

Living Waters

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Reflections From Ron

Hello Colleagues and friends ...

It is the season of harvest in rural Kansas. It is the time of year in which we “*pluck up that which was planted.*” The year has gone by so quickly that it’s difficult to remember what we did last, let alone what we’ll do next. At some point, though, what we did last and what we’ll do next are as important as what we do now. In fact, what we do now may well be an indicator of what we did last and what we’ll do next. And maybe — just maybe, that statement may be the current revelation of Holy Scripture which says:

Galatians 6:7-8a

⁷ Do not be deceived; God is not mocked, for you reap whatever you sow. ⁸ If you sow to your own flesh, you will reap corruption from the flesh;

It seems clear that planting seeds of selfishness and independence can only lead to reaping a world and community of faith that is self-centered, spiritually shriveled and spiritually undernourished, and maybe even dead.

And so, I am led to wonder [in the broader context of Scriptural meaning] if what we’re reaping in the lives of our local churches, the district and the annual conference now is a result of what we’ve sown, whether it be with our financial discipleship, our discipleship of service, in our ministries of caring for one another in Christ’s church, or in our service in the world. . . And yet there is a word of hope:

Galatians 6:8b-10

...but if you sow to the Spirit, you will reap eternal life from the Spirit. ⁹ So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. ¹⁰ So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.

These words are alive in the heart of the Five Rivers District mission statement “... to cultivate Christian Discipleship (or Christian growth) and strengthen the connection of United Methodist Churches in the Five Rivers District”. These words are also at the heart of our *Five Rivers District Wesley Mission and Ministry Share Program*, as well as our Annual Conference Capital Campaign “*Bridges to the Future*”.

2 Corinthians 9:6-8, 10-11.

⁶ The point is this: the one who sows sparingly will also reap sparingly, and the one who sows bountifully will also reap bountifully. ⁷ Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver. ⁸ And God is able to provide you with every blessing in

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Note: Please keep
December 8th open for
the 5R District Christ-
mas Party

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abundance, so that by always having enough of everything, you may share abundantly in every good work. ¹⁰ He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness. ¹¹ You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us ...

Agape and Shalom
Ron

Kansas Parish Nurse Information

**(W)Holy, (W)Holy, (W)Holy
Wholistic Wellness Article for November 2007**

“My God, my God, why have you forsaken me? Why are you so far from helping me, from the words of my groaning? O my God, I cry by day, but you do not answer; and by night, but find no rest.” (Ps. 22:1-2, NRSV)

Here we are at the beginning of yet another November! The stores have already been trumpeting the Christmas holidays, though Thanksgiving has not yet arrived. It's the time of year that everyone anticipates, full of fun, family, and very soon, the first Sunday of the season of Advent – and yet you may be asking yourself, “Why do I feel so tired and sad?” If you have noticed a persistent change in mood and loss in energy around this time of year, you may be one of the millions of people affected by a form of depression called Seasonal Affective Disorder (SAD).

The cause of SAD has not been isolated, however it appears to be connected to the amount of daylight we receive. It is believed that as the seasons change, and days of sunlight grow shorter, our ‘internal clocks’ readjust as well. Scientists theorize that this type of depression is linked to a change in the sleep-related hormone melatonin, or the decrease of the brain chemical serotonin. Symptoms include fatigue, sleep problems, craving for sweets and starches, headaches, and problems in personal relationships (increased rejection sensitivity). What makes this form of depressed mood different is that typically the sufferer experiences full remission during the spring and summer months. Though most common in women aged 20 – 40, it can occur in teens and children as well.

We all have intermittent days when we feel down, however, if you begin to notice those feelings lingering for two or more weeks, see your doctor or behavioral health specialist. Only a trained professional can determine whether you have a physical problem or some form of clinical depression. An actual diagnosis of Seasonal Affective Disorder may depend on whether:

- You've experienced depression and other symptoms present during at least two consecutive years, during the same time of year;
- These periods of depression have been followed by non-depressive seasons;
- No additional causes can be identified (illness, grief, loss) for the change in mood.

Treatments may include medication, counseling, and/or a special form of light therapy (NOT a sun-tanning bed!). Let your physician know if symptoms persist, or if they become more severe. ***If you find you are having thoughts of suicide, immediately contact your physician, your therapist, or go to the nearest emergency room.***

If you have been diagnosed with SAD, here are some recommendations from the experts at www.MayoClinic.com: increase the amount of light that filters into your home – open blinds and drapes – add skylights – trim overhanging branches that block light; walk outdoors on sunny days; exercise regularly; learn more about stress management; if possible, take a vacation in a warmer climate; eat a balanced diet to improve your energy and combat cravings. Finally, maintain your social contacts, including worship! *“And God said, ‘Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth’, and it was so ...and God saw that it was good.” (Gen. 1: 14, 18b, NRSV).*

November blessings!

Debbie Best, Program Coordinator, Congregational Health Ministries and Family Life Service
Diakon Lutheran Social Ministries

Parish Nurse Continued

Five Warning Signs of Health Issues in Aging Parents

1. Weight loss: causes may range from illness to difficulty grasping cooking tools or in reading labels or recipes
2. Home safety problems: lights not working, heat off, dishes gathering in the sink
3. Self care is deteriorating: bathing, tooth brushing, grooming became problems
4. Drastic mood changes: loss of interest in favorite activities
5. Having physical difficulty: with walking or standing

Talk about your concerns and help them come up with solutions to the problems. Speak to his/her doctor and close friends to compare concerns. Your local agency on aging can serve as a vital source in offering support services.

Bird Feeder Tips:

Microorganisms may be present in the droppings of birds, so consider wearing disposable gloves when cleaning or replenishing your bird feeder.

Five Rivers District Youth

Join the CCYM CIA Team and the Bishop's Round Up for Hunger Crew for an overnight prior to Round Up for Hunger. We will gather at 7 p.m. Friday, November 16th at the Douglas County Fairgrounds, 2120 Harper, Lawrence, Kansas. Work will be completed on Saturday by 2 p.m. Youth need to bring overnight gear (sleeping bag, appropriate pj's, toiletries, etc.) and work clothes for Saturday. Supper, breakfast and lunch will be provided for youth who stay the night and who work on Saturday. Each youth is encouraged to bring a \$6 donation to help with overnight expenses. Youth staying overnight will also need to bring a Kansas East Conference Health Waiver form. Health forms can be down loaded off the conference website—www.kansaseast.org.

You do not have to send in registration materials for the overnight part of the Bishop's Round Up for Hunger. But, we would like for you to call one of the folks below by Wednesday, November 14th, and let us know numbers coming. That way we can prepare for the overnight.

Churches are encouraged to have one adult present for up to every 7 youth who attend.

Work will begin early on Saturday morning at the Douglas County Fairground. We will take a break at 10 a.m. for worship. Then we will be back to work. Hopefully all work and clean-up will be done by 2 p.m. Youth are a vital part of making the Bishop's Round Up for Hunger work! Come work with us on Saturday, November 17th.

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November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				CC for Pleasanton- Prescott 7 p.m.		DCOM Wellsville UMC 8:30 a.m.- 4:30 p.m.
4	5	6	7	8	9	10
*CC see above- Daylight Savings Time Ends	CC Richter 7 p.m.	CC Pomona Vassar 7 p.m.	CC Moran- Bronson 7 p.m.	CC for Melvern- Quenemo 7 p.m.	Convoca- tion of Ex- tended Cabinets	Lake Junaluska —>
11	12	13	14	15	16	17
No CC Extended Cabinets —>	CC Clear- field-Ives Chapel 7 p.m.	Clergy Retirement Planning at Burlington UMC Extended Cabi- net 10-5	Appointive Cabinet 8:30 a.m. - 3:00 p.m.	CC Osawato- mie-Lane 7 p.m.		
18	19	20	21	22	23	24
* CC See schedule be- low	District Reading Club 11:30 a.m.- 1:00 p.m.	Discipleship Development Team Ottawa 1st 7:00 p.m.		Thanks- giving Day		
25	26	27	28	29	30	
* CC See schedule be- low	CC Iola:Trinity 7 p.m.	CC Vinland 7 p.m.	CC Williams- burg 7 p.m.	CC Law- rence: Central 7 p.m.		

*11/18 10:30 am Hiattville, 12:00 pm Ft. Scott 1st, 3:00 pm Fulton, 6:00 pm LaCygne-New Lancaster *11/25 10:30 am Ot-tawa: Trinity, 1:00 pm Richmond, 3:00 pm Greeley, 7:00 pm Baldwin 1st.

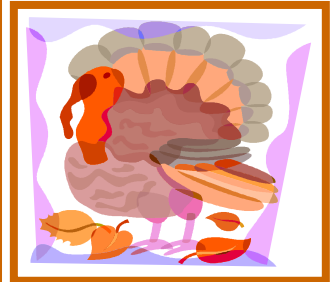


November Birthdays

Kathy Symes	11/01
Ira DeSpain	11/12
Paul Babcock	11/17
Karel Ramsey	11/22
Gene McIntosh	11/25
Connie Cox	11/28

How wonderful it would be if we could help our children and grandchildren to learn thanksgiving at an early age. Thanksgiving opens the doors. It changes a child's personality. A child is resentful, negative—or thankful. Thankful children want to give, they radiate happiness, they draw people.

- Sir John Templeton



District Prayer Calendar

Please remember these churches, clergy and spouses in your daily prayer time.



- Nov. 2 Waverly-Prairie View
Rev. Karel Ramsey
- Nov. 9 Devon-Mapleton
Pastor Glen Duderstadt
- Nov. 16 Moran-Bronson
Pastor Steve Paul
- Nov. 23 Lawrence: Central
Rev. Maria Campbell
- Nov. 30 St. John's-Hammond-
West Liberty
Pastor Vida Williams Huens

Please continue to remember Joe and Shirley Edgerton and the Mission Team in Haiti in your prayers also.

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Bishop Dr. Rev. Scott Jones's blog (reprinted with permission from the Kansas East Conference website)

Continuing Education for Excellence

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To educate someone is to lead them from where they are to where they need to be. The etymology of the word is from the latin "e" meaning "out" and "ducere" to lead. Clergy, along with all other Christians, need continuing e-ducation.

I have been in two conversations with very successful business people who were in surprising continuing education groups. One owned multiple car dealerships. Another lead a real estate company with multiple offices. Both men grew their businesses because they participated in peer groups. The peer groups held each other accountable for reaching measurable goals in their organizations. They visited each other's businesses for on-site evaluations. They constantly held out the goal of excellence and shared ideas of how to reach it. In the process, they made friends with others in the groups.

I think every clergy should be in a peer group for the purpose of growing toward excellence. Sometimes we gather as clergy to gripe about how bad things are. I used to complain about the church I served, the DS or the bishop. But when I was in a group that moved beyond griping to mutual encouragement and sharing of ministry ideas, my life and my ministry were transformed. My small groups are now bishops who share a vision for the UMC and are working hard to bring it about.

I think every lay person should be in that sort of small group as well. Dick Wills' Wesley Groups have five functions: prayer, study, fellowship, accountability and service.

What kind of small group are you in?

To respond to the Bishop's Blog send a message to:
info@kswestumc.org with Bishop's Blog in the subject line

Please visit the Kansas East Conference website for more Bishop's Blogs as well as articles from around the state, calendar of Conference events, forms and a wealth of information. www.kansaseast.org