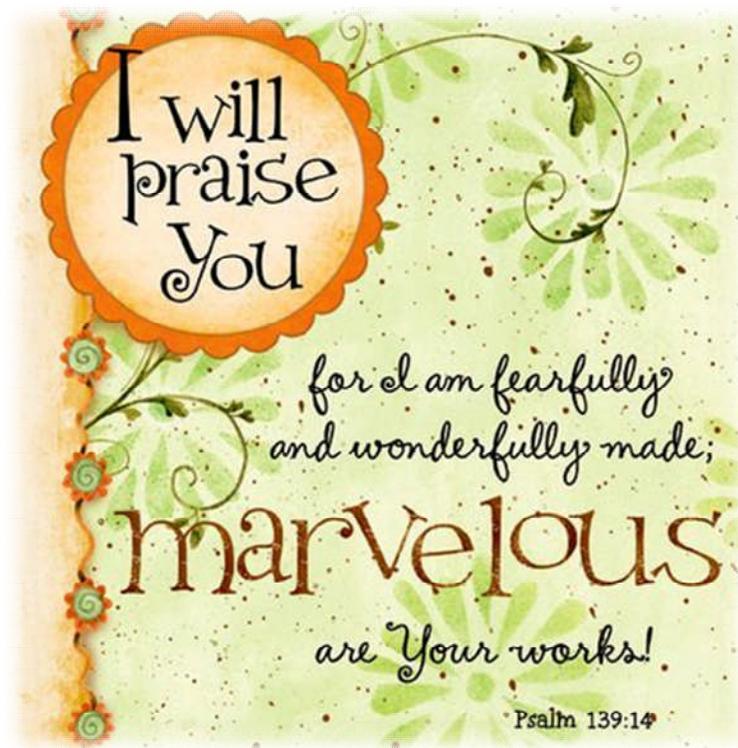




SUNRISE NEWS AND VIEWS

CASTLE Pumpkin Patch Sale, see page 12

Jerry's Wellness Tips, see page 8



Christian Ed 2016-17 Calendar, see page 3

Mental Health First Aid, see page 13

Martha's Musings



WEDNESDAY'S HAVE ARRIVED!!!

Sunrise is gearing up for Wednesdays! Our youth, children and adults have opportunities for fun, fellowship, food AND spiritual growth began Wednesday, September 11.

God's Kids – for elementary children – meets at 3:30 or after school. The kids play games, have snacks, hear Bible stories, make crafts AND have God's Kids Choir and rhythm instruments.

Sunrise Deli – opens at 5:15 with a light supper. EVERYONE is welcome! If you'd like to make a contribution for your meal, there's a basket provided. Our wonderful members take turns providing delicious meals. If you'd like to help – or if you could only make part of a meal – please call Julie Parks or Patti Breeding or ask on Wednesday evenings.

Choir Practice – begins at 6:00 following the deli.

Youth Fellowship - for Middle High and High School students begins at 6:15. Friends are more than welcome! Join the fun.

Don't miss Wednesday! You don't have to be a child or a youth. There's no need to have a kid in the program. You're invited if you are not in the choir. **EVERYONE** is invited (and encouraged to bring people) to feast that is our Deli.

We'll see you there!

Love,

Martha

**"EVERYONE is
invited . . ."**



Parish Nurses



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

Where is the Traveling Plate?

We're hunting for the traveling plate!! Do you have it? Do you know where it is? Please pass it on or if you don't care to participate. Just leave the plate in the kitchen and we will get it back in circulation. Thanks!



Christian Education Calendar

Christian Education Calendar 2016-2017



September

- 7 – Youth and God's Kids and Deli Begins
- 11 – First Day of Sunday School (start regular curriculum)

October

November

- 23 – No God's Kids or Youth (Thanksgiving Break)
- 27 – No Sunday School (Thanksgiving Break)

December

- 4 – Advent workshop (No Sunday School) Teachers please be available to help with your classes
- 21 – No Youth Group or God's Kids (Christmas Break)
- 25 – No Sunday School (Christmas Break)
- 28 – No Youth or God's Kids (Christmas Break)

January

February

March

- 19 – No Sunday School (Spring Break)
- 22 – No Youth or God's Kids (Spring Break)

April

- 16 - Easter Egg Hunt (No Sunday School)

May

- 3 – Last Day of God's Kids
- 7 – Last Regular Day of Sunday School
- 10 – God's Kids Picnic
- 14 – Last Day of Sunday School Celebration (Bouncy House – All Ages)



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 Founda-

tion. I am part of a Fall Fix-Up committee that is a community wide volunteer day.

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

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!"

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

Louisiana Flood Response

[This trip was originally advertised as New Orleans Community Revitalization]

Presbytery of Northern Kansas

PDA is responding to recent flooding near New Orleans and we are too!*

November 5-13, 2016

Trip Leaders: Bob and Rhoda Frasier

** PDA is working through WEROC (Washington Emergency Recovery Ongoing Cadre), located in Franklinton, seat of Washington Parish about 60 miles north of New Orleans.*



Registration forms for either of these trips are available at the church, the PNK office, and on the PNK website. More information on missions is on page 10.

Mariner News

Clipper Mariners Cook-Out

The Clippers met for a cook out Sunday, Sept. 11 at Tom and Sylvia Phillip's house.

I believe a good time was had by all, and the weather was just about perfect!



Thank you!

Thank you to everyone who helped and attended the Ice Cream Social. It was another fantastic one. In 2015 we made \$1,779.82 and this year our profit was \$1,950.24! Great job Mariners! Circle you calendars now - Mariner Chili Supper will be February 25, 2017!



Become a Mariner!

We are always looking for more Mariners. If you are interested contact Paul, Pat or any Mariner. We would be glad to talk to you more about what's involved. We would love to have you join on Mariner Sunday! Circle you calendars now, Chili supper will be February 25, 2017.



Franks 'n Fellowship

We have decided to have one more Franks and Fellowship! It will be Sunday, September 25. We will incorporate this into our Mariner Sunday Celebration.

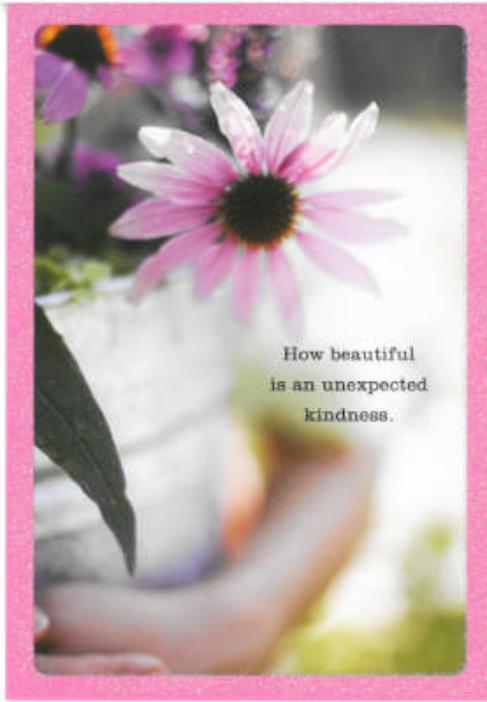
Bring your own beverage (non alcoholic) and chair. We will serve hotdogs and chips. We plan to have some fire pits there for s'mores and if anyone wants to bring some lawn games, we can enjoy those also! We can congre-

gate at 5:00 to 5:30 pm and serve the supper between 6:00 & 6:30 pm. We want to see you there! We will have updates as the month proceeds.



Thank You Notes

Len & Lyla Buehre



Thank you.

We were so pleased and surprised with the "Farewell" cake and pretty yellow Mums that was shared at Coffee Hour after Church on Sunday, Aug. 14th.
We want to thank everyone involved with a special nod to Julie Parker.
Len & Lyla Buehre

Ashby House

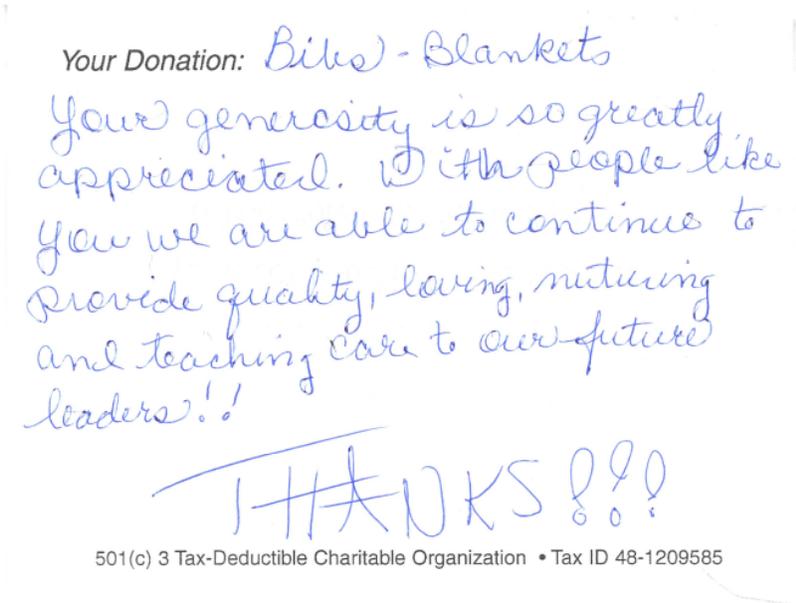
Dear Friends,
Thank you for all of the socks!
Your support really makes a difference.
Best Regards,
The Ashby House Staff

ASHBY HOUSE
Building a caring community



Thank You Notes

Martin Luther King, Jr. Child Development Center

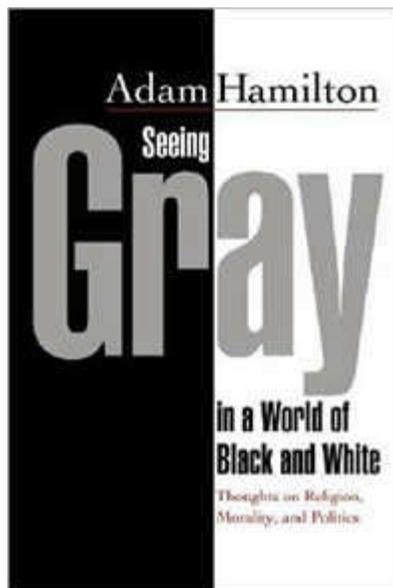


WE THE STAFF, PARENTS AND CHILDREN
 OF MARTIN LUTHER KING JR.
 CHILD DEVELOPMENT CENTER
 WISH TO THANK YOU FOR
 YOUR CONTRIBUTIONS AND SUPPORT.
 IT IS DEEPLY APPRECIATED BY ALL.

THANK YOU

Adult Faith Class in the Parlor

Join us for the start of a new church school year in the Adult Faith Class in the parlor! We will begin the year with *Seeing Gray in a World of Black and White*, a five week DVD study with Adam Hamilton, Senior Pastor of the United Methodist Church of the Resurrection in Leawood, Kansas. Join us for a thoughtful conversation on the political, moral and religious issues that divide us. We began the class September 11, but it's not too late to join us this coming Sunday! We meet in the parlor from 10:45-11:45.....bring your coffee and join us.



Jerry's Wellness Tips

Several of you commented positively to my first effort, so I'm buoyed into Part II. My weight and blood pressure have been maintained, but it may be time to improve both?

As you may suspect, wife Rosie normally sees a glass half full. . .and I see it half empty. For example, people ask about my tomatoes. I see them as wilted a lot at the bottom and only producing small tomatoes; but she sees our vines still alive and producing smaller fruit that tastes good.

I thought today's wellness tips should include some good things to buy (in my opinion). In no particular order:

"Oriental Sweet & Sour Sauce" - over \$5.00 per bottle at Dillons, well worth every cent. Tastes wonderful, goes a long way, and only 35 mg of sodium (vs. over 700 mg in most soy sauce).

"Sweet & Hot Sliced Jalapenos" at Dillons. 30 calories, 100 mg sodium, but they can really spice up any sandwich.

"French's Classic Yellow Mustard—Sweet". This variety, only 10 cal & 65 mg sodium, again enhances any sandwich without guilt.

"Chocolate Chip Deluxe Ice Cream"—only \$1.99 at Dillons with coupons. If you can find a better ice cream, buy it (150 cal, 70 mg sodium.)

"Marzetti: Dill Vegetable Dip" - I know, you probably buy Ranch, we did too. Once you try dill, with carrots, cucumbers, celery, small tomatoes, squash, et al, you will never go back.

"Dillon's Kettle Popcorn" - Half the sodium, twice the taste, of other popped corn.

"Dillon's 1/2" Milk" - You'll say why, you already cut to 2%. Whole milk is 3%, why not cut your butter



fat to 1/6 of whole milk? Drink 2 bottles of 1/2%, you will never go back. If you can go clear to skim milk, good for you, but to me it tastes like water.

Call me at 827-4020 with any questions or comments. Read Isaiah 55:2!

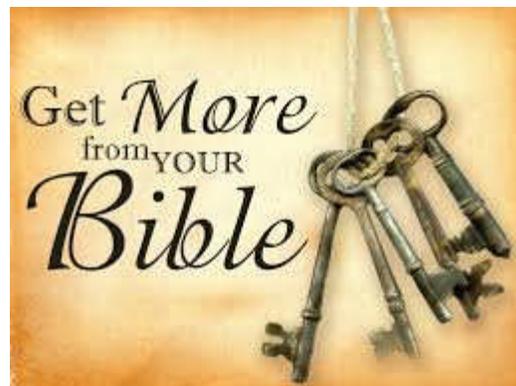
Jerry McKee

Noon Bible Study

A small group of people, led by Martha, meet at noon every Tuesday (exception being the first Tuesday of the month when Martha has a monthly Presbytery commitment).

The group studies scripture from the current week's lectionary. It's a great way to "get more from your Bible" and also from the Sunday worship services on which the scriptures are based.

You don't have to be an expert, you just have to have the desire to know more. . .please join us!



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-Flat 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

Coffee Hour Healthy Alternatives!

The Evangelism/Nurture committee would like to invite anyone who is interested in providing a healthier alternative for our weekly Coffee Fellowship Hour, to feel free to do so! Yes, we will still have donuts! But, this could include muffins, fruit, cheese and crackers, etc. Coffee Hour officially starts at 10:30 a.m. on Sundays. Just bring it to the kitchen and let our Coffee Hour workers set it out. You might start a trend!



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.



FELLOW MAN INTERNATIONAL



We are looking for a few good items for the Fellow Man International auction coming up on Sunday, November 6, 6:00 pm, at First Unit-

ed Methodist Church 122 S 8th 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.

AND mark your calendar for a wonderful evening of choir music (Sunrise, First Pres and First Methodist), delicious dessert, and the auction.

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

"It occurs to me, thinking about prayer, that most of the time I get the direction wrong I start downstream with my own concerns and bring them to God. I inform God as if God did not already know. I plead with God, as if hoping to change God's mind and overcome divine reluctance. Instead, I should start upstream where the flow begins.



When I shift direction, I realize that God already cares about my concerns -my uncle's cancer, world peace, a broken family, a rebellious teenager- more than I do, Grace, like water descends to the lowest part, Streams of mercy flow. I begin with God, who bears primary responsibility for what happens on earth."

Phillip Yancey



Commodities

Commodities Distribution

The Emergency Food Assistance Program
 Hosted by Sunrise Presbyterian Church



Wednesday, September 21, 2016

4-H Building

900 Greeley Ave

12-2 pm

Items: Corn, Vegetable Soup, Mixed Fruit, Raisins, Canned Pink Salmon, Peanut Butter, Cranberry Juice Concentrate, Great Northern Beans, and Whole Grain Spaghetti.

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						
1	\$1,276	3	\$2,177	5	\$3,078	7	\$3,980
2	\$1,726	4	\$2,628	6	\$3,529	8	\$4,430

* For each additional family member add \$451

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

CASTLE Pumpkin Patch Sale

The CASTLE Project's 4th Annual Pumpkin Patch Sale



Saturday, October 1, 2016
9:00 am to 4:00 pm

Sunrise Presbyterian Church
825 E Beloit

Many colored pumpkins, gourds, corn stalks, straw bales,
PLUS baked goods!



Don't Miss it!

Sunrise Deli

Wednesday nights, serving 5:15-6:15 p.m.
Offering Christ's Hospitality to All

We learn hospitality from God who welcomes us, offers us grace and feeds us at the table. In turn, we offer hospitality to others. Eating together is one of the ways we share this hospitality in the church. The Sunrise Deli offers us the opportunity to experience table fellowship with others at Sunrise. It also offers us a wonderful opportunity to support, nurture and interact with our youth. We are hoping that you will join in offering table fellowship this year by cooking or serving at the Deli.

Schedule of Groups, effective September 7, 2016**

<u>September, 2016</u>	<u>Nurture Committee</u>	<u>January 2017</u>	<u>Morning Circle</u>
<u>October</u>	<u>Choir</u>	<u>February</u>	<u>Evening Circle</u>
<u>November</u>	<u>Deacons</u>	<u>March</u>	<u>Clippers</u>
<u>December</u>	<u>Parish Nurses</u>	<u>April</u>	<u>Sabot</u>
		<u>May</u>	<u>Catamarans</u>

**** If schools close because of snow or inclement weather, there will be NO DELI THAT DAY!**

How to Prepare to Host the Deli

- Prior to your month, please check with Martha regarding any dates of no Deli
- Your task is to supervise and provide the meals. Please divide up the work so many can help—you may invite people from outside your group to help
- The Deli typically serves 40 each week. It is hard to judge; some nights there is leftover food and others, we run out. This happens. It's OK.
- Please put a donation basket out. This may or may not cover your expenses. Donations are not mandatory. We have usually come out ahead over the years.
- If you'd like to donate your purchases for the Deli—that's great. If you'd like to get credit for the donation on your Sunrise giving statement, please keep the receipts, circle purchases and give to Karmel. She cannot give you credit without a receipt.
- If you'd like to be reimbursed, you may take the money from the donation basket or give the receipt to Karmel with your request.
- If you can only prepare and serve the food, please ask Betty Rasette to contact others to help with clean-up.

Mental Health First Aid

Sometimes, first aid is **YOU!**



Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**



Someone you know could be experiencing
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid 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. Anyone can take the 12-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen
your community.



Mental Health First Aid Course – 8-hour public course
September 22, 2016 8:00 a.m. – 5:00 pm
Central Kansas Mental Health Center
809 Elmhurst, Salina, KS 67401
823-6322 or 1-800-794-8281

\$30.00 registration includes manual, materials & refreshments.
Make checks payable to:
Central Kansas Mental Health Center

Central Kansas Mental Health Center is presenting *Mental Health First Aid*, an 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. **UPDATE: The September class is full. BUT, CKMHC has had great response to the September class, so they are adding a class on October 20, more information to follow.**

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.

You can go to <http://www.mentalhealthfirstaid.org/cs/> for more information.

In Service of The Church - September



September Lay Leaders

- 04 Lewis Reid
- 11 Betty Kerr
- 18 Abner Perney
- 25 Mariners



September Acolytes

- 04 Allen Johnson
- 11 Tacey Barrett
- 18 Allen Johnson
- 25 Jace Hewitt



August	
<u>Attendance Register</u>	
7th.....	75
14th.....	95
21st.....	97
28th.....	91

September Ushers

- * September 04
Don Slaughter
Noreen Slaughter
- * September 11
Gordon Horst
Deena Horst
- * September 18
Jim Gile
JoAnn Gile
- * September 25
Kathryn Lee
Dolli Winsky-Moreno



September Greeters

- East: Marilyn Griffith & Irene Hill
South: Dean, Janet & Dylan Atteberry
- East: Betty Rasette & Mary Havel
South: Brenda Pilcher & Judy Christensen
- 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.

September Birthdays & Anniversaries



- | | | | |
|----|--|----|----------------------------------|
| 3 | Shannon Hutton | 21 | Anne Hoekstra
Kevin McElwee |
| 4 | Dexter Eggers | | |
| 5 | Lauren Zimmerman
Abner & Kathryn Perney Anniversary | 22 | Holly Ayres
John Johnson |
| 6 | Bruce Schmidt | | |
| 8 | Elizabeth Fox
Mary Ellen Nelson | 23 | Anreya Ordonoz
Ayella Ordonoz |
| 9 | Tanya Ewing | 24 | Ruth Hutton |
| 11 | Kyle McFadden | 25 | Kristina Will Irwin |
| 12 | Kris Boyer | 27 | Hannah Benyshek |
| 14 | Jean Adam Anniversary | 28 | Joyce Ewing
Emily Sanders |
| 18 | Jennie Crow
Julie Crow | 29 | Chaz Coberly |



Last month I erroneously left off the wedding anniversary of Lewis & Gladys Reid. It was August 29th. Happy belated anniversary, Reid's!

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 September!

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