

Children & Youth



Children's Church is offered as an option for our children during both Sunday Services. Children's Church is a time of story, prayers, movement and song open to all children but with programming geared towards ages 3-8 (older children may join as "helpers" if they wish). Children are "invited to follow the cross to Children's Church" right before the first reading and return to their families at the

Passing of the Peace. Children are welcomed, but never required, to join us for Children's Church.

**Due to the ongoing pandemic, we ask that children over the age of 2 attending Children's Church wear masks.*

Congratulations to Children & Youth

We know your kiddos are up to GREAT THINGS! We want to hear and celebrate with them!

**** CONGRATULATIONS to Sean Sullivan on his 1st Place finish in the Youth A division of the Quarry Cup MotoTrials! Way to go, Sean! ****

So, please brag away! 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!

Mental Illness Education—Are you supporting a person with a mental health challenge? If so, you may find yourself feeling overwhelmed, frustrated and alone. Pathway to Hope, a JOCO non-profit organization serving families dealing with mental illness, offers an eight-week course that can provide the help you need while connecting you with others experiencing the same struggles.

E3: Encourage, Empower, Educate class is taught by trained volunteers who have personally cared for someone with a mental illness. It is conducted in an atmosphere of confidentiality. Each session will focus on a different mental health diagnosis and will include information about treatment, techniques for handling real-life situations, and strategies to help caregivers manage their responses to the illness.

Tuesdays, October 5 through Nov 23 at St. Thomas from 7-9pm
(masks required)

For more info and to register, go to <https://pathwaytohope.org>

Questions? Contact Tracie Glasscock, Course Facilitator:
tglasscock26@gmail.com or 913 275-9291

Join us for the
ALL-PARISH HAYRIDE!

Sunday, November 7

5:30-8pm

Sharp's Country Hayrides
20915 Mission Rd, Bucyrus, KS



Join us for an evening of outdoor food and fellowship at Sharp's Farm. We'll enjoy hot dogs, chips and s'mores, outdoor games for the kids, fellowship and a twilight horse-drawn wagon ride around the grounds at the return of this St. Thomas favorite Fall event! Cost is \$8 per person (max. \$35 for family/group of 5 or more) and covers food, cost of the hayride and support for the staff that sets up the area and campfire for us.

Sign up and payment are available online via Breeze:

<https://stthomasop.breezechms.com/form/094e89>

For questions or more information, please contact Barbara McCall at bmccall@stthomasop.org

You can also Scan this QR code to register:



Join a Choir!

Singing is fun! Supporting worship is important!

Join the Praise Band. We rehearse at 6:30pm every Wednesday. We have a quick warm up every Sunday before the 8:45am service.

OR

Join the Traditional Choir. We rehearse at 7:30pm every Wednesday. We have a quick warm up every Sunday before the 11am service.



If you have any questions, please contact Dr. Beth Elswick, Director of Music at 816-392-7906 or belswick@stthomasop.org

TOWER TALK

OCTOBER 2 & 3, 2021



Blessing of the Animals

This Sunday, October 3, at 5:00pm

Bring your beloved pets for this brief prayer service and individual blessing, plus a small token for your pet(s). It will take place near the outdoor altar.

This Sunday's Christian Education

Christian Education groups will meet from 9:45-10:45am between services in the following locations:

Godly Play/Godly Exploration - ages PreK-8th Grades - outdoor altar area (or Parish Hall in case of inclement weather)

"The Giving Project" - High School - Basement Assembly Room

Adult Formation - Assembly Room (or Parish Hall)

Worship Services

Sat, 5:30pm, Sun, 8:45am, 11:00am—Holy Communion in Nave
Masks required for all indoor services.

The 5:30 and 11:00 services will be live-streamed and available to watch afterward on both YouTube and Facebook.

www.youtube.com/c/stthomasop and www.facebook.com/stthomasop

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

Connect * Learn * Volunteer

The next Second Saturday Gathering will be October 9

Get together after the 5:30 Saturday service—meet new members and reconnect. Bring a snack to share and we'll provide the beverages. We will meet in Parish Hall 1. Everyone is welcome!



Mobile Food Pantry

Next Volunteer Opportunity: October 9, 2021

Comanche Elementary 8200 Grant Ave, OP, KS 66204
Time: 11:30am-2:00pm

Additional info and volunteer signups for Oct through Dec may be found here: <https://www.signupgenius.com/go/30e0a4ca9ac2fa1fa7-mobile1>



Questions? Contact: Donna Fye djfyee@gmail.com; Rick Bush rickthelandlord@gmail.com; or Deacon Fran Wheeler fwheeler@stthomasop.org

Mental Health & Wellness: YOGA and You Angela Minard

Thursday, October 14, from 7—8pm

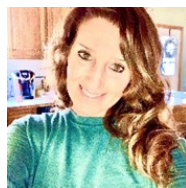
PH 1-3

Cost: \$5 per person. Registration is Required:
<https://stthomasop.breezechms.com/form/5bc977>

Join us and take a break from the stress and chaos of your life. This practice will be a floor-based practice with minimal props required. You will need a yoga mat and a folded blanket or towel to sit on. We will focus on some simple breathing practices for calming the nervous system, some breath initiated movement, along with gentle seated and reclined stretches to release tension in the body. We will close our practice with a guided relaxation. No previous yoga experience is needed.

Angela Minard, E-RYT

Angela Minard is a 500 Hour E-RYT, (Registered Yoga Teacher) and a certified Trauma Sensitive Yoga Instructor, trained by David Emerson. She is also a certified Yin Yoga Instructor, trained by Carole Westerman. Angela's approach to yoga weaves somatic movement and physical exploration within a safe and healing environment. She is currently a Yoga Therapist at Cottonwood Springs Behavioral Health Hospital and a yoga instructor at Darling Yoga in Overland Park.



Outreach at St. Thomas

JoCo IHN Volunteer Training at St Thomas

Wednesday, October 27, 2021

IHN is an organization that transforms the lives of families and single women experiencing homelessness. The comprehensive approach to case management helps create new patterns to break multi-generational cycles of poverty and struggle. It also educates and provides tools to navigate current financial and housing regulations in our community.

IHN includes "Host" churches which provide meals and evening/overnight shelter in their buildings. St. Thomas is a Host church. IHN also includes "Support" churches which provide some food/supplies and volunteers. All volunteers interacting with guests must complete one 2-hr training session conducted by the IHN training team. Training also qualifies the trainee to volunteer at the IHN Family Center as a receptionist or driver for appointments.

IHN statistics since 2004: 823 Total Individuals, inclusive of 474 children and 85 single females. Total Bed nights provided: 53,048. Total Meals provided: 159,144

Host week vol positions- there must always be at least 2 trained volunteers at church when guests are present.

Positions descriptions:

** **Dinner Vol- 5-7pm** Prep food at home and bring to St Thomas or prep at church. Volunteers eat with guests and remain until 7pm.

** **After Dinner- 7-9pm** Volunteers provide a "ministry of presence", interacting with guests if guests want to talk, etc. Vols are just available while watching TV or if guests have questions.

** **Overnight-9pm- 6:30am-** OP Fire Dept requires we conduct an hourly "fire safety" check. Vol walk through the building 1 time each hour during the night. There is a vol sleeping room and volunteers rotate shifts. One walks through the building doing the check while the other sleeps. Halfway through the night volunteers switch positions.

** **Volunteer Driver-** some guests do not have their own vehicle so volunteers transport guests from St Thomas to IHN in the morning and bring them back to St Thomas at 5pm. (We do not drive to school) IHN has a van but some volunteers prefer to use their own car. Drivers must attend training and also sign a background release form.

Church membership is NOT a requirement for volunteers. Some volunteers are community based and learn about the work of IHN through friends & relatives, organizations that support IHN or newspaper articles, etc.

If you are interested in being part of this ministry please attend IHN training at St. Thomas the Apostle Church, Wed, Oct 27. Training is 6:30-8:30pm in Parish Hall 2. Attendees must be on time and remain until end of session to be considered "trained". While reservations for training are not required it would be helpful for us to know how many people are planning to attend.

Please email or text if questions or want to attend training. Dola McNown 526 3573 or dolamcnown49@gmail.com; Margaret Walkenshaw 302 2018 or 897 4766

Thanksgiving in Action

St. Thomas will be joining with First Christian Church in Olathe and other community faith partners, local businesses, and organizations in providing groceries for a Thanksgiving meal for the food insecure in Olathe. Grocery items will be collected during October and part of November then distributed to the community on Thursday, November 18 at the Food Pantry at First Christian Church.

Here's how you can help:

1. Starting October 9 we will have boxes located in the Narthex.
2. Select a box, take it home and fill it with items listed on the grocery list attached to the box.
3. Drop off your filled box between 9am-1pm directly to First Christian Church, Olathe on any of the following days:

**November 8 ♦ November 9 ♦ November 10
November 11 ♦ November 15 ♦ November 16**

(Note: The church address will be indicated on your grocery list)

In addition to the groceries that we will be providing, each family will receive a frozen turkey, frozen container of whipped topping, and a package of dinner rolls. Last year this ministry provided meals for 99 families that included about 450 people. By all of us joining together, we hope to support many more this year as we share Christ's love by putting faith, with thanksgiving, into action.



Saturday, Oct 2: Holy Communion, 5:30pm Nave

Sunday, Oct 3: Holy Communion, 8:45am, 11:00am Nave; 9:45am: Children & Youth Sunday School (Outdoor Altar or PH and Bsmt Asbly Rm) and Adult Formation (Asbly); Blessing of Animals, 5pm Outdoor Altar; Youth Grp, 6-8pm PH, K

Monday, Oct 4: Organ practice, 10-11am Nave; Thom's Helpers, 10:30am-1:30pm PH, K; Outreach team mtg, 6:30pm PH 2 or Zoom; Prayer Shawl Sm Grp, 7:30pm PH 1; AA Fellowship, 6:30pm LL

Tuesday, Oct 5: Organ practice, 10am Nave; Sword Guild practice, 7pm PH 2; Contemplative Prayer Sm Grp, 7pm Nave

Wednesday, Oct 6: Coffee Sm Grp, 9:30am PH 3; Organ practice, 10-11am; Wednesday Study Grp, 10:30am Zoom; Thom's Helpers, 10:30am-1:30pm PH & K; Staff mtg, 1:30pm Lobby; Music recording TBA, 5:30pm Nave; Praise Band, 6:45pm Nave; Adult Choir, 7:30pm Nave; AA Fellowship-7:30pm LL

Thursday, Oct 7: Old Testament Bible Study, 9:45-11am, Zoom; Organ practice, 10-11am; Explorers Sm Grp, 7pm PH 2; Young Adult Sm Grp, 7pm PH 1; Al-Anon Family Grp, 7pm LL

Friday, Oct 8: Organ practice, 10-11am; Thom's Helpers, 10:30-1:30 PH & Kitchen; AA Fellowship, 8pm LL

Church office hours: Mon—Thurs 9am to 4pm; Fri 9 to 12