



ELEMENTS

OCTOBER 2023 NEWSLETTER



WORSHIP

Worship With Us

Sundays

8:30 AM & 10:00 AM

Spanish Service at 10:00 AM

Livestream at 10 AM on Facebook & YouTube

Sunday School ~ 9:00 AM & 10:00 AM

CAN'T BE HERE?

**Catch the 10:00 AM Service
online:**

[Livestream on Facebook](#)

[Livestream on YouTube](#)

**or watch the service when it's
convenient for you!**



CHILDREN & FAMILY

Children and Families October 2023

BOUNCE HOUSE



On September 10th we kicked back off with Sunday School, but before we could learn we needed to have some fun with the bounce house. It was supposed to have a water slide, but it was not warm, but the kids still enjoyed the slide.



We need teachers to help in our Sunday School program! Please reach out to Crystal @ crystal@smokyhillumc.org or her cell 303-587-5667 if you can help in a classroom. Extra helpers are needed to cover when someone cannot teach. Helpers can also be a youth.

8:30 - 9:30 Worship with Children Church

10:00 - 11:00 Worship with Sunday School

The last Sunday of the month is Worship as a family, No Children's Church or Sunday School.



On September 17th we commissioned our newest Acolytes. Congratulations Emily and Reyla on becoming Acolytes!



We also presented to our 3rd grader and up their own Bible during Worship. Congratulations to Kinley and Reyla on receiving your Bibles!



TRUNK OR TREAT!

SAT. 10/28 10AM-NOON

TRUNKS · FOOD TRUCKS · PUMPKIN PATCH

[TRUNKS WANTED!]

Sign up to have a decorated car in the parking lot. This is a huge community event and we would love tons of trunks from all our groups within the Church! Contact Crystal, Crystal@smokyhillumc.org or text/call 303-587-5667.



Halloween falls on a Tuesday this year, but on Sunday October 29th, you can dress up to come to Church!!!! Just a reminder, you need to be able to sit down and no weapons for Worship.



YOUTH



Youth Group fall kick-off has been strong! We've had a few Fellowship & Faith nights (which is what we call our traditional "program nights", where we have games, a lesson and small groups. We've been talking about "building our individual relationships with God" and how we can do that in our own ways.

On our second Youth Group Sunday, a group of us went to **The Land UMC** in Aurora to help with their community gardening efforts. What an amazing place! If you don't know about The Land, it's a United Methodist Church that worships outdoors on Saturday mornings. No electricity or running water, as the point is to be close to God – in His pure creation, nature. They have a community garden where they grow food to donate to local food banks. We learned about sustainability from their lead mission volunteer, Clyde. It was a gorgeous day, and we had fun working together to help them control / prevent their garden weeds.

We are looking forward to a busy / fun / meaningful October – our annual Corn Maze trip, the IGNITE conference-wide youth retreat (for 10 of us) and our annual Halloween (costume) party! (Tom Dosch's fave event of the year...)

We'll be kicking off the food collection for our Denver Food for All event in mid-Oct.

Just as our amazing congregation helped us collect what felt like ONE MILLION cans of corn and grocery gift cards last year, **we'll be collecting boxes of STUFFING (and \$25 grocery gift cards) this year** for the many Denver area families that need Thanksgiving dinner boxes. We'd LOVE to have your support again this year.

And a big thank you hug to all of the positive, amazing people in our church who give to the Youth Program with their words, time and support! [IT MATTERS!]

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.

Coffee Connection

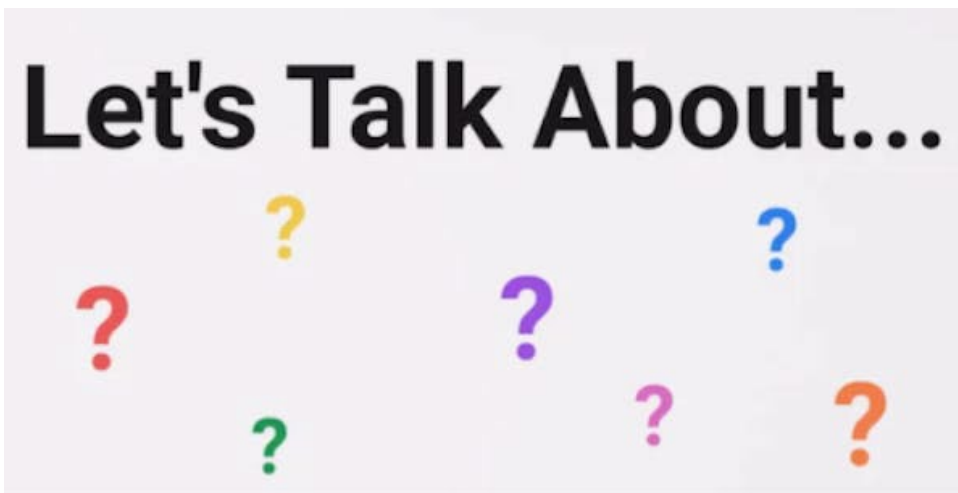
Let's connect over coffee and treats

before & after service!



If your last name begins with P, Q, or R, please bring a snack on Sundays in October ~ thank you!

- 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



“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 “Normal”

Does a fish know what water is? Probably not. It has always lived in water, so it has no reason to realize there is any way of life that is not immersed in water. Sleepers do not know what sleep is, either. When we do not know any different, sometimes those of us who seem most fully immersed in a culture are least aware of it. It is just “in the air” and we don’t know what life would be like without it. So today, let’s talk about “normal.”

One great benefit of befriending immigrants is learning about someone else’s “normal,” and in doing so, finding out how strange our own normal may seem to others. Many Europeans find our tradition of having students and attendees at sporting events recite a pledge of allegiance to be creepy and controlling, whereas many Americans take pride in that same pledge. Many of the same people cannot fully grasp what it means to not have a single payer healthcare system, whereas many Americans are concerned about what we might lose in such a system. Even within our own country, different cultural groups have different norms. Driving patterns that would seem incompetent and rude in a city (like two trucks going opposite directions stopping in the middle of a two-lane road to chat about the weather) are the polite thing to do in many rural areas.

A whole lot of what we consider 'normal' in American society today is actually specific to Western cultures. One big example is the way we value individuals and groups. The Western world is all about individualism, so even when we're talking about a big corporation, the focus is really on individuals. We automatically focus on the self, our culture encourages expressing emotions to some extent, we value equality and uniqueness, and we expect people to challenge authority. We don't want to be "robots" or "suckers" or "bootlickers." Surely no one does, right?

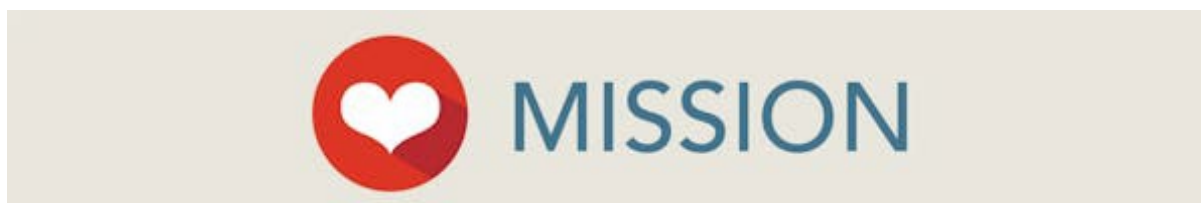
Many Asian and African cultures take a very different, collectivist approach. Even when looking at one individual, the focus is more on the groups that individual is a part of. Family connections and other affinities are a big deal. Emotional restraint is encouraged, and conformity and obedience to authority are the marks of a good person. Hierarchies are informative and respectable. No one wants to be seen as childish or selfish. Why would someone actively obstruct the common good? Even if an action would benefit oneself, if it comes at the expense of others, then it's not really beneficial, is it?

Some of those values may sound familiar. Maybe that's because the Bible is set in the Middle East, where Eastern collectivist values are dominant. How much more might we be able to learn from the Bible if we could view it without the lens of our culture's individualism? I don't know; I readily admit I am a hardcore individualist. But I can certainly see how collectivism might be a helpful way of engaging with the world. After all, we are far stronger together as a group than separately as individuals.

When we can recognize that our 'normal' is not the only way (or the only right way) to do things, we have an amazing opportunity to learn from other people and cultures. So, how can we learn to see the stuff that's just "in the air" for us?

1. Check for assumptions. Consider all the things you take for granted in interactions with others, maybe at work or in your personal life. Are you operating in an individualist mindset? Are you assuming someone values English as highly as you do? Are you assuming that everybody knows to send a thank-you note after a job interview?
2. When you recognize you're making an assumption, look into it! Ask questions and learn about how different people look at the world. In the examples above: Maybe your conversation partner grew up in a household where the group matters more than any individual, and their family doesn't speak English so why would they, and the proper thing after an interview is to wait for the potential employer to make the first move. Note: Many people appreciate the chance to make themselves more fully understood, but if someone does not want to explain themselves to you, respect that and use other resources for your educational purposes.
3. Another fun way to learn about different cultural norms is by watching media produced for other cultures. Look for the shows and movies that are made *for* other cultures, not the ones *about* other cultures that are marketed primarily to Americans. Children's shows made for other countries are an excellent resource in this regard because part of their objective is to teach children about their own culture.

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/E9eRqZJGLqVaqbDZ9> or email me directly at virginiaq@smokyhillumc.org.



Mission Trip

We are making plans for a mission trip to McCurdy Ministries Community Center in Espanola, New Mexico from March 17-23. McCurdy Ministries provides preschool, after school programs, mental health programs, summer camps, breakfast and lunch programs and volunteer programs to help the children, youth, adults, and families in Espanola Valley. There will be opportunities to do maintenance and grounds work, administrative tasks, or assisting with the McCurdy Ministries Community Center programs. Your assigned tasks will be based on a skills survey you submit before arrival at the center.

We are trying to get a list of people interested in going on this Mission Trip. This is not a firm commitment, but it will let us know if there is enough interest to continue. If you have an interest in going, let us know now and then a firm commitment will be required by January 10th. We will take no more than 15 people. A few things to know:

1. You will need to complete Safe Sanctuary training on-line and pay for a background check. (We can help you get this done.)
2. We will be staying on the McCurdy campus. Room rate is \$35 per night so \$210 for the week. Rooms are two people per room with a shared bathroom between two rooms.
3. There is a kitchen available on campus where we can make our meals. Cost would be shared by the group. Meal decisions will be made once we know who is going to be part of the trip.
4. We will carpool and riders will help with the cost of gas.

If you are interested, please email Sharon Davis at stdavis21@comcast.net. Please indicate if you are willing to drive or if you need to carpool. Please submit your name as soon as possible to help us get an idea if there is enough interest to continue.

McCurdy's mission is to "create hope and empower the lives of children, youth, adults, and families through education, life skills, and faith-based programs." We hope to have a wonderful week helping others. More information about McCurdy can be found at mccurdy.org.

Family Promise

We are a support church for Grace UMC when they host families for Family Promise. Families are housed at area churches for two weeks at a time until permanent housing is found, and Family Promise continues to work with the families for up to two years to make sure they remain housed. It costs Grace UMC about \$1,600 each time they host families. Their next two-week 'shift' is in December. If you would like to contribute toward covering some of this cost, you may do so by donating to our church. Please indicate it is for Family Promise, and we will make sure it gets to Grace UMC. SHUMC will be providing several meals, so that's another opportunity for you to participate. Watch the eblast for further updates.



Music Newsletter

October 2023

The grass withers and the flowers fall, because the breath of the Lord blows on them. Surely the people are grass. The grass withers and the flowers fall, but the word of our God endures forever." Psalm 85:12: "The Lord will indeed give what is good, and our land will yield its harvest."
Psalm 98:4 - Shout joyfully to the Lord, all the earth; Break forth and sing for joy and sing praises.

September certainly seemed to fly by and here we are beginning October. The leaves are turning beautiful colors, the mornings certainly have a crisp chill to the air and the season of fall is upon us!



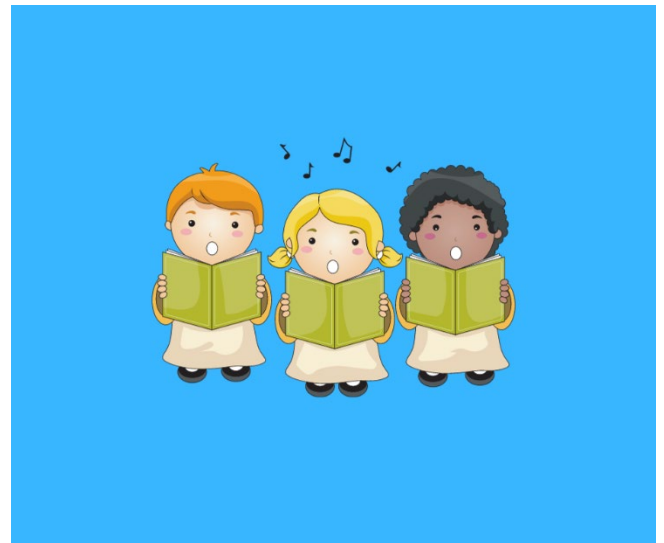
NOW is the time to join Chancel Choir as we are preparing fall music and also CHRISTMAS music!

If you like to plan ahead, Sunday, December 17, will be the Christmas cantata. We welcome singers of all ages to join in preparing for this special Sunday.

Chancel Choir: High school students and older meet Wednesday evenings from 6:30-8:30 p.m.

NEW! CHILDREN'S CHOIR!

Calling all children from kindergarten through 4th grade! Our first rehearsal will be Sunday, Oct. 8, from 9:30 – 9:55 a.m. in the Choir Room (go through the hall of the Gathering Space to the west straight ahead). Children may be picked up at 9:55 to go with parents or to Sunday School, which begins at 10:00 a.m.



ORCHESTRA REHEARSAL:

Sundays, following the 2nd worship service (11:15-sh) for any brass, string or woodwind player. We are preparing music to play with the Chancel Choir in November as well as Christmas music. We have LOTS of fun and fellowship while we prepare music. High school students are welcome! Adults are welcome! If you play an instrument and haven't played for a long time – it's A-OK! Bring your instrument and come join in – you'll be able to talk to other instrumentalists who did the same thing – got their instrument out after a LONG time of not playing.



Do you play the piano? You don't have to be a concert pianist to help out – we are looking for a volunteer to help with playing parts for children and adults occasionally as we prepare for upcoming fall and Christmas music. If you have the gift of playing the piano, we have a place for you to share your talents! Contact Beckys@smokyhillumc.org.



May God bless you as we head into a new season. We look forward to sharing music with you in worship and hope you can enjoy the beautiful colors of fall with a song in your heart!

“Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God” (Colossians 3:16).



Church 101

Are you new to United Methodism, new to church in general, or new to faith and spirituality? Or maybe you've been around for a while but still have a lot of questions (or don't know what questions to ask) about what it means to be part of this church. If you are interested in building a firmer foundation for your faith in Jesus and your participation in the life of our church, join Pastor Faryn for **Church 101**!

Church 101 Part II: The Meaning of Membership will dig into what we really mean when we make promises to support the church with our prayers, presence, gifts, service, and witness. In other words, we'll talk about the ins and outs of following Jesus together. This unit will run **October 22 – November 12, Sundays at 9:00am in Room 218**.

Oct 22 Sacraments and Means of Grace: prayer, baptism, communion, and more

Oct 29 Witness with 3 General Rules: how the world experiences us

Nov 5 Presence: why church gatherings and small groups matter

Nov 12 Gifts & Service: why God cares about our money and our free time, how to live a balanced life with these commitments

Parenting 20 Somethings hosts conversation about Fentanyl

Are you a parent or grandparent of a teen or young adult? Fentanyl is dangerous and deadly and killing our young people at alarming rates. Join our parenting group on Thursday, October 12th at 7:00 pm for a conversation about drugs and alcohol, specifically fentanyl. Fentanyl is highly addictive and because of that it is being laced into other drugs with a deadly effect. We have invited Rev. Ryan Canaday, the founding pastor of FREE Spiritual Community, a United Methodist church for addicts and loved ones of addicts to come spend an evening with us. He will bring some friends who will share their stories and basic information about fentanyl. Then we will have time for questions and answers. Anyone is welcome to join us. FREE did a powerful panel discussion you can access here <https://freespiritualcommunity.com/media/z2ccstk/f-fentanyl-part-1-panel-discussion>

It promises to be a powerful night. Even if you are not personally impacted by this, it is important information for all of us. I hope you can join us.

For other adult discipleship opportunities, see the digital newsletter.

SOCIAL JUSTICE

Racial Justice Task Force

The Double Burden

By Debbie Southerland

Individuals with disabilities face many struggles and challenges. But did you know that people with disabilities from racial or ethnic minority groups often face additional challenges? The Health and Human Services Advisory Committee on Minority Health describes people from racial or ethnic minority groups who also have disabilities as people facing a “double burden” due to the additional health and social challenges they experience.

Black students with disabilities, especially “invisible disabilities” like ADHD or autism, are disproportionately suspended from school, which can lead them to get so far behind that they eventually drop out. Educators are also more likely to dismiss these “invisible disabilities” as behavioral issues in Black children than in white children. Black children are also more likely to be placed in special education classrooms, where they miss out on the benefits of interacting with many of their peers.

For some Black children with disabilities, discrimination may begin even before they enter school. Finding the right school is essential for parents of children with disabilities. However, research released earlier this year found that public school principals are less responsive to parents of disabled children when providing information about school - this is especially true when a child’s parent is perceived to be Black.

A 2016 report noted that there were 750,000 people with disabilities behind bars in the United States, many who are people of color. Additionally, According to American Community Survey data collected in 2021, 36% of Black Americans with disabilities live in poverty, compared with 26% of all Americans with disabilities.

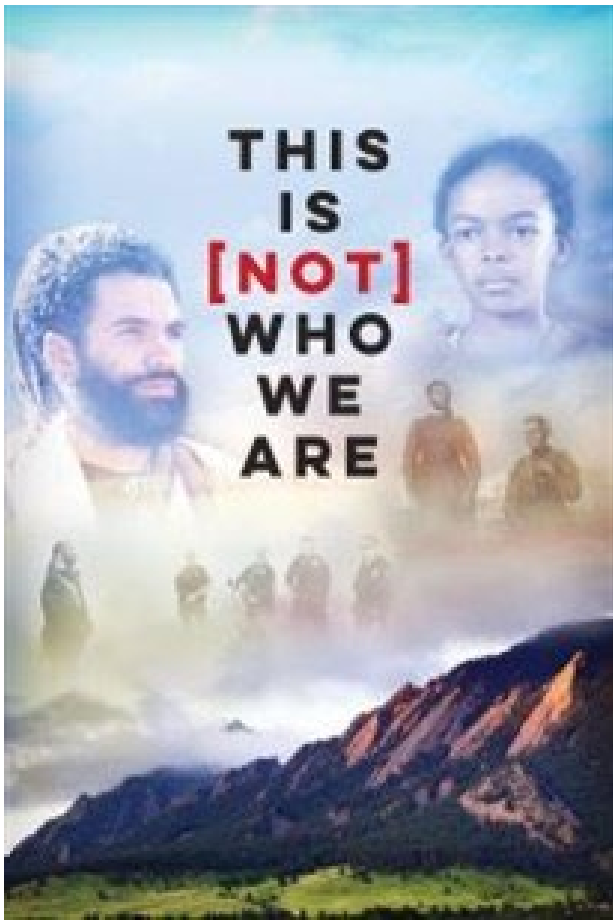
Some other issues faced by members of minority groups with disabilities include:

- Difficulties finding work: In 2019, Black Americans with disabilities had the lowest employment rate (25 percent).
- Health care: Not being able to access the health care they need due to financial, cultural, and structural barriers.
- Housing: Not being able to find accessible housing due to discrimination, high costs, and distance from public transportation.

- Threats to personal safety: Impaired mental, physical, or sensory functioning can make them more vulnerable to abuse or violence.

To find out more about this important issue, here are a few suggested resources:

- For Students with Disabilities, Discrimination Starts Before They Even Enter School (insight.kellogg.northwestern.edu)
- Intersections Between Racism and Ableism (disabilityphilanthropy.org)
- National Minority Health Month: The Double Burden for Minorities with Disabilities by Michelle Shapiro (naccho.org).
- To Be BIPOC, Disabled and Fighting for Justice by N. Jamiyla Chisholm (colorlines.com)
- What It's Like to Be Black and Disabled in America by Shalene Gupta (theatlantic.com)



Register to see a documentary exploring the gap between Boulder's progressive self-image and the lived experiences of its Black citizens.

Free Virtual Viewing Followed by a Conversation with Katrina Miller - Director, Producer, Videographer, and Narrator

Friday, October 6th at 6 pm

From the documentary's website

<https://www.thisisnotwhowearefilm.com> "This is [Not] Who We Are braids the lived experiences of Black characters ranging in age from 12 to 78. Some stories are searing, while others are hopeful. The film seeks to open a space for dialogue among Boulderites and about cities like Boulder, overwhelmingly white, wealthy, and conflicted about issues of diversity, inclusion, and equity. Is a more economically and racially diverse future possible, both in Boulder and in cities like it across America?"

This documentary and conversation is not only for those of us who live in Boulder, CO. Cities, towns, and communities all across our Mountain Sky Conference and beyond, all have histories and realities that require us to learn about, reflect on, and respond to. This is part of our calling and work as United Methodists, transformation.

You are invited as an individual, small group, or church, to view this documentary and join for a time of questions and answers with Katrina Miller. The documentary highlights interviews and wisdom from clergy and people of faith; giving us insight into our calling as people of faith. There is no cost to attend this event, but your donations are welcomed [HERE](#), which will support this screening and our Mountain Sky Conference's Racial Justice Movement and Ministries.

Please register [HERE](#).

[Link to Additional Information](#)



October 2023
Focus: October is National
Domestic Violence
Awareness Month

I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. – John 13:34

October is the month to shine a light on domestic violence, a hidden but widespread problem that affects millions of people every year. It takes place in our nation every minute of every day. Most Americans don't realize just how real domestic violence is and how many lives are affected by it. Learn more at [Domestic Violence Support | National Domestic Violence Hotline \(thehotline.org\)](#) and [Statistics \(ncadv.org\)](#)

Mind

Topic: Breaking the Silence of Domestic Violence

God wills healthy, loving relationships in our lives. This does not include coercion, jealousy, manipulation, or fear.

Domestic abuse is a pattern of coercive, controlling behavior that includes physical, emotional, psychological, sexual, or financial abuse. Both men and women are victims and perpetrators of abuse. There is no 'profile' of an abuser. Learn more about the signs of domestic violence and what can be done.



- **Register to attend a Domestic Violence Training on November 9th from 6-7:30.** Presented by Sheltering Wings, this on-line program, entitled "[Learn the Signs of Domestic Abuse](#)" is brought to you free of charge. When you sign up for our Domestic Violence training, you will learn:
 - To identify signs of abuse
 - How to address employees or congregation members you suspect are being abused from a place of empathy and compassion
 - What to say and how to help someone in an abusive situation
 - Understand the resources available
 - Please invite anyone interested to attend! **Watch for registration**
- Domestic Violence in Colorado fact sheet [ncadv_colorado_fact_sheet_2020.pdf \(speakcdn.com\)](#)
- [Fast Facts: Preventing Teen Dating Violence |Violence Prevention|Injury Center|CDC](#)
- **If you are experiencing domestic violence, contact the National Domestic Violence Hotline at 800-799-SAFE (7233).**

BODY

Join us on Facebook! ([20+](#)) [Smoky Hill UMC Abundant Health | Groups | Facebook](#).
This is the place to connect about hikes, bowling, kayaking, fishing, and new recipes!

Health Resources: (Pdf links)

- How Can I Improve My Cholesterol – [PDF](#)
- Changes you can make to manage high BP [Changes You Can Make to Manage High Blood Pressure | American Heart Association](#)
- Stress and high blood pressure - [Stress and high blood pressure: What's the connection? - Mayo Clinic](#)

Health Resources: (Pdf links in electronic newsletter or on bulletin board outside Celebration Hall)

Recipe of the month: Recipe of the month: Southwestern-style Breakfast Casserole

Serve this colorful, Southwestern-inspired, delicious casserole for breakfast and enjoy the leftovers cold the next day. Just don't tell anyone that you've added so many healthy touches - whole-grain bread, spinach and red peppers! [Southwestern-style Breakfast Casserole Recipe \(eatright.org\)](#)



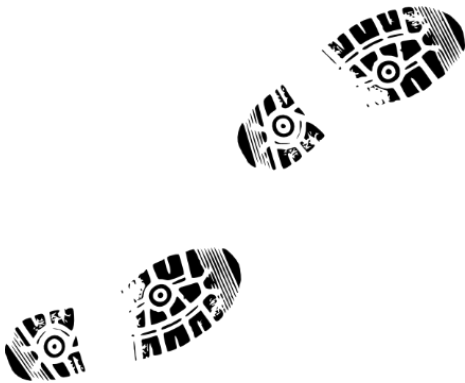
Join Our Yoga Class! – Every Tuesday at 1:45 PM in Celebration Hall

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 \$7-\$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 PM in the Celebration Hall.**



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



Abundant Health Hiking Group

Keep an eye out for future hikes by watching the weekly e-blast or our [Smoky Hill Abundant Health Facebook page](#) or contact Marta at 720-271-0691 with questions.

SPIRIT

Overcoming Abuse related Trauma



While trauma is a terrible thing for someone to go through, that doesn't mean that you have to live with it for the rest of your life. Recovering from abuse-related trauma can be incredibly challenging, but it is possible. Here are six tips you can do to help you in the healing process by NAMI: National Alliance on Mental Illness.

[Six Self-Care Tips on Overcoming Abuse-Related Trauma | NAMI: National Alliance on Mental Illness](#)

ATTENTION!

We are in need of Ushers!

This is a great way to support your church, congregation and help do God's Work.

It takes approximately an extra 45 minutes of your Sunday morning. It is also a great way to meet new friends, reacquaint with old friends and extend a hand to all!

We are returning to two services on September 10, and this will put a strain on our volunteers. Any help would be appreciated.

If you would volunteer to help one Sunday, one Service a month, it would be of great help. A commitment would really be good. At this point it is a scramble nearly every Sunday to get enough help. If we could count on people every Sunday, it would be a great help.

Contact me, Ben Berges at benberges@comcast.net or call 303-746-7301. Thank you very much!

Blessings, Ben



UNITED WOMEN IN FAITH



The Fall Craft Fair is coming! **Tell all your friends and neighbors!** There will be about 70 vendors selling hand-made items. This is the place to start off all your Christmas shopping.

We still have booths available: [Craft Fair Registration Link](#)



Smoky Hill United Methodist Church
19491 E Smoky Hill Rd
Centennial, CO80015
303-690-9816
www.smokyhillumc.org

Email all information and updates for church communications to churchsecretary@smokyhillumc.org

Following Jesus together