

Volume 37, Issue 11

November 2016



SUNRISE PRESBYTERIAN CHURCH

# SUNRISE NEWS AND VIEWS



# Martha's Musings



Poet John O'Donohue offers us a grace to be said after a meal. We usually ask God to bless the food we are about to consume – but we rarely stop to thank God for the food that we have eaten, the fellowship we have enjoyed around the table, and the time and rest the meal offers us.

He prays:

*“We end this meal with grace  
For the joy and nourishment of food,  
The slowed time away from the world  
To come into presence with each other  
And sense the subtle lives behind our faces,  
The different colors of our voices,  
The edges of hungers we keep private,  
The circle of love that unites us.  
We pray the wise spirit who keeps us  
To change the structures that  
make others hunger  
And that after such grace we might  
now go forth  
And impart dignity wherever we partake.”*

November is a month that we can sense “the slowed time away from the world.” Falling leaves, gentle days and a renewed focus on thanksgiving and gratitude help us to reflect on the past year much as this grace reflects on the past meal. November is a good month to reflect on the wonder of our past year, the circle of love which has kept us and the grace of God who has pulled us through. November is a time to reflect on our lives and how we might better “impart dignity” wherever we go.

It's also a month to reflect on our ministry and mission at Sunrise in 2016. This year as Sunrise began our first year of New Beginnings, we asked God to help us get to know and serve our community. We prayed that we might open our building to more community groups, that we would seek to build relationships with our neighborhood and that we would continue to nurture and teach our children, youth and adults. We've opened ourselves in many new directions as together we've discovered what it means to be a missional church.

2016 was full of good gifts from God: God's Kids and Youth Fellowship are strong and vital, Sunrise and First Presbyterian hosted Heartland Traveling Day Camp for 56 children, CASTLE served many children, our

adult Sunday School classes are full and exciting, our building is often used by community groups, we hosted three “Franks and Fellowship” events under the Sunrise trees as a way to invite our neighbors, we're planning a mission trip to Honduras in March of 2017, we will soon have a new church directory with an online feature, and we've given our hands-on help to Ashby House, Habitat for Humanity, the USDA Food Commodities program and other agencies in Salina.

November is a good month to offer a grace for the year we have had. Good and wonderful things have happened to us and others through the work of our hands this year. One way we can offer gratitude and thanksgiving to God is through our giving through the 2017 pledge campaign. If everyone were able to increase their pledge offering by just 1% we would have ample funds for God's ministry at Sunrise. I've just figured a percentage increase for my pledge. I hope we can offer God just a little bit more – because we have been part of God's ministry at Sunrise that has given us and others an overflowing grace.

Love,

Martha



## God's Kids News

### What We're Reading!

God's Kids began November with a field trip to the Emergency Aid Food Bank. They helped put bulk beans into containers and learned about the Food Bank. It's important that our kids learn that how to volunteer and help others.

We've also read and will read some wonderful books:

- \* *Over and Over* by Charlotte Zolotow is a book about a little girl who has trouble waiting for the next event in the year. She learns that winter and spring – birthdays and Christmas come each year – over and over.
- \* *Zayde Comes to Live* is about a little girl whose grandfather comes to live with them. He is dying. The book is about her conversations with others about his pending death. It's a beautiful, dear book about life and death.
- \* *Miracle Man - The Story of Jesus* is a marvelously illustrated book about Jesus' life. It's fresh and inviting. It tells the story of Jesus.

All of these books will be in Addie's Corner by the end of November. CHECK THEM OUT!!!

During November we will begin using a CD called *Sitting Still Like a Frog: Mindfulness Exercises for Kids*. It's a fun and engaging way to help kids learn to sit still and be mindful. The author reports that after teaching her children to sit still like a frog her son told her, "You always used to shout at us to calm down. I had no idea how to do that. Now, I know how." We're looking forward to sitting as still as a frog!



## Adult Faith Class in the Parlor

### "A thrill of HOPE. . .

#### ...The Christmas Story in Word and Art"

During Lent last year, we looked at the art work of John August Swanson as we studied the text for the Easter story. Now for Advent, we will again look at Swanson's paintings depicting the Christmas story.

We will begin our Advent study on November 20th, skip the Sunday following Thanksgiving and continue through December 18th. Come join us for this discussion of the Christmas story using word and art!

## Jerry's Wellness Tips—Part 3

My problem is not about eating well...it's more about eating too much. It's never easy, is it? Recently, I asked a friend while he was smoking a cigarette if he thought about quitting. He said he stopped 7 times in the last few weeks.

My blood pressure spiked recently, probably due to a potassium imbalance from my diuretic which has been corrected. I really don't want a potassium supplement. Here are some potassium-rich foods to help maintain proper blood pressure (around 120/80); and remember, the upper reading on blood pressure is more important than the lower reading as you get older. Try these foods for better potassium:

- ◆ fresh squeezed orange juice (not concentrate)
- ◆ sweet potatoes
- ◆ bananas
- ◆ broccoli
- ◆ fat free yogurt

- ◆ milk
- ◆ beans
- ◆ fish/clams
- ◆ molasses
- ◆ carrot juice
- ◆ prunes
- ◆ beets
- ◆ tomato sauce/puree

Try for 4,700 mg of potassium daily, and read the labels when shopping.

I will see my neurologist again soon for more hints. All comments are welcome. Stay healthy!

Jerry McKee, 827-4020



# A Minute for Mariners



## Sabot Mariners Meeting

The Sabots will meet for a potluck on November 8, at 6:00 in the MPR room.



## Clipper Mariners

The Clippers will meet November 13, at 6:00 in the MPR room. Lunch will be served.

Paula Merrill, Program Provider at Community Corrections, will share with us information on "Response to Domestic Violence - The Role of Criminal Justice, The Role of the Community, DVACK and, 'How can you help?'" . Please plan to attend for fellowship and learning.

Thanks, Rosie and Jerry McKee and Rose Marie Merrill.

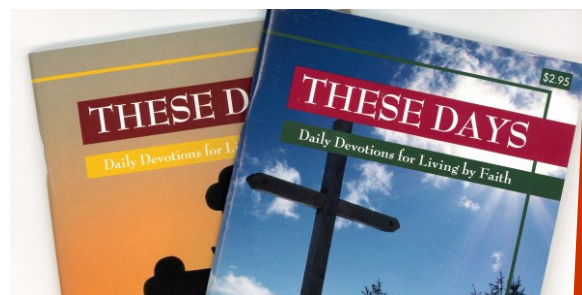


# Free Daily Devotion Booklets

Would you like to have a daily devotional booklet? Sunrise PW provides them and are available FREE to anyone to take and use. The devotionals are entitled "These Days," and come in regular or large print. They are located on the small table across from the office door.

Please take one, and may you find these devotionals very meaningful.

Thank you from PW—Presbyterian Women—Sharing and Caring. . .



## Stewardship

It's time to think about 2017, stewardship and what that means to us here at Sunrise. The annual pledge drive is progressing well! We will dedicate the Pledges November 20.

If you have not received a Pledge packet, let Angie know and she will get you one.

Thank you!



## Take Photos Please?

We're asking you to capture moments, the "goings-on" at Sunrise, ones that can't be captured by church staff alone, but yet are often treasured photos we all enjoy. And besides, we have a lot going on at Sunrise! Good things! Photo worthy moments! In the "high-tech" world we live in, many of us have cell phones that take great pictures. Which leads us to ask - will you help? Will you be a photographer for Sunrise? Help Sunrise to gather pictures to share with others, share what's happening at Sunrise?

All you have to do is be aware, watch for opportunities to take pictures during church events such as Wednesday God's Kids, deli, choir rehearsals, potluck dinners, youth retreats, a child singing or playing a

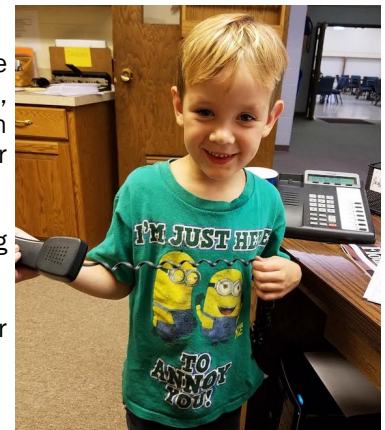
game, etc. For example, the photo to the right is of a random moment I felt was picture-worthy—Cameron stopping in to say hello to the church secretary! I took the picture before Wednesday God's Kids, while his Grandma was making chili for the deli.

Keep in mind any photos submitted by you that we use have to be appropriate in content, and if deemed otherwise will not be used.

Submit photos to Angie—we may share on Facebook, print to put up on bulletin boards/use in art projects, or put in the church newsletter.

No flash photography during worship, please.

Have fun, and thank you for your help!



## Thanksgiving Dinner

Please join us, and bring family members if you wish, on Sunday, November 20, for Thanksgiving dinner with your Sunrise family. We'll eat at noon.

The church will provide the turkeys.

Please see the signup sheet on the bulletin board by the Multipurpose room to signup for a side dish,



Join us to  
**Drink, Eat, and Give Thanks**

Sunday, November 20th

11:45 a.m.

1234 Stuffing Lane

Mashedville, Sunrise USA

The Mission Committee will again be sponsoring the Annual Sunrise Thanksgiving Dinner November 20th, the Sunday before Thanksgiving at 11:45 am. A sign-up sheet has been posted on the bulletin board outside the MPR Room so we don't have too many vegetables or dinner rolls, although we could never have too many desserts! This dinner is especially for anyone who will not be having a traditional Thanksgiving dinner, so if you know someone who is not, please invite them to the dinner.

## Red Cross Blood Drive at Sunrise

### Note from Salina Area Account Manager



*Together, we can save a life*

First of all, I wanted to express my thanks to Martha, the Board, and the church staff. In the past years that I was a donor at these drives, I always felt the church was such an inviting place for such an impactful event. And I know the community feels fortunate to have such a nice facility for these drives.

Second, I wanted to let them know how our last drive went. We were able to collect a total of 269 units of blood; which can potentially provide over 800 life-saving blood procedures to some very grateful patients. Being a past recipient of blood products years ago myself, I can honestly say I feel so blessed for those donations that saved my life. There isn't a day that goes by that I don't think about those donors!

And finally, I want to mention that these drives take a lot of hard work in just the preparation and clean-up of these events. The group of volunteers that have teamed up to do this hard work are some of the best I've seen. And though I know it can be tiring, the satisfaction I see in their faces clearly tells me why they serve in such a way!

We look forward to another successful drive on December 26th, 27th and 28th!

Teri Novotny | Account Manager  
 American Red Cross  
 Central Plains Blood Services Region  
 120 West Prescott, Salina, KS 67401  
 (316) 558-7351 ©  
 teri.novotny@redcross.org  
 facebook.com/RedCrossBlood

You can hold the power to save lives in the palm of your hand with the FREE Red Cross Blood Donor App! Here's how:  
 Text "BLOODAPP" to 90999 or download it from the App Store<sup>SM</sup> or the Google Play<sup>TM</sup> store today!

#### GENERAL INFORMATION

Learn more at [redcrossblood.org/](http://redcrossblood.org/)

#### RAPIDPASS

Save lives in less time. Learn more at [redcrossblood.org/Rapidpass](http://redcrossblood.org/Rapidpass)





## Sunrise Coat Closet Giveaway

**Sunrise  
Coat closet**

Bring your kids to the church  
gymnasium from 10am to 4pm  
for a free Coat. December 3,  
2016

Sunrise Presbyterian Church  
825 E Beloit Ave  
Salina, Ks

Contact: [malcolm23mapitout@gmail.com](mailto:malcolm23mapitout@gmail.com)

*Free*

**Sunrisers:** There will be a contribution barrel near the church office so that people can bring coats.

The coat giveaway is being organized by a young man in our community named Malcolm Norris, who cares a great deal about kids with no warm coats.

Members of the Mission Committee are working with Malcolm and will be in attendance that day.

**WARM  
COATS** *from*  
**WARM  
HEARTS**

## Missions

### HONDURAS MISSION TRIP

Presbytery trip to Honduras March 18-25: The Session of Sunrise has given its blessing for a mission trip to Honduras during spring break week March 18-25, 2017. Cost is \$800, plus air fare.

We'll be working on an addition to the Children's Impact Network Orphanage in Pena Blanca, Honduras. Plus, there will be time to work with the children.

Please start praying for those who will participate. Please begin to think about ways you can help those who will go. Some will need some financial help.

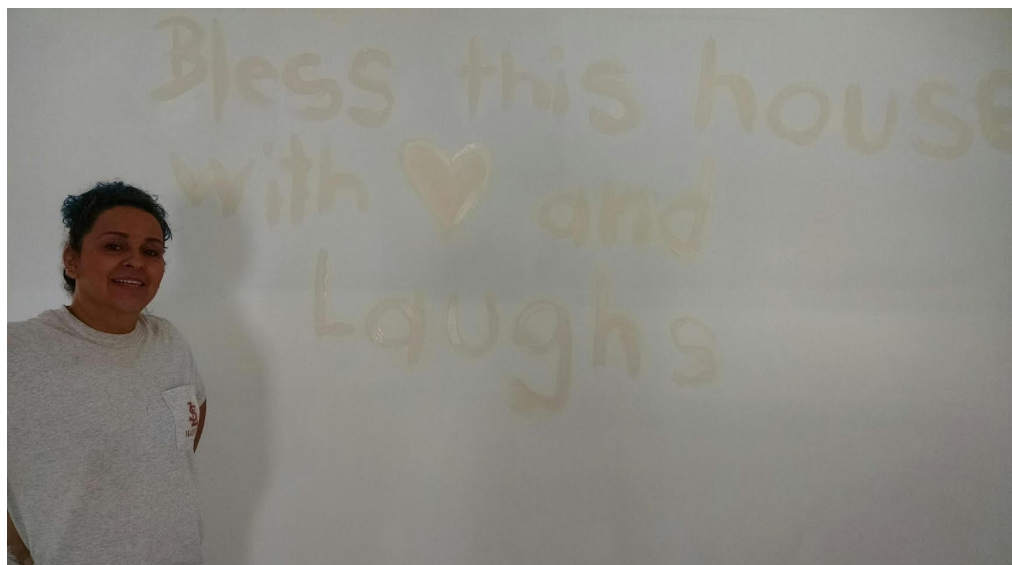
We will be taking some sewing machines. Watch for more details as we move forward.

Questions? Dave Parks 901-218-8611 Carol Viar 785-827-7401



## Thank You From . . . Habitat for Humanity®

Thanks to the great team who came to help with interior painting on the current Habitat for Humanity House—Nancy Klostermeyer, Karen Sutton, Patti Breeding, Clay Thompson, Tom Phillips, Abner Perney, Katie Weis, Ed Viar, Sharon Anderson Homeowner Maria Padilla (pictured) came, as well, to put her hand to a paintbrush for the very first time. Between the primer and the first coat of paint, Maria painted "Bless this house with love and laughs". It shows through slightly on the final coat.



# Prayer Notes

Now, O Lord, calm me into a quietness that heals and listens, and molds my longings and passions, my wounds, and wonderings into a more holy and human shape. Amen

-Ted Loder, "Guerillas of Grace"

God, here is what I need to say to you today, tonight, right now.

I pray to you because I hope that \_\_\_\_\_

I thank you for \_\_\_\_\_

I pray for the following people \_\_\_\_\_

I pray for the following things \_\_\_\_\_

I confess that I \_\_\_\_\_

You are here with me. Amen.



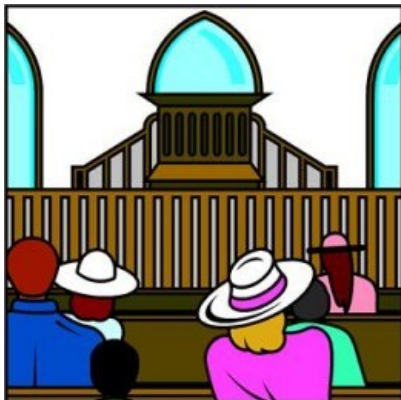
# Thoughts from A Member ...

It is not happy people who are thankful;  
It is thankful people who are happy.



WORDS  
*To Live By*

Come early to get the back pew!



## Fellow Man International

AUCTION ITEMS FOR FELLOW MAN  
INTERNATIONAL MISSION OF HONDURAS

November 6, at 6:00

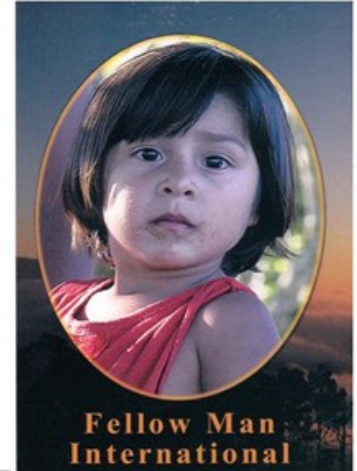
First United Methodist Church, 122 N 8th

- ◆ Salary support for Mission staff, doctor, nurses, workers
- ◆ Support for children's lunches provided by the Mission
- ◆ 2 passes to all KWU's home basketball games 2016 - 2017 season
- ◆ Pheasant hunting lodge and experience—Jim Jarvis
- ◆ Breckenridge three night stay in a condo from Bennington State Bank
- ◆ Original jewelry from Jeanne Sebree
- ◆ Gourmet meal for 8 catered in your home by FUMC Youth
- ◆ Barn quilt by Rhonda Bird
- ◆ Fabric art by Shawn Delker
- ◆ 16" X 20" professional family portrait by Aaron Anders
- ◆ Welded outdoor fire pit by Nate May
- ◆ Carved Kansas State University wooden plaques: from Honduras
- ◆ Carved Kansas University wooden plaques: from Honduras
- ◆ Purse made by Linda McClaskey
- ◆ Turned wooden pen of African Mahogany by Harry Tysen
- ◆ African Mahogany and Mango wood turned boxes by Dave Haney

The annual choir concert and auction to support Fellow Man International Mission of Honduras will be held at the First United Methodist Church, Salina on November 6th at 6:00. Lisa Armstrong will provide an update on Mission activities through projected pictures and comments. Choirs from three churches will present a concert and the three keyboard church musicians will add their musical offerings. A dessert fellowship will follow the concert and the auctions will follow that.

- ◆ African Mahogany crochet needles by Dave Haney
- ◆ Ceramic pot by Lyric Cairns
- ◆ Table runner and pecan pie by Kathyne Perney
- ◆ Fontanini by Roman crèche figures (sets in four sizes) artistic quality
- ◆ Fair Trade items from around the world
- ◆ Meal for two at the Taste of Dixie Restaurant, downtown Salina
- ◆ Sunflowers, welded outdoor art by Nate May
- ◆ Original art picture by Sylvia Phillips
- ◆ 2 sets of four hand-woven placemats and napkins from Guatemala contributed by Dave Parks
- ◆ Quilt by Karen Sutton
- ◆ Antique oil lamp converted to electricity
- ◆ Green Parrot Coffee from Lisa Armstrong
- ◆ Honduran vanilla from Lisa Armstrong
- ◆ Golf bag

First United  
Methodist,  
Sunrise  
and  
First  
Presbyterian  
Churches  
present



# An Evening with Fellow Man International And Lisa Armstrong

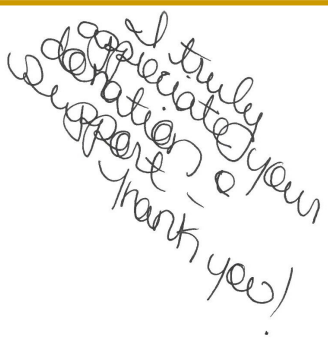

November 6, 2016

6:00 p.m.

First United Methodist Church, Salina, KS



# Thank You from DVACK

August 5, 2016

Sunrise Presbyterian Church  
825 E. Beloit.  
Salina, KS 67401

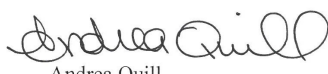
Dear Sunrise Presbyterian Church,

Your support of this agency is deeply appreciated. Providing our specialized services for victims of domestic violence and sexual assault is vital to our community's quality of life. Without your support and generosity, these services could not be offered.

The Domestic Violence Association of Central Kansas thanks you for your donation of socks.

Please keep this letter as acknowledgement and receipt from our agency.

Sincerely,



Andrea Quill  
Executive Director

# Thank You

Thank you for all of the expressions of sympathy when my brother died. Your hugs, cards, notes and phone calls were a blessing. Your thoughtfulness soothed my spirit.

Betty Rassette



# In Service of The Church - November

## November Lay Leaders



- 06 Mary Lee Arnold
- 13 PW Sunday - Mary Lee Arnold
- 20 Rose Marie Merrill
- 27 Jerry McKee



## November Acolytes

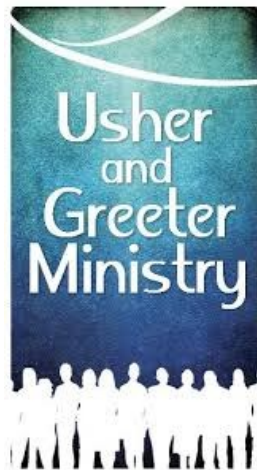
- 06 Tacey Barrett
- 13 Riley Allmond
- 20 Allen Johnson
- 27 Ushers



October	
<i>Attendance Register</i>	
2nd.....	100
9th.....	97
16th.....	83
23rd.....	98
30th.....	

## November Ushers

- \* November 06  
Irene Hill East:  
Nadine Griffin
- \* November 13  
Beth Miller  
Rosie McKee
- \* November 20  
Ruth Self East:  
Pat Tomlins
- \* November 27  
Ken Miller  
Beth Miller



## November Greeters

- Don & Noreen Slaughter  
South: John Zimmerman & Ann Zimmerman
- East: Janet Atteberry & Brenda Pilcher  
South: Carolyn Eland & Ruby McBee
- Harold & Linda Waggoner  
South: Vicki Moss & Granddaughter
- East: Pat & Patti Breeding  
South: Rose Marie Merrill & Jessica Merrill

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

# November Birthdays & Anniversaries

1	Shelby Meyer	15	Dale & Marty Jenner Anniversary
3	Steve Olson Dylan Atteberry		
6	Doug Albrecht Maurice Kerr Jane Vonada	18	Melanie Hancock
		19	Ken Miller Richard Nelson
8	Ed & Carol Viar Anniversary	20	Jace Hewitt
10	Sue Fuller Jackie Thompson	24	Sara McAfee Spencer McAfee
12	Rosie McKee	27	Tessa Bolen
14	Jordan Young Cassidy Coberly	28	Jim Fox Tyler McElwee



## 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?

If you have newsletter items to share, or have any comments or questions about the newsletter, please let me know! I hope you're all having a terrific November!

Angie Koshgarian,  
Newsletter Editor



## SUNRISE PRESBYTERIAN CHURCH

825 E. Beloit  
Salina, Kansas 67401



Phone: 785-823-644  
Fax: 785-823-6345  
E-mail: [angie@sunrisepresbyterian.com](mailto:angie@sunrisepresbyterian.com)  
[www.sunrisepresbyterian.com](http://www.sunrisepresbyterian.com)

## 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)



### 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