

Volume 29, Issue #5

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The Connexion

On the Christian Journey... with Pastor Christopher

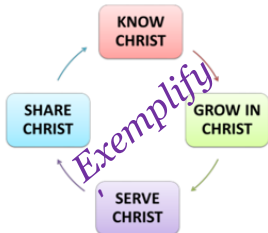
Robin took the beautiful photo of our building above walking the dog before going to work last week. The light from our dome shining over the city, the sunrise reflecting in the windows of the building, and our digital sign highlighting our Easter season sermon series “Resurrection Stories.” The photo speaks to me of renewal and hope.

Participating in Christ’s Resurrection is about reflecting the light into a world that still too often chooses the darkness of crucifixion, of separation, and of denial of the Imago Dei in each of us. It’s about realizing the church is not a building, but the people who gather within it and are sent forth from it.

This week the Council of Bishops of the United Methodist Church released a new vision statement, one that has been under development since 2021. Our mission, as a denomination, continues to be “*to make disciples of Christ for the transformation of the world.*”

The newly added vision statement goes further. It says: “*The United Methodist Church forms disciples of Jesus Christ who, empowered by the Holy Spirit, love boldly, serve joyfully, and lead courageously in local communities and worldwide connections.*”

- **LOVE BOLDLY:** We passionately love God and, like Jesus, embrace and include people of every age, nation, race, gender, and walk of life. [Matthew 22:37-39 | John 13:34-35]
- **SERVE JOYFULLY:** With the heart of Christ, we journey alongside the most vulnerable among us, offering care and compassion with joy. [Psalm 100:1 | Nehemiah 8:10 | John 13:14-15 | 1 Peter 4:10]
- **LEAD COURAGEOUSLY:** Following Jesus' example, we seek to resist and dismantle all systems of evil, injustice, and oppression, striving for peace, justice, and reconciliation. [Joshua 1:9 | Ephesians 6:10]



I find these words inspiring. These new phrases will become part of our marketing and our witness as a denomination. More than that, they help clarify who we are to be as United Methodist. Locally they will help further inform how we seek to live out our own mission statement, which is “to share the good news of the life, death, and resurrection of Jesus Christ and to *exemplify* the love of God by *knowing* Christ, *growing* in Christ, *serving* Christ and *sharing* Christ.”

We are living resurrection stories. We are witnesses. Glad to be on this journey with you!

~ Pastor Christopher

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Wednesday Writers has moved! We are now meeting in the Fort Scott Library at 201 S. National. We meet in the bottom floor in the big conference room, when you come into the library off 2nd Street. We are averaging 9-12

people a week, but anyone is welcome to join us. We are in the process of combining some of our pieces into an Anthology, with the hopes of having it printed by fall. Wish us luck. ~ *Kathy Probis, leader*



Save Best Choice Labels for United Women in Faith!

You can leave them in the glass jars by the entrances each week.
Thank you!

FEEDING FAMILIES CHALLENGE – by Bonnie Milburn



Who will take control of Mr. Potato Head? Balcony or Downstairs. We are challenging you to bring Hot Dog Buns for our May 21st dinner. Must bring no later than May 18th. Our goal is 59 bags (at 8 buns each).



Further Notes from Pastor Christopher

If the goal of 59 bags is reached on the 11th we'll cut the collection off. Bonnie will have carts in the narthex marked Balcony and Downstairs to collect your gifts. Cash donations are also accepted and will be tallied to help determine the winning section.

I'll share that this is a challenging time for FFiHN as we have been notified by DCF that "due to operational constraints" we will not receive the expected May shipment of commodities (that is most of the meat and vegetables we use to prepare the meal each week) until June. At this point they have not specified further, and we're currently being assured that things will return to normal after the delayed shipment in June (so we'll only miss 1 month), but in these uncertain times we're having to work extra hard to make sure we can continue to meet the need each week. Cash donations help as does networking with businesses and others you might know who could make in-kind donations.

On April 30th we served 543 meals and routinely serve 400 to 450. Please join me in thanking Bonnie and all our regular kitchen, distribution, can opening, donation pickup, cake baking and other volunteers for making this gift to the community happen each week. As Jean Tucker often says, it's not our meal – it's God's meal – and I'm confident there will be ways forward. ~ Pastor Christopher

ROAD TRIP! VACATION BIBLE SCHOOL will be June 16-20th at 1st Presbyterian with a celebration worship and potluck to be held there Sunday, June 22nd. No service here that Sunday, so mark your calendar and join Pastor Christopher at 3rd and Crawford for a special day with Rev. Sarah Gengler preaching. You won't want to miss it!



Southeast Kansas Area Agency on Aging 60+ Nutrition (Formerly "Meals-On-Wheels")

Is looking for volunteer drivers to deliver meals.

Drivers will pick up prepared meals Buck Run Community Center and deliver to individuals on a designated route within Fort Scott City limits.

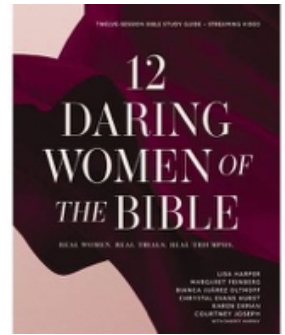
Please Contact Roz Scarborough for more information:

phone: 620-251-7313

All Volunteers must complete the background check application and return ASAP before being assigned a route. You can pick up an application at the K-STATE Research and Extension Office at 210 S. National, Fort Scott, KS.

Faith Builders in May

In May we will be doing a multimedia study, "12 Daring Women of the Bible." In this Bible study, some of today's most dynamic teachers look at the spiritual lessons learned from twelve daring woman in the Bible and what they mean for us today. Topics in May are The Shulamite Woman," "Deborah," "Proverbs 31 Woman," and "Ruth." We will be continuing our study through June. We hope you will come join in study and fellowship. ~Ron Wood



COMMUNITY EVENT - SHEAD FARM – FROM BULLETIN BOARD



The 5th Annual Shead Farm Homestead Festival
Come join us for an exciting, entertaining event that people of all ages will enjoy!

- *Explore and gather ideas from Shead's sustainable lifestyle farm where Veggie Powder is grown!
- *Get ideas on how you can grow your own food.
- *See gardens growing vertically and horizontally.
- *Learn how things were done in the good ol' days.
- *Enjoy great food while you shop our vendor booths.

Music | Children's Activities | Farm Tour | Farm Store and Vendor Booths | Food Court

A wonderful outing that ALL ages will enjoy!

Admission: Single Ticket - \$5 or Family Pass \$25 (5+ members)

Children's Activities: Fun, Educational Gardening Games and Activities, Face Painting, Animal Arena, Story Station, Head-in-the-Hole Picture Booths, Bug Hunt, Milking Cow, Butter Making, Large Sandbox, Children's Store, and more!

Historical Activities: How to Milk Cows, Make Butter, Laundry w/o Electricity, 1864 Barn Loom Weaving, and more!

Farm Tour: Gardens, Greenhouse, Fruit Grafting, Animals, etc.

Plant Pavilion: Worm Farms, Plants, Berries, Carts, Compost, Trees

Food: Serving Walking Tacos, Supercharged Cookies, Homemade Baked Goods, Dill Pickles, Snack Shack, Lemonade, Pastries & Iced Coffee

Many Vendor Booths: Soaps and Salves, Honey, Eggs, Spices, Bakery Items, Baskets, Farm Decor, Kitchen Items, etc.

Farm Store Items: Veggie Powder, Garden Plants, Toys, Hats, Aprons, Books, Cards, Earrings, etc.

Sheadfarm.com
2468 Cavalry Rd, Garland, KS
(620)224-4149



Aging Forward

Our next event is May 23rd and we will hear from Don Tucker about some of his experiences serving in mission and our own Pastor Christopher will share about the practice of walking labyrinths and the rebuilding and expansion of our Fort Scott Walking Labyrinth that is currently underway!



It will be another great time of fellowship and learning! Refreshments will be served. No cost to attend.

We will skip June due to the All School Reunion that weekend. Mark your calendar for the 4th Friday of July, August, and September for future Aging Forward gatherings!

Future speakers include Trent and Kate Freeman of the Artificers and Kirk Sharp of the Gordon Parks Museum.

Invite a friend!



May Birthdays:

Amy Sawyer-1, Carol Newcomer-2, Emily Allshouse-2, Amari Berry-4, Tom Braker-4, Raymond Minor-7, Terri Heiser-8, Blair Croan-9, Abby Altic-11, Beckett Felt-13, Joyce Allen- 14, Robin Eshelman-17, Karleigh Arndt- 21, Ron Wood- 21, Christopher Eshelman – 22, Toby Denning-23, Deb Anderson- 25

May Anniversaries: Will and Kristin Bishop- 3, Jim and Susan Regan - 21

On April 24th Dr. Megan from Riggs Chiropractic spoke at our first Aging Forward event of the summer and shared the following handout with tips on how to help regulate our bodies nervous system. Passing it along as others might find the information helpful.

Six ways to help regulate your Nervous System

1 Deep Breathing Exercises



Deep, slow breathing techniques can activate the parasympathetic nervous system, promoting relaxation and calming the body and mind by counteracting the effects of stress and anxiety. Activating the Parasympathetic nervous system takes your body to "Rest & Digest" mode.

2 Prayer or Meditation



Regular prayer or meditation practice can lead to a reduction in stress, anxiety, and even pain, as the nervous system becomes more balanced and regulated.

3 Proper Sleep

During Sleep, the parasympathetic nervous system (PNS) takes over, promoting relaxation, slowing down heart rate and breathing, and facilitating digestion and repair.



4 Spend time in Nature



Being in nature can lower cortisol levels, a hormone associated with stress. Even a short walk in nature can lead to a significant decrease in cortisol.

6 Exercise



Exercise helps the nervous system by boosting neurotransmitter production, enhancing brain plasticity and function, improving stress response, and promoting better communication between different brain regions and body systems.

5 Chiropractic Care

Chiropractic care and spinal manipulation regulate the autonomic nervous system, activating the parasympathetic system to balance the sympathetic system. Vagal stimulation also aids in treating depression by releasing neurotrophins like brain-derived neurotrophic factor and nerve growth factor.



Aging Forward (formerly Shepherd's Centers of America) is a national organization that Fort Scott First UMC affiliates with. Locally we focus on our "Adventures in Learning" speakers' series but there are all sorts of programs at affiliates in 17 states. One thing they are currently doing is a promotion called "Longevity Looks Like This" and we in Fort Scott are invited to be a part of it. Here are the details! ~Pastor Christopher



Together, we create what's next...

Longevity Looks Like This

In celebration of Older Americans Month this May, Aging Forward is partnering with [skincare innovator] OneSkin on a special campaign: *Longevity Looks Like This*. This is a chance to spotlight the wisdom, vitality, and lived experiences of older adults at your affiliate location — capturing what longevity means to them through moments, reflections, and community stories. Each affiliate will promote this campaign locally and encourage older adults involved with your programs to submit a creative entry answering: "What does longevity look like to you?" Invite participants, volunteers, staff, and supporters to share their unique perspective on aging with purpose and vitality.

What to Submit. Affiliates can submit:

- A written reflection or quote about aging and vitality
- A video or audio recording of a member sharing their story
- A group discussion or creative project that expresses healthy aging in action
- A short video capturing a meaningful moment or activity (such as gardening, dancing, or community connection)

Timeline & Key Dates

- Campaign Kickoff: May 5, 2025
- Final Submissions Due: May 24, 2025
- Featured Submissions Announced: May 28, 2025
- OneSkin Recap Video Goes Live: May 31, 2025

Recognition & Gifts

Selected submissions will be featured in a special national recap video shared by OneSkin — with full credit to your affiliate and receive a full-size OneSkin product of their choice as a thank-you gift.

How to Submit Submit entries by May 24, 2025, to Sarah Cheney, sarah@aging-forward.org, or Mary Wiles, mary@aging-forward.org

Please include:

- Your affiliate name
- A contact person
- A brief description of the content (optional)

Need Inspiration?

Longevity might look like:

- A cherished morning routine with friends
- A beloved recipe shared across generations
- A powerful lesson gained from life experience
- A joyful gathering that brings people together

Big or small, quiet or bold — every expression of longevity is welcome.

Thank you for helping us celebrate the strength and spirit of Aging Forward communities!

Teresa Davis Aging Forward Senior Director.

Upcoming KOMB Radio Schedule:



A recording of our services will run every other week at 1pm on 103.9 (or occasionally 98.3 if there's a Chiefs or Royals game conflict).

Our upcoming dates are:

May 11th & 25th

June 8th & 22nd

July 6th & 20th

August 3rd, 17th & 31st

September 14th & 28th

October 12th & 26th

November 9th & 23rd

December 7th & 21st

Tell a Friend!



TRAINING OPPORTUNITY – MINISTRY IN MOTION

The Great Plains Conference is holding training events around Kansas and Nebraska including one in Parsons on May 17th.

Workshops in Parsons include “Strategic Planning for the Rest of Us,” “Social Media and Other Outreach Tools,” “Evangelism for the 21st Century,” “Elevating Your Church Hospitality,” “Marketing Your Local Church,” “Discipleship Basics,” and “UMC 101.”

Pastor Christopher has family commitments that day and is unlikely to be able to attend but we'd love to send a group – contact the office if you are interesting or you can follow these links for more info.

[You can learn more about our Ministry in Motion series – including some online workshops – here.](https://www.greatplainsumc.org/ministry-in-motion)

<https://www.greatplainsumc.org/ministry-in-motion>

You can register for the Parson's sessions here:

https://gp-reg.brtapp.com/MissioninMotion_Parsons

[Register for the Parsons workshops.](#)



HOSPITALITY UPDATES

Thank you to the Trustees and work crew for the recent repainting of the fellowship hall women's restroom and to members of United Women in Faith and HOCROC for adding hospitality baskets to several of our restrooms recently.
Small things that make our building more welcoming!
What ideas do you have?

One thing Pastor Chrisotpher has been thinking about is how visitors figure out where to park and where to enter the building. I'm working on some improved signage ideas, but I'd really love to create a new “extended greeters” team. We generally do a good job of having our head usher each month recruit folks to

say hello and hand out bulletins at the doors – but what if we went beyond that?

What if there was a group of our members, 2 or 3 per Sunday, located *outside* the building from, say 10-10:30 waving at passer's by and greeting folks as they arrive at nearby parking lots and helping them find the best door to use?

Would you be willing to serve on such a team? Contact the church office!

2025 EASTER LILY DEDICATIONS



In Memory Of:

Barbara Wood
Larry Swaim
Dina Wilson
Maxine Tucker
Lee and Maxine Rimbey
Nancy McCreedy
Dr. Pratt & Pauline Irby
Kent Boyd
Leonard and Marilyn Carnes
Daryl Swanwick
Barbara & Kirk Austin
Carolyn Austin Brigman
Colen Milburn
Bryan and Blondena Harold
Ottis Allen
Herschel and Maxine Holt
McKinley & Inez Allen
Kathy Wyatt
Morris and Edna Allen
Cleland and Mary Allen
Max and Vada Casteel
Louise Shattuck
Gene & Una Todd
Pat and Mary Goodsell
Jim and Janice Hoffman
Howard A. Kivett
Clayton, Dorathy, Jim Hartford
Willie and Millie Rathke
Check & Rosamond Shull
Ray & Ester Leachner
Frank, Sharon & RoseMary
Jake and Doris Underwood
Ruth Ann Underwood Burleson
Bill and Margie Majors
Edna Bowers
Bob Gordon
Bob and Maxine Robertson

In Honor Of:

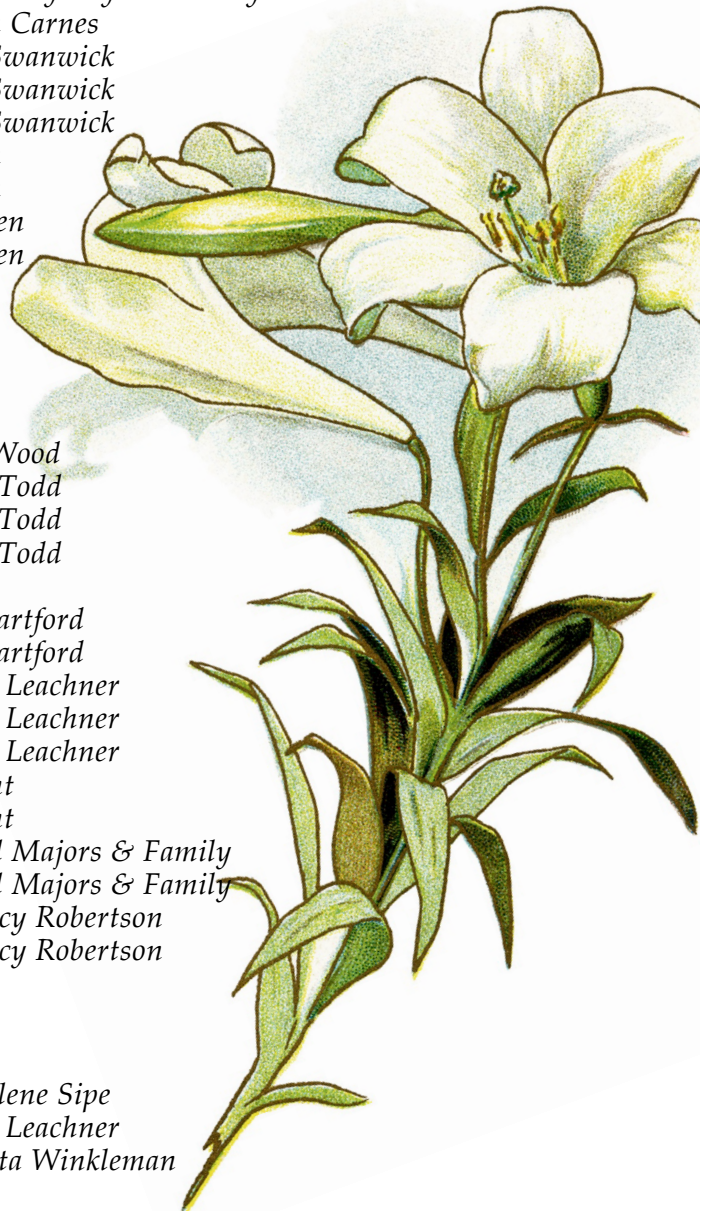
Leigh Ann, Kristy & Families
Chad, Wade, and Families
Gavin, Sage Winkleman Orie Diebolt

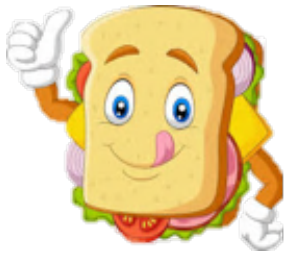
By:

Ron Wood
Charlotte Swaim and Family
Robert Wilson
Robert Wilson
Peggy Stark
Peggy Stark
Janet Braun
Kristin Bishop, Amy Boyd & Family
Mike and Susan Carnes
Nancy Austin Swanwick
Nancy Austin Swanwick
Nancy Austin Swanwick
Bonnie Milburn
Bonnie Milburn
Minnie Lou Allen
Minnie Lou Allen
Joyce Allen
Joyce Allen
Joyce Allen
Joyce Allen
Joyce Allen
Debra & Dave Wood
Gene and Joyce Todd
Gene and Joyce Todd
Gene and Joyce Todd
Dorothy Kivett
Reed and Pat Hartford
Reed and Pat Hartford
Mike and Linda Leachner
Mike and Linda Leachner
Mike and Linda Leachner
Susan Karleskint
Susan Karleskint
Bruce and Carol Majors & Family
Bruce and Carol Majors & Family
Randy and Nancy Robertson
Randy and Nancy Robertson

By:

Roger and Charlene Sipe
Mike and Linda Leachner
Charles and Cleta Winkleman

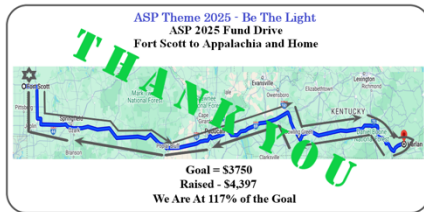




ASP SANDWICHES SALES IN MAY TO SUPPORT OUR HVAC FUND

In April, Tom Braker and the Appalachian Service Project team issued a challenge. They said if we finished fundraising and met our 2025 goal that month, then the May sandwich sales would go to HVAC. We did meet our goal, thanks to donations from church members and friends in the community. In celebration on Sunday May 4, the ASP team will do sandwich sales and all funds given for sandwiches or as

donations to that day's sale will go toward keeping the church warmer, cooler, and more comfortable in the future. Thank you!



From June 7th – 14th our team of 6 will be in Harlan County, KY helping to make a local family's home warmer, safer, and dryer while building on our 22 year legacy of relationships and service. Please be in prayer for the team and those we will serve!



First United Methodist Church
301 S National
Fort Scott, KS 66701-1397

Return Service Requested

Here is your MAY 2025
Newsletter from:



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YouTube, Instagram