



# ELEMENTS

**AUGUST 2023 NEWSLETTER**



## **Patti's Ponderings**

All scripture is inspired by God and useful. -2 Timothy 3:16

Sometimes I read scripture and discover great wisdom, words that speak into my life and encourage me. Other times I read scripture and it offends me, or confuses me, or seems very irrelevant. Scripture is a mixed bag and yet it is a foundation of our faith. At times we are tempted to blow off scripture. Paul was writing to his mentee, Timothy, in the New Testament letter 2 Timothy. Paul encourages Timothy to persevere in faith and reminds Timothy that all scripture is inspired by God and useful. I have found that to be true. Scripture comes alive when I am willing to dig into the story until I discover the kernel of wisdom. It is then useful to guide me, or shape my character, or give me insight.

For the next few months, we are going to revisit foundational stories of our faith from the book of Genesis. We will dig deep under the simple understandings we learned in Sunday school as children. We will approach these stories with curiosity, looking for meaning and wisdom that speaks to life today. We will seek to breathe new life into these old, old stories. As we do, I trust that we will encounter the living God. I hope you join me on this journey!

*May the Lord bless you and keep you,*

*Pastor Patti*

# WORSHIP SERVICE

Sundays 10:00 AM



Adult Sunday School 9:00 AM

CAN'T BE HERE?

[Livestream on Facebook](#)

[Livestream on YouTube](#)

*Sometimes we have trouble livestreaming on Facebook, so you may want to use the YouTube link instead.*



## CHILDREN & FAMILY

Children and Family Ministries August 2023



Back to School: August 13th during Worship. Kids & Teachers bring your backpack to Worship Service for your blessing for a wonderful school year.

## ANNUAL SCHOOL SUPPLY

# DRIVE

Loose Leaf Paper & Spiral Paper

Pencil Bags & Backpacks

Pink Eraser & Crayons

Glue & Glue Sticks

#2 Pencils & Color Pencils

Ink Pens & Markers

Drop in the wagon by the Front Doors

We are still collecting supplies until August 13th. You can drop off supplies on Sunday mornings from 9:00 -11:00 am, or Monday - Thursday from 9:00 am -12:00pm. You can contact Crystal @, [crystald@smokyhillumc.org](mailto:crystald@smokyhillumc.org) and she can pick up supplies.

Thank you to everyone who brought food for Aurora Interfaith and toddler socks for Wholly Kicks during our VBC Mission Challenge. **We brought in 500 pounds of food and 110 pairs of socks. Way to go!!!**



**Join me for Ice Cream Dinner on August 14<sup>th</sup>** at Imagirifik from 3:00 – 9:00 pm. Crystal will be there at 5:30!!!! 16748 E. Smoky Hill Rd. Centennial, 80015 (Smoky Hill and Buckley)

## LOOKING FOR SUNDAY SCHOOL TEACHERS & HELPERS

Teach the young children the message of GOD. You will have all the supplies you need and the Curriculum in advance if you need to make any changes. We need 2 people in each room. We need at least 1 adult (over 18), and the second person can be 6th grade and up for each class. You do not need to commit to every week. If we have enough volunteers, we can share the time!

Reach out to Crystal if you can give your time.  
We will start September 10th.



## Children's Church

**SUNDAY MORNINGS @ 10:00 AM  
AFTER THE CHILDREN'S MESSAGE.  
1ST SUNDAY IS WORSHIP AS A FAMILY**

**COME AND JOIN US!  
INDOOR & OUTDOOR  
A LESSON AND FUN!**



Adult Sunday School from 9:00 -9:45 am and Worship is at 10:00 am.  
No Sunday school for kids for the summer, but if your child comes, Crystal will have activities for them.  
Nursery care is available to all kids 5 years and younger from 9:30-11:00 am.



# Coffee Connection

Let's connect over coffee and treats between services!  
If your last name begins with J, K, or L, please bring  
a snack on Sundays in August ~ thank you!

## 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

**WE NEED HELP COUNTING THE  
MONEY THAT HAS COME IN  
THROUGH THE WEEK AND  
DURING SUNDAY MORNING  
WORSHIP.**

**WE NEED 2 PEOPLE COUNTING EACH  
SUNDAY, YOU CAN COME AFTER THE  
OFFERING IS COLLECTED.**

**REACH OUT TO CRYSTAL IF YOU  
CAN HELP!!**

**Imagirifik Fundraiser - Monday, August 14 from 3:00-9:00PM**

## **Imagirifik Ice Cream Fundraiser**

**Monday, August 14**

**3:00-9:00 PM**



**Eat to Support SHUMC**

**Dine-In, Takeout, Pick Up  
16748 E Smoky Hill Rd**

**Mention SHUMC when ordering**

**RSVP**

*See eblasts, Facebook, flyer, or website for details!*

**We hope to gather members and friends of our community  
for a fun, social evening with delicious ice cream treats!**

Please read the instructions below, so that Imagirifik knows you are with the GroupRaise Meal for Smoky Hill United Methodist Church, and your group will get 25% of your meal's price donated back!

### **Phone Call**

Call 3036272456 and mention that you are with Smoky Hill United Methodist Church before placing your order.

### **Storefront Walk-in**

Visit the location at 16748 East Smoky Hill Road Unit 9F, Centennial 80015 and they will take your order from their storefront for take-out. Mention that you are with Smoky Hill United Methodist Church before placing your order.

### **Common Delivery Apps**

Imagirifik is available on Grub hub, Uber eats, Postmates. In the section for order notes or special instructions, include "I am with the GroupRaise Meal for Smoky Hill United Methodist Church".

On Monday, August 14th from 3:00 PM - 9:00 PM, Imagirifik at 16748 East Smoky Hill Road is donating back 25% of sales from Dine-In, Takeout & Pick up orders to Smoky Hill United Methodist Church!

RSVP & all details here: <https://grouprai.se/f249889>

Why we're raising: We hope to gather members and friends of our community for a fun, social evening with delicious ice cream treats! This will be the first day of school for many of our church's children, so it will be fun to catch up with one another.

We hope you can join us in eating out for a good cause!

P.S. Please feel free to invite -- and share this event with -- your friends and family.



We haven't been THAT quiet in the summertime at SHUMC!



A few weeks ago we set up a co-youth group night with McFarlin UMC from Norman, OK, who stayed in our church for a week while visiting Denver on their summer mission trip. We had a GREAT night combining our 2 groups for dinner, games and worship! We led some of our favorite games, and they included us in their mission-trip-style worship. It was an awesome collaboration – like “church” should be!

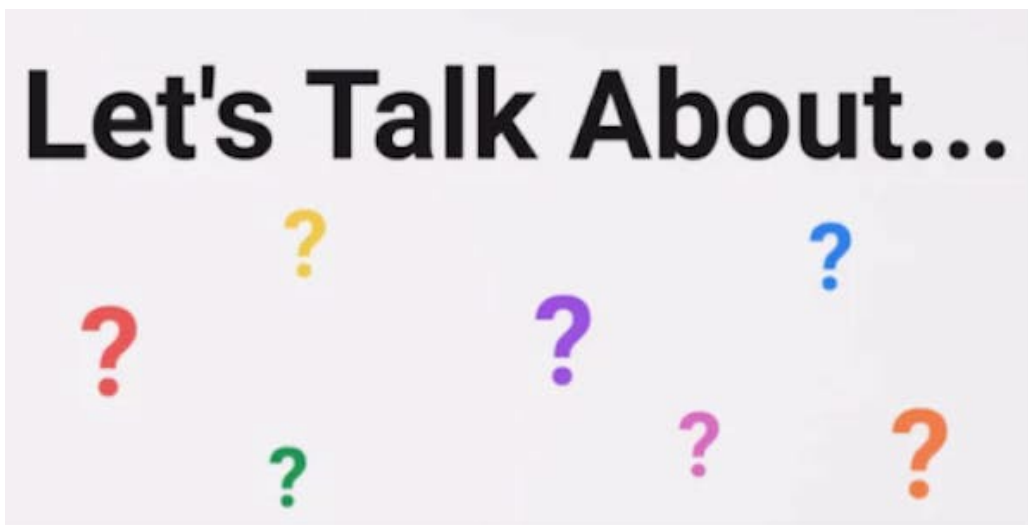


We've created a small creative group within our Youth Group with a focus on making art / stuff. We've named it our **SHUMC Youth "Crafty Community"**. Its purpose? Gathering together once a week to create things we individually love to make – whether it's crocheting, drawing, building things out of Legos, making jewelry, etc. – all while having fellowship time with one another. We plan to collaborate with other groups in the church after we get more established, expanding our "community vibe" beyond just our group.

We'll be selling things we've made in summer and fall at our own **Crafty Community table** at the **UWF Fall Craft Fair** this year! Our sales will benefit youth group as well as the individual youth creators.



**We are wrapping up our mission trip in Alamosa, CO this week!** We'll recap in church and in the next newsletter! It's been an AMAZING time together doing the hard work Jesus taught us to do for others.



*“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.*

This month, let’s talk about money. Jesus believed a poor widow could make a difference with a couple of mites, basically her literal two cents. Where she put that money mattered. Where we spend our money matters. This month is National Black Business Month, which highlights the achievements of Black entrepreneurs and Black-owned businesses.

If you haven’t already, take a moment to read Adam Kemper’s article for our Racial Justice Task Force in this newsletter. ...Now that you know the story of Black Wall Street, let’s talk about why spending our money with local, black-owned businesses makes a difference. In 2021, the median household income in Aurora for white families was \$80,922. At the same time, the median household income for Black families here was \$53,451. The percentage of white Aurora residents in poverty was 8.2%, compared with 15.1% for Black Aurora residents. (See this information and more, including the data for other racial and ethnic groups in our city, at this link: <https://www.city-data.com/city/Aurora-Colorado.html>).

Now, it is terrible that anyone lives in poverty, but it is embarrassing how easily I could predict these numbers. I could not have told you the specifics without looking it up, but across the country, Black families are about twice as likely to live in poverty compared to white families, and the median household income for Black households is a little over half of what it is for white households. In many major cities, the disparity is far worse; D.C.’s Black poverty rate is four times that of its white residents. Here, it’s a little better than that rule of thumb would say, but still says a lot about our country’s racial history.

This is why it matters when we spend our money at local businesses, and especially Black-owned local businesses. Consciously choosing where we shop makes a statement about what kind of economy and community we want.

That said, I confess that for grocery shopping, I default to big chain stores. It’s not realistic for most of us to transition to exclusively supporting small businesses, and certainly not overnight. So, here are 3 simple little things you can do to support local and Black-owned businesses without doing a bunch of research (although, that research is worthwhile!)

1. Try a new coffee shop. Have you heard of Endless Grind? It’s in the Target lot on Buckley, and Yelp says it’s the highest-ranked Black-owned business in Aurora. And I will personally add that their (always fair trade) coffee is great! But if that shop is too far out of your way, just try looking up coffee shops and pick one with a name you don’t recognize. Who knows, maybe you’ll find your new favorite drink and hangout!
2. Shop the vendors at festivals/fairs. We all know how amazing the artists are at our UWF Craft Fair in October, but there are also cool local vendors at Aurora Pride and Global Fest and many other community events. More often than not, you’ll actually meet the business owner at their booth and get to hear their story if you ask them. Even if you don’t have the cash to splurge too much on vendors at an event, listen to small business owners’ stories and share them in your circles. Maybe you’ll help someone find their new favorite artist.
3. Signal Boost: You know how there are people who make a career out of posting product promotions on social media? The cool thing is, you have that same power. You might even have more influence within your own circles because people know you’re not being paid to promote these things. So when you do #buylocal, take a picture and share it, and tag the business in your post. If social media isn’t your thing but email is, send an email to your friends who you think might appreciate knowing about the cool shop you found. And if computers are just a great big nope for you, then talk it up! Share the stories you’ve learned of entrepreneurs and their great local goods and services.

*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/E9eRqZJGLgVaqbDZ9> or email me directly at [virginiag@smokyhillumc.org](mailto:virginiag@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 10<sup>th</sup>. 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](mailto: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](http://mccurdy.org)

## **Information from the Mefors**

Dr. Mefor and his wife Florence have indicated there is a great need for funds to cover their doctors and also a need to provide a childcare center for the children of their nurses. If you feel called to give, you can give through the church or directly to UMCOR with the advance number of 3022286 (Mutambara Mission Hospital).



# MUSIC

## MUSIC NEWSLETTER AUGUST 2023

How is it August already? Didn't summer just begin and now we're into the heat (and more rain in the forecast) of August? It's time for families to begin getting children and teens ready to begin another school year. It's time to enjoy the beauty of the green – all the different and beautiful colors of green – the green grass, the many colors of leaves on trees and flowers, and the beautiful flowers, all colors vibrantly blooming!

Smoky Hill UMC is blooming, too! It is so wonderful to see our sanctuary filled with familiar and new faces each Sunday and the energy of babies and children can make one's heart sing with joy!

**Singing!** How wonderful your voices are singing hymns and songs in worship each week! YOU ALL make a WONDERFUL CONGREGATIONAL CHOIR! Keep singing God's praises!

I will praise you, Lord, among the nations;  
I will sing of you among the peoples. [Psalm 108:3](#)



### JOIN US! WE HAVE MANY MUSICAL GROUPS AND OPPORTUNITIES AND REHEARSALS BEGIN SOON!

**Chancel Choir Kick-Off:** Wednesday, August 23: 6:30-8:15 p.m.

Potluck dinner, fellowship and singing! Anyone who likes to sing high school age and older is welcome!

**What about Handbells?** August 3, 10 and 17: 6:00 – 6:45 p.m. Come check out the bells, learn basic handbell skills and see what you think! Any youth middle school to adult is welcome! This is for a beginner or if you played in the past and want to brush up on basic music/handbell skills.

**Adult Handbell Choir Kick-Off:** Thursday, August 24: 7:00-8:30 p.m. in the sanctuary.

If you would like to ring we would love to have you join us! Contact Becky at [BeckyS@smokyhillumc.org](mailto:BeckyS@smokyhillumc.org).

**Other musical groups:** Brass, strings, woodwinds, Praise Team, children and youth:  
Watch for more information in your weekly E-Blasts coming soon!

**Looking forward to preparing music for fall AND Christmas! Sing to the Lord!**

# OTHER GROUPS

## Tuesday Morning Theologians

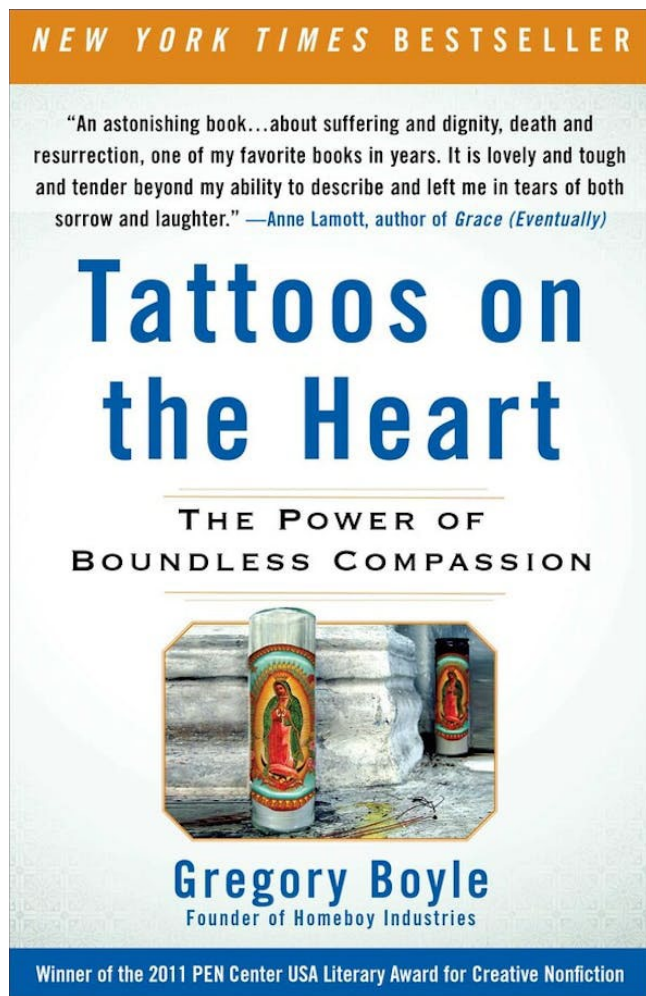
Join Tuesday Morning Theologians for six weeks starting September 12<sup>th</sup> for a reading and discussion of **Tattoos on the Heart – The Power of Boundless Compassion** by Gregory Boyle.

From the book: Gregory Boyle has run Homeboy Industries, a gang-intervention program located in the Boyle Heights neighborhood of Los Angeles, the gang capital of the world. In *Tattoos on the Heart*, he distills his experience working in the ghetto into a breathtaking series of parables inspired by faith. Filled with sparkling humor and glowing generosity, these essays offer a stirring look at how full our lives could be if we could find the joy in loving others and in being loved unconditionally. Gorgeous and uplifting, *Tattoos on the Heart* reminds us that no life is less valuable than another.

*"An astonishing book . . . about suffering and dignity, death and resurrection, one of my favorite books in years. It is lovely and tough and tender beyond my ability to describe and left me in tears of both sorrow and laughter."* Ann Lamott, author of *Grace (Eventually)*

We meet in room 214 from 9:00 to 11:00.

For more information contact John Tedrick at [johntedrick@me.com](mailto:johntedrick@me.com)



A Bold Path to Ferocious Courage  
and Rule-Breaking Kindness That  
Can Heal the World

# Fierce Love

Rev. Dr. Jacqui Lewis

## UWF Tuesday Lunch Bunch

You are very welcome to join **UWF Tuesday Lunch Bunch** for our next 9-week book study which will start on Sept. 12 at 11:30 in room 214. Fran Krech will lead our discussion of **Fierce Love**, by Rev. Dr. Jacqui Lewis. **Fierce Love** lays out nine practices for breaking through tribalism and engineering the change we seek. She shares stories that trace her personal reckoning with racism, and shows that kindness, compassion, and inclusive thinking are muscles that can be exercised and strengthened. For information contact Fran Krech, [krechf@yahoo.com](mailto:krechf@yahoo.com), 303-690-1799, or Kathy Tedrick, [kathytedrick@me.com](mailto:kathytedrick@me.com), 303-906-6440.

## Racial Justice Task Force

August is Black Small Business month. We want to share the history of black wall street and one of the most successful Black business communities in US history. At the turn of the 20th century, African Americans founded and developed the Greenwood district in Tulsa, Oklahoma. Built on what had formerly been Indian Territory, the community grew and flourished as a Black economic and cultural mecca—until May 31, 1921.

That's when a white mob began a rampage through some 35 square blocks, decimating the community known proudly as "Black Wall Street." Armed rioters, many deputized by local police, looted, and burned down businesses, homes, schools, churches, a hospital, hotel, public library, newspaper offices and more. While the official death toll of the Tulsa race massacre was 36, historians estimate it may have been as high as 300. As many as 10,000 people were left homeless.

The incident stands as one most horrific acts of racial violence, and domestic terrorism, ever committed on American soil.

But how did Greenville come to exist in the first place? One racist act begat another.

While U.S. officials quickly broke Gen. William T. Sherman's famous Special Field Order No. 15 providing 40 acres for each formerly enslaved family after the Civil War, U.S. treaties "compelled" five slave-owning tribes — the Choctaws, Chickasaws, Cherokees, Muscogee Creek and Seminoles — to share tribal land and other resources and rights with freed Black people who had been enslaved.

By 1860, about 14% of the total population of that tribal territory of the future state of Oklahoma were Black people enslaved by tribal members. After the Civil War, the Black tribal Freedmen held millions of acres in common with other tribal members and later in large individual allotments.

The difference that made is "incalculable," Roberts said in an interview. "Allotments really gave them an upward mobility that other Black people did not have in most of the United States."

The financial stability allowed Black Native American Freedmen to start businesses, farms and ranches, and helped give rise to Black Wall Street and thriving Black communities in the future state of Oklahoma. The prosperity of those communities — many long since vanished — "attracted Black African Americans from the South, built them up as a Black mecca," Roberts says. Black Wall Street alone had roughly 200 businesses.

The oil wealth, besides helping put the bustle and boom in Tulsa's Black-owned Greenwood business district, gave rise to fortunes for a few Freed people that made headlines around the United States. That included 11-year-old Sarah Rector, a Muscogee Creek girl hailed as "the richest colored girl in the world" by newspapers of the time. Her oil fortune drew attention from Booker T. Washington and W.E.B. Dubois, who intervened to check that Rector's white guardian wasn't pillaging her money.

The wealth from the tribal allotment also gave rise to Williams' family story of great-aunt Janie, "who learned to drive by going behind the trolley lines" in Tulsa, with her parents in the car, Williams' uncle, 67-year-old Samuel Morgan, recounted, laughing. "It was real fashionable, because it was one of the cars that had four windows that rolled all the way up," Morgan said.

Little of that [Black wealth remains](#) today.

The Tulsa Race Massacre is just one of the starkest examples of how Black wealth has been sapped, again and again, by racism and racist violence -- forcing generation after generation to start from scratch while shouldering the burdens of being Black in America.

All in the shadow of a Black paradise lost.

“Greenwood proved that if you had assets, you could accumulate wealth,” said Jim Goodwin, publisher of the Oklahoma Eagle, the local Black newspaper established in Tulsa a year after the massacre.

“It was not a matter of intelligence, that the Black man was inferior to white men. It disproved the whole idea that racial superiority was a fact of life.”

After the fires in Greenwood were extinguished, the bodies buried in unmarked mass graves, and the survivors scattered, insurance companies denied most Black victims’ loss claims totaling an estimated \$1.8 million. That’s \$27.3 million in today’s currency. To learn more visit: [Associated Press Article: 100 Years Later](#)

### **Aurora Global Festival**

Aurora is one of the most ethnically and culturally diverse cities in the U. S.

The Racial Justice Task Force would like to invite everyone to a celebration of that diversity. The Aurora Global Fest on Saturday, August 19th (11 AM to 6 PM) gives us an opportunity to experience the heritages of our neighbors.

It's festive! It's fun! It's free! More information is in the following link. [Aurora Global Festival](#)

### **Reconciling Ministries**

Hello Smoky Hill Family. August 5th is Aurora Pride at the Aurora Reservoir from 12-7pm. All are invited to come out and enjoy the day and stop by your Smoky Hill booth.

[View Details](#)  
[PRINT YOUR TICKET](#)

In this newsletter I have included the booklet "The Bible Does Not Say Homosexuality is a Sin". For many years it has been known that there are inconsistencies in the translations of the Bible from Hebrew to English and from Greek to English. Over the next few months I will be sharing articles to help us understand how we have reached this point in time, and the Church's role in the misunderstanding.

I hope this booklet stimulates our thought processes and creates a conversation as we move forward and expand our knowledge on this topic. Have a wonderful August.

Your Reconciling Ministries Team.

[The Bible Does Not Say Homosexuality is a Sin](#)



# SOCIAL JUSTICE

## SOCIAL JUSTICE

Donations continue to Colorado Village Collaborative. Thank you so much for your support. As I have mentioned before, the CVC model is being used in other states. Residents are constantly being transitioned to apartments and jobs. It is a valuable “hand up” to the previously unhoused.

Something else I would like to bring to your attention is an inmate in the correctional system. You may remember the yarn collection we did several years ago. I have kept in contact with David Hatcher since then. He had about a dozen fellow inmates helping him with his “Gifts From the Heart” program. They made items for many different groups including children’s hospitals, nursing homes and too many to list here. They contacted candy companies to donate, made afghans and put together these gifts. They usually send out well over 200 items each year.

Today, David is hoping for commutation, continuing some of his art projects (he is an artist and was a printmaker before his arrest.) He has now been moved to Pueblo Correctional Facility, which puts him closer to the hospital where he is being treated for cancer. Currently, he is responding to the medications and hopeful that this continues.

He always asks about SHUMC and what we are doing. I often send him advent calendars, Lenten literature and other items specifically about what we do.

I don’t know about his crime, and I don’t want to know. I just know him as a caring man who wants to put things behind him.

If you would like to send him a letter or card, I know he would appreciate it. I always use the church address instead of my own and you should do that, also. If you want his address, please contact me at [sellenricker@aol.com](mailto:sellenricker@aol.com)

## Smoky Hill UMC Abundant Health



## August 2023

### Focus: Self-care

**“Come to me, all you who are weary and burdened, and I will give you rest”**

**Matthew 11:28**

As Christians, we often see the need to care for others, but neglect our own bodies. Remember that Jesus calls us to take rest and refuge in Him, and care for yourself, that you might be regenerated, recharged, and be a blessing to others.

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



## Topic: Bullying

As children head back to school, we become acutely aware that issues of bullying can threaten student's physical and emotional safety and can negatively impact their ability to learn. Here are some resources for parents and children from Mental Health America:

[Bullying: Tips for Parents | Mental Health America \(mhanational.org\)](https://mhanational.org/bullying-tips-for-parents)

[Bullying: What To Do If I'm Bullied | Mental Health America \(mhanational.org\)](https://mhanational.org/bullying-what-to-do-if-im-bullied)

# BODY

## Health Resources: ([Pdf links](#))

[Parent tips: healthy Habits, Healthy Families](#)  
[How Much Physical Activity Do You Need?](#)  
[Make Better Beverage Choices](#)



## Recipe of the month – Healthy Grilled Peaches

Have you ordered your Palisade peaches from the Men's group?

Doesn't the thought of grilled peaches make your mouth water? Even better, add a scoop of frozen vanilla yogurt!

[Grilled Peaches \(No Added Sugar\) -  
Healthy Recipes Blog  
\(healthyrecipesblogs.com\)](https://healthyrecipesblogs.com/grilled-peaches-no-added-sugar)

## Calling all Fly-fisherfolk

Want to go fly-fishing? Join Chad Nielson by emailing him at [chadfranknielsen@gmail.com](mailto:chadfranknielsen@gmail.com)

If there is enough interest, Chad is willing to do a classroom/building session about learning to fly-fish. Contact him at the same email!

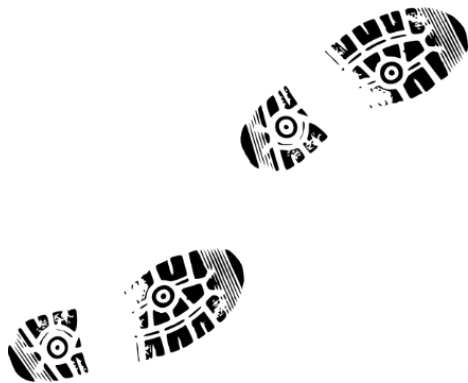


## Join Our Yoga Class! – NEW SUMMER HOURS!

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. Over the summer we will meet **Every Tuesday at 1:00 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 [cusaglass@gmail.com](mailto:cusaglass@gmail.com)



## Abundant Health Hiking Group

Summer is here! Beat the heat with a great hike! 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

## The Self-Care Wheel

Work, parenting, education and relationships are all sources of stress. Research over the past two decades has confirmed the severe impact of our failure to handle situations in which we find ourselves. From [Positivepsychology.com](https://www.positivepsychology.com), the Self-Care Wheel identifies actions and activities to perform – or a set of conditions to be met that contribute to the wellbeing of each of your dimensions and your overall wellness.



[The Self-Care Wheel: Wellness Worksheets, Activities & PDF positivepsychology.com](https://www.positivepsychology.com)

## UNITED WOMEN IN FAITH

### Fall Women's Retreat 2023 "HELLO JOY!"



Friday, Sept 29- Sun Oct 1  
Allenspark, CO

Join us for a weekend of laughter, fellowship, relaxation and thoughtful, faith-filled discussion brought to you by Smoky Hill United Women in Faith.

Cost \$150, includes lodging, meals, programming. 1st time? \$110  
Registrations limited to 28 women, so hurry!

Register for the retreat at <https://forms.gle/CnmX7MY9PyqppiJu9>

And pay at [PayPal.Me](https://www.paypal.com)

Deadline August 27th

Smoky Hill United Methodist Church  
19491 E Smoky Hill Rd  
Centennial, CO80015  
303-690-9816  
[www.smokyhillumc.org](http://www.smokyhillumc.org)

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

*Following Jesus together*

