

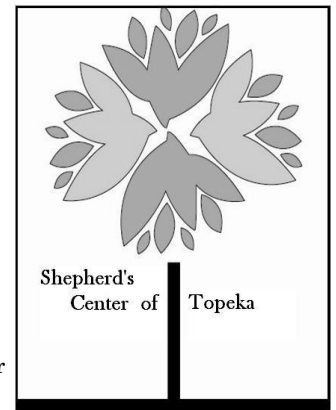
Sponsoring Congregations

- 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
- Clare Bridge
- Comfort Keepers
- Heartland Hospice
- 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
- Topeka—Shawnee County Public Library

Adventures in Learning!



"Learning is a lifelong summons to renewal of the soul." Joan Chittister

Attendance Spring Session — 214

Issue No. 20: May 2011

Surprise! Summerize is Back!
Tuesday, June 14, 2011 from 10:30 – 1:00 p.m.



Thanks to our friends at Aldersgate Village, some folks will enjoy an outing similar to the old Summerize program. I say "some folks," because unfortunately **space is limited to the first 60 who register.** Because of this requirement, I must impose two restrictions. First, only folks who paid for at least

one "Adventures in Learning" session this past year (Summer 2010, Fall 2010, Winter 2011 or Spring 2011) may attend & secondly, **NO GUESTS.**

Using one of our class categories as the theme, "The Arts," we will have a class from 10:30—11:30 by Sherry Best of the Alice Sabatini Art Gallery located in the Topeka-Shawnee County Public Library. Sherry is an excellent speaker and we have had the good fortune of having her as a presenter at Shepherd's Center in the past. Then from 11:45—12:15 the chefs at Aldersgate will set out four festive "Food for the Arts" buffets:

1st Station:

- Gazpacho Cold Soup Shooter*
- Melon Cold Soup Shooter*
- Vichyssoise (Potato/Leek) Soup Shooter*
- Strawberry Goat Cheese Lettuce Salad*
- Marinated Grilled Vegetable Platter*

2nd Station:

- Spaghetti Squash*
- Miniature Twice Baked Potatoes*
- Mini-Crab Cakes w/*
- Roasted Red Pepper Sauce*
- Roasted Chicken Roulade w/*
- Supreme Sauce*

3rd Station:

- Carved Sirloin w/ Au Jus &*
- Horseradish Sauce*
- Silver Dollar Rolls*

4th Station:

- Assorted Small Bite Desserts*



And from 12:30—1:00 - Music !!

Carolyn Sandquist's Suzuki Violin Students will play for us. Carolyn is the daughter of SCT members, Bud & Lois Metzenthin.



A Little Discussion with the Director



Debra Stufflebean

I remember when my little brother asked for one of those rock-polishing thingamajigs! We both loved rocks and it was fascinating

for me to watch while magic occurred to grungy-looking rocks that we had found. Rocks seem to have a luster, like cultured pearls when they're wet. I wonder if God watched us with the same fascination when we were baptized? Like rocks, some retain their beauty and shine after

they dry out, others don't. Let's take stock, shall we? Do YOU sparkle?

Some people have had rough lives, but like rocks, those scars are what make them unique. I believe life experiences are a honing process that eventually reveals an inner beauty. Those who shine allow their soul to transform the physical. It's the twinkle in their eyes, the warm embrace of their smiles. If you're not sparkling, perhaps you've forgotten to whom you belong? If you need a role model, I can name a whole bunch. The Shepherd's Center is full of them!

Debra

Reminder

Twenty-six members will be taking the fieldtrip to St. Mary's on May 25th with our sponsor,



Brewster Place. I am sorry that I neglected to ask the quota for the trip and have disappointed about the same number. Two persons will ride with Mike and me in our car. We will leave the First Baptist parking lot at 9:00 that Wednesday and head for Jeffrey Energy Center, the Oregon Trail Park, followed by lunch at Froggy's in St. Mary's.



Wear good walking shoes!

SCT Social Group "Hand & Foot"

Our new "Hand & Foot" group will continue to meet during the summer. We play on the second and fourth Tuesdays at Trinity Presbyterian, 4746 SW 21st, from 2-



4:00. The church is handicap accessible, straight in from the parking lot to fellowship hall. Please note there will be some construction near the parking lot this summer. Sorry for the inconvenience. You do not have to play EVERY time and rules are provided at the table. It's easy—it's fun, and it's a great way to get to know others. Interested in playing? **Contact Jeanine Tatum, 234-6772, or Deanna Gee, 266-4356.**

Please Note on Calendar:

May 25 — Fieldtrip to St. Mary's w/Brewster Place. Leave FBC Parking 9:00 a.m.

June 1—Planning Meeting Fall Session (Oct) 10:00 a.m.

June 2—SCT Board Meeting at 3:00 p.m. (Board Nominations)

June 14 — "The Arts" outing Aldersgate, 10:30—1:00 p.m.

June 26—Departure from Walmart parking lot at 8:00 a.m. for Asheville, N.C.

June 28 — No "Hand & Foot" Deanna, Jeanine & Debra will all be on Biltmore trip.

July 6—Newsletter Mailing at 10:00 a.m.

Aug 3—Task Force 10:00 a.m.

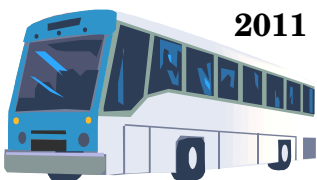
Aug 5, 12, 19, 26—Summer Session, "Adventures in Learning"

JACQUE'S CIVIL WAR GINGER SNAP RECIPE

Heat oven to 350 degrees.
3/4 cup shortening
1 cup white sugar
1 egg
1/4 cup dark molasses
1/2 tsp lemon extract
2 cups flour
2 teaspoons baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground ginger
Beat the first 5 ingredients together. Measure, sift and add the remaining ingredients. Chill overnight, or for several hours. Use a rounded teaspoon of batter to make balls, and then roll them in sugar. Use fork to flatten on greased cookie sheet. Bake for 10 to 12 minutes. Do not over bake. Yield: 3 to 4 doz. NOTE: Jacque Stroud adds 1/4 cup more flour to make stiffer dough and she goes heavier on spices and lemon flavoring. Thanks Jacque!

First Annual Out-of-State Trip

2011 Biltmore Estate— Asheville, North Carolina—June 26 to July 1.



What fun this should be! Like traveling with extended family ...

Oh wait, if we're talking about MY family, we could have problems! Some ground rules may be helpful. First—you have paid the wholesale price for this vacation which means that the services you may be accustomed to when traveling with an agent aren't part of the package. You are responsible for your own entertainment, snacks, & luggage. Bring a crossword puzzle book or a deck of cards, a bag of pretzels, and luggage that is easy for YOU to handle. Restroom breaks will be taken every couple of hours. Don't get too comfy because each morning, and again at lunch, you'll be asked to move 3 seats back/forward to rotate positions on the bus. This also means taking your trash with you when you get off the bus. Please be courteous of other people's time—wear a watch—and meet at rendezvous points when requested. Some will have to do things at a different pace, and may even need assistance at destinations—ask the guides on site for help if you have special needs. Please remember that we're ALL on vacation. You may park your car at WalMart at your own risk. WalMart does have security patrol the parking lot, and the Topeka PD will know where the cars are parked. I will contact you by phone the week before we leave with the exact location. **We will board at 8:00 a.m.** **Please bring a note stating any medical conditions and drug allergies you have.** Insurance policies for those who purchased travel insurance will be given to you as you board. Let's make this an experience you'll want to do again—maybe to Mackinac Island in 2012!

New Technician



Dick Sargent attends Countryside UMC and has stepped up to help in any way he can. He has joined the audio-visual tech group. Dick has worked in road, water/sewer line construction since 1953. His wife, Shirley, passed away from lung cancer five years ago. He has four children, two in Topeka, one in California, one in Texas. Thanks for volunteering at Shepherd's Center, Dick!

Help Wanted

Elaine Shutt has been the Treasurer of Shepherd's Center Topeka since its inception. A retired nurse, Elaine says she knew little more than how to balance her checkbook but admits that her job as treasurer has become more sophisticated through the years. Elaine's position on the SCT Board will become open at the next election in October. She is ready to retire—and honestly who can blame her—her commitment to SCT has been commendable. BUT, replacing her will not be easy!! We need someone with a bookkeeping/accounting background and knows how to keep records using Quicken software. We're starting the search early and Elaine is willing to help train, especially if a person needs to learn how to use Quicken. Elaine's responsibilities include depositing checks, paying bills, creating reports for the SCT Board. Please pray with us about this, that the right person will come forward.



Thank you Church Sponsors!



Donations have been received for 2011 from Grace United Methodist, Central Congregational, First Presbyterian, and First Lutheran. God bless you!

Clip & Return

CONTACT ME TO HELP

Clip & Return

"I'd be willing to help sometimes in the following areas, so give me a call or send me an email."

Planning programs/introducing speakers.

Setting up/taking down tables, chairs, trash.

Mailings, phone calls, handing out nametags.

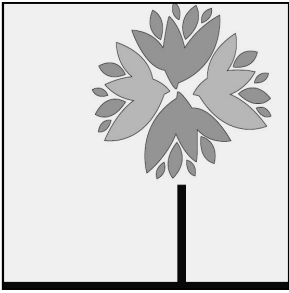
Preparing tables for parlor & dining room.

Name(s): _____

Phone: _____

E-mail Address: _____

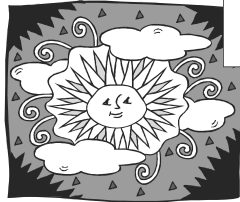
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Why should you belong to the Shepherd's Center E-group?

The answer is that it helps your Director communicate with you between newsletters. The e-group is a fast way for one person to communicate with a couple hundred people at one time. You might prefer a phone call but given the numbers in our membership, it's just not realistic. The fastest way for you to know about things happening at Shepherd's Center is if you are a registered member of the SCT e-group. Debra automatically enrolls people as she receives email addresses but you may have been overlooked, or you may have "opted out" while we were ironing out the kinks. Specifically, E-group members DO NOT REPLY to incoming messages but rather keep their comments between them and the Director at shepherdstopeka@yahoo.com. If you wish to enroll, send Debra an e-mail. If you've never had a computer and would like a little guidance before taking the plunge, talk to our head audio-visual technician, Spencer Smith, 633-8321, who we know to be a trustworthy resource.



Clip & Return REGISTRATION Clip & Return

Reservation: _____ for the ARTS summer event at Aldersgate Village on Tuesday, May 25, 2011, from 10:30—1:00.

Name(s): _____

Mailing Address/Zip Code: _____

E-mail Address: _____ For Office Use—Rec'd On: _____