

# Word of Grace

God means what he says. What he says goes. His powerful Word is sharp as a surgeon's scalpel, cutting through everything, whether doubt or defense, laying us open to listen and obey. Nothing and no one is impervious to God's Word. We can't get away from it — no matter what. *Hebrews 4:12, 13 (The Message)*

Vol 124 No 10 October 2009

## Missions Ministry

## Giving Thanks

## Meals of Grace Cookbook

## Calendar of Events

Page 2

## Future Events

## In the Word

## Flint Hills Prayer Calendar

## Consecration Sunday

Page 3

## Health & Wellness Ministry

How to prevent H1N1 and regular seasonal flu

Page 3



## God is Good.....

One Sunday afternoon the Church Council was processing through business when several on the back row saw a man open the door, stop, turn around and leave. Seconds later the west front doors were opened. Kathy Williams went up the stairs to investigate, followed shortly by Pastor Earl.

Here was the gentleman who had entered earlier, standing before Kathy, trying to communicate his needs in Spanish. Kathy turned to Pastor Earl, asking if he could make out what the man needed. After a couple of questions, Pastor Earl, Kathy and the gentleman went over to the grocery cart and started looking for food that the man could eat. After finding some pudding, the gentleman stated that he had no home and had no money to continue his journey. Kathy suggested that he could at least have a meal and a place to rest for the night.

Earl and Kathy took the man over to the Rescue Mission where they discovered that the gentleman needed to be "checked out" by the local police. Earl and Kathy stopped and got the gentleman something to eat and then proceeded to the police station. After a lengthy wait, they found out that the gentleman was OK and could return to the mission at 6 pm for a place to stay. It was only

1 pm. Kathy and Earl then decided to take the gentleman to La Esperanza to meet with Pastor Sanchez.

Hector was able to communicate with the gentleman and found he was from Wichita, where he had lost his job. A friend told him that there were jobs in Tennessee, so he began his journey to find work. He got as far as Emporia and had no more money. Hector also discovered that he was from the same hometown in Mexico as one of the members of La Esperanza. The person had just been to the altar, asking for God to make use of her. The time was now. Taking the gentleman home, they visited about their homeland and community. The gentleman was then delivered at 6 pm to the Rescue Mission.

During all this, the Church Council suspended business to join in supportive prayer.

Do angels come in all nationalities? Does God send people to determine people's willingness to truly be ambassadors of Jesus Christ? I am sure that we have heard about others who experienced similar encounters. . . I truly believe that Earl and Kathy and the dear soul from La Esperanza were instrumental in helping one of God's angels to continue his journey. By the way, the gentleman's name

was "José." If you feel led, pray for José and his journey to employment.

*Dear God, thank you for using us to help one of your dear children/angels. We pray that we can always be open to people that you send to us, providing the loving care that Jesus calls us to offer to one and all. We do this and ask this in the name of Jesus Christ. Amen.*

Pastor Earl

**The Leadership Committee** has decided to enlarge the Church Council to include "At Large Members."

These persons would represent the entire church at the Church Council meetings the third Sunday right after worship and participate in the discussion. As "At Large Members," they would not be required to be members of any committees, agencies or groups of the church. If you would be interested in serving on the "At Large Membership" of the Church Council, please contact the church office at 342.2240.

Print copies of the *Word of Grace* are in the church library for members who do not have email.

# Missions Ministry

A special thank you to all who filled the wonderful health kits for Bishop's Roundup. There are still a few empty bags left in the cart. Until November 9 we will be collecting food to send to the Bishop's Roundup, Please put your items in the grocery cart marked Bishop's Roundup. The cart is in the new entrance way. Please see the list of suggested items below.

Food Commercially Prepared - No Commodities or Glass Jars

**Suggested items:**

- Canned Fruit            Corn
- Green Beans            Macaroni & Cheese
- Mixed vegetables    Tuna
- Cereal (that children like)    Peanut Butter
- Spaghetti            Spaghetti Sauce
- 1lb dried beans       Crackers
- Ramen Noodles       1 lb. Rice Soup
- Canned meat           Toilet paper
- Paper towels

Please don't forget to bring food items for the **Salvation Army** cart as well. The food is picked up every Thursday morning, and they count on our help.

**Angel Food Ministries October delivery & order times:**

- Mon-Thurs            10 am-4 pm
- Fri, Oct 9            4 - 6 pm
- Sat, Oct 10           11 am-1 pm

No orders may be placed after 1 pm on Monday, Oct 12

Delivery date is Sat, Oct 24 at 8:30 am

The October Menu may be picked up in the church office or you may go to [emporiagrace.org](http://emporiagrace.org) and follow the link to [angelfoodministries.com](http://angelfoodministries.com).

# Giving Thanks

*Thank you just doesn't seem like enough to convey the gratitude and love the kids and I have for you, our Grace family. From meals and paper goods brought to the house, to lawn mowing, and the many prayers, cards and kind words; all these have made a seemingly unbearable situation one that we are getting through. A very special thank you*

*to those who helped with the service or with providing the meal prior to Ron's funeral. You have truly shown us the love of Christ.*

*With love from the McDaniel family, Mary, Lindsey and Andrew*

## NOW AVAILABLE: MEALS OF GRACE COOKBOOK

Remember those wonderful Sunday meals we had after the morning service last winter? Hot, steaming bowls of soup, heavenly bread and delectable desserts, all at the hands of Lola Collinge, Wes Patterson and their dedicated helpers. Many of us clamored for their recipes, and our wish is about to come true. The book will be sold after worship services during the month of October. Suggested donation for the cookbook is \$15. All proceeds will be donated to the church general fund.

**Our regular weekly schedule:**

- Sun**
- 8:45 am Sunday School Music
- 9:15 am Sun School
- 9:30 am Prayer
- 10 am Worship Service
- 6:30 pm Interactive Worship Service
- Interactive Worship:** A time of singing praise, prayer and discussion about anything the group wishes.
- Mon**
- 6 pm Cub Scouts
- 7 pm Boy Scouts
- Tues**
- 9 am Bible Study
- 5:30 pm Girl Scouts
- Wed**
- 5:30 pm Worship Planning Ministry
- 7 pm Voices of Grace

# October Events

- Friday October 2**
- 5:30 pm Miller/White Rehearsal
- Saturday October 3**
- 6 pm Miller /White Wedding
- Sunday October 4**
- 12 pm Membership Ministry
- Monday October 5**
- 5:30 pm Lay Leadership Committee

- Tuesday October 6**
- 7 pm Phebe Group
- Thursday October 8**
- 4-6 pm Angel Food orders
- 7 pm Finance Ministry
- Friday October 9**
- 2-6 pm Angel Food orders
- Saturday October 10**
- 8:30 am UMW Executive meeting
- 10 am UMW General meeting
- 11 am – 1 pm Angel Food orders
- 2-5 pm Bowling Tournament
- Sunday October 11**
- 9 am Coffee with the Pastor
- 12 pm Health & Wellness Ministry
- 12 pm Missions Ministry
- Monday October 12**
- 6 pm Trustees Ministry
- Wednesday October 14**
- 9:30 am- 5 pm FH District meetings
- 2 pm Abigail & Joanna
- 5 pm Abundant Harvest
- Thursday October 15**
- 9:30 am- 5 pm FH District meetings
- Friday October 16**
- Hopkins/Palmer Rehearsal
- Saturday October 17**
- Hopkins/Palmer Wedding
- Sunday October 18**
- 11:30 am Church Council
- 1 pm Education Ministry
- Monday October 19**
- 9:30 am- 5 pm FH District meetings
- Tuesday October 20**
- 6:30 pm Cub Scout Leader training
- Thursday October 22**
- 5:30 pm WOW Group
- Friday October 23**
- 6:30 pm Cub Scout Leader training
- Saturday October 24**
- 7 am Angel Food Distribution
- Helen Sheperd Missionary Speaking
- Sunday October 25**
- 4 pm Prayer Shawl Ministry
- Monday October 26**
- 5 pm Abundant Harvest
- Wednesday October 28**
- 1:30 pm Create to Share
- Thursday October 29**
- 5:30 pm Parish Visitors
- 5:30 pm Staff-Parish Relations Committee
- Saturday October 31**
- 7:30 am UMW Rummage Sale

### Looking Ahead

October 10	Bowling Tournament
October 31	UMW Rummage Sale
November 5	Simple Gifts Concert
November 14	Mexican Dinner
December 12	Chili Feed

### FLINT HILLS DISTRICT PRAYER CALENDAR

Oct 4	Keats-Riley Community
Oct 11	Strong City/Elmdale
Oct 18	Emporia First
Oct 25	Alma/Paxico-McFarland

Let us pray. *Heavenly and merciful Father, we lift up the Flinthills District of the United Methodist Church. Always we seek your guidance as we strive to make disciples of Jesus Christ. We pray for the churches, ministries, and United Methodist organizations, that they will listen to your wishes for them so that their activities will be pleasing to you and help them to foster discipleship. We pray this in the name of Jesus Christ, our Lord and Savior. Amen.*

### IN THE WORD

October 4	Matthew 8-14
October 11	Matthew 15-21
October 18	Matthew 22-28
October 25	Mark 1-7

## Calling All Bowlers (and Non-Bowlers)

Join your friends at Grace for an afternoon of bowling, fellowship and prizes. Awards will be given for high team score, high individual score, low individual score, most gutter balls, and most creative team costume.

**Date:** Saturday, October 10

**Time:** 2pm – 5pm

**Format:** 4 – person team 9 pin no tap

**Cost:** \$80/team (\$20/person) – includes 3 games and shoe rental

**Teams:** Limited to the first 24 teams

Pick up your registration form in the church office. Tell your friends. Everyone is invited.

Questions?: Contact Brent Windsor:  
785-554-6056

# Health & Wellness Ministry

## What is H1N1 Flu and how does it spread?

H1N1 flu is a respiratory disease caused by a new virus. It spreads easily. No one, except those who have been infected, is immune. Flu viruses spread through the droplets that come from your nose and mouth when you cough and sneeze. These tiny particles can be inhaled or transferred to others from surfaces such as TV remotes, doorknobs, telephones, toys and countertops.

Pregnant women and those with chronic medical conditions should contact their health care provider immediately when they have flu-like symptoms.

H1N1 has a range of symptoms, including:

- Fever greater than 100° F
- Cough, sore throat, runny nose
- Aches, chills, fatigue
- In some cases, diarrhea and vomiting

## Health Habits and Flu Prevention

You can prevent H1N1 and regular seasonal flu by

- getting a flu shot
- frequent handwashing or use of alcohol based hand sanitizer
- cough into a tissue or your sleeve
- avoid crowds and large gatherings
- stay home if you're sick
- keep sick children at home until they have been fever free, without the use of fever reducing medications, for at least 24 hours
- Plan to care for yourself and your family members at home. A useful planning tool for individuals and families is available at <http://flu.gov/plan/individual/checklist.html>. Discuss your plans with all members of your household.
- Make a list of emergency health care contacts and keep it in a handy location.
- Have a list of basic health information for each family member including:
  - Name, date of birth
  - Allergies
  - Chronic medical conditions
  - Other special health care needs
- Keep a two-week supply of non-perishable food and beverages on hand.

- Canned goods, dry cereals and crackers
- Bottled water, fruit juices
- Baby food and formula

## Stock up on health and household supplies

- Prescription medications and over-the-counter drugs
- Necessary medical supplies for chronic health conditions like diabetes
- Medicines for fever such as acetaminophen or ibuprofen
- Fever thermometer
- Fluids to reduce the risk of dehydration, for example sports drinks for adults and teens and Pedialyte® or other generic electrolyte solution for children.
- Cleaning supplies, tissues, toilet paper and disposable diapers
- Cell phone and charger
- Have a plan for possible disruptions in work, school or child care schedules:
- Stay home if you are sick.
- Have a back-up plan in place in case your child is sick. Children with flu-like symptoms should not attend school or child care or other group setting.
- Establish a network of “flu friends” who can help if you are sick.

## Read more about it

You can learn more about seasonal and H1N1 flues by contacting:

- Your local county health department
- The Kansas Department of Health and Environment at <http://www.kdheks.gov>
- The Centers for Disease Control and Prevention (CDC) at <http://www.cdc.gov/h1n1flu/>

# Consecration Sunday

We will celebrate Consecration Sunday on October 25. This special time will allow members of Grace to look deep within their hearts and confirm their commitments by becoming a joyous giver. Please take some time over the next few weeks, pray and ask yourself, “*What is God calling me to do?*” Please make a special effort to attend on this wonderful day the Lord has made. In celebration, we will also be holding a pot luck lunch immediately following the church service. See you there.