

## 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](mailto:bmccall@stthomasop.org) or Kelly—[kdemo@stthomasop.org](mailto:kdemo@stthomasop.org) so that we may add it to our newsletters!



### Fall Family Fun coming up at St. Thomas! SAVE THESE DATES!

Trunk or Treat in the Parking Lot— Halloween Day—  
October 31 from 2-4pm!

All Parish Hayride—Sunday, November 7,  
from 5:30 - 8pm (Sharp's Country Hayrides in Stillwell, KS)

**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](mailto:tglasscock26@gmail.com) or 913 275-9291

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



*In celebration and  
thanksgiving for our  
25th wedding anniversary.  
Ashley & Steve Fleischaker*

You are invited to share your special events with the congregation by making a donation to the flower fund for altar flowers. A beautiful arrangement to commemorate thanksgivings or remembrances will be displayed and noted in the weekly news.

You can sign up on the Flower Calendar on the bulletin board down the hallway by the office, sign up on the link provided in your weekly email, send an email to [stthomas@stthomasop.org](mailto:stthomas@stthomasop.org), or give us a call. Let us know the weekend you prefer and what you'd like to include in the weekly Tower Talk and email update. More than one person/family may sign up on a given weekend. Information is needed *at least a week before* the date you sign up. Suggested donation is \$50.

When you sign up in advance you will receive an email or phone call about a month in advance asking for details about your commemoration.

# TOWER TALK

SEPTEMBER 25 & 26, 2021



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.

### 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  
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](https://www.youtube.com/c/stthomasop) and [www.facebook.com/stthomasop](https://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/>

## Pastoral Care

### **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 KS.

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### **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!

## Outreach at St. Thomas



### **IHN Host Week at St. Thomas Provides Love, Kindness and Care**

We give thanks for St. Thomas Episcopal and especially our trained IHN volunteers and people who provide donations of food and supplies. This past week a mother and her 14 year old daughter and a single woman stayed here at St Thomas during evenings and overnight. We did this with help from our "support" congregations- Church of Latter Day Saints, Atonement Lutheran and OP Assembly of God. We also had some volunteers from Leawood Baptist, Asbury Methodist, Southminster Baptist and St Andrews Episcopal of KCMO. Together, We Make A Difference.

#### **NEXT IHN VOLUNTEER TRAINING**

St. Thomas Episcopal

Wednesday, October 27, 2021, 6:30-8:30pm in Parish Hall 2

Attendees must be on time and remain until end of session to be considered "trained". Church membership is not required and no registration is needed. There is no cost.

Questions about JoCo IHN? Contact: Dola McNown 526 3573 or [dolamcnown49@gmail.com](mailto:dolamcnown49@gmail.com); Margaret Walkenshaw 302 2018 or 897 4766 [mwalkenshaw@kc.surewest.net](mailto:mwalkenshaw@kc.surewest.net)

### **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 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](mailto:djfyee@gmail.com), Rick Bush [rickthelandlord@gmail.com](mailto:rickthelandlord@gmail.com), or Deacon Fran Wheeler [fwheeler@stthomasop.org](mailto:fwheeler@stthomasop.org)

### **Sept 21st Blood Drive Results**

Number of Donors: 27

Units Collected: 27

First Time Donors: 2

Number of Lives Saved: 81

Our drives continue to get great numbers and I genuinely cannot thank you enough. Our next drive date is tentatively set for **Nov 23**.



**Saturday, Sept 25:** Holy Communion, 5:30pm Nave

**Sunday, Sept 26:** 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 27:** Organ practice, 10-11am Nave; Thom's Helpers, 10:30am-1:30pm PH, K; Finance Committee, 5:45pm Online or PH; AA, 6:30pm LL; Vestry mtg, 6:45pm Online or PH

**Tuesday, Sept 28:** Organ practice, 10am Nave; Sword Guild practice, 7pm PH 2

**Wednesday, Sept 29:** 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 30:** Old Testament Bible Study, 9:45-11am, Online; Organ practice, 10-11am; AI-Anon Family Grp, 7pm LL

**Friday, Oct 1:** Organ practice, 10-11am; Thom's Helpers, 10:30-1:30 PH & Kitchen; SCA, 7pm PH 1; AA, 8pm LL

**Sunday, Oct. 3:** Blessing of the Animals, 5:00pm near the outdoor altar

**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](mailto: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](mailto:mrisebig@stthomasop.org), or call 913-451-0512.**