

Up next:

Saturday, May 28: Holy Communion, 5:30pm Nave

Sunday, May 29: Holy Communion, 8:45 and 11:00am Nave; Christian Education schedule front page; Mental Health Awareness “Breathing Techniques for Children”, 9:45-10:45 in PH 2

Monday, May 30: Church Office closed—Memorial Day. AA Fellowship, 6:30pm LL

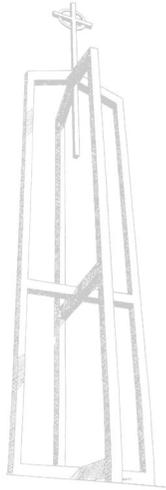
Tuesday, May 31: Sword Guild practice, 7-9pm PH 2

Wednesday, June 1: Thom’s Helpers, 11:30am-1:30pm PH1/Kitchen; Staff mtg, 1:30pm Lobby; Praise Band, 6:30pm Nave; Choir practice, 7:30pm Nave; AA Fellowship, 7:30 LL

Thursday, June 2: Old Testament Bible Study, 9:45am Zoom; Explorers Sm Grp, 7pm PH 2; Young Adult Sm Grp, 7pm PH 1; Sword Guild, 7pm PH 3; Al-Anon Family Grp, 7pm LL

Friday, June 3: Thom’s Helpers, 11:30am-1:30pm PH/K; Funeral (Halliwell), 2:00pm Nave; Funeral Reception, 3-4pm PH 1, 2, 3; SCA, 7pm PH 1; AA Fellowship, 8pm LL

Saturday, June 4: Holy Communion, 5:30pm Nave



Tower Talk

May 28 & 29, 2022

Our Worship Services

The Seventh Sunday of Easter

Saturday, 5:30pm

Sunday, 8:45 and 11:00am

(Masks are optional)

Children’s Church (for children ages 3-10) is offered during the “Liturgy of the Word” at the 8:45 and 11:00 services.

Nursery Care is available for children ages 6 months through 4 years from 8:30 through the conclusion of the 11:00 service.

All services are live-streamed and available to watch afterward:

www.youtube.com/c/stthomasop and

www.facebook.com/stthomasop

**Next Weekend is the beginning
of the season of Pentecost!**



Church office hours: Mon.— Thurs. 9am to 5pm; Fri. 9am to Noon

All meetings and events must be cleared with Meribeth in the church office. mrisebig@stthomasop.org or 913-451-0512.

Outreach

Greetings—None of us got to where we are alone. We thank you and appreciate all you have done. Your generosity has given IHN guests new hope.

St. Thomas Church is a wonderful blessing to IHN and those that we serve. We are so grateful to you and your dedicated members. Please accept our heartfelt thanks for hosting our families the week of May 8. You and your members are the reason someone feels welcomed, seen, heard, loved and supported. Our gratitude to all involved and your efforts make a difference in the lives our IHN guests.

Sincere thanks, Vicki & Cheryl



This Sunday, 11:00am: We welcome Elizabeth Fredricka Clopton into the Episcopal Church by the Sacrament of Holy Baptism. Elizabeth’s parents are Derek and Margaret Clopton; grandparents are Bill and Anne Kidder; and her aunt is Sarah Kidder Tarr.

Sunday Christian Education

Adult Forum - will not meet this Sunday. It will resume on June 5 in PH 2 at 10:00am.

Children’s Sunday School “Summer Sundays” 9:45-10:45am.

* **Breathing Techniques for Children & Families w/Ms. Kari Wold**
Parish Hall 2—No reservations necessary!

* **Card Making for Mega Campers and Camp Staff**—Parish Hall 1
All are welcome! Grab your coffee and a cookie, then enjoy conversation while engaging in a sweet little service project to share our love and support for our 30 Campers and Staff attending this year’s Episcopal Diocese of Kansas Mega Camp at Camp Wood June 5-11! Barbara McCall will be there with cards, envelopes, pens, etc!

Youth—Confirmation Class (6th-8th), Rm 137 at 9:45am

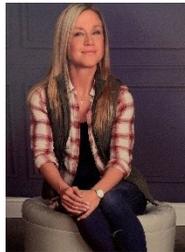
Mental Health Awareness

Techniques for Children (ages 4-11) with Kari Wold
May 29, 9:45-10:45am in Parish Hall 2

No reservations required.

Deep Breathing for Children: Taking deep, intentional breaths can calm a person physically and mentally. Deep breathing techniques activate the part of the nervous system that controls reactions to stress, and also redirects the mind to simple, in-the-moment tasks which can take the brain away from anxious thoughts.

Kari Wold 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, provide training and feedback, and work 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.



Looking for quality information, support, and resources related to family caregiving? Please visit <https://www.caregiver.org>. You can sign up for CareNav, a free online dashboard loaded with personalized information that matches your unique caregiving needs.

Altar Flowers are given to the Glory of God and...

*In thanksgiving for our grandchildren...
Rachel, Haley, Addison, Laney, Jack, Garrett,
Drew, Michael, Blake, and Cameron!
from Linda & Ted Bemis*



Children & Youth

"Summer Sundays" - during the Education Hour
9:45-10:45am in the Parish Hall. All are welcome!

This Sunday:

Breathing Techniques for Children & Families w/Ms. Kari Wold
Parish Hall 2—No reservations necessary!

Card Making for Mega Campers and Camp Staff - Parish Hall 2
(Ms. Barbara & Mother Kelly will take these down to Camp Wood with them to add to the Camp Mail for the week.)

Calling all amateur chefs!!

We want YOU...for the Vacation Bible School KITCHEN KREW!!
Sunday, June 26 through Thursday, June 30
approximately 4:30-6:30pm

Vacation Bible School will return to a more "normal" format this year including the tradition of enjoying dinner together each night before our programming begins. We are looking for some helpful hands (ages 15 and up) to prepare and serve our nightly simple, kid-friendly meals. While we love having our helpers each night, we know that's not always easy - so we do take on helpers who can only help on certain evenings. Contact Barbara McCall (bmccall@stthomasop.org) to sign up!

Congratulations to Children & Youth:

- Congratulations to Aidan Barnes who has been selected to participate in a select summer camp program in Animal Sciences at the University of Kentucky! Aidan is finishing his freshman year in the Animal Sciences Academy at Olathe North High School. Well done, Aidan!
- Congratulations to Jacob McCall who has been selected as an 8th Grade Ambassador to next year's incoming 6th grade class at Indian Trail Middle School. Jacob will participate in several training/planning days to prepare to mentor these new middle school students when they arrive in August. Way to go, Jacob!

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!

Summer Camp Registrations Still Open!

Click Here for more information and to Register
for all Summer Camps:
<https://stthomasop.org/summer-st-thomas-2022/>