

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.*

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Congratulations to Children & Youth

With school starting back up we know those kiddos are up to GREAT THINGS! We want to hear and celebrate with them!

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!

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We welcome Novella Knights to the Sacrament of Holy Baptism this Sunday during the 11:00am service. Novella is the daughter of Karl & Elizabeth Knights.

Flowers on the Altar are
Given to the Glory of God and...



*In celebration and thanksgiving
for Matt's 32nd birthday, Matt &
Jamie's 3rd wedding anniversary
and our 41st wedding anniversary.
Tim & Debbie Lang*

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.

The next course will be offered in person (masks required) at St Thomas beginning October 4 and ending November 23. The class will meet each Tues evening from 7 to 9pm. For more info and to register, go to <https://pathwaytohope.org>

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

Invitation To Serve—As St. Thomas continues to open up and return to "normal", we find ourselves in need of additional Altar Guild members. This is a wonderful and fulfilling opportunity to serve the community by preparing the altar before each service. No previous experience needed, training is minimal and the schedule can be flexible. Please give this request some prayerful consideration...the more members we have the fewer times you will be scheduled to serve.

If you have any questions or wish to volunteer, please call or email me. I hope to hear from you.

Becky Laney—bw.laney@att.net or 816 365-0731

Next American Red Cross Blood Drive Tuesday, September 21, at St. Thomas

When you make the decision to give blood you help change lives!

The next drive at St. Thomas will be Tuesday, September 21, 10:00-3:00. Call 1-800-Red cross (1-800-733-2767) or visit www.RedCrossBlood.org and enter: StThomasEpiscopal to schedule an appointment.

TOWER TALK

SEPTEMBER 18 & 19, 2021

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 Service Information

Sat, 5:30pm, Sun, 8:45am, 11:00am—Holy Communion in Nave
8:45am—Pre-recorded service

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/>



Join us for the annual

Blessing of the Animals
Sunday, October 3, at 5:00pm

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



Saturday, Sept 18: Prayer Shawl Sm Grp, 10am PH 1, Holy Communion, 5:30pm Nave

IHN HOST Week will take place Sept. 19-26. They will primarily be in the Educ Wing of the church from 5pm daily through the nights.

Sunday, Sept 19: Holy Communion, 8:45am, 11:00am Nave; Online Worship, 9am; 9:45am: Children & Youth Sunday School (Outdoor Altar or PH and Bsmt Asbly Rm) and Adult Formation (Asbly); Youth Grp, 6-8pm PH, K

Monday, Sept 20: Organ practice, 10-11am Nave; Thom's Helpers, 10:30am-1:30pm PH, K; AA, 6:30pm LL; IHN PC mtg, 7pm PH 1

Tuesday, Sept 21: Blood Drive 10am-3pm PH 1, 2, 3; Organ practice, 10am Nave; Book Club, 7pm PH 1, Contemplative Prayer Sm Grp, 7pm Nave; Sword Guild practice, 7pm PH 2

Wednesday, Sept 22: Organ practice, 10-11am; Wednesday Study Grp, 10:30am Asbly; 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, Sept 23: Old Testament Bible Study, 9:45-11am, Online; Organ practice, 10-11am; Classics Men's Sm Grp, 7-8pm PH 2; AI-Anon Family Grp, 7pm LL

Friday, Sept 24: Organ practice, 10-11am; Thom's Helpers, 10:30-1:30 PH & Kitchen; AA, 8pm LL

Upcoming Events:

Blessing of the Pets - Sunday, October 3, 5pm (Outdoor Altar)

Trunk or Treat - Sunday October 31, 2-4pm (pkg lot)

All Parish Hayride & Hot Dog Roast - Sunday, November 7, 5:30--8pm (Sharp's Country Hayrides in Stillwell, KS)

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

PLEASE SCHEDULE ALL MEETINGS AND EVENTS with Meribeth in the church office to eliminate scheduling conflicts. If you decide NOT to meet at the church let her know that as well. 913-451-0512 or email mrisebig@stthomasop.org.

Articles for Tower Talk are due by NOON every Monday. Articles will run for two weeks unless notified otherwise. Send info and articles to mrisebig@stthomasop.org, or call 913-451-0512.

Outreach at St. Thomas

JoCo IHN Host Week Update & Training Information

JoCo IHN, a community response to homelessness, was founded in 2004 and serves homeless families and single women here in Johnson County.

This unique program serves a small number of guests, but since 2004 has literally touched the lives of hundreds of our homeless neighbors. Guests are sheltered in "Host" churches during evenings and overnight. Trained volunteers from a network of congregations provide meals and compassionate care at the overnight "Host" churches.

At the daytime Family Center, guests receive one-on-one social services, counseling, assistance in budgeting, finding stable employment if they are not already working, and assistance in finding permanent housing as they reach their goals. Showers, laundry, computers, phones and a kitchen are all provided at the Family Center. Schools send buses to the Family Center to pick up the guest children so they can attend the school they attended before needing a shelter.

JoCo IHN's ultimate goal is to offer assistance as the guests work to regain their financial independence. We all share that common goal and everything we provide or do is done with respect and kindness.

CURRENT NEEDS- Our St. Thomas Host Week will be Sept 19-26.

- Trained Volunteers Needed - See Volunteer signup sheet in Narthex
- Food & Supplies Needed - See food signup in Narthex

WANT TO BECOME A JoCo IHN TRAINED VOLUNTEER?

Attend the Next Training at St. Thomas Episcopal, Wednesday, October 27, 2021, 6:30-8:30pm. Attendees Must Be On Time and Remain Until End of Session To Be Considered "Trained".

Questions about JoCo IHN? Contact: Dola McNown dolamcnown49@gmail.com 526 3573 or 913 541 9226; Margaret Walkenshaw mwalkenshaw@kc.surewest.net 302 2018 or 897 4766; Connie Snider, laundry coordinator, at conniesnider@hotmail.com 709 1431.

IHN Auction Information—This message is being sent to all congregations that are involved with Interfaith Hospitality Network. We hope that all of our compassionate volunteers are doing well. This is a reminder that our Annual Auction is coming right up! The Auction is the fundraiser which provides much of the operating monies that run the homeless program throughout the year.

The 2021 Auction will be virtual again this year, partly because of current health concerns and partly because the auction did so well in the virtual format last year! **The Auction will be held on Thursday, September 30. The Silent Auction opens on September 24.**

The members of the Auction Planning Committee have been working feverishly to plan the best event ever and to procure the most amazing auction items to be bid upon. We look forward to all congregations being involved to ensure the success of the 2021 Annual Auction.

If questions, please contact Margaret Walkenshaw at 913.897.4766

Outreach, continued

Mobile Food Pantry Volunteer Opportunities Available

Next Volunteer Opportunity: **October 9, 2021**
Comanche Elementary 8200 Grant Ave. Overland Park, KS 66204
Time: 11:30am-2:00pm

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

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



Mental Health & Wellness: YOGA and You

Angela Minard

Thursday, October 14, from 7 – 8:pm 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 breathe 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. KS.