



# ELEMENTS

FEBRUARY 2026 NEWSLETTER



## Patti's Ponderings

Rev. Dr. Martin Luther King Jr. said, "Power, properly understood, is the ability to achieve purpose. It is the strength required to bring about social, political, economic changes." Each Sunday I say, "Welcome to Smoky Hill UMC where we are following Jesus together to make the world a more loving and just place for all." It is one thing to say that weekly, it is another thing to do it collectively. This Lent season we will be exploring a book about power that will help us identify how we can make the world a more loving and just place. Jesus constantly disrupted the power and systems of his world. He told the men in power who had not sinned to cast the first stone at the woman caught in adultery. Jesus healed the crippled man on the sabbath in the synagogue despite the challenges of the religious leaders there. Jesus entered the Temple and turned over the tables disrupting the religious system. All acts that turned over toxic power and brought about healing, restoration, and life. We will learn how we can disrupt unhealthy power in order to create a more loving and just world for all. While this may include protesting, it more often will impact how we live day to day and show up in our work places, family gatherings, and community.

It can be uncomfortable talking about power. Many of us frequently feel powerless to change our world. And we all have been the victim of unhealthy power at some point in our lives. We will explore questions like: How do we claim and wield power in life giving ways in our daily lives? How do we respond to toxic power around us? During this study, you most likely will get defensive, angry, dismissive. Those are all normal responses. This book has made me squirm as I have read it. But I encourage you to remain open and engaged. For as we study, discuss, and pray together, we will grow deeper in our ability to live in the wild ways of Jesus' radical love that has the power to change our world.



For Lent, we will be studying a book together, *Turning Over Tables* by Kathy Escobar. I encourage you to get a book and follow along, though that is not required. On Ash Wednesday, we will have come-and-go prayer stations in the sanctuary that will be available for you to stop by anytime between noon to 8 pm. Plan on taking 20-30 minutes to engage with the prayer stations that will help us reflect on pages 1-22. We will also have several small group discussion opportunities available during Lent. Wendy Hanson will facilitate a discussion group on Monday evenings at 7:00 pm. Beginning Feb. 23<sup>rd</sup>.

The following existing groups welcome newcomers for this study beginning the week of Feb. 23<sup>rd</sup>.

Tuesdays at 9 am – Tuesday Theologians

Tuesdays at 11:00 – Lunch Bunch

Sundays at 9:00 – Open Door

Sundays at 10:00 - Grounded

It is my hope and prayer that through this study, we will exit Lent with a deeper understanding of the dynamics of both healthy and toxic power in our world. And that we will feel more empowered to know how we can truly make a difference in our hurting world. Following in the way of Jesus is not easy or comfortable. May this Lent season equip us for this journey.

~Pastor Patti

## Lent 2026 Study

### Turning Over Tables by Kathy Escobar



Sundays at 9:00 am beginning Feb. 22 in Room 218

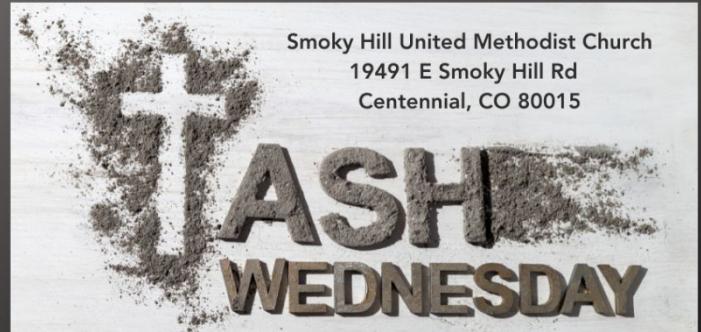
Sundays at 10:00 am beginning Feb. 22 in Room 210

Mondays at 7:00 pm beginning Feb. 23 in-person in  
Upper Room and on Zoom

Tuesdays at 9:00 am beginning Feb. 24 in Room 214

Tuesdays at 11:00 am beginning Feb. 24 in Room 214

## Self-Guided Prayer Stations & Labyrinth



Come any time on Wednesday,  
February 18th between 12:00 - 8:00 pm



## From the Associate Pastor's Desk

### Grieving While Turning Over Tables...

As we move into Lent and begin Pastor Patti's new sermon series about how power is used to harm and hurt as well as heal and bring about change, I'd like to talk about grief.

The thought of Jesus flipping tables as well as taking a whip to the money changers, must have been something to see.

It was also what led to him being killed.

I think the events that we have seen unfold on social media over the last few weeks have shown us how people in and out of power have a choice.

To use power to help heal and bring about change, or to use power to label someone trying to help another person as a terrorist that deserved to die... has shown all of us how easy it is for evil to happen as well as how resilient the need for the human spirit is to love and care for others.

In the middle of all of this, is grief... as well as a few "F" bombs.

Some people would say the use of profanity is not Christ like... and I'm not sure what the Hebrew word was that Jesus may have used as he flipped some tables... but what I do know is that anger, denial, bargaining are all part of grieving... and I also believe that Jesus in his divinity grieved... which also means that God grieves with us.

As we move through Lent, I would like to offer several opportunities for us to process our grief as well as find ways to share our power.

One opportunity will be to sign up for a Saturday morning gathering where we can come together to talk about grief. It is my hope that this will be live streamed for people to be able to participate remotely.

Another opportunity will be for people who enjoy craft beer to come together and just have a discussion about how we can care and support each other as we grieve but also find ways to share power.

For those of us who are marching and are protesting in "No Kings" marches as well as attending vigils that pray for those in the Aurora ICE detention center, I'd like to hear from you. I want to make sure that if you are attending a march or protest or vigil, that you will be safe.

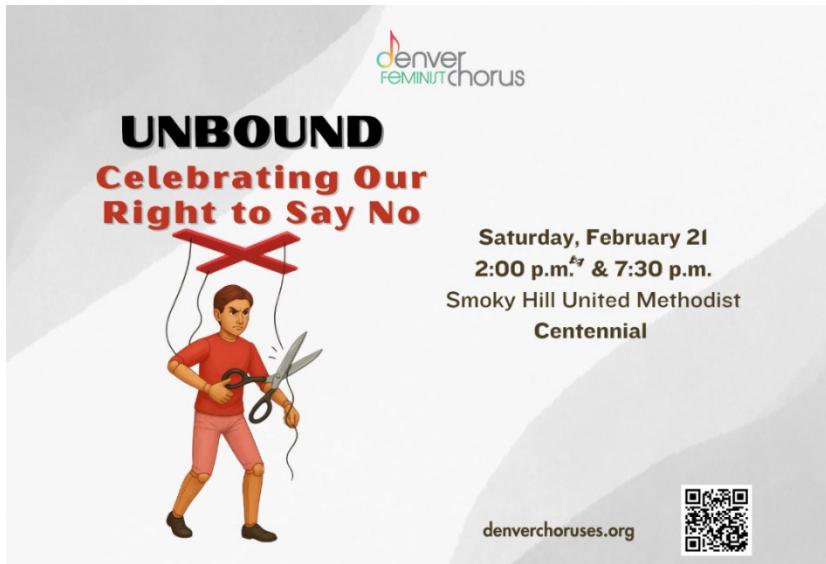
Being able to connect with other church members to walk with and support each other is critical should an emergency happen.

If you are interested in the Saturday morning gathering to talk about grief, would like to have a beer with other people of faith, or will participate in a protest march, please send me an email at [associatepastor@smokyhillumc.org](mailto:associatepastor@smokyhillumc.org), or text me at 720-933-4372.

Please make sure to give me your name and contact information for me to reach back out to you. Please do not assume I know who you are when your email is "[Mamabear@aol.com](mailto:Mamabear@aol.com)" :-)

Grieve well, find your power, let your heart be heard.

Blessings to all...  
Rev. Glen



*Unbound: Celebrating Our Right to Say No*, an empowering anti-Valentine's concert, honors the power of walking away from toxic relationships, bad habits, or anything that holds us back. Featuring songs like "Goodbye Earl" and "Labour," the Denver Feminist Chorus celebrates strength, clarity, freedom, and the joy of embracing a life unbound.

#### SHOW AND VENUE INFORMATION

Lobby doors open 1 hour prior to curtain; concert hall doors open approximately 30 minutes prior to curtain.

Run time is 95 minutes, including a 15-minute intermission.

Smoky Hill United Methodist Church  
19491 E Smoky Hill Rd Centennial, CO 80015

Parking: Free Parking



## ADULT CLASSES & GROUPS

**Open Door - Sundays at 9:00 am in Room 218** This class is a welcoming, inclusive environment, inviting individuals from diverse backgrounds to participate, whether you're new to Bible study or have been participating for years. Come as you are! No need to prepare or do homework - just bring yourself and an open heart. We use various forms of media to stimulate thoughts and ideas and focus on meaningful conversation and spiritual growth rather than formal lessons. No need to rsvp – just drop in whenever you can. For more information contact Kim Brice [kbrice227@gmail.com](mailto:kbrice227@gmail.com)

### The Way of Faith – Sundays at 9:00 am in the Upper Room & on Zoom

This is an inclusive and open group whose focus is on God's love in our world today and how we can do better to live God's will in our lives. We start each class with a video that includes such authors and theologians as Richard Rohr, Diana Butler Bass, AJ Levine, Adam Hamilton and many, many more. Each Sunday is a standalone teaching and conversation allowing people to attend when possible. We hope you will join us as we gather to discern the way of Christ in our lives today and seek to be deeper rooted in the love of God.

**Get your tickets now as concerts in 2025 were sold out!**

**While the concert isn't free, you do get to pay what you can afford.**

**This will be a concert and a sound you will always remember.**

**For tickets go to: <https://app.arts-people.com/index.php?show=295444>**

**Grounded Sunday School Group** offers an open space for sharing, support, fellowship, and spiritual growth for adults. Discussions may include family faith formation, parenting, marriage, and living as Christians in today's world. Specific studies and/or topics are determined by the group on an ongoing basis depending upon needs and interests. Grounded also typically joins in the church wide studies during both Lent and Advent. **Feel free to join us on Sunday mornings at 10:00 AM in Room 210 during the school year. This group does not meet during the summer, from Memorial Day weekend to Labor Day weekend.**

### **Parenting 20-Somethings Group**

We are a group of parents that gather each month to talk through the triumphs and trials of parenting our 20-something old children. We would love for you to join us. This group led by Pastor Patti, mother of two 20-somethings, is open to our congregation and community. We meet on the second Thursdays of each month at 7:00 p.m. Call the church office to get a code to enter the building if you, or someone you know wants to join us.

### **Social Principles Class**

Have you ever wondered what United Methodists believe about a current issue, such as climate change, immigration, or gender identities? The United Methodist *Social Principles* express our official position on society issues and cast a vision for a just and equitable world. The Social Principles are a faithful and fresh expression of the implications for our Wesleyan perspective. They were most recently updated through a worldwide collaborative process. Join Pastor Patti for a 4-week class to explore our Social Principles. We will meet on Tuesday evenings at 7:00 Jan. 20th - Feb. 10<sup>th</sup>, in person and on Zoom.

You can access our Social Principles digitally here <https://www.umcjustice.org/documents/124> or you can order a printed copy <https://www.cokesbury.com/Social-Principles-of-The-United-Methodist-Church-2025-2028-2>

**Join Zoom Meeting** <https://us06web.zoom.us/j/82796068274?pwd=EhcsBb8fRCT6LbzZH0QNigLo2k8seJ.1>

**Meeting ID:** 827 9606 8274

**Passcode:** 281258

**To see all of our Adult Classes and Groups, please see our website or call 303-690-9816.**



**If you are a widow or widower,  
we would like to treat you to lunch!**

**Please RSVP to 303-690-9816 or  
churchsecretary@smokyhillumc.org**

**SAVE THE DATE: FEBRUARY 19th  
YOUNG AT HEART LUNCHEON**

Please RSVP to 303-690-9816  
[churchsecretary@smokyhillumc.org](mailto:churchsecretary@smokyhillumc.org)

**Smoky Hill UMC Young At Heart Luncheon**

**Thursday, February 19<sup>th</sup> at 11:30 AM**

**Deputy Dennis Meyer from the  
Arapahoe County Sheriff's Office  
will give us a presentation on  
Safety and Security**



*A suggested donation of \$10.00 will help cover the cost of the lunch & program. Please give as you are able and know that everyone is welcome!*

Please RSVP for this lunch 303-690-9816  
[churchsecretary@smokyhillumc.org](mailto:churchsecretary@smokyhillumc.org)



## CHILDREN & FAMILY

### ***Children and Family Ministries***

### ***JOIN US ON SUNDAY MORNINGS***

**8:30-9:30 AM WORSHIP, NURSERY, AND  
CHILDREN'S CHURCH.**

**10:00 -11:00 AM WORSHIP, NURSERY,  
CHILDREN'S SUNDAY SCHOOL FOR AGES 3YR  
TO 5TH GRADE.**

**NEW DROP OFF AND PICK UP FOR SUNDAY SCHOOL  
DROP OFF YOUR KIDS IN THE COVE (BY THE FRONT DOOR) AND WE WILL TAKE TO SUNDAY  
SCHOOL. WE WILL BRING THEM BACK UP TO THE GATHERING SPACE AFTER WORSHIP.**



**\*\*NOTE, THE 4TH SUNDAY  
OF THE MONTH WILL BE  
WORSHIP AS A FAMILY, NO  
CHILDREN'S CHURCH, OR  
SUNDAY SCHOOL.  
THE 5TH SUNDAY WILL BE A  
FUN DAY.**

### ***Undie Sunday***

**FEBRUARY 22, 2026**



**WE ARE COLLECTING NEW UNDERWEAR AND  
SOCKS FOR LOCAL SCHOOLS IN NEED.**

**YOU CAN DROP DONATIONS OFF ON SUNDAY  
MORNINGS, OR DURING CHURCH OFFICE HOURS.**

**PLEASE PLACE THEM IN THE WAGON IN THE GATHERING  
SPACE.**

**PRESENTING PRAYER SHAWLS**



**to our 2nd graders.  
Join us at 10 a.m. Worship  
on February 22nd.**

Feb. 1<sup>st</sup> - 8:30 am Worship & Children's Church  
9:30 - 9:55 am Children's Choir and Parent connect  
10:00 am Worship & Sunday School  
5:30 pm Chili warms the soul and games.

Feb. 8th - 8:30 am Worship & Children's Church  
9:30 - 9:55am No Children's Choir or Parent connect  
10:00 am Worship & Sunday School

Feb. 15<sup>th</sup> - 8:30 am Worship & Children's Church  
9:30 - 9:55 am Children's Choir and Parent connect  
10:00 am Worship & Sunday School

Feb. 17<sup>th</sup> - Pancake Supper sponsored by our Youth.

Feb. 18<sup>th</sup> - Ash Wednesday Prayer Stations, come any time 12-8 pm.

Feb. 22<sup>nd</sup> - 8:30 am Worship & No Children's Church- Worship as a Family.  
9:30 - 9:55 am Children's Choir and Parent connect  
10:00 am Worship & No Sunday School Worship as a Family.  
\*\*Undie Sunday and Prayer Shawls.

**Save the date: More details will follow!**

- All Church Clean up Day - March 28<sup>th</sup> from 9am -12 pm.
- Community Easter Egg Hunt - March 28<sup>th</sup>, 11 -11:30 am.
- Palm Parade – March 29<sup>th</sup> - Both worship hours.
- Easter - April 5<sup>th</sup> - Worship as a family.
- End of Year Celebration - May 17th.
- Vacation Bible Camp - June 22nd to 26th, 5:30 – 7:30 pm  
FREE. Looking for helpers. Celebration VBC June 28<sup>th</sup>.





## FINANCE

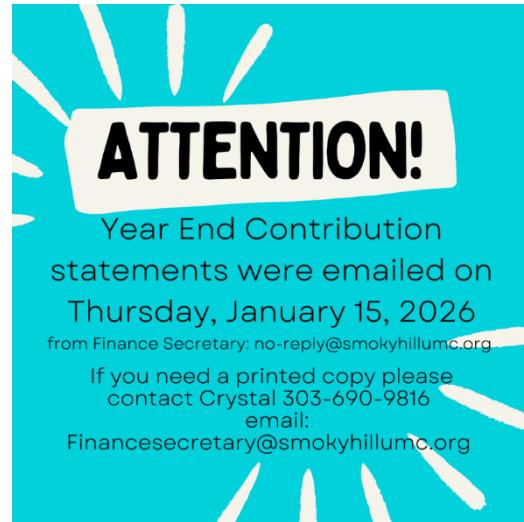
### FINANCIAL UPDATE

As we begin the new year, we are grateful to share some good news. Thanks to your generosity, we finished 2025 strong and met our December income needs. That strong finish has positioned us well as we move into 2026.

Pledges for the 2026 stewardship campaign came in close to last year's total, allowing the Finance Committee to confidently propose a Maintain Budget of \$794,833 that continues our current upkeep and ministries. This budget does include a year-end deficit. We are trusting in continued growth, finding new income streams, and faithful giving. We are pleased to share that this budget was approved by the Administrative Council last week.

Thank you for your faithful support, prayers, and commitment to this church community. Your generosity makes it possible for us to begin the year on solid ground and continue God's work together with confidence and hope.

Sincerely,  
Butch Reimer  
Finance Chair



## JUSTICE MINISTRIES

### RACIAL JUSTICE TASK FORCE

**Immigration - On Sunday, February 15 at 11:15 am we will be making Whistle Kits.** These Whistle Kits have been very successful in other cities in response to ICE activities. We assemble into a sandwich bag: a whistle, an immigration resource sheet, a Know Your Rights card, and a We Keep You Safe (WKUS) Colorado zine with info on:

1. How to record ICE activities
2. How to use the whistle if you see ICE activities
3. Phone number to the Colorado Rapid Response Network
4. Resource link to WKUS Colorado

Please come if you would like to help us assemble these kits. We will provide a light lunch, so please RSVP to 303-690-9816 or [churchsecretary@smokyhillumc.org](mailto:churchsecretary@smokyhillumc.org)

Questions? Contact Kathy Brennan [pakorah@hotmail.com](mailto:pakorah@hotmail.com) or Adam Kemper [kemperac@gmail.com](mailto:kemperac@gmail.com)

# RAINBOW ALLIANCE

## Bishop Kristin G. Stoneking to Preach February 8th

As Smoky Hill marks 7 years as a reconciling congregation and 45 years as a chartered congregation in the United Methodist Church, the Rainbow Alliance reached out to Bishop Kristin G. Stoneking with an invitation to preach one Sunday in February.

And she said yes!

Bishop Stoneking was elected to the episcopacy on July 11, 2024 and was assigned to serve the Mountain Sky Conference, effective September 1, 2024.

Growing up as the daughter of a United Methodist pastor and granddaughter of an early Methodist deaconess, you could say she was raised with Methodism and social justice issues in the core of her being.



From her early days of hearing the call to ministry as a young adult serving at Georgetown University in Washington DC in the Center for Immigration Policy and Refugee Assistance, to earning her PhD at the Graduate Theological Union in Berkeley in Interdisciplinary Studies, she has focused on comparative theology, nonviolence education and conflict resolution.

Her work as the national executive director of the US branch of the historic Fellowship of Reconciliation (FOR-USA), an anti-racist, justice and peace organization with consultative status at the United Nations is only one of many lifetime accomplishments.

Bishop Stoneking and her spouse, Elizabeth have two young adult children, John, a doctoral student at the University of Texas at Austin in the Cockrell School of Mechanical Engineering and Paloma a student at Occidental College in Los Angeles, California focusing on music and religious studies.

As a family, they enjoy travel, movies, games, concerts and hanging out with their dogs (Rusty & Joni Mitchell) and their cat (Stevie Nicks.)

This is a great opportunity to hear a great sermon from one of three out and open elected bishops in the United Methodist Church!

Bishop Stoneking will meet and greet those attending worship after the service in the gathering space.

## SAVE THE DATE & RSVP

Rainbow Alliance is sponsoring a speaking and Q&A event for **Sunday, March 15, 2026, from 11:30AM to 1:00PM**. Our guest speaker will be Representative Brianna Titone, Colorado's first openly transgender state legislator, who represents District 27 (within Jefferson County) in the Colorado General Assembly. Prior to entering politics, Rep. Titone, who holds a Master of Science degree in geochemistry, worked as a mining consultant, geologist, and software developer. She also served as a volunteer firefighter for seven years, starting in high school.

Please mark your calendars and RSVP to 303-690-9816 or [churchsecretary@smokyhillumc.org](mailto:churchsecretary@smokyhillumc.org).

Questions? Contact Tim Davis ([tcdavis660@comcast.net](mailto:tcdavis660@comcast.net)) or Denise Arnold ([beagle\\_lover\\_501@msn.com](mailto:beagle_lover_501@msn.com)).





## MEN'S GROUP

**MEN'S GROUP** will be making chicken wings for Super Bowl Sunday, February 8. Please call 303-690-9816 to order by Friday, February 6, 2026.

### **MEN'S GROUP BREAKFAST MEETING**

All SHUMC men are invited to join us for our Men's Group Meeting at 7:30 am on Saturday, February 14<sup>th</sup>.



## MISSION

### **ALL CHURCH RUMMAGE SALE**

**Save the Date--May 29 and 30**

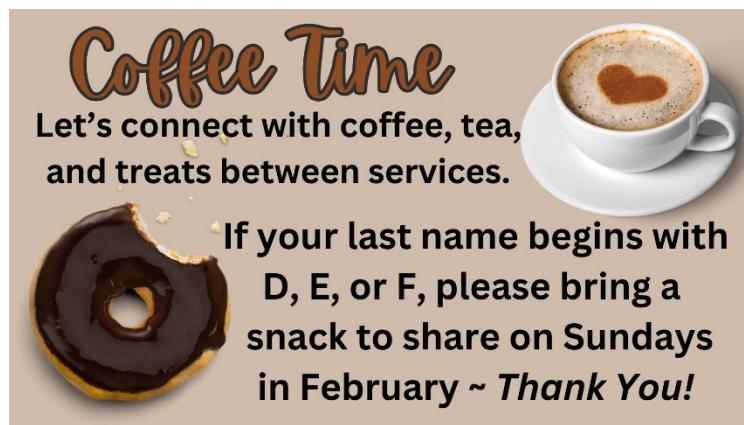
Are you using January to sort through your 'stuff' to make a clean start to the New Year? Consider setting aside your things to bring to our Rummage Sale to benefit our church budget. The rummage sale will benefit--the people who come and get a great bargain

our church

the organizations to which we donate any leftovers

YOU as you will have some cleaned up storage space!!

More details on how to donate and how to sign up to help will be coming in the future. If you have questions now, email Susan Hora [cusaglass@gmail.com](mailto:cusaglass@gmail.com). This effort can be a great success with everyone's help!



### **Colorado Feeding Kids-April 11**

Due to your generous 3 Gifts donations to Colorado Feeding Kids, we are able to host a Smoky Hill pack on April 11th from 10am-noon. Save the date and as it gets closer, we will have a sign up on the connect card. We would love to see a large group participate and this is a great activity for families. Watch the eblast for more information.

## **Mission Trip**

The Mission Team is planning a trip to Alamosa from May 31<sup>st</sup>-June 6<sup>th</sup> to volunteer in their shelter, food bank, thrift store, and other areas that are of interest to the group. The spots are filling up fast. You don't need to make a firm commitment yet, but we will be holding an organizational meeting soon. If you are interested in going on the trip or would like more information, please reach out to Sharon Davis at [stdavis21@comcast.net](mailto:stdavis21@comcast.net) or fill out the connect card indicating your interest.

## **February 2026 SHUMC Abundant Health**

### **February is American Heart Month**



**#OurHearts**  
are healthier with self-care

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart.

Try these simple self-care ideas, such as:

- Taking a moment to de-stress.
- Giving yourself time to move more.
- Preparing healthier meals.
- Getting quality sleep.

These acts can all benefit your heart. Connect with others to make these efforts more successful.

  National Heart, Lung, and Blood Institute 

**#OurHearts**  
are healthier together

A woman in a green hoodie and black leggings is jogging outdoors, wearing headphones and smiling.

Feb 6<sup>th</sup> is Wear Red Day (for Women's Heart Health) - Heart attacks in women can look different than men. Learn the symptoms at [goredforwomen.org](http://goredforwomen.org)

### **On the Move with Smoky Hill UMC**

**Group 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. Contact Susan Hora at [cusaglass@gmail.com](mailto:cusaglass@gmail.com)

**Hiking Group:** The weather is iffy but keep an eye out for possible coming hikes by watching the weekly e-blast or our [Smoky Hill Abundant Health Facebook page](#) or contact Marta at 720-271-0691 with questions.

**Yoga at Smoky Hill:** Join us every Tuesday at 1:45-2:30 PM in Celebration Hall to stretch and improve your health. Zachary Horan, our yoga instructor, is an expert at working with your personal needs and restrictions. We ask for a donation of \$7-\$10 in appreciation of his time.

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

## **Opportunity to hold up Kairos Prison Ministry through Prayer – March 27-29**

Kairos Prison Ministry will be hosting a Kairos Outside retreat March 27-29 at Camp Elim in Woodland Park. Volunteers from different Christian backgrounds come together to support women impacted by incarceration by having a family member or friend who is incarcerated or having previously been incarcerated themselves.

Rev. Natalie Marionneaux volunteers as one of the Spiritual Directors for this weekend. She is inviting any who would like to be a part of the weekend to sign up for a prayer time during the weekend. Every minute of every Kairos weekend, be it inside the prison or outside, people volunteer to pray to lift up the guests attending.

This is a powerful way the guests experience community – that strangers who are not even present are holding them in prayer. It is a powerful realization for them to know that they are loved, held, and cared for.

Would you like to spend 30 minutes over the weekend of March 27-29 holding these women in prayer? Pray for their blessings, their comfort, their joy and that of their loved one. Please consider signing up at the link here: <https://prayervigils.net/vigils/116>.

Thank you for your generosity of spirit to be in connection as a blessing to those who are so frequently overshadowed by the shame of incarceration. Thank you for building community!

Natalie  
Rev. Natalie Marionneaux  
[nmarionneaux@drew.edu](mailto:nmarionneaux@drew.edu)  
CGAux ACS Flotilla 070-06-14  
located in Denver, CO  
720-688-9006





# TRUSTEES

There is a dedicated work group of individuals that meet up at the church on Wednesdays from 9:00 to 12:00 to do all types of maintenance projects to improve the church building. We paint, patch walls, fix tables, clean doors, install lights and many other needed tasks. I would like to invite any other individuals that would be interested in helping out to join us whenever possible. All materials are provided. Please feel free to give me a call (Mark Brinton 303-961-5272) if you have any questions. Thanks.



# WORSHIP

## Pockets of Peace: Mid-week contemplative worship

Life can be chaotic and busy. The media cycle and social media amplify the chaos. We need to create our own pockets of peace in which we ground ourselves in God's love. This is a powerful way to combat anxiety and fear and is also a practice of resistance. Pastor Patti will be leading monthly contemplative worship services on Zoom, the 1<sup>st</sup> Thursday of each month at 8:00 pm. I know it's late, but it is a great way to end a day. We quiet ourselves with music, ground ourselves in scripture and center ourselves with prayer. Here is the zoom link: <https://us06web.zoom.us/j/84303559229?pwd=r2iuXCMbX2H3icExDgQtNTTrUx7Fa.1>

**Our first zoom gathering will be Thursday, Feb. 5<sup>th</sup>.**



**CAN'T BE HERE? Join the 10:00 AM English service on [Facebook](#) or [YouTube](#)**

***To livestream the Spanish service, please contact Pastor Lucia for the link.***



19491 E Smoky Hill Rd  
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[www.smokyhillumc.org](http://www.smokyhillumc.org)

***Following Jesus together to make the world a more loving and just place.***

Email all information and updates for church communications to [churchsecretary@smokyhillumc.org](mailto:churchsecretary@smokyhillumc.org)