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Trunk or Treat



We need your trunk!! If you would like to have a trunk at trunk or treat please sign-up at the welcome center! The more trunks we have the better. Come enjoy an evening seeing the kids in costumes. The Cates' Family Chicken and Noodles will be in the gym for a suggested donation of \$10 per adult and \$7 for kids 7 & under.

Meal Club Dates October

Meal Club is a chance to get together and share a meal with others. Enjoy a meal out at Perkins (at your own expense) and the conversation of your friends from Church of the Cross. The meals are currently planned for:

October 13 – 11:30am @ Perkins
October 27 – 6pm @ Perkins



Drive-Thru Flu Shot Clinic

Saturday, October 7, 2023 8am – 12pm

COMCARE on Ohio
2090 S Ohio

- No appointment necessary. Vaccines will be administered outside in cars, weather permitting.
- Patients will enter the COMCARE parking lot at the Wayne Avenue entrance and exit onto Ohio Street
- The flu vaccine is recommended for anyone six months of age or older
- High dose will be available
- Bring your insurance cards.

How can we pray for you?

Send your prayer requests the following ways:

- Call or text Pastor Libby at 785-564-1977
- Email Pastor Libby at pastorlibbyoberdorf@gmail.com
- Email the church office at mollie.purcell@coc-salina.org
- Call the church office at 785-825-5170

The next issue of The Message will be out in November. Please have all articles to the church office by October 25.

Would you like to receive The Message by email? Email Mollie at mollie.purcell@coc-salina.org

PRAYER LIST

Joys and Concerns

MEMBERS:

Sylvia Rice, Roberta Blakeley, Steve Cooksey, Bobbie Brockway, Chris Davis, Family of Larry Merriman, Family of Claudine Ashcraft, Sylvia Rice and Family

FAMILY:

FRIENDS:

Unnamed Prayer
Lucas Nutter
Sharon (Judy Beck's mom)

ARMED FORCES:

We pray for those who are serving in the armed forces and for their families.

LOCAL COMMUNITY:

We pray for those who are homeless due to circumstances beyond their control. Interracial understanding.

OUR WORLD COMMUNITY:

We pray for those who are incarcerated and their families, for peace of God to rule in the hearts of our local and national leaders.

**Names are included on the prayer list for one month. If the prayer request needs to be on the list for multiple months, please contact the church office. To submit a prayer request please fill out a form in the*

A Word from Pastor Libby



Friends,

Fall is upon us, and our thoughts turn to Fall Fests, pumpkins, colorful leaves, and sweaters (hopefully, they are so cozy) and wisps of wind blowing across fields of play. When I think about fall, I am reminded of a story I heard years ago about a young couple who took their month's old baby to a Fall Fest and decided to go through the corn maze, even though it was near the end of the day. They got lost in the corn maze and couldn't find their way out and darkness began to fill the sky. They began to panic and even though they could see the lights of the barn they didn't know what to do, so they called the police for help. When I heard this story, it made me just shake my head, why didn't they just walk through the corn and get out? All they had to do was to follow the light.

I think this relates well to the many people who struggle with mental illness in some form, which can be anything from mild anxiety and depression to Post Traumatic Stress Disorder, Schizophrenia, or Chronic Depression. There are elements of these people's lives that become overwhelming, like the corn stalks for this couple, and they block the path to safety, and it seems there is no way out of what is happening in their minds. This is frightening and overwhelming for people with mental illness and makes it difficult for them to share their struggles because it too creates distress. For those who love people with mental illness and want to walk their journey with them it their distress can be baffling. It seems simple to just follow the path or move toward the light and not let the obstacles get in the way. This is why we need to work to connect and listen to the struggles of our friends and neighbors so we can help them with grace and peace until the path clears and they know the worthiness and love Christ Jesus offers.

Sometimes we think mental illness doesn't or won't affect us or the people we know. It is estimated that about one in five people in the United States has been diagnosed with depression, as much as one in four in some states. This does not account for all the people who have not been diagnosed because they fear a diagnosis and the stigma that is often attached to it.

As Christians on this journey to love one another as Christ loved us it is important that we look at mental health and wellness and how we can help normalize it in such a way that we can talk about it and people can get the help they need. This is particularly important for our young people and our elderly. Suicide is the third leading cause of death between 15–24-year-olds, with about twelve suicides a day. Almost twenty percent of the suicides in 2020 were completed by people who are 65 and older. We can help reduce the impact.

This month, starting on October 8, we will be doing a sermon series called "Journeying Toward Mental Wellness." This series will help us to connect our faith with our individual and communal journeys toward mental health. We will focus on the essential skills necessary for cultivating mental wellness: naming emotions, nonjudgmental and compassionate listening, and active hope. All of which bring healing to us, those who suffer and the community.

+Love,
Pastor Libby



Judy Beck Cake

As discussed in Robin's Sermon on Sept. 24

| | |
|--------------------------------|--|
| 1 Yellow Cake Mix | 8oz Sour Cream |
| 1 Small Pkg. Chocolate Pudding | $\frac{3}{4}$ Cup Vegetable Oil |
| $\frac{1}{2}$ Cup Sugar | 4 eggs lightly beaten |
| $\frac{3}{4}$ Cup Water | $\frac{1}{2}$ Cup Milk Chocolate Chips |

Heat oven to 325°. Thoroughly grease a bundt pan. Mix all ingredients except chocolate chips for 3 minutes. Add chocolate chips once in the pan. Bake for 60 minutes. Dust with powdered sugar.



November Worship Series

Gifts of Love – a series on stewardship

Intentional giving is intentional discipleship.

In November you will have the opportunity to hear and learn more about biblical teachings on giving as you plan for your financial giving for 2024 year and beyond.

On Sunday, November 4, we are privileged to host the Rev. Dustin Petz, President of the Kansas United Methodist Foundation. In his presentation, "Giving Generously & Leaving a Legacy," Rev. Dr. Dustin Petz will focus on giving now and estate planning. Petz will share ways to maximize your giving during life, and provide general information about estate planning and considerations for charitable giving through an estate to support the church and ministry.

Our Leadership Team has been very creative in finding ways to fund much of our ministry, yet we still need faithful givers who are committed to giving to maintain and grow our ministries as we live into our calling in this place.

We encourage all our members to tithe (give 10%) if it is possible. If not, we encourage you to give what you can and to consider increasing your pledge, especially if your financial situation has improved.



Mental Health First Aid Training

ADULT SESSION (VIRTUAL):
OCTOBER 12, 2023
9AM - 3:30PM

YOUTH SESSION (VIRTUAL):
OCTOBER 20, 2023
9AM - 3:30PM

- **THE OPPORTUNITY:** FREE. ONLINE MENTAL HEALTH FIRST AID TRAINING FOCUSED ON ADULTS OR YOUTH 12-18
- **DEADLINES:** ROLLING DEADLINE. REGISTER AT LEAST 2 WEEKS PRIOR TO THE TRAINING DATE.
- **ELIGIBILITY:** ANY INDIVIDUALS IN THE GREAT PLAINS CONFERENCE OR ANY INTERESTED KANSANS
- **LEARN MORE & REGISTER:** [HTTPS://HEALTHFUND.ORG/A/HEALTHY-CONGREGATIONS/MENTAL-HEALTH-FIRST-AID/](https://healthfund.org/a/healthy-congregations/mental-health-first-aid/)

Roxbury United Parish Soup Supper and Bazaar

Wednesday, October 25

Serving begins at 5 pm

Homemade Chicken Noodle Soup

Vegetable Beef Soup

Chili

Pie, Cinnamon Rolls, and Drinks

Free Will Donation



Lots of great handmade crafts

Bazaar Auction at 7 pm



Update your VANCO Information



VANCO makes giving to COC easier than ever!

Visit www.coc-salina.org and click on "Give your offering to Church of the Cross by clicking here." This will allow you to either give through a recurring payment or a one-time payment.

If you are currently signed up for a recurring payment you are able to edit your information by going to that same link and clicking login in the upper right corner. Then click on Payment Methods on the left side. You are also able to see the history of payments you have made to Church of the Cross through the VANCO system.

Stop by the church office between 9:30am and 1pm Monday-Friday to find out more information or ask any questions you may have.

If you have questions or need help, call the church (785-825-5170) and talk to either Mollie or Pat.

Blessing Box

The blessing box located in the shelter house south of the church is very frequently used. In the back of the narthex is a white cabinet for donations for the blessing box. When out shopping if each family picked up one or two items to go into the box it would help make sure people in our community do not go hungry. Donations can be left on the welcome center or put in the cabinet.



Suggestions of items for the blessing box are:

- Canned or bag tuna
- Vienna sausages
- Canned fruit
- Peanut butter
- Canned vegetables
- Crackers
- Grab and go snacks
- Macaroni and cheese.

Charge Conference

Charge Conference is coming up soon!
Please mark your calendar for October 8 at First UMC here in Salina at 2pm.



Church of the Cross Inclusivity Statement

As we grow in our understanding of what it means to be made in the image of God, we invite you to come be who you are. This means welcoming and affirming people of every gender identity/expression, sexual orientation, age, race, ethnicity, physical and mental ability, level of education, family structure; economic, immigration, marital and social status and so much more. This welcome includes those who struggle with our commitment to offering full participation to all those who have been hurt when we've failed and calls each of us to graciously live together in the community of Christ regardless of our differences. As followers of Jesus, we commit ourselves to the pursuit of justice while standing in solidarity with all who are marginalized and oppressed.

Leadership Team approved on September 13, 2023.

Give by simply shopping at Dillons

Do you buy groceries at Dillons? If you answered yes to one of those questions you can give simply by shopping! Dillons: Visit www.dillons.com and go to community rewards. COC's organization number is: X1722

OCTOBER AT COC

Sunday, October 1

9:00 AM In-Person and Online Worship
10:00 AM Adult Sunday School – Courtyard Room
4:00 PM Gym Reserved

Monday, October 2

1:00 PM Prayer Shawl - Courtyard Room
3:00 PM Bell Choir Practice - Webster Room
7:00 PM AA Group 3 – Webster East Classroom

Tuesday, October 3

11:00 AM Claudine Ashcraft Funeral
6:30 PM Scouts

Wednesday, October 4

6:30 PM Gym Reserved
7:00 PM AA Group 3 – Webster East Classroom

Thursday, October 5

10:00 AM TLC – Webster Room

Sunday, October 8

9:00 AM In-Person and Online Worship
10:00 AM Adult Sunday School – Webster East Classroom
2:00 PM Charge Conference – Salina First UMC
4:00 PM Gym Reserved

Monday, October 9

1:00 PM Prayer Shawl – Courtyard Room
3:00 PM Bell Choir Practice – Webster Room
7:00 PM AA Group 3 – Webster East Classroom

Tuesday, October 10

1:30 PM United Women in Faith – Webster East Classroom
6:30 PM Scouts

Wednesday, October 11

6:00 PM Guitar Class – Webster Room
6:30 PM Gym Reserved
7:00 PM AA Group 3 – Webster East Classroom

Thursday, October 12

10:00 AM TLC – Webster Room

Friday, October 13

11:30 AM Meal Club - Perkins

Saturday, October 14

9:00 AM OCK Travel Training – Webster Room
2:00 PM KWU Women's Soccer – Kansas Wesleyan Stadium

Sunday, October 15

9:00 AM In-Person and Online Worship
10:00 AM Adult Sunday School – Webster East Classroom
4:00 PM Gym Reserved

Monday, October 16

1:00 PM Prayer Shawl – Courtyard Room
3:00 PM Bell Choir Practice – Webster Room
7:00 PM AA Group 3 – Webster East Classroom

Tuesday, October 17

6:30 PM Scouts

Wednesday, October 18

5:00 PM KWU Women's Soccer – Kansas Wesleyan Stadium
6:00 PM Guitar Class – Webster Room
6:30 PM Gym Reserved
7:00 PM AA Group 3 – Webster East Classroom

Thursday, October 19

10:00 AM TLC

Saturday, October 21

9:00 AM Webster Room Reserved

Sunday, October 22

9:00 AM In-Person and Online Worship
10:00 AM Adult Sunday School – Courtyard Room
4:00 PM Gym Reserved

Monday, October 23

1:00 PM Prayer Shawl – Courtyard Room
3:00 PM Bell Choir Practice – Webster Room
7:00 PM AA Group 3 – Webster East Classroom

Tuesday, October 24

6:30 PM Scouts

Wednesday, October 25

5:00 PM Roxbury UMC Fall Bazaar
6:00 PM Guitar Class – Webster Room
6:30 PM Gym Reserved
7:00 PM AA Group 3 – Webster East Classroom

Thursday, October 26

10:00 AM TLC – Webster Room

Friday, October 27

6:00 PM Meal Club - Perkins

Saturday, October 28

9:00 AM Webster Room Reserved
2:00 PM KWU Women's Soccer – Kansas Wesleyan Stadium

Sunday, October 29

9:00 AM In-Person and Online Worship
10:00 AM Adult Sunday School – Webster East Classroom
5:00 PM Trunk or Treat & Chicken & Noodles

Monday, October 30

1:00 PM Prayer Shawl – Courtyard Room
3:00 PM Bell Choir Practice – Webster Room
7:00 PM AA Group 3 – Webster East Classroom

Tuesday, October 31

6:30 PM Scouts

October Birthdays

10/2 – Roger Mattison
10/6 – Marvin Cossaart
10/7 – Julie Cates
10/9 – Judy Beck, Carolyn Forristal, Marilyn Rundberg
10/16 – Randy Rowe
10/19 – Keith Bennett
10/24 – Diane Simmelink

Volunteer Opportunity

The Salina Crossroads Marathon is Saturday, November 4th in downtown Salina. At this point they have over 3,000 people registered. This includes runners from all 50 states, Botswana, Canada, and Mexico.

Volunteers are needed to help with packet pickup, finish line & festival, and course monitors.

If you are interested in volunteering, use the link below.
<https://salinacrossroadsmarathon.volunteerlocal.com/volunteer/?id=76198>

Discover U Discover U in October!



Date:
October 14, 2023, 9AM

Location:
Courtyard Room

Cost: Free

Come learn Transportation 101 with the CityGo bus system. OCCK Mobility Manager Michelle Griffin will present. This is a great way to learn the system to be able to help others or yourself.

Upcoming Discover U Event



Do you have a talent or passion you want to share with the community?

Email Tara Baxter at tara.baxter@coc-salina.org to get signed up to teach a class!

Stay up to date by visiting:
www.coc-salina.org/discover-u



Date:
October 29, 2023 5PM

Location:
South Parking Lot, Gym

Cost: Trunk or Treat is Free; Chicken & Noodles are \$10 for adults, \$7 for Children 12 and under

It's Trunk or Treat time again! Come and decorate your trunk and hand out candy to the kiddos. The Cates Family will have their famous Chicken and Noodles in the gym for a freewill donation.

Where have you seen God?

Share your photos of where you have seen God. To submit your photos please email them to Mollie at Mollie.purcell@coc-salina.org.



Congratulations to Tara & Josh Baxter on the birth of Delilah Dale Baxter!

Delilah was born Wednesday,
September 13 and weighed 7lbs 6oz and
was 21 inches long.

*Children are a gift from
the Lord.*



*They are a reward from
Him.*

God Sightings from Services this Month

- A convention that wasn't looked forward to that turned out to be great
- Fun time at continuing education class
- Being surrounded by friends when moving into a care facility
- Having a new family with children in church
- Neighbors that helped remove a snake
- Music from Extended Warranty
- Things falling into place while setting up for a memorial service
- A beautiful rainbow
- A community of support when needed while trying to juggle a food truck and four kids
- Our church community surrounding a family with love during the loss of their grandchild
- Small hands to help while mowing



United Methodist
Church of the Cross
1600 Rush St.
Salina, KS 67401

Church office hours:
Monday – Friday 9:30 AM – 1:00 PM

Church of the Cross

In-Person and Online Sunday Worship – 9 AM

Church Staff

Pastor Libby Themis
pastorlibbyoberdorf@gmail.com 785-564-1977

Mollie Purcell, Administrative Assistant
Mollie.purcell@coc-salina.org 785-825-5170

Pat Mills, Accountant
accountant@coc-salina.org 785-833-6618

Tara Baxter, Neighboring Specialist
tara.baxter@coc-salina.org 785-342-5968

Dave Musil, Custodian