



ELEMENTS

March Newsletter

2023



Patti's Ponderings

In my gospel class in seminary, my professor began the first lecture talking about portraits and Polaroids. Today he would have talked about portraits and selfies. A portrait captures the essence of a person whereas a selfie captures just a moment in time. A selfie could look quite a bit different an hour later or a year later. Whereas a good portrait is lasting. Then our professor took us into the library and instructed us to observe all of the portraits of the past school presidents. One stood out from all the rest. All except one were busts, like head shots, but one was a man standing with his hands resting on the back of a chair. That man was a surgeon before he served as president. No portrait of a surgeon would be complete without including his hands. Then my professor shared that each gospel is a portrait of Jesus. Each story is a brush stroke, and all stories together paint a portrait of Jesus, capturing the essence of his life and ministry. On the whole the gospels are similar, yet each one uniquely depicts Jesus. The differences don't negate their accuracy or authority, rather they fill out a more complete picture of who Jesus is.

We will be studying the Gospel of Luke from now to Easter. Luke is a beautifully written account of the life of Jesus which emphasizes God's grace offered to all people, especially those on the margins. Luke is a good storyteller. I invite you to read along, reading several verses each day. You can get a schedule [here](#). Pay attention to the hidden character, the Holy Spirit, and follow it's activity throughout the gospel. The basic structure for Luke is as follows:

- Luke 1:1-4:13 Jesus' birth and preparation for ministry
- Luke 4:14-9:50 Jesus' ministry in Galilee
- Luke 9:51-19:48 Jesus' journey to Jerusalem
- Luke 20:1-24:53 The teaching, death, resurrection, and ascension of Jesus

Fun fact: Jesus spends a lot of time eating in Luke!

When you read, begin by opening your heart and mind to hear what God is saying to you this day. As you read ask yourself, who is Jesus through the eyes of the gospel of Luke? Then reflect on what resonates with you and what irritates you. Which questions emerge and which convictions are affirmed. My hope is that as we read the Gospel of Luke our image of Jesus will expand and we will be compelled to share the grace of Jesus with all people through word and deed.

PS I invite you to join me in going deeper. I will be leading a study through the Gospel of Luke on Thursday evenings in March at 7 pm. You can attend in-person or online. Contact Lynne at the church office to get the Zoom link churchsecretary@smokyhillumc.org

*May the Lord bless you and keep you,
Pastor Patti*



WORSHIP

WORSHIP SERVICE TIMES



Sundays 9:00 AM & 10:30 AM
Sunday School 9:00 AM

CAN'T BE HERE?
CLICK AN OPTION FOR WORSHIP
[Live Stream on Facebook](#)
[Live Stream on YouTube](#)

Spanish Language Worship

Enciende Una Luz

Servicio Hispano
Domingo a Las 10:00 a.m.
y Facebook Live

Llame a Pastora Lucia Correa al
303-690-9816



CHILDREN & FAMILY



Thank you to everyone who brought in new underwear and socks~ we have collected **966** pairs of underwear/socks!

We will keep collecting till the end of February, you can give to Crystal. They will be given to schools in Denver, Arapahoe, and Aurora.

Thank you all so much ~ the schools, parents, and kids appreciate you all.

Scout Sunday March 5

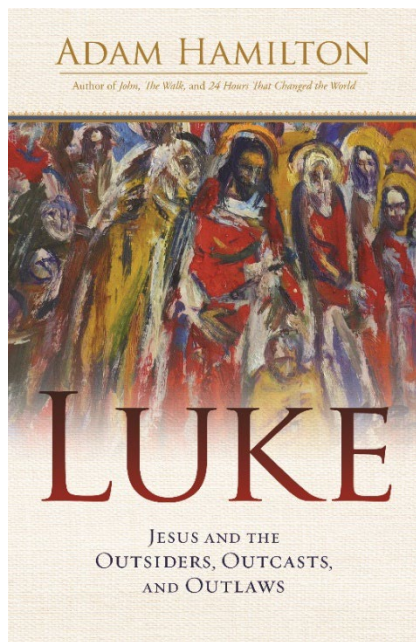
March 5th will be **Scout Sunday**, and we are calling all our scouts' boys and girls to come to Church, wear your uniform and help with various parts during both Worship Services. Contact Crystal if your child/ren would like to participate.



Sunday March 12

Kids and adults, daylight savings is happening on March 12th, so we are having a pajama party as we "spring forward" during Sunday School and Children's Church. Just roll out of bed an hour early and come to church in your pajamas! We will have donuts, fruit, and cookies in our rooms!!





Sunday School

Our Children will be participating in the Church Lenten Study from February 26th to April 2nd.

Preschool – Nursery
Kindie to 1st grade Room L32
2nd to 5th grade Room L27

Easter Egg Hunt

We are looking for candy donations for our **Church & Community Easter Egg hunt** on **April 1st**, 10am to 12pm.

You can place individually wrapped bags of candy in the bucket by the front doors on Sunday morning or during church office hours, Monday to Friday from 9:00 am -2:00 pm.

Invite all Friends and Family to come.

Due to the weather, this event could be cancelled or changed up.



Save the Dates

Save the Dates ~ More details will follow

April 1st – Church / Community Easter Egg Hunt (10am -12pm)

April 2nd: Palm Parade

April 9th: Easter Sunday, No Sunday school, or Children church

June 26th -30th – Vacation Bible Camp (5:30 -7:30pm, all events outside)

July 2nd – VBC Celebration Sunday

July 30th – Field Day, after Worship Service



Healthy Refreshment Ideas for Gathering Space on Sunday Mornings

Remember to consider those who are trying to maintain a healthy weight and also be a good example of healthy eating for our children! Also, provide sanitary (reduced handling) servings.

- Fruit bites on toothpicks or colorful fruit kabobs
- Veggie tray with bite size cherry tomatoes, baby carrots, etc.
- Bowl of nuts with a spoon for self-serving
- Small portion sweets such as donut holes or mini muffins, small cookies or bars, bite size wrapped candies.



King Food Ministry

The King Food Ministry comes every Thursday morning at 9:15 a.m. outside at the Gazebo when the weather is nice and in the hallway outside Celebration Hall when the weather isn't nice. Safeway donates perishable items like eggs, yogurt, and lots of baked goods, the Olive Garden donates frozen soups and lasagna, and McDonalds donates frozen breakfast foods. There is **always more** than we can give away, so please spread the word or come and pick up some food for yourself or someone you know that could use some! ***Be sure to get here early or on time!***

Marti's Panty

Marti's Pantry is stocked with non-perishable food. This pantry is for church members and community members who may need extra help. If you need something, please, take what you need. If you know someone in the community who needs food, please have them stop by the church and take what they need. The pantry is located in the education wing across from the elevator.

Medical Equipment

We have various medical equipment such as crutches, walkers, canes, scooters, and shower chairs in the church basement. These items are loaned out for as long as you need them! If you or someone you know needs this kind of equipment, you can come to the church, sign out what you need, and then return it when you're done.

If we don't have what you need, try Hospital Equipment Lending Program (HELP):

Website: www.assistanceleague.org/denver/

Email: aldenverhelp@gmail.com.

Phone: 720 598-6126

Appointment scheduling, click [HERE](#)

Last Chance for Photo



Did you miss being photographed for our new directory?

You may still schedule an appointment at Bettinger Photography for a limited time.

No cost to be photographed. Receive a Complimentary 5x7

You must be photographed to get a copy of the directory.

Schedule by phone at 303-400-6023 Or online www.BettingerPhoto.com

Your last opportunity to be photographed and receive your free copy of the directory is coming. Call Bettinger Photography's studio at 303-733-6076 before it's too late. Limited times are still available.

Thank you to everyone who participated by being photographed for our new pictorial directory. Our publication will be going to print very soon and will include our registered members' contact information including Names, address, phone and email. If you would prefer any or all of your information be omitted, please contact the church office by March 28, 2023.

Lenten Study Classes

From Birth to Resurrection in the Gospel of Luke

Jesus came to lift up the lowly. Throughout his ministry to his final days on the road to the cross, we find stories of his relationships with ordinary, flawed, and unexpected people. He met, dined, and traveled with people who were not perfect. Many of them were struggling, some were outsiders or even outlaws. Whoever they were, from those he healed to the outlaws with him at his crucifixion, Jesus brought the good news of God's kingdom to those who most needed to hear it.

In *Luke: Jesus and the Outsiders, Outcasts, and Outlaws*, pastor and bestselling author Adam Hamilton explores the life, teachings, death, and resurrection of Jesus as told in the Gospel of Luke. Through Luke's stories we find Jesus' care and compassion for all as he welcomes sinners and outcasts. As we study Luke and see Jesus' concern for those who were considered unimportant, we hear a hopeful and inspiring word for our lives today.

Join a Lenten Study Class that works for you!

Sunday Classes for Kids, Youth, and Adults
at 9:00a.m. beginning February 26

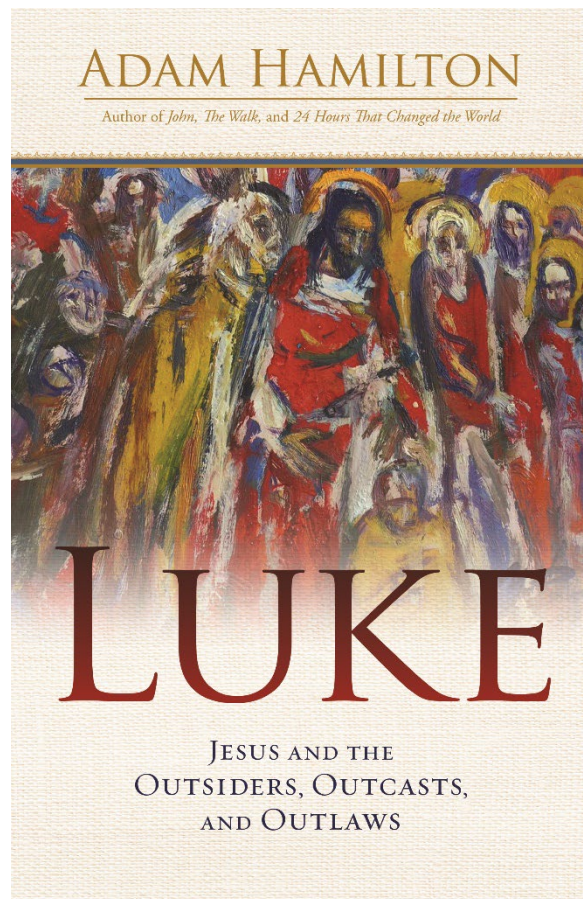
Tuesday Classes for Adults:

Theologians at 9:00 a.m. beginning February 28

Lunch Bunch at 11:30 a.m. beginning February 28

Wednesday W.O.W.S., a more experiential approach at 5:00 pm with Pastor Virginia beginning March 1

Thursdays at 7:00 pm (via Zoom or in-person) book study with Pastor Patti beginning March 2



Pastor Virginia is leading Wednesday W.O.W.S. throughout the month of March. This is an experiential alternative to the more traditional Lenten study. We will engage with stories from the book of Luke along with others in our church who are reading Adam Hamilton's "Luke: Jesus and the Outsiders, Outcasts, and Outlaws," but there is no book necessary for WOWS! All we need to do is show up **With Our Whole Selves**, and together we will bring Bible stories to life and experience God's love for everything that makes us, us.

Wednesday W.O.W.S. kicks off March 1st as we experience welcoming our need-y selves; that is, welcoming the truth that we have needs and other people often help fill them for us. Show up

at 5pm in the gathering space, ready to get messy and encounter Christ within others and yourself!



A LOT has been happening with our amazing group of YOUTH! Here is a Feb recap of just some of the things...

If you missed Youth Sunday on Feb 5th, you should definitely watch it this week! Here's the link:

<https://www.youtube.com/live/eutj4ROQp98?feature=share>

To be honest, I was terrified about the idea of managing a Youth Sunday service – checking all the boxes, making sure everyone was invested in their own pieces and parts, making sure everyone had a role (and wanted a role), etc. It was my “one thing” that felt I knew would be a LOT when volunteering to drive the “youth bus” 5 months prior. I thought of Youth Sunday as the one thing we really needed to NAIL, as it's a big way the church gets to see them in action. I prayed about it. (A lot.)

These kids REALLY took the lead in their own special ways. It was an amazing collaboration full of “God moments” – from brainstorming the theme, to our group photo after. We don't think it could have gone more smoothly or should have been one ounce different. And that's all due to this awesome group of truly unique youth and the gifts EACH one of them bring! (And God. God heard me, for sure!)





Also in Feb we had fun selling sodas at the Chili Cookoff. The Men's Group gifted us with soda cans to sell, and we probably sold fifteen \$1 cans of soda for a total of \$70! Thank you for always supporting us! Will Dosch definitely got the participation award, as he showed up wearing a homemade soda can sign. We had fun hanging out as a group, with our families and taking turns selling at our table. We LOVE the chili cookoff – thanks for inviting us, Mission Team!



And of course, we hosted the RETURN of our **Annual Youth Pancake Supper** event after a 3-year hiatus! (Parents – your kids LOVE to make pancakes... run with that!) We had planned to all be cooking pancakes on griddles in Celebration Hall – some of us had practiced making artistic pancakes for a special station, but we had some power sharing issues with our griddles and had to find a room. (100% due to me not remembering Mark Brinton’s electrical advice clearly! I think It got lost somewhere in between shopping for bulk sausage and speed-thawing berries. But lesson learned for next year!) A HUGE shout out to Tom, Christy, Alan and Leslie – the adults on deck – who drove the kitchen bus like rockstars. (Managing the making of giant batches of pancakes & sausage with kids in the kitchen is some hard work, ya’ll.) We raised over \$500 for our youth mission fund that night, practiced great teamwork skills and had a great time with all of you!

THANK YOU to our church family for “showing up” for our amazing youth with your presence and donations, all year round!

– Jen Dahlen & the Fearless Youth Sponsors



Part-Time Youth Director Wanted!

Part-Time Youth Director Wanted

See eblast, Facebook, or call
303-690-9816 for Job Description

Submit cover letter and resume to
churchsecretary@smokyhillumc.org

Let's Talk About...



"Let's Talk About..." is a column in our monthly newsletter where we will learn one thing at a time about how we can love others the way they want to be loved. We will learn something each month that helps us understand and respect people who are different from us a little more deeply.

Let's Talk About Ableism

This March, in honor of National Disabilities Awareness Month, let's talk about ableism. Ableism is the way society and people within it favor those we deem able-bodied and discriminate against people with disabilities. Here at SHUMC, we are pretty good about making spaces handicap-accessible and making experiences kid-friendly and neurodivergent-friendly, but ableism goes deeper than that.

Did you know that a lot of disabilities are only disempowering because of the way society is set up? Think about it. If everyone learned sign language alongside verbal language growing up, and things like drive-throughs reliably and consistently had accessible methods for Deaf people to communicate, would deafness be an impairment or simply a different way of experiencing the world? The Deaf community is a vibrant one with fully-developed language and slang and subcultures, and anyone plugged into that community gets to experience a whole world that hearing people miss out on entirely.

Unpacking ableism means letting go of the thing in our minds that's convinced that able-bodied-ness is the ideal and that any other way for a body to be is sub-par. As someone with chronic migraines, I will readily admit that this is not always easy! And yet, I really do love my body, and the migraines are part of the package.

To imagine what it would look like to stop idolizing able-bodied-ness, most of us don't have to look past our noses. We have already made big progress with this regarding a couple disabilities: nearsightedness and farsightedness. We don't really treat people (or think of ourselves) differently for wearing glasses or contacts, and by and large the world is set up in ways that make these vision differences less disabling than, say, a similar degree of auditory processing disability.

So, what can we do to welcome people with disabilities? And how can we dismantle ableism in society and ourselves?

1. Listen. One great way to become more aware of how ableism influences our thinking is to follow content creators who talk about their disabilities on social media. This list is a great starting point: [8 Disabled Influencers to Follow](#)
2. Read. Disability Ministries of The United Methodist Church put together this great list of [Do's and Don't's for Disability Allies](#).

3. Wonder. Next time you get bored at church (it's okay; it happens to me, too!) take time to wonder: Who might have trouble accessing this space or activity? Is anybody here right now having a hard time accessing this experience? Are there folks we assume might participate but not lead?

The more we learn, the more authentically and wholeheartedly we can welcome and empower each other to fully participate in the life of the church. Whether or not you have a disability (or more than one,) I hope that this month, ableism will be a little less powerful in your life.

Our "Let's Talk About..." column is one place where we can help one another learn how to be better allies for all our neighbors. If you have a question you'd like answered, or if there are things you wish others in our congregation better understood about your own marginalized identities or those for whom you are already a strong ally, please submit suggestions to <https://forms.gle/E9eRqZJGLgVagbDZ9> or email me directly at virginiag@smokyhillumc.org.

MEN'S GROUP

Save the Date!



Let's Play Ball!

Men's Group is setting up a group outing to Coors Field to see the Rockies host the LA Angels on Saturday, June 24th. First pitch is at 7:10pm. Tickets will be \$36 each. For more specifics and/or to sign up, flag down Tim Davis in the Gathering Space or contact him directly at tcDavis660@comcast.net. All are welcome to attend!



MISSION

Pop Tops

Did you know that the Mission Team collects the pop top tabs off of soda cans, pet food cans, and vegetable cans? These are turned into Ronald McDonald House by Sue Ricker, and they receive money to help families stay at their houses during an illness and hospitalization of their children. There is a pink container outside of Celebration Hall for you to deposit your pop top tabs.



UMCOR Sunday-March 19th

Imagine you wake up one morning and a man-made or natural disaster has occurred. Lives in your community have turned upside down. What do you do? When disaster strikes, the United Methodist Committee on Relief (UMCOR) goes into action to help alleviate suffering and express the love of Christ to those involved. When you give on UMCOR Sunday, you underwrite the “cost of doing business” which allows UMCOR to keep its promise that 100% of any gift to a specific UMCOR project will go towards that project and not administrative costs. We hope you will plan to give on March 19th and continue to allow UMCOR to be one of the first organizations to respond when disaster strikes. Donate through our church or at umcmmission.org/umcor.

Thank You!

- Thank you to everyone who gave to Katelyn’s Birthday project. \$1,040 has been collected and it is not too late to give.
- A big thank you to the Mission Crafters for making the beautiful Scrappy Hearts for our Walk to Jerusalem kindness project. We hope you have left the hearts somewhere to spread love in our community.
- Thank you to everyone who donated at Chili Warms the Soul. We raised \$510 for Colorado Village Collaborative and enjoyed a wonderful evening of fellowship!



OTHER GROUPS

Gallery Team

Calling All Crafters, Artists, Creatives, and Project-Doers!

You know that one project that never quite got finished? Maybe you were missing material, maybe you got busy or bored, maybe the pressure of perfection got to you, or maybe something else made you want to put it away. Whatever the reason, just about anyone who creates anything has unfinished pieces sitting around the house or the garage or the storage unit.

This Lent, the gallery team wants to showcase all those unfinished projects, because there is something beautiful in their incomplete-ness. We usually prefer to show off our completed projects, the things we got as close to perfection as possible, but as we know from the gospel of Luke, God sees the significance and value in people—and maybe projects—we might cast aside. As living, changing people, we are God’s unfinished works of art. Think about it: Our lives are already beautiful creations, and yet God is not finished with any of us yet!

So, if you have unfinished art (or not-art but still works in progress) taking up space, please lend it to us for this season of Lent! Bring it by the church office and include the story of why it’s not finished. (Make sure to write your name and number on that story page, so we can make sure everyone gets their own projects back at Easter!)

Oh yeah, also, this gallery installation is unfinished, too! That means even if you cannot bring your contribution right away, as long as you can bring it before Palm Sunday, please do, and we will gladly include it as we continue to work on this work in progress!

SOCIAL JUSTICE

Racial Justice Taskforce

The Belonging Project
By Debbie Southerland

It was definitely a blessing for me to find a job at the Colorado Department of Human Services after moving from Texas to Colorado last summer. CDHS’s mission is, “Together, we empower Coloradans to thrive,” and I have experienced much support and encouragement as an employee. One way CDHS employees are supported is through The Belonging Project, an in-house initiative “to create a space where all employees feel a sense of belonging.” Each month, a different topic is explored, and I have found that several of the topics intersect directly with my role as part of the Racial Justice Task Force at SHUMC. Here is a sample of some of the books the Belonging Project has shared with us as a way to gain a unique perspective by hearing the voices of people who may often be ignored or shunned in our society:

- **Experiences of children of color:**

- o **Shattered Bonds: The Color of Child Welfare** by Dorothy Roberts – a stirring account of a worsening crisis in America – the number of black children in the foster care system and its effect on black communities and our country.

- o **Taking Children: A History of American Terror** by Laura Briggs – relates to the removal of black children, Hispanic children, Native American children, and the children of the poor from their families over the past 400 years.

- **Mass incarceration:**

- o **The New Jim Crow: Mass Incarceration in the Age of Colorblindness** by Michelle Alexander – is the U.S. criminal justice system a system of racial control, trapping black men in subordinate status for life?

- o **Solitary: Unbroken by Four Decades in Solitary Confinement** by Albert Woodfox – the unforgettable story of Albert Woodfox, a man who spent over 40 years in solitary confinement for a crime he didn't commit.

- **The Arab Experience:**

- o **How Does it Feel to be a Problem: Being Young and Arab In America** by Moustafa Bayoumi – follows seven young Arab-American young men and women in Brooklyn, New York, which is home to the largest number of Arab-Americans in the USA.

- **The Jewish Experience:**

- o **Antisemitism: What It Is. What It Isn't. Why It Matters** by Julia Neuberger – Rabbi Neuberger uses contemporary examples and historical context to explain antisemitism and why it's crucial to understand it today.

- **The Immigrant Experience:**

- o **Barefoot Heart: Stories of a Migrant Child** by Elva Treviño Hart – an autobiographical account of a Hispanic child growing up in a family of migrant farm workers.

- o **The Making of Asian America: A History** by Erika Lee – focuses on how generations of Asian-Americans and their descendants have transformed Asian-American life in the USA.



“Do you not know that you are the temple of God and that the Spirit of God dwells in you?” 1 Corinthians 3:16 (NKJV)

Join our [Smoky Hill Abundant Health Facebook page](#) to share recipes, hikes, etc. Maybe you want to find others in our church interested in going golfing, bowling, or just walking. This is the place to connect.

MIND

How is the ADHD Brain Different?

An in-depth look at the underlying causes of ADHD symptoms in children from the Child Mind Institute [How Is the ADHD Brain Different? - Child Mind Institute](#)

BODY

Focus: You are not alone!

Sometimes you feel alone on the path to a healthier lifestyle. This feeling can be discouraging and make you want to give up on making any changes at all. This Scripture verse reminds you that God's Spirit resides in you. It is important to count on your friends and family as a support system for your health. But do not forget the importance of relying on God's Spirit to help you make healthy decisions. If your friends are unable to join you on your morning or evening walk, you can still go because you are not alone. God is always there with you, and you can praise Him by continuing to make healthy decisions.

Health Resources: (Pdf links)

[Children, Getting Kids in the Kitchen](#)

[Daily Activity Choices](#)

[Exercise and Arthritis](#)

[Rethink Fats](#)

Recipe of the Month

Recipe of the month – Awesome Granola

Learn to make your own granola in an oven, skillet, or even the microwave. It's easy, nutritious, and you can even be creative with what you put in it. [Awesome Granola | MyPlate](#)



Abundant Health Hiking Group

With the weather changing, our hiking group may not be as active. Keep an eye out for future hikes by watching the weekly e-blast or our [Smoky Hill Abundant Health Facebook page](#)



Join Our New Yoga Class! Tuesdays at 1:30 PM in Celebration Hall

This class is open to all interested persons – Men and Women; young and not so young; in shape or not so in shape. Our instructor, Zachary Horan, has agreed to offer this class on a donation basis (suggested \$5-\$10 or so per session). Wear loose clothing and bring a mat, if possible. We will have a few mats available for use.
Every Tuesday at 1:45 in the Celebration Hall.

Walk to Jerusalem 2023

Put on your walking shoes and get ready “walk” together to Jerusalem this Lenten season. This is a family-friendly activity and together we will combine our miles walked as we contemplate the theme of “Kindness” through the study book and Kindness challenges put together by Sharon Davis. Pick up your copy in the Gathering Space or office.

[Click here for the devotional](#)

[Click here to report miles](#)

[Click here for the Spotify play list](#)



Exercise on Zoom!

Looking for exercise that requires no money, no travel, and fast access to your shower? Join the Zoom exercise community on Monday, Wednesday and Friday mornings at 9:30, as well as Wednesday evenings at 6:30. Contact Susan Hora at cusaqlass@gmail.com

Looking to Snowshoe or Cross-Country Ski?



Bob Krech would love to join you.

Or teach you!

Contact him at bobkrech@aol.com

SPIRIT

How close to burnout are you?



Do you have difficulty knowing when it's time to take a break from your helping efforts? When needs are pressing all around us, self-care can take a backseat. However, when we skimp on rest and recovery time, we can experience compassion fatigue and even burnout.

It's important to learn to care well for yourself as you care for others, which begins with strategies for healthy coping—as well as learning the signs and symptoms of burnout. That's why we've created a brief [research-based quiz](#) to help you discover if you're at risk for burnout (or you're already there). From [Spiritual First Aid](#)

Keep Us Informed!



Email all information and updates for church communications (eblasts, newsletters, group updates, electronic sign, etc.)
churchsecretary@smokyhillumc.org