

## HUGE Yard Sale was a HUGE Success!



### WOW! THANK YOU!

Our youth group had such a successful yard sale this past weekend. Thank you so much to everyone who donated items, those who bought items, and to everyone who helped move the mountain of items! We are well on our way to meeting our goals for the summer!

## Summer @ St. Thomas 2021

### Camp Signups are AVAILABLE NOW

Camp registration is going on NOW! Visit [www.stthomasop.org/summer-st-thomas-2021/](http://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](mailto:bmccall@stthomasop.org) or Kelly—[kdemo@stthomasop.org](mailto:kdemo@stthomasop.org) so that we may add it to our newsletters!

## 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](mailto:kdemo@stthomasop.org).



## 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

Meeting the Good Shepherd at the Communion Table

**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

This week, we explore our Episcopal Faith: "What We Believe"

## Alzheimer's Association Education and Upcoming Interfaith Event

**May 12, Noon-1pm: *Certain Lifestyle Choices may help you keep your brain and body healthy as you age.*** Join us to learn about: Research in the areas of diet and nutrition, exercise, cognitive activity and social engagement; Using hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**CLICK HERE to REGISTER for the CLASS:** <https://action.alz.org/PersonifyEbusiness/Events/alz/MeetingDetails.aspx?productId=74184779>

**May 19, Noon-1pm: *Memory Loss that Disrupts Daily Life may be a symptom of Alzheimer's or other dementia.*** Join us to learn about: How to recognize common signs of the disease; How to approach someone about memory concerns; The importance of early detection and benefits of a diagnosis; Possible tests and assessments for the diagnostic process; Alzheimer's Association resources.

**To Register:** <https://action.alz.org/PersonifyEbusiness/Events/alz/MeetingDetails.aspx?productId=74184468>

**May 25, Noon-1pm: *Interactive Virtual Forum*** to learn about Alzheimer's disease, dementia, memory loss, and the latest from the Association. Intended for faith leaders and concerned community members.

**To Register:** <https://action.alz.org/PersonifyEbusiness/Events/alz/MeetingDetails.aspx?productId=74088648>

During the registration process a ZOOM video conf. link will be provided. All you need is a computer or Smartphone and access to the internet to join.

# TOWER TALK

MAY 1 & 2, 2021

## Worship this Week

**Sat, 5:30pm—Holy Communion in Sanctuary**

**Sun, 9:00am—Holy Communion (online)**

**11:00am—Holy Communion in Sanctuary & parking lot**

**11:00am—Family Worship Service in Parish Hall**

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

*\*\* Mark your calendars for our next Family Worship Service in the Parish Hall on May 16 at 11am*

In-person services will be available to watch afterward on both YouTube and Facebook. [www.youtube.com/c/stthomasop](http://www.youtube.com/c/stthomasop) and [www.facebook.com/stthomasop](http://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 2-8

St. Thomas' 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 Apostolic 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 this Sunday, May 2.**

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

## St. Thomas Blood Drive, May 8, 8-12:30

Call 1-800-RED CROSS (1-800-733-2767) or visit [www.RedCrossBlood.org](http://www.RedCrossBlood.org) and enter: **StThomasEpiscopal** for appt..

**Saturday, May 1:** Music Recording sessions TBA, 9:30-11am Nave; Yard Sale 10-5; Holy Communion, 5:30pm Nave; UMKC Trombone Recital, 7-9pm Nave



**Sunday, May 2:** Children & Youth Sunday School, 9am & 9:30am on Zoom; Holy Communion, 9am online; Adult Forum, 10am on Zoom; Holy Communion, 11am Nave & Pkg Lot; Family Worship, 11am PH 1,2,3; Youth Confirmation, 5:30pm PH 1/Apostle's Garden; Youth Group, 6:30pm in-person/Zoom; Neighbors Grp #14, 6:30pm Outdoor Altar

**Monday, May 3:** Thom's Helpers, 10:30am-1:30pm PH; Outreach Team mtg, 6:30pm Zoom; UMKC Undergrad Brass recording, 7-9pm Nave; AA, 6:30pm LL; Prayer Shawl Sm Grp, 7:30pm Zoom; Compline, 8pm online

**Tuesday, May 4:** Contemplative Prayer Sm Grp, 7pm Nave; Compline, 8pm online

**Wednesday, May 5:** Coffee Sm Grp, 9:30am PH 2; Thom's Helpers, 10:30am-1:30pm PH 1/Kitchen; Staff mtg, 1:30pm PH or lobby; Music recording session, 5:30pm Nave; AA Fellowship-7:30pm LL; Compline-8pm online

**Thursday, May 6:** Bible Study, 10am Zoom; Corporan book launch, 7-8:30pm PH 1; Explorers Sm Grp, 7pm PH 2; AI-Anon Family Grp, 7pm LL; Compline, 8pm online

**Friday, May 7:** Thom's Helpers, 10:30-1:30 PH/Kitchen; AA, 8pm LL

\* \* \* \* \*

### **Mobile Food Pantry Volunteer Opportunities Available**

St. Thomas the Apostle is joining with Harvesters, Comanche Elementary, and various other community organizations in providing a Mobile Food Pantry the second Saturday of each month starting May 8.

This Mobile Food Pantry will distribute food intended for families in need of emergency food assistance. Food is provided by Harvesters and each distribution will consist primarily of fresh produce and will be provided on a first come first serve basis.

Volunteers are needed for various positions and shifts between 10:30am and 2:30pm on each of these Saturdays. Positions include setup, traffic control, food distribution and final cleanup.

**Location:** Comanche Elementary, 8200 Grant Ave, Overland Park, 66204

**Next upcoming Date:** May 8, 2021

**Time:** Mobile Pantry Hrs are 12:30pm-2:00pm

**\*\*Note that volunteers are needed based upon positions/shifts between 10:30am & 2:30pm.**

Volunteer signups for May through August may be found here:

<https://www.signupgenius.com/go/30E0A4CA9AC2FA1FA7-mobile>

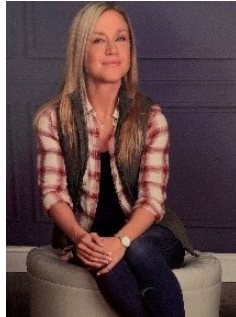
**\*\*Children under the age of 14 must be accompanied by a parent or guardian.**

Questions? Contact: Donna Fye [djfyee@gmail.com](mailto:djfyee@gmail.com), Rick Bush [rickthelandlord@gmail.com](mailto:rickthelandlord@gmail.com), or Deacon Fran Wheeler [fwheeler@stthomasop.org](mailto:fwheeler@stthomasop.org)

## **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 our communications. 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.



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

(cont. in next column)

Mental Health Awareness, cont.

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).

**Here is your link to join the Zoom presentations:**

[https://us02web.zoom.us/j/84049892916?](https://us02web.zoom.us/j/84049892916?pwd=d0hSK1p5V2FXWEFMZnNwdEhHVGYvUT09)  
[pwd=d0hSK1p5V2FXWEFMZnNwdEhHVGYvUT09](https://us02web.zoom.us/j/84049892916?pwd=d0hSK1p5V2FXWEFMZnNwdEhHVGYvUT09)

Meeting ID: 840 4989 2916      Passcode: 330098

Dial by your location: +1 312 626 6799 US (Chicago)  
Meeting ID: 840 4989 2916

\* \* \* \* \*

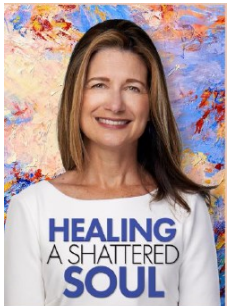
St. Thomas welcomes

**Mindy Corporon**

as she launches her new book

**"Healing a Shattered Soul"**

**May 6, 7:00-8:30pm at St. Thomas**



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 live in the midst of unimaginable tragedy.

**To join us on May 6 at 7pm at St. Thomas, please register here:** <https://stthomasop.breezechms.com/form/corporon>; or join through Livestreaming: [www.youtube.com/c/stthomasop](http://www.youtube.com/c/stthomasop)