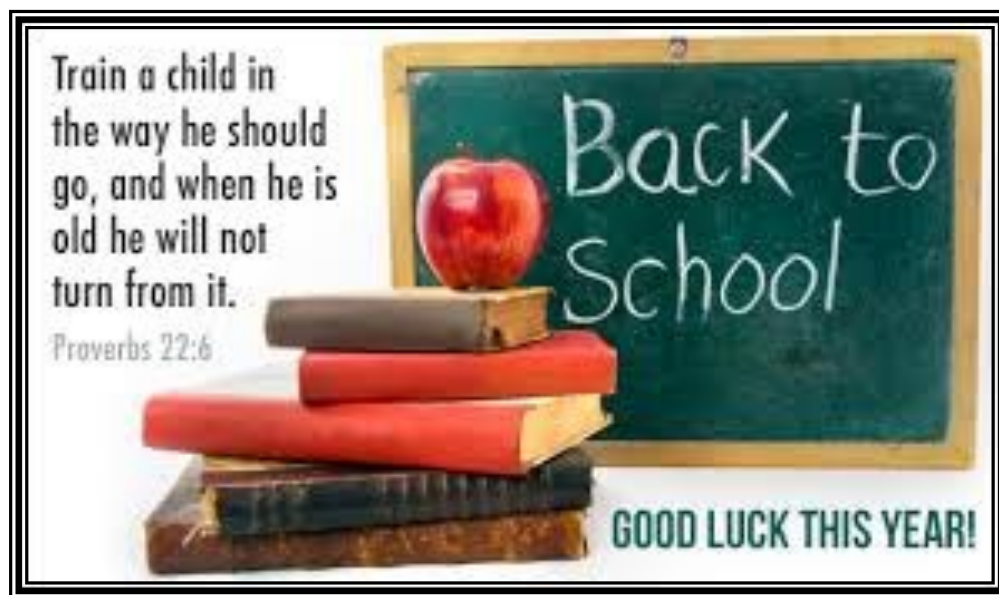




SUNRISE NEWS AND VIEWS

Annual 4th Sunday Brunch, see page 12

Jerry's Wellness Tips (NEW), see page 8



Upcoming PNK Mission Trips, see page 4

3rd Monday Book Study, see page 3

Martha's Musings



Wow! It's hard to believe that summer is almost over! At Sunrise, we've packed mission, education and fellowship into almost every free moment! It's been a full and fun summer!

We hosted the Huesner USD 305 Summer Feeding Program. (due to construction at Huesner) We had 20-25 kids and adults eat lunch at Sunrise for 6 weeks this summer.

We also hosted the CASTLE program for another fun filled, educational summer. Lots of kids (look for detailed reports from the CASTLE folks) enjoyed games, reading, science, field trips and more this summer.

We hosted Heartland Traveling Day Camp at Sunrise for the third year. It's such a pleasure to

"We are fortunate to be in a city with two STRONG Presbyterian churches. . ."

share our hosting with First Presbyterian Church. 56 kids enjoyed Bible study, crafts, skits, archery, water play, and horses for a week in June! We had children from Sunrise, First Presbyterian, First Presbyterian in Minneapolis and Delphos and many from the community. Many parents have phoned to tell us what a positive and good experience camp was for their children. (And yes, camp was where my accident I refer to as the horse hoof/foot incident occurred. I'm still recuperating!) We were especially thrilled that Jessica Merrill came home as camp director!

Mariners hosted Franks and Fellowship gatherings each month this summer on the lawn. Hot dogs, chips and conversation make for a great summer evening. We hope that the neighborhood will join us – but each gathering has been a fine time for fellowship.

The Mariners held their ice cream social. LOTS of people enjoyed cool ice cream and yummy cakes and pies.

Five of our young people traveled to PCUSA Triennium in Purdue, Indiana.

Two of our youth attended Heartland Camp in Heartland, MO.

We've enjoyed worship, singing and visiting with one another.

We hosted the Red Cross Blood drive.

AND many of us have found a blessing by taking a Sabbath away from our daily routines . . . It's been quite a summer!

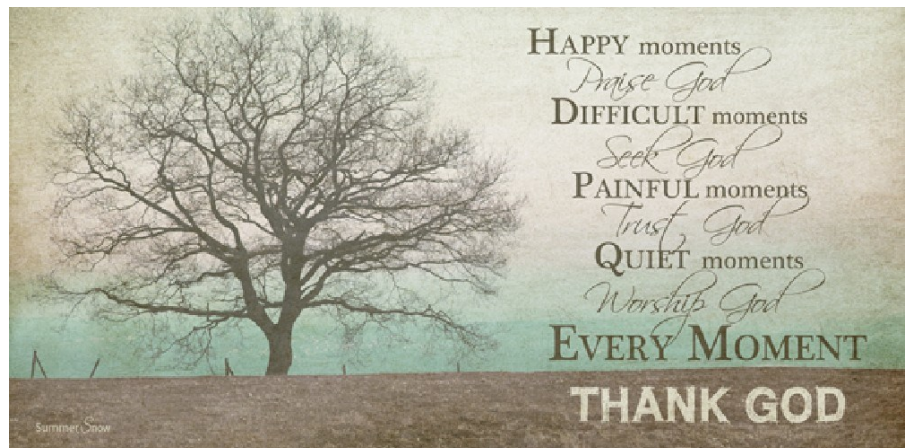
Last summer as we finished our New Beginnings gatherings, we asked ourselves how we could better use our buildings and grounds. We prayed . . . and well, those prayers have been answered. The building was well used this year! (So much so that the carpet is being cleaned as I write)

As we wind down from our summer activities, we have another special event: a pulpit exchange with First Presbyterian. It's important to Saline County that we have a strong Presbyterian presence here. We are fortunate to be in a city with two STRONG Presbyterian churches. It's time we got to know one another better. To that end: Charlie Smith, pastor at First Presbyterian and I will exchange pulpits on August 21. It will be an opportunity for all of us to better get to know one another. I'll bet you hear some baseball stories from Charlie – and while I doubt I show my flower pictures, you can be sure the subject of "What's Blooming Today" might just come up at First Presbyterian.

Let's enjoy the last weeks of summer, and get ready for our fall activities to begin next month!

Love,

Martha



Coming Soon at Sunrise

Chancel Choir rehearsals begin at 6:00 pm August 31.

Some of the fall programs will be starting up again September 7. There will be Wednesday activities - God's Kids, Youth, and Deli.

Sunday School for kids and adults begins September 11.

Parish Nurses will be available for taking blood pressures after worship, 3rd Sunday of each month, beginning September 18.



Share The Care
Parish Nursing

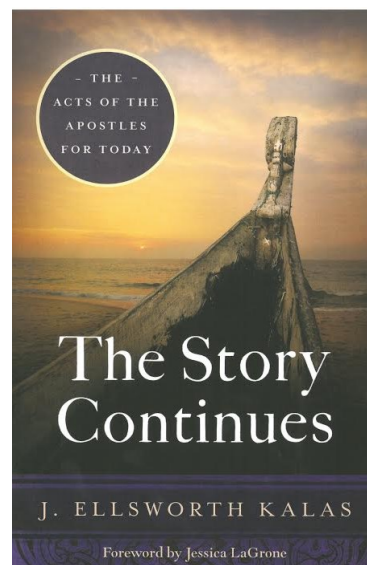


3rd Monday Book Study

3rd Monday Book Study will be starting a new book in September. It is "The Story Continues: Acts of the Apostles for Today", by J. Ellsworth Kalas.

We meet the 3rd Monday of each month at 1:00 pm in the parlor.

If you would like to be part of this study, please tell Angie or Rose Marie Merrill. Please sign up by September 7 so we have time to order books.



Mark Your Calendars-Friends of the River Foundation Event

The following is an email we received about a clean-up day this fall:



"My name is Jane Anderson and I'm the Executive Director of the Friends of the River Foundation. I am part of a Fall Fix-Up

committee that is a community wide volunteer day.

There will be three projects this fall. Building a new playground for

Thomas Park overseen by the City of Salina, landscaping in north Salina overseen by the North Salina District and a clean-up on the Old Channel of the Smoky Hill River overseen by the Friends of the River Foundation. There will be tools available.

The date for the event is Saturday, October 15 from 7:30 a.m. to noon. There is a continental breakfast provided as well as

water and snacks at each of the sites plus a tee-shirt. We will meet in the morning at the Friends of the River Foundation Office located on the corner of 4th and Walnut.

We are hoping that all of you at Sunrise Presbyterian Church will wish to participate with us!"

"The date for the event is Saturday, October 15 . . ."

Upcoming PNK Mission Trips

Oklahoma City Tornado/Flood Recovery

Presbytery of Northern Kansas
2016 Presbyterian Disaster Assistance/United Methodist Disaster Recovery
Mission Trip
September 18-24, 2016
Trip Leader: Don Hedden

New Orleans Community Revitalization

"We will NOT forget...Join us in helping in this continuing effort!"
Presbytery of Northern Kansas
2016 Project Homecoming Community Revitalization Mission Trip
November 5-13, 2016
Trip Leaders: Bob and Rhoda Frasier



Registration forms for either of these trips are available at the church, the PNK office, and on the PNK website.

Mariners/Evangelism & Nurture Committee

Franks n' Fellowship!

Franks n' Fellowship is a FREE hotdog supper. We serve up plates of hotdogs, condiments and a bag of chips. We want you to bring your lawn chair and your own beverage (non alcoholic).

Mariners will serve up *Franks n' Fellowship* from 7:00 - 8:00 pm.

The remaining supper date is August 17 (rain date August 24.)

We have really enjoyed these casual summer gatherings and each other's company!



PNK Day at "the K"

PNK Day at the K



vs.



**Tuesday, September 27th
6:15 p.m.**

Tickets -- \$19/each

**RSVP to mhancock@pnks.org by
September 1st**

Thank You's and Other Notes

Becca Winsky

Rebecca (Becca) Winsky received a grant in the amount of \$2,000 from the Park University - Presbyterian Education Fund for her 2016-17 academic year at Sterling College. Congratulations Becca! We are proud of you!



Katie Weis

We want to shout out a big thanks to Katie Weis for the banner she made (right). The burgundy part of the banner is made from the same material as our new pew cushions!



From Camp Kids

Thank you notes to all of people who made camp possible were written by some of the children who attended camp this past summer are shown here. This is just a few of them.



Thank You Note

Prayer Shawl Ministry - Thank You from a Mother

<p>But I take comfort knowing my Lisa died peacefully and not violently and I believe she left on the wings of communion with God.</p> <p>Thank you again for the lovely shawl —</p> <p>With love, Betty Sanders</p>	<p>6/21/16</p> <p>Dear Members of the Prayer Shawl Committee</p> <p>You have no idea how you have touched me with the gift of the lovely shawl. It is a tangible evidence of God's love in action and I will use and keep it always. There is no pain like that of losing a child, no matter the age of that child. It seems so out of sync.</p>
--	--

Empty Containers Needed

Please save your plastic and glass containers, as well as plastic grocery sacks (which many of us have all too many of!). The Salina Food Bank is always in need of these items to use for dividing up food portions to give people. They go through approximately 100 containers per day, and use the grocery sacks to put the various food containers in. There is a bin marked "Food Bank Containers" near the church office.

Thank you,
Jean Burch



Jerry's Wellness Tips

As many of you know, I suffered a lacunar stroke on my right side on 1/4/16, shortly after returning from Colorado attending my grandson's wedding on New Year's Eve.

There was a two week delay in diagnosis of my stroke, causing probably permanent numbness and weakness in my right arm and leg areas. My stroke was caused by high blood pressure and my failure to take a daily aspirin. My weight at the time was 220, and my blood pressure 200+/100+. I was taking Lotrel (generic) 5-20 twice daily and Oil Clonidine once daily, then in February added another 0.1 Clonidine and in March a diuretic. As I have improved, I have stopped the diuretic, lowered Lotrel to 5-10 twice daily, and am back to 0.1 Clonidine.

I took action immediately, mostly on my own initiative. I lost weight (25 pounds to date), lowered my blood pressure (currently 120/78), and lowered

sodium intake to around 1,500 mg per day.

Following is my presumptuous advice:

- 1) Take a baby aspirin daily. Very likely no stroke if I had not quit aspirin on my own several months before stroke!
- 2) Lower sodium intake to around 1,500 mg daily. Throw away salt shaker, for Mrs. Dash. Forget fried foods, French fries, fried chicken, most canned food and fast food. After a couple of weeks you won't miss them. And get a cook like Rosie! ☺
- 3) Monitor results daily, taking weight in AM and blood pressure 2-3 random times daily on a good home owned scale and blood pressure kit.
- 4) Heed Isaiah 55:2 from Martha's sermon earlier this year, which says "Listen carefully to me and eat what is good!"
- 5) Get some exercise! I could do better, but a large garden, golf twice a week, and walking seems to work for me.
- 6) I have a diet soda once a day, but mostly water, tea, coffee and 1/2% milk. No sweetened beverages, alcohol, or tobacco.



Enough for this newsletter. My intention is to have a few hints in this newsletter monthly. Call me anytime at 785-827-4020 with your concerns and questions.

Jerry McKee

Pulpit Exchange

On Sunday, August 21, there'll be a new face preaching in the pulpit.

The Rev. Dr. Charlie Smith, from First Presbyterian, will preach at Sunrise while Martha preaches at First Presbyterian.

After a generation in journalism, Charlie pursued a call into ministry, graduating from the University of Dubuque Presbyterian Theological Seminary in Iowa in 2003. He received his Doctorate in Ministry this past June.

Please give Charlie a big Sunrise welcome!



Rev. Dr. Charlie Smith

pulpit

exchange

Letter from Presbyterian Manor



July 18, 2016

Dear Church Friends,

I am currently serving as Chaplain at Salina Presbyterian Manor. In addition to my duties as Chaplain I also lead several programs involving our independent and assisted living residents. Some of the women and men who participate have some physical limitations but with all us working together we do a great job.

Our Stitch and Pray group has been active for about three years. We make "Prayer Pillows" for our residents and staff and recently we committed to providing pillows for "The Wellness Tote Project" here in Salina. "Notes from the Heart" is a new program which we just started. We will be sending handwritten notes to be given to cancer patients here in Salina.

When working with these groups I have several objectives. One is to develop a support group for the participants and second is to encourage residents to reach out into our community. Some of the items that we make are sold at our annual Soup Supper in October.

At the present time I am in need of volunteers willing to assist our residents. Each group, currently, meets twice a month on Thursdays at 2:00 pm. It would be great if you could join but you could also pick up the supplies and do them at your convenience. If you could put the following announcement in your bulletins and/or newsletters I would really appreciate it.

VOLUNTEERS NEEDED at SALINA PRESBYTERIAN MANOR: We always have openings for volunteers. Currently we have openings for bus drivers, popcorn poppers, servers to assist with activities and the groups I work with need volunteers who can assist us with the following:

1. Cutting out and sewing up our pillows
2. Knitting or crocheting dishcloths, potholders, and scratchers
3. Sewing simple coasters
4. Making simple notecards
5. Writing notes to cancer patients

Our residents always like interacting with volunteers from our community and they especially enjoy volunteers from the church home as it helps to connect them to their faith community.

Please contact Mary Bridges, Chaplain at Salina Presbyterian Manor if you would be interested in helping. 785-825-1366 ext 1153, mbridges@pmma.org or my cell at 785-643-4997.

Faithfully yours,


Mary Bridges, Chaplain

Health & Wellness Event



Good Vibrations!
Sunflower Fair
Your 2016 premier health and wellness event!
Tuesday, September 20
8 a.m. to 4 p.m.
Salina Bicentennial Center
800 The Midway, Salina, Kansas
Experts and Speakers • Exhibits • Auctions
Honorees • Prizes • Health Screenings
Sunflower Tractor Show
All this and lunch for just \$20
before September 12
Walk-ins welcome! \$25 at the door
Call today! 800-432-2703
It's a fun time for everyone!
Bring your friends!

 **Salina Regional Health Center**
Confidence for the Good Life

 North Central-Flint Hills
AREA AGENCY ON AGING, Inc.
401 Houston St.
Manhattan, KS 66502
Tel: 800-432-2703 Fax: 785-776-9479
E-mail: nchaaa@nchaaa.com
Website: www.nchaaa.com

Prayer Notes

What Prayer Is

Prayer is the native language of faith. John Calvin called prayer the “chief exercise of faith.” † That’s why when faith is awake and surging in us, prayer doesn’t feel like a burden or an obligation. It feels natural. It’s how faith most instinctively speaks.

Throughout the Bible, faith and prayer are inextricably linked. One of the clearest examples is Jesus’s statement in John 15:7: “If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.” “Abiding” in Jesus is faith — fully believing his words. Asking whatever you wish is prayer. The Bible tells us to “trust in [God] at all times” (Psalm 62:8) and to “[pray] at all times in the Spirit” (Ephesians 6:18), “believe in God” (John 14:1) and ask of God (Luke 11:9). Prayer is the chief exercise of faith.

John 15:7 also shows us that God’s Word and faith and therefore prayer are inextricably linked.

Faith is a response to God’s word: “faith comes from hearing and hearing through the word of Christ” (Romans 10:17). As Tim Keller rightly says, “If God’s words are his personal, active presence [see John 1:1–3 and Isaiah 55:10–11], then to put your trust in God’s words is to put your trust in God” †† So if our trust is in God (in God’s promises —2 Peter 1:4), and God says if you trust me “ask whatever you wish” (John 15:7), then the natural expression of our faith in God is prayer.

John Bloom



Teach Me

Lord, I am torn by the pain of the world: Hungry pain from bloated stomachs and matchstick limbs; hollow pain from lonely lives in narrow houses, searing pain from struggling souls and roiling spirits; dull pain from malnourished bodies and hopeless minds; tortured pain from heaving chests and twisted torsos; aching pain from bitter marriages and blocked communication. The world is torn, Lord, and I am torn with it.

What do you want me to do? Show me where to mend, where to love. Teach me how to mend, how to love. I cry in my soul: Teach me, teach me to love!

Linda Felver



Wedding Anniversary Open House

Tom and Sylvia Phillips will celebrate their 50th Wedding Anniversary with an open house, hosted by their daughters.

Open house will be 2:00 to 4:00 pm, August 20th at Sunrise Presbyterian Church. Come and join the celebration! (No gifts please.)

50 years of marriage



Women's Retreat

Rooted and Grounded In Love for Creation

*A Retreat/Workshop
for Women of Spirit and Faith
led by Noni Strand*

**Saturday, September 10
8:30am - 3 pm**

St. John's Military School

**\$15 (submit to church office,
marked Women's Retreat)**

"Rooted and Grounded in Love for Creation" is an interactive retreat/workshop that weaves together spiritual practices and sustainability themes to help participants deepen their relationships with God, others, and all of Creation.

It's a **retreat** – to feed your spirit, build community, and connect us to the cosmos.

It's a **workshop** – providing food for thought and reflection, interaction with others to challenge us to action, and hands-on activities.

Pastor Noni Strand will lead the retreat utilizing excerpts from her book-in-progress, *Rooted and Grounded in Love*. Devotions from the book will frame the sessions of our time together and provide opportunity for reflection. Together we'll tap into our deeply rooted passions and commitments of faith and spirit to work together for the future of the whole Earth community.



**For more information contact:
Rose Marie Merrill 825-8983
Carol Viar 827-7401**

This project is funded in part by the Horizons Grants Program
of the Salina Arts and Humanities Foundation.
Funding is provided by Horizons, a private donor group.

**SALINA
ARTS
& HUMANITIES**  **Horizons
Grants Program**

Annual 4th Sunday Brunch

Our annual Fourth Sunday Brunch will be held following worship on August 28. Bring a yummy brunch dish to share after worship.

The brunch will be immediately after worship.

Our youth who attended the PC(USA) Tri-ennium will talk to us about their experiences this summer in Indiana! Please join us!



Letter from Project Salina

We received the following letter via email from the director of Project Salina:

“I thought I would send an update on the collection of tuna for Project Salina. The total goal was 12,520 cans. The number of cans collected was 6,476; cash collected was \$7,194.75 .

The amount of cash needed to purchase the remaining tuna to meet goal was \$3,203.00. This left a balance of \$3,991.43 that we are able to use to help pur-

chase other items that fell short of goal.

Thank you all for a great job in helping feed the hungry in our community.”

Jerry Taylor
Project Salina

We are proud participants of



Mental Health First Aid

Central Kansas Mental Health Center is presenting *Mental Health First Aid*, and 8 hour course, September 22, 2016, 8 am - 5 pm, CKMHC Auditorium, 809 Elmhurst. Registration fee is \$30 (9.0 hours HR CNE. Meets requirements for other disciplines' CEU.) Registration forms must be emailed to pkinnaird@ckmhc.org or mailed to CKMHC, ATTN: Public Education Office, 800 Elmhurst. Registration deadline is September 20, 2016.

This class teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Registration forms on the little table by the kitchen door, or click on the link below to print your own registration form.

Registration forms are available at the church on the little table by the kitchen, or you can go to <http://www.mentalhealthfirstaid.org/cs/> for more information.



In Service of The Church - August

August Lay Leaders



- 07 Jennifer Hewitt
- 14 Pat Tomlins
- 21 Clarke Sanders
- 28 Tessa Bolen



Presbyterian Manor Bus Drivers



- 07 Marilyn Benyshek
- 14 Noreen Slaughter
- 21 Pat Breeding
- 28 Pat Breeding

August Acolytes

- 07 Jace Hewitt
- 14 Allen Johnson
- 21 Tacey Barrett
- 28 Ushers



July	
<i>Attendance Register</i>	
3rd	90
10th	88
17th	?
24th	104
31st	104

August Ushers

- * August 07
Gordon & Deena Horst
Ruth Self
- * August 14
Mary McCall
Jean Reed
- * August 21
Jack & Kim Gillam
Steve Sebree
- * August 28
John & Sheryl Weishaar
Mark Zimmerman & Carolyn Hofer-Zimmerman

August Greeters

- East: John & Jan Miller
South: Ken & Nancy Klostermeyer
- East: Melba Buck & Linda Waggoner
South: Perry Hunsley & Kurt Braun
- East: Bob & Mary Houck
South: Roger & Sharon Herrington
- East: Melba Buck & Neva Naegele
South: Ken & Beth Miller



* Please ask 2 people from the congregation to help take up offering.

August Birthdays & Anniversaries



- | | | | |
|----|--|----|--|
| 1 | Judy Christensen | 17 | Don Smischny |
| 2 | Jon Albrecht
Jean Reed
John Welsh | 19 | Shirley Urbanek |
| 3 | Trudy Chaney
Jackie Pennington | 20 | Don Hamilton |
| 5 | Abner Perney
Brayden McKnight | 21 | Ethan Bolen
Tom & Sylvia Phillips Anniversary |
| 7 | Ben Cooper | 24 | Merilyn Griffith |
| 10 | Ken & Beth Miller Anniversary | 27 | Karter Adam
Rose Marie Merrill
Lloyd & Mary McCall Anniversary |
| 11 | Sharon Hauser | 28 | Irene Hill |
| 12 | Elena Ewing | 29 | Daelen McKnight
Sandy Winters |
| 13 | Sharon Anderson
Madilynn Bolen
Steve & Tanya Ewing Anniversary | 30 | Barbara Nelson
Ken & Nancy Klostermeyer |
| 14 | Steve Hoekstra
Miles Sanders | 31 | Val Coberly
Bill McDevitt |
| 16 | Maxine Hays | | |



Did we make a mistake?

Please don't hesitate to let us know if we've left out anything such as birthdays and anniversaries, or if we have made a mistake or omission in the newsletter.



We want to correct it! Thanks!

Do you have news?

Please don't hesitate to contact me if you have newsletter items to share, or with any comments about the newsletter! I hope you're all having a terrific August!

Angie Koshgarian,
Newsletter Editor



SUNRISE PRESBYTERIAN CHURCH

825 E. Beloit
Salina, Kansas 67401



Sunrise Presbyterian Church

825 East Beloit
Salina, KS 67401



Phone: 785-823-6344
Fax: 785-823-6345
E-mail: angie@sunrisepresbyterian.com
www.sunrisepresbyterian.com



Sunday Mornings

9:30 a.m. Worship
(Communion - First Sunday of Each Month)
10:30 a.m. Fellowship
10:45 a.m. Sunday School for All (Off During Summer)

General Office Hours:
8:00 am-12:00 pm, Monday-Friday
Financial Office Hours:
10:00 am-12:00 pm, Monday & Thursday

Pastor: Rev. Dr. Martha Murchison
Director of Music: Leslie Mangrum
Organist: Sue Will
Church Treasurer: JoAnn Gile
Financial Secretary: Karmel Spencer
Office Administrator & Newsletter Editor:
Angie Koshgarian
Custodian: Greg Kerr