

## Sponsoring Congregations

Asbury Mt. Olive UMC  
Brookwood Covenant  
Central Congregational  
Countryside UMC  
Crestview UMC  
Faith Lutheran  
Fairlawn Nazarene  
First Baptist  
First Congregational  
First Christian  
First Lutheran  
First Presbyterian  
First United Methodist  
Grace Episcopal Cathedral  
Grace UMC  
Lowman UMC  
Most Pure Heart of Mary  
Our Savior's Lutheran  
Prince of Peace Lutheran  
St. David's Episcopal  
Susanna Wesley UMC  
Town & Country Christian  
Trinity Evangelical Lutheran  
Trinity Presbyterian  
University UMC  
Westminster Presbyterian  
West Side Baptist  
West Side Christian

## Community Partners

Aldersgate Village  
Arthritis Foundation  
Atria Hearthstone  
Brewster Place  
Comfort Keepers  
Hospice Care of Kansas  
Legend at Capital Ridge  
McCrite Plaza  
Midland Care  
Rebound Physical Therapy  
St. Francis Senior Spirit  
Stormont-Vail Healthwise 55  
Thornton Place



*The Master can use what you have to offer, Though you may consider it small; His work here on earth is done through his children, So give Him your best, give your all. -Hess*

Fall 2010 Issue No. 16

## Register NOW for the Shepherd's Center fieldtrip to Camp Chippewa, Oct. 16th.



Going to Camp Chippewa, near Lake Pomona, wound up being such a fun outing last year that this fieldtrip is back again by popular demand. Sponsor, Aldersgate Village, will transport members to spend the day at the former U.S. Indian

Reserve for the Chippewa Indians, now owned by the KS Methodist Conference.

The day kicks off with brunch in Wolf Den. Pastor Larry Bowyer, will be our guide on a wagon tour through the countryside, pointing out locations where artifacts have been found. Nature Photographer Mary Robinson will join us and will lead a nature walk for taking photos (so bring your camera). Carol Morgan from the Topeka Audubon Society will give a program on birds. We'll also have the option in the afternoon of playing games (bring your cards), taking a nap on the veranda, going fishing, or going to the Railroad Museum in Ottawa. At 4:00 we will have a campfire and wiener roast while listening to the bluegrass music and quick wit of Ron Meier.

Bus leaves the First Baptist parking lot at 9:00 a.m. on Saturday, Oct. 16, '09. We will return around 7:00 p.m.

Price for this fun excursion is \$25 per person. Space is limited; registrations must be made by Aug 27, priority given to SCT members. Guests will be put on a stand-by list. A link for Camp Chippewa is on the front page of SCT website:



[www.shepherdscentertopeka.org](http://www.shepherdscentertopeka.org)



## Guest Policy

Everyone (member or guest) must register to attend an “*Adventures in Learning*” session. First time visitors MUST register by Tuesday before the Friday they plan to attend so we will have an accurate lunch count and have a name badge for them in the registration foyer. Visitors may come **ONCE** without paying, but then must pay the \$25 registration fee if they wish to come the remaining Fridays of that session. It costs nothing to check us out — we’re confident that you’ll want to come again. By providing your address, guests will receive the newsletter for one year.

(Scholarships may be available for those who have a financial need—visit with the Director or your Pastor.)

**Clergy at our sponsoring churches are always welcome to attend Shepherd’s Center FREE for a single class, a session, or a meal. We only ask that you call the office beforehand, and later spread the good news!**

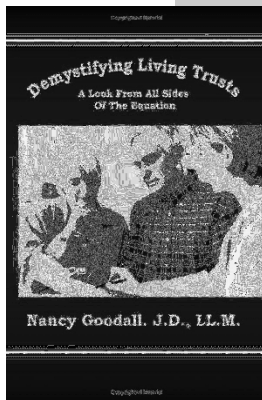
## SCT Crafts Bazaar



SCT members are invited to show and sell their talent at a bazaar on Friday, Nov. 12th from 10-2:00, at Tara’s Grace Belly Dance studio, 1005 SW 10th St. (former WREN radio station). Table rental is \$5 each. Make arrangements by contacting Barbara Smith,

273-7818. This will be the perfect setting for displaying matted nature photographs taken at Camp Chippewa! Whether you paint, do ceramics, knit or crochet —don’t be modest—show it off! Shop for unique gifts for Christmas!

- 
- **8th Grade Test Question in 1895:** •
- **What is the cost of 6,720 lbs of coal** •
- **if the price is \$6 per ton?** •
- 



## Reminder: Fieldtrip 8/17

It’ll be a fun outing to Lawrence with Jeanene Johnson and Tim McManus as our



guides from Brewster Place. Meet at the First Baptist Parking lot at 9:00 a.m. on Tuesday, August 17th. We will be having a “White Glove Tour” of the Dole Institute, followed by lunch at Genovese on Mass Street. Then it’s off to the Museum of Natural History on the campus of KU for a “Highlights Tour.” The cost for transportation, both tours and lunch is \$10 per person. This **fieldtrip is closed** but watch for e-mail should someone cancel.

## Nurture your Spiritual Side



**Joshua Messick** is the 2003 National Hammer Dulcimer Champion. He plays fresh, original compositions and innovative adaptations of favorite melodies from every musical genre. He has delighted audiences around the

world, and SCT is most fortunate to hear 30 minutes of his talent, which Josh says is his ministry in life, on Sept. 24th. You can hear songs from his CD “*Entrance of Sound*” on his website:

[www.joshuamessick.com](http://www.joshuamessick.com). An eclectic collection of well-loved traditional/classical compositions are included on his CD “*Stillness*.” Available online for \$15. Songs include Greensleeves, Danny Boy, Jesu Joy of Man's Desiring, Moonlight Sonata, Canon in D, and many more.

## Recommended Reading

Nancy Goodall will be speaking Sept. 17th at SCT. Her recent book Demystifying Living Trusts is available for \$18 online on her jewelry website under miscellaneous merchandise:

[www.NancyGoodallDesigns.com](http://www.NancyGoodallDesigns.com) or through [www.amazon.com](http://www.amazon.com)

# “Adventures in Learning” Fall Session Class Catalog

**Sept 3, 2010**  
**9:15—10:15 a.m.**  
**News & Views**

Kevin McFarland leads a lively current events discussion every Friday in session. Topics can run from City Council issues to national politics. Kevin stays abreast of the news and asks for YOUR views. This is a fun and candid exchange of ideas where opposing viewpoints are appreciated.

**Sept 3, 2010**  
**9:15—10:15 a.m.**  
**Community**

**Topeka’s Rescue Mission**

How has the mission been able to help thousands of homeless and hungry for 57 years without the aid of government funds? Annually 20,000 meals are served. Barry Feaker is inspired by this accomplishment, and success stories.

**Sept 3, 2010**  
**9:15—10:15 a.m.**  
**Religion**

**Malaika Mums of Kenya**

Alice Johnston will tell about Comfort the Children International and the work she and others have done teaching mothers of disabled children how to sew, an economic initiative for funding education, gardening & aids clinics.

**Sept 3, 2010**  
**10:30—11:30 a.m.**  
**Art/Literature**



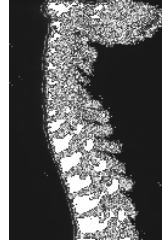
**Best Kept Secret: Sabatini Art Gallery**

The Topeka-Shawnee County Public Library is more than books! Sherry Best is waiting to tell all about their extensive collection of fine art, with nearly 6,000 items.

**Sept 3, 2010**  
**10:30—11:30 a.m.**  
**Health**

**The Spine**

Orthopedic surgeon, Dr. Kurt Knappenburger, will discuss neck, back & hip issues arising from spinal pain, injury or degeneration.



**Sept 3, 2010**  
**10:30—11:30 a.m.**  
**People/Places**



**Antarctica**

Melanie Miller sends supplies by cargo plane to remote sites from a centralized U.S. government biological & geological research center. A fascinating career and program!

**Sept 3, 2010**  
**11:40—12:10 p.m.**  
**Music**

**Prohibition Songs**

Charity Rouse will entertain us with songs from the prohibition era following the annual meeting for SCT.



**Sept 10, 2010**  
**9:15—10:15 a.m.**

Answer to test Q:  
 \$19.42

**News & Views**

Current Events Discussion w/ Kevin McFarland

**Sept 10, 2010**  
**9:15—10:15 a.m.**  
**Community**

**The Legislative Process**

Janet Jones will give a non-partisan’s insider’s view of the legislature. Having worked in the Kansas House for 34 years, the last 20 as Chief Clerk of the House, she hates politics but loves the legislative process.

**“Adventures in Learning” Fall Session Class Catalog**

**Sept 10, 2010**  
**9:15—10:15 a.m.**  
**Religion**

**Understanding Muslims**

Professor Bassima Schbley gives an overview on Islam and Islamic culture. She will cover the five pillars of Islam; Discuss diversity among Middle-Eastern cultures.



**Sept 10, 2010**  
**10:30—11:30 a.m.**  
**Art/Literature**



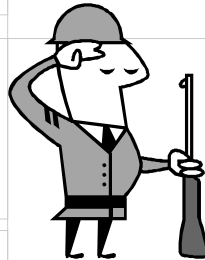
**Pressed Flowers**

Frances Wood will demonstrate how one can preserve the beauty of this year’s flower garden in order to enjoy the blossoms all winter long. Pressed flowers make lovely works of art and greeting cards.

**Sept 10, 2010**  
**10:30—11:30 a.m.**  
**Health**

**Traumatic Brain Injury**

Dr. Kelly Lora Franklin, neuro-psychologist, says people most at risk for traumatic brain injury are young adults and the elderly. Most common causes are auto accidents, firearms and falling.



**Sept 10, 2010**  
**10:30—11:30 a.m.**  
**People/Places**

**Honor Flight—Time is of the Essence**

The Honor Flight Network was created to transport senior veterans and their escorts to Washington, DC to visit the WWII Memorial. Jim Zahourek, Jr Elder, Frank Hedrick & Cliff Beutler will tell about this meaningful experience.

**Sept 10, 2010**  
**11:40—12:10 p.m.**  
**Music**

**Kaw Valley Cornet Band**

Early military commentary introduces songs like “It’s a long way to Tipperary” & “Funston’s fighting 20th March.”



**Sept 17, 2010**  
**9:15—10:15 a.m.**

**News & Views**

Current Events Discussion w/ Kevin McFarland

**Sept 17, 2010**  
**9:15—10:15 a.m.**  
**Community**

**Demystifying Living Trusts**

Why a trust rather than a will? What’s the difference between a living will, power of attorney and a living trust? Nancy Goodall gives some homespun advice that makes a difficult subject easy. Benefit from the knowledge of an attorney who has drafted trusts and a trust officer who administers trusts.

**Sept 17, 2010**  
**9:15—10:15 a.m.**  
**Religion**

**Jews for Jesus**

How can you be both Jewish and Christian? Pastor Jim Congdon, who has a masters in Hebrew scripture and doctorate in evangelical ministry, will discuss the latest movement in this controversial ministry.



**Sept 17, 2010**  
**10:30—11:30 a.m.**  
**Art/Literature**

**My Friend, Grandma Layton**

Alice Jo DeFries gives the personal history of the Converse, Hostetter and Layton Families from Wellsville and Ottawa while displaying the art of Grandma Layton.

**“Adventures in Learning” Fall Session Class Catalog**

<p><b>Sept 17, 2010</b>  <b>10:30—11:30 a.m.</b>  <b>Health</b></p>	<p><b>Hospitalists</b></p> <p>Why doesn't your primary care physician make hospital rounds? Can you have confidence in who hospitals assign? Presented by Dr. Ryan Moore and Paula Ellis, Director of St. Francis' Hospitalists program.</p>
<p><b>Sept 17, 2010</b>  <b>10:30—11:30 a.m.</b>  <b>People/Places</b></p>	<p><b>Early Topeka's Who's Who</b></p> <p>Don Chubb will pull more than one story from his hat. Always a wealth of information and entertainment, Don will share the history of our forefathers and the pride they shared in putting Topeka on the map.</p>
<p><b>Sept 17, 2010</b>  <b>11:40—12:10 p.m.</b>  <b>Music</b></p>	<p><b>Popular Pastor/Pianist Returns</b></p> <p>Prepare to be amazed at the repertoire of hymns, sans music, flowing from the fingers of retiring pastor Jim McCollough.</p> 
<p><b>Sept 24, 2010</b>  <b>9:15—10:15 a.m.</b></p>	<p><b>News &amp; Views</b></p> <p>Current Events Discussion w/ Kevin McFarland</p> 
<p><b>Sept 24, 2010</b>  <b>9:15—10:15 a.m.</b>  <b>Community</b></p>	<p><b>Back by Popular Demand—Tour of the State Capitol</b></p> <p>Singing tour guide, Larry Wills, takes you through the restored capitol, the people's house, a magnificent landmark.</p> 
<p><b>Sept 24, 2010</b>  <b>9:15—10:15 a.m.</b>  <b>Religion</b></p>	<p><b>Women in Corrections—Our Neighbors</b></p> <p>Topeka has 580 incarcerated women living in our community. Chaplin Lee Rader will talk about who these women are, what they are like. How we manage criminal offenders is the social justice issue of our time.</p>
<p><b>Sept 24, 2010</b>  <b>10:30—11:30 a.m.</b>  <b>Art/Literature</b></p>	<p><b>Panelology-Comic Illustrations</b></p> <p>Collecting comics has been a pop culture hobby since the introduction of super heroes in the 1940's. Tom Fisher presents what is now appreciated as an art form.</p> 
<p><b>Sept 24, 2010</b>  <b>10:30—11:30 a.m.</b>  <b>Health</b></p>	<p><b>Knees &amp; Hips</b></p> <p>The most common joint replacement are knees and hips, but learn from rebound, the physical therapy experts, how to prevent being another statistic.</p>
<p><b>Sept 24, 2010</b>  <b>10:30—11:30 a.m.</b>  <b>People/Places</b></p>	<p><b>Around the World in 64 Days!</b></p> <p>15 countries, 5 continents, over 30,000 air miles with only a backpack. Kristin Ramshaw tells of her trip of a lifetime with pictures of the coolest landmarks and natural wonders in the world.</p> 
<p><b>Sept 24, 2010</b>  <b>11:40—12:10 p.m.</b>  <b>Music</b></p>	<p><b>Hammer Dulcimer Concert</b></p> <p>National Champion, Joshua Messick, will play a mix of hymns, traditional tunes and Bing Crosby "biggest hits," all in the context of his mission to serve the Lord.</p>

## Technical Help



You may have noticed a new face helping Spencer with audio-visual set-up. His name is Les Carlson. Les has agreed to volunteer at SCT on the 2nd and 4th Fridays of a session. He volunteers on the 1st and 3rd Fridays at the Kansas History Museum. Les is retired chief financial officer for U.S. Bank (formerly Merchant's Bank). He enjoys spending his retirement volunteering and can also be found at the Combat Air Museum or the Topeka—Shawnee County Public Library helping with audio-reader. Les is a member of Countryside UMC.

Shepherd's Center is still in need of another audio-visual tech. Please mention this to A-V volunteers in your congregation. Our techs can attend classes (but be on call) after helping speakers get set up. Registration and meal are free. If you identify someone who is interested, call Spencer Smith, 633-8321.

## SCT E-Group



Members who have e-mail are encouraged to participate in the SCT E-Group which is a mass e-mail sent to all members from the Director. Examples of these short e-mail messages may be giving notice someone has cancelled from a fieldtrip and there's a spare ticket, reminding you of an upcoming activity, or giving notice when one of our members passes away. New members are automatically registered if they provide an email address on their registration form. If you are not a member and would like to stay abreast of current news at SCT, send an email to the office: [shepherdstopeka@yahoo.com](mailto:shepherdstopeka@yahoo.com)

Do NOT respond directly to e-group emails (those having a [@yahoogroups.com](http://yahoogroups.com) extension) but send replies and comments to the office at the address above.

## Bouquet of Life by Kem McHugh

We are all blessed to have a bouquet of life made up of friends, not flowers. This treasure becomes more beautiful with every day we live. Our bouquet is made up of friends from childhood, school, work, hobbies, activities, volunteering, church and other organizations. We choose our friends because of



similar interests and experiences. So as our lifestyle changes, we keep adding new friends. It wasn't until I started attending Shepherd's Center that I realized all the wonderful people I was missing because our paths had never crossed. I'm reminded of the line from the musical ***Auntie Mame***, "***Life's a banquet and most poor fools are starving to death.***" SCT will feed you—mind, body, and spirit—but also in new friendships. Please bring a new friend in September to meet all of us who enjoy adding to our bouquet of life!

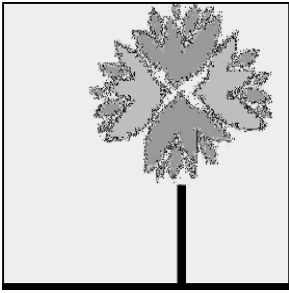


## Pastor Joan Retires



Pastor Joan Porter retired the end of June after 24 years in the ministry at Brookwood Covenant Church. It's a celebration for her and husband, Bob—and also for the Shepherd's Center. Joan is one of the founding members who helped bring Shepherd's Center to Topeka. She is on the SCT Board and is always saying that she wishes she had more time to be active in SCT. We're excited at the possibility of getting to see more of Joan and wish her all happiness as she enters into this next phase of her life. **Congratulations** on a job well done, Joan!

*From your friends at Shepherd's Center*



Shepherd's Center of Topeka  
 3033 SW MacVicar Avenue  
 Topeka, Kansas 66611-1899

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***SET Volunteers are cordially invited to the Mooches Gracias Fiesta***

***A FREE Banquet for the workers behind the scenes at SET***

***On Thursday, November 4, 2010 at 5:30 p.m.***

***Hosted at McErite Plaza, 1610 SW 37th Street***

***Please park in the back (turn west after entering front gate and follow road around) and come in the back door. An elevator will take you to the main floor dining.***

***"Volunteer of the Year" & other awards will be given.***

***Special thanks to McErite's PR Director Connie Michaelis & Chef John Jackson***

RSVP with Fall Registration (Cut Here)

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Name (s) Attending: \_\_\_\_\_

I volunteer in (circle): Registration/Newsletter Program/Facilitating  
 Hospitality (parlor/dining)    Facility Set-up    Board Member

I nominate for an award: \_\_\_\_\_



**Registration:** Mail completed registration form to SCT, 3033 SW MacVicar Ave, Topeka, KS 66611, along with check payable to SCT. Check Box if New or Changed Info. >

Name (s) \_\_\_\_\_ Phone # \_\_\_\_\_

Address/Zip \_\_\_\_\_

E-mail: \_\_\_\_\_ Place of Worship: \_\_\_\_\_

**Registration fee of \$25 includes 4 exercise classes, 8 "Adventures in Learning" classes, 4 musical programs, 4 catered lunches & the opportunity to go on fieldtrips.**

**Now that's a bargain!** Number of Registrations \_\_\_\_\_ x \$25.00 = \$ \_\_\_\_\_

Please check which Fridays you will be eating. \_\_\_\_\_ :

(First Fri. \_\_\_ ; Second Fri. \_\_\_ ; Third Fri. \_\_\_ ; Fourth Fri. \_\_\_) \_\_\_\_\_ :

**I am a FIRST TIME GUEST = 1 Friday FREE**

Donation to this ministry = \$ \_\_\_\_\_

Camp Chippewa/Aldersgate 10/16 \_\_\_\_\_ Fieldtrip Sign Up = \$ \_\_\_\_\_

\$25 per person \$ \_\_\_\_\_ Check Total

Did you include your registration slip for Volunteer Banquet 11/4?

**Class Selection:** Each person choose two classes per Friday (select one from the three classes listed in each time slot). This will help us with room assignments.

<b><u>Sept. 3, 2010</u></b>		
9:15-10:15	News & Views	_____
	Rescue Mission	_____
	Malaika Mums/Kenya	_____
10:30-11:30	Sabatini Art Gallery	_____
	Spine	_____
	Antarctica	_____

<b><u>Sept. 10, 2010</u></b>		
9:15-10:15	News & Views	_____
	Legislative Process	_____
	Muslims	_____
10:30-11:30	Pressed Flowers	_____
	Traumatic Brain Injury	_____
	Honor Flight	_____

<b><u>Sept. 17, 2010</u></b>		
9:15-10:15	News & Views	_____
	Trusts	_____
	Jews for Jesus	_____
10:30-11:30	Grandma Layton	_____
	Hospitalists	_____
	Topeka Who's Who	_____

<b><u>Sept. 24, 2010</u></b>		
9:15-10:15	News & Views	_____
	Capitol Tour	_____
	Women in Corrections	_____
10:30-11:30	Panelology	_____
	Knees & Hips	_____
	Around the World	_____

**PLEASE MAIL BY AUGUST 27th. THANKS!**

## September 3, 2010

9:15—10:15 a.m.

News & Views—Current Events Discussion  
with Kevin McFarland

Topeka Rescue Mission—Barry Feaker

Malaika Mums—Alice Johnston

10:30—11:30 a.m.

Sabatini Art Gallery—Sherry Best

The Spine—Dr. Kurt Knappenburger

Antarctica—Melanie Miller

11:40—Sanctuary Music

“Prohibition Songs”—Charity Rouse

## September 10, 2010

9:15—10:15 .m.

News & Views—Current Events Discussion  
with Kevin McFarland

Legislative Process — Janet Jones

Understanding Muslims—.Bassima Schbley

10:30—11:30 a.m.

Pressed Flowers—Frances Wood

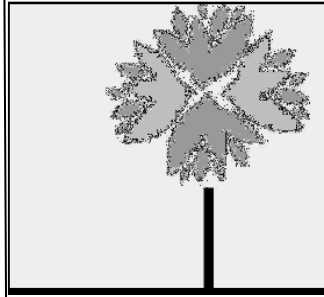
Traumatic Brain Injury—Dr. K.L.Franklin

Honor Flight—Zahourek, Elder,  
Hedrick & Beutler

11:40—Sanctuary Music

Kaw Valley Cornet Band

[www.shepherdscentertopeka.org](http://www.shepherdscentertopeka.org)



Hosted at

First Baptist Church  
3033 SW MacVicar  
Topeka, KS 66611  
785-267-0248

## FALL 2010

### “ADVENTURES IN LEARNING”

8:30—9:00 : Lower Level — Focus on Fitness



9-9:15 — 10:15-10:30 Parlor Refreshments



12:15—1:00 Dining in Lower Level

**Buffet compliments of:**



## September 17, 2010

9:15—10:15 a.m.

News & Views —Current Events Discussion  
with Kevin McFarland

Living Trusts—Nancy Goodall

Jews for Jesus—Pastor Jim Congdon

10:30—11:30 a.m.

Grandma Layton—Alice Jo DeFries

Hospitalists—Paula Ellis / Dr. Ryan Moore

Topeka Who's Who—Don Chubb

11:40—Sanctuary Music

Pianist Rev. Jim McCollough

## September 24, 2010

9:15—10:15 a.m.

News & Views —Current Events Discussion  
with Kevin McFarland

State Capitol Tour — Larry Wills

Women in Corrections—Chaplain Lee Rader

10:30—11:30 a.m.

Panelology— Tom Fisher

Knees & Hips—Rebound P.T.

Around the World—Kristin Ramshaw

11:40—Sanctuary Music

Joshua Messick on Hammer Dulcimer