

Volume 38, Issue 3

March 2017



SUNRISE PRESBYTERIAN CHURCH

SUNRISE NEWS AND VIEWS



THE
FORTY
DAYS
of LENT

REFLECTION

RECONCILIATION

RENEWAL



Martha's Musings

Lent offers us an opportunity to experience a new spiritual practice. I'd like to encourage us to try a practice we've been using this year in God's Kids - mindfulness or meditation. People who practice mindfulness report lower blood pressures, less anger, and a more centered life direction. In the past few years many schools have added mindfulness to daily lessons or created a space in the school for kids to practice. When mindfulness is consistently practiced, discipline problems at these schools drop dramatically. Kids learn better. Teachers teach better. In short, mindfulness helps us to live in our world without reacting to it! Mindfulness helps us clear our brains of our worries and fears. It invites us to live in the present moment.

But we often fail to take time for mindfulness. Often people are unfamiliar with it, and thus, they don't or won't try it. Sometimes we simply don't know how to practice. I've had lots of instruction in it and have some wonderful CDs created to teach adults mindfulness - but these take time. Like our exercise programs or healthy eating or anything else we do for our bodies and souls - we often don't or won't make time.

At God's Kids we've been using a great CD and book, *Sitting Still Like a Frog Mindfulness Exercises for Kids (and Their Parents)* by Eline Snel. Snel explains the benefits of mindfulness for parents or other adults in the book. The CD consists of several exercises to help teach kids as young as 5 how to meditate. My favorite one is called "Sitting Still Like a Frog."

Snel guides the kids through a visualization to imagine themselves as a frog. A frog is capable of leaping long distances, but a frog chooses when he will jump. Frogs do not simply jump willy nilly! The CD helps us realize that we do not have to respond in anger to something which hurts us. It reminds us to take deep breaths when someone says something hurtful or we fall down and skin our knee. I find the CD powerful.

I strongly recommend the CD not just for parents and grandparents - but for all adults. It offers an easy, accessible and gentle way to teach ourselves to live in the present moment. Parents - imagine practicing with your kids. And kids, imagine practicing with your parents. Mindfulness will not solve all the problems in the world, but it will help us deal with them more effectively as we more in control of ourselves and our emotions. Mindfulness is central to practicing Christianity. It helps us to better love and care for others in God's world.

Being mindful this Lent that we have spent the past month of Sundays focusing on the Sermon on the Mount in Matthew's gospel, we'll spend the Sundays of Lent looking in detail at the Lord's Prayer. The Lord's Prayer is right in the middle of the Sermon on the Mount. It helps us better understand and strive to live the powerful truths we find in Matthew's sermon.

Peace,

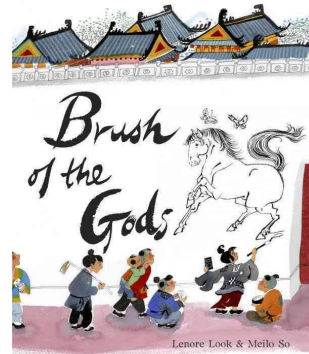
Martha



"...mindfulness helps us to live in our world without reacting to it."

Keeping Up With God's Kids

Each week at God's Kids we read a great storybook which helps us think about the scripture we'll read in worship on Sunday. These books are often profound. The children love them. While we make use of our wonderful Salina library to find books, we sometimes purchase books for our lessons. These books remain in *Addie's Corner*. Parents, Grandparents, kids:



CHECK THESE BOOKS OUT!

Discover the joy of reading books out loud together!



The Gift of Nothing

by Patrick McDonnell

Brush of the Gods

by Lenore Look

Happy Pig Day

by Mo Willems



We are beginning to make plans for our annual God's Kids fishing trip and picnic. Reserve Wednesday, May 3 for the big event!

Youth Trip to the Salina Food Bank

On Wednesday, March 22, 2:00 pm, the Sunrise Youth are going to visit the Salina Emergency Aid Food Bank. The kids will help out in the kitchen as needed.

This is a good opportunity for our youth to learn about volunteering, to see how lucky we are to have plenty of food and drink, and to learn how important it is that we all reach out and help those who do not have those basic necessities.



LENDING A
HELPING HAND

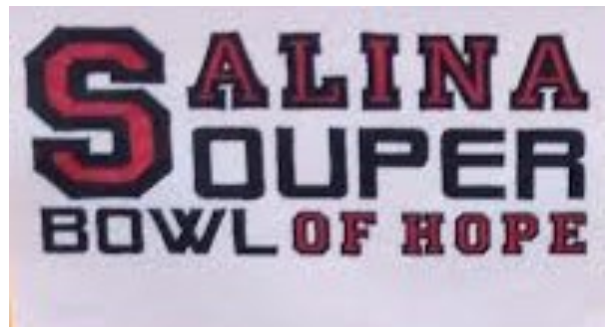
From Parish Nurses

As you can see the Parish Nurse closet has a lot of equipment that can be borrowed for use. We have some in our room also, so contact a Parish Nurse and ask. We will sign the equipment out for you, just return when finished. We appreciate all that has been donated. We also have two deluxe walkers with the seat. One does not adjust in height and the other does.



Souperbowl - The Results Are In!

The 2017 Salina Souperbowl of Hope results are in. There were over 30 Salina churches involved and several business. We met and exceeded our goal of 51,000 cans of soup to be distributed between the Emergency Food Bank of Salina, Salina Salvation Army, Salina Rescue Mission, Ashby House, and DVACK. This year's collection was the fifth time we have exceeded our goal. We thank everyone for their donations and volunteer labors and look forward to next year.



Circles of the Heartland Garage and Bake Sale

Saturday-March 25th
8AM to 2:30PM
Trinity United Methodist
Church Family Life Center
901 E Neal

The folks we work with in Circles often just make it from paycheck to paycheck. The proceeds from the Circles garage sale will go into a general fund that will provide for the needs of the organization and those who it serves. We would love to have your congregation come and shop but also to donate if they want to. If you would like to bring garage sale items to the Family Life Center at the church we will start taking them Thursday, March 23rd at noon and all day Friday the 24th. Please have items sorted in groupings like household, holiday, crafts, etc. so that we can just put them on the designated tables.

If you want to bring baked items the check in times would be the same. It would be helpful to have the items on small paper plates covered in cellophane ready to put on the table so our folks don't have to divide and display.

If you don't want anymore "stuff" in your house and you are on a diet don't despair. You can still donate to Circles of the Heartland by calling 827-6731 or by just handing a check to our money collectors at the sale. We could also use volunteers to set up Thursday afternoon and all day Friday. Saturday we try to keep the tables in some kind of order so volunteers are welcome to help with that. A sloppy Joe lunch will be available for \$5 a plate. We could also use hanging racks if anyone has some sturdy ones to hang clothes on. Make sure to put your name on them.

For the most part we will charge \$5.00 a paper grocery bag or \$2.50 for a plastic grocery bag full. A few items will be priced individually. See you then, Circles of the Heartland folks.



Spring Flowers and Easter Lilies

Deadline March 31st

It's spring flower time! This year you may purchase either a spring flower or a traditional Easter lily. We are unable to specify a particular spring flower, but they will be beautiful, no matter the flower! Our goal is to help brighten our Sanctuary Easter morning with an array of colors. A lily is \$7.00 and the

spring flowers are \$10.00. Orders must be received by March 30. Please make your checks payable to the church and attach this order form. You may take your flowers home after the Easter Sunday service, or you may choose to leave your flower so that it may be delivered to a shut-in. Order forms are available in the church office, or click [here](#).



Presbyterian Women Sewing Bee

The PW ladies are having a sewing bee - Thursday, March 16, 9:00 am. Bring a snack, and a light lunch will be served. All are welcome!



Commodities

The Emergency Food Assistance Program
Hosted by Sunrise Presbyterian Church

Wednesday, March 15, 2017
4-H Building
900 Greeley Ave
12-2 pm

Items: Canned corn, orange juice, canned mixed fruit, peanut butter, grape juice, dehydrated potatoes, dried cherries, dried blueberries, refried beans, cranberry juice concentrate, 1% milk, canned applesauce, canned chicken, whole grain rotini, kidney beans and shredded wheat cereal
Everything is distributed on a first come, first served basis.

Participants are required to bring:

Proof of income, photo I.D. or proof of a Saline County address & a signed note if picking commodities up for someone else.

INCOME GUIDELINES (monthly)

HH Size	Income	HH Size	Income	HH Size	Income	HH Size	Income
1	\$1,287	3	\$2,261	5	\$3,235	7	\$4,209
2	\$1,774	4	\$2,748	6	\$3,722	8	\$4,696

* For each additional family member add \$487

Contact commodities phone 785-714-0918 with questions.
This institution is an equal opportunity provider.

Sunrise Scholarship Application Deadline April 15

All youth who have been active participants at Sunrise are eligible for a post-secondary education scholarship from the church. Students who have graduated from high school and who will be enrolled in career and tech-ed programs, colleges or universities for the 2017-2018 school year are eligible.

Pick up an application at the church; call Angie in the church office to have one emailed to you; find it on our Facebook page, or click [here](#).

Applications must be received by the church office by April 15. They may also be emailed to Carol Viar at kansasviar@juno.com.



Prayer Notes for Lent

Lord, in these days of mercy,
make us quiet and prayerful;
in these days of challenge,
make us stronger in you;
in these days of emptiness,
take possession of us;
in these days of waiting,
open our hearts to the mystery of your cross.

Compiled by Angela Ashwin, The Book of a Thousand Prayers

God our Father, in your love and goodness you have taught us to overcome our sins with prayer, fasting and generosity; accept our Lenten disciplines, and when we fall by our weakness, raise us up by your unfailing mercy; through Jesus Christ our Lord.

*David Silk,
The Book of a Thousand Prayers*



News from the Mission Committee

Lingerie Shower in April

The young women who come to Ashby House and DVACK most often need underthings very badly.

During the month of April, we will be collecting under-clothing for them.

Please watch for sales at Wal-Mart and other places. Then, watch for the lingerie chest where we will collect the items. (Pictured, courtesy of Jeanne Sebree!)

Thank you SO much! They will be SO grateful!



Note to Congregation from Mission Committee

As you helped with Souper Bowl, or help with other mission projects, we want to hear your stories, your thoughts. Did something happen to make you happy or proud to be volunteering? Get with me or any other Mission Committee member and we will put in print!

I was helping with Souper Bowl of Hope last year. Two

young men walked in. They were there for party items and beverages. I told them they should/could get some soup for us. You know what, along with the party food and beverages they bought, they gave us 24 cans of soup. They were glad to donate!

I think those 2 young men surprised themselves on what they could do! I learned that

we need to invite everyone to mission. Some people will surprise!

Paul McAfee,
Moderator,
Mission Committee

**MISSION
POSSIBLE**

Pictorial Directory Coming Soon

The new pictorial directory is in the final review stage. More revisions were needed than anticipated and we apologize for the delay.

More information will follow soon!



Adult Faith Class

Join us in the church parlor for our 2017 Lenten study.

We are exploring the *Thoughtful Christian* series *Jesus and Possessions*. This six-week series began March 5 and continues through April 9.

We think about our attachment to possessions and grapple with the question, "how much is enough", trying

to better understand God's provision for our needs. It should foster a thought provoking discussion! Bring your coffee and join us.



Spring Break

There will be no Sunday School March 19 due to spring break week, March 20-24.

Also, no Wednesday activities will be held except the youth at the food bank (see page 2). All activities will resume Sunday, March 26.



Cookies to Say Thank You!

The Sunrise PW Women got together and made cookies, and I mean a LOT of cookies (the boxes on the table are only about half the amount they had already loaded in the car)! They were distributed to Salina law enforcement, firefighters and ambulance/EMS

technicians. The kids added to this act of kindness by making cards to give them as well, pictured to the right. The cards were enclosed in the bags that read "You're #1 With Us". Katie Weis, Betty Rasette and Jean Adam, along with granddaughter Sofi (pictured on fire engine!), delivered the goodies March 9th. I'm sure there were a lot of smiles all around during each of these deliveries!

Thank you ladies!



And, a Thank You Back to Sunrise!

3-9-17

Just saying 'THANK YOU' for the loogie delivery to the Sheriff's Office today! They have been passed out to Patrol & Corrections. Also a big shout out for all the cards!

Thank you!
Brent Melander



Saline County Sheriff's Office



251 N. 10th
P.O. Box 1606
Salina, Kansas 67402-1606

(785) 826-6500
FAX (785) 827-1050
e-mail: brent.melander@saline.org

Brent Melander, Undersheriff

Letter from Presbyterian Disaster Assistance



**PRESBYTERIAN
DISASTER ASSISTANCE**

OUT OF CHAOS, HOPE

January 2017

*As God's chosen ones, holy and beloved, clothe yourselves
with compassion, kindness, humility, meekness, and patience.
Colossians 3:12*

Dear Friends:

I recently received a note from a colleague who serves as the pastor of the Presbyterian congregation in Kirkuk, Iraq. He was writing to thank the PCUSA for its prayers and support in the wake of the July bombing in a Baghdad marketplace that killed more than 300 persons. He said, *your prayers and concerns are deeply appreciated and very much needed and welcomed. Indeed the most recent attacks in Baghdad were a devastating blow to a community already reeling from much pain and sorrow. What's most saddening, however, is how desensitized we have become to such horrific actions ...* He went on to describe how important it is for the church to stand up in the face of evil or suffering to proclaim good news and *help those whom the Lord sends our way.* He concluded: *The Lord is good, and always will be. We nonetheless want to ask for your continued prayers, support, and care -- your love and generous support is a reminder that our friends in the West have not forgotten us or our plight.*

Pastor Haitham's words—spoken in the midst of the challenges of wartime in Iraq—are echoed in the words of countless other neighbors in need here in the US and across the world, who receive grants for the repair and healing of their communities that are only possible because you have not forgotten their plight. In South Sudan, church leaders are able to provide desperately needed food, hygiene, and shelter for thousands displaced by violence and famine. In the Philippines, people whose livelihoods were destroyed by Super typhoon Haiyan are learning new trades, reestablishing farms, and stabilizing their families' lives. In Lebanon and Syria, children in refugee camps are again attending school and brave families who are trying to stay in their country are returning to renovated apartments in the battered city of Homs. In South Carolina and Texas, flooded homes are mucked out, volunteer work teams are joining hands to rebuild, and the most vulnerable of our neighbors are seeing their dignity and hope restored.

Thank God, you have not become desensitized by the magnitude of needs arising out of disaster and conflict, but instead, you have been filled with a spirit of hope and generosity. Your generous gift(s) given to Presbyterian Disaster Assistance to support emergency and disaster response in the United States and around the world helps bring the presence of Christ to a broken and hurting world and enables PDA to support the vision and work of recovery of those who are most affected when chaos strikes. We thank you.

With deepest appreciation,

Laurie A Kraus

The Rev. Dr. Laurie A Kraus
Coordinator, Presbyterian Disaster Assistance

100 Witherspoon Street / Louisville, KY 40202-1396
ph. 888.728.7228 x5839 / fx. 502.569.5704
www.pcusa.org/pda



Thank You!

Salina Walk for Multiple Sclerosis



WALK MS. TOGETHER WE ARE STRONGER

2017

Salina

Saturday, April 22

LOCATION: Kansas Wesleyan University

TIME: site opens at 10:00 a.m.

walk begins at 11:00 a.m.



GIGI (CENTER), DIAGNOSED IN 2010



LATIAH (R), DIAGNOSED IN 2014



BILL, DIAGNOSED IN 2010



LAURA (CENTER), DIAGNOSED IN 2012



REGISTER TODAY!

WALKMS.ORG | 1-800-344-4867

Opportunity for Youth Ministry in PNK

HEARTLAND PRESBYTERIAN CENTER PRESENTS

THE MIDWEST CONFERENCE

JUNE 11-16, 2017
\$495 per person

Keynote by **Rodger Nishioka**
Worship Music by **Beth Mueller**

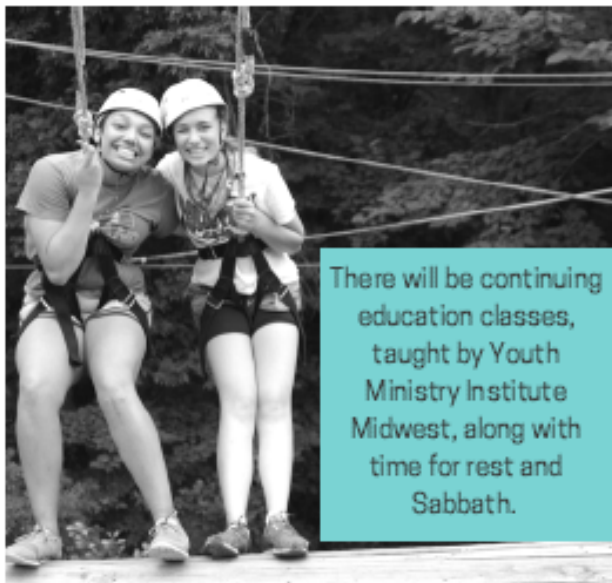
Rodger Nishioka

Rodger taught at Columbia Theological Seminary in Atlanta for 15 years. Teaching pastors to be teachers and leaders in the church's educational ministry, specializing in particular on youth and young adult ministry.

Beth Mueller

Beth led music at the 2016 Triennium Conference and other youth conferences. She is also the editor of New Song 1 and 2 Worship Resource

Open to both middle and high school groups, allowing you to bring all your youth to one event.



There will be continuing education classes, taught by Youth Ministry Institute Midwest, along with time for rest and Sabbath.

WHY THE MIDWEST CONFERENCE?

- A week spent building intentional Christian community within your youth group
- High energy keynote speakers and worship services
- Engaging camp activities like horse rides, archery, swimming, and rock climbing
- Awesome large group rec, including night games
- Dynamic small group Bible studies led by our trained staff

RESERVE YOUR CHURCH'S SPOT BY MARCH 15 AND GET 10% OFF! DEPOSITS FOR THESE RESERVED SPOTS ARE \$250 FOR 1-9 SPOTS, AND \$500 FOR 10-19 SPOTS.

HEARTLANDCAMPS.ORG/MIDWEST-CONFERENCE/

@HEARTLANDCAMP

Carnival at Oakdale Park



National Crime Victim's Rights Week Carnival

Grab your family and head to Oakdale Park to enjoy games, prizes, food trucks and live music!

Learn about:

- Crime
- Crime Victims
- Services Available
- Crime Victims' Rights
- Community Resources



April 8, 2017 ~ 12:00-4:00 P.M.
Oakdale Park



Sponsored by DVACK & Partners for Violence Reduction, 785-827-5862

In Service of The Church - March



March Lay Leaders

- 05 Nancy Klostermeyer
- 12 Betty Kerr
- 19 Mark Zimmerman
- 26 Ken Miller



March Acolytes

- 05 Jace Hewitt
- 12 Tacey Barrett
- 19 Rylie Allmond
- 26 Allen Johnson



February	
Attendance Register	
5th	85
12th	103
19th	130
26th	101

March Ushers

March 05
Mel Abbott
Betty Abbott

March 12
Ed Viar
Carol Viar

March 19
John Johnson
Mindy Johnson

March 26
Jane Alsop
Jean Adam

March Greeters

East: Dan & Tessa Bolen
South: Ann Zimmerman & John Zimmerman

East: Eric Corby
South: Dave & Julie Parks

East: Don & Bev Hamilton
South: Rose Marie Merrill

East: Gordon & Deena Horst
South: Kurt Braun



March Birthdays and Anniversaries



Date	Name	Date	Name
1	Melba Buck	21	Roger & Sharon Herrington Anniversary Bob Hagen Emily Ewing
3	Kathryne Perney	22	Clay Thompson Sheryl Weishaar
6	Jack Gillam	24	Ed Viar
7	Marty Christie Dexter Eggers & Ann Zimmerman Anniversary	25	Jean Drees Ellen Price Scott Lee
11	Karen Sutton	26	Dave Cooper Kim Gillam
12	Martha Bell	27	Ray Boyer
14	Mary Lee Arnold Roger Herrington	29	John Clapsaddle Harry Tysen
15	Marina Coberly	30	Ken Keller
16	John Weishaar	31	Annie Ewing
17	Joy Bircher Scott Lee & Leslie Mangrum Anniversary		
18	Shirley Lang		
20	Cooper Hutton		



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.

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!

Angie Koshgarian,
Newsletter Editor



SUNRISE PRESBYTERIAN CHURCH

825 E. Beloit

Salina, Kansas 67401



Sunrise Presbyterian Church

825 East Beloit
Salina, KS 67401



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)*

Phone: 785-823-644

Fax: 785-823-6345

E-mail: sunrisepresby@gmail.com

www.sunrisepresbyterian.com

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