



Parsons District UMC Newsletter

Janet E. Maxwell, District Superintendent

Jane Reeves, Administrative Assistant

500 Leawood P.O. Box 244 Parsons, KS 67357

(620)421-9149 email: parsonsdistrict@kansaseast.org fax (620)421-2253

Office Hours: 8a.m. to noon & 1p.m. to 3:30p.m. Monday-Thursday; 8am-noon Friday

Website: www.gb-gm-umc.org/parsonsdistrict

Kansas East Conference Website: www.kansaseast.org/

“Leadership – How Sweet It Is”

Welcome to the Fall Season as we say farewell to Summer. It has been quite a Summer. We have had some hot days and some unusually cool days. With all the rain, flowers and fields are lush. With recent excessive rain, some of the fields are underwater. Summer has been filled with VBS and camps and church celebrations, picnics and ice cream socials, Annual Conference, vacations, family reunions and mission trips. And the Hope for Africa Children’s Choir – what a blessing!

It’s been a Summer of remembering in our culture: the 40th anniversary of the walk on the moon and Woodstock and the peace symbol. There have been some notable deaths: Michael Jackson, Eunice Shriver, Walter Cronkite, Ted Kennedy and Mary Travers. In a variety of ways, these persons have influenced our culture. With their gifts and flaws, they were leaders.

And so are we. This summer I had the opportunity to attend the Rice County 4-H Fair to see the work of my young cousin. Among many other things, he made a poster with the saying “Leadership – How Sweet It Is”. The poster was decorated with a variety of chocolate candy bars. Of course, I thought “how appropriate – he must be related to me!” As I reflected a little deeper, I also thought “that’s right”. Our leadership as laity and clergy is a joy and privilege which should be as enjoyable as eating chocolate. Yes, it is work. Yes, it takes effort to develop. Yes, it is necessary for the growth of our mission and ministry as the church. And Yes, it is sweet – as sweet as the love and grace of God that guides and empowers us.

As we gather this Fall for Church Conferences, I look forward to hearing the stories of your leadership in your church and community and your goals for the new year. May all God’s Blessings be yours as we join together in leading the United Methodist Way to “Do No Harm, Do Good, and Stay in Love with God.”

Grace and Peace,

D.S. Janet Maxwell





Keep Informed...Read the Conference Communiqué on the website kansaseast.org

September 22 DCOS (District Committee on Superintendency) 6:30pm at the District Office

September 24 DCOM (District Council on Ministries) 6pm at Hepler UMC

September 26 Parsons District UMW Fall meeting at Pittsburg College Heights UMC

October 5 DCOM (District Council on Ministries) Executive Committee 10am at the District Office

October 6 Meeting of the Orders and Fellowship 10am to 3pm at First UMC in Topeka. This is required for all persons who are ordained or serving as full-time Local Pastors. Part-time Local Pastors are invited and welcome to attend, but your presence is not required.

October 13 Humana Enrollment meeting at Parsons Wesley UMC-10am till noon for active clergy and 1pm to 3pm for retired pastors.

October 22 DCOM (District Council on Ministries) 6pm at First UMC in Pittsburg

November 2 DCOM (District Council on Ministries) Executive Committee 10am at the District Office

November 19 DCOM (District Council on Ministries) 6pm at Hamilton Chapel UMC in Parsons

November 25-27 Parsons District Office closed for the Thanksgiving holiday

Did you know that October is Clergy Appreciation Month?

Let your pastor know how much you appreciate them!



CONGRATULATIONS.....

To Havana UMC in the celebration of the 20th Anniversary of their current church building on July 12.

To Valeda UMC in the celebration of their 100th Anniversary on October 4.

To St. James UMC in Coffeyville in the celebration of their 125th Anniversary on October 18.

To Thayer UMC in the celebration of their 130th Anniversary in October.

To Baxter Springs UMC in the celebration of their 140th Anniversary on September 20.

Parsons District United Methodist Church receives Hospitality Award



First United Methodist Church of Baxter Springs, has been recognized by United Methodist Communications (UMCom) as an official “Welcoming Congregation” for 2009.

“Welcoming Congregations” are a select group of United Methodist congregations nationwide that meets criteria including embracing newcomers and providing opportunities in discipleship. The recognition program is part of a larger effort launched in late 2000 by UMCom, the denomination’s communications agency, to use modern technology and the common language of television to spread the Good News of Christ to a world in need.

“Open hearts, open minds, open doors” is the theme of the denominational effort, the centerpiece of which is a series of national cable TV advertising, supplemented by regional and local church participation. The overall aim of the effort is to invite people, particularly those between 18 to 34 years old, to enter into connection with the Christian community as they seek meaning and purpose in their lives.



June 2009 marked one year since we concluded the pledging phase of the “Bridges to the Future” campaign. The Conference has received just over \$1 million. 150 individuals or churches in the Conference have already paid their pledge in full; some are tithe goals, some are other amounts pledged. Congratulations to these churches in our District who are on that list: Cherokee, Liberty, Melrose, Neodesha, New Albany, Sycamore, Toronto, Tyro, Weir. Thank you.

NEW EPISCOPAL AREA IN 2012

United Methodists in Nebraska and Kansas will share a Bishop beginning in 2012 under a reorganization plan announced September 18, 2009 by the South Central Jurisdiction's College of Bishops. For more information, see the webcast by Bishop Jones on the Kansas East Conference web page, and view "Frequently Asked Questions" at the www.scjcollegeofbishops.org website.



The Parsons District Disaster Trailer needs to replenish the tarps used to cover roofs. The following sizes are needed: 7x9, 8x10, 9x12, 12/16, and 1/20. The bigger sizes are needed the most. If you are willing to donate any please contact Tom Reazin, Altamont UMC, Roy Thompson, Dennis UMC, or the Parsons District Office.



First UMC, Pittsburg, KS would like to express their gratitude to all who showed support for the Hope for Africa Children's Choir Concert they hosted. The offering from the concert was \$3600, which is more than enough to support two children for a year in the orphanage. This was a "united" effort from many of our congregations in the Parsons District with over 400 in attendance. All truly felt a blessing from their performance.

Kathleen Owsley, Associate Pastor, First UMC, Pittsburg, KS



The Parsons DCYM (District Council on Youth Ministries) held their End of Summer Blowout on August 16 in Independence, KS. Forty youth and twenty adults representing seven churches in the Parsons District attended the event and had a great time. Be watching for their upcoming meetings and events.

Angela DeFisher, District Youth Co Coordinator

CCYM Event Calendar with conveners

- **C.I.A. Christians in Action Mission Event** October 10, 2009
Adult Co-conveners: Rev. Bruce Draper, Pam Farrant, Barb Muench
 - **Exploration 2009 in Dallas, Texas** (www.gbhem.org/exploration) for high school seniors and young adults interested in pursuing the ministry November 13-15, 2009. Transportation provided by Emporia State Campus Ministry-contact Kurt Cooper at umcmesu@yahoo.com The District Office has brochures.
 - **Youth Lock-In Bishop's Roundup for Hunger November 13-14, 2009**, Douglas County Fairgrounds, Lawrence, KS. Adult Co-conveners: Brenda Davids (bdavids@kansaseast.org)
Sammie Kudera (913-722-1349), Earl Williams (620-342-2505)
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The Buffalo UMC rolled 250 dozen enchiladas recently to raise money for the New Albany UMC. They cooked 580 pounds of meat and used 290 pounds of cheese. Twenty churches contributed and Buffalo donated the supplies for 100 dozen. They were then able to present New Albany UMC with a check for \$5,618.

Parsons Faith UMC, 3035 Crawford, Parsons, KS, presents their Fall Concert of Sounds on October 10, 2009 beginning at 7pm featuring Elaine Dailey, Kayla Robinson & Brian Cruz, The Cruz Brothers, LCC Choir with Greg Whitcomb, The Burkes, Hamilton Chapel Choir, Tony Munoz, Glory Bound, Brock Willard & Bette Whetzel, Ken Weaver, Kay Lawrence & Warren Townsend and Greg Whitcomb. There will also be a bake sale and free will offering.

Southeast Kansas Fall Potato Drop November 7, 2009

Why: There are 1000's of families throughout Southeast Kansas, despite having a household member with a regular income who will go to bed hungry.

What: We will receive a truckload (over 40,000 pounds) of potatoes and re-bag them into 10-15 pound bags to be distributed to local hunger relief ministries and to anyone else that needs them to help supply a meal to a needy family.

When: Saturday, November 7, 2009 from 7 am until 12 noon. Come join in all the fun.

Where: Penn Avenue and Magnolia, Independence, Kansas.

Who: First United Methodist Church and First Baptist Church.

Specifically we will need:

- Baggers (all ages and abilities are welcome)
- Individuals to direct traffic and assist those picking up potatoes.

We would like _____ lbs. of potatoes to use or re-distribute

Yes you can count on me/us. I/we would like to:

Bag potatoes

Make a financial contribution to sponsor Potato Drops.

The number of workers I will bring is: _____

Name: _____

Home phone: _____

Cell phone: _____

E-mail: _____

Thank you for making this event a success, because without you we could not have done it. For more information please contact: First United Methodist Church at 331-3840 or fumcindy@cableone.net.

Save these dates!

March 6, 2010

Fanning the Flame, First UMC, 600SW 6th ST, Topeka, KS

Featured Panelists will discuss Leadership:

Rebecca Chopp-Swarthmore College, President

Adam Hamilton-Church of the Resurrection, Senior Pastor

Scott J. Jones-Kansas Area Resident Bishop

Special Music: Jorge Lockward, General Board of Global Ministries

June 9-12, 2010

Kansas East Annual Conference @ United Methodist Church of the Resurrection



Praise the Lord, O my soul. And forget none of His acts of kindness. He forgives all my sins. He heals all my diseases. He saves my life from the grave. He crowns me with loving-kindness and pity. He fills my years with good things and I am made young again like the eagle.
Psalm 103:2-5 (New Life Version)

As diabetes is on the rise in this country, we spend more money on weight loss products and physical fitness products but we seem to be steadily gaining weight and becoming less fit.

What is diabetes?

- Diabetes is a disease in which the body does not produce or properly use insulin. Insulin converts sugar and starches into energy.
- 17 million persons in the USA are diagnosed with diabetes and another 5.9 million don't know they have it.
- Type 1 diabetes-5-10% of all diabetics has this type. In this type the body produces no insulin and these people must take insulin.
- Type 2 diabetes-90-95% of all diabetics has this type. These people produce insulin but their bodies don't properly use this insulin.

What are the symptoms of diabetes?

- Frequent urination, excessive thirst, increased hunger, unexplained weight loss, increased fatigue, irritability, blurred vision are some of the symptoms.

What should I do if I have diabetes?

You will have the same nutritional needs but you will now need to keep your blood sugar as normal as possible. Your doctor will tell you what you need to keep your blood sugars at and a registered dietician will help you with how to modify your diet. A dietician or health nurse can help you learn to test your blood sugar. In addition your doctor will tell you how often to return for more complete blood tests that will need to be done in a professional lab in order to stay healthy. You will be expected to coordinate regular exercise into your daily routine and know how that affects your blood sugars. Most of the type 2 newly diagnosed diabetics can benefit from a weight loss program.

Stress effects on the body:

When stress happens the body responds by releasing glucose. This is a normal response however when a diabetic gets sick or stressed without insulin to control the glucose it will raise to unhealthy levels.

Body care:

To delay diabetic complications, take time to do good mouth care, skin care, check your feet nightly, and get regular professional eye exams.

For more information visit: www.diabetes.org



FOCUS OF THE MONTH

NOVEMBER 2009

HEALTH BENEFITS OF FORIVENESS

Researchers have recently become interested in studying the effects of being unforgiving and being forgiving. Evidence is mounting that holding on to grudges and bitterness results in long-term health problems. Forgiveness, on the other hand, offers numerous benefits, including:

- Lower blood pressure
- Stress reduction
- Less hostility
- Better anger management skills
- Lower heart rate
- Lower risk of alcohol or substance abuse
- Fewer depression symptoms
- Fewer anxiety symptoms
- Reduction in chronic pain
- More friendships
- Healthier relationships
- Greater religious or spiritual well-being
- Improved psychological well-being

For more information go to: <http://www.mayoclinic.com/health/forgiveness/MH00131>

True forgiveness doesn't depend upon the forgiven being sorry

unknown author

Linda Stotler, Parsons District Parish Nurse
Email: lstotler@sbcglobal.net
Phone: 620-232-1786