



# Living Water

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## News From Your District Superintendent

We are in a whirlwind of decision making and change in the United Methodist Church and in our Annual Conference. It is difficult to keep pace with all that is happening and, of course, some of the outcomes are yet to be determined. Among the things that are going on:

-Will we be one Annual Conference in Kansas and Nebraska? We will know that answer to this question on June 9.

-Who will be the Bishop of our one or three conference(s) come September 1? We will know the answer to this question somewhere around the third week of July.

-What impact will the elimination of the guaranteed appointment have on the appointment making process for the UMC? The answer to this question may be some time in coming as the checks and balances and opinions play out in the living of a new reality.



I lift these questions not to provide answers, but to recognize that there are several matters of importance swirling around us as we attempt to go about the work of building up the body of Christ. Such questions and uncertainties cannot help but spark anxiety in any system where people live and work together. It is easy to find ourselves in “reactive” mode rather than in “reflective” mode. When we are reactive, we are not at our best in serving Christ or one another. The challenge for each of us in times such as these is to be intentional about having reflective time in our lives. Time to consider and pray about all that is before us as the people of God called United Methodists. Reflection and prayer help us to be in a place where we can be more confident in our understanding of self while being open to hearing the thoughts and needs of the other. This is always a very important aspect of being Christian. Intentional time connecting with God in deep ways is how we are sustained with the integrity of God’s love. A friend recently allowed me to borrow an audio copy of Brian McLaren’s book, “Finding Our Way Again.” In this book McLaren sets out a reasoned reminder of the ancient spiritual practices of the Church. He gives us renewed understanding of the “why” of such practices, and the benefits reaped from the observance of some or all of them.

*Continued on back, page 6*

## District Prayer Calendar

June 3rd Fulton

Pastor Charles Russell

June 10th Michigan Valley

Rev. Duane Kessler

June 17th Elsmore/Mildred

Pastor Connie Cox

June 24th Colony/Iola Trinity

Pastor Leslie Jackson

**JUNE 2012**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

June 6-9                      Annual Conference at Church of the Resurrection

June 10-July 29th      DS is on renewal leave. District office will be open.

June 15-16                Lay Speaking Training in Parsons, KS

**District Superintendent on Renewal Leave**

**Immediately following the close of Annual Conference on June 9<sup>th</sup>, Dennis will be officially on Renewal Leave. He will be away from the office through near the end of July. During most of this time Marve' will be in the office and available to assist you and direct you to the District Superintendent on call. She will be gone the week July 15 to attend training for PAUMCS (Professional Association of United Methodist Secretaries) certification. When she is away there will be information on the answering machine message regarding contact information for the District Superintendent who will be on call.**

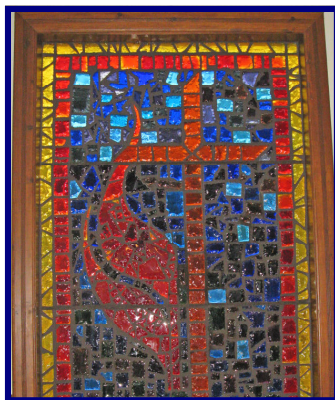
After many invitations to visit Prescott UMC from one of its devoted members; Lonnie (my husband) and I finally made it there. We were greeted at the door by David Epps and given the tour. Prescott has lovely, expansive stained glass windows throughout the sanctuary. Although they are not a large church, they have been instrumental in a town food pantry which is managed and staffed by church members. It was pouring down rain that morning but the friendliness of this church was anything but mood dampening.



Pastor Gary DeMott and member David Epps



Prescott UMC



One of several large stained glass memorial windows at Prescott UMC



Reach Out Prescott UMC sponsored community food pantry

### Ephesians 4:15-16

English Standard Version (ESV)

<sup>15</sup> Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, <sup>16</sup> from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Five Rivers District Clergy had the opportunity of hearing Richard Nelson, Ph.D. and member of Lawrence Central UMC, talk about Teen Suicide at their most recent clergy meeting.

These were some of the suicide warning signs he provided.

- Verbal:            Direct desire to die.  
                      Indirect/veiled statements about death
- Behavioral:      Mood shifts with impulsive acting on affect  
                         Sadness and crying  
                         Change in sleeping patterns, tiredness  
                         Change in eating habits, weight gain or loss  
                         Withdrawal/isolation  
                         Low self-esteem  
                         Drop in grades  
                         Inability to concentrate or make decisions  
                         Giving away prized possessions  
                         Taking risks, frequent accidents  
                         Prior suicide attempts  
                         School attendance less frequent  
                         Getting their house in order



“Suicide is a permanent answer to a temporary problem.”

Richard Nelson

If four or five of these are taking place, ministers, counselors, social workers and parents need to be concerned.

National Suicide Lifeline: For immediate help for you or someone you care about call the National Suicide Lifeline. This service is free and available 24 hours a day, seven days a week. All calls are confidential.

1-800-784-2433

1-800-273-8255

Nelson, R.E. and Galis, J. (1996), Revised 2005. The power to prevent suicide: A guide for teens helping teens. Minneapolis, MN: Free Spirit Publishing Company. Contact for Richard E. Nelson, Ph.D. 785-841-2386, bnm3312@msn.com

## The results are in... Walk to Jerusalem was greatly embraced!

### Walk Challenge Updates: Goal 6,759 miles

**Five Rivers District 26,325.** Topeka District 21,622. Flint Hills District 7,526. Parsons District 2801. KC District 2,724. **Total Kansas East 61,000 miles** with 9 trips to the Holy Land. Salina District 34,936. Hutch District 19,572. Wichita East District 12,411. Dodge City District 5,982. Hays District 3,475. Wichita West District 1,318. **Total Kansas West 77,698 miles** with 11.4 trips to the Holy Land. **Total Kansas Area 138,698** with 20.5 trips to the Holy Land. **Top percentage participation church: Concordia First UMC ~ 101 participants for 82%.** Congratulations to all who made it!

The desire for our churches and members to join together and meet a health and spiritual challenge is evident. Your Kansas Area Health and Wellness Committee has quickly created another challenge in order to keep the momentum going **The Kanaska Challenge!**

Every church within the Kansas Area is strongly encouraged to participate in this prayer and walking challenge. This Kanaska Challenge is not a competition, it is a spiritual challenge with a health component.

**This Kanaska Challenge invites everyone in the Kansas area to pray over the square mileage of Nebraska and Kansas, 159,640 miles.** This challenge is about preparing our bodies, minds, hearts, and spirits for renewed ministry as we become one Episcopal area on September 1, 2012. This challenge is not about voting to become one conference or remain as three at Annual Conference. It is about our current reality that on September 1, 2012 Our Bishop will preside over all of Kansas and Nebraska. Let us take this summer, the beautiful hot humid weather, the sunny skies, the wind whipping through the fields of grain... to walk and pray over every square mile of our new Episcopal landscape! Imagine if you knew this reality in this time of change: regardless of whether your church is nestled in an urban city with a United Methodist Church just a few miles away from one another or if you have 100 square miles of fields of wheat and cattle between you and the next UMC, you are being bathed in prayer. It is the perfect time to join together as East and West and pray for all of Kansas and Nebraska. The flier is attached, print it out. Send it to your church email list. Get the prayers and the walking started!

As with the last challenge you are encouraged to move according to your ability, do not feel that you are bound to walking. If you want to run, bike, swim, golf (without the cart), canoe, play baseball, volleyball and more... go for it! Purdue University has a website called Walk To The Moon, this is the link, <http://www.purdue.edu/walktothemoon/activities.html>. You can re-source this, print it out. Save the link, use it to convert numerous activities into steps. If you track the mileage when you bike, run, swim or walk, that works to.

**Now, click on the attached file, download it and print it out... it give you a great deal more information. Next, send this on with the attachment and get walking and praying! *And congratulations Five Rivers District for placing 1st in the KE Conference!!!***



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## Cultivating Christian Discipleship and Supporting the Local Church

Kansas Bishop: Scott Jones

Five Rivers District Superintendent:  
Rev. Dr. Dennis Ackerman

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Marvé Ralston

### *Continued Message from DS, pg. 1*

As followers of Jesus Christ, it is imperative that we “find our way again” into continually renewing practices of spiritual foundation building. Just as we need to return to the water tap several times a day to sustain the required level of hydration in our bodies, so we need to regularly return to the spiritual tap to maintain our spiritual hydration. Especially when decisions and issues are swirling around us pushing the buttons of our anxiety and threatening to make us reactive humans rather than reflective people of God.

Hang in there! God is good all the time!

A handwritten signature in black ink, appearing to read 'Dennis Ackerman'.

### **June Clergy Birthdays**

Kara Eidson	June 9th	Ken Van	June 21st
Donna Clark Fuller	June 9th	Duane Kessler	June 25th
Nick Woods	June 20th	“Count your life by smiles, not tears, Count your age by friends, not years.”	