

Yard Sale this Weekend!

Saturday, 10am—5pm

Sunday, 1—4pm



Thank you all for your support of our youth!! Proceeds will go toward the Youth Mission Trip to Colorado this summer.

Summer @ St. Thomas 2021

Camp Signups are AVAILABLE NOW

Camp registration is going on NOW! Visit www.stthomasop.org/summer-st-thomas-2021/ for more info and registration links!

Camp Dates are as follows:

* **Episcopal Diocese of KS "Mega Camp" (incoming 4th graders-2021 HS Grads)** June 6-12 @ Camp Wood - Elmdale, KS—visit <https://edokformation.wordpress.com/camp/>

* **Middle School "Reaching Out to the Community" (incoming 6th-9th graders)** June 14-18 from 9am to 3pm

* **High School "Reaching Out to the Community" (incoming 9th through 2021 grads)** June 21-25 from 9am to 3pm

* **"Peace Works" Vacation Bible Camp - Evenings (preschool through incoming 6th graders)** Sun, June 27-Thur, July 1 - Evenings from 6:30-8:30pm

* **Arts Camp (incoming 1st-6th graders)** July 19-23 from 9am to 3pm

* **Elementary "Reaching Out to the Community (incoming 3rd-6th graders)** July 26-30 from 9am to 3pm

Congratulations to Children & Youth

Email any special news about your child or youth to Barbara—bmccall@stthomasop.org or Kelly—kdemo@stthomasop.org so that we may add it to our newsletters!

St. Thomas Family Forum on Face-

book—<https://www.facebook.com/StThomasOPFamilies>

Stay connected with other St. Thomas families with children & youth via our new page! We hope this can be a source of connection and community until we can be together again. The church is here to support our families! If you have any needs please reach out to Barbara McCall, Dir. of Children and Families, 913.909.7318, or bmccall@stthomasop.org or via call/text to let the church know how we can support you.

Sunday Christian Education

Adult Forum at 10:00am on Zoom. This Sunday we will continue our study on *Spiritual Practices*. Today's Christians can be confused or uncomfortable with the idea of listening for God's call. Christopher Martin, who teaches about listening for God's call as a core element of Christian living, recognized this problem as he interacted with students and fellow clergy. He wrote the book *With Gladness: Answering God's Call in our Everyday Lives* to address this difficulty -- to introduce new language and practices related to discerning and responding to God's voice in our hearts and lives. **Log on at 10am here:** <https://us02web.zoom.us/j/85380151560?pwd=R0xSSkhweDBMU3V4SFRtZVJzR0VYdz09>

Zoom Sunday School 9am and 9:30am

The Road to Emmaus - how did Jesus make himself known to his friends after the first Easter? Where do we still find him today? Join us for Sunday School on Zoom to find out! Join us at your group's regular time!

9am—Pre(school) through Grade 3 Group
9:30am—4th-8th Grades

<https://us02web.zoom.us/j/81733038170>

Meeting ID: 817 3303 8170

Youth Confirmation Class - 5:30pm Sunday - Parish Hall 1

Game faces on - it's Confirmands vs. Mentors for some EpiscoJeopardy to help us explore the history and structure of The Episcopal Church!

Recent Graduate Alert!

Are you a recent graduate? Do you know someone who is? Send us their name! St. Thomas will be recognizing all recent graduates (high school, college, trade school, etc.). Help us by sending the name of any recent graduates to Mthr. Kelly—kdemo@stthomasop.org.



TOWER TALK

APRIL 24 & 25, 2021

Worship this Week

Sat, 5:30pm—Holy Communion in Sanctuary

Sun, 9:00am—Holy Communion (online)

11:00am—Holy Communion in Sanctuary

Monday—Thursday, 8:00pm—Compline—Online

** Mark your calendars for our next Family Worship Services in Parish Hall 1: May 2 and May 16, both at 11am

In-person services will be available to watch afterward on both YouTube and Facebook. [youtube.com/c/stthomasop](https://www.youtube.com/c/stthomasop) and [facebook.com/stthomasop](https://www.facebook.com/stthomasop)

Visit our website <https://stthomasop.org> for bulletins for the weekend services. To watch services LIVE click here:

<https://stthomasop.org/livestream/>

Register for all in-person services by clicking this link: <https://rsvp.church/r/e2dW8tj0>

Teacher Appreciation Week

May 2 – May 8

St. Thomas's New Mental Health & Wellness Ministry would like to celebrate Teachers and Educational Administrators

Join us in honoring these professionals from both our St. Thomas Family & the Comanche Elementary Community by writing notes and cards of appreciation.

(Please sign all cards "From the St. Thomas the Apostle Community")

Notes/cards may be dropped off at the church and placed in the designated container located on the pickup table in the Narthex. **Please have all notes/cards turned in by Sunday, May 2.**

Questions? Please contact: Margaret Walkenshaw mwalkenshaw@kc.surewest.net or Deacon Fran Wheeler fwheeler@stthomasop.org



Saturday, April 24: Music Recording sessions TBA, 9:30-11am Nave; Yard Sale 10-5; Holy Communion, 5:30pm Sanctuary; UMKC Brass Ensemble recording, 7-9pm Nave

Sunday, April 25: Children & Youth Sunday School, 9am & 9:30am on Zoom; Holy Communion, 9am online; Adult Forum, 10am on Zoom; Holy Communion, 11am Sanctuary & Pkg Lot; Yard Sale 1-4pm; Youth Confirmation, 5:30pm PH 1; Youth Group, 6:30pm online and in person

Monday, April 26: Thom's Helpers, 10:30am-1:30pm PH; Finance Committee, 5:45pm online; Journeyman Sm Grp, 6:30pm online; AA, 6:30pm LL; Vestry Mtg, 6:45pm online; Compline, 8pm online

Tuesday, April 27: UMKC Trombone Recital rehearsal, 7-8pm Nave; Compline, 8pm online

Wednesday, April 28: Thom's Helpers, 10:30am-1:30pm PH 1/Kitchen; Staff mtg, 1:30pm PH or lobby; Music recording session, 5:30pm Nave; UMKC Brass recording, 7:30pm Nave; AA Fellowship-7:30pm LL; Compline-8pm online

Thursday, April 29: Bible Study, 10am online; Al-Anon Family Grp, 7pm LL; Compline, 8pm online

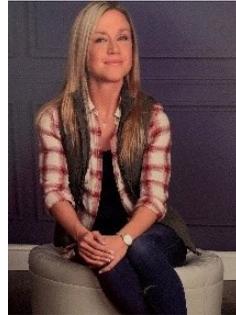
Friday, April 30: Thom's Helpers, 10:30-1:30, PH/Kitchen; UMKC Recital recording, 7-9pm Nave; AA, 8pm LL



Mental Health Awareness

May is Mental Health Awareness month. St. Thomas recently began an initiative to raise awareness about mental and behavioral health and wellness in our community. Hopefully you've noticed articles from several of our Mental Health and Wellness Team previously published in both the Tower Talk and St. Thomas "Connecting with You" weekly E-news updates. As we continue to bring about awareness and share our thoughts, it is our intent to also provide education, resources, and topics for conversation that will help us all grasp a better understanding of the various ways Mental Health and Wellness impact our lives and the lives of others.

During the month of May we have invited a few professionals to lead us in a few short lectures, presentations, and conversations about Mental Health and Wellness. We invite you to join us online for the following short lecture series happening in May:



Tuesday, May 4, 7:00pm to 8:00pm
What is mental and behavioral health and wellness?

Guest Presenter: Kari Wold, MA, LMLP

Kari Wold will launch our lecture series by presenting: Mental health (a broad overview); Information on mental health and resources; Tools you can access for yourself or loved ones.

Kari has been working in mental and behavioral health for the past 15 years working with youth, adolescents, and young adults with various psychological, behavioral, and developmental disorders. She completed her master's degree at Washburn University in Clinical Psychology. She became Clinical Services Supervisor & Manager in the Spring of 2018 at her current place of employment. She specializes in administering various psychological and diagnostic assessments, interfacing with insurance and various companies, oversight of clinical staff and their cases, provides training and feedback, and works with youth and adolescents with developmental disabilities, anxiety and mood disorders, OCD and various phobias, and behavioral disorders. She also sits on a number of advisory and advocacy boards and committees across the state of Kansas.

Tuesday, May 18, 7:00pm to 8:00pm
Guest Presenter: Megan Clark, BA, CPP

The Pandemic has left people feeling more isolated and lonelier. It is more important now than ever before to focus on mental wellness and taking care of ourselves. Megan will cover topics such as: How to normalize feelings; the impact of the pandemic on mental health; local resources, and how to access care.



Megan currently serves as a Prevention Coordinator for Johnson County Mental Health Center. She has over eight years of experience in working collaboratively with the community on prevention efforts addressing suicide prevention, substance abuse prevention, and mental health promotion. Based on a local spike in completed suicides in 2012, Megan, along with various community partners, worked to establish a Johnson County Suicide

(cont. in next column)

Mental Health Awareness, cont.

Prevention Coalition. The Coalition has grown to over 450 members and she currently serves on the coalition leadership team.

Megan earned her Bachelor of Arts in Criminal Justice with a minor in Sociology from the University of Missouri – Kansas City in 2011. In addition, she maintains an internationally recognized credential as a Certified Prevention Professional (CPP).

Be sure to join us for a few more additional lectures happening in the month of June. Details coming soon including a Zoom link.

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St. Thomas welcomes

Mindy Corporon as she

launches her new book

"Healing a Shattered Soul"

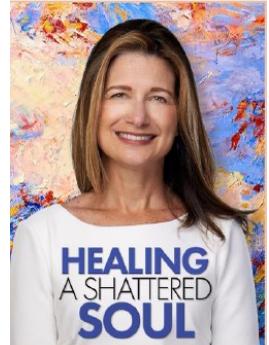
May 6, 7—8:30pm

There is a danger in our modern society of being a spectator in life. That is, we simply take in the events we see around us and often do not see how we are able to impact and change the world. We see violence and hate in small and large acts and do nothing to stop them because they seem far off and distant. We can watch any newscast and see unfathomable tragedy and move on as if nothing happened.

In this book we are brought on the real and raw journey to see how hate and evil lead to violence and destruction. Through Mindy's intimate retelling of the lives that were changed on that tragic day, we feel the shelter they provided to so many. It is in the shadow of that story that our souls are stirred to do something. That is why this book is so important. Drawing from Mindy's faith and hope in the midst of her tragic loss, she didn't let the darkness destroy her. Instead, she allowed God to move through her by listening to that still small voice and has been led to change the world.

This book is not just about that day. It is also about the power of community and relationships which acts as a balm on the wounds of life. The world is in desperate need of healing shelter without which we cannot turn the tides of hate and destruction. When you let this book marinate your soul it will change you. You will be inspired and feel stirred to action. You can no longer be a spectator. Instead, you are called and empowered to build a shelter so that others might live.

St. Thomas held a vigil for the community on the day of the shooting in partnership with Temple Israel. Mindy bravely spoke that night and called us to love and life in the midst of unimaginable tragedy. **Join us on May 6 at 7pm** in person at St. Thomas, or join the conversation through Livestreaming: [youtube.com/c/stthomasop](https://www.youtube.com/c/stthomasop).



Altar Flower Memorials are given to the Glory of God

We are accepting altar flower commemorations and donations. Remember a special occasion, anniversary, birthday, or loved one! Contact us (451-0512) or send an email to stthomas@stthomasop.org. We'll need to know the weekend you prefer and what you'd like to include in the weekly Tower Talk and email update.



When you sign up in advance you will receive an email or phone call about a month in advance asking for details of your commemoration. This information is needed at least a week before the date you signed up. Suggested donation for flowers is \$50.