



## Moderator's Musings-

Fall, 2019

We have so many opportunities for spiritual growth. There are so many ways to develop a closer relationship with our Creator. So many ways to serve our neighbors as Jesus taught us. Are we taking advantage of them, or are we content to sit and watch the nightly news and then episodes of our favorite TV show?

**Spiritual growth:** I have recently been introduced to "Morning Reflection" by Glenn McDonald\*, a Presbyterian minister and author. Each morning I receive an email reflection on a current event or celebration and how that is easily tied into our lives in Christ. I have really enjoyed this and they have given me something to think about during each day. I am reading through Rhythms of Growth by Linda Douty – 365 Meditations to Nurture the Soul. Using images of the natural world around us, Ms. Douty gives us the opportunity to take a closer look at who we are as Children of God. She gives the opportunity to journal about reflections of each passage. I am still working on the journaling part!

**Closer relationship with our Creator:** We can develop a closer relationship with God through our worship on Sunday mornings, by prayer and the study of the scriptures. Here's a suggestion: while watching the nightly news, pick a news story, anyone will do. Pray about it. Pray for the people involved, for the governments, the countries, the situation. Ask "How can I help?" of God, our Creator. But as the adage says, "Beware of what you ask for..." God might just tell what *you* can do! I did this once and it took me to the United Nations!

**Serving our neighbors:** Presbyterian Women **ARE** the Hands and Feet of Christ in the world. We serve our neighbors by putting hygiene kits and school bags together, by sewing Christmas stocking for those incarcerated in our communities. We organize and serve funeral lunches and bake sales to

fund church programs. We sew Little Dresses for Africa and sani-pads for teen girls. We visit our home bound sisters and brothers and we pray for them. We collect school supplies for the local elementary school at the start of school and hats, scarves and mittens at Christmas. We knit/crochet prayer shawls and sleeping mats. We have a dinner to raise funds so that a village in Uganda can buy chickens so they have eggs for the children to eat.

Diane Kratz, our Together in Service Coordinator has written to tell you about the 4<sup>th</sup> Annual Mission Blast on October 19<sup>th</sup>. This is a wonderful opportunity to serve our neighbors. Come join us! If you can't be with us, pray for us that our time together may be a time of fun, fellowship and creativity. And while you are watching your favorite TV show, I hope you will consider knitting or crocheting a prayer shawl, hat and scarf or putting together some sani-pads or Christmas stockings. You could write a short note to a PW you miss seeing at church or in circle!

God bless us all in all we do!

Kathleen Keefer,  
Moderator of PW in PMRV

\*To receive Morning Reflection go to:  
<http://www.pages03.net/ascensioninformationservices/MorningReflectionList/Optin/?spMailinqlID=38795551&spUserID=ODAwMTk1ODkzOTg2S0&spJobID=1460506244&spReportId=MTQ2MDUwNjI0NAS2> and complete the form. To read a Morning Reflection – type 'Morning Reflection, Glenn McDonald' into your search engine and choose one to read on the list.



Who's this??? See the last page to find out!



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<http://pmrv.org/index.php/presbyterian-women>



## TOGETHER IN SERVICE

**Diane Kratz Together in Service**

In August I was flying home to Omaha. I was amazed at the flooding we still had in Nebraska and Iowa north of Omaha and the flooding to the south would have been even worse. I was thinking about how difficult life must be for the children. Yes, the parents would be busy trying to salvage what is left of their farmstead. The fields were unable to plant and there are no crops to harvest.

I started thinking about the children, nothing has been "normal" all summer. School has started with everything that goes with school, notebooks, pencils, crayons, rulers, eraser, school bags and the expense for getting students ready for school.

The Presbyterian Disaster Assistance has School Kits for just these children. School is now the normal part of their day! For six hours, school is the same it has always been, the teacher, the chalk boards, the friends, books, reading, math. For those six hours, the floods are forgotten.

I want to thank Cheryl Henry for sewing school bags for the Missouri River Valley Presbyterian Women to fill at the Mission Blast on October 19 at Church of the Cross. Please

ask your church members to collect the items from the School Kits for the children of our floods.



This is the list of School Kit Items:

### **School Kit - Value \$15**

- 1 — pair of blunt scissors (rounded tip)
- 3 — 70-count spiral notebooks or tape-bound pads of 8" x 10 1/2" ruled paper or pads with 200-210 sheets of ruled paper. Do not include filler paper.
- 1 — 30-centimeter ruler (12")
- 1 — hand-held pencil sharpener
- 6 — new pencils with erasers
- 1 — large eraser
- 1 — box of 24 crayons
- 1 — cloth bag, 12" x 14" to 14" x 16" finished size cotton cloth bag.

Pack all items in the cloth bag.

**Church of The Cross**  
**Saturday October 19,**  
**2019**  
**Mission**



## Sheri Sessions to speak at the Mission Blast



Sheri Sessions retired from Presbyterian Church of the Cross where she served as our Christian Education Director. As she was contemplating retirement, she decided to start training as a Presbyterian Disaster Assistance volunteer. She has been deployed to several disasters over the past couple of years. Sheri is going to tell us about her experiences during our Potluck Salad Luncheon during the Mission Blast at Church of the Cross on October 19. The photo is of Sheri with her Omaha Disaster Team.



The **Mission Blast** on October will allow us an opportunity to take mission one step further. We can all be generous givers and provide "hands-on" help with cutting, sewing and assembling items, and kits in service for people who are hurting.

-Before the end of the year, I will be sending out a **Mission Report Form for your Together in Service** person to fill out and return to me by the end of the year. Please be looking for it

God Be With You,  
**Diane Kratz MRVPW Together in Service**  
[dhkratz@hotmail.com](mailto:dhkratz@hotmail.com)  
**402-334-1604**

**These are some of the projects we will be working on that day. Please consider donating items from the following lists:**

### Hygiene Kit

1 – hand towel (approximately 16" x 28", no finger or bath towels)  
1 – washcloth  
1 – wide-tooth comb  
1 – nail clipper  
1 – bar of soap (bath size in wrapper)  
1 – toothbrush (in original packaging)  
10 – Band-Aids® or other adhesive bandage strips.

Please do not add toothpaste. Toothpaste with an extended expiration date will be added to Hygiene Kit shipments just prior to shipment.

Seal all items in a one-gallon plastic bag with a zipper closure.



**Christmas Stockings for HELP Prison Ministries** will be needed again this year.

You can take the stockings to HELP, which is located in "The Center" on 42nd and Center Street in Omaha.

**Finished Christmas Stockings** can be brought to the Blast.

### Little Dresses for Africa

Pillow cases or light weight cotton fabric and trim to make little dresses for Africa. These are the sizes for the dresses so you can tell the amount of fabric needed:

- ❖ **Small** = 2, 3, and 4 (16-22 inches long)
- ❖ **Medium** = 5, 6, and 7 (24-28 inches long)
- ❖ **Large** = 8,9, and 10 (30-34 inches long)
- ❖ **X-Large** – size 11 and above (anything over 35 inches long) Older girls love skirts too!

### Sani-Panties for Little Dresses for Africa

Absorbent terrycloth or towels  
Soft fabric such as flannel or T-shirt knit  
Velcro or snaps. Sharp scissors.

# Around the Presbytery

**NHPC - Fall Rummage Sale** starts Thursday, September 19 thru Saturday September 21.



**Bethany, CB - Meet and Greet Brunch** Nov. 2 - 10 a.m. An opportunity for all women of the church to learn about Presbyterian Women and our other women's groups.

**Bethany, CB - Soup Supper** Nov. 7 - 4:30 to 7p.m.

**Faith – Salad Luncheon – see below**

Harvest

## SALAD LUNCHEON

BAKE SALE & BOUTIQUE

**Thursday, November 7th**  
**Craft Boutique & Bake Shop**  
**10:00 A.M. until 1:30 P.M.**

**Lunch \$9.00**

**11:00 A.M. until 1:00 P.M.**  
**Children Five and under free**  
**(To Go Available)**

**Faith Presbyterian Church**  
**8100 Giles Road**  
**La Vista**  
**(402) 331-6944**

**Please invite your friends!**



**Children attending "God's Children Primary School" in Manyangwa, Uganda.**

The school is very thankful to receive school supplies, books, clothing and financial support from the Presbyterian Women of the Presbytery of the Missouri River Valley.

(Kathleen made all the little skirts/shorts and sent them along with the t-shirts. Her friend runs this school.)