



GRACE COVENANT
PRESBYTERIAN CHURCH

FEBRUARY 2020 | VOL 38 NBR 2

GRACE NOTES



It's easy to see examples of faith in the big events of the world...

Just a couple of days ago, there were headlines across the U.S. and around the world lamenting the death of professional basketball great Kobe Bryant, his daughter Gigi, and seven other people in a helicopter flying over fog-shrouded hills in southern California.

Since the initial reports, tributes and memorials have filled the newspapers, magazines, sports radio, and myriad cable channels. They speak of many wonderful aspects of Kobe's life, his generosity, his work ethic, and his family life. But only now are a few people bringing up some less savory stories from his past, including sexual assault charges from 2003.

All of this combined to remind us of one expression of our faith – **redemption**. Mentioning this sports celebrity's shortcomings does not necessarily diminish his stature – in fact, it might indicate the presence of God's Spirit at work. We should never idolize someone like Kobe Bryant because he was considered "perfect." We can, however, appreciate even more what he accomplished because he overcame faults that could have held him back; he worked at becoming a better person. That's what we call **redemption**.

But there's more – it involves **forgiveness**. Kobe played for the Los Angeles Lakers for twenty-one years, winning five world championships. His most famous teammate was Shaquille O'Neal, the Hall of Fame center. Part of the time they were close friends, but they also had a well-known feud that lasted for years before they made up in 2015. When he heard of Kobe's death, O'Neal was devastated by the loss of his friend and his young daughter. But in only one day, Shaq made a major life change – he called all the people he had disagreements with and put an end to any conflicts. He said, *"Look, I'm all about being hard and all that, but after yesterday, I'm going to have to delete...my confrontation clause. I don't want to do that anymore because you never know."* In addition to those he called to settle conflicts with, he also called his best friend and made a promise to check in on his other friends more.

It's sad that it often takes something serious, like the death of a friend, to remember how precious our friendships and relationships are – in the end, **forgiveness** is easier than conflict and better reflects our faith.

Something to think about...

Mitch & Sue Trigger

Grace Covenant Presbyterian Church celebrates God's unbounded grace and all-inclusive love. God gathers us in a welcoming community, with our curiosity and questions, to worship creatively, learn from God's word, share our gifts, and deepen our faith. With grateful hearts and a spirit of adventure, we go to serve Christ in the world, sharing kindness with everyone, and working for justice rooted in God's love.

Visitors delight us.

We were all visitors once and remember how it feels to try a new place of worship. Visitors are welcome at all GCPC events, classes and small groups as well as in worship.

Join us for coffee in between our two services or grab a cup of coffee in Heartland Hall on your way to Sunday School class. Heartland Hall is located next to the Sanctuary. There are always people to visit with or things to learn about if you want to just hang out.

REAL FAITH
REAL STORIES
REAL GRACE

11100 College Boulevard
Overland Park, KS 66210
913-345-1256
office@gcpc.org | gcpc.org

Ash Wednesday



Sharing the Blessing Cup: Meeting Jesus at the Sermon on the Mount

**An Ash Wednesday Spirituality
Center Experience**

Wednesday, February 26, 4-7pm

Ash Wednesday marks the beginning of the Season of Lent when we pause to reflect on our relationship with God. It is a time of honesty as we humbly admit to God our humanness and give thanks for our blessings. This year, you can experience Jesus through his own words as found in the sermon on the mount and through the ritual of the blessing cup. The Blessing Cup ritual was developed in 1979 by Fr. Rock Travnika, a Franciscan priest. He wrote the rituals to encourage the sharing of our deepest feelings with God and others.

Come for a time of personal reflection, worship as a family or with a friend. You will move from center to center to meditate on Jesus' words and enjoy simple practices that will set you on your Lenten journey. Come when you can and stay as long as you like.

The spirituality centers will be set up in the Sanctuary from 4-7pm. Rev. Sue and Mitch will share the imposition of ashes at the end of your worship time.

Grace Studies



Adult Studies in Bible, Theology, Faith and Life, Christian Witness and Justice

► **When Talking is Tough:
Tools for Talking About Tough Issues**

**Sundays, February 2, 9, 16, 23
10am, Heartland Hall**

Your family has gathered for a reunion and the conversation turns to a sensitive topic like religion, politics, or a hot social issue. Suddenly, you're in a heated debate and offering what you feel is the biblical perspective while your adult children are saying things that make you wonder, "How in the world did they come up with that view? I never taught them that!"

It could be a conversation at work, at school, and even at church. **Find out how you can have an impact on the discourse around you.** Church leaders are especially encouraged to attend.

You're Invited! Gather at the Table Workshop Series with Rev. Sue

For 2nd Graders & their Parents

Sharing the stories and practices of faith will have an impact on your child throughout a child's life. The Sacraments of Baptism and Communion are two of our treasured practices.

I am inviting you to join me for a very special program about the Sacrament of Communion called, "*Gather at the Table*". Together we will learn about Communion, what we do and why we do it. This is a family workshop and all families of 2nd grade age children are invited to attend.

Workshop Dates: Sundays, February 9, 16 and 23 • **Time:** 4-6pm • **Where:** Heartland Hall

The program will conclude with your child participating in the **Sacrament of Communion (their first Communion)** on **Sunday, March 1, at both the 8:50am and the 11:05am services.**

If you will be attending, please RSVP to me at sue.trigger@gcpc.org.



Poster Palooza!!!

What can you share with our church community? Are you great at a craft? Do you make a mean chili? What about teaching someone how to plant flowers, recycle, or use social media? What about an adult game of Romans & Christians? How about hosting a wine tasting or a book club? The options are endless!

Contribute a poster and/or sign up to participate in a party at the Poster Palooza that will support our youth summer trips!

Posters need to include the following:

- **Title** (headline of what is available for purchase)
- **Description** (additional details of specifically what experience, service or item is available for purchase)
- **Amount** (cost per person to purchase the experience, service, or item)
- **Number of Attendees** (number of people allowed to purchase the experience, service or item)

Pick up poster board in Heartland Hall. Posters are due back February 9. Doors will open for purchasing on February 16 and will stay open until after Youth Sunday worship on March 1.

Look for more details at gcpc.org/palooza.

Ride needed!

A church member residing west of I-35 is in need of a ride Sunday mornings. She likes to come for the adult classes and the 11:05am service. If you would like to be of help, please **contact Chelly King**, 913-634-4450 or chelly41RN@gmail.com.

Fundraiser

Best Choice.

Best Choice Labels collected for Kid's Day Out

WHAT?

We are now collecting the UPC portion of the BEST CHOICE label (beginning with 70038) to redeem for 3 cents each from the Save a Label Program. YES - that is \$30 for 1000 labels. Previously, IHN collected these labels, but do not anymore. These funds will go toward supporting Grace Covenant's Kid's Day Out program. This in-house program is funded thru student registrations and Grace Covenant.

WHERE?

Look for the Doll House outside Patrick Bell's office and place your labels in there. Cut the UPC from labels, bags, or cartons. For glass items with a glue label, the labels can be removed by first soaking in warm water. Some products are excluded from the Program, including aluminum soda cans (UPCs from 12-pk soda cardboard cartons are acceptable), aerosol cans, and cigarettes. Don't bother with Always Save labels or Boxtops – we will throw those away.

WHEN?

First look for the Best Choice products usually available at Price Chopper and Hen House. Then consider buying these items. The quality is the same as name brand but are priced lower since they don't carry the same advertising or promotional costs that name brand items do. Gather your labels at home in a plastic bag or envelope you might be recycling and put them in our doll house when you come to church.

WHO?

We'll be asking for volunteers on a periodic basis to trim if needed and count the labels into 1000 groups so we can submit them.

Thank you for making a difference for our Kid's Day Out program and Grace Covenant.

Clerk's Corner

Session met on January 20, 2020, in room 5, with Reverend Sue Trigger serving as moderator. In addition to the elders, Deacon Liz Chandler was present. Dave Stalling shared a devotion based on Psalm 35 and a reading shared in 1774 at the Continental Congress calling for wisdom in making decisions and led us in prayer.

Special business: Tim Hayden asked who was responsible for replacing the Peace Pole in the front courtyard. The barbecue contest raised funds for the replacement but not enough to cover the whole cost. The Facilities team was assigned the responsibility.

Consent agenda: The minutes of the December stated Session meeting and the December 22, 2019, Congregational meeting, as well as a few membership requests, were approved, along with the dates for communion in 2020.



Team minutes: The Personnel team submitted a motion to **amend the inclement weather policy** in the bylaws to say that the church office would be open on days when the Blue Valley school district declared a late start. **The motion carried.** The Worship team submitted motion to **invite Dr. William Brown to fill the pulpit on April 19.** **The motion carried.** The Facilities team reported that they did not have to use the line of credit for facilities projects in 2019. Because of the severe budget shortfall predicted for 2020, there are no facilities improvements/projects planned. The Finance team reported that we received 118 pledges, compared to 158 in 2019, totaling \$524,354. There were 44 pledging units that pledged last year that didn't pledge this year. With those projected revenues, the Finance team said the Asking Budget approved in November 2019 would result in a \$250,000 deficit. Serious cuts to the budget would have to be made. A motion was made to **rescind the 2020 Asking Budget** and move back to the 2019 budget until we can gather more information. The motion carried. A motion was made to **present the 2020 Asking Budget to the congregation at the Annual Meeting** so that members understand that **the present level of pledges would mean cutting staff and programming severely.** **That motion also carried.**

Clerk's report: We started the year with 412 members (the number is slightly different from the previous Clerk's Corner because of Calvin Spence's death and a few members slated to be removed asked to be retained on the rolls). With the death of Sally Hinchman, the transfer of Carolyn Thomas to COR and Michael Johnson asking to be removed, that leaves us with 409 members.

Co-Pastors' report: There were no questions about the co-pastors' report. Sue reported they are focusing on plans for Visioning Day (February 29). Also, Sue and Mitch will be leading a four-week Sunday school class in Heartland Hall beginning on February 2 about tools for talking about tough issues.

Deacons' report: Liz Chandler reported the deacons are very pleased that their responsibilities have been redefined to a more manageable level. She said the deacon training went well. Through the efforts of a handful of members, the kitchen has been thoroughly cleaned, painted and newly decorated. She would like some attention paid to the landscaping and lights around the monument sign on the corner.

Old business: Nominating Team – Harold Frye reported that the Nominating Team is full and ready to start working on elder candidates.

After sharing some joys and concerns of the congregation, the meeting was adjourned at 9:05pm and Rev. Sue closed the meeting with a prayer.

Music Notes

MUSIC AHEAD IN 2020

2/2 – SUPER BOWL SUNDAY'S REHEARSAL SCHEDULE

Rehearsals are early because of the Super Bowl

12:15pm Ex! Ringers

1:15pm Exaltation! & Jubilation! Ringers

"Go, Chiefs!"

2/9 – MUSIC APPRECIATION SUNDAY

in 8:50am & 11:05am Worship

Our instruments will be tuned for praise!

A Combined Choir of Celebration!, Exaltation! & Chancel Choir, & our largest choir – the Congregation, in both services; Plus, in 8:50am Praise Team and 11:05am Charter Ringers & Chancel Choir

3/1 – YOUTH SUNDAY 8:50 & 11:05am

Music led by Exaltation!, Ex! Ringers, & Youth Band

MISSION & MUSIC HAPPENINGS

M&M Poster Palooza & **M&M** Trip Registration

- **M&M** Trip Registration:
Sunday, February 9 - M&M Forms will be available soon!
- February Brings Our Brand-New **M&M** Fundraiser:
Poster Palooza! See page 3 for more details.

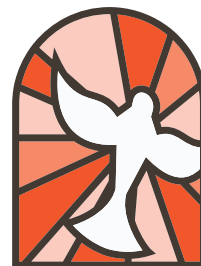
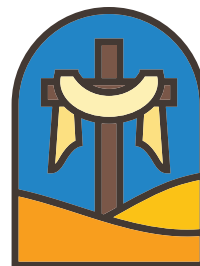
Thank you for helping our senior high students travel to Milwaukee for a life changing experience: Fridays, June 12th – June 19th. Our theme this year is "A New Day for Peace."

3/20 – GCPC Wind Ensemble will play in both worship services on Sunday, March 29th

Rehearsals: Thursday, March 26th 7:30-8:30pm &

Saturday, March 28th 10:30-11:30am

The GCPC Wind Ensemble is open to instrumentalists in 8th grade – adult. Please contact Pam Kelly if interested in playing.



HOLY WEEK MUSIC

4/9 – MAUNDY THURSDAY 7:30pm COMMUNION
Solos & Ensembles

4/10 – GOOD FRIDAY 7:30pm

The Music Ministry of GCPC

presents

The Seven Last Words of Christ

by Théodore Dubois

presented by

Chancel Choir, Soloists, Timpani,
and Linda Dover, organist

4/12 – EASTER SUNDAY

8:50am Praise Team, Solos, & Ensembles

11:05am Chancel Choir, Charter Ringers, & Brass

4/25 – A SATURDAY OUTREACH CONCERT

PRESENTED by Chancel Choir & Charter Ringers

10am at Colonial Village – Senior Living, 12500 W. 137th St.,
Overland Park, KS 66221. All are welcome!

5/3 – BELL FEST XXXII at 6pm

This year's theme is: "Make 'em Laugh!"

Come see & hear our handbell pieces, dance numbers, sing-a-longs, and our jokester of an emcee that will *make you laugh, help you smile, & give you joy!* A fun time will be had by all!

"THANK YOU" NOTES

Thank you to Donna Hall, Sue Trigger's Mother, for the donation of a set of handchimes, a cart, music and books that our Celebration! Ringers are now using.
Thank you for this generous gift.



Children's Ministries



Take a Look at What's Happening in Sunday School in February!

February is all about good news! The children will hear Jesus' teachings from the sermon on the mount. They will see how Jesus found the blessings in those who have little and encouraged them to be a blessing to others. Jesus taught that we are to be salt and light for the world. The children will discuss what that means. Jesus told his listeners to trust God and not worry. The children will hear the story of how God clothes the birds and lilies of the field. Finally they will learn about building their faith in God through the story of the wise and foolish builders. Jesus asked for this followers to not only hear, but do what he taught. Our Sunday school classes will learn about how we can. Our great team of teachers look forward to seeing you each week!

8:50 and 11:05am: Awakening to Worship

10am - Sunday school: 2-3 years old, Room 23; Preschool, Room 25; K-2nd, Room 14; 3rd-5th, Room 10; 10:45am - Celebration Choir rehearsal in Room 15



Get Ready for a Journey to the North Castle!

Mark your calendar for VBS June 1-5.

Ages 4 yrs – 5th Grade

Want to volunteer?

Contact Lindsay Bucl at lindsaybucl@gmail.com.

Children and Worship

Awakening to Worship is our wonder and worship program for children ages 4-1st grade and meets following the children's sermon weekly. We invite children in elementary school to continue participating and experiencing worship as they move into the sanctuary for worship with the wider family of Grace Covenant.

Worship Bags are in place to help busy hands and hearts.

Worship Bulletins are available from the ushers every week and are on two age levels.



Through the first chapters of Matthew, we follow Jesus from birth to his early ministry as crowds are drawn to him, to hear his word, to feel his touch. Their hearts and souls yearn for his good news. To those who have very little, he finds their blessings and encourages them to be a blessing to others—to be salt, flavor, and spice in a world in need, and to be light, illuminating God from the hilltops. Jesus sifts through the worries people carry to the kernel of truth—seeks first God's kingdom and everything else will be all right. Through the metaphor and imagery—salt, light, birds of the air, dressed-up flowers in the fields, and specks and logs—Jesus knows where people are in need and how to capture their imaginations and their hearts.

In the final story of the quarter, Jesus tells of two house builders, a wise one and a foolish one, a house built on a sturdy foundation and a house that will be washed away in the storm. Jesus calls for his hearers to not only hear but also do what he has taught. His message is to bless others, be salt and light, seek God first, do not judge others, and follow his teachings. Will we be like the wise builder or the foolish one?

Celebration choir We are so excited to have Lara Schesser and Pam Smith Kelly leading the Celebration singers. The children are not only singing; they are ringing chimes!

Worship Leaders are invited to light the candle weekly, read in worship, and assist in other ways. If you would like to be a worship leader, please contact Rev. Sue. She is looking for you.

Hear ye! Hear ye! Calling all Crafty Princesses and Knights of the North Castle!

We are getting excited for our next Vacation Bible School, and we need your help. If your Royal schedule permits, please join us in yonder Christian Education Office during the Sunday School hour all February to make decorations and share ideas (10am on February 2, 9, 16, 23).

You can also pick up a "kit" to work on at home.

Other dates in February are the 12th and the 16th, 6-8pm at GCPC. Thank you for sharing your creative gifts and God's love with our GCPC kiddos in their Quest for the King's Armor!

We Want to Make Sunday School Exciting and New and You Can Help!



The Children's Team is working on a new Sunday school format that is sure to get our K-5th grade classes coming back for more! Imagine coming to church on Sunday to create a work of art, bake cookies to share with others, conduct a science experiment, or play relay games ALL while learning the stories of the Bible. That's exactly what we want to do! We would like to create a workshop rotation program designed just for our church.

Teaching these workshops will require teams of teachers. Teams can specialize in an area of their choice: art, drama, Bible skills and games, science, cooking, photography, music, video, nature walks, and more. These activities will rotate weekly so that teams will teach two Sundays in a row every 6-8 weeks. The more teams we have, the less often they teach. This can be quite flexible and accommodating to busy schedules.

We will also need Shepherds who are willing to be a consistent presence with each class. Shepherds do not teach, (unless you want to), but offer support to the teaching team and assist with classroom management. The workshop rotation model is a great way for our children to build relationships with more adults in the congregation. It's also an opportunity for busy adults, who would like to volunteer with our children, to not have to teach every week. Most of all, it's a lot of fun!

It sounds exciting doesn't it? The only thing we need to make this dream come true is you! **Join Rev. Sue for an introductory presentation on Sunday, March 22 at 10am in Heartland Hall.** You'll learn more about how it works, when we hope to begin, and can find a partner and sign up. Want to learn more today? Check out this website: www.rotation.org.

Explore God's Grace Each Day

When your children are at home, use these tools to explore God's grace and gratitude each day.

Find these tools at: www.pcusastore.com/GGGdownloads

Grace Sightings: the weekly Bible story and age appropriate activities for your family to do at home.

Audio Recordings: the weekly Bible story brought to life by endearing readings and sound effects.

E-books: the quarter's colorful illustrations, Bible stories and Grace Sightings, in ibook and Kindle formats.

Mardi Gras Pancake Supper

Bring your festive spirit and celebrate Shrove Tuesday with a Mardi Gras flair!

Featuring:

Pancake supper provided by GCPC celebrity flippers!

Music provided by our own Dixieland Band

Mardi Gras Bingo—there will be prizes!

Trivia Time—win some beads!

**Tuesday, February 25
5:30 to 7:00pm**

**\$5 per person
(maximum \$20 per family)**

Purchase Tickets outside Heartland Hall Sundays, February 2, 9, 16 and 23 between services or call the church office to reserve tickets (913-345-1256)

Proceeds support the work of the Children's Ministry Team

Youth Page

“Light The Fire” Youth Sunday — March 1

Youth Sunday is coming up soon. This year we will be having two services at our regular times. We expect to have eight-ten seniors giving sermons this year and will disperse them between the two services — otherwise the worship experiences will be quite similar. Our youth are planning and putting their hearts into this service and we can’t wait to see you in church on March 1st to explore the concept of God’s Fire!

Between services, students and anyone who wants to talk with them, will gather in Heartland Hall for breakfast snacks. This will also be the last opportunity to purchase Poster Palooza offerings.

“Souper” Bowl of Caring

GCPC has partnered with Harvesters again this year for the “Souper” Bowl of Caring. The halls are lining up with food, but we want even more! You have just a few more days to bring your donations, all donations are due February 2nd. Thank you for supporting our hungry neighbors!

MLK DAY RECAP

This year on MLK Day, the youth and several GCPC adults headed to the Heartland Presbytery office building for a service project. With the help of others in our Presbytery, we packed 869 lunches for our hungry neighbors! After that, we headed for Snow Creek for a great time of tubing! The day was full of laughs, pizza, hot cocoa, and fun! We can’t wait for next year.

M&M Trip to Milwaukee

Planning is going well for our high school Mission and Music Trip this June! We are in the middle of fundraising for the trip and registration will be opening soon.

Poster Palooza!

We are very excited about our Palooza event and look forward to the creative opportunities made available by our youth and others in the congregation! Look for more details elsewhere in this newsletter and/or go to gcpc.org/palooza for more detailed information. Thanks in advance to everyone for your support!

Summer Planning:

June 1–5 VBS
June 12–19 M&M Trip to Milwaukee
July 11–18 Montreat Youth Conference





2020 VISION

Visioning Day, Saturday, February 29

2020 gives us an opportunity to take another look at our ministry and see where God is calling us next! Let's talk about it on Saturday, February 29, 9am-12pm (noon) in Heartland Hall.

We'll review last year's priorities – celebrate the blessings and the failures – and plan our priorities for this year and the future. Refreshments will be provided.

How about a Hospitality Team?

We are looking for volunteers who love to organize events. There are times when we have lunches after worship, dinner before Thanksgiving, and more. We would like to create a team whose only responsibility is to organize these meals. If you love to entertain or prepare meals for large groups, we would love to have you on our team. Interested? Please contact Rev. Sue at sue.trigger@gcpc.org.

Mission Team

February Offerings

Rosehill Elementary School will be the recipient of the February Communion Offering, and our Donation Partner.

We are collecting "calm down tools" such as putty, stress balls, and stretchy bands, which can be purchased at Amazon.com. Please place your donations in the box in the Weekday Entrance.

Empty out your piggy banks and bring your coins to church on February 9 for the Noisy Offering!

The offering will be donated to Rosehill Elementary School. Administrators will use the funds to defray student lunch dept, restock clay and glaze for the art room, and supplement teacher treasure boxes for the positive behavioral support system (when children exhibit good behavior, they get to choose a treat or small toy from the treasure box.)

KAIROS – Peace, Justice, Earth Care

Genesis 1: 1- 31 & 2:15

The commitments your session has made to Peace, Social Justice and Earth Care: We look this month at the audit due to PCUSA this month reviewing the past year and visioning actions we can do in the coming year, part of our commitment, taken in 2010, to become a PCUSA Earth Care Congregation.

EXCITING NEWS: Dr. Bill Brown, April 17–18, Village Environmental Action Committee and Heartland Earthkeepers of Heartland Presbytery have invited **Rev. Dr. William Brown** to KC. Dr. Brown is professor of Old Testament at Columbia Theological Seminary. He is a faithful environmentalist and has been asked to preach and teach about earth care before the 50th Anniversary of Earth Day. Saturday morning, April 18, he plans to discuss **Faith & Science and Creation & Climate Change**. Last August during the Presbyterians for Earth Care national conference at Stoney Point, NY, he was keynote speaker on the message of *Lament, Hope, & Resolve*.

Earth Care Congregations (How the whole congregation contributes!)

What is an Earth Care Congregation? *A congregation that has committed to the “Earth Care Pledge” and accomplished a specific number of actions toward caring for God’s earth in four categories: worship, education, facilities, and outreach. . . . Congregation members will also be invited to participate as individuals by completing similar actions in their homes.**

As we completed our audit this year we have heard from both the Outreach and the Facilities Team helping us to fill out the audit we will be finalizing and sending the audit this month. We welcome anyone to review the audit, help us identify our strengths and our weaknesses in addressing care for creation. Reviewing the audit may also help you make changes in your daily life to be a better steward of all the creation around us, as we are called to do from the first chapters in Genesis to our own GA 2018 who approved the overture 08-06 to: ***Call upon the whole church to raise a prophetic voice regarding the urgency of healing the climate of the earth, our home and God’s gift for the future of all life, human and nonhuman.*** ([CLICK HERE for link to PCUSA Earth Care Congregations website page](#))



Are YOU concerned about this earth around you? Would you like to be part of a sub-committee working on GCPC wide environmental policies? Please contact KAIROS, and KAIROS moderator, Rick Randolph, at GCPCKAIROS@gmail.com, or drop a note in the folder outside the office.

EVENTS and MORE YOU MIGHT BE INTERESTED IN:

Sign up for Greenability Weekly. Check it out here: greenabilitymagazine.com.

February 3 — Sustainability in Johnson County, Village Presbyterian Church, 7–8:30pm, Room 232.

February 4 — Technology Solutions to Reduce your Personal Carbon Footprint, Village Presbyterian Church, 6:30–8pm, Tony Liu, an information technology architect will speak. FREE

February 10 — WEALTH DAY, Topeka, 8:15am– 3pm. Learn about and advocate for Water, Energy, Air, Land, Transportation, and Health in Kansas (www.climateandenergy.org/page.59.wealth-day)

February 15 — Earth Care Congregations Audit due

February 29 — GCPC Visioning Day, 9am–2pm. Plan on it. See how we plug in to one another and all creation around us. Where God is calling us next!

March 28 — “We Must Do MORE” Rally – Poor People’s Campaign in Topeka, KS

April 18–19 — Earthkeepers conference Faith & Science and Creation & Climate Change , 4/18 Village Presbyterian and 4/19 Grace Covenant Presbyterian.

April 24–27 — Ecumenical Advocacy Days, Washington, DC

Various dates: Bridging the Gap — tree planting, Honeysuckle invasive battle, Litter Cleanup, WildLands Restoration and more... bridgingthegap.org/events

If peace, social justice, earth care or any combination of them appeals to you as a member of Grace Covenant please join us and walk with the Kairos Team. We welcome anyone to contact moderator: Rick Randolph (rdrandolphiii@gmail.com) or Rev. Mitch Trigger (mitch.trigger@gcpc.org)

Pew Dwellers' Health Notes

SALT PART II

Part I of this series began with a review of some of the Biblical scriptures that included the word salt. This information also included introductory descriptions about the meaning of salt in specific scriptures using selected references. Instead of an article, Part II of this series will use a questionnaire to use as the foundation for information about salt in Part III.



Self — Questionnaire on Salt

DIRECTIONS: Write your answers in the blank spaces for the questions listed below.

1. Identify two Biblical scriptures related to salt. _____

2. What word on a food label includes the amount of salt per serving for that food item? _____
3. What is table salt? _____
4. What is the daily salt requirement for a person who has no restriction on use of salt? _____
5. Name two conditions/health problems that may indicate the need for a person to limit salt intake and consider consultation with a health care provider.

6. Describe the following types of salt:
Kosher _____
Morton _____
Sea _____
Black and Red Hawaiian _____
Himalayan _____
7. What substance is added to salt to help prevent dysfunction of the thyroid?

8. Which ONE of the following foods contains the most sodium?
____ Regular-size hot dog
____ Serving of Campbell's soup (canned)
____ McDonald's sausage biscuit
____ Plain bagel (Panera Bread)
____ KFC grilled chicken breast
Food item containing the most sodium: _____.

Remember...

The March newsletter article will focus on data related to these questions.

A New Convenient Signup for KCK Hot Lunch

GCPC now has a new KCK Hot Lunch signup page on the GCPC website.

In the past, the signups were organized by Covenant Groups, but this new model opens to the signup to the entire congregation.

Visit gcpc.org/stmarys to sign up.

Go to stmaryfoodkitchen.org to find out more about St. Mary's food kitchen.

We want your blood!

The need is constant.
The gratification is instant.

Give blood at GCPC on
Tuesday, March 3 from
2:00-6:30pm.

Online signup is at
<https://donate.savealifenow.org/donor/schedules/drive/schedule/68093>

An estimated 38% of Americans are eligible to give blood or platelets, but of those, less than 10% actually donate each year. If you are healthy and eligible, please come out to donate. Most donations take about an hour, so book your appointment, roll up your sleeve and become a part of the lifesaving mission of the Community Blood Center.

Inclusive. Family Oriented. Welcoming.

11100 College Boulevard
Overland Park, KS 66210
Phone: 913-345-1256
Fax: 913-345-1198

gcpc.org



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Twitter: @GraceCovPres

Instagram: @gcpc_overlandpark

CELEBRATING GOD'S ALL ENCOMPASSING LOVE!

CHURCH STAFF

Co Pastors

- Office hours: Monday-Thursday
Mitch Trigger, mitch.trigger@gcpc.org.....ext.18
Sue Trigger, sue.trigger@gcpc.org.....ext.15

Director of Music Ministries

- Office hours: Monday-Wednesday, Friday
Rebecca Prater, rebecca.prater@gcpc.org .. ext. 13

Church Administrator

- Office hours: Monday-Friday
Patrick Bell, patrick.bell@gcpc.org ext. 10

Director of Youth Ministries

- Office hours: Monday-Thursday
Miles McDonald, miles.mcdonald@gcpc.org.. ext. 17

Finance Administrator..... Tara Hyder
Mon. 8-4; Tues./Weds. 8-12; /Thurs./Fri. by Appt.

Organist..... Linda Dover

Contemporary Music Coord. Donna Goeckler

Contemporary Music Accomp..... Denice Trawicki

Contemporary Music Drummer..... Daniel Cole

Technical Director for Worship.. Miles McDonald

Child Care Coordinator..... Carolyn Chaffin

Kid's Day Out Director Kathy Connor

Wedding Coordinator..... Lara Schesser

Funeral Coordinator Mary Sue Thomas

ELDERS

Harold Frye	Diane Schmit
Tim Hayden	Aaron Soule
Cheryl Johnson	Dave Stalling
Terry Kolich	Josh Sutherland
Lynn Long	Susan Sutherland
Kat Mason	Nelson Townsend
David Minaschek	Marcia Turner
Julie Passett	

SUPPORT STAFF

Deacon Moderator Kathy Williams
Operating Committee..... Tim Hayden,
Cheryl Johnson, Julie Passett, Diane Schmit
Nelson Townsend
Newsletter Editor Kim Krueger
Prayer Chain..... Cheryl Johnson
Website Administrators .. Kim Krueger/Patrick Bell

MINISTRY UNITS

Congregational Nurture Unit Moderators

Connections and Care..... Lisa Feyh
Worship and Music..... Sarah Evans, Barb Purvis,
Katie Hearn

Education Ministry Unit Moderators

Adult Maggie Blankers
Children Erin Frye, Angela Krug
Youth..... Jody Mason

Reach Out Ministry Unit Moderators

Kairos Rick Randolph
Mission Mikki Walker
Welcoming and Marketing Rosemary Gibson,
Kim Krueger

Supportive Ministry Unit Moderators

Facility Marc Feyh
Generosity and Finance..... Matt McBride
Personnel Linda Bridges

Worship Schedule

8:50am - Praise Team Led Worship
10am - Church School All Ages
11:05am - Choral Led Worship
Childcare is provided during Worship.

Upcoming Newsletter Article Deadlines

March Issue - Deadline, February 18
April Issue - Deadline, March 17