

OVERLOOK



OVERBROOK



December

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Vision Statement: Living God's love in our community.

OVERBROOK UNITED METHODIST CHURCH
1005 N. Maple P. O. Box 129
Overbrook, Kansas 66524
Dean Lashley, Pastor

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MISSION STATEMENT

The Overbrook United Methodist Church is a vibrant family of believers who know, love and serve God by making God's Love known in our community, LEADING People to Christ, FOSTERING Spiritual Growth, and MINISTERING to the World.



Joys & Concerns

Five Rivers District Prayer Calendar —We will pray for Lay Servant Ministry (December 5), Disaster Response (December 12), Baker University (December 19), Lay Academy for Rural Church Ministries (December 26).

- ◆ That God will strengthen our Church by God's Spirit.
- ◆ That Christ will dwell in our hearts by faith.
- ◆ That we will be rooted and established in love.
- ◆ **Brookside Retirement Community:**
Ramona Anshutz, Pauline George, Leslie Greenfield.

Andy Frye 3	Loyette Buffum 7
Debbie Rose 9	Davin Supple 14
Carol Shaffer 17	Cheese Martin 17
Lila Fox 20	Ava Rowe 21
Toni Lee 21	Brendon Gerisch 24
Sophie Gerisch 27	Elisha Benham 27



Joe & Debbie Rose 6

Larry & Judy Maddux 17



January 2022 **OVERLOOK** Deadline!
Thursday December 23rd at 12:00 pm. (noon).

Joys & Concerns

- Bonnie Bond recovery from stroke.
- Everett Thompson speedy recovery.
- Judy McMillan recovering from hip surgery.
- Karen Smith Stromgren has been moved to Madonna Rehabilitation Hospital Omaha NE, for further rehabilitation.
- Lynn Price recovering from covid19, also the lung nodule has not grown, will watch for another year.
- Pat Martins son, Danny Sowers at home recovering from covid19.
- Dean Supples cousin Judith Powell having battled cancer and heart disease her heart is only working 20-25 %.
- Avery Faddis, 7-year-old granddaughter of David & Karen Badger who is undergoing chemotherapy for a kidney tumor.
- Judy and Larry Maddux daughter Sarah Calderon, prayers for healing health.
- Ken & Orvina Tidball daughter in law, Rachelle Tidball, cancer treatments.
- Paula Gillard recovering from cancer treatment.
- Peggy Fortenberry cancer treatments.
- Billie Jo Gerisch father, Kevin Smith stage 3 cirrhosis of the liver.
- Michelle Curtis ongoing ovaries cancer treatment.



Small Group News

MEN'S GROUP

All men are invited to the OUMC Men's Group Bible study on the **2nd & 4th Saturdays** of the month at **7:00 am**.

WOMEN'S GROUP

Women's Group - **1st and 3rd Saturdays at 10 AM**. The group is open to all women!

4F GATHERING

QUARTERS OF KINDNESS

Our 4F Group continues to support our community through our "Quarters of Kindness" program. Deposit your quarters in the quarter tube and other change and monetary donations in the jar in the Sanctuary. The group will randomly surprise our community with support. Some current ideas include: Paying for laundry at the low income housing, and gas/food gift cards for Casey's. If you have any ideas please let Jessica Frye know or if you know of someone connected to our community or church that can use fuel assistance.



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NEWS



From Our Church

Old-time Christmas Celebration Saturday December 4 from 6:00 – 8:00 pm. Come join us to celebrate the holidays with sugar cookie decorating, crafts, Christmas music and Holiday favorite shows!

Congratulations, Braxton Levi Dean Stromgren, born May 22, 2019, adopted November 20, 2021 by Nicole and Melissa Stromgren, grandparents LeRoy & Karen Stromgren, Great Grandmother Letha Smith.

Help House is in need toothpaste, toothbrushes. Deodorant, shampoo, rinse, body wash, bath soap, body lotion and any personal items.

Please let the Church office know, if you have had a baby, grandbaby, great-grand baby etc.

Please remember to check on all of our shut-ins. As this is a difficult time for everyone, however more difficult for the ones that are shut-in.

UPDATES to Joys & Concerns: If you have any updates, additions, or corrections please contact the church office and let Charleen know.

Nutritionally, this humble fruit is top notch for several reasons:

Pears are an excellent source of fiber. A medium-sized pear provides 6 grams of fiber – the majority found in the skin – equal to about 21 percent of the recommended daily value. This makes pears one of the best sources of fiber of all fruits. Pears are fat free and cholesterol free. By including more pears in your diet, you will replace higher fat foods helping lower your overall intake of fat and cholesterol. This may help reduce your risk of heart disease and some types of cancer. Pears are sodium free, too. Eating more sodium free foods, like a pear, just makes sense since most Americans over-consume sodium. Pears are a good source of vitamin C, phytonutrients, and antioxidants. A medium-sized pear provides about 7 mg or 8 percent of the daily value for the antioxidant vitamin C. Pears also naturally contain various phytonutrients and other antioxidants supporting good health. Choose pears with vibrantly colored skins of various pear varieties. Not sure which variety of pear is best for cooking or how to store pears, here are tips you need to know:

- Firmer varieties like Bosc and Anjou are best for cooking while Bartlett and Comice are best raw.
- Keep pears out on the counter until they are ripe. Then store in the refrigerator.
- To determine ripeness, gently press near the stem with your thumb; if it gives slightly, it's ready.
- Puree pears into smoothies, sauces, and dressing to add sweet flavor.

Now that you know why pears should be a common food found in your kitchen, let's talk about this recipe. If you already love pears, be prepared to fall in love even more. Even if pears are not your favorite fruit, give this very simple recipe a try. Just four ingredients with a cook time of only 20 minutes – that's hard to beat! For that touch of natural sweetness, maple syrup is added to help satisfy your craving for a sugary confection. It's pure deliciousness at its best.



Maple-Poached Pears

Ingredients:

2 cups water

1/2 cup maple syrup

2 cinnamon sticks

4 pears, peeled, Bosc or Anjou varieties best for cooking

Instructions:

In a large pot, bring the water, maple syrup, and cinnamon sticks to a boil.

Add the pears. Bring back to a boil, and then reduce the heat to medium. Cover and simmer until the pears are soft, about 20 minutes.

Serve warm.

Variation tip:

Make red wine-poached pears by replacing 1 cup of the water with 1 cup of dry red wine and replacing the maple syrup with 1/4 cup of honey.

SAFE GATHERINGS

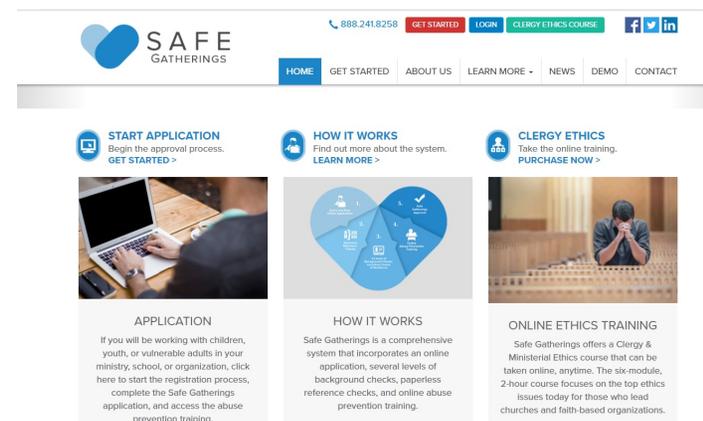
Safe Gatherings began in 2012 as a project to assist the Kansas East UMC Conference (now part of the Great Plains UMC Conference) in taking advantage of technology to automate their paper-intensive protection program.

Fueled by a passion for protecting vulnerable populations, we created an online tool to streamline the process and make it easier for the Conference and the churches they serve—and in doing so launched Safe Gatherings.

After a year of enhancing the system, Safe Gatherings expanded to other United Methodist churches and conferences, and then to other denominations. In 2015, Safe Gatherings started working with other organizations that serve children, youth, and vulnerable adults, such as schools and community organizations. The focus has always been abuse prevention through a system of checks and balances.

Safe Gatherings now serves more than 9,000 churches and organizations across 42 states, including multiple denominations.

This is what the page looks like you will click on start the application and follow the on screen directions. If you have problems you can call the office and I'll try to help you.



Here is the link to their web page: <https://Safe Gatherings.com>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:00 pm—Choir practice	2	3	4 7:00 am TOPS 10:00 am Women's Group 6:00—8:00 pm Old Time Christmas
5 Communion 9:00 am Sunday School 9:45 am Coffee Fellowship 10:00 am Worship Service 2:00 pm—Church Charge Conference Ottawa 1 st	6 7:00 pm —Finance Meeting	7 2:30 pm—Worship at Brookside 7:00 pm—Cancer Support Group 6:00 pm Women's Dominos 7:00 pm—Boy Scouts	8 7:00 pm—Choir practice	9	10	11 7:00 am Men's Group 7:00 am TOPS 11:00 am—Baker Funeral
12 9:00 am Sunday School 9:45 am Coffee Fellowship 10:00 am Worship Service	13 7:00 pm—Trustees Meeting	14 2:30 pm—Worship at Brookside 7:00 pm—SPRC meeting 7:00 pm—Boy Scouts	15 7:00 pm—Choir practice	16	17	18 7:00 am TOPS 10:00 am Women's Group
19 9:00 am Sunday School 9:45 am Coffee Fellowship 10:00 am Worship Service 11:00 am Church Council meeting	20	21 2:30 pm—Worship at Brookside 5:30 pm—Tuesday Table 7:00 pm—Boy Scouts	22 7:00 pm—Choir practice	23 Overlook Articles DUE	24 Christmas Eve 	25 7:00 am TOPS 
26 9:00 am Sunday School 9:45 am Coffee Fellowship 10:00 am Worship Service	27	28 2:30 pm—Worship at Brookside 7:00 pm—Boy Scouts	29 7:00 pm—Choir practice	30	31 New Years Eve 	