

# Communiqué

As a fellowship of Christ's followers, our mission is to journey through life with the inclusive Christ and embrace all with God's transforming love.

Volume 22, Issue 9  
September 2019

Thoughts from  
Pastor David

*"God loves things by becoming them." -Richard Rohr*

This is the main thesis in Rohr's book *The Universal Christ*. These words have marinated and seeped into my soul for a few weeks. They have danced in my consciousness and they have swirled in my unconsciousness. I have used this phrase as a practice to enrich my soul. I will sit with a word or a phrase in the morning and then allow them to guide my day. *God. God loves. Becoming. God loves things. God loves them. God loves by becoming. By becoming God loves. God loves by becoming them. God loves things by becoming them.*

This work of soulfully sitting with a word, phrase, or image is known as contemplation. Truthfully, I tend to allow my spiritual and faith development to live mostly in my head, through study and reflection. It was not until I began to engage in contemplative practices that I embraced the richness of moving from my head to my soul. I am slowly discovering that when I do the work of contemplation in the morning, my day is more easily filled with prayer...I am more aware of Christ within me and all around me.

While I have only in recent time been leaning into contemplative practices, namely since beginning my doctorate in San Francisco, the reality is this spiritual work has been around for many ages. This was the practice for many of the early church mothers and fathers. But as time progressed, the Western Church began to place an emphasis on knowledge and study and bit by bit, contemplation was slowly let go. I am becoming more convinced, though, that there is a deep richness in both cognitive study and soulful contemplation when strengthening our faith.

I imagine that many of you are like me and do not have a steeped history with contemplative practices. I would like to invite you to learn and grow alongside me. When we gather together at the church retreat, we will spend time and space as a group learning and practicing various forms of contemplation. My hope is that we each offer ourselves permission to cultivate our individual souls in a new way, or rather an ancient way. That is what it is, soul cultivation. It is a way to become more fully aware of the resurrected Christ within you.

So as a way of introduction, maybe you could try what I have been doing in recent weeks? Each day for a week, I encourage you to find a comfortable, quiet space. Pick a word or phrase from Rohr's quote or a Psalm and repeat that word in your soul for 15 minutes. I set a timer on my phone so I don't have to worry about how long it has been since I started. Repeat the word(s). Let them guide you. What images come to you? What starts to light up inside of you? What gnaws within you? How does it reappear in your day as you are in the garden, or at the grocery store, retrieving the mail, or boarding the plane?

This is holy work. This is prayerful and soul cultivating work. This is Christ awareness work.

*God Loves Things By Becoming Them.*

## New Member

Holmeswood Baptist Church welcomed **Carolyn Jensen** on July 28, 2019. Carolyn was born and raised in Paragould, AR. She attended Paragould High School. Carolyn received her RN from Methodist School of Nursing in Memphis, TN. She earned her MSN/MBA from University of Mary. Carolyn is a Registered Nurse and is retired from Children's Mercy Hospital. She enjoys collecting anything flamingos, reading, scrapbooking and traveling.



### Save the Dates:

- ⇒ **Sunday, September 8, 4:00 pm**, Worship in our Sanctuary. NO 9:00 am Worship, due to our All-Church Retreat. BFGs (optional) at 3 pm
- ⇒ **Sundays, September 15, 22, and 29**, \$5 Price Chopper Gift Card Drive to stock our Food Pantry
- ⇒ **Thursday, September 19, 10:45 am—1:15 pm**, Anchors Senior Adult Luncheon
- ⇒ **Saturday, September 21, 9:00 am—1:00 pm**, Service Saturday: Church Campus Clean-up
- ⇒ **Saturday, October 5, 10 am—3 pm**, 3rd annual South KC Block Party at Red Bridge Shopping Center
- ⇒ **Saturday, October 12, 11 am—2 pm**, Holmeswood Fall Festival



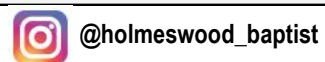
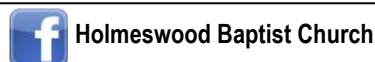
**September 21,  
9:00 am—1:00 pm**

- Outdoor clean-up of Holmeswood campus
  - Trimming, raking, and bagging leaves/sticks
  - 15 people needed
  - Bring leaf rakes, hedge clippers, loppers, or saws if you have them.
  - Sign up at the Information Station in the Galleria.
  - Contact Steve Lau with any questions.
- Home #: 913-663-1191  
Cell #: 816-803-3106

*Service Saturday takes place on the third Saturday of every month at various mission partners in Kansas City, including but not limited to Harvesters, Hillcrest Thrift Store, and Community Assistance Council. The organization and number of spots available will be communicated prior to the Service Saturday.*

### Clipping is Caring

When donating to the Food Pantry or doing your personal shopping, please consider purchasing "Best Choice" products, found at Price Chopper or Apple Market. These labels help support our partnership with Hillcrest Transitional Housing.



# KU vs. MU: Who Has The Best Fans?

Our Food Pantry can only stock non-perishable food. Sometimes, the social workers at Center School District have families in need of more than what we have on hand, for example bread, eggs, and milk.

In order to meet this need, we stock \$5 Price Chopper gift cards in our Food Pantry, which the social workers have access to year-round.

On Sundays September 15, 22, and 29, the Mission Council is setting up a friendly competition to benefit families in need in our community.

Bring as many \$5 gift cards as you wish, and place them in your team's corresponding basket. The team with the most gift cards in their basket by September 29 officially has the best fans.

On October 6, the whole congregation must dress in the winning team's colors!



HOLMESWOOD  
BAPTIST CHURCH

FOOD PANTRY



## Bible Fellowship Group Donation List

Young Adults	Peanut Butter* Chili with or without meat
AC-2 Work in Progress	Granola bars*, Individual bags of trail mix*
AC-3	Individual Mac and Cheese cups*, Mini boxes or bags of cereal (1-2 oz each)*
AC-5 The Ascenders	Shelf-stable cartons of milk*
AC-5.1 The Intentionals	Saltine Crackers*, Peanut Butter*, Ritz Handi-snack/Laughing Cow Cheese Dippers or similar cracker and cheese spread package*
AC-7 The Seekers	Canned Spaghetti or Canned Ravioli, Canned tuna or chicken
AL-1 Lydia	Individual fruit cups*
AL-2 The Jewels	Chunky Soup
Life Connections	Canned Veggies (16 oz), granola bars*
Mixed Adults The Disciples	Canned Fruit (16 oz), Ramen Noodles*

\*Indicates food that will be used to create weekly backsnacks (weekend food) for Center High (CHS) and Center Alternative School (CAS) students. All other food will stock our Food Pantry for use by Center Social Workers.

Updated August 2019



# Center School District School Supply List 2019-2020

Thank you for filling 50 backpacks for Center Elementary students during Backpack Blitz! Throughout the school year, social workers from all Center District schools will visit our School Supply Room to pick up supplies their students need. Use this list to stock our shelves.

- Zippered binders
- 2 inch 3-ring binders
- Pink Erasers (not pencil-top)
- #2 pencils
- Washable markers
- Watercolors, 8 or 16 colors (Prang or Crayola)
- Colored pencils
- Glue Sticks
- Scientific calculators
- Pocket folders without prongs
- Pocket folders with prongs
- Wide ruled notebook paper
- Composition books (traditional black and white)
- Earbuds
- Headphones
- Backpacks for all ages
- Boxes of facial tissues
- Clorox or Lysol wipes
- Quart size Ziploc bags
- Sandwich size Ziploc bags



Bring all school supplies to the church work room attn: Cheryl Powell

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>1</b></p> <p>9a-10a Worship Service (Sanctuary) 10a-10:15a Blood Pressure Check (Nearthex) 10a-10:15a Meet &amp; Greet 10-15a-11:15a Bible Fellowship Groups (Classrooms) 11-30a-12:30p BFG Leaders Appreciation Lunch (Fellowship Hall) 12p-3:30p ICC Bible Study &amp; Worship</p>	<p><b>2 Labor Day - Office Closed</b></p> <p>Dacon on Call: Bob Durbin</p>	<p><b>3</b></p> <p>10a-11a Staff Meeting (Cont Rm2) 11a-12p Pastoral Staff Meeting (David's Office) 11:30a-1p Quarterly Staff Lunch (Off Site) 6:30p-9p Play &amp; Play Basketball (Gym) 8:30p-9:30p Young Professionals Online Small Group</p>	<p><b>4</b></p> <p>2:45p-3:45p Adult Connections (Parlor) 4p-5p HBC Community Chorus (Choir Rm) 5:45p-7p Adult Connections (Blue Moose, 11134 Holmes Rd., Kansas City, MO) 6:10p-7:20p Handbell Rehearsal (Handbell Room) 7:30p-8:30p Sanctuary Choir Rehearsal (Choir Room) 8:30p-10p Play &amp; Play Basketball (Gym)</p>	<p><b>5</b></p> <p>7a-8a Men's Prayer Breakfast (Cont Rm2) 7a-8a Women's Prayer Breakfast (Cont Rm1) 6:30p-8:30p Pickleball (Gym)</p>	<p><b>6</b></p> <p>5p-10p Church-wide Fall Retreat Begins (Heartland Retreat Center, Parkville, MO)</p>	<p><b>7</b></p> <p>Minister on Call: David McDaniel 8a-10p Church-wide Fall Retreat (Heartland Retreat Center, Parkville, MO) 6p-10p ICC Meal Prep (Gym - Kitchen)</p>
<p><b>8</b></p> <p>8a-12p Church-wide Fall Retreat (Heartland Retreat Center, Parkville, MO) 9a NO Morning Worship Service NO Morning Bible Fellowship Groups 12p-3:30p ICC Bible Study &amp; Worship 12p-9p ICC Meal (Gym) 3p-4p Optional Bible Fellowship Groups (Classrooms) 4p-5p Worship Service (Sanctuary)</p>	<p><b>9</b></p> <p>Dacon on Call: LADonna Campbell 12:30p-3:30p Prayers &amp; Squares (SZ04)</p>	<p><b>10</b></p> <p>10a-11a Staff Meeting (Cont Rm2) 11a-12p Pastoral Staff Meeting (David's Office) 6p-7p Mission Council Meeting (Cont Rm 1) 6:30p-9p Play &amp; Play Basketball (Gym) 8:30p-9:30p Young Professionals Online Small Group</p>	<p><b>11</b></p> <p>2:45p-3:45p Adult Connections (Parlor) 4p-5p HBC Community Chorus (Choir Rm) 5:45p-7p Adult Connections (Blue Moose, 11134 Holmes Rd., Kansas City, MO) 6:10p-7:20p Handbell Rehearsal (Handbell Room) 7:30p-8:30p Sanctuary Choir Rehearsal (Choir Room) 8:30p-10p Play &amp; Play Basketball (Gym)</p>	<p><b>12</b></p> <p>7a-8a Men's Prayer Breakfast (Cont Rm2) 7a-8a Women's Prayer Breakfast (Cont Rm1) 6:30p-8:30p Pickleball (Gym)</p>	<p><b>13</b></p>	<p><b>14</b></p> <p>Minister on Call: Laurel Cullie</p>
<p><b>15</b></p> <p>9a-10a Worship Service (Sanctuary) 10a-10:15a Meet &amp; Greet 10-15a-11:15a Bible Fellowship Groups (Classrooms) 11:30a-12:30p Deacons Meeting (Parlor) 12p-3:30p ICC Bible Study &amp; Worship</p>	<p><b>16</b></p> <p>Dacon on Call: Ted Harrison</p>	<p><b>17</b></p> <p>10a-11a Staff Meeting (Cont Rm2) 11a-12p Pastoral Staff Meeting (David's Office) 6:30p-9p Play &amp; Play Basketball (Gym) 8:30p-9:30p Young Professionals Online Small Group</p>	<p><b>18</b></p> <p>Newsletter Deadline 2:45p-3:45p Adult Connections (Parlor) 4p-5p HBC Community Chorus (Choir Rm) 5:45p-7p Adult Connections (Blue Moose, 11134 Holmes Rd., Kansas City, MO) 6:10p-7:20p Handbell Rehearsal (Handbell Room) 7:30p-8:30p Sanctuary Choir Rehearsal (Choir Room) 8:30p-10p Play &amp; Play Basketball (Gym)</p>	<p><b>19</b></p> <p>7a-8a Men's Prayer Breakfast (Cont Rm2) 7a-8a Women's Prayer Breakfast (Cont Rm1) 10:45a-1:15p Anchors Luncheon (Fellowship Hall) 6:30p-8:30p Pickleball (Gym)</p>	<p><b>20</b></p>	<p><b>21</b></p> <p>Minister on Call: Allen York 9a-1p HBC Service Saturday-Holmeswood Campus Clean-up 9a-12p Sanctuary Choir Retreat</p>
<p><b>22</b></p> <p>9a-10a Worship Service (Sanctuary) 10a-10:15a Meet &amp; Greet 10-15a-11:15a Bible Fellowship Groups (Classrooms) 12p-3:30p ICC Bible Study &amp; Worship</p>	<p><b>23</b></p> <p>Dacon on Call: Mike Gurf 12:30p-3:30p Prayers &amp; Squares (SZ04)</p>	<p><b>24</b></p> <p>10a-11a Staff Meeting (Cont Rm2) 11a-12p Pastoral Staff Meeting (David's Office) 6p-7:30p Social Justice Team Meeting (SZ01) 6:30p-9p Play &amp; Play Basketball (Gym) 8:30p-9:30p Young Professionals Online Small Group</p>	<p><b>25</b></p> <p>2:45p-3:45p Adult Connections (Parlor) 4p-5p HBC Community Chorus (Choir Rm) 5:45p-7p Adult Connections (Blue Moose, 11134 Holmes Rd., Kansas City, MO) 6:10p-7:20p Handbell Rehearsal (Handbell Room) 7:30p-8:30p Sanctuary Choir Rehearsal (Choir Room) 8:30p-10p Play &amp; Play Basketball (Gym)</p>	<p><b>26</b></p> <p>7a-8a Men's Prayer Breakfast (Cont Rm2) 7a-8a Women's Prayer Breakfast (Cont Rm1) 6:30p-8:30p Pickleball (Gym)</p>	<p><b>27</b></p> <p>Newsletter Distributed</p>	<p><b>28</b></p> <p>Minister on Call: Anna Holladay</p>
<p><b>29</b></p> <p>9a-10a Worship Service (Sanctuary) 10a-10:15a Meet &amp; Greet 10-15a-11:15a Bible Fellowship Groups (Classrooms) 12p-3:30p ICC Bible Study &amp; Worship</p>	<p><b>30</b></p> <p>Dacon on Call: Mark Garnett</p>	<p><b>Notes:</b></p>				

# Faith Community Health Team

Often in relationships we have with church friends we consider how we can be of help to them. That is our service and care for them. But the next couple of months this article is going to share some thoughts about self-care – how do we consider areas of life and what we can do to maintain or improve our personal health and care. There needs to be a balance in our lives for caring for others and caring for our own health and safety.



Movement seems to be the easiest thing for any of us to drop when our schedules get too full. Yet it's clear we are created to move. We have bodies with more moving parts than most of us can count-and we take the ability to move for granted until something gets in the way. Nevertheless, we've created a culture that minimizes opportunity to move. We rely on cars to get everywhere, don't take time to take the stairs, and turn

exercise into something only young and fit people can do. In contrast, it's helpful to remember the Bible's frequent imagery of the faithful life as a life of movement, such as this:

**“Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” Isaiah 40:30**

Movement is part of how we celebrate our body-and-spirit connection to God. No matter what your physical activity level is now, look for new ways to enjoy movement, God, and the body God gave you.

Church Health Reader/Summer 2019-Vol. 9, Number 3  
Lora Lau RN FCN

# ★HAPPY★ BIRTHDAY!

## September Birthdays

- 9/01 Lorraine Gengere, Dennis Younger
- 9/02 Bonnie Burgdorf
- 9/03 Gloria Carson, Lucas Urias
- 9/04 Lindsey Weaver
- 9/06 Victor Smedley
- 9/08 Dianne Fowler, Nadine Purnell
- 9/09 Linda Berube, Priscilla Hunt
- 9/10 Nancy Campbell
- 9/13 Virginia Dean, Levon Musgrave, Laquita Schaeffer, Pam Ussery
- 9/15 Paul Frank, Robert Wood
- 9/16 Mike Fraizer
- 9/19 Patty Frank, Grace Smedley
- 9/20 Solomon Franco
- 9/21 Maggie Andrews, Lauren Butler
- 9/22 Gary Card, Sharon Coleman, Denise Grogan
- 9/23 Ralph Osborn, Danny Weaver, Pamela Williams
- 9/24 Annetta Johnson
- 9/26 Rob Durbin, Bob Wilcox
- 9/27 Philip Daniel, Charlotte Frey
- 9/28 Jo Anne Beasley
- 9/29 Pavel Horev
- 9/30 Harold Burnett, Barbette Sanders

# ANCHORS

September 19, 2019 10:45 am

**Cost:** \$8.00

**Theme:** Western

**Program:** Ray Keller, Clarinetist

**Service Project:** Hillcrest Ministries

**Menu:** Herb Roasted Chicken

Mashed Potatoes

Roasted Veggies

Garden Salad

Rolls & Butter

Brownies

**Crew:** Jan McMein, Dianne Fowler



# Statistics

### July 21

9:00 a.m. Worship Service	146
Bible Fellowship Groups	109
Pledge Received	\$7,776

### July 28

9:00 a.m. Worship Service	145
Bible Fellowship Groups	109
Pledge Received	\$23,002

### August 4

9:00 a.m. Worship Service	161
Bible Fellowship Groups	111
Pledge Received	\$16,606

### August 11

9:00 a.m. Worship Service	159
Bible Fellowship Groups	100
Pledge Received	\$3,805

## News From Our Community

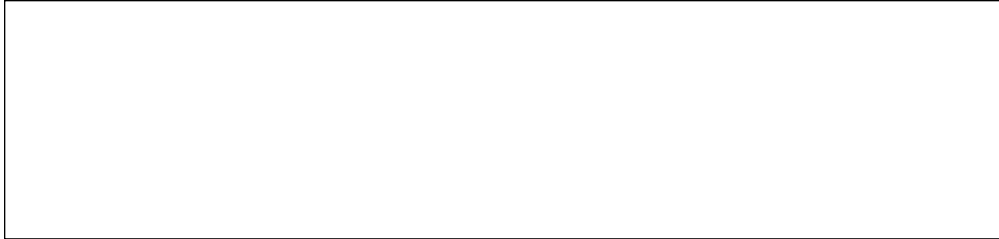
### We joyfully welcome:

-James Allen York IV, "Jay", born to James & Taylor York on August 4. He was 5lbs 3oz and 17.3" long. He was born 6 weeks early but everyone is doing great! Congrats to grandparents, Allen & Shirel, and uncle and aunt, Michael & Mary!

### We extend Christian sympathy to:

-The family of Shirley Close upon her death on July 23. Services were held at Mt. Moriah on July 27.

# Community



RETURN SERVICE REQUESTED

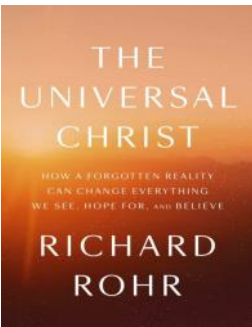
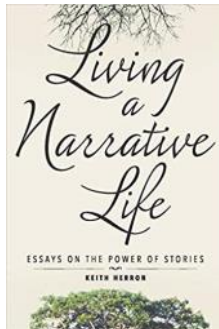
9700 Holmes Road  
Kansas City, MO 64131-3215  
WWW.HOLMESWOOD.ORG



## MEDIA LIBRARY NEWS

### New Books in the Library

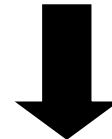
*Living A Narrative Life* by our former Pastor, Keith Herron Thanks to Keith for coming to Holmeswood on Aug. 25<sup>th</sup> to share with us his new book, *Living the Narrative Life*. He explained that if we know our own stories, value them, understand them and share them with others, we are all enriched. Thus, we deepen our understanding of ourselves and our place in our family and world. His book will help you to reflect on your life story and to better understand it and to share it with others.



*The Universal Christ* by Richard Rohr  
The two Adult Connections groups are discussing this book on Wednesdays through Oct. 2. In the introduction, the author states "the message in this book can transform the way you see and the way you live in your everyday world. The essential function of religion is to radically connect us with everything, to help us see the world and ourselves in wholeness, not just parts." Jesus came to "reconcile all things in himself, everything in heaven and on earth" (Colossians 1:19).

Thanks to Phyllis Saulsbury, Tammie Kresse-Lowry and Hanky Johnston for adding 3 new books to our collection.

## Mark Your Calendars



### ALTERED WORSHIP SCHEDULE

#### SUNDAY, SEPTEMBER 8

Due to our All-Church Retreat, there will not be 9 am Worship on September 8.



### SCHEDULE FOR SEPTEMBER 8

Bible Fellowship Group (Optional): 3 pm  
Worship in the Sanctuary: 4 pm

