

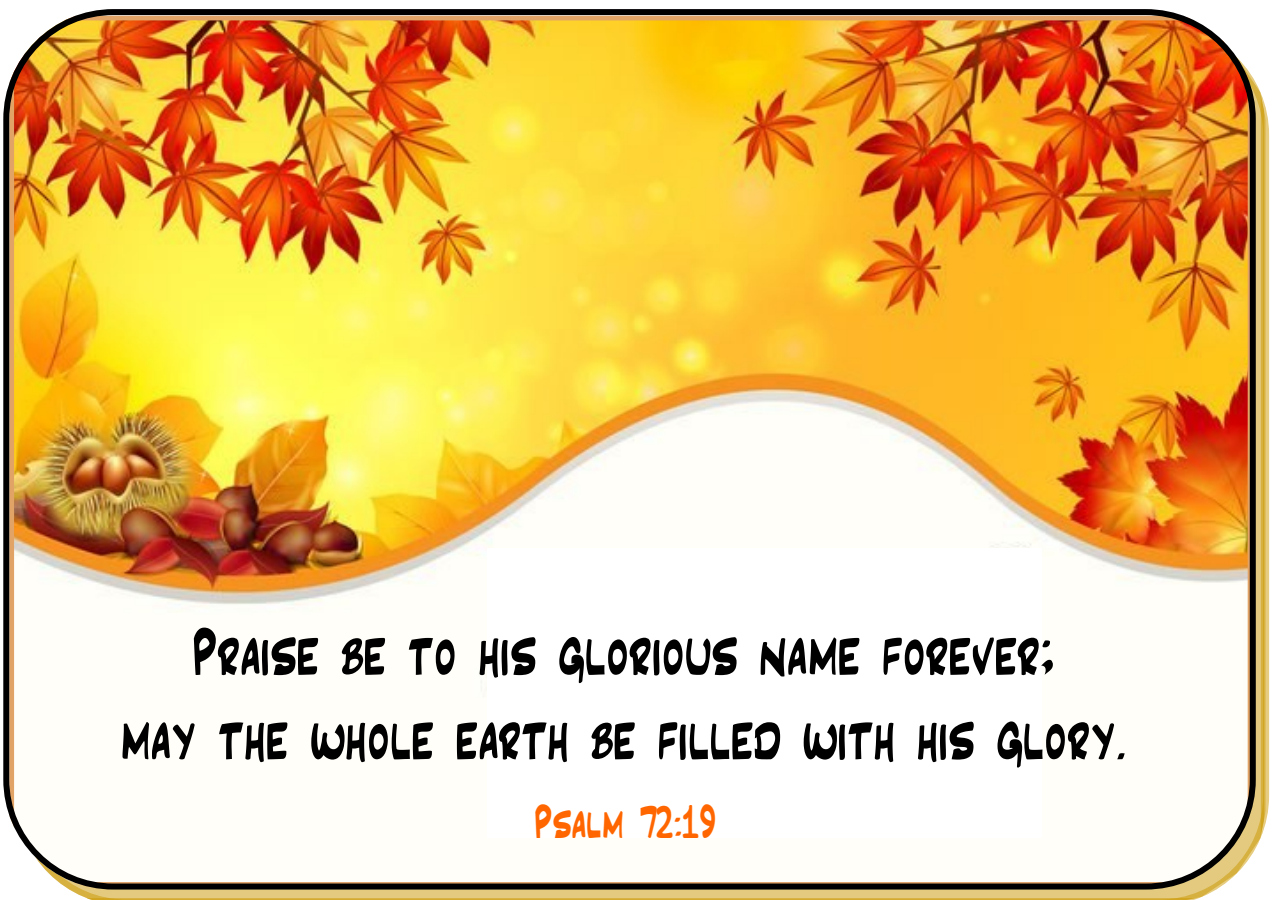
Volume 37, Issue 10

October 2016



SUNRISE PRESBYTERIAN CHURCH

# SUNRISE NEWS AND VIEWS



**PRAISE BE TO HIS GLORIOUS NAME FOREVER;  
MAY THE WHOLE EARTH BE FILLED WITH HIS GLORY.**

**PSALM 72:19**



# Martha's Musings



Last week at God's Kids we read a book about a giant who bought himself a spiffy new wardrobe. He totally updated his look. He was proud and happy. On the way home from the store, the giant ran into friend after friend who needed something: the giraffe needed his tie to keep his neck warm, the mice needed his shoe to replace their home which burned. The giant gladly gave all his new clothing to his friends – until he realized he was cold because he had no clothes. He was immensely grateful for finding his old worn clothes. His friends delivered him a card of great thanksgiving.

I don't know if I could be so generous as the giant – it's hard to give away things we work hard for and need. What most impressed me about the giant was the way he did not complain about his gifts. He gave joyfully and happily. He was so pleased to be able to help others. He had learned how to be grateful.

Gratitude does not come easily or automatically. We have to learn it by practice. Carrie Newcomer offers us such a practice with this poem. I pray we take up her practice with the goal of becoming as joyful as that giant!

Love,  
Martha

“He gave joyfully  
and happily . . .”



## Three Gratitudes

by Carrie Newcomer, from the book  
*A Permeable Life: Poetry and Essays*

*Every night before I go to sleep  
I say out loud  
Three things that I'm grateful for,  
All the significant, insignificant  
Extraordinary, ordinary stuff of my life.  
It's a small practice and humble,  
And yet, I find I sleep better  
Holding what lightens and softens my life  
Ever so briefly at the end of the day.  
Sunlight, and blueberries,  
Good dogs and wool socks,  
A fine rain,  
A good friend,  
Fresh basil and wild phlox,  
My father's good health,  
My daughter's new job,  
The song that always makes me cry,  
Always at the same part,  
No matter how many times I hear it.  
Decent coffee at the airport,  
And your quiet breathing,  
The stories you told me,  
The frost patterns on the windows,  
English horns and banjos,  
Wood Thrush and June bugs,  
The smooth glassy calm of the morning pond,  
An old coat,  
A new poem,  
My library card,  
And that my car keeps running  
Despite all the miles.  
And after three things,  
More often than not,  
I get on a roll and I just keep on going,  
I keep naming and listing,  
Until I lie grinning,  
Blankets pulled up to my chin,  
Awash with wonder  
At the sweetness of it all.*

## God's Kids News

### A Sampling of What We've Been Reading at God's Kids

Each week at God's Kids, we read and discuss one of the scriptures for the week. We also read a storybook which illuminates something in the scripture. We often have great discussions, and we follow those with a craft that helps the kids reflect on what they've said and heard. It's a powerful way to learn! Parents please help us reinforce learning by asking your children about the storybooks and themes each week. Many are available to check out in Addie's Corner. The kids would love for you to read these books to them again! Most are available from the Salina Public Library.

Some recent books and themes include:

*I Like Myself* by Karen Beaumont – Exploring the theme that God creates us good and wants us to know and celebrate our good gifts and talents.

*The Spiffiest Giant in Town* by Julia Donaldson – Reflects on the wonder of generosity. The giant who gives away all he has becomes rich beyond measure with community.

*Spot the Cat* by Henry Cole – A young boy loses his cat and cannot rest until he finds her. It's an almost parallel story to Luke's parables on lost and found.

*The Sandwich Swap* by Her Majesty Rania Al Abdullah about two best friends who find one another's favorite foods too yucky – and how each comes to appreciate the other's hummus and peanut butter. We reflected on the many kids in school who come from other countries and like different foods. We're finding out what they are.



## Community-Wide Fall Fix-Up Day

### Fall Fix-Up Day:

There will be three projects this fall.

1) Building a new playground for Thomas Park overseen by the City of Salina, 2) landscaping in north Salina overseen by the North Salina District and, 3) 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.

This is a great opportunity to give back to your community, thank you!



## Jerry's Wellness Tips—Part 3

I'm still doing ok. . .how about you? My blood pressure has dropped some more, so may see about dropping more medication, with my doctor. I saw a neurologist, and she recommended 3 natural remedies which seem to be helping on blood pressure.

Couple of thoughts for today:

- ◇ Beware of cortisone/steroid shots for pain. Frequently, it spikes blood pressure to dangerous levels (it did me). Per many internet posts, it happens often. Check with your doctor *before* getting a shot!

- ◇ A great breakfast I use 2-3 times per week. . .frozen hash brown potatoes and frozen 3 pepper/onion blend from Dillons—fried in Canola oil, with an egg fried at the edge of the pan. Put on a little Mrs. Dash and Schlotsky's sauce. A meal for all seasons, with very little sodium or calories! P.S. I'm now chopping up my fresh peppers and onions, and freezing some for winter.

Lastly, 10 things to avoid if possible:

- 1) Salt from the table
- 2) Sweetened drinks
- 3) Pizza
- 4) Cheese
- 5) Bacon/ham
- 6) Whole milk
- 7) Soy sauce
- 8) Canned soup
- 9) Gravy
- 10) Deep fried anything.



Keep taking your baby aspirin and read Isaiah 55:2. All comments welcomed!

Jerry McKee

# Meetings

## Sabot Mariners Meeting

Sabots will meet on Tuesday, October 11 at 6:00 pm. We'll meet at the church for a potluck dinner and a musical program. We hope you can attend!



## Clipper Mariners AND Adult Faith Meeting

These two groups are getting together to watch a movie Sunday, October 9th! The get-together starts at 6:30 pm in the Sunrise "theatre room".

We'll watch a movie about Scientology, with discussion afterward led by Linda Tysen.



# Just for Fun!



# Thank You

## From One of Our Sister Churches



### TRINITY PRESBYTERIAN CHURCH

1110 College Avenue  
 (785) 539-3921  
 trinity1110@sbcglobal.net  
 tr

Manhattan, Kansas 66502  
 Fax: (785) 539-3095

9-25-2016

Dear Sunrise Presbyterian Church,  
 Each Sunday we lift up one of our sister churches in the Northern Kansas Presbytery in prayer. On this last Sunday in September, we prayed for the members, ministry and mission of Sunrise Presbyterian Church. May the light of Christ shine through you.  
 Grace and Peace,

Helin Hultquist

Deiny Schalles

Bob Schalles

Kay Robinson

Susan Lynn Golley

Mawein & Mandy Beal

Karyl Croft

Bob & Duila Bell

Ralph & Mary Ann Krummel

Mentys Gobel

Daleen Kuller

Bill & Debra Schuman

John & Alice Musselman

Nancy & Al Adams

Wayne & Tilda Biele

Jack & Jan Byars

Sue Greig

Marie Harris

Mike & Donna Hawkins

Sheryl & John Koloski<sup>3</sup>

Craig, Sarah, Matthew, & Joshua Ellerbeck

## Submission from Sunrise Member

### Six Little Stories

{1}

*Once all villagers decided to pray for rain.  
On the day of prayer all the people gathered,  
but only one boy came with an umbrella.  
That's FAITH.*

{2}

*When you throw babies in the air,  
they laugh because they know you will catch them.  
That's TRUST.*

{3}

*Every night we go to bed  
without any assurance of being alive the next morning,  
but still we set the alarms to wake up.  
That's HOPE.*

{4}

*We plan big things for tomorrow  
in spite of zero knowledge of the future.  
That's CONFIDENCE.*

{5}

*We see the world suffering,  
but still we get married and have children.  
That's LOVE.*

{6}

*On an old man's shirt was written a sentence  
'I am not 80 years old  
I am sweet 16 with 64 years of experience.'  
That's ATTITUDE.*



Have a happy day and live your life like the six stories.

When I was a child I thought nap time was punishment. Now it's like a mini vacation.

Author: Nancy Friedman

WORDS  
To Live By™

## Presbyterian Mission Agency Article

Members of the Presbyterian Haiti Response Team share their stories about continuing relief efforts in Haiti. This article takes you through the rebuilding of Port-au-Prince and Léogâne, and offers ways for you and your congregation to help restore these earthquake-ravaged cities.



"Haiti has always been cracked, but the earthquake just made it come down."

A word commonly used by Haitians is *degaje* meaning "to do what you have to do" or "to make do with what you have." This concept personifies the way Haitians approach life. Although they continue to face significant challenges, the people are resourceful. They are making progress to close tent cities and to rebuild their country. Presbyterians are there to help.

Several members of the Presbyterian Haiti Response Team (HRT), through ministries of the Presbyterian Church (U.S.A.)'s General Assembly Mission Council (GAMC), traveled at the end of May to Port-au-Prince and Léogâne, Haiti. Their stories and experiences will challenge you and your congregation to prayerfully respond to the continuing needs.

### **The Streets of Port-au-Prince**

Sikhumbuzo Vundla, the chief of operations for the Episcopal Church in Haiti and the HRT guide through Port-au-Prince, tells the team, "Haiti has always been cracked, but the earthquake just made it come down."

Driving through the earthquake-ravaged city, Vundla calls attention to an area of great need, a large tent city outside the capitol building, with its immense dome leaning forward and perched on the broken base of the building as if a giant came by and knocked it over.

Thousands of tents line the camp. Each tent is placed in any available space and pieced together from used blankets, tarps, or other recycled materials. Children in the tent cities play with toys made out

of sections of tire or plastic. Mothers cook with upturned buckets used to fetch water earlier in the day. The tent city is *degaje* in action, families doing their best to move forward.

"The government needs outside help to address moving people into homes and out of the camps," Vundla tells the group. "As you can see, they themselves are overwhelmed."

As the drive continues, there are signs of the non-governmental organizations (NGOs) that are helping in the area. Vundla points out giant bladder-type cisterns filled with clean water for the medical tents. Vundla tells us that, despite the challenges, many displaced people are moving out of the tent cities to places like Carail.

### **A New Community Nearby**

Carail, a new community located just outside Port-au-Prince near the base of the mountains, is about half an hour or more from the city, depending on the traffic. Little blotches of pink, green, and beige mark where thousands of new homes are built to create more permanent residences for displaced persons. There are more signs of NGOs at work and the strong presence of the United Nations.

There are community gardens, school buildings, and a small hospital. People are walking together along the dirt and rock streets, sitting on their porches, and enjoying music played by a DJ on a make-shift stage.

*Continued on next page*





A work crew clears rubble from a home outside Léogâne, Haiti.



Some porches are decorated, and other homes have small gardens just outside their back doors. As you move around the area, fewer homes and tents appear. It is clear that progress is being made, but the work is not done. More help is needed for a better future.

"Many different NGOs are helping in this area," Vundla says. "Each group was given an area to build homes. The need is so great that no one group or organization can help everyone."

#### **Even More Rubble to Move**

Leaving the new community of Carail, several dump trucks are unloading rubble just down the road. Cracked concrete is moved from the neighborhoods of Port-au-Prince and other towns to one of four sites, including the one on the HRT tour route.

One agency currently handles the bulk of the waste removal. It is a slow and tedious process. Streets are packed with tap taps—Haiti's transport vehicles—buses, pedestrians, and street vendors. Roads are narrow in places and cracked in others, making it difficult to move the machinery and trucks that deal with the rubble. It takes the trucks 45 minutes one-way to move the concrete to sites outside of Port-au-Prince. Some of the rubble is on private property, making matters more complicated and removal expensive. The government allows home and business owners to place rubble along the streets, which contributes to traffic issues and slows removal efforts.

#### **Presbyterians Helping in Haiti**

The GAMC's Haiti Response Team approved funding to rebuild Holy Cross School in Léogâne. The school provides education for about 600 students yearly and is key to the future of this hard-hit area. In addition, HRT supplied agricultural aid through the local farmers' movement of Haiti and spent nearly one million dollars to rebuild a nursing school and hospital in Léogâne.

The team is now exploring ways to use remaining resources to provide homes for displaced people, as well as to supply water and sanitary facilities.

The HRT's goal is to use donated funds intelligently and help Haitians not just "make do with what they have" but find hope and opportunities for a better future. Pray for continued efforts in Haiti and learn what you and your congregation can do to help.

#### **Responding to Disaster from Home**

- Meet the people of Haiti and members of the Haiti Response Team. Visit [pcusa.org/haiti](http://pcusa.org/haiti)
- Pray for the health, energy, imagination, and love of the Haiti Response Team and those working to make a difference on the ground in Haiti.
- Consider service as an international short-term volunteer. Find out how at [pcusa.org/ministries/global/get-involved](http://pcusa.org/ministries/global/get-involved)
- Discover "How to Help: Give, Act, Pray" by assembling "Gift of the Heart Kits" including medical and school supplies, as well as layette kits. Learn more at [pcusa.org/pda](http://pcusa.org/pda)

#### **TellMeMore**

Jessica Reid, communication specialist for the Presbyterian Church (U.S.A.), is a Haiti Response Team communicator. Follow the progress of Haiti's earthquake recovery at [pcusa.org/haiti](http://pcusa.org/haiti)

**NOTICE:** Presbyterian Disaster Assistance has just begun a response to Hurricane Matthew. To read more, go to their website: <http://pda.pcusa.org/>

## 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



### LOUISIANA MISSION TRIP

Presbytery trip to Louisiana November 5-13: There has been a change to the trip. The work will NOT be based in New Orleans this year. Instead,

The work will be in flood damaged areas in the "toe of the boot" of Louisiana, in Washington Parish Near Franklin (about 60 miles north of

New Orleans. We'll work for Washington Emergency Recovery Ongoing Cadre. Housing will be in Bethel Baptist Church. Surplus navy cots, a trailer with showers and laundry facilities, and food prep in the church kitchen. They expect that by arrival in November, they will have a house or two that will have been mucked out, gutted, and dry enough to begin insulating, sheet rocking, and other recovery work.

Please pray to see if God is leading you to be a part of this recovery effort. Cost is \$75, plus costs for food and housing on travel days.

Contact the Presbytery Office with questions. 785-827-1654



## Prayer Notes

Trusted Gardener,  
Tame what has grown too wild.  
Free what has become too tame.  
Claim what has been neglected.  
Awaken what has become dormant.  
Thank you for the companions  
whose presence led me to my deeper self.  
I open the door of my heart to you.  
I open the door of my heart.

*From author Joyce Rupp*



## Fellow Man International

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 up-date 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.

The silent and live auctions will feature original jewelry by Jeanne Seebree, a painting by Sylvia Phillips, a barn wood crèche with porcelain figures in the style of Frank McBride; use of condo at Breckenridge and use of a house at Estes Park; Central American craft items; Honduran vanilla; a "hard quilt" (wooden outdoor decoration); a lodge for a pheasant hunting experience; a creative welded outdoor decoration; an original purse; an original ceramic piece; a family portrait setting and 16 X 20 enlargement; and other attractive items. The most interesting part will be auctioning support for the salaries of the employees of Fellow Man International Mission. A SKYPE connection with the Mission employees will be used so they can observe the auction in Salina.



If you wish to contribute an item to the auction, please notify the person in your church prepared to help fit it in with the other items (no garage sale items)...only items of artistic quality or high utility, please: First United Methodist contact: Rhonda Bird 785 309 5104, 785 493 2224 (c); Sunrise Presbyterian contact; First Presbyterian contact.

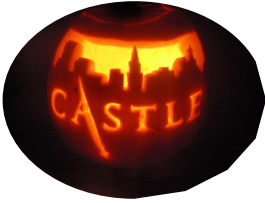
Items are to be brought to First United Methodist November 5 between 9:00 - 11:30 a.m.

### **NOTE: Auction Items Needed!**

We are looking for a few good items for the auction. So, if you have a beautiful, creative piece of some kind (painting, quilting, woodworking, etc.), please contact Harry Tysen at 785-825-8667 to see if it will work for the auction.

SO. . . mark your calendar for this wonderful evening of multi-choir music selections, delicious dessert, and the auction!

## Thank You from CASTLE



HUGE thank you to the congregation and the volunteers for an extremely successful pumpkin sale fundraiser for CASTLE!

We sold nearly everything that we had! It was a beautiful day!



## Habitat for Humanity

As of October 4, *Habitat for Humanity* is about two weeks out from being ready to paint interior walls on the new house that is going up at 810 N 5th St.

Be thinking about getting out your brush and roller! More information to follow!



## Ashby House "To Do List"

Ashby House needs help with several tasks at the 4-plexes/duplexes at Oakdale and Johnston.

If you can help, please call Jeff Shaw at Ashby House, 785-826-4935

- ⇒ moving small items from one basement to another
- ⇒ uninstalling phone, television wires inside spreading out a pile of gravel

- ⇒ cleaning up a small area of yard that is overgrown with weeds, etc.
- ⇒ A few individual interior walls that need a coat of paint
- ⇒ paint interior of a closet
- ⇒ put together some closet organizers
- ⇒ stripping wallpaper

Thank you!



## Thank You from Mission Committee

The Mission Committee wants to say thank you. . . for donating soaps, shampoo, toothbrushes, etc. for the new Children’s Crisis Center at Central Kansas Mental Health. For now, they have enough so hold off for now and we may ask again in the future. We appreciate your response!



## ‘Empty Bowls’ Fundraiser - Salina Food Bank

### 10th Annual Empty Bowls Fundraiser/Soup Supper

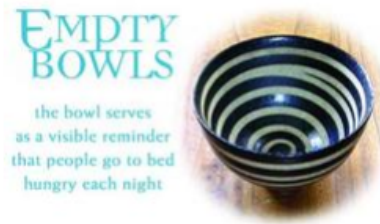
Sunday, October 23rd, 5pm to 7pm  
 Saline County 4-H Building  
 Entertainment provided by **Everyday Lights**  
 Ticket price - Adults \$12  
 Children 7 and under **FREE**

**Tickets are on sale now. Please visit the offices at the Emergency Aid/Food Bank at 255 S Chicago, Salina**

### What is the Empty Bowls Project?

#### History

Empty Bowls began in 1990 as an art class project in a Michigan high school to raise funds for a food drive. Students made ceramic bowls, served a meal of soup and bread, and invited guests to keep the bowl as a reminder of hunger in the world.



By the following year the organizers had developed this idea into the Empty Bowls Project and established the imagine | RENDER Group, a 501(c)3 organization designed to promote the concept.

Since its inception, this simple project has evolved into a far-reaching program providing support for food banks, soup kitchens and other organizations that fight hunger. Empty Bowls events have been held throughout the world, raising millions of dollars for use in combating hunger.

The basic idea for Empty Bowls is straightforward:

- Participants create ceramic bowls, then serve a simple meal of soup and bread.
- Guests choose a bowl to keep as a reminder that there are always Empty Bowls in the world.
- In exchange for a meal and the bowl, the Guest contributes a recommended minimum donation.
- The Meal Sponsor selects a hunger-fighting organization to receive the collected donations.
- Any organization fighting hunger qualifies.
- All funds raised under the name of Empty Bowls must be used for fighting hunger.

For more information about this fundraiser, and more - go to the food bank’s website:

<http://www.salinafood.org/>

# In Service of The Church - October

## October Lay Leaders



- 02 Bob Houck
- 09 Ken Miller
- 16 Carol Viar
- 23 Connie Steinger
- 30 Mark Zimmerman



## October Acolytes

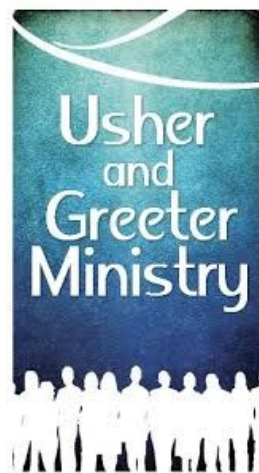
- 02 Tacey Barrett
- 09 Riley Allmond
- 16 Allen Johnson
- 23 Jace Hewitt
- 30 Allen Johnson



September	
Attendance Register	
4th.....	89
11th.....	108
18th.....	103
25th.....	92

## October Ushers

- \* October 02  
Jack Gillam  
Kim Gillam
- \* October 09  
Jean Adam  
Jean Burch
- \* October 16  
Shirley Lang  
Pat Tomlins
- \* October 23  
Mel Abbott  
Betty Abbott
- \* October 30  
Kathryn Lee  
Dolli Winsky-Moreno

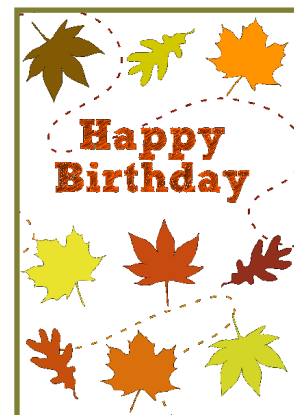


## October Greeters

- East: Nadine Griffin & Perry Hunsley  
South: Gene & Sue Fuller
- East: Ruby McBee & Carolyn Eland  
South: Jim & Ellen Price
- East: Shirley Urbanek & Jean Burch  
South: Mindy Johnson & Allen
- East: Dan & Tessa Bolen  
South: Barbara & Lewis Kollhoff
- East: Bruce & Marilyn Benyshek  
South: Bob & Mary Houck

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

# October Birthdays & Anniversaries



- |    |  |    |  |
|----|--|----|--|
| 1  | Allen Johnson  | 16 | Sue Will   |
| 3  | Don Schroeder  | 17 | Lillian Sanders                                    |
| 4  | Jean Burch   | 18 | Karla Nothern<br>Leslie Mangrum<br>Janet Atteberry |
| 5  | Vicky Tuey   | 21 | Jack Chaney  |
| 6  | Chris McFadden   | 22 | Kylee Ayres  |
| 7  | Dan & Tessa Bolen Anniversary                          | 23 | Joey Soltis  |
| 9  | Lewis Reed<br>Mark Olson<br>Gina Sanders<br>Ruby McBee | 24 | Susie Walker                                       |
| 13 | Stephanie Cool<br>Nathan Zimmerman                     | 25 | Christine Clapsaddle<br>Pam Cooper                 |
| 14 | Jim & Jo Ann Gile Anniversary                          | 27 | Elaine Spellman                                    |
| 15 | Brady McAfee   | 29 | LaDonna Cox  |
|    |  | 31 | Julie Parks  |



## 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 October!

Angie Koshgarian,  
Newsletter Editor



## SUNRISE PRESBYTERIAN CHURCH

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[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