

# On The Wind

A Publication of the  
Presbytery of Southern Kansas  
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[www.pbysk.org](http://www.pbysk.org)

The annual Spring Gathering and business meeting of the Presbyterian Women of Southern Kansas was held on Saturday, April 21, 2018, at the United Presbyterian Church, Sterling, Kansas. The theme was "The Bread of Life" from John 6:35. Thirty-five members representing 10 churches and three guests were in attendance.

Pastor Melissa Krabbe of the United Presbyterian Church, Sterling, led morning worship. The Sterling Food Bank was the recipient of items brought to the Gathering. Darlene Risley of the Sterling Food Bank told the group about their work. The morning offering was also designated for the Sterling Food Bank.

The Highland Singers from Sterling College sang several numbers for the Gathering, and then asked the whole group to join in singing favorite hymns.



During the business meeting, Coordinating Team members were elected and installed and the 2017 financial report and the budget for 2019 were approved. An Honorary Life Membership was presented to Grace Lupfer of United Presbyterian Church, Jetmore.

After lunch, those attending the Churchwide Gathering, to be held in August, were commissioned.

The drama "Women of the Tent" was presented. The drama centered around the gathering of the loaves after the Feeding of the Five Thousand.



(Thank you Susan Wyman  
And Peggy McAllaster)

(more photos of the Spring Gathering at [www.pbysk.org](http://www.pbysk.org))



First Presbyterian Church, Coffeyville, honored Diane and Jack Massey on April 8<sup>th</sup> for their 10 years of service and devotion to the church. Diane Massey, CRE, serves as pastor for the church and Jack teaches adult Sunday school.

(Thank you, Rexanne)

Note the scripture on the cake; Philippians 1:3 "I thank my God every time I remember you."



In addition to the beautiful reception for Diane and Jack, the church requested a card shower for the couple. The church's printed invitation to the event read, "We have been blessed beyond measure by the Masseys." What a wonderful tribute to this couple!

Presbytery of Southern Kansas  
Meets on Tuesday, May 8<sup>th</sup>  
Grace Presbyterian Church, Wichita

## You'll Have More Energy to Do God's Work

By Dale Fletcher *Faith & Health Connections*

(a Christian health ministry headquartered in South Carolina)

Ephesians 2:10 helps us see that we are God's masterpiece, created to do the good things that He had planned a long time ago for us to do. We all know that the more fit and healthy we are the more energy we will have. The more energy that we have, the more we can put into whatever task we are doing. We'll also be better able to sustain ourselves for the long haul.

**The Health and Wellness Coalition of Wichita** suggests incorporating physical activity into everyday life by swapping the car for a bike and then bicycle to your worship service on **Sunday, May 20<sup>th</sup>**. This event encouraged by the Health and Wellness Coalition is called "Wheels to Worship" and it takes place during Bike Month. Bike Month is a time where people are encouraged to explore a different form of transportation – bicycling!

**Within various PSK churches exercise programs are offered. Check out the following information.**

**FPC Independence:** A group of ladies gather every Monday, Thursday & Saturday at 8:30 a.m. in the church Parlor for gentle stretching time led by Val DeFever (member). Each has their mats that they can leave in a closet, or take home. Some ladies stay after stretching time and enjoy each other's company for a bit. Ladies have commented that the time has helped them a lot.

**New Covenant, Hutchinson:** Church offers Exercise Classes in the Fellowship Hall led by a trained Physical Therapist on DVD twice a week, Mondays and Thursdays, 5:50 to 6:40 p.m. Activities include standing and seated movement, stretching, and stretch band. Attendees are free to sit out exercises that may be problems for them. Several members of other local churches share this activity with New Covenant, there is no age limit for attending.

**Covenant, Wichita:** Offers a Walk-a-cise group that meets Monday-Friday from 7:45-9:45 am. They walk in the gym between those hours and then visit and drink coffee. There is a \$5 a year fee to participate.

**Westwood, Wichita:** Church offers yoga to adults from 9-10 a.m. M-W-F. Chair exercises follow from 10-10:30 a.m. the same days. The class is in our Fellowship Hall. The class follows a video when exercising. Each person brings their own mat for the yoga portion. The chair exercises are great for those that want to do stretches but cannot get down on the floor. We have both men and women that attend. The class is free and open to the public. Most of the participants are from the community area.

**FPC, Hutchinson:** A small group of ladies meet for an exercise class three mornings a week using DVDs. Most of the ladies are from the community. They all are of retirement age (or well above) so it's a low-key exercise class.

**Trinity, Wichita:** On Wednesdays at about 11:30 there is an exercise class. The class uses a video and lasts about 1/2 hour. Class is held in the fellowship hall.

**Grace, Wichita:** A class that's called "exercise" meets on Mon, Wed, Fri at 9 a.m. It's a class with emphasis on strength and balance The group uses a video.

**Need some financial support** for your mission projects or scholarships for mission trips (youth and adult), peace-making/peacekeeping and educational workshops or seminars? The 2018 PSK Matching Grant Application is located on the PSK website [www.pbysk.org](http://www.pbysk.org) (under the heading Documents). The dollar amount available for matching is \$750.00.