Blessed are the Crazy

Breaking the Silence about Mental Illness, Family, and Church

To be blessed... to be in the right and loving protection of God; to be the recipient of extraordinary favor and to know that the eyes of the loving Creator and Sustainer are ever with you.

Blessed are the hungry. Blessed are the poor in spirit. Blessed are the crazy. In our world, so many people are affected by mental illness and mental health, but even more don’t have the tools and language to talk about it. Furthermore, the church has long been reluctant to seek out those tools, to speak that language, and bless those whom society shuns. As a culture, we are not comfortable talking about mental health/illness. All too often we think of mental illness as a character flaw or as a weakness, a sign that something is deeply wrong with the person suffering, and for far too long the church has remained silent.

During the month of February we will break that silence with a worship series, and a book study entitled “Blessed are the Crazy.” We will learn listen to and walk beside our friends and families as they carry crosses we cannot see. Only by breaking the silence surrounding mental illness can we understand and share the power of God’s healing love.

- February 2 – Depression/Anxiety (1 Kings 19:1-9 & Matthew 5:1-12)
- February 9 – Suicide (Acts 16:22-34 & Romans 8:38-39)
- February 16 – Addiction (Romans 13:12-14 & Mark 1:21-34)
- February 23 – PTSD (Job 7:11-21 & John 3:13-21)
You Are Not Alone

Maybe you have a mental illness diagnosis. And, you don’t know what to do or who to talk to because you are afraid people won’t understand and will abandon you.

Maybe your loved one, your friend, your co-worker, or your church member is dealing with mental illness. And, you don’t know what to do or what to say because you don’t understand this illness. Or you feel guilty. Or you are afraid you will be abandoned if people find out your loved one has a mental illness.

You are not alone. It is no one’s fault.

There are people who want to help you. NAMI, National Alliance on Mental Illness, is an organization throughout the United States that helps people with the lived experience of mental illness and that helps family members and friends. We have Family Support group meetings and Connections Support group meetings (for people with the lived experience of mental illness) every second and fourth Tuesdays of the month. We have educational meetings every first Tuesday of the month. We also offer several classes that you might be interested in attending. All services are offered free of charge to participants.

Go to www.namijoco.org to find out about these services and where they are held. You will also find a lot of information that should help you.

It is time to learn, talk, and share about mental illness as we go through the journey to mental wellness for all.

Doris Hamilton

The NAMI Family-to-Family Education Program is a free 8 week course for people who have a loved one with schizophrenia, bipolar disorder, major depression, anxiety disorders, borderline disorder, OCD, and PTSD. Course participants gain vital information, insight, understanding and will find support from teachers and other students that that many describe as life-changing.

Family-to-Family provides caregivers with communication and problem-solving techniques, coping mechanisms and the self-care skills needed to deal with their loved one’s mental illness, as well as its impact on their family.

Classes begin Wednesday, March 4 from 12:30 to 3:00 pm at Nall Avenue Church of the Nazarene 6301 Nall Avenue Prairie Village, KS

Please contact Doris at (913) 242-5227 for more information and/or to enroll in the class.

As part of our Outreach-Mission efforts at Overland Park Christian Church, we are a partner organization with Metropolitan Organization for Racial and Economic Equity (MORE2). However, we are more than just a pastor-led partner, and invite you to join in our efforts. Please join in one of the following events to find out how you can be involved:

- Kansas Issues Night – this is where we decide the work that is important to us, where we discuss how we can work towards racial and economic equity in Kansas.
  - Monday, February 17, 6:30 – 8:00pm First Baptist Church of KCK 500 Nebraska Ave., KCKS 66101

- MORE2 Board Meeting – the leaders of MORE2 determine the direction of the organization and implement strategic planning to see this important work to fruition. OPCC has two spots available on the MORE2 board – won’t you take part in directing this important work?
  - February 25th 6:00 – 7:30pm All Souls Unitarian Universalist Church 4501 Walnut St., KCMO 64111

www.more2.org
February 26, 6:30 p.m.

Join us as we begin the season of Lent with Ash Wednesday worship. On Wednesday, February 26th at 6:30 p.m., we will offer a traditional Ash Wednesday worship service in the sanctuary. Join us for scripture, prayer, song, communion, and the imposition of ashes as we worship together as a community. This worship opportunity is FAMILY FRIENDLY including an opportunity for children and youth to learn more about Ash Wednesday, as well as a special music offering. Regardless of where you begin your Lenten season, we hope you will join us for this meaningful time of year.

Lent Begins

Lent begins with Ash Wednesday. Watch for Lenten updates that will include study, devotional, worship, and Holy Week opportunities. Information about the season of Lent will be conveyed to you soon!

Sunday School for Parents

When Kids Ask Hard Questions: Faith-filled Responses for Tough Topics

When your kids ask the hard questions, are you prepared to respond? Utilizing conversations with one another, and the book, When Kids Ask Hard Questions (edited by Bromleigh McClенeghan and Karen Ware Jackson), together we will learn how to craft faithful conversations and be better prepared to tackle the tough stuff with our kids. This study will help us model faithful responses to the big questions about some of today’s toughest topics: race, bullying, suicide, mental illness, death, gender identity, divorce, money, generosity, technology, faith, and more! While the book itself is aimed at supporting parents with children aged 5-12, our discussions will range from pre-school to older kids and teenagers, drawing on resources and one another!

Join us each Sunday in February at 9:00 a.m. in Room 43 (right next to children’s Sunday School in Room 42) to continue support and guidance about being a faithful parent in today’s world!

Calling all Elders and Board Members

All OPCC elders and board members are invited to a meeting on February 16 in the Fireside Room after worship. The goal of the meeting is to examine our current work as elders and help equip us for the future.

The meeting will last approximately 1.5 hours and be completed by approximately 1:30 PM. Box lunches, soft drinks, water, and coffee will be provided. Rev. Laura will be leading the group in a discussion from highlights of the book Your Calling as an Elder by Gary Straub. We will examine our roles as elders at Overland Park Christian Church. Many already have the book and are encouraged to reread it before the meeting. If you cannot find the book, contact Rev. Laura or Kathy Kinder and we will make sure you have a copy.

Boxed Lunch Options (comes with chips and cookie) white or wheat bread:
1. Italian Sub
2. Roast Beef
3. Mile High Turkey
4. Garden Veggie

If you plan on attending this meeting and have not notified Kathy Kinder of your lunch choice, please do so ASAP! Otherwise, she will just order a variety and let people choose on Sunday the 16th.

If you have special dietary needs, please let Kathy know and she will work with you.
RSVP and questions to Kathy Kinder at kathykinder@kc.rr.com or 913-908-2554

We look forward to meeting with everyone who can make it.

OPCC Elder Quad – Kathy Kinder, Sharon McBride, and Jody Cash

Volunteer Reception

We LOVE our volunteers The Board of OPCC would like to extend our great thanks to all of our volunteers who make our amazing ministries possible. ALL of our OPCC volunteers, no matter how much or little you’ve volunteered, are invited to our Thank You Volunteers Reception! Saturday February 29th at OPCC in the Fireside Room, noon – 2:00 p.m.
Church Directory Update

The final version of photos and directory information are at the printers and our OPCC directory is in production! Stay tuned for your opportunity to pick up the latest directory!

Middler’s Sunday Morning Christian Education Class
Northwest Section of Fellowship Hall

OPCC offers a Bible study class for adults on Sunday mornings from 9:00 – 10:00 a.m. in the Northwest Section of Fellowship Hall. This class follows the Feasting on the Word curriculum. Come and join us in this discussion to pursue God, build community, and embrace compassion as we study from scripture to discern God’s provision for us. All are welcome.

Questions? Contact Peggy Moore at 913-592-0179 or wpmoore63@gmail.com.

Empty Nesters

The Empty Nesters are invited to a planning session for events for 2020. We will meet on Wednesday evening, February 12, at 6:00 p.m. in the Fireside Room for this planning session. Please join us and bring your ideas!

Men’s Fellowship Group

The Men’s Fellowship Group meets on the first Saturday of each month from 9–11 am in the Fireside Room for coffee, study, and fellowship. Our new study book is “If the Church were Christian”. All men are invited to join us.

Contacts: Wayne Moore, 913-592-0179 or Emerson Hartzler, 913-422-1378

Girlfriends Unlimited

Women of OPCC, join us for study, fellowship, and fun! Girlfriends Unlimited is a mid-week offering for women who are looking for ways to deepen their relationship with God by practicing their faith in everyday life. Please join us on Wednesday evenings, 7:00–8:30 p.m. in the Fireside Room.

Questions? Contact Peggy Moore at 913-592-0179 or wpmoore@wildblue.net.

CWF (Christian Women’s Fellowship)

CWF will take a break from meeting over the winter and resume meeting on the 2nd Mondays of each month, at 7:00 p.m. in the Fireside Room, on March 9, 2020. All women are welcome!

Christian Caregivers Support Group

If you have the responsibility of caring for another person, or if you are the primary person of caring for yourself, you are welcome to join our Christian Caregivers Support Group. The OPCC Christian Caregivers meet on the 2nd and 4th Mondays of the month, 1:00 – 2:30pm in the Fireside Room. Join us for support and encouragement and words of wisdom from our caregiving community. For more information, contact Peggy Moore at wpmoore@wildblue.net or 913-592-0179.

Grief and Loss Support Group

Loss is a fact of being alive in our world and no one is immune from the experience. It is at this time where we can use some extra support and community to move through these losses while maintaining as balanced a life as possible. Meeting with others who have experienced loss in a safe and compassionate setting helps us to move toward a more healthy response to loss.

Join us as on the 1st and 3rd Mondays of the month, 1:00 – 2:30pm in the Fireside Room. Questions? Call Peggy Moore at 913-592-0179.

Boy Scout Troop 283 will hold their annual Pancake Feed on Saturday, March 7, from 7:30 AM to 11:30 AM in Fellowship Hall. A donation of $6.00 is requested for all the pancakes and sausage you care to eat. Children under 6 are free.

Tickets will be sold at OPCC on Sunday, March 1, and will be available at the door on Saturday, March 7th.
Any child, youth, or adult who is interested in becoming baptized this Easter season is encouraged to contact Rev. Laura who will help organize the guidance you will receive in your preparation for this special sacrament.

Bingo is Coming Back!!
Youth Mission Trip Fundraiser
Friday, March 6, 7-8:30pm
Join us for a fun night of Bingo and help support our youth mission trip at the same time!
★ $7 for first cards and $1 for additional cards.
★ Donations of prizes are welcome.
★ Questions? Contact Jennifer Lee

President’s Day Lock-in
Sunday, February 16 at 9:30pm
to Monday, February 17 at 7:00am
4th graders through High School
$25 per person
@ Emerald City, 9063 Bond, OPKS
Coming up on February 16th/17th is our annual lock-in with area DOC churches at Emerald City — a night of exhaustion and exhilaration all wrapped into one! It is open for 4th grade through seniors in high school at Emerald City Gym. We meet at 9pm on Sunday and can play on the equipment until around 2am, at which time we will lay down with movies until youth are picked up by parents at 7am on Monday. Cost is $25 per participant. Please let Rev. Laura know if you are interested in going by Tuesday, February 11.

Summer Things to Keep in Mind!
★ Vacation Bible School – Dates TBD, but keep it in mind! Can you volunteer?
★ Youth Mission Trip – Dates and location also TBD, but will be available soon.
★ Summer Camp at Tall Oaks – Dates for summer camp are published and available on the Tall Oaks website, www.talloaks.org
Remember that OPCC has scholarships available for EVERY CHILD who wants to go to camp! We believe strongly in the power of reconnecting with God in such an amazing space and want everyone who desires, to be able to experience camp at Tall Oaks!
There is something sacred about investing in the future. Working toward a better future is an act of faith in and of itself. Whether we invest time, energy, or resources, we give a part of ourselves to a future time that we can’t yet see, trusting that God will bring about good things in a new and unknown season. Even more sacred is an investment in the future of our children.

Across time and space, and across the many cultures and places that I am privileged to visit in my work with Week of Compassion, people share this in common. Everywhere I go, families and communities are thinking about what is best for their children and what investments of time, talent, and treasure right now will build the best world for them tomorrow. Sometimes it is hard for families to dream of a hopeful future. In many of the places where we serve, families have been hurt, separated, or displaced. Their community or government might not have the infrastructure or resources to help them recover, or they may not have the possibility of education for their children. They might not have access to safe water, adequate food, or medical care. With so many challenges, it takes everything just to survive the day, much less dream of a future.

So we dream about the future—for our own children, and for theirs. We dream of a future where all are empowered to thrive; where every child has what they need to grow and reach their potential. We dream of a world where everyone can be safe and healthy, sharing the gifts God has given them.

More than twenty years ago, a group of young men were living in a refugee camp in southern Mexico. Their families were preparing to return to their home village in Guatemala, and these boys had the opportunity to go to school in Guatemala City. With support from Week of Compassion, they completed high school, and then university.

From the beginning, these young men made a commitment to give back, using their education not only to make a living but also to improve conditions for others. Now, more than twenty years later, some work as human rights attorneys; some provide agronomy services; and some are teachers. They serve in leadership roles in their village of Santa Maria Tzeja, where one of them is even in local government.

Recently, a group from Central Christian Church in Indianapolis traveled to Guatemala for a visit. Pastor Linda McCrae says, “I wish all Disciples could see the impact that these scholarships have made. One of the men, Emiliano, is the oldest of five children. When he finished his studies and began to work, he paid for the education of the next oldest brother. They continued that practice until all five had completed college. In addition to supporting their siblings, this group of former students has contributed about $5000 to educate eight other young people in the community who are not related to them.”

Through your support to Week of Compassion, 50 members of this community are now going to college—more than two decades later. As one of the men told the recent visiting Disciples: “We are the fruit of the sacrifices that you have made.”

We plant, and we water. But God gives the growth. For 75 years now, our work has been about creating a better future for those displaced by war, famine, or economic realities. Sometimes, we plant trees whose fruits we will never see. But in the work of investing in futures, there is hope. When the Church builds toward that future together, we bear witness to our belief in the resurrection. Giving to this ministry and planting seeds of a blessed future is a sacred act; and the land that we water together is holy ground.

Thank you for participating in this year’s special offering. Your partnership, throughout the year, makes a big difference throughout the world. On behalf of the Week of Compassion’s board and staff, thank you for your compassion and care for the least of these.

WITH MUCH GRATITUDE,
Rev. Vy T. Nguyen,
Executive Director
Week of Compassion
Prayer List

Prayers of Concern

- Marian Bilyea & Rick Everist
- Pat Brennan (Maurica Campbell’s friend)
- Ron Brown (John Peter’s uncle)
- Harper Claar (Roger & Vicki Claar’s granddaughter)
- Phyllis Cooke
- Nancy Corbin
- Bob Gentry (Maurica Campbell’s friend)
- Lorraine Hartnett
- Carol Huffman (Peggy Fach’s sister-in-law)
- Melody Jerden (Judy Snyder’s sister)
- Barbara Killion
- Audrey Lively
- Rhonda Phelps (Roger Claar’s sister)
- Ada Phillips (Teresa Phillips’ mother)
- Earl Sheldon
- Nadine Sheldon
- Billie Warden

Continued Prayers

- Mary Aelmore
- Margo Brown
- Frances Bruning
- Bob Carter (mentor of Larry Swanson, Sharon McBride’s son)
- Nancy Coffman
- Barb Collins
- Mark Conner (Lorraine Hartnett’s grandson)
- Lawana Degraffenreid
- Gary Eilert (Jan & Ed Eilert’s son)
- Jan Eilert
- Christopher Elliott
- June Faltermeier (Nancy Coffman’s sister)
- Pat Frisbie (Maurica Campbell’s friend)
- Pat Gray
- Alex Horton
- Donna & Marshall Howard
- Rowena Hutchinson
- Ina Fern McBride
- Shirley McGee
- Florene & Tony Miele
- Max Norton (Marge White’s son-in-law)
- Teresa Phillips
- Ann Sandler
- Gerry Spillers
- Sandy Teeple
- Gordon & Iline Toms
- Wilma Townsend
- Doris Watts
- Wanda Whitney
- Evan Yoder (Cassy and Bob Evans’ grandson)
- Joe & Jean Zacher

Condolences

- to Dan Horton and family on the death of his father, Bill Horton, on January 18.

Military Prayer List

- Jamie Crowe (Bo & Chris Crowe’s son), US Marines
- Dustin Doree (Betty Craney’s grandson), US Army Ranger trainer
- Cameron McDonough (Cathy Wilson’s son), US Navy, stationed on the USS Gonzalez DDG 66
- MAJ Amber R. Phipps (daughter of Dale & Nancy), US Army stationed on the Special Forces Compound - Camp Brown in Kandahar, Afghanistan
- SSG Edward Pinkelman, Jr. (Ed & Kathy Pinkelman’s son), US Army, stationed at Camp Buehiring in Kuwait

To add or remove persons from prayer lists, please contact Michelle Reiter at ext. 223 or michelle@opccdoc.org

Thank You

To My Church Family,

I want to thank all of you for being with Harlan and me the last few months. Thank you for the many prayers for both of us, for the many cards sent to Harlan and me, for visiting him when he was in the hospital and home, for assisting with the beautiful memorial service, and for the benevolent meal after the service. Thank you for your donations in his name to the church. Thank you, also, for being there for me now. God bless all of you,

Doris Hamilton

Many thanks to all for your cards, prayers, and well wishes during my recent bout with and surgery for a retinal tear. Special thanks to Terri Bookless and Laura Phillips for covering for me on getting the Scene newsletter, Sunday bulletins, and projection done for the month of January. I am recovering well and cleared for all regular activities!

Michelle Reiter

Garden Terrace Volunteers Needed

OPCC provides a worship service for the residents, their family members, and the staff at Garden Terrace Care Center, 7541 Switzer. This ministry is currently in need of more volunteers to greet and to serve communion — no experience necessary!

Services are 10:30-11:00 on Sunday mornings.

To volunteer or find out more information about volunteering at Garden Terrace, contact Doris Hamilton at 913-242-5227.
Interested in becoming a **Children Worship & Wonder storyteller?**

There is a training coming up at OPCC!

Friday, February 21, 6:00 p.m. - 9:00 p.m.
Saturday, February 22, 9:00 a.m. - 5:00 p.m.

To learn all about it, go to [www.docfamiliesandchildren.org/cww](http://www.docfamiliesandchildren.org/cww)

To register, talk to Lisa Engelken at church on Sunday or email her lengelken@dhm.disciples.org

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**Associate Pastor/Youth Minister Search Committee Update**

The Search Committee has created a Job Description which will be published to multiple outlets the week of 2/3/20, and is anticipating interviews the first week in March. All interested parties are encouraged to view the Job Post on OPCC’s Website, [www.opccdoc.org](http://www.opccdoc.org), and to send resumes to jobsearch@opccdoc.org. See the March issue of the OPCC Scene for an update as progress continues.

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**Congregational Care Ministry**

One of the strongest ministries we have going at Overland Park Christian Church, is our Congregational Care ministry. We are blessed with many dedicated volunteers who make sure that any of our care and/or grief needs are addressed, reminding us that we are all a community! Let this serve as a reminder that if you are going through something difficult, perhaps in the hospital, or at home and needing care, please don’t hesitate to contact our Congregational Care team. Between the Congregational Care team and our pastors, we hope you know how loved and important you are! You can contact the Congregational Care team by calling the church office (913) 677-4646. The team will receive an email of your message and get in touch with you as soon as possible. You can also call any one of our pastors. Many thanks for all the ways that each of you care for one another!

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**Prayer Chain**

Did you know that OPCC has a telephone prayer chain? Would you be interested in participating in this meaningful ministry of praying for others, especially when it is most needed? If you would like to be put on the telephone prayer chain, and join in our team of pray-ers, contact the church office.

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**Your OPCC Staff**

913-677-4646
info@opccdoc.org
(general church e-mail address)

Senior Pastor ......................... Laura Phillips
laura@opccdoc.org ext. 222

Congregational Care ............. Sharon McBride
slmcbride19421965@gmail.com ext. 224

Interim Children's Pastor ......... Lisa Engelken
lengelken@dhm.disciples.org

Interim Music Director .......... Mary Beth Boucher
marybethboucher2@gmail.com ext. 229

Accompanist ......................... Julie Dean
missjupes@gmail.com

Communications Coordinator/Bookkeeper .................. Michelle Reiter
michelle@opccdoc.org ext. 223

Receptionist ...................... Eileen McIntyre
office@opccdoc.org ext. 221

Building & Grounds ............. Lee Sprinkle
lee@opccdoc.org ext. 237

Nursery Director .................. Kourtney Leibman

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**Your 2019-2020 OPCC Board of Directors**

Barb Collins ......................... Chair
Jon Bivens ......................... Vice Chair
Terri Bookless ....................... Secretary
Pat Gilling ......................... Treasurer
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Copy deadline for next issue is March 3 for March 5 mailing.

**Help us reduce paper and postage costs!**

If you would like to be removed from this mailing list or to receive this publication by e-mail, please contact Michelle Reiter at 913-677-4646, ext. 223, or michelle@opccdoc.org