



ELEMENTS

April Newsletter

2023



Patti's Ponderings

"We have this hope, a sure and steadfast anchor for our souls." Heb 6:19 NLT

Spring seems slow in emerging this year. I'm not sure it really is for I can remember many Easter egg hunts in the snow. But for some reason this year, Spring feels late to me, and I hear many others expressing a similar sentiment.

Life is like that sometimes; it doesn't unfold at the pace we desire. And we get stuck in an in-between time. Waiting anxiously or maybe waiting eagerly. Either way, waiting. And waiting is hard. For me, the unsettled feeling is a good reminder to stay present in the moment. To find joy in each day. To look for the Spirit moving through my life in the here and now. Whatever I am looking forward to, or dreading about the future will come in its time. Waiting is an opportunity to engage our faith and hold on to hope, even if our circumstances don't point to hope. Similar to holding onto hope for Spring. We can trust that Spring will burst forth!

A helpful resource for seasons of waiting is Psalm 40. I encourage you to read and reflect on the whole psalm. It begins this way:

¹I waited patiently for the LORD; he turned to me and heard my cry.

²He lifted me out of the slimy pit, out of the mud and mire;
he set my feet on a rock and gave me a firm place to stand.

³He put a new song in my mouth, a hymn of praise to our God.

Fun fact: U2's song "40" is based on Psalm 40. Also, U2's lead singer, Bono, befriended Eugene Peterson (who translated *The Message*) and here is a wonderful story about their friendship and how they connect over the Psalms

<https://www.youtube.com/watch?v=-l40S5e90KY>

If you are in a period of waiting, I encourage you to read and reflect on Psalm 40. Hold on to hope, which is a sure and steadfast anchor for our soul.

*May the Lord Bless 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

April 2nd

PALM SUNDAY

9:00 & 10:30 a.m.



Maundy Thursday
Worship Service for All Ages

April 6, 7pm

Presented by
SHUMC Music Ministries



**GOOD FRIDAY
SERVICE**

FRIDAY, APRIL 7 AT 7:00PM

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



Easter Sunday

at Smoky Hill United Methodist Church

April 9 at 9:00 & 10:30AM



Newcomer Connection Lunch

We are hosting a lunch for anyone new to Smoky Hill UMC or wanting to learn more about our church. Join lay leaders and staff on Sunday, April 23rd at 11:45 for lunch. This will be a chance to get to know the pastors, staff, lay leaders, and one another. We'll share a bit about the mission and ministries of Smoky Hill, as well as share our stories and connect with one another.

Childcare provided with reservation.

Sunday, April 23 at 11:45 a.m.

RSVP 303-690-9816 by April 19



Newcomer Luncheon April 23rd

We are hosting a lunch for anyone new to Smoky Hill UMC or wanting to learn more about our church. Join lay leaders and staff on Sunday, April 23rd at 11:45 for lunch. This will be a chance to get to know the pastors, staff, lay leaders, and one another. We'll share a bit about the mission and ministries of Smoky Hill, as well as share our stories and connect with one another. Childcare provided with reservation. RSVP to Lynne at churchsecretary@smokyhillumc.org by Apr. 19th.



Thank you to all our Scouts who came on March 5th and helped during both Worship hours.

Easter Egg Hunt

**Church & Community Easter Egg Hunt
on April 1st, from 10:00am -12:00 pm.**

We will start a new hunt every 15 minutes. The children will get a certain number of eggs to collect. We invite all Friends and Family to come.

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

Thank you to everyone who donated candy for our event.



Palm Sunday

April 2nd: Palm Parade, we will do the parade at both Worship Services. No Children's Church, Worship as family.



April 9th: Easter Sunday, **No Sunday School or Children's Church**, Worship as Family.

Come and enjoy Easter Brunch sponsored by our Youth from 8:15 am to 10:15 am in Celebration Hall.

We will also have a photo opportunity set up for all families to take some photos.

Save the Dates

Save the Dates ~ More details will follow

May 21st - 5th Grade move up during Sunday School & Last day of Sunday school before Summer.

May 28th – No Sunday school, a movie will be available to watch in room L27.

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.

Portrait Order Pick Up

If you were photographed here at our church and you placed a portrait order, please pick up your printed portraits during the week or between services Sunday, April 2nd in the Gathering Space.

If you did not make a purchase, your free 5x7 will be with your copy of the directory when that is ready.

Questions? Call Bettinger Photography 303-733-6076.



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](#)

Fundraiser for SHUMC

FUNDRAISE YOUR HEART OUT

RAISE SOME DOUGH

JOIN MOD IN SUPPORTING

ORGANIZATION NAME: SMOKY HILL UNITED METHODIST CHURCH

FUNDRAISER DATE: May 1, 2023

Bring this flyer in or order online through the MOD app or website and use the provided coupon code and MOD will donate 20% of your bill to support their great work!

**ADDRESS: 23890 E Smoky Hill Rd, Suite 10
Aurora, CO 80016**

FUNDRAISER CODE: MODGIVES20

Offer valid only on the date(s) and at the MOD Pizza identified on this flyer. Offer valid for dine-in, take out, or delivery when ordered through MOD app or website only. For online or in-app orders, please use the code provided. For delivery, customer must live within delivery boundary. Only non-profit organizations and non-profit schools are eligible to participate in the MOD fundraising program. MOD will donate 20% of food and beverage sales to the organization. Tax, gift cards and retail sales are excluded from the donation. Offer void if flyer is distributed in or near the restaurant. For more information about fundraising, visit <https://modpizza.com/fundraisers/>

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We're having a Restaurant Night Fundraiser on Monday, May 1

- Fundraiser for: Smoky Hill United Methodist Church
- Fundraiser date: May 1, 2023
- Time period: All day
- Restaurant location: Mod Pizza 23890 E Smoky Hill Rd, Suite 10 Aurora, CO 80016 [Directions](#)
-

Ways to support this fundraiser

Receive **20%** off all digital and in-store fundraiser sales on **May 1, 2023** by visiting the restaurant and showing your fundraiser flyer or mentioning the fundraiser at checkout, or ordering online with the digital coupon code on the day of the fundraiser:

DIGITAL CODE: MODGIVES20

Order online at modpizza.com or with the MOD app and apply this digital code.

Let's have some pizza and raise some dough for our Church!



We've been having a great time together in Youth Group! We've had some new faces in the mix, some we see every week and some we are happy to see when we can. We are in a great place as a group. ❤️

In March we had a chilly **Faith & Firepit night**. (Yes, Jen jumped the gun on the weather being warm enough for this). With the help of the Men's Group, we took a trip to **Boondocks** for some good old-fashioned FUN (mini golf, bowling, go karts, pizza, etc.). Then, we dressed up fancy for our **Annual Oscars Party!** (It has ZERO to do with watching the Oscars... but a great excuse to dress up, be announced on the red carpet, and receive "paper plate awards" from their peers!)

Becky asked the youth if they'd like to be part of the **Maundy Thursday service** (Thurs. night at 7:00), so we've been practicing for that. It's truly an honor to be thought of as a good group for that, and we'll be learning lots as they participate.

Our next big thing is the return of **Easter Brunch!** It's a big undertaking for our youth and families, but it's something we are all ready to have on Easter morning again! All donations received will go toward our summer mission trip cost, which is in the planning stages now. Thank you in advance for your Easter Brunch support!

AND, we have a **Spring Retreat at Ponderosa** Retreat Center in Larkspur, CO April 14-16. Retreats are where the REALLY good stuff in youth group happens. It's the best opportunity for bonding with each other, getting away from "life as we know it" for a weekend to be in nature, have fun, sing around a campfire and have some great faith discussions in small and big group settings.

Thank you to our amazing congregation for the continued support of our youth group as we ALL grow in faith together!

Here are some Annual Oscars Party photos...



Let's Talk About...

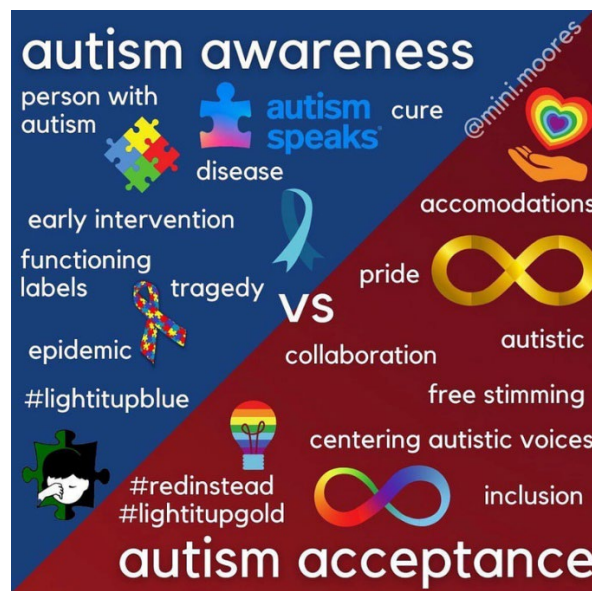


“Let’s Talk About...” is a column in our monthly newsletter where we will learn one thing at a time about how we can love others the way they want to be loved. We will learn something each month that helps us understand and respect people who are different from us a little more deeply.

Let's Talk About (My Time Management...jk actually Autism)

According to the most recent CDC data, about 1 in 36 children born in the U.S. has been diagnosed with autism. Given that girls and people of color are known to be underdiagnosed, autism is likely even more common than that. And since April is Autism Acceptance Month, let’s talk about autism. And because we’re talking about brains, let me remind you of a couple words I introduced several months ago when we talked about neurodivergence. Neurotypical just means the kind of brain that processes the world the way society assumes people will process things. Neurodivergent describes all sorts of other brains, like ADHD ones and autistic ones.

You might’ve heard about Autism Awareness Month at some point before now; that’s because the name was only officially changed in 2021. Autistic advocates have been asking for the name change for quite some time, as “awareness” implies autism is a problem, while “acceptance” encourages us to embrace the diversity of humanity. Historically, autism awareness has centered non-autistic voices and silenced what actual autistic people have to say about their own experience of life.



So, if we choose to listen to autistic folks, what would they like us to know? First, autistic life can be just as joyful and meaningful as neurotypical life. Autistic people in general are not at all interested in a “cure,” because they would not be themselves if their brains were different.

Second, while each individual is different, autistic folks by and large may actually be more empathetic than the average neurotypical person. There is a misconception around this because autistic communication styles often differ from neurotypical ways of communicating.

Finally, you may already be picking up on this, but if you’ve met one autistic person, you’ve met one autistic person. Autism shows up in lots of different ways in different people. Boys and girls tend to manifest different autistic traits, as do children and adults, and again, every individual is different. Believe people if they tell you that they’re autistic, and if they name a way that you as a friend or we as a church can create a more welcoming environment for their brain, trust them, and let’s make it happen!

In case you missed it, here’s your action step for this month: Listen to people, especially autistic people, and trust that they know their own experience. Happy April!

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 viriniag@smokyhillumc.org.

MEN’S GROUP

Can You Do the Can-Can? (of course, you can!)

Did you know that your SHUMC Men’s Group collects aluminum cans as an ongoing fundraiser? With the escalating value of aluminum, your bag(s) of aluminum cans can amount to several hundred dollars per load, all of which helps us support our church community in several ways:

- Vacation Bible Camp – we cover all the costs so the kids can attend for free
- Breakfast With Santa – costs for materials and food
- Mother’s Day Dinner – costs and volunteers
- Church Operating Budget – we pledged over \$12,000 this year
- And more ---all thanks to your support!

Our collection point is behind a fence next to one of the sheds in the gazebo circle on the north side of the church. A sign marks the spot. Just collect your cans in a tied-up bag and toss them over the fence. If you want to pre-flatten the cans, that’s even better (but not necessary). The SHUMC Men’s Group thanks you for your continued support!

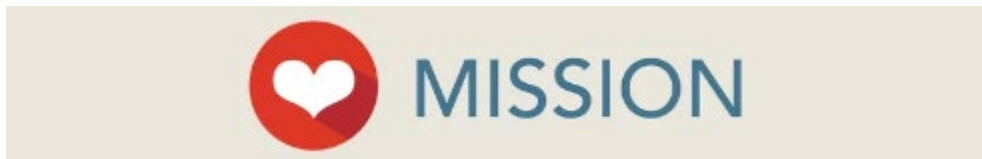


Get Your Tickets!



Colorado Rockies Baseball Game

Let's Play Ball! Join in the fun as we take a SHUMC group outing to Coors Field to see the Rockies host the LA Angels on Saturday, June 24th. First pitch is at 7:10pm. We have 40 seats reserved. Tickets are \$36 each. For details or to reserve/purchase your ticket(s), flag down Tim Davis or contact him directly at tcdavis660@comcast.net



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.

Eyeglasses

If you have old eyeglasses that you no longer need, the Mission Team will take them. There is a basket on top of the bookshelves in the Mission Corner to collect used glasses (please do not donate cases) which will be donated to the Lions Club. They are taken to facilities where they are cleaned and the prescriptions are read. They are then made available to missionaries and others going to other countries where eyesight care is lacking.

UMCOR

Thank you to everyone who donated on UMCOR Sunday. SHUMC collected \$3,836 which will go towards the operating expenses of UMCOR. This allows UMCOR to preserve the promise that 100% of any donation to a specific UMCOR project or missionary will go towards that project and not administrative cost.



Shout for joy to the LORD, all the earth, burst into jubilant song with music!
The past couple of months have been busy!

Joy in the Journey Handbell Concert:

The sanctuary was packed on the evening of February 4, for the “Joy in the Journey” Handbell Concert performed by the Pikes Peak Ringers and Forte Handbell ensembles. This was one of two concerts conducted by **Kevin McChesney**, for his retirement.

Our Music Program hosted this wonderful event, which took hours of volunteering from many of our musicians and church members.

Thanks to: Mary and Ben Berges, Reece and Jeff Tester, Lyn Stevenson, and Debbie and Anten Sakagawa who helped during the week and the day of the concert with getting everything set in place, helping with dinner, and cleaning up.

Lee Moses, the chef of the evening, THANK YOU!!! We received so many kudos from everyone who enjoyed your delicious meal! **Fred Isernhagen and Dave Lisson** helped the above crew with clean up as well. **Thank you everyone who helped with this event – it took many, many people to make it happen!**

In addition, we were honored to participate in the last piece of the evening, “Baba Yetu.” Baba Yetu is “*The Lord’s Prayer*” in Swahili. A part is written for a children’s choir, which we were BLESSED to have **Corwin Tester, Charlie Nila, and Audrey Legleiter** from our church along with **Sophie and Molly O’Connor and Emma Girard** from St. Paul’s Presbyterian Church participate along with members of our **Chancel Choir**. What an honor!



If you missed this concert and want to hear some amazing handbell music here are the links to the concerts on YouTube:

<https://www.youtube.com/watch?v=7RAVtx8gayc>

<https://www.youtube.com/watch?v=q3FEg4IxNok&t=21s>

Wednesdays hit the choir hard!

It became a weekly joke.... Choir rehearsal on Wednesday.... Oh! You mean we're going to have a snowstorm? February through most of March it seemed it snowed (a lot!) or was so bitter cold it wasn't safe to be out in the evenings. Many choir rehearsals were postponed or cancelled and yet the **WONDERFUL CHANCEL CHOIR** persevered!

We continued to figure out how to make music AND have fun! We celebrated with a "King Cake" made by our own **Deborah Stanley**. What is special about the "King Cake?" Hidden inside was a baby figurine. Tradition has it if you find the baby in your piece of cake, you win the recipe to make one next year! Our winner this year was **Wes Andrews** (who promptly gifted his wife, Vi, the recipe 😊) What is a King Cake you ask? Here is a great link to read and learn more!

<https://www.countryliving.com/food-drinks/a30517445/what-is-king-cake/>



On Ash Wednesday, Feb. 21, the choir sang a beautiful arrangement of "Kyrie Eleison (Have Mercy)" and we continued singing those beautiful words with the congregation throughout Lent on Sundays. **"Lord have mercy. Christ have mercy"** we sing together leading us to Palm Sunday and Holy Week.

We invite you to join us for a week of meaningful worship services beginning Palm Sunday leading us to Easter. Do you know someone who you could invite? This week is a time of celebration, reflection, sadness and JOY at the culmination.

Palm Sunday, April 2, we will wave palm branches and sing "Hosanna, Loud Hosanna" together joyously and the choir will present "Hosanna to Our Savior King" on this day we commemorate Jesus' triumphal entry into Jerusalem.

Thursday, April 6, 7 p.m., all ages welcome! Maundy Thursday Worship and Communion: Everyone is welcome to attend this communion service commemorating Jesus' last supper with his disciples. Our youth, youth sponsors, Praise Team, Crystal Bells, Orchestra and Chancel Choir have prepared a meaningful worship experience for this service. Childcare is available for younger children and babies if preferred.



Friday, April 7, 7 p.m.: We will sing, hear Scripture, poetry and a message from Pastor Virginia on this solemn evening commemorating Jesus' crucifixion and death. Childcare is also available for younger children and babies if preferred.

Sunday, April 9 is Easter! We look forward to worshiping and celebrating together! This is one of the most important days in our Christian Faith! Bells will ring, the choir will sing! The brass, strings and woodwinds will join in glorious melodies as we celebrate ~ Jesus is risen! As is our tradition, you are welcome to come forward at the end of the service or remain where you are sitting (standing) and join us in the "Hallelujah Chorus!"

WELCOME!

The past few months we have welcomed several folks to our music groups!

Crystal Bells, our handbell ensemble, welcomes **Elizabeth Tessler, Virginia Cleveland and Angela Hoenshell** to our group. The **Chancel Choir** welcomes **Linda Scherbenske!**

THANK YOU!

Gwen Jorgensen, our accompanist, and her husband sold their home. Originally, she was planning on being here until after Easter but had the opportunity of bumping up the closing on the sale of their home. Due to her leaving earlier than expected, we have been without an accompanist/pianist for several weeks. During this time the choir has been grateful for **Diane Thompson, Tim Davis and Nate Southerland**, for helping us during our rehearsals and Sunday mornings! Thanks so much!

ACCOMPANIST NEWS

Introducing Miles Loftin who will be accompanying the choir and playing for our worship services! Miles is a senior at Legend High School in Parker, Colorado. He is passionate about singing, playing the Euphonium, and playing the piano! Welcome Miles!

Happy Spring!

For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come, and the voice of the turtledove is heard in our land. —*Song of Solomon 2:11-12*

Greetings from the RM Team!

We had our first meeting of the year and what a year it is going to be. We have new members, and new ideas. Look for our picture coming soon in the new directory as well as inside the front doors, under the TV.

We'd like the congregation to feel free to reach out to any of us with your ideas or questions. We will keep you all informed as we roll out our plans for 2023. Thank you all for your continued support.

~Your Reconciling Ministries Team



Church-Wide Rummage Sale

Friday, April 28 & Saturday, April 29

8:00am - 2:00pm



Smoky Hill United Methodist Church
19491 E Smoky Hill Rd
Centennial, CO 80015
303-690-9816

As you are doing your spring cleaning, set aside items in good condition to donate to our sale **(no furniture, mattresses, or electronics.)**

Bring your items for donation on Tuesday and Wednesday, April 25 and 26 from 9:00am - 2:00 pm and Tuesday evening from 6:30-8:30.

Then, return on Friday or Saturday to shop!

Thank you for your support!

TRUSTEES

Church Clean Up Day!

Saturday, April 8 from 9:00a.m. - 12:00p.m.

Let's get ready for
Easter Sunday by making
SHUMC look great!



Help our Trustees clean!

Come and help get our Church building all cleaned up to Welcome all for Easter. We will have donuts, juice, and other items to keep your bellies filled while you clean the building. We have jobs for all ages. **Youth kids** - if you come and help, Crystal will give you double volunteer service credit hours!

UNITED WOMEN IN FAITH

**Self Defense
Seminar**
Sunday April 16th
1-3 PM
Celebration Hall
For ages 8 and up,
all genders
welcome!



Smoky Hill United Women in Faith is hosting a self-defense Seminar on April 16th from 1-3 in the Celebration Hall. Join us for a Self-Defense Seminar presented by Master Victoria Wagner on April 16th. She will cover basics including:

- How to get loud
- Basic grab defenses
- Basic strikes (knees, palm strike, eye strike)

Wear non-restrictive clothing that you can move in. Everyone aged 8+ is welcome to come! Childcare available by reservation. Speak to Crystal Duncan or text her at 303-587-5667.

Smoky Hill UMC Abundant Health



Focus: Write down your plan!

“Every prudent man acts with knowledge, But a fool lays open his folly.”

Proverbs 13:16 (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

If you or your loved one is experiencing a mental health crisis, it can be hard to make sure proper care is given. Psychiatric advance directives (PADs) are legal documents completed in a time of wellness that make it possible for people with mental illness to determine what type of care they would like to receive in a crisis, should they not be able to make decisions. PADs can be a lifesaving tool, help caregivers ensure their loved one's voice is heard, and facilitate dialogue with providers. [Crisis Planning Worksheet_0.pdf](#) (mhanational.org)

BODY

Becoming a FAN* for your health requires a plan. One of the best ways to make healthy choices a part of your everyday routine is by having a plan. For most of us, healthy choices do not become habits instantly. A great way to stick to your plan is to remind yourself by writing it down and placing it somewhere you will see it every day. This will help keep you accountable to your plan. For example, if your goal is to be more physically active, place a reminder on your kitchen table to go for a walk after a meal. Or if your goal is to eat healthy foods, place a reminder on the snack cabinet to eat a piece of fruit instead. Take time to learn what helps you make healthy choices. (From Faith, Activity, Nutrition.)

Health Resources: (Pdf links)

- [Children Have Fun with Fruits and Vegetables](#)
- [Focus on Fruits \(MyPlate\)](#)
- [Vary Your Vegetables \(MyPlate\)](#)
- [Let's Talk about FAST Warning Signs of a Stroke](#)



Recipe of the Month

5 Heart-Healthy Blueberry recipes

Make your heart and taste buds happy with these 5 Heart-Check certified blueberry recipes. They're nutritious, delicious and sure to be a hit at snack time or mealtime. [5 Heart-Healthy Blueberry Recipes - Blueberry.org](#)

Join Our New Yoga Class! Tuesdays 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 \$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](#)

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](#)

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 cusaqglass@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

**Need a creative way to think through your goals?
Vision boards may help.**

What is a vision board?

A vision board is usually a collage of images that represent goals and dreams. It can include cut-out pictures from magazines and words that help inspire you to manifest your dreams and get where you want to go. Learn more about them here: [What Is a Vision Board and Why Make One? | Psychology Today](#)

