

The

# APOSTLE

Early Fall 2019

*There are three ways to ultimate success:*

*The first way is to be kind.*

*The second way is to be kind.*

*The third way is to be kind.”*

*—Fred Rogers*

The other day I was driving to an event. I was running much later than I liked and getting anxious. As I approached an intersection, the lanes were suddenly marked to merge left from three lanes to one. There I was trapped behind a large vehicle and couldn't merge. At least 15 cars passed me and would not let me over. As you would expect, my blood began to boil. Eventually, a kind person let me pull in. I ended up being a little late. Of course, in my mind, everyone who didn't let me over was a.....\*bleep!\* Well, I'll keep those thoughts to myself.

I doubt what happened was personal. The others were probably in just as much of a hurry as I was; it is just a fact of life that roads go under construction this time of year. It was my own fault for leaving without allowing enough time to travel. Nothing bad happened and I didn't lose my cool. I had a choice—how should I perceive the situation, and, then, how should I react to it? Every day, we are faced with situations that require making choices similar to these.

What about the bigger things that really matter? What do we do? What choices do we make? I think we could all stand to be kinder to each other in all aspects of life. I often see people becoming riled up over the smallest of things. Mind you, I am not talking about anything at church, but just in general everyday life.

I love the quote from Fred Rogers about kindness being the key to ultimate success. What if, as we enter the next season of our political life (presidential election time), we commit ourselves to acts of kindness to those we encounter? What if, as things heat up, we seek to cool it down?

You see, the one thing about Fred Rogers was that he based all of his work and ministry around the great commandment of Jesus — “To love God with all our heart, mind, and soul and to love our neighbors as ourselves.” The origin of the word for *kindness* comes from two places in Old English, 1) “nation,” “produce, increase” and from Middle English, 2) “noble deeds or courtesy.” You see, when we are kind to another person, which is noble, that action has the potential for encouraging a “domino” effect: the person receiving the kindness then passes it on.

So, to whom will you chose to be kind? What noble act can you do today?

*Blessings,  
GRL*

## FOOTNOTES

### Arts Camp wrap-up

In Arts Camp, the children moved as they sang the songs in *Down by the Creek Bank*. All of the wonderful art projects (taught by *Jenne Weil* and *Margaret Walkenshaw*), drama (*Charlotte Brotherson*), music (*Val Mathenia* and *Beth Elswick*), Creative Communications (*Barbara McCall* and *Tracie Glasscock*), dance (*Tori Knox*) and Conservation (*Kansas Department of Wildlife* and *Beth Elswick*) helped to focus on the theme of **Creation/Conservation Care** during our week of art. The children learned an entire musical in 5 days, and the motions to the songs certainly aided quick memorization. WOW!

For years we have taught songs in Children's Chapel with motions. Why not? The kids would far rather be moving than sitting still. They just naturally want to move to music. Even Christ uses a metaphor when he admonishes, "You are like the children who hear pipes and do not dance." (Matthew 11:17) Well, do not worry. Our kids love to move about with motions to the songs, and afterwards we have to pick soft slow songs to calm them before returning into the Nave.

Our movement/dance teacher, *Tori Knox*, is a dance major at the Conservatory of Music and Dance of the University of Missouri-Kansas City. She thoroughly enjoyed her time with us, and vice versa. Tori will be assisting in the Children's Chapel Choir this fall. We use movement in the early grades to cement the lyrics. Clearly, children and adults can remember melodies with movements far more quickly than they can memorize entire verses of only lyrics.

What are the components of melody? Pitch and Rhythm! The energy of musical movement is a great tool for working with children on Sunday mornings. The use of songs with motion in Children's Church provides a fun contrast to the weekday classroom. The children will be presenting the choreographed songs at the "Blessing of the Animals," "Veteran's Day," "All Saints' Day," and the "Christmas Pageant."

In his book **Musicophilia**, *Dr. Oliver Sachs* discusses the power of music. He spends much time explaining the importance of **the rhythm and motion** of melody. Because the amazing power of directed movement is inherent in music, scientists have discovered many musical methods for dealing with Parkinson's, Huntington's, and stuttering. In addition, melodies also seem to cut through the insidious plaques of Alzheimer's disease and bless the listener with memories that were previously inaccessible.

SOOO..... let's revisit some favorite praise hymns and recreate some newer settings of familiar songs, teach our kids the basic musical necessities for a sung service, and LET'S LEARN SOME NEW MUSIC!

The Psalmist says, 'Sing to the Lord a new song.'" It is so good for us.

Please join!

Contemporary rehearsal: Wednesday, 6:30 PM;  
warm up at 8:15 AM for 8:45 Sunday service.

Traditional rehearsal: Wednesday, 7:30 PM;  
warm up at 9:45 AM on Sunday for 10:45 service

**Rehearsals begin Wednesday, September 4, 2019!**

Hope to see and hear you.



Dr. Beth L. Elswick,  
Director of  
Music  
Ministries



## REFLECTIONS

Summer at St. Thomas continues to be one of my favorite times of our year together. I stay VERY busy, but the work is so much fun and so rewarding that it is worth the exhaustion! This year saw over 60 middle and high school students participate in at least one of our camps including our ROTC, Mission Trip, and VBS volunteer programs. That amounts to more than 1,000 volunteer hours

The Rev. Kelly Demo, Assistant Rector



that our young people put in this summer to help make the world a better place!



Zoe Green sorts food supplies at St. Paul's.

My favorite thing that our Middle School ROTC did was to help out at St. Paul's Episcopal Church. Their food pantry had been flooded and our youth worked hard to help clear out and clean rooms, take things to the dumpster, and worked in the garden. Purging always feels good, and I loved that we could help one of our sister churches.

Senior High ROTC took seven youth down to Parsons, Kansas to put on a two day, free VBS for kids in the community. Last year I believe we had five little kiddos; this year we had 18! We used the same curriculum that was used for VBS at St. Thomas which was "Go Beyond" and had an outer space theme. We made rockets, did cool science experiments and talked a lot about kindness. Our youth worked so hard to teach the kids and keep them safe and entertained.



MK Mullen engages a child in conversation at the VBS in Parsons, KS.

Before going down to Parsons we watched a video on rural poverty issues, and I believe our youth had the chance to hear from the children about some of the issues we had talked about including the massive drug problem, unemployment, child abuse and sex trafficking issues.

Our mission trip participants were able to learn about rural poverty from a bit different perspective. Our work in rural North Carolina took us to homes that had been devastated a year ago by hurricane Florence (and some by hurricane Michael from TWO years ago) and allowed us to work side by side with several of the homeowners. The amount of devastation still present a year later was incredible to me. It was everywhere.



Matt Allen & Kelsey Phillips make a staircase for a homeowner.

I wish I could express how proud I am of our youth. Many members of the organization we worked with (Baptists On Mission) commented that these were not only some of the hardest working youth they had ever encountered, but they were so impressed with the care and love that they put into their work. Also, the gentle way they talked with and listened to the traumatized homeowners was just a beautiful thing to see



Mission Team in front of Cheri's home: Back row: Paul VanDyne, Thomas Shanks, Olivia Rimmer, Jonah Galapp. Front: Cheri (homeowner), Bre Geary, Ava Goyer, Gwen Campbell, & Holly Caligari. Photos | Mtr. Kelly

Please know it is a great investment in the future of our youth. Thank you to all who supported us.

*Mother Kelly*

## SMALL GROUPS MINISTRY:

### Journeymen celebrate their 10<sup>th</sup> anniversary



The Journeymen pictured are: Back row: Jack Dutra, Darrell and Diana Rose-Oellien. First row : Mike Wiggins, Judy Martin, Steve Leftwich, Jane Wiggins, and Judy Dutra. Seated: Karen Leftwich. Not pictured are Rick and Cher Ulrich.

Recently, the Journeymen celebrated 10 years as a small group of St. Thomas. We celebrated this special time at the home of *Jane* and *Mike Wiggins* on June 24<sup>th</sup>.

We will resume meeting in August at STA, from 6:30-8:00 on the 2<sup>nd</sup> and 4<sup>th</sup> Monday evenings of each month. We do not meet in the month of July.

We welcome new members. For more information call **Jack** and **Judy Dutra** at 851-8217.

#### Invite Welcome Connect

As summer vacations come to a close, 'Back to school' time can also mean 'back to church' time. You may see new faces at St. Thomas who are visiting our church community. Make sure to extend a friendly welcome.

If you lead a ministry at St. Thomas, think about our new members who may be interested in that ministry and make sure to invite the newcomer to join.

If you are new to St. Thomas, be sure to check out the Description of Ministries booklet which can be found on the Welcome table in the narthex or refer them to the St. Thomas website for ministry details: <https://www.stthomasop.org>

—Jean Adam, IWC Warden

## WARDEN'S WORDS

Things are going well and our church year is moving along smoothly. You may have noticed the freshened look of our church grounds after the removal of five diseased Ash trees. Their removal has "opened up" our corner and accentuates our entire campus. New landscaping has been installed on the West side of the building and plans exist to further enhance the overall look of our grounds.

We have purchased new devices to improve the worship experience for our members who deal with hearing deficits. The new equipment has proven very effective and welcomed by many.

Dr. Beth Elswick continues to incorporate new music and sounds into our worship as she becomes more comfortable with our electronic organ. Recognizing Beth's skill and the capabilities of our new instrument, we should anticipate her to continue to impress us regularly. Remember without your generosity to fund the organ project, we would not have this asset to enhance our worship experience.

Financially, 2019 is close to on track both from a paid pledge standpoint and being within our budget. There is always a summer lull in pledging due to the season and vacations. Once school begins and we are back into a routine, we expect our pledging will pick up.

The vestry and I gratefully recognize the commitment each of you make through your ministries and contributions to make St. Thomas a success.

Your investments make the difference and allow us to be a Diocese

Bruce Henricks,  
Senior Warden



Bruce

## SUNDAY SCHOOL

## Sharing Love and Serving All through Summer and BEYOND!

Once again this summer, the halls of St. Thomas were filled with the sounds of children learning about and acting upon the call to love and serve all.

During the first week of June, three children and I participated in the Elementary portion of the Episcopal Diocese of Kansas **Mega Camp**. Approximately 25 other youth and adults participated in the older two camp sessions.

Here we explored aspects of peaceful living from six different cultures (Hawaiian, South African, Jewish, Greek, Japanese and Mexican), while building friendships and growing closer to Christ in the beauty of the Kansas Flint Hills.

The following week, we were joined at St. Thomas by approximately twenty children from our parish and the surrounding community to learn about our call to love and serve God's creation through the Fine, Culinary and Performing Arts and Science while putting on the musical "Down by the Creek Bank" at **St. Thomas Arts Camp 2019**. [NB: Please see Beth's article, page 2.]

We are so grateful to Dr. Beth Elswick for once again providing her leadership in putting on our camp once again, and thank all of our instructors and leaders for sharing their time and talent with us.

July brought a capacity crowd for our Elementary **Reaching Out** to The Community where children ages 8-11 each completed a total of 15 hours of community service for

the week and counted some very impressive totals as they served families in need through our partnerships with *Catholic Charities*, *Giving the Basics*, *Harvesters* and a new partnership with *True Light Family Resource Center of Kansas City, MO*.

Our summer programming for children was brought to a close during the final full week of July when thirty children joined us for a trip to outer space at Vacation Bible School where we explored ways that we can **GO BEYOND** to fulfill our call to love and serve all! This was truly an "all hands on deck" week, and our St. Thomas family came out in fine fashion to present this wonderful program week to our youngest children. There are not enough words to truly thank each of our volunteers and donors for their incredible ministry during this special week!

### And now...it's time to GO BEYOND!!!

In light of all the wonderful work that our children do, and the spiritual growth that we see in them each summer, we must continue to build on this idea to "GO BEYOND" to love and serve throughout the coming Sunday School year which, believe it or not, is just around the corner!

Soon, our children will be making their way back to school, which means it's time for us as a parish to gear up to support them on their journey through their

Barbara McCall,  
Director of  
Children's  
Ministry



academic learning and spiritual growth.

On **Sunday, August 18<sup>th</sup>** we will welcome back our families from their summer activities and travels with a "Homecoming Weekend!"

This special day will include our traditional *Blessing of the Backpacks* at each service, along with information on various ministries and Sunday School/Sunday Formation programming for our children and youth. We'll enjoy a potluck of our favorite summer dishes and a fun inflatable for the kids as we celebrate the end of summer and welcome everyone back into the school year routine!

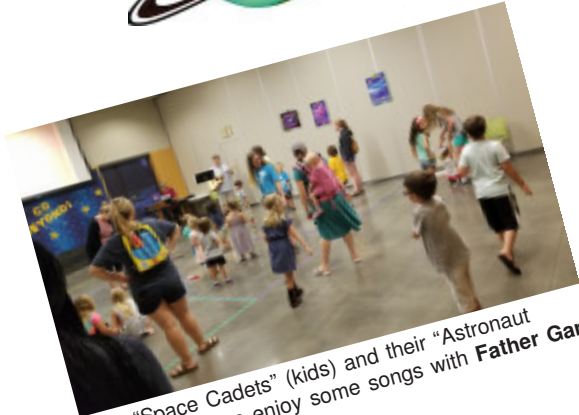
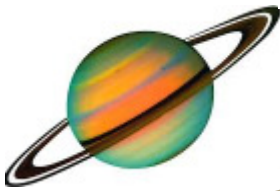
I wish the best of luck to all of our children and youth as they head back to school, and I'm looking forward to going beyond with you as we spread the love of Christ to all in our community and our world!

*Ms. Barbara*



Acolyte **Sophia Lyman** leads a special Children's Procession at our outdoor service on Independence Weekend.

# “GO BEYOND” VBS snapshots



VBS “Space Cadets” (kids) and their “Astronaut Captain” leaders enjoy some songs with **Father Gar** during a closing worship.



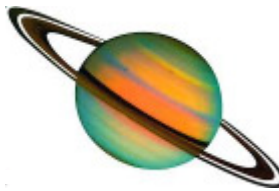
Our “Blue Crew Cadets” including **Elle Hansen, Micah Connelly** and **Andy Roever** enjoyed activities in the Science Lab led by **Jenny Palmer, Tammy Gordon, Don Hutchinson** (St. Aidan’s/Olathe) with assistance from youth helper **Aidan Barnes** and “Blue Crew Buddy” **Dola McNown**.



VBS Children, led by Summer Intern **Jillian Hardeman**, had a “blast” on our rocket bouncy house on Family Night!



**Evelyn Clopton** runs around the “Thank You Circle” in a special game to practice giving thanks with our “Purple Pack” during the Explorer Exercise and Games station led by **John McCall**, Summer Intern **Sophie Mortensen** and their group leader, **Jessica Green**.



Members of our “Green Team” enjoy Bible Story Base Camp with leaders **Ann Clements** and **Tracie Glasscock**.

## Summer Intern bids a fond farewell



Spending this summer at St. Thomas has truly been a blessing to me. Everything from Mega Camp to the mission trip presented wonderful opportunities to get to know the vibrant community of this church, and the youth in particular

With every program, I was introduced to a veritable rainbow of characters who made each day an absolute blast and in so doing, inadvertently helped affirm my calling to ministry.

After living in Kansas for only two months, you all have given me a reason to mourn my return to Ohio, and I hope this will not be the last I get to see of St. Thomas!

— *Sophie Mortensen '20*  
**Canterbury Kenyon Student Minister**

## Our Mission Team helped with repairs to this home in North Carolina.

The water that flooded this home went as high as five feet above the stilts!



Photo|Mtr. Kelly

## PARISH NOTES

### *Baptisms*

Welcomed into the household of God is

**Lenny Allen Nash**

*son of Dustin & Missy Nash.*

He was baptized on July 27, 2019.

### *Marriages*

**Abby Adam**

was united in holy matrimony to

**Tim Pullin**

on August 3, 2019.

Abby is the daughter of

*Blair & Jean Adam*

and granddaughter of

*Barbara Adam*

and the late *Jim Adam*.

### *Deaths*

The sympathy of the entire St. Thomas family is extended to the following family members:

**Anne Kidder**

on the passing of her mother,  
*Jean North;*

**Lois Churchill**

on the death of her mother  
*Lois Pulley;*

**Susan Docking**

on the passing of her father  
*Gene Walker;*

**David-Mark Campbell**

on the death of his mother,  
*Barbara Campell;*

*the family of*

*Caroline Travis.*



**Our  
regular service hours  
Saturdays**  
5:30 Holy Communion

**Sundays**  
8:45 Holy Communion  
*with praise music & band*

10:45 Holy Communion  
*with traditional music*



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• fax: 913-451-1966 •  
[www.stthomasop.org](http://www.stthomasop.org)

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The next deadline for the  
**APOSTLE is**  
**September 15, 2019**

### Adult Mission Trip

St. Thomas is planning an Adult Mission Trip to San Antonio in September to help families who have just come over the border and are waiting for their next destination. We will be stationed at the bus stop where they are dropped off and also staffing an overnight shelter.

There are other job sites where we might be working. The dates are from September 14<sup>th</sup> to 22<sup>nd</sup>, but you would not need to stay the entire week. For more info, contact Mtr. Kelly at [kdemo@stthomasop.org](mailto:kdemo@stthomasop.org).

**The deadline for signing up is 8/16.**

### Calendar highlights

#### August:

- 8/16: Deadline to sign up for Adult Mission trip
- 8/18: **BLESSING OF BACKPACKS|Homecoming**
- 8/18-25: IHN Host week
- 8/25: Blood Drive in Parish Hall from 8 am to 12:30 pm.
- Training of Acolytes:** 2 sessions after 8:45 and 10:45 services in sanctuary.

#### September:

- 9/2: Labor Day -- office closed.
- 9/8: **RALLY DAY** -- Sunday School begins new year. Adult Forum resumes. Both begin at 9:45 am.
- 9/14-22: Adult Mission Trip to San Antonio
- 9/19: Cookout for Comanche School—6 pm to 7:30 pm.

#### October:

- 10/6: Annual **Blessing of Animals** at 4 pm.
- 10/27: **Trunk or Treat** plus BBQ cookoff at 5:30 pm.