

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
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

Spring 2010 Issue No. 14

“Remembering Tevis’s Restaurant” A fieldtrip by Aldersgate Village May 13 @ Noon

In 1965 Ralph Tevis built Tevis’s Restaurant at 821 6th Street. Ralph learned to cook in the Navy and opened Ralph’s Grill in 1950. Tevis grew up on a family farm near 77th and Croco, which was homesteaded in the late 1800’s. Through the years the Tevis name became synonymous with good home cooked meals. Son, Rick, followed in his father’s footsteps and ran the restaurant for seventeen years. Today, the folks at Aldersgate benefit from Rick’s great cooking—so as a tribute to Tevis, the Aldersgate fieldtrip on Thursday, May 13, will take a nostalgic look back. On the menu is finger-lickin’ fried chicken, mashed potatoes and gravy, corn,



green beans, homemade rolls and choice of apple or coconut cream pie. Chef Kode will be presenting a talk and demonstration, **“The Secret behind Tevis’s Pies.”**



To register for this **free** excursion—sign up on the registration form. Aldersgate will also be sponsoring the refreshments for the Spring session.

Reminder - McCrite Plaza’s fieldtrip is March 18 @ 4:30 p.m.

McCrite Plaza will be host to “The Astonishing World of Curtis Sneden” on Thursday, March 18th at 4:30. Parking is available in the back. Turn left at the first stop sign and follow the drive around to the north building. An outside door will take you inside to an elevator. Follow the signs. If you did not sign up for this free fieldtrip in your last Shepherd’s Center newsletter but would like to attend, **please call the office, 267-0248, by March 12th.** Sneden focuses on the power of the imagination to deliver an entertaining magical performance. Audience participation propels his act. Sneden is a member of the Society of American Magicians.



As usual Chef John will provide some tasty refreshments. Be prepared to be MYSTIFIED!



A Little Discussion with the Director



Debra Stufflebean

"I can't make up my mind which one I want to go to," is a statement I hear frequently, along with *"I wish you'd repeat*

some of the classes so I could hear . . ." Well it's a good thing that our classes are so interesting that it makes your decision difficult, and it can be a bad thing if our class catalog reflects the same offerings too frequently. That being said, I promised that after we worked

our way through a back log of programs that had been previously suggested, I would begin the process of selecting some of our more popular speakers as return programs. For an example, I have asked Clyde Kensinger to come again in June to talk on Walt Disney. You can help with this process by telling our program co-chairs, Jeanne Bellows and Barbara Smith, which programs you really enjoyed and would recommend we ask back so that those who missed out, have the opportunity to attend the next go around. You can give me your suggestions, too, but I'd

prefer that you hand it to me as a note, as my mind is going a million different directions when you see me at an Adventure's in Learning session. We have streamlined the program committee process, and could use some people with music connections. Implementing class categories: Health, Religion, Community, People/Places, Music, Art or Literature has helped to ensure that we offer a variety of programs that appeal to everyone. We welcome program ideas and new input so get involved!

Debra



Our new "Focus on Fitness" area is off to a great start, with 15-20 members taking Tai Chi and also increasing the number of gym walkers. Ivory Mazur, from the Arthritis Foundation will continue Tai Chi class on Fridays through April 30th, from 8:30-9:00. You are welcome to begin taking the free class at any time. Fellow SCT members will help you get started.

In addition to the Friday gym time, First Baptist Church welcomes walkers on Tuesdays from 10:30-11:30.

Connie Wood will be staffing the health table for the Spring session. She will have information about programs offered by our community sponsor, Healthwise 55 at Stormont-Vail HealthCare. Stop by to visit, and to have your blood pressure checked.



Please Note on Calendar:

Mar 10, 24 — Planning, 10:00

(Planning for Summer Session. Join this committee—contact Jeanne Bellows or Barbara Smith, or call the office, 267-0248.)

Mar 18—McCrite Magic, 4:30

Apr 2—No SCT program (Good Friday)

Apr 7—Task Force, 10:00
(Committee Chairs)

Apr 9, 16, 23, 30—Spring Session
Adventures in Learning

May 5 — Newsletter, 10:00
(Volunteer at Registration Table)

May 12, 26 — Planning, 10:00
(Planning for Fall Session)

May 13—Aldersgate Fieldtrip, 12:00

June 2—Task Force, 10:00
(Committee Chairs)

June 4, 11, 18, 25—Summer
Session, Adventures in Learning

Adventures in Learning

Growth Statistics

Everyone knows that SCT has been growing over the past two years—now being sponsored by 28 different church congregations. But did you know that our membership database represents 59 Topeka churches? Last winter the database was cleared of names of inactive members so that number reflects the church affiliations of active members. Of course, not everyone is a member of a congregation, but this should give you an idea of the breadth of our outreach. Since implementing our guest policy, we have been visited by 70 new people. Our enrollment for the Winter 2010 session in Feb was 209. Enrollment for four sessions in 2009: 225; 173; 172; 222 averages 198. I applaud each of you who have taken the time to invite a guest, who have been warm, welcoming people towards others which makes people want to come back again, and who donated your registration fee, even when you have been unable to attend. Our success is due to ALL OF YOU.

Atria Meals

We at Shepherd's Center do not take for granted, even for a minute, the commitment we receive from Atria Hearthstone. Every Friday of *Adventures in Learning*, Jared Holroyd, Sue Ferguson and their staff furnish a delicious buffet luncheon **FREE OF CHARGE TO THE SHEPHERD'S CENTER**. Crystal Reuter, Food Services Director West & Rocco Grippo, Food Services Director East carry on this fine tradition of community service.



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Yahoo Group for SCT

New E-group has 130+ Members

The Shepherd's Center now has its own Yahoo Group which makes it much easier for the Director to communicate with the membership simultaneously. In our last issue, instructions were provided for enrolling, but these were confusing for some, so the Director decided to go ahead and enroll existing members who have provided email addresses on their registration forms. If you have not been enrolled and received a notice of this activity, but would like to become a part of this group, send an email to the office. Members who do not wish to participate may "opt out" by also emailing the office.

We have learned from this process and have turned this group into a one-way communiqué from the Director to members. All announcements begin with the notice, **DO NOT REPLY TO THIS EMAIL. CONTACT THE OFFICE:**

shepherdstopeka@yahoo.com.

Website: **www.shepherdscentertopeka.org**.

New Registration Co-Chairs Named



Roma Sessin

Roma Sessin and Barbara McLain will take over as co-chairs that handle the registration center and the newsletter mailings for Shepherd's Center. Faithful workers, Bethene Harpham and Darlyne Sheppard, have stepped down, saying it was time to "share the joy."

Bethene has worked on name tags since SCT first began. Shortly thereafter, she recruited Darlyne.

Roma Sessin is a member of Our Savior's Lutheran, as is Betty. Barbara McLain is a member of Susanna Wesley UMC, as is Darlyne. Both women have worked the registration table and prepared the newsletter for mailing in the past. Please say, "yes," when they call and ask for help—better still, volunteer when you see them.



Barbara McLain

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. We should encourage others to come and give SCT a try—it costs nothing to check it out to see if this is a program they would enjoy. By providing their address & phone number, guests will receive the SCT 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!

DONATIONS FROM SPONSORING CHURCHES



“Thank you for supporting our ministry!”

- First United Methodist (2009)
- West Side Christian (2010)
- Grace United Methodist (2010)

.....
8th Grade Test Question in 1895:
What were the three prominent battles of the rebellion?



Give the Gift of Sight



In case you missed him—that’s Spencer Smith in a photograph taken by Thad Allton of the Capital-Journal promoting the Lion’s Club collection of used eyeglasses. Spencer, our AV technician at SCT, wears many hats, (and glasses) including being President of the Topeka Lion’s Club. A new collection box is now located inside the SCT office. Please bring any of your own, or family member’s used glasses with you to SCT.

Nurture your Spirit

Is your spirit growing? Even before your conception God had you in mind for a distinct purpose. But it is up to us to find and fulfill that purpose. The key is, where do we keep our focus? Look at it this way. Compare wild geese to an old farm goose. Wild geese can fly and soar to wherever because they are free. The old farm goose isn’t free and all he/she has to look forward to by staying in the barnyard, where it is safe, is getting fat and ending up on someone’s dinner plate. We will never be free to fly, to achieve our spiritual purpose, unless we are willing to go outside of our fattened worldly lifestyles and spread our wings. For some, it may take longer to learn to fly, but if we keep our focus on God, God will set

us free to do our intended purpose and our spirits will soar.

Nelson Spaulding,
Trinity Presbyterian

“Adventures in Learning” Spring Session Class Catalog

Apr. 9, 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.

Apr. 9, 2010
9:15—10:15 a.m.
People/Places



My Time on the Clock

Dr. Joe McFarland will speak about the faith, fortune and foibles of his life, having spent 40 years in education and 50 years officiating high school and college football.

Apr. 9, 2010
9:15—10:15 a.m.
Religion

A Model for Racial & Cultural Diversity within a Church

Dr. Andrew Gardner pursues effective ways for a diverse group of people to experience worship. He will discuss his model for opening dialogue and withholding judgments as we collectively form the body of Christ.

Apr. 9, 2010
10:30—11:30 a.m.
Community

Befriending the Bereaved

A friend has a tragic loss—a death, diagnosis, disaster, and you have no idea what to do or say. Bereavement counselor Terry Frizzell will discuss opportunities for caring for those who grieve.

Apr. 9, 2010
10:30—11:30 a.m.
Art/Literature

Riding the Rails with Gen & Mrs. Eisenhower

Larry Wright was a Santa Fe business car attendant who had the privilege of traveling from Gettysburg to California with the Eisenhower’s after the Presidency.



Apr. 9, 2010
10:30—11:30 a.m.
Health

HIV/AIDS also affects Seniors

Amy Wethington with the Topeka Aids Project says that seniors should educate themselves on avoiding contact with HIV and Hepatitis C. You may be surprised by the rates of infection in people over 60.

Apr. 9, 2010
11:40—12:10 p.m.
Music



Judy Coder’s “Patsy Montana Show”

Montana was a pioneer in C&W music. She sang and yodeled with the best of them: Gene Autry, Pat Buttram, Red Foley. Judy Coder reminisces about Patsy’s 60 year career.

Apr. 16, 2010
9:15—10:15 a.m.

News & Views

Current Events Discussion w/ Kevin McFarland

Apr. 16, 2010
9:15—10:15 a.m.
People/Places

Fireman Rusty & Boomer the Firedog

Rusty Vollintine, Investigator with the Topeka Fire Dept is also handler for Boomer, one of seventy Accelerant Detection K-9’s in the U.S. Rusty will discuss how the dynamic duo tracks down arsonists.



“Adventures in Learning” Spring Session Class Catalog

Apr. 16, 2010

9:15—10:15 a.m.

Religion

Biblical Stewardship

Steve Bayer, Director of Crown Financial Ministries says there are 2,350 Bible verses for handling money and possessions. Upon this foundation he has developed six financial principles for stewardship.



Apr. 16, 2010

10:30—11:30 a.m.

Community

Changes in Funeral Services

Ever wanted to ask a mortician about funeral preparations? Fred Holroyd has been with Penwell-Gabel for almost 30 years and services have changed a lot over that time, as have laws and regulations.

Apr. 16, 2010

10:30—11:30 a.m.

Art/Literature

Interior Decorating — Bringing Spring Inside

After the LONG winter, who wouldn't enjoy sprucing up their home? Toni Farrell-Higgins from Discovery Furniture will demonstrate table top décor and ways to renew your rooms for Spring.



Apr. 16, 2010

10:30—11:30 a.m.

Health

Doc, can I really get rid of glasses—at my age?



Dr. Arla Genstler will discuss the difference between Lasick and lens replacement surgeries and whether this is a viable option to achieve less dependence on glasses for distance and near vision.

Apr. 16, 2010

11:40—12:10 p.m.

Music

Medley of Hymns

Rev. Cecil T. Washington Jr. grew up with Marvin Gaye in Washington, D.C. Both auditioned for Motown, both were offered a contract—but Washington turned it down and has been singing for the Lord ever since.

Apr. 23, 2010

9:15—10:15 a.m.



News & Views

Current Events Discussion w/ Kevin McFarland

Apr. 23, 2010

9:15—10:15 a.m.

People/Places

Educator to Realtor—Vivian Kane—She's Everywhere!

Year after year, Vivian Kane is in the top 1% for property sold in Topeka. She says her secret is that she likes to serve—from special needs children to young families buying their first home.

Answer to test Q: First Battle of Bull Run, Antietam, and Gettysburg.

Apr. 23, 2010

9:15—10:15 a.m.

Religion

Broken Body of Christ



The DaVinci Code challenged our comfortable theology about Jesus. Chaplain Cliff Bond says that challenge can be a good thing, bringing growth in our faith and in our life.

Apr. 23, 2010

10:30—11:30 a.m.

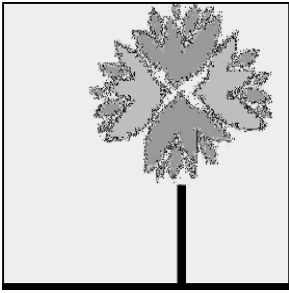
Community

Ethics of Euthanasia

Shirley Bradley's presentation will explore the ethical debate surrounding end of life decisions, the principles, legalities, practices and methods of euthanasia. She will explain the Western culture's dilemma regarding the right to die as a humane choice.

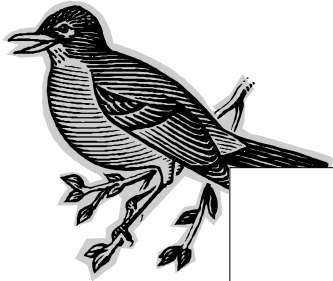
“Adventures in Learning” Spring Session Class Catalog

<p><u>Apr. 23, 2010</u> 10:30—11:30 a.m. Art/Literature</p>	<p style="text-align: center;">The Craft of Basket Making—The Longaberger Story</p> <p>Can a basket be woven to look like peppermint candy? Distributer Sue Fackler tells how Longaberger baskets have evolved into unique works of art, reflecting the legacy of four generations.</p> 
<p><u>Apr. 23, 2010</u> 10:30—11:30 a.m. Health</p>	<p style="text-align: center;">Senior Diagnostic Unit</p> <p>After receiving a psychiatric diagnosis, patients over the age of 60 are admitted to a 16-bed unit at Stormont-Vail for assessment and treatment plan. Wendy Gatewood & Kayla Essman will explain this specialized service.</p>
<p><u>Apr. 23, 2010</u> 11:40—12:10 p.m. Music</p>	<p style="text-align: center;">Best Songs of the ‘30’s, ‘40’s & ‘50’s</p> <p>Pianist JoLana Pinon will tinkle the ivories, playing such songs as <i>“Sentimental Journey”</i> and <i>“Why Do Fools Rush In?”</i></p> 
<p><u>Apr. 30, 2010</u> 9:15—10:15 a.m.</p>	<p style="text-align: center;">News & Views</p> <p>Current Events Discussion w/ Kevin McFarland</p> 
<p><u>Apr. 30, 2010</u> 9:15—10:15 a.m. People/Places</p>	<p style="text-align: center;">Nine Years in Russian Captivity</p> <p>Dr. Joseph Kovach, at the age of 14, spent nine years in a Russian gulag after being captured. He will share what this experience taught him about the human spirit. His son, Rev. Tobias Schlingensiepen will also speak.</p>
<p><u>Apr. 30, 2010</u> 9:15—10:15 a.m. Religion</p>	<p style="text-align: center;">Jesus Films and Missions Afar</p> <p>Marvin and Marcia McKinley have traveled around the world showing Jesus films. They have witnessed the powerful impact these films have had in bringing salvation to people from afar.</p> 
<p><u>Apr. 30, 2010</u> 10:30—11:30 a.m. Community</p>	<p style="text-align: center;">Division of Assets—Spending Down for Eligibility</p> <p>Long-term care and medical expenses can take everything a person has and then what happens? Marie Landry, Attorney for KS Legal Services will discuss some things seniors should know about Medicaid eligibility.</p>
<p><u>Apr. 30, 2010</u> 10:30—11:30 a.m. Art/Literature</p>	<p style="text-align: center;">Jump, Jive, and Swing: an Era in America</p> <p>Swing bands and their music surged in popularity in the 1930’s, 40’s and 50’s. Some songs are resurging today in movies and commercials. Herschel Stroud takes you on a musical journey.</p> 
<p><u>Apr. 30, 2010</u> 10:30—11:30 a.m. Health</p>	<p style="text-align: center;">Living with Parkinson’s Disease</p> <p>Meteorologist Rob Peppers will share how Parkinson’s Disease impacted his career and how he continues to deal with this disease on a daily basis.</p>
<p><u>Apr. 30, 2010</u> 11:40—12:10 p.m.</p>	<p style="text-align: center;">Contemporary Praise Songs</p> <p>Rev. Corey Fields will perform and discuss songs that define a contemporary worship service, including some original songs he has written.</p> 



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

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SPRING

By Arvie Calimlim



Its spring its spring
Oh I just can't wait
To find fruits on the vases
And flowers on my plate

I want to hear the warm sun
And feel the robin singing
Watch the scent of the flowers
And smell the butterflies flying

Its spring its spring
I'm so full of glee
For the people will bloom
And the flowers will be happy

The gray fields shall be covered
With the magic of the meadow
And the brown sky shall be painted
With the blossoms of the rainbow

Its spring its spring
How can I be blue?
For it is the time of spring
And only the spring brings you

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: _____ Home Congregation: _____

Registration fee of \$25 includes 8 classes in "Adventures in Learning," 4 musical programs, 4 catered lunches, and field trips between sessions. Now that's a bargain!

Number of Registrations _____ x \$25.00 = \$ _____

Donation to this ministry = \$ _____

Please check which Fridays you will be eating. \$ _____ Check Total

(First Fri. ___ ; Second Fri. ___ ; Third Fri. ___ ; Fourth Fri. ___)

CHOOSE ONE
 FREE FRIDAY

I am a **FIRST TIME GUEST** =

Fieldtrip Sign Up: Aldersgate Village "Remembering Tevis's Diner" May 12 _____

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.

<u>April 9, 2010</u>	
9:15-10:15	McFarland on the Clock _____
	Racial/Cultural Diversity _____
	News & Views _____
10:30-11:30	Bereaved _____
	Eisenhower _____
	HIV/AIDS _____

<u>April 16, 2010</u>	
9:15-10:15	Fire: Rusty & Boomer _____
	Financial Stewardship _____
	News & Views _____
10:30-11:30	Mortuary/Funerals _____
	Interior Decorating _____
	Eye Surgeries _____

<u>April 23, 2010</u>	
9:15-10:15	Vivian Kane _____
	Broken Body of Christ _____
	News & Views _____
10:30-11:30	Euthanasia _____
	Basket Making _____
	Senior Diagnostics _____

<u>April 30, 2010</u>	
9:15-10:15	Russian Captivity _____
	Jesus Films _____
	News & Views _____
10:30-11:30	Division of Assets _____
	Jump, Jive & Swing _____
	Parkinson's Disease _____

PLEASE MAIL BY MARCH 25th. THANKS!

April 9, 2010

9:15—10:15 a.m.

On the Clock—Dr. Joe McFarland

Racial/Cultural Diversity—Dr. Andrew Gardner

News & Views—Current Events Discussion
with Kevin McFarland

10:30—11:30 a.m.

Befriending the Bereaved—Terry Frizzell

The Eisenhower's—Larry Wright

HIV/AIDS—Amy Wethington

11:40—Sanctuary Music

Judy Coder's Patsy Montana Show

April 16, 2010

9:15—10:15 a.m.

Fire K-9 Boomer—Rusty Vollintine

Financial Stewardship—Steve Bayer

News & Views—Current Events Discussion
with Kevin McFarland

10:30—11:30 a.m.

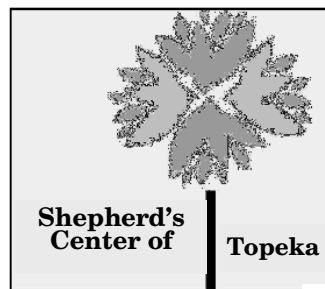
Mortuary/Funerals—Fred Holroyd

Interior Decorating—Toni Farrell-Higgins

Eye Surgeries—Dr. Arla Genstler

11:40—Sanctuary Music

Medley of Hymns by Rev. Cecil Washington



Hosted at

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

SPRING 2010

“ADVENTURES IN LEARNING”

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

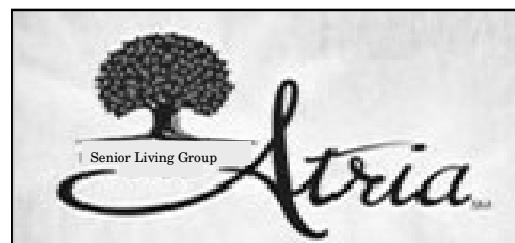


9:00—10:30 Parlor, Upper Level
Refreshments by



12:15—1:00 Dining in Lower Level

Buffet compliments of:



April 23, 2010

9:15—10:15 a.m.

Educator/Realtor—Vivian Kane

Broken Body of Christ—Rev. Cliff Bond

News & Views —Current Events Discussion
with Kevin McFarland

10:30—11:30 a.m.

Ethics of Euthanasia—Shirley Bradley

Longaberger Baskets—Sue Fackler

Senior Diagnostics—Wendy Gatewood
& Kayla Essman

11:40—Sanctuary Music

Pianist Jolana Pinon

April 30, 2010

9:15—10:15 a.m.

Russian Captivity—Dr. Joseph Kovach &
Rev. Tobias Schlingensiepen

Jesus Films—Marvin & Marcia McKinley

News & Views —Current Events Discussion
with Kevin McFarland

10:30—11:30 a.m.

Division of Assets— Marie Landry, JD

Jump, Jive & Swing—Herschel Stroud

Parkinson's Disease—Rob Peppers

11:40—Sanctuary Music

Contemporary Music by Rev. Corey Fields