



# ELEMENTS

## FEBRUARY 2024 NEWSLETTER



### Patti's Ponderings

I grew up in a United Methodist Church that gave me a good foundation of faith. When I got to college, my faith came alive as I studied scripture and invested more in my prayer life. I fell in love with the Gospel of Mark through our college campus ministry. We dug deep into the text, asked a lot of questions, found some answers, and focused on what difference all those ancient words meant for living today. To this day, the Gospel of Mark is my favorite. It is concise and to the point. It is action-filled good news that depicts the disciples as flawed humans, which I can relate to. Sometimes they get it all right and other times they seem clueless. This Lent season we will walk through the Gospel of Mark together. I have created a reading plan that is available using the [QR code](#). Each Sunday we will focus on a section asking, "Who is this Jesus? What is the good news in this story? How then shall we live?" I appreciate this gospel because Jesus is portrayed as both human and divine, powerful and weak, approachable yet mysterious. Despite the faults of the disciples, Jesus never gives up on them as he keeps nudging them toward faithfulness. If you want to go deeper, we have several classes which will study Dr. Amy-Jill Levine's videos and book. (The Gospel of Mark: A Beginner's Guide to the Good News by Amy-Jill Levine is available in bookstores and also local libraries.) I look forward to exploring the Gospel of Mark with you all beginning Feb. 18th!

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



## WORSHIP



# Worship With Us

Sundays 8:30 AM & 10:00 AM

Livestream at 10 AM on Facebook & YouTube

Sunday School ~ 9:00 & 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!

## Self-Guided Prayer Stations & Labyrinth



**Come any time on February 14, 2024  
between 12:00 - 8:00 pm**

### Ash Wednesday, Feb. 14<sup>th</sup>

On Ash Wednesday, Christians traditionally place ash on their forehead as they begin the season of Lent. Why ash? What has that meant to religious people through the centuries? This year for Ash Wednesday, we will explore 7 symbols of ash through self-guided prayer stations in our sanctuary. Our prayer labyrinth will also be set up in the Gathering Space. Ash Wednesday is Feb. 14<sup>th</sup>. Come anytime between noon and 8 pm and plan to spend 15-30 minutes with the interactive prayer stations. Pastors Patti and Faryn will be present in the sanctuary during that time to impose ashes and assist as needed. Come and deepen your spiritual walk. All are welcome.

## LENT at Smoky Hill UMC

Discover the good news in the Gospel of Mark! This year for Lent we will be reading through the Gospel of Mark together as a congregation. A bible reading plan will be available the first week of February, which begins Feb. 14<sup>th</sup>. Worship on Sundays will focus on Mark. We will be drawing from scholar Amy-Jill Levine and her book. Many of our classes will follow along with this study using videos by her. If you want to go deeper, you can get Amy-Jill Levine's book at any bookstore. Our local libraries also carry it *The Gospel of Mark: A Beginner's Guide to the Good News* by Amy-Jill Levine. She has a scholarly approach to her writing that goes deep, her videos are more light-hearted and engaging.

The Gospel of Mark is the shortest of the gospels and most likely the first written. It is action packed and direct. It is intriguing, challenging, and sometimes confusing. The central question is "Who do you say Jesus is?" and how then will you live in response? "Gospel" means good news. And so, we ask throughout the gospel, "What is the good news in this story?" Jesus is portrayed as both human and divine, powerful and weak, approachable yet mysterious. And the disciples are depicted as deeply human, devoted to Jesus, and often clueless. Despite their faults, Jesus never gives up on them. And keeps nudging them toward faithfulness. This has always been my favorite gospel; I look forward to exploring it with you all!

### Gospel of Mark Reading Plan

We will read through the Gospel of Mark together. Bible reading schedule available in the Gathering Space, eblast link [Gospel of Mark Reading Plan](#) and this QR Code



### Join a class to go deeper

Each class will discuss the video series on the Gospel of Mark by scholar Dr. Amy-Jill Levine. All groups welcome newcomers.

#### Sundays February 18 – March 24

9:00 AM	Way of Faith Sunday school class	Meets in the Upper Room
9:00 AM	Open Door Sunday school class	Meets in Room 214
10:00 AM	Grounded	Meets in Room 210

#### Tuesdays Feb. 20-Mar. 26

9:00 AM	Tuesday Theologians	Meets in Room 214
11:30 AM	Lunch Bunch (women's group includes lunch)	Meets in Room 214

#### Thursdays Feb. 15 – Mar. 21

7:00 PM	Led by Pastor Faryn on Zoom
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### Enneagram and Spirituality Class led by Patti Agnew

Are you interested in exploring the Enneagram and spirituality? Pastor Patti will lead a 6-week class this Lent season which links spiritual practices to Enneagram types. Each week we will refine our understanding of the Enneagram system. We will also explore a variety of spiritual practices. By the end, we will have walked through a process that creates a customized set of spiritual practices just for you which will nurture your soul and empower your discipleship. This class is intended for those who are already familiar with the Enneagram and who know their type (or at least have begun the process to determine their number). We will meet on Tuesdays at 7:00 PM in the Upper Room from February 20th – March 26th.

Please contact Pastor Patti ([pattia@smokyhillumc.org](mailto:pattia@smokyhillumc.org)) or Lynne ([churchsecretary@smokyhillumc.org](mailto:churchsecretary@smokyhillumc.org)) to register.

***For other adult discipleship opportunities, see the digital newsletter.***



# CHILDREN & FAMILY

## Children and Family Ministry



Our January Mission project was assembling prayer bear packages to be included in this year's care packages for Katelyn's Birthday Project.

### Undie Sunday will take place on February 11th.

The Children and Family Ministries team is collecting new children's underwear and socks for children at local elementary schools. We will collect until February 25th. Donations can be dropped off on Sunday mornings from 8:30 -11:30 am or Church office hours Monday to Friday 9am to 2 pm

We donate to schools in Arapahoe, Denver, and Adams counties. Please place new socks and underwear for children in the wagon in the Gathering Space.

Thanks for your support and generosity!



**Feb. 4th** - Kids Choir 9:30 am, Sunday School at 10am  
Chili Warms the Soul at 5:30 pm

**Feb. 11th** - Kids Choir 9:30 am, Sunday School at 10am  
Undie Sunday & Superbowl Sunday.

**Feb. 13th** - Pancake supper at 5:30pm

**Feb. 14th**- Ash Wednesday - Prayer stations 12 -8pm.  
Come any time.

**Feb. 18th**- Kids Choir 9:30 am, Sunday School at 10am  
- Lent Starts

**Feb. 25th** - Kids Choir 9:30 am, No Sunday School.  
Worship as a family.

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

Trustee Clean day- March 23rd from 9am -12 pm  
Community Easter Egg hunt – March 23rd from 11am  
-12 pm

Palm Parade – March 24th Both worship hours

Easter March 31st – Worship as a family

Vacation Bible Camp- June 24th -28th 5:30 – 7:30 pm.  
Theme: Just like Me digging in & growing deep. FREE.

**Sunday school:** We are looking for one more volunteer to help in Sunday School one Sunday a month. You do not have to plan your curriculum!! Please reach out to [Crystal](#) or [Len](#).

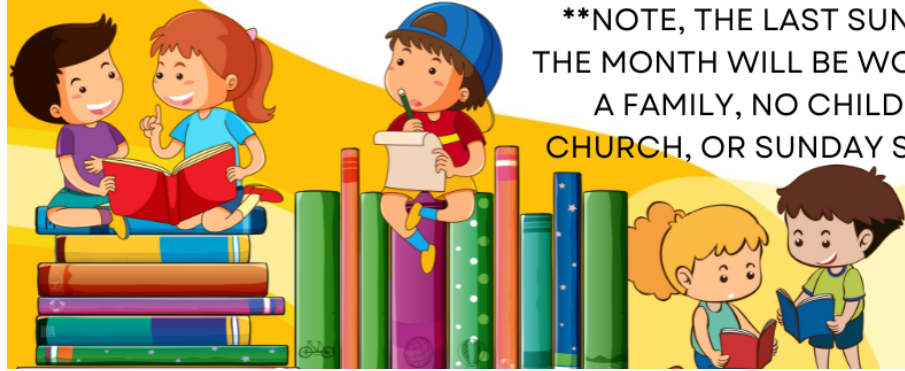
Let [Crystal](#) know if you need to be added to the email list. She sends out a monthly email about what is happening with the kids.

## **JOIN US ON SUNDAY MORNINGS**

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

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

**\*\*NOTE, THE LAST SUNDAY OF THE MONTH WILL BE WORSHIP AS A FAMILY, NO CHILDREN'S CHURCH, OR SUNDAY SCHOOL.**



## **Coffee Time**

**Let's connect with coffee & treats between services**



**If your last name begins with D, E, or F, please bring a snack to share on Sundays in February ~ Thank You!**

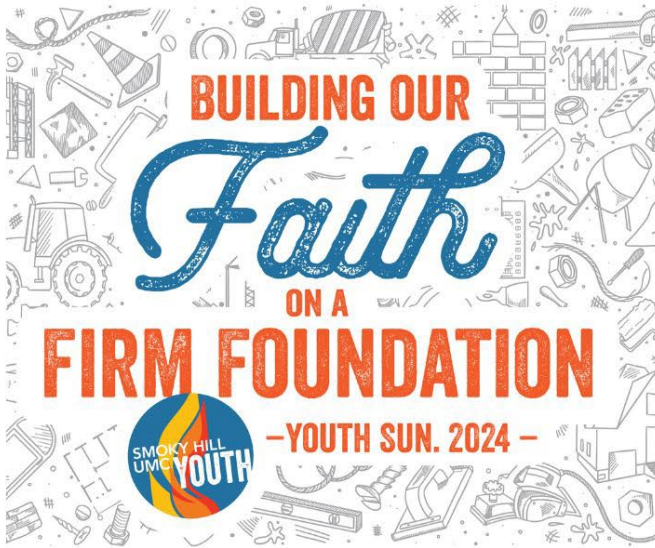
### **Healthy Refreshment Ideas for Gathering Space on Sunday Mornings**

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



YOUTH



SHUMC 2024

— YOUTH —  
**PANCAKE**  
*Supper*



- FAT TUESDAY! -

**TUES, FEB 13 • 5:30-7PM**

**PANCAKES & MORE! • GLUTEN-FREE PANCAKES  
ARTISTIC PANCAKES FOR AN EXTRA DONATION!**

WE ARE RAISING FUNDS FOR YOUTH GROUP TRIPS AND ACTIVITIES.  
JOIN US! ALL ARE WELCOME!

**SMOKY HILL UNITED METHODIST CHURCH**

19491 E SMOKY HILL RD // [SMOKYHILLUMC.ORG](http://SMOKYHILLUMC.ORG)



# Let's Talk About...

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

## Let's Talk About Christianese

Have you ever noticed we have insider language in church? Different churches have different "dialects." Some want everybody to know the date when

they were 'born again' or 'saved;' others care more about the date one was baptized; a whole lot of us have something to say about a very specific thing called Communion or Eucharist, and to the unfamiliar it may sound like we're practicing cannibalism in that sacrament! So today, let's talk about language, and let's look at words people may hear as "Christianese."

"Sin" is not a word that gets used outside of particular religious contexts. "Salvation" is not a universally-accepted need for people. "Discipleship" outside of church might mean something similar to apprenticeship, but the Christian meaning is lost on people who aren't immersed in this language. One that really caught me off guard last summer is that not everybody believes people have souls. What's more, the term "spirituality" is still too church-y for many people that I once may have described as "spiritual but not religious."

So this is all interesting, but what can we do about it? Should we just stop talking about core components of our faith? Certainly not! Sin and salvation are vital to understanding the Christian message (although what exactly those things entail will vary in different traditions) and spiritual practices are necessary for Christian discipleship. And, what's important about all these things is *not* the special language we use to talk about them. Jesus' transformative gift to the world matters; calling it by any particular name is a far lower priority than people actually experiencing it.

What can be challenging is when the words that bother someone are words we hold dear. For me, hearing my friend share that "spirituality" wasn't a workable concept for them left me dumbfounded and at a loss for words. I had never considered that people might feel that way about that word because for me, it was freeing and inspiring! Thankfully, we weren't the only two people in that conversation. Someone else chimed in that they think about connecting to the universe, another shared how they'd adjusted the 12 steps language of "higher power" to talk about their "highest self," and another person suggested thinking of their "favorite self." It took a while, but we found that we could have common ground in talking about what I'd usually call spiritual practices as self/soul care.

Maybe spirituality isn't the word that'll rock your world, but when we are committed to loving all our neighbors, sooner or later one of them is going to catch us totally off guard with the way they talk about God, the world, and their own journey. When that happens, choose to listen. Ask curious questions; I'd compare it to learning about a fictional world (and just remember it's this person's real world!) Look for the shared values, challenges, and commitments. If you stay in the conversation, it may open up a whole new possibility for making our world a more loving and just place for all people.

*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/E9eRqZIGLqVaqbDZ9> or email me directly at [virginiaq@smokyhillumc.org](mailto:virginiaq@smokyhillumc.org).*

# JUSTICE MINISTRIES



**CHURCH & SOCIETY**

The United Methodist Church

Living **FAITH** Seeking **JUSTICE** Pursuing **PEACE**

Join Church and Society staff and partners on February 7 to discuss the revised Social Principles. Hear about the motivation, process, draft, and what to expect when it comes before the General Conference this spring.

**Panelists for the discussion include:**


- John Hill, Interim General Secretary for the General Board of Church and Society
- Jeff Corey, Director of Communications
- Dr. Randall Miller, Vice President of Church and Society's Board of Directors and Chair of the Social Principles Revision Task Force
- Rev. Dr. Mary Elizabeth Moore, Dean Emerita of the School of Theology at Boston University and Chair of the Revision Editorial Team

THE GENERAL BOARD OF CHURCH AND SOCIETY PRESENTS

**JUSTICE TALKS:**

**THE REVISED SOCIAL PRINCIPLES**

REGISTER NOW

 **FEBRUARY 7, 2024**  
**3:00-4:00 PM (ET)**

[Register now](#) to join us on February 7 from 3-4PM (ET).

## Racial Justice Task Force

### *Shining a light on the past to illuminate our future*

In America, the issue of racism remains a deeply rooted challenge. Christians, who follow Jesus' teachings of love, justice, and equality, have a responsibility to help get rid of racial injustice. The Bible consistently emphasizes the fundamental truth that all individuals are created in the image of God, promoting the inherent dignity and worth of every human being.

While watching a PBS program called "The Buffalo", one of the sponsors (BOA) had a tagline that went "shining a light on the past to illuminate our future". This could be a tagline for the SHUMC Racial Justice Task Force. We unblinkingly examine the history of race in America and use that view to inform us - in SHUMC, in Arapahoe County, in America - on the present and future we want to live in and have our children and grandchildren live in.

Nice words but how do we do that? Here are the first two steps.

First step, educate ourselves. A big shout out to the folks who've attended our speaker events and movies. Also shout out to the many in our church who have educated themselves about this individually and in other groups. At SHUMC we have many opportunities to learn more.

Second step, we must change our individual relationships. Experts agree that our social circles must expand to include our bipoc brothers and sisters. And, we must be intentional about this. You can start with your favorite hobby and find events and activities in diverse communities where you can build connections. Attend cultural festivals (on Racial Justice Sunday, Stacey Shigaya mentioned the Cherry Blossom Festive in downtown Denver), join community organizations or volunteer in a diverse group. We have a bipoc community worshipping in Fellowship Hall every Sunday. You don't have to drive anywhere – just walk down the stairs. Look for the opportunities and, like Jesus in his ministry, reach out.

If you are interested in what all of the church's justice ministries are planning, please send me ([pakorah@hotmail.com](mailto:pakorah@hotmail.com)) or Pastor Faryn an email to be included in our newsletter mailing list. And, we are always interested in people who want to join our task force and be a change agent.

### **RECONCILING MINISTRIES TEAM**

A Heartfelt Farwell from John and Deb Craig

Hello to our wonderful church family. Deb and I are leaving Smoky Hill UMC but could not do so without thanking you all for the wonderful memories we will carry with us. From Sunday services to potlucks and Trunk or Treat to the Pumpkin patch, and let us not forget those delicious Men's group BBQ's and the memorable shared services with our Spanish speaking friends in Christ, it has been a wonderful basket of experiences filled with moments of shared love and joy.

It has been our honor to work with such dedicated and caring people for your Reconciling Ministries Team. Over the years we have been blessed to work with so many awesome individuals. From the original team of Susan Allen, John Kingsbury, Rebecca Runyan, Charlotte Faris, John and Kathy Tedrick to the more current team of Laura Lyn-Kew, Nancy Friday, Denise Arnold, Alisa Bishop, Kathleen Brennan, Faryn Greer, Terra Dabney and Genie Hendley. Strong support from Crystal Duncan, Peggy Taylor, Sue Ricker, Robbie Korte, Lynne Kersten and Carol and Roger Wadleigh as well as many others who have helped the wheels of the RM Ministry move forward.

***(See the digital version to read the full letter)***



# MISSION

Firawa, Sierra Leone, West Africa



Changing Lives Through Agricultural Independence

A success story! Starting in 2020, at the start of the pandemic, Smoky Hill UMC helped the subsistence farmers of a rural village in Sierra Leone remove themselves from poverty by sending money to buy rice seed. A cooperative of 30 farmers formed to share the work of farming. Next, we raised money to help build a storage facility to store the seed (keeping it safe from vermin) to be used the next season. Then we raised money for a rice mill to grind the rice, which was previously ground by hand. We then sent money to help rebuild the primary school when it was destroyed by weather. All this effort has been life-changing. The cooperative has grown, and the group has tripled! Ninety families have been pulled from abject poverty. That is quite a legacy.

And now, they are asking us to help them buy seed and materials to expand their farming to include vegetables which will support their families and give them a means of income by selling them. They are starting the Firawa Community Agro Business. They are again asking for our support, with the goal of raising \$3000 to meet the needs of this endeavor. **If you can again help, please donate through the church with a notation of Sierra Leone in the comments.** You will never meet these people, but they know who you are, and they are forever grateful for your generosity.

If you have questions, please contact Jana Jones at [JL.Jones@outlook.com](mailto:JL.Jones@outlook.com)

## Mission News

### Looking for Volunteers

The Mission Team is looking for families or a small group of friends who would like to pack the lunches for Outreach of Love one Sunday a month. You can pick the time-before service, between services, or after service. Packing takes 30 to 45 minutes each week. Mission Team will provide all the materials, guidance, and support. If you would like to sign up for a Sunday, please contact Sharon Davis at [stdavis21@comcast.net](mailto:stdavis21@comcast.net).

### Save the Date

Our annual Chili Warms the Soul is happening on February 4<sup>th</sup> from 5:30-7:30. Dust off your favorite chili recipe, find your muffin tin, and join us on the 4<sup>th</sup> for fellowship and fun. Donations will be taken in memory of Jim Reuteler for Habitat for Humanity.

### 3 Gifts Update

Thank you for your generous support of 3 Gifts. \$11,228 has been donated so far. \$4,181.67 to Pastor Lucia and the immigration program, \$3,741.67 to Pine Ridge, and \$3,304.66 to the Mefors.

### Katelyn's Birthday Project

Thank you to everyone who donated to Katelyn's Birthday Project. It is not too late to give. Just indicate it is for Katelyn's Birthday Project on your check or when giving electronically.

### Lenten Walk

Keep walking and turn in your miles for our Lenten Walk. If we walk 10,000 miles before Easter, a \$200 donation will be made Auora Interfaith. Watch the eblast for updates.



### **MUSIC NEWSLETTER FEBRUARY 2024**

Welcome to February! Wasn't it just Christmas? Before jumping into what's happening in February and beyond, a HUGE THANK YOU to all of our musicians **and** audio/visual team for all your musical talents and skills for all our Christmas services. We are now preparing for our upcoming worship services and the season of Lent. Before moving into our new year, here's a small bit of remembering December, 2023 at SHUMC.

#### **CRYSTAL HANDBELLS RING IN STRASBURG, COLORADO**

In addition to preparing for the Christmas cantata, "All Earth is Waiting," **Crystal Bells**, our adult handbell choir was invited to ring for two different events in the community of Strasburg. Strasburg is approximately 30 miles east of the church = a small but growing community. Saturday, Dec. 3, a group of Crystal Bells rang in the gift shop during the community's "Christmas in the Country." It is an annual event on the first Saturday in December. The main street of town is decorated with lights, Christmas music plays through the town's outdoor speakers. Hot chocolate, roasting chestnuts by the fire, and roasting marshmallows are offered as folks stroll up and down enjoying a small town's community or take a hayride on the back of a tractor. Two years ago our bell choir rang for this event and the elementary music teacher, whose music students were caroling through the street, heard us ringing.

She remembered us and we were invited to ring for Strasburg's Elementary 4<sup>th</sup> and 5<sup>th</sup> graders' Christmas concert this year. What an honor to represent Smoky Hill UMC where 300-400 folks attended.

AND...what a small world...it turns out Mrs. Jenny Authier, the music teacher at Strasburg Elementary and viola player, is the chair mate of **Kurt Harris** in the Aurora Symphony, one of our musicians and A/V tech members!



PHOTOS BY RICHARD SOUTHARD/For The Scout

Strasburg Elementary hosted multiple concerts Dec. 11 at Mountain View Fellowship. In addition to second- and fourth-grade performances, the Strasburg Singers and Crystal Bells bell choir were also featured. Above, Crystal Bells members Virginia Cleveland, left, and Kristi Stanlis provide a portion of the accompaniment for a fourth-grade song. Below, second-graders Hunter Hillen-Akers, left, Opi Heidenfeldt, Kynzlee Regan-Morgan, and Alexandra Martinez Loera sing during their class' pajama-clad performance of "T'was the Night Before Christmas."

**CHRISTMAS CANTATA 2023**  
**"All Earth is Waiting"** Christmas cantata was presented on Dec. 17 at both worship services. Created and coinciding with our Advent theme for 2023, all our music groups participated in this musical presentation sharing a variety of styles of music and readings. This year for the first time in a long time we had a children's and youth choir!!! My heart still swells remembering their enthusiasm preparing for the cantata and presenting it! Thank you to all of the following groups who shared in their love of music and sharing the message of the birth of Jesus:

Our readers, **Jean Ford, Robbie Korte, and John Tedrick** for your great skill in presenting the poetry and readings.



Our children's choir leader, **Samantha Nila**, and **the Children's Choir, the Youth Choir, the Chancel Choir, the Praise Team, Crystal Bells handbell choir, the Strings, the Woodwinds, the Brass, the Percussionists and our accompanist, Austin Kinard with Patty Taylor on the synthesizer!**

In addition, **the parents who were dedicated to getting the children and youth to rehearsals and to church early the morning of the cantata! Way to go parents!**



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## WHAT'S HAPPENING IN FEBRUARY AND BEYOND?

### CHILDREN'S CHOIR:

Children Kindergarten through 4<sup>th</sup> grade\* meet every Sunday from 9:30-9:55 in the Choir Room. COME JOIN US BEFORE SUNDAY SCHOOL FOR SINGING, GAMES, FUN AND LEARNING ABOUT JESUS AND GOD through music!

### Singing in worship:

**Feb. 18, both services:** The children will be singing AND are learning sign language for "Jesus Loves Me" on this first Sunday in Lent.

**March 24, Palm Sunday:** "Savior King"

**\*March 31, Easter Sunday**      \*We are hoping to sing on Easter, too

**April 21, Music Sunday**

**May 12, Mother's Day**

## **Parents of K-4<sup>th</sup> grade - It's not too late for your child to participate on Feb. 18.**

Join us Feb. 4 and Feb. 11: 9:30 a.m. in the Choir Room before Sunday school!

Hope to see your children!

\*If your 5<sup>th</sup> grader would like to join us in the Children's Choir, they are more than welcome to participate in this Sunday morning choir OR join the Youth Choir that meets later on most Sunday afternoons. (Contact [Beckys@smokyhillumc.org](mailto:Beckys@smokyhillumc.org) for more information.)

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### **YOUTH CHOIR:**

Youth 5<sup>th</sup> grade up to and including high school. We sing choral anthems as well as participate in contemporary music and rehearse in the Choir Room. The youth just participated in an awesome Youth Sunday on January 28.

**Thanks, Chad Nielsen and ALL of the youth who led music on Youth Sunday! It was a GREAT Sunday!**

**Next Youth Choir Rehearsal: Sunday, Feb. 25, 5-6 p.m.** in the Choir Room.

### **CONTEMPORARY MUSIC GROUP**

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Are you interested in being part of contemporary musical group at SHUMC?

**We are looking for guitarists, percussionists, vocalists, and keyboard players.** Contact [Beckys@smokyhillumc.org](mailto:Beckys@smokyhillumc.org) for more information. We are currently getting "regrouped" for upcoming worship services in the spring and summer. It's a great time to join!

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### **BRASS, STRINGS, WOODWINDS, YOU NAME YOUR INSTRUMENT!**

If you play an instrument, high school to adults, join us in rehearsing and preparing for upcoming music during Lent. Literally, some of our instrumentalists played in school, put their instruments away and after (for some 😊) a bit of coaxing began playing at church. We have a great group of all abilities and make it work for you! Some of our musicians do play in more professional groups and you will find they are accepting and eager to help those who need any extra help. It's a wonderful place to be – like our other musical groups, we share our joys and triumphs, we pray for each other and our families and friends during hard times, and we support each other!

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**NEW GROUP! We are starting a CLARINET group!** If you play the clarinet – youth to adult – we want you to join us! Susan Sadler plays the clarinet, and she will lead this group. Please contact [Beckys@smokyhillumc.org](mailto:Beckys@smokyhillumc.org) for rehearsal times and more information! How fun it will be to have a "clarinet" choir soon! Beginner to advanced welcome!

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### **CHANCEL CHOIR:**

Do you like to sing? Don't have time to commit to a full year of singing but have some time now that Christmas is over? JOIN US FOR LENT AND EASTER (and beyond if that works for your schedule)!

**Wednesdays: 6-8 p.m. in the Choir Room.** No auditions are required. Anyone high school and older is welcome. We are a friendly group who enjoys singing, We sing, we laugh, we cry and share each other's joys and concerns, and we share our ministry of music with the congregation on Sunday mornings and other special occasions.



## SOLOS, DUETS, SMALL GROUPS WELCOME

In addition to our choirs, we welcome vocal and instrumental groups. A special thank you to **Tim and Ben Berges, vocal, banjo and guitar, duo, Chad Nielsen, Debbie Kemper, Samantha Nila, and Nate Southerland** who have shared singing and playing either in a small group or a solo in worship. **Thank you Austin Kinard** for playing **trumpet** for special music in December. You are all appreciated!

## WELCOME!

In the past few months to just in the past couple of weeks we have welcomed **Jim and Brenda Grismer, Kristie, Jason, and Xander Moss, and Jason Roth** to our choir. **Also, Austin Moss**, who plays percussion. We are so glad you have joined us!

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## SPECIAL UPCOMING MUSICAL SUNDAYS AND LENTEN SERVICES:

Holy Week, 2024:

**Palm Sunday, March 24**

**Maundy Thursday, March 28** (A worship service to include Communion)

**\*\*Good Friday: The Music Department will present this service at 7 p.m. It is a reflective service of music and readings depicting the last hours of Jesus' life. Childcare will be provided.**

**Easter Sunday, March 31:** Join us at the end of each service to sing *Messiah's Hallelujah Chorus!*

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Awaken your soul with music! We praise God for the gift of music – our voices, our instruments of all kinds! We thank God for the gift of music, and we are thankful to share this wonderful gift of music within the walls of SHUMC and beyond! Praise be to God!

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Smoky Hill UMC Abundant Health



**February 2024**  
**Focus: Heart Health**

**Above all else, guard your heart,  
for everything you do flows from it.**  
**Proverbs 4:23**

**MIND**

## The Link between Heart Health and Mental health

For years, health care professionals thought the connection between mental health and heart health was strictly behavioral — such as a person who's feeling down seeking relief by smoking, drinking or eating unhealthy.

That thinking has started to change. Research shows possible physiological connections, too. Increasing evidence shows that biological and chemical factors that trigger mental health issues may also influence heart disease. Learn more from the CDC [Here](#)



# BODY

## Health Resources:

- Do you know the signs of a Heart Attack? [Read This](#)
- Where can you take a CPR class? [American Red Cross Classes and CPR Colorado](#)
- Looking for Heart-healthy recipes? [Look here](#)

*(For PDF links, see the digital edition of this newsletter.)*

## Recipe of the month:

### Tex-Mex Black Bean and Chicken Wrap

The American Heart Association is a great resource for heart healthy recipes. Here is one!

<https://recipes.heart.org/en/recipes/tex-mex-black-bean-and-chicken-wrap>



## Move that Body!

**Do your own thing at home!** There are many avenues to exercise at home. Here are some examples of classes you can do any time by watching on your computer:

- Classical Stretch by Essentrics – on PBS at 5:30 AM (Bob Krech swears by this work-out!) or go to <https://www.essentricstv.com/classical-stretch-by-essentrics>
- Fabulous Fifties work-outs [Fabulous Fifties Youtube](#)
- Gentle Chair exercises for seniors - [Improved Health](#)



**NEW!!! Zumba is now at Smoky Hill.** Christy Legleiter is leading Zumba classes on Wednesday evenings from 5:30-6:30 in either the celebration hall or the gathering space. Donations are accepted to help cover Christy's recertification costs (\$5 suggested) [PDF link](#)

**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)

**Yoga at Smoky Hill.** Zachary Horan is leading us in yoga classes on the first and third Tuesday of the month at 1:45 in the Celebration Hall. Bring a mat if you have one. Donations of \$7-10 per session are appreciated.

**Hiking Group:** Keep an eye out for future hikes as the weather improves by watching the weekly e-blast or our [\(20+\) Smoky Hill UMC Abundant Health | Groups | Facebook](#). or contact Marta at 720-271-0691 with questions.



# SPIRIT

## Resilience

### What is resilience?

Life may not come with a map, but everyone will experience twists and turns, from everyday

challenges to traumatic events with more lasting impact, like the death of a loved one, a life-altering accident, or a serious illness. Each change affects people differently, bringing a unique flood of thoughts, strong emotions, and uncertainty. Yet people generally adapt well over time to life-changing situations and stressful situations—in part thanks to resilience. Learn more about it and steps you can take to build resilience from the American Psychology Assoc. [Here](#) and Children and Teen resilience [Here](#)

Building childhood resilience [poster](#)

Read this devotional about Resilience and the Holy Spirit [Hope on the Run](#)

*(For PDF links, see the digital edition of this newsletter.)*

### 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!

# TRUSTEES

In case you haven't heard, the stove/oven in the kitchen broke and we could not find anyone to repair it. After some research on the part of Bob Kerbs and John Tedrick, we have a beautiful new stove/oven and griddle, just in time for Fat Tuesday!

John Tedrick has posted some instructions and helpful hints on how to use this new appliance. Please read these important instructions **BEFORE** using the new stove. These instructions are printed out and posted to the right of the stove in both English and Spanish. Stop by the kitchen to have a look at this beauty!



# UNITED WOMEN IN FAITH

## Transformational Travel

United Women in Faith

Potluck Brunch

Sunday, Feb 25th, 11:15 AM

We travel for many reasons: for work, to visit family, to relax, to seek fun and adventure, or to commune with nature. Join Peggy Taylor and Jana Jones as they share what they have learned while traveling as faith pilgrims. All are welcome!



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