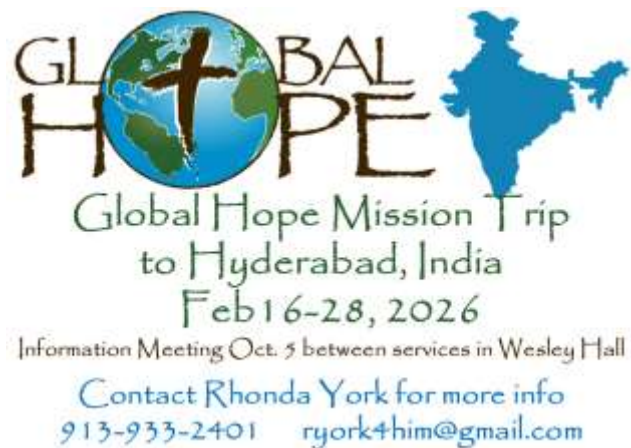
So I challenge you for the next 40 days to look below the waterline and find Simple everyday pleasures to be grateful for. It may change your whole life.



There are many ways to show thankfulness. You can keep a gratitude journal. You can send thank you notes to someone you really appreciate. You can thank God through prayer. But during this 40 Days of Gratitude, I have a special challenge for you. When you see something you are grateful for, take a photograph. Then email your best photo with a small write up about why you are thankful for that to Sandy at swood@fumclvks.org by October 24. We will share our gratitude photos and thoughts in the November newsletter. You may also want to go one step further and share your gratitude photos and thoughts on social media. Who knows, perhaps your grateful attitude could inspire someone else to also be thankful.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In the Bible, the number 40 signifies a period of preparation, often followed by a period of fulfillment or transformation. Jesus fasted 40 days in the desert before his public ministry. This fall, we encourage you to take 40 days to focus on gratitude to see what God has in store for you. Here are some ideas to help you.			1 How would you define gratitude? Why is it important?	2 What in nature are you thankful for?	3 Who are some of your favorite people now? Who from the past?	4 Take a gratitude walk and express thanks for God's majesty.
5 What of the global Church are you thankful for?	6 How do you express gratitude to your family? For your family?	7 Write a note to someone you love or admire.	8 Share a photo of something you are thankful for on social media.	9 Give at least 5 compliments today.	10 Give thanks for your favorite skill or talent.	11 Take a gratitude walk and express thanks for your experiences.
12 Give thanks for the life you have been given. What can you give back to God?	13 Give thanks for your favorite job. What made the work joyful?	14 Smile as often as possible today.	15 Give thanks for a situation that was hard at the time, but God worked thru' it.	16 Be grateful for 3 things you take for granted.	17 What unanswered prayers are you thankful for?	18 Take a gratitude walk and be thankful for your limits.
19 Give thanks for the cross and the suffering of Jesus.	20 Do an act of kindness for someone who isn't a friend or relative.	21 Thank God for a time He allowed pain. What did you learn from it?	22 Who/what is missing in your life that you are grateful for the time you had?	23 Thank a person from your past for what they did for you.	24 Give a compliment to someone who helps or serves you.	25 Take a gratitude walk & be thankful for fall & the gift of change.
26 What special gift has been passed to you? Why is it important?	27 Who inspires you to be a kinder and better person? Give thanks.	28 Give thanks for memories that bring you joy from your past.	29 Psalm 103:2 May I never forget the good things God has done for me.	30 Name are 5 things you are grateful for that don't cost money?	31 What is one of your favorite childhood memories of Halloween?	1 Take a gratitude walk & be thankful for the ability to walk.
2 Who are the saints from your faith journey you're thankful for?	3 Play or sing a song that is meaningful to you.	4 Send a note or email to someone you love.	5 Think of a scent that brings positive memories to mind.	6 Look at photos of the best vacation you have taken.	7 Go out of your way to help someone today.	8 Tell your loved one a specific reason you love them.
9 What are you looking forward to this Thanksgiving?	10 Tell God how thankful you are for your life before you sleep tonight.	11 Think about your freedom. Thank you, veterans.	Give thanks in all circumstances, for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:18. Just because the 40 days have ended, doesn't mean you have to stop being grateful. An attitude of gratitude for big and small things can help you focus on the positive things in your life and improve your well being.			



In February of 2024, Claudia McAllaster and I went on a mission trip to India through Global Hope with three other people from Colorado. Global Hope's mission is to provide Christ-centered care for orphaned and vulnerable children through global partnerships. They work in Romania, Kenya, and India in a variety of settings through different partners. Some children are cared for in small, family-like group homes, some live in foster families, others live within the community, but receive education and/or food through a partner. All partners are committed to sharing the Good News of Jesus Christ and providing spiritual guidance.

Our first stop was in the city of Hyderabad, over 11 million in population. Global Hope has partnered with Saji John and his family to provide housing, food, shelter, and education for orphaned children or those children whose parents can't afford to care for them. While we were there, we toured the site of the third campus which was in the process of being built. It is now finished (although the recent flooding caused damage) and ready for 600 children. Saji and other Christians work tirelessly to change the futures of children who have no chance at a normal life due to the loss of a father, the caste they were born into, or other circumstances. Saji told us stories of the persecution he and other Christians have faced as the government wants all of India to be Hindu.

I am excited to be able to return and lead a team to Hyderabad in February of 2026. We will interact with the children, work with the house parents, provide training in various skills, and worship alongside our Indian brothers and sisters. Please consider joining me. We will be in Hyderabad from Feb. 18-25, not including travel days. The cost is estimated at \$3,000. Fundraising events will be held to help offset the cost. Come hear more about my own mission journey on Sunday, Oct. 5 during the worship services. In between services, I will meet with those who are interested in the trip with more specific information. This adventure entails traveling close to the ends of the earth. A spiritual journey awaits! Rhonda York, 913-933-2401 or ryork4him@gmail.com.



Kathy McKinley - I am very grateful to have a positive, encouraging workplace. I know how important it is to enjoy what you do and who you work with, and I am truly blessed to have each and every one of the staff members as part of my "team". I love that we are setting the example for others. Caring for our co-workers – making sure that we are ALL taking care of ourselves and our family – makes us better at our jobs.

Grant Zschoche - I am thankful for the change of seasons.



Nancy Shade - I am grateful for medical tests. You may say, "Really Nancy? Are you sure?" After this particular year, I can answer an emphatic "Yes!" In the space of just a few months, and a variety of tests and procedures, I have not only been able to see inside my body, watch and listen to my heart beating, but the tests also allowed for the discovery of what parts are working just like they are supposed to, and which ones needed a little assist from medical treatment. I am amazed yet again by the intricacy of each body part and how they work together...it's almost like there was a Grand Designer behind it all (which of course, we know to be true, see Genesis 1 and 2). While not every test could be described as "pleasant", they were all necessary and were carried out with professionalism and grace by what I can only describe as the "Medical Dream Team". I am also grateful for the Prayer Team as they prayed me through it all. God is good, all the time. All the time, God is good.



Sandy Wood - The other night I had the windows open and I heard all sorts of sirens in our neighborhood. I said a quick prayer for the person who needed the assistance, and then I added a prayer of gratitude for the people who were responding to the person in need. I remembered a time when our family needed their assistance. It was the worst day of my life. My son had a terrible car accident in 2009 and was life flighted to KU Medical Center. I am so grateful to the fire department, police department and Emergency Medical staff that saved his life. First responders usually see people on the worst days of their lives, yet, they respond with patience, professionalism and bravery. I'm very grateful for their service, but also for our governments that provide these services and pay their salaries.

Dear Friends in Christ,

How very kind of you to supply dinners for us after the visitation for Rod. The meatloaf, chicken legs, cheesy potatoes, salad, oatmeal cookies and cinnamon rolls were delicious. I want to know who made what!

Whatever your role in helping or contributing to the services, I can't thank you enough. I couldn't be more pleased with all of it and feel Rod would have loved it, too.

Having my church family participate in the roles that brought it all together meant everything to me. I love my church and I love you. Many thanks.

Kathy Huskey

Thank you!

Dear Friends at FUMC,

It's always a pleasant surprise when I go the mailbox and there is a return address on the envelope from FUMC. As usual, you are so thoughtful that you remember my upcoming surgery. Surely, I am not jumping with joy, but right now I'm confined to a wheelchair. That is no fun, so with therapy, I pray to be walking with just a walker in 2-3 month.

I'm so grateful that I get to watch the 8:30 am service on Facebook every Sunday. Just to see so many familiar faces is wonderful. Add to that, all the wonderful hymns brings me joy.

Thank you for caring and may God bless all of you. In Christian Love,
Alicia Moody

THANK YOU!

ATTITUDES of Gratitude

Since we are kicking off our 40 days of gratitude on October 1, I asked the staff to share what they are grateful for this year.



Pastor Dave York - I am thankful for a voice to sing and hands to serve!

Ed Garven - I am grateful for all the time and energy that goes into publishing this newsletter. Sandy orchestrates a team of contributors that pour their thoughts, hearts and pictures into this extraordinary collection of kingdom building. Bless each and every one of you - keep living, serving and loving for Christ the King!



Libby Frashier - There are many, many things in this world that we take for granted during our normal days. We rarely stop and look at how clear the sky is some days with a color you can't recreate, how delicate a flower is and yet it withstands winds and rains. Think about the smell of a newborn baby – that smell is different from anything else in the world! The sound of a child's giggle is something we don't often hear but always brings our own smile when we do. Maybe it's the song of that first bird you hear in the morning – singing God's praises for another sunrise. Think about the soft touch of an elderly person's hand that has seen so many years. I could go on and on with things like this that we often overlook. Just take a moment and look around – you'll find something to be grateful for.

Marsha Gaffin - Here are a few "non-spiritual" things I am grateful for:

1. Sanitation workers who pick up my stinky garbage every week.
2. Peanut butter.
3. When the Chiefs and the Wildcats both win and make my husband happy.
4. When my grand-dogs go insane because I walked in the door.
5. When I'm playing piano and my fingers actually do what my brain told them to do.



Kristen Howell - I am grateful for our 2024-2025 National Parks Pass. For like \$80, our family got admission to all 63 national parks for one full year. This pass enabled us to be able to take two major trips in the past 12 months that got us into Indiana Dunes, Cuyahoga Valley, Mammoth Cave, Great Smoky Mountain, Shenandoah, New River Gorge, Black Canyon of the Gunnison, Great Sand Dunes, Mesa Verde, and Grand Canyon National Parks (10 parks this year and 14 for me total). It was absolutely amazing to get to experience such diverse beauty in God's creation! I'm also grateful that my immediate family shares my passion for travel and discovery; even the kids were troopers.



Steven Shade - I'm grateful for humor. In a world that can feel like it's getting darker and darker, the bursts of brightness that laughter brings are a much needed reverie.



In the month of September, the youth group has really picked up the pace and we were able to help serve our congregation and community through the Hog Roast. We have had speakers visit our youth group through September to discuss different difficult life experiences and how we, as Christians, can interact with people who are struggling or who have particular challenges they have to work around. We have had speakers discuss homelessness and addiction, Autism, mental illnesses, and incarceration. Jesus has things to say about how we are to treat others, especially others who are struggling, but it's hard to know how to be there for someone if we don't understand what they are going through.

In October, we will begin focusing on The Sermon on the Mount – Jesus' most prominent message in the New Testament. I'm really excited for this because Jesus has so much to say about how we are to live as Christ-followers through this passage. Youth Sunday school has been working through The Fruit of the Spirit and will continue that through October.

Youth volunteered with setup, service, and tear down of The Hog Roast for missions this month, which raises money to fund missions work in our church and St Paul's Lutheran church. We had a great time and I personally really enjoyed getting to be the DJ. The students did a phenomenal job. I was so proud of them! In October, we will volunteer to run games at the Trunk or Treat event on October 25. Contact Kristen for more details. This is always a fun excuse to put on a [church-appropriate] costume.

Also coming up in the next few months is our winter mission trip between Christmas and New Years. We are going to go serve in San Antonio, Texas, as well as play around and have some fun in the afternoons. I'm looking forward to getting to spend the time serving and connecting with our students! Kristen Howell

Young Adults continue to meet the 1st and 3rd Wednesdays of the month in the evenings from 5:30-7 pm this past month for games and socializing. Keep an eye on your text messages for more detail about next month. We will likely join the church-wide potlucks for dinner. Get a hold of Kristen at khowell@fumclvks.org for more information!



Jeff and Kathi LaMoe's son, Peter was married in San Diego, CA, on September 20. Kristen is an RN, works in ER at Scripps Hospital and is from Syracuse, NY. Peter is a Navy Reservist flying V22 for Navy Squadron on North Island, Coronado Island. He is also a First Officer flying the 737 for American Airlines. They will reside in Point Loma, CA

FUMC IS HOG WILD FOR MISSIONS

Our church family partnered with St. Paul's Lutheran Church to raise money for both churches with a hog roast on Sept. 20. Everyone had a great time **and** they raised money for mission trips. Win/win!

