the Rall Call monthly newsletter of Nall Avenue Baptist Church

Volume #29, Issue 10

October 2015



Who will be the Chili Champion this year?!?! You be the judge at the Fall Festival!



Sign up to Volunteer Online at nallave.org

Chili Cook-Off
Trunk or Treat
Caramel Apples
Inflatables

Coming Sunday
October 25
3:00–5:00 PM
67th Street Parking Lot



Phone: 913.432.4141 www.nallave.org Fax: 913.432.7587

Mirror Therapy

Joe Funderburk, senior pastor



On a June evening in 2004, Stephen Sumer was riding his scooter in Tuscany when a vehicle crashed into him. The resulting injuries were very serious and though the doctors were able to restore his health, Sumer lost his left leg below the knee. Almost immediately he began to deal with phantom pain. Phantom pain is an excruciating feeling that patients say comes from the limb that has been lost. In Sumer's own words, "My leg that's not there was killing me."

For a long time doctors were only guessing why up to 80% of amputees experience this pain. We know now that the brain is the main culprit. The brain contains a virtual map of the body corresponding to sensory inputs from different parts. When someone loses a part of their body it is theorized that the brain rewires these sensory pathways. So when the brain

sends a message to a missing limb and receives no reply, it activates neural pain pathways instead. There is also a theory related to the brain's reception of visual confirmation of any intended movement of the missing limb, and when no visual confirmation is given the pain pathway is activated. This led to an experimental idea. Mirrors would be used to reflect the movement of the remaining opposite limb in order to trick the brain and alleviate the phantom pain.

Stephen Sumer used the mirrors to treat his phantom pain and found great success. He has even traveled to parts of Southeast Asia bringing this treatment to people with an inordinate amount of amputee victims. He shows them how to use the mirrors to reflect the use of their opposite hand or leg. Sumer has distributed nearly 600 mirrors of his own design that he has had manufactured in Cambodia. Large numbers of amputees who have used this therapy have reported the disappearance of their phantom pain.

I believe there is a spiritual lesson to be learned in mirror therapy. In this life we will be injured along the way and experience loss. God calls us to look to Christ, the One who heals the brokenhearted. So often we simply stare into the emptiness of our hurt or loss looking for answers, yet all we experience is pain. We should look to the part of us that is not, and never will be, broken. If Christ resides in us, we must hold the mirror at an angle that reflects His love and glory and stare intently in His direction. When we focus on Christ we will not recover all that has been lost in this life, but we will find peace and freedom from the pain.

Keeping Our Promise



Sunday, October 11, during the Child Dedication ceremony, our congregation will commit to the following pledge: "Do you take the responsibility to assist this family as you teach and work with them in Sunday School, discipleship classes and in conversations that will encourage them in the spiritual development of their children?" In unison, we will affirm "We Are Committed."

Kelly Jackson, family life and operations

During such a unique season in life as having a newborn baby, what a beautiful thought to know that your church family supports you and will be working with you to develop your child spiritually.

I believe there are at least three ways we as the church can support and build up our young families.

Prayer—The prayers of the righteous are powerful and effective! As a church family, promising to lift these families up on a regular basis will be the best support we can offer. As the parents are learning to guide and lead their children in the Lord, you will be lifting them up to their Heavenly Father. Prayer is powerful.

"Adoption"—Not everyone has local grandparents. What a great gift it would be to have local "spiritual

grandparents!" Grandparents can counsel, guide and give great perspective during some of life's most challenging times. Consider "adopting" a family within the church that you can spend time with, encourage and faithfully pray for.

Serving—As we grow in the number of children we get to minister to weekly, the need for loving, patient and kind volunteers increases as well. When parents drop off their most loved possession in the children's ministry area, the volunteers make an incredible impression as they speak kind words, play with and pray for their children while the parents are receiving much needed adult time.

Each of these is a way to support our families with children. Please pray about the way or ways you would like to keep your promise.



Men's Ministry Fish Fry Scheduled for Friday, October 2



Men, join us at 6 PM, Friday, October 2, for a fish fry and talk from guest speaker Les Norman. Les is a former Kansas City Royals player and currently hosts a talk show on sports radio 810 AM.

The menu includes Fried Fish, Coleslaw, Hush Puppies & Dessert. The cost is \$6 per person (to be collected at the door). Invite a friend! It'll be a great night.

You can still sign up online or call the church office. You must register!



Congratulations to Cole and Opal Stephens on the birth of their daughter, Pearl, on September 13. Congratulations to brothers, Isaac, Eli and Andrew on their new sister!

CentriKid Summer Camp—Save the Date!

Kids in 2nd–6th grade are welcome to join us for an awesome week studying **The Armor of God** at Southwest Baptist University in Bolivar, MO.

July 18–22, 2016 are the dates. Cost is \$280 per person. Contact Kelly Jackson at kelly@nallave.org, if interested.



Winter Wondermart

On Saturday, November 14, from 9 AM to 4 PM, the NABC chapter of Mothers of Preschoolers (MOPS) is hosting the Winter Wondermart vendor fair fundraiser in the CLC. The vendor rental fees and sales of certain items will benefit the MOPS ministry here at Nall.

Please consider donating regular or pink lemonade mix or homemade sweets (anything except cupcakes) to benefit the MOPS chapter. They are in need of volunteers for 2-hour shifts between 8:30 AM and 5:30 PM that day. Please also help spread the word to potential vendors and shoppers. A Facebook page has been created called "Winter Wondermart." For additional details or to offer volunteer services, please contact Laura Solt at LauraSolt84@gmail.com or 785-844-2504.



JOY News for October Steve Crawford, JOY Coordinator

A good turnout of 53 people came to see the USO show by the Kansas City Bettys. The Bettys had a last-minute problem when two members of their team had to cancel. One was sick and the other had a death in the family.

The remaining two had to go on. For good luck one of them brought her 9-year-old daughter, Gracie, who dressed in a 1940's dress. The two ladies were not the singers, but they did the best they could with little Gracie's help. Watching Gracie, who knew the show better than her mom, saved the event!

The Bettys represent the Heartland Honor Flight organization and invited our WWII and Korean War veterans to sign up. In November, they will take veterans to Washington, D.C. to visit the monuments which honor their service. This is all at no cost to the veteran.

On Thursday, October 8, "The Raymers" will entertain us at JOY. They are a husband and wife team from First Baptist Church Raytown who sing gospel music, and some of their own songs as well as tell jokes.

If you like to cook, please bring a potluck dish to share. If not, you may pay \$4 at the door. JOY is open to everyone, so please bring a friend. Fellowship begins at approximately 11:30 AM.



Benevolence Activities Ramp Up!

Peanut Butter Drive Runs October 4-11

We will be participating in the City of Prairie Village's Peanut Butter Drive for the benefit of Harvesters. The barrels will be here October 2 and stay until October 13, so we can collect both Sundays, October 4 & October 11, as well as during the week. Thank you from the Benevolence Committee for participating in this important drive for helping the city's many hungry people.

Coat and Sweater Drive Starts Soon

Running in conjunction with the collection for the Johnson County Christmas Bureau, we will have a coat rack and tables for the collection of gently used coats and sweaters. The coats will go to the Bureau. The sweaters will go to a worthy organization. Please note that everything else except books (which can be gently used) given to the Christmas Bureau **must be new!!** Please do not bring any other used clothing or household items.

Thank you for your faithful participation!

Johnson County Christmas Bureau Collections Will Start October 25

This is our 12th year for giving to the Christmas Bureau! The drive runs from October 25–November 8. Their 2015 wish list includes:

- 1. Coats (especially children's sizes 8–18)
- 2. Personal care items like shampoo, facial tissue, toothpaste/toothbrushes, etc.
- 3. Teen gifts, ages 11–18, such as sleeping bags and comforters, small electronics and official size basketballs, footballs and soccer balls, etc.
- 4. Adult gifts, ages 19+, such as bedding, tool sets, small kitchen appliances, etc.
- 5. HUGS (Hats, Gloves, Socks), especially ski gloves, hat and scarf sets, and yarn, fleece and fabric for volunteer sewers and knitters, etc.
- 6. Toys, newborn to age 10 (examples on JCCB list)
- 7. Nursing Home gifts such as pajamas for men and nightgowns for women, cardigans, slipper socks with grippers and lap blankets, etc.

A complete list will be available at the time.



Trail Life Campout Coming October 24

The **Trail Life Camp Out** will begin around Noon, Saturday, October 24 and go through breakfast, Sunday, October 25. Dinner & Breakfast are provided. Cost is \$15 per person, if you're not registered with Trail Life. Tents are available, if needed. Cooking will be provided. Reservations required by October 18 to Richard Meiners at richardmmeiners3@yahoo.com.

This event is an overnight campout at the Hollis Renewal Center, and is free to all registered members of Trail Life Troop KS-1111. The campout is only for boys and a parent or guardian (it can be male or female); for all others the campout is \$15, if overnighting. Siblings, boys or girls, are welcome to attend, but there is a \$5 charge if you want to stay for dinner.

We request that no one bring any animals on the trip. Dogs do tend to scare away the native wildlife and although they are great companions, some boys are afraid of them. We will have bubble soccer, hiking, a Bible study and lots of room to run and play.

We have no planned evening activity. The kids will be free to run and play and have a blast. There is a creek on the property, which is quite shallow, so please be sure to have extra shoes, socks, etc, so boys can change. We do need to know if someone is coming even if they are not staying for the evening or dinner, since we have to make sure to have planned for the total number.

If you are camping out, we will provide dinner and breakfast, but not Saturday lunch, so please eat before you come. We will start setting up camp around noon till about 2 PM. Tear down will be in the morning, and we anticipate leaving before 10 AM, in order for folks to make it to church.

NOTE: Our next **Trail Life meeting** will be at Antioch Park on October 6, weather permitting, starting at 6:30 PM.

Register for all Family Ministry events by going to www.nallave.org. Registration is at bottom of home page.





Kim's Corner Kimberly Jeffers, students

If you have a teenager, or have been around any teenagers for at least 5 minutes or longer, then you know that their phone is equivalent to their life! OK, maybe that is a bold statement, but most teenagers spend an excessive amount of time on their phones. Many times they are social networking or taking selfies. Did you know that more people died this year taking a selfie than from shark attacks? Some cities are even putting up warning signs of how to take a safe selfie!

On Wednesday evenings we have been looking at the social media realm through a "hashtag" series. We have already studied "SelfieSunday," "MancandyMonday, "Transformation Tuesday," as well as "WomencrushWednesday." We still have "ThrowbackThursday" and "followfriday" to tackle. Join us in looking at what the Word of God says over what society tells us!

MARK YOUR CALENDARS!

Girls/Guys Hangout

Every second Sunday of the month is devoted to a hangout time for the students. This is typically a chill evening for the teenagers to spend time together and foster relationships with one another. Please encourage your child to finish their homework early and go to hang out with other students from church. Friends are vitally important to a teenager, so help us encourage relationships that are centered around the Lord.

Guys will meet at the DeMint household from 5:30–8:00 PM, Sunday, October 11. It's starting to get dark earlier, but is still nice enough, so the boys are going to take advantage of the outdoors! The boys are going to cook hot dogs on the grill, have an evening filled with glow-in-the-dark sports, and then end with a campfire and s'mores. If you are a male between the ages of 12–18, don't miss this fun-filled evening!

Girls are meeting at the Victorine household at 2:30 PM (earlier than normal) on October 11, to go to Louisburg Cider Mill and enjoy the fall atmosphere. Girls, layer up as we head to Louisburg for pumpkin picking and cider tasting. We will bring our pumpkins back to the Victorines and carve or paint them before we head our separate ways. Please bring \$10 to cover the cost of your pumpkin and cider. We will meet at the Victorine house at 2:30 PM and end our evening together at 8:00 PM.

Murder Mystery Party

Who Dun It?!! Come find out from 4:30–8:00 PM, Saturday, October 24. One of the teenager's favorite events is the Murder Mystery party and it's back this October! What better way to celebrate the month of October than dressing up as a completely absurd character and figuring out who will be murdered next and who was the one doing the murder. Maybe it was you! Don't miss this October Party. The more characters we have, the better the mystery is! Place to be decided.





Bill Chick says, "Thanks from me to my church family for your kindnesses in the passing of my sweet Nancy. God bless."

Wedding Shower for Rebecca Bennett

Everyone is invited to a wedding shower for Rebecca Bennett on Sunday, November 1, from 1–3 PM. Rebecca is registered at Bed, Bath and Beyond. Please come and help her celebrate!

Wednesday Night Dinner Menus for October

October 7

Salad Bar with Assorted Dressings, Baked Salmon with Lemon Herb Butter, Penne Pasta Alfredo, Fresh Mixed Vegetables, Rolls and Butter, Chocolate Cake with Chocolate Icing

October 14

Roasted Chicken with Rosemary, Au Gratin Potatoes, Green Peas and Mushrooms, Biscuits and Honey Butter, Full Salad Bar with Croutons and Crackers, Cherry Pie Cobbler

October 21

Nall Ave Salad Bar, Old Fashioned Baked Meatloaf with Brown Gravy, Twice-Baked Mashed Potatoes, Mixed Fresh Vegetables, Soft Rolls and Butter and Brownies with Vanilla Ice Cream

October 28

Nall Ave Salad Bar, Deep Dish Meat Lasagna w/Marinara Sauce, Zucchini & Yellow Squash Italian Style, Eggplant Parmigiana, Italian Bread Sticks & Hard Rolls, White Chocolate Chip Macadamia Cookies & Peanut Butter Cookies



Regular Weekly Activities Sundays

8:15 AM Worship

9:30 AM Morning Bible Study

10:45 AM Worship

12:00 PM Singles Lunch Bunch

5:00 PM GriefShare

Mondays

8:00 AM CC Home School 5:00 PM CC Home School

Prayer Group

6:30 PM Cheerleading

Tuesdays

9:00 AM BSF Leaders

3:45 PM Pearcy Basketball

5:00 РМ Cheerleading

6:30 PM Women's Bible Study

Wednesdays

9:00 AM BSF Class Day

11:45 AM BSF Class Day (II)

4:30 PM Staff Meeting

5:30 PM Wednesday Dinner

6:30 PM Classes

8:30 рм Men's Basketball

Thursdays

5:30 PM Cheerleading

Fridays

3:45 PM Pearcy Basketball

Activities—October

- 1 MOPS Meeting 9:30 AM
- 2 Men's Ministry Fish Fry 6 PM
- 4 Parent/Child Dedication 10:45 AM
- 4-11 Peanut Butter Drive
- 5 Men's Coffee at HyVee 6:30 AM
- 6 Trail Life Meeting 6:30 PM
- 8 MOPS Leaders Meeting 9:30 AM

JOY Luncheon 11:30 AM

11 Young Adult Breakfast 9 AM
Deacon Meeting 12 Noon
Youth Second Sunday Hangout
2:30 PM/Girls

5:30 рм/Guys

13 KC Rescue Mission 5:30 PM Upward Evaluations 6 PM

15 MOPS Meeting 9:30 AM
Upward Evaluations 6 PM
Senior Leadership Team
6:30 PM

Activities—October (cont.)

18 Committee/Team Meetings

4 PM

24 Trail Life Campout 12 NOON Murder Mystery Night/ 4:30 PM

25 Fall Festival 3 PM

25-Nov 8 Johnson County

Christmas Bureau Drive

31 Set clocks back before bedtime!

Daylight Savings Time Ends November 1



PERIODICALS POSTAGE PAID AT SHAWNEE MISSION, KANSAS



Nall Avenue Baptist Church 6701 Nall Avenue Prairie Village, Kansas 66208

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ADDRESS SERVICE REQUESTED

Single Adult Lunch Bunch



SINGLE ADULTS AND THEIR FAMILIES ARE INVITED TO JOIN THE LUNCH BUNCH AT NOON ON SUNDAYS.

October 4—Pine and Bamboo, 10915 Shawnee Mission Parkway
October 11—Cracker Barrel, 12101 S. Strang Line Rd, Olathe
October 18—Dos Reales, 8841 W. 75th St.
October 25—Olive Garden, 6750 W 95th St.



Nall Avenue Baptist Church offers our deepest sympathy to the family and friends of Lola Ashwill, charter member of NABC, who died at the age of 105.

Welcome to our New Members

Adam Andersen Katelyn Andersen Justin Ramsey

