



FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST NEWSLETTER

Volume 61 Number 8

August 2017

Sunday School at 9:30 A.M. (when school is in session)

Sunday Worship at 10:45 A.M.

Second Helping Dinner at 6:00 P.M.

Thursday Evening Taizé at 7:00 P.M.

700 Poyntz Avenue

Manhattan, Kansas 66502

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www.uccmanhattan.org

Bibs AND Aprons

A few years ago, I spent a weekend in training with the Rev. Michael Piazza - a UCC pastor and congregational vitality expert. One of the illustrations he used when talking about vital congregations is one I've never forgotten. He told the story of a pastor who was receiving guests after worship one Sunday and met a new couple. They were visiting from another congregation in town and looking for a new church. They said they were thinking of leaving their current congregation because they "weren't being fed." The pastor immediately said, "Well, maybe you need to take off your bib and put on your apron. The point of being Christian isn't to get your own self fed, it's to feed others! You're a host, not a guest. Jesus didn't come to be served but to serve."

I confess I am often wary whenever someone tells me, "it can't be THIS, it has to be THAT." Because there are too many times in our lives where we really do need to sit with the tension of embracing more than one option. *[continued pg. 2]*



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While I agree with Piazza that the purpose of being Christian is to serve others, I also know that this only happens when we, ourselves, are fed. Just like you have to put on your own oxygen mask in the event of a cabin depressurizing on a plane, we also have to take care of our own selves if we are going to have any hope of serving others. This means we have to take care of our bodies, spirits, and minds (no small task in our busy, busy culture). It also means we have to take responsibility for growing in our relationship with God. It's up to each of us to cultivate a meaningful spiritual life which includes time for quiet, prayer, contemplation, celebration, connection, and learning about our faith stories and foundations. No one else is going to do this for us. We have to make a conscious - and counter-cultural - choice to keep growing up as followers of Christ.

The Church will help us, of course. It provides many opportunities to experience and connect with the Holy. To learn through small group studies, service opportunities, and more. But we have to consciously make the choice to be present and intentional about growth.

If we are growing as Christians - if we are taking seriously our call to love God and our neighbor as ourselves - the apron part happens naturally. To be a Christian - to be molded in the Ways of Christ - is to have at our very core a life of service. There is no way to follow Jesus without continually seeking opportunities to help those who are in need - whether they are family, coworkers, neighbors, strangers, or dear friends. If we aren't doing that, we simply aren't following Christ.

But in order to call ourselves Christian - and not just some other kind of general-do-gooder - we also have to take seriously the call to feed our spirits. We have to make time to internalize and celebrate our sacred stories, revel in the joy of singing sacred songs just for the sake of being in the moment, make time for quiet connection with the Holy. Because there is no other way to follow Jesus without literally looking to him as our model - and didn't he make time for all of these things?

So I have a vision of someone wearing BOTH an apron AND a bib. Or perhaps a person who frequently switches between the two. I am thinking of those who work in the kitchen at Second Helping - AND also take time to sit down and share a conversation over the

meal once the guests have been served. If you asked most Second Helping volunteers, “Are you being fed here? Or are you feeding others?” my guess is you’d get a puzzled look in response. “Well, yes. I’m doing both at the same time!” might be the answer. For it is in giving that we receive and it is in serving others that we are often filled with new life ourselves. It seems that loving God, AND neighbor, AND self frequently requires both a bib AND an apron.

As we begin another school year together, the pace of life picks back up at First Congregational. There will be many new faces among us - and they will need us to have our aprons on as we welcome them into our home and help them feel welcome here. Before you know it, they will also have their aprons on and will be serving here and in the wider community. This is as it should be. But we also keep our bibs on - or at least take them out from time to time - ensuring that we are also being fed, sustained, nurtured as we all continue to grow as Jesus-followers. Bibs and aprons. I think we need both.

Pastor Caela

Pastor Caela on Vacation

Pastor Caela will be on vacation from Wednesday, August 9 - Tuesday, August 15. If you are in need of pastoral care during this time, please contact the office or Stacy Shaffer, P.O. of Deacons, to be put in touch with the Rev. Jonalu Johnstone from the Unitarian Universalist Fellowship.

E-MAIL PRAYER CHAIN – If you wish to be added to the First Congregational e-mail prayer chain, please contact office@uccmanhattan.org. It is a quick and easy way to stay up to date with your church family.



Sharing and Caring

Prayers and Concerns

- For more information please contact the church office.

Helping

- **Need a ride to church?** Contact one of our transportation volunteers: Jim/Carolyn Hodgson, Bill Pallett, or Jeff Keller.
- **Home Communion Visits** The Deacons can bring communion to your home on the first Sunday of the month. Visits at other times can be arranged with the pastor.

Mrunch

Mrunch (moms group) is taking a break from meeting this summer. We'll look forward to starting up again in the Fall! If you have questions, contact Andrea Chamberlain

Lunch Bunch August 2

We join together with Bethel AME Church in an opportunity for members of our two congregations to get to know one another. Wednesday, August 2 at



Chili's (214 Ft. Riley Blvd.). It's not for women only—everyone is welcome to join us for lunch at 11:30 a.m. (Find monthly Lunch Bunch locations by clicking on Community Life/Events Calendar on the church website at www.uccmanhattan.com.)

Upcoming Dates of Interest at First Congregational:

August 6: Jazz Worship

August 13: Choir returns

August 20: Blessing of the Backpacks, Sunday School for all ages begins, Feast and Festival

September 23: Welcoming Dinner for those new to our congregation

November 12: Guest preacher Stephanie Mott

Upcoming Sermon Series

August 6 - September 9: "Back to School: Jesus the Teacher" series on Jesus's teachings in the Gospel of Matthew

September 17 - October 8: "Young, Scrappy, and Hungry" series on the Joseph narrative from Genesis

Free Money!

Do you participate in our Dillons fundraiser? It's easy! Just go to dillons.com to link your shopper card. If you need help, contact the church office. (Our organization number is #10145.) Check your enrollment by checking the very bottom of your Dillons receipt. You should see "...donating to First Congregational UCC."

Ministry of the Decorative Scissors



The Ministry of the Decorative Scissors meets August 10-12. Everyone is welcome. There are no guarantees that you will complete any projects, but you will have fun and meet delightful people. Come for an hour or for the whole time! Feel free to bring a snack to share. For more information, contact Sue Gerth.

William Barber in Topeka on Monday, August 21st

As a part of the launching of the new Poor Peoples' Campaign, the Rev. Dr. William Barber will be coming Topeka to train regional leaders and speak to the public at a mass meeting. Details are still being firmed up, but the event will be from 6-10pm somewhere in Topeka. Be sure to watch the bulletin, social media, and weekly e-news for more information.

Feast and Festival Sunday, August 20

Feast and Festival will kick off our church year on August 20, 2017 at 6:00. We will be joining our church and Second Helping family for dinner and dessert. Vegan options will be provided. We encourage you to bring your own table service but paper goods will be provided. The cake walk is back by popular demand and the Ministry of Decorative Scissors will have a crafting table set up. Monetary donations are being requested for the meal and sugar like donations are being requested for the cake walk.



Blessing of the Backpacks and Teachers

Sunday, August 20 we will have a Blessing of the Backpacks during worship. Children are invited to bring their backpacks and receive a blessing as they return to school. We are thrilled that the



Ministry of the Decorative Scissors is again providing the custom-made backpack trinkets for our children. "Big kids" and adults are welcome to bring along their briefcases, diaper bags, work uniforms or other items that represent their daily work in the world. We will also bless those who are returning to teaching – whether that's in a college classroom, an elementary school, or at home with young children.

Welcoming our Immigrant Neighbors:

Please save the date for a community event at Seven Dolors on the afternoon of Sunday, August 27th. Our task force that is building relationship with our immigrant neighbors has committed us to assist with an event there. We will likely need greeters, kitchen helpers, childcare providers, and other helpers. Most of all, we need people who are interested in being friendly faces and are committed to building relationships. We also still need flash drives and those can be dropped off in the basket in the church lobby. If you have questions about this ministry or want to be more involved, please contact Sue Zschoche (sue@uccmanhattan.org).

KIFA Retreat

Kansas Interfaith Action (KIFA) is having their board strategic planning retreat in Manhattan, August 27-28. FCUCC, via the Vitality Committee provides some minimal financial support to KIFA, as do other congregations across the state. Sean Weston and Linda Thurston are on the board and are charged with local arrangements. We need help with providing supper on Sunday (at the Unitarian church) for 12 -15 people, breakfast on Monday, the 28th, and possibly other types of hospitality. We also need some places for home stays (probably about 9) for those from out of town. Please let Sean or Linda know if you are interested in helping out in any way.

Picture Directory is Here

If you have an email address on file with our church office, you should have received an email with instructions on how to log on to InstantChurchDirectory.com to access the new online picture directory. If you need a refresher, please contact Sandy in the office and she'll walk you through the process.

A constantly updated PDF version of the directory is also available at uccmanhattan.org (contact the office for the password). If you aren't techy, no worries. A printed copy (with photos!) is available from the office.

Please help us keep the directory updated and submit your photo now. Take a selfie! Or have a friend, neighbor, or relative take your picture and email it to the office at office@uccmanhattan.org. Or bring in a hard copy of a photo for Sandy to scan.



Connect with us during the week!

Did you know our church has a vital presence on social media? We currently have over 500 people following our church's facebook page for updates about what's happening in our community. Follow us at

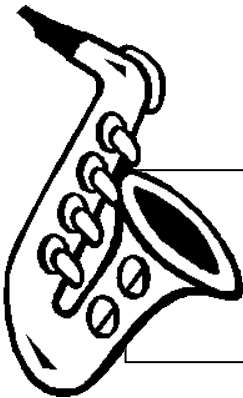


<http://facebook.com/uccmanhattank>. You can find the same content on Twitter @UCCManhattan.

Additionally, if you are a regular attender or member, you're invited to join our closed Facebook group - a place for dialogue and conversation with people you know. Search for "First Congregational UCC Members and Friends" or ask a friend who is in the group to add you.

We also send out updates every Friday with helpful information about what's coming up in our congregation. If you don't already receive those updates, please send your e-mail address to Sandy at office@uccmanhattan or visit <http://www.uccmanhattan.org/news-and-updates> to sign up.

Did you miss a sermon? Pastor Caela's sermon manuscripts are posted online each week by Monday on her personal sermon blog (revcaela.blogspot.com) or you can watch for them on our Facebook page.



**Jazz Worship
Sunday, August 6**

Christian Education

Fall 2017:

Sunday School Opportunities for Adults and Youth

All classes are at 9:30a.m. The nursery is open for babies and toddlers. Sunday School classes for preschoolers and elementary-schoolers take place on the second floor. Middle-schoolers and high-schoolers are invited to the classes below or may be interested in helping teach younger children. Please contact Andria Anderson (children@uccmanhattan.org) or Tai Amri Spann-Wilson (youth@uccmanhattan.org) for more information about options for children and youth.

August 20 through September 24 (six weeks)

Peace Training I: (for High Schoolers, College Aged and Adults Participants)

Led by Tai Amri Spann-Wilson

This 6-Week, multi-generational class is designed for those interested in participating in a basic training on peace and conflict resolution. Drawing from experience with the Quaker curriculum from the Alternatives to Violence Program (AVP) and Help Increase the Peace Program (HIPP) as well as trainings in Beyond Diversity 101 (BD101) and The Kingian Nonviolent Training Program, I will be incorporating tools and lessons designed to align body, mind and spirit with the objectives of peace and social justice. Each class will involve movement, spiritual practice, and strategies for creating social change, following the motto to be the change that we want to see in the world. Participants, aged 13 and up, are encouraged to bring comfortable clothing, notebooks, and an object of special meaning to them for a makeshift altar. If you have any questions, please contact Tai Amri Spann-Wilson at youth@uccmanhattan.org.

October 1 through November 12 (seven weeks)

The Language of Faith

Led by Dave Smit

Ever hear the slogan, “Take people for what they mean, not for what they say?” It turns out the slogan is right. We understand

each other in complicated ways that cannot be accounted for primarily by the words we use. The context in which we use words may be more important than the words themselves.

In this class, we'll examine how we talk about what matters to us, following the procedures of Hermeneutics, or the theory and practice of interpretation. We can call it Hermen, for short. We'll begin by studying how we rely on context to understand each other's everyday speech and writing, then move on to examine how we bring our own background and experience to written texts. With this as a framework, we'll delve into how to effectively use terms such as "good" and "bad," and "right" and "wrong," how to appropriately interpret sacred texts, and how to share our faith with others who may think our beliefs and values are very strange. We'll explore ways to make our judgments seem reasonable to people who disagree with us and our faith sensible to those whose beliefs are very different from our own.

December 3 through December 24 (Advent, four weeks)
Opening ourselves to the mind, body, and spirit of the Holidays
Led by Donna Keyser and Deane Lehman

Acolyte Training

On Sunday morning, August 27th, from 10:00-10:30, elementary aged children are invited to join Pastor Caela and Andria for Acolyte Training in the sanctuary to learn how to light the candles during worship. Children who have already been trained are also invited to join in to help during this training session.

Children's Sunday School

Fall Sunday School classes begin August 20 and we plan for 11 weeks of education. The first four weeks will be focused on the theme of love in 1 Cor. 13. Tracey Weston and Paulicia Williams will be teaching children in Pre-K through 1st grade in the Craft Room, and Amanda Tross will be teaching children in 2nd through 5th grade in the theater and conference room. We will begin Christmas Pageant Rehearsals on November 5th during the Sunday School hour.

Recycling at the Church

You may have witnessed my activities lately of moving the recycling bins from their previous location at our buildings east entrance. That move was in response to a recent fire inspection that we were fortunate enough to receive from MFD. They recommended clearing that entry way as the build up of bins and cardboard would hinder our egress from the building in the event of an emergency, and perhaps first responders entry, losing valuable seconds in our time of need.



Well, we happily complied, bins are moved out, and we have contracted with Howies to collect our recycling. We have two, wheeled totes out by our dumpster that recyclables can be placed in to. Howies has a couple rules for us to follow though, those of you that use Howies at home will be familiar. The most important thing to remember is **no glass** in the Howies totes, a bin will be retained in the vicinity of the kitchen area for glass and a volunteer with kindly cart it away as in the past. Please rinse them so we don't get nuisance odors since they will be more visible than before. Second thing is no bags, plastic bags will need to be collected separately and a volunteer can take them to Dillons and drop them in the recycling barrel. The only other thing to keep in mind is that the carts will be emptied on the second and fourth Friday of the month (usually).

During this move, I was able to hear from a few friends about the strong desire to be able to continue to recycle. When I think of recycling what comes to my mind is the picture we have all seen on tv where a person or a place is in frame and then the camera keeps zooming out until the earth is seen hovering and gently spinning in space. Recycling is certainly an endeavor that helps our planet as a whole as much as and if not more so than impact us directly. It feels as though our waste ends up at the feet of the first country that can't afford to deal with it. So recycling as an option seems pretty important in that regard. We are fortunate to have

KSU's recycling center to use at our disposal and also Howies for affording our community with options as well. I know there are other providers and me not mentioning them by no means diminishes their commitments to our community it's just that Howies seemed to have what we needed at this time. As always it's been a treat serving on the Board of Trustees and the Board feels great that an alternative was able to be reached for our recycling efforts.

Happy Recycling
Steve Bishop, Board of Trustees

Name Tags = Hospitality

As we prepare to welcome newcomers this fall, a quick reminder to please wear your name tag each Sunday during worship. Name tags help new people learn our names and faces quickly. They also make it easier for you to identify a new person when they are attending worship - and welcome them warmly! If you do not have a permanent name tag, please contact the church office to ask for one. When new name tags are made, they "debut" on the name tag board near the stairs in the lobby so you can find them easily. If you see a new person, please ask them if they'd like a name tag and let them know they can simply make a note of it in the attendance pad on Sunday morning. Another way you can greet our visitors warmly is to offer them a bag of popcorn and thank them for "popping in." The popcorn is located in the small table in the narthex (the entry off Poyntz). If you see families with young children, be sure to help them by showing them the pew cards with information about our children's ministries. And, as always, it's always lovely to offer to walk someone into coffee hour after worship, visit for a few minutes, and then introduce them to someone new. Thanks for making First Congregational UCC a warm and welcoming place for newcomers.



Help Increase the Peace Project

In the past two newsletters, the Gifts, Endowments, and Investments Committee, per agreement with the Hanna family, invited proposals for member-originated mission projects to use a \$1500 bequest from Atina and Jerry Hanna. Jeff Keller, in his position on the Board of Directors of our church's affiliate Camp White, applied for the funds to support the Peace Camp at Camp White. The proposal was approved first by the Board of Missions and then by the Cabinet. The funds came from the Special Support Funds for Ministry and Mission. Jeff writes as follows:

“Thank you for your help with our Peace Camp at White Memorial Camp. This year Peace Camp began on July 19 and concluded on July 22. Almost 20 middle and high school students participated in the curriculum facilitated by Tai Amri Spann Wilson.

The Help Increase the Peace Project (HIPP) is a participatory, experiential program developed by AFSC in 1991 to address issues of interpersonal violence, prejudice, and injustice with participants of all ages, with a focus on middle- and high-school age youth. HIPP is currently in use in more than thirty states and in countries around the world.

I'm especially grateful for the participation of the Hanna Family Fund, because Jerry and Atina lived these principles.

Peace Camp will be a permanent addition to our lineup, and we hope to grow the impact of this initiative.”

**Thank you for keeping your
pledge current during the
summer months.**

Fill the Breadbasket for Second Helping

The Second Helping is funded through our operating budget and special gifts to this ministry. On the first Sunday of each month we "Fill the Breadbasket" during worship. You are invited to bring a cash donation or items for our lunch sacks, such as individual flavored oatmeal packets, granola bars, or individually-wrapped snack crackers (such as cheese or peanut butter).

ECM Notebook

Ecumenical Campus Ministry is a cooperative ministry at K-State supported by the Presbyterian Church (USA), the United Church of Christ, and the Christian Church (Disciples of Christ). www.ksu.edu/ecm

Did you know that ECM is in the midst of administering a \$100,000 grant from the Lilly Endowment Inc. in Indianapolis, Indiana to assist students in the “theological exploration of vocation?” This exciting initiative has resulted in ECM’s first student in recent memory, Lukus Ebert, entering seminary this fall, and ten K-State students (so far!) being placed in internships with area congregations in the past three years to gain practical experience and provide meaningful work to the employing organization, all while discerning God’s call. We are always looking for more opportunities for students seeking internships! If you know of or have a possible internship setting, please contact ECM. In addition, we have been able to employ Lilly funds to establish an annual lectureship on vocation. This fall, on October 8-10, we will welcome Molly T. Marshall, President and Professor of Theology and Spiritual Formation at Central Baptist Theological Seminary in Shawnee as our guest lecturer.



Cobb Corner — Going Green

“Water, water everywhere, but not a drop to drink.”
Coleridge, “*Rime of the Ancient Mariner*”

“Experts project ...3.5 billion people will live in water-scarce or stressed areas by 2025, meaning there won’t be enough to even drink.” (*Women’s Health*, July-August, 2017, p. 145.)

As I sit in our darkened home trying to stay cool, thoughts stray to oceans and pristine lakes...and the Ocean Conservancy report on one month of the 2017 Coastal Cleanup arrives: 1.8 million cigarette butts, 1,212,602 tiny plastic pieces endangering fish, 18 million tons of trash, 1,066,644 foam pieces, 496,640 glass pieces were picked up! (June 27, 2017).

But that was just the routine garbage. More memorable were the 56 toilets, eight microwaves, two typewriters, four drones, and a piano! (Ocean Conservancy report, June 27, 2017). Then I read that Americans throw away more than 50 billion plastic water bottles a year! Using a stainless steel refillable water bottle would save consumers a fortune and reduce trash on land and sea.

Still, some companies are becoming greener stewards of water. Proctor and Gamble has reduced its water usage by 24% since 2010. Johnson and Johnson, Unilever and L’Oreal have also made significant investments in better water usage. (*Women’s Health*, July-August, 2017, p.146).

Any other good news? Please let me know. One can get grouchy and dehydrated writing this column. -- *Linda Richter*

Share ideas for future Cobb columns with Linda Richter

**Choir returns
Sunday, August 13**



The Second Helping

Our Second Helping ministry continues to be a wonderful way in which our church extends its mission to the community of Manhattan. We regularly serve 25-35 people each week. Many of you have helped with this mission in a variety of ways, and that is much appreciated!



Currently we are hoping to add some more volunteers to our list of "regulars." We are particularly in need of individuals who would be willing to serve as Head Cook and Church Host. If you are interested in learning more about either of these positions, or volunteering in other ways, please contact Mary Ellen Barkley through the church office at 537-7006.

August 6, 2017

Dessert: Dale Stearns

Volunteers: Manhattan Mennonite Church

Chief Cook: Bob Atchison

Church Host: volunteer needed

August 13, 2017

Dessert: *volunteer needed*

Volunteers: *Mary Ash, Clara Marshall, Jane Marshall, 1 volunteer needed*

Chief Cook: Linda Thurston

Church Host: *volunteer needed*

August 20, 2017 • Feast & Festival

Volunteers: Deacons

Church Host: Mary Ellen Barkley

August 27, 2017

Dessert: *volunteer needed*

Volunteers: Target Store Team

Chief Cook: *volunteer needed*

Church Host: Pastor Caela

**Volunteer by going to
uccmanhattan.org/sign-ups**

Worship & Volunteers

August 6, 2017

Greeters	Jess Girdler, <i>1 volunteer needed</i>
Scripture Reader	Jess Girdler
Communion Servers .	<i>2 volunteers needed</i>
Fellowship Host	Gretchen Lewis
Flowers	Linda Richter
Grounds Care	Rick & Gayle Doll

August 13, 2017

Greeters	<i>2 volunteers needed</i>
Scripture Reader	<i>volunteer needed</i>
Fellowship Host	<i>volunteer needed</i>
Flowers	Linda Richter
Grounds Care	<i>volunteer needed</i>

August 20, 2017

Greeters	Mike & Martha Miller
Scripture Reader	<i>volunteer needed</i>
Fellowship Host	<i>volunteer needed</i>
Flowers	<i>volunteer needed</i>
Grounds Care	<i>volunteer needed</i>

August 27, 2017

Greeters	<i>2 volunteers needed</i>
Scripture Reader	<i>volunteer needed</i>
Fellowship Host	<i>volunteer needed</i>
Flowers	<i>volunteer needed</i>
Grounds Care	<i>volunteer needed</i>

Mission Statement

The Mission of First Congregational United Church of Christ is

- To love and accept others unconditionally as God loves and accepts us, and by example, to encourage others to do the same.
- To challenge ourselves to grow spiritually through worship, education, nurture, reflection, discussion, fellowship, and outreach.
- To minister to others locally, nationally, and globally with the same fervor as we minister to ourselves, through the sharing of our talents, gifts, and resources.

We hold ourselves accountable before God for this mission

Community News

Everybody Counts! August 5 from 9am-1pm at the Douglass Community Center

The purpose of the "Everybody Counts!" is to provide free and much needed services to our most vulnerable population. The event on August 5th will include the following:


- 9am-1pm: information booths, activities for children, free clothing and food distribution
- 9am-11am: free health screenings
- 10am-noon: free community brunch, as supplies last

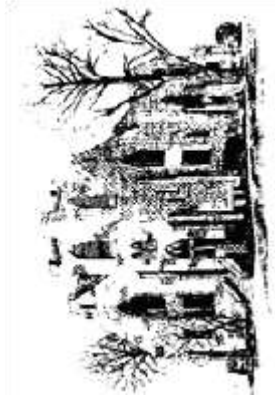
For more information, email everybodycountsmhk@gmail.com

**FIRST CONGREGATIONAL
UNITED CHURCH OF CHRIST**
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 This newsletter is printed on recycled paper
made of 100% post-consumer content.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>August</h1>		1	2 11:30 Lunch Bunch 5:30 Mission 6:00 Deacons 7:00 Trustees 7:00 AA meeting	3 7:00 Taizé 8:00 NA mtg	4 7:30 NA mtg	5
	6 Jazz Worship 10:45 Worship & Communion <i>Fill the Breadbasket</i> 6:00 Second Helping	7 6:45 A Cappella 7:30 NA mtg	8	9 6:30 Christian Ed 7:00 Vitality 7:00 AA meeting	10 7:00 Taizé 8:00 NA mtg	11 12 Ministry of the Decorative Scissors
			Caela on vacation thru August 14			
13 9:30 Choir Rehearsal 10:45 Worship 6:00 Second Helping	14 5:15 Yoga 6:45 A Cappella 7:30 NA mtg	15	16 7:00 Cabinet 7:00 AA meeting	17 7:00 MLK mtg 7:00 Taizé 8:00 NA mtg	18 7:30 NA mtg	19 6:00 Young Adult Potluck
Caela on vacation						
20 Blessing of the Backpacks 8:30 Choir Rehearsal 9:30 Sunday School Kick Off 10:45 Worship 6:00 Feast & Festival	21 5:15 Yoga 6:45 A Cappella 7:30 NA mtg William Barber in Topeka	22	23 7:00 AA meeting	24 7:00 Taizé 8:00 NA mtg	25 12:00 Newsletter Deadline 7:30 NA mtg	26
27 8:30 Choir Rehearsal 9:30 Sunday School 10:00 Acolyte Training 10:45 Worship 6:00 Second Helping	28 8-4 KIFA Retreat 5:15 Yoga 6:45 A Cappella 7:30 NA mtg	29	30 7:00 AA meeting	31 7:00 Taizé 8:00 NA mtg		