



ELEMENTS

JULY 2023 NEWSLETTER



Patti's Ponderings

I think most of us have great intention to be loving people. We want to be part of making the world a kinder place, a more loving place, a more compassionate place. And sometimes, we aren't sure how to do that. This week I listened to a podcast that introduced me to the Buddhist practice of compassion meditation. Compassion meditation is to hold another person in your mind with care. It reminds me of something I learned years ago from Richard Foster about praying with our imaginations. He teaches that when words are difficult in prayer, we can use our imagination to pray. So, I combined the two ideas and invite you into this compassion practice.

Bring to your mind a person that you know is struggling. See their face. Remember time you've shared together. Recall the best of who they are. Hold them in your mind with compassion and gentleness. Then imagine them surrounded by the light of God, grounded in the love of God, centered in the peace of God. Visualize grace pouring over them. Picture them healthy and whole, relationships restored, brokenness healed, filled with peace, comforted, etc. Whatever their struggle is, imagine it has been resolved. Picture compassion extending from you to them, like a full rainbow anchored on each end in each of your hearts. Continue with whatever images come to your mind. Offer gratitude for this person, and honor what this person has to offer you and the world. Then end, or move on to another person.

For compassion meditation, it is recommended you begin with someone you are fond of, then move to someone who is a stranger such as a clerk you have encountered, then move to a difficult person in your life, and then close with extending compassion to yourself. This can be a powerful practice that expands our capacity for compassion and opens up space for the love of God to transform us and those in our lives. If you try this practice, I would love to hear about your experience!

May we continue on the path of following Jesus together to make the world a more kind and compassion filled place.

Pastor Patti

A favorite verse which came to mind this week: "Watch what God does, and then you do it, like children who learn proper behavior from their parents. Mostly what God does is love you. Keep company with him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn't love in order to get something from us but to give everything of himself to us. Love like that." (Ephesians 5:1-2, The Message)

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.



SMOKY HILL
UNITED METHODIST CHURCH

Newcomer Dinner

Wednesday, July 12 at 6:00 PM

We are hosting a dinner for anyone new to Smoky Hill UMC or wanting to learn more about the church. Join lay leaders and staff on Wednesday, July 12 at 6:00 PM for dinner. This will be a chance to get to know the pastors, lay leaders, staff, 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 303-690-9816



CHILDREN & FAMILY

Children and Family Ministries July 2023

Where in the World is GOD



**Vacation Bible
Camp, Amazing!!!!!!**

We were inside and outside for VBC. Our weather was sunny and windy minus Thursday and Friday, which were cold and rainy. We had an average of 50 kids every night and we reached 38 kids from the community. We served over 1400 snacks. A big thank you to our 36 volunteers every night ~ you all helped create a wonderful week for our children.

During our week, we made 100 Outreach of Love Sandwiches and wrote thank you letters to our police and fire departments. We told 5 Bible stories that all featured an animal, played many games from

dancing with a skittle on a spoon to obstacle courses. We made volcanos, slime, and a diet coke blow up. Our water toss got rained out, but Thursday night some adults sprayed the kids with water bottles. Friday night we ended with an ice cream party outside, and then Sunday after Worship, we had our water ball fight and a hose just spraying the kids while we were watering the grass!!!

Was amazing seeing all the smiles on the kids' faces. See you all next year.

Where in the World is GOD VACATION BIBLE CAMP



Where in the World is GOD VACATION BIBLE CAMP



A huge thank you to our Men's Group for supporting our program and covering the cost of the VBC.

Where in the World is GOD VACATION BIBLE CAMP



Where in the World is GOD VACATION BIBLE CAMP



Where in the World is GOD WATER FIGHT AFTER CHURCH



Field Day

Tug of War

Wheel barrow races
July 30th after Worship
Grab lunch from the grill team, then meet us on the front lawn

obstacle course



More outdoor games



Make A Champion Team



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.

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 in Gathering Space

We will be collecting from July 16th to August 13th. Backpack blessing on August 13th during 10 am Worship. You can drop off supplies on Sunday mornings during Worship. You can also drop off during church office hours Monday - Friday 9-2 pm or you can contact Crystal @ crystald@smokyhillumc.org.



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
- Vegi 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
-

EMERGENCY PREPAREDNESS TEAM REPORT

by Jean Ford

Date: June 14, 2023

Trainer: Mickey
Detective, Denver Police Department

SHUMC Attendees: Ben & Mary Berges, Sharon Davis, Crystal Duncan,
Jean Ford, Wendy Hanson

The training on what NARCAN is, how it is used, when it is used, and who can administer was very informative.

- 1) it is an antidote for when a person is showing signs of overdosing on ingested drugs, or inhaled drugs.
- 2) it is a nasal spray. The bottle is in a sealed package and the whole bottle is to be administered to the person overdosing as soon as possible. There is the possibility of a violent reaction from the patient, so the person administering the NARCAN must be alert to this possibility.
- 3) any person who witnesses someone overdosing and has access to NARCAN can administer it. It must be put in the nasal passage as far up as possible, only one side is used. One continual spray is used until the bottle is empty.

SPECIAL NOTE: Stroke, Diabetes and Overdosing can all present themselves the same way....slurred speech, inability to stand up, unfocused eyes, etc. Administering NARCAN to someone who presents the above symptoms but is not overdosing will not hurt them or cause undo harm.

We have NARCAN in the AED Box in the Gathering Space.

For questions, contact Jean Ford.

FINANCE

Financial Summary as of May 31, 2023

5/31/2023	May Budget	May Actual	YTD Budget	YTD Actual
Income	\$ 50,117.00	\$ 56,066.82	\$ 250,585.00	\$ 284,282.50
Expenses	\$ 55,700.23	\$ 56,761.58	\$ 284,517.14	\$ 276,882.10
			\$ 7,400.40	

Our Finance Committee is cautiously optimistic about our financial position. Year-to-date our income is \$7,400.40 over our expenses. THANK YOU for your generosity. Our Rummage Sale and Restaurant Fundraisers have been a great success!

The next fundraiser is at Panera on July 10th. Our giving is on a slight upward trend and our expenses are holding where we expect them to be. We are cautious because our budget projects a \$48,000 shortfall. We are monitoring that closely and continue with faith as we seek to be wise stewards of our resources. The Spirit is alive here at Smoky Hill UMC as we follow Jesus together!

Panera FUNDRAISING

Help support us!

SMOKY HILL UNITED METHODIST CHURCH

July 10, 2023
4:00 pm to 8:00 pm MST
6770 S Cornerstar Way

Use code **FUND4U** at online checkout, in the Panera App, or at the kiosk in-cafe.*

20% OF SALES WILL BE DONATED

Bring this flyer or show a digital copy to your cashier when ordering at the cafe or enter the promo code **FUND4U** at checkout on Panerabread.com or the Panera App to ensure your organization gets a portion of the proceeds.**

Learn more at fundraising.panerabread.com

©2022 Panera Bread. All Rights Reserved.
 *Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/> **Services vary by cafe.

**MONDAY, JULY 10 4:00-8:00 PM -
 Panera Fundraiser**

**Show this electronic flyer or pick up a
 paper flyer and show it when
 ordering! If ordering online, use code
 FUND4U**



YOUTH



Summer is flying by! Youth Group doesn't meet every week in the summer traditionally, but we still get together for some summer fun!

We had a **Youth Lock-In** a couple weeks ago, which means the youth were "locked in" the church for 17 hours. (With adult supervision, of course!) I can't remember a time in the past decade that we have done an overnight purely for FUN. It was long overdue. (And also HEAVILY requested by 3 certain youth all year long. Haha.)

We played icebreaker games, a running game from my own youth group years in the 90's called "Poop Deck", played an unconventional game of "Capture the Flag" in a dark Sanctuary with glow bracelets, watched "The Princess Bride", ate pizza and all kinds of other stuff, ran around the church aimlessly (which is the most desired youth activity all year long for some reason), played card games, played "Body Body" and "Sardines" (which are similar to hide & seek), brainstormed about youth group... and 6 of us stayed up all night long to sit in the church parking lot and watch the gorgeous sunrise. We had 2 brave incoming 6th graders join us for this event – I hope they return after all of that craziness! Some of our kids got some sleep. And some, well... did not.

Then last week, some of our youth helped the little ones (and helped our adults out) with **Vacation Bible Camp**! Joel rocked the snacks, Maggie & Cadence helped with science lessons, Lizzy & Noelle helped manage the Kindies & 1st graders, Mallory helped corral the preschoolers, Zach helped with games/rec, and Lily, Mackenzie and Aili helped with older kids. SO great seeing the older kids of our church helping to lead the younger ones!

Right now, we're gearing up for our upcoming **Mission Trip to Alamosa, CO on July 23!** Our group of 15 youth & adults will be commissioned at the church service on the 23rd before we hit the road that day, with our fearless Rev. Patti in tow. (Not literally in "tow"... she'll get front seat privileges!) We'll be traveling to the San Luis Valley for 5 days to focus on poverty, homelessness and other social challenges faced by this area of Colorado year after year.

THANK YOU again, everyone, for your ongoing support of our amazing Youth so we can experience meaningful mission trips and help others in need, just as Jesus wants!



Let's Talk About...

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“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 YOU. Summer is a season of family vacations and all sorts of long-awaited adventures, but it can also be an opportunity for rest and rejuvenation as many industries follow the ebb and flow of the school year. This is certainly not the case for every industry; for example, summer is a busy season for landscaping and construction. Still, I’d like to take this opportunity to reflect on how we can best welcome ourselves in our lives.

Consider the golden rule: Love your neighbor as you love yourself. If we are not good at loving ourselves, then we will burn out pretty fast when we try to love others. What does hospitality for oneself look like?

Before we can talk about self-love, we need to spend a minute on self-care. This means recognizing and providing the things that our bodies, minds, and souls need. It may be as simple as building in time for the rest that our bodies, minds, and souls need. Alternatively, it might mean building in time for the activity we need in our lives, whether that activity is exercise or social time or time to complete the whole hygiene routine we know would do our bodies good.

Ah, but when we welcome folks at church, do we focus exclusively on meeting their needs? From what I have seen in our gathering space, we want to create an atmosphere that cares for people above and beyond basic needs. We offer fun quiet bags for children that allow them to participate in worship to the degree that works for them. We have tasty treats for people to enjoy. Most of the year, we have art on the walls to bring joy and inspiration to those who take the time to look. Hospitality for ourselves, then, means more than just making sure we feed our bodies, minds, and souls enough to keep going.

So, how can you show yourself some love this month? No matter whether you're traveling the globe, enjoying a stay-cation, or working business as usual, here are three simple ways to practice self-love:

1. Use the nice things! I posted on Facebook last weekend about using a pretty spatula instead of the more efficient (and, honestly, functional) one I use most of the time. Do you have beautiful dishes that sit in a cabinet waiting for important guests? Well, you are important! Serve yourself dinner with the fancy tableware and notice if it feels different.
2. Do something just for you. This is the part of self-care and self-love where people start thinking about bubble baths, and a fun bath or a facemask could be great if that's something you love, but there's more to this. I used that pretty spatula last weekend to bake a pumpkin pie just for me! If you love crafting or cooking and you usually focus on making things for other people, make something just for you. If you like spending time in nature, set aside a day just for that, regardless of whether other people are available to join you. Maybe it's a hike in the mountains or a visit to the botanical gardens, or maybe it's as simple as going for a long walk (or a drive with the windows down) around your neighborhood.
3. Practice gratitude for yourself. Name three things you are grateful for or love about yourself, and get specific! For example, I'm grateful for my ability to see connections where others don't. I also love the way my hair looks when I first wake up, because it makes me smile and then it cooperates when I need it to behave!

How will you love yourself today?

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.

MEN'S GROUP

JOIN US
NOW

Aurora Reservoir on Thursday, July 27th

This event is open to all men of the church, along with their guests. The men's group will furnish burgers and brats and request that each attendee/couple bring a salad, side dish or dessert to share. Bring personal beverages and chairs to sit on.

Aurora Reservoir has a \$10 entree fee per vehicle. You can rent a boat, but you can fish, swim, bike or hike for free. Come as early as you want, we have the shelter starting at 8:00 am. We will start grilling dinner at 5 pm. We encourage people to bring a game to play if you have one.

We have rented shelter #3, located on the south side of the reservoir next to the swim beach. Park on the right side of the parking lot and it's just a short walk to the shelter.

Please RSVP to Bob Krech by July 20th so we know how much food to prepare. Bob can be contacted at: 303 690-1799 or bobkrech@aol.com

MEN'S GROUP



SALES

Pre-Order Palisade Peaches now through Monday July 31st for the best prices!

Order in the Gathering Space on Sunday, call or visit the church office during the week, or order with a credit card on our website here: [PEACH ORDERS](#)

See Order Form for prices: [View, Download & Print Order Form](#)

Peaches are expected sometime after August 10th for pick up.

Thank you for your support!



MISSION

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.

Marti's Pantry

We have a small food pantry downstairs in the education wing for people who come to the church looking for help. We would like to add some hygiene items to the cabinet. We are looking for toothpaste, toothbrushes, shampoo, conditioner, hand lotion, body wash, and feminine hygiene items. If you would like to donate, you can leave the items in the red wagons or take them downstairs and add them to the cabinet. Thank you for your help!

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.

Books

The Mission Team has a used book corner across from the red wagons. Books may be purchased for a small donation. All proceeds go to support Habitat for Humanity. Check out the selection for your next summer read!

Aurora Interfaith Gala

Aurora Interfaith is holding their annual gala on August 23rd. This gala helps provide funds to cover the operating expenses of Aurora Interfaith so they can continue to help those in need. Aurora Interfaith served 30,269 individuals in 2022, provided food to prepare 496,260 meals, and provided \$30,000 for electric and water bill assistance. We have been asked to help sponsor this event. If you would like to donate through the church, just indicate it is for Aurora Interfaith. If you would like to attend the gala, tickets may be purchased at www.aurorainterfaithcommunityservices.org



Music-A/V Newsletter for July, 2023

When May comes and goes our minds go to “let’s kick back a bit = it’s summertime!” Yet, June was a busy month, and we had a great time worshipping with each Sunday filled with different types of music and.... it has continued into July as well!

Sunday, June 4, SHUMC Brass played along with most of the hymns and shared special music during Offering: “My Savior’s Love.” We welcomed **Austin Kinard** on trumpet (also our accompanist/pianist) and **Diana Cable** on French horn to our group of **Gary Drumm**, tuba, **Bob Givan**, trombone, **Steve Wilkins**, French horn, **Tony Peterson**, trumpet, and **Mike Flygar**, trumpet. Thanks for sharing great music, Brass!!!

Hint: If you play an instrument or played an instrument in your past, consider joining us. High school students are welcome, too! In our next newsletter for August watch for upcoming rehearsal dates for fall and yes, Christmas!

The Chancel Choir along with the congregation sang the wonderful anthem “I Am a Child of God,” which speaks to all of us assuring us that we ALL, no matter what, are children of God – it’s becoming a favorite and definitely one of those tunes you go home humming to. Check it out on YouTube if you’re not familiar with it. It is composed by Mark Miller.

https://www.youtube.com/watch?v=vDmrS3ts0B0&ab_channel=markismusic



June 11th the great strumming and singing duo, **Ben Berges and Tim Davis**, sang and played “On the Wings of a Dove.” Hopefully you’ve had a chance to see the beautiful Dove on the altar. The talented Ben Berges created this beautiful piece of art for Pentecost ~ we’re keeping it on the altar for awhile for everyone to enjoy as we worship. Thanks Tim and Ben ~ Becky was able to attend and sing in a quartet for the wedding of special friends this weekend!



June 18th our “Summer Singers,” a smaller version of our Chancel Choir got together early before worship to prepare special music for worship. It was fun getting together and singing! Thanks to all those who were able to make it! We’re looking forward to another Sunday soon! You are welcome to join us ~ watch your E-Blasts for the next date. If you like to sing and don’t have the time to commit to choir, our “Summer Singers” is a perfect group!

June 25th our pastors and several church leaders attended Annual Conference in Colorado Springs. Our Praise Team led worship filling the walls of the sanctuary with music from the group “Third Day,” sharing scripture and a message individually about each song. We also celebrated Holy Communion together and a special thanks to **Rev. Mack Lovvorn**, who presided over communion. Thanks to **Chad Nielsen, Samantha Nila, Debbie Kemper, Jen Dahlen and Tim Dahlen** for a great morning of leading worship!

A busy month in June and each Sunday filled with meaningful worship and music!

As you read this newsletter, July has begun! The last week in June was busy with Vacation Bible Camp! Every evening began with learning and singing songs and culminated on Sunday, July 2, with the children singing songs they learned during the week. Familiar songs to many in the congregation, too, so we all sang and danced and got those bodies moving as we sang “The Butterfly Song,” “I’ve Got the Joy, Joy, Joy Down in My Heart,” and “Jesus Loves Me.” It is so heartwarming to watch and hear our little ones as the adults help them build their knowledge and faith in God and Jesus. Until next year kids....KEEP ON SINGING AND DANCING! God loves you! ALL of YOU!

“MUSIC is a fair & glorious gift of GOD!”

Audio/Visual Team

That Audio/Visual Team – they’re the best! We launched new software the last Sunday of May and we’re getting there! Every week we seem to learn something new, be able to do something new with the software – it’s been an adventure. You, as the congregation, hopefully don’t notice a thing or mostly, which is the way it’s supposed to be. BEHIND THE SCENES we’ve been busy! A **HUGE SHOUT OUT TO ERIN KESLER** who has gone the extra mile editing on Sunday mornings before worship, catching little glitches, etc. Thanks to **Corey Kesler, Kevin Chadwick, Lee Honnen, and Kurt Harris** for working the booth in June, setting mics and other equipment up each Sunday. They are all volunteers with great tech talent – another wonderful gift of God! **THANK YOU!**

More help is needed: If “Tech” is your thing, we can always use more help in our sound booth. We share Sundays and work with each other’s personal schedules. We are especially in need of folks who are available during weekdays for occasional funeral/memorial services. Most people want these services live streamed. It takes additional “people” support to provide this service and most of our A/V Tech Team folks work during the week. If you have time and would like to learn, please contact Kevin at kevinchadwick@gmail.com or Becky at beckys@smokyhillumc.org.



Racial Justice Task Force

INDEPENDENCE DAY by CHARLOTTE FARIS

Independence day for me means freedom to read the books I choose, the language and words I choose to express myself, freedom to love whomever I please, believe in the scientific method of inquiry and the rule of law, and freedom for others to do the same.

There seems to be so much repression and hatred, and disbelief in science these days. As scripture says, love never fails. We need to remind ourselves of these words in our daily transactions with others.

Global warming is still a questionable subject among many folks. The United Nations Intergovernmental Panel on Climate Change (IPPC) which was released early this spring, included thousands of reports which indicated that the earth is in grave danger of passing the 1.5 degrees Celsius limit. After that, irreversible climate impacts will mount, according to the Union of Concerned Scientists. We must keep trying to change to cleaner energy programs.

Denial of the results of climate change, and denial of the use of Vaccines for Covid, resulted in over a million U.S. deaths. Sometimes relying on fake remedies for Covid and Climate Change can negatively affect a lot of people, especially underrepresented groups living near factories and low lying areas.

There is a limit to independent thinking when it impacts the well being of other humans and animals. I value independent thinking in human terms, but not in pseudo science by unqualified speakers.

Thomas Jefferson said "Reason and Free Enquiry are the only Effectual Agents Against Error".

Reconciling Ministries

Hello Smoky Hill family, June's Pride month was a success. Our Celebration/Education table and wall displays received a lot of attention and curiosity. Thank you to all who submitted items to be displayed creating a wonderful learning experience.

Next up for the Reconciling Team is the Aurora Pride Event the first Saturday in August. I have included the information below for the event and the ticket link. You can print a ticket or take a picture with your phone. (The ticket is in my name, but any one can use it.) Show the mobile ticket to those directing traffic on the day of the event. Tell them you are part of the Smoky Hill Vendor Booth and they will direct you to the Vendor Parking which is closer to the event. Come one come all and enjoy a wonderful day. Your Reconciling Team!!



August 5 from 12:00 PM to 7:00 PM

Aurora Reservoir

Aurora, CO 80016

[View Details](#)

[PRINT YOUR TICKET](#)



Focus: Practice Self Control

“But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness.” 1 Peter 1:5-6 (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

Emotional Wellness Toolkit.

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life’s stresses and adapt to change and difficult times. Here are 6 strategies and checklists for improving your emotional health from National Institutes of Health. Click on the images to read articles about each topic. You can also print the checklists separately or all together to

share with others or as a reminder to yourself: [Emotional Wellness Toolkit | National Institutes of Health \(NIH\)](#)

BODY

When it comes to your health, if you do not see or experience immediate results, you may want to give up on your goals too soon. You must remember that change takes time and requires you to practice self-control. Consider how you persevere in prayer for your family, friends, and your church. What a joyous time of celebration when your prayers are answered! You should also persevere in making decisions that are good for your health. You may feel tired at first when you begin walking and want to stop. When you have self-control to persevere, you will experience changes in how you feel. When you do, you can celebrate your accomplishment.

Health Resources: (Pdf links)

- Help Your Kids Reduce Screen Time and Move More
- Make Half Your Grains Whole Grains
- What is High Blood Pressure?
- Willpower up!

Recipe of the month – Oven Fried Green Tomatoes

The tomatoes are coming! This southern favorite makes the perfect appetizer or snack. Half the fat and calories of the traditional fried green tomato recipe.

<https://beautiful eats and things.com/2017/09/29/oven-fried-green-tomatoes/>



Calling all Fly-fisherfolk

Want to go fly fishing? Join Chad Nielson by emailing him at 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 – starting June 6th**.



Exercise on Zoom!

Looking for exercise that requires no money, no travel, and fast access to your shower? Join the Zoom exercise community on Monday, Wednesday and Friday mornings at 9:30, as well as Wednesday evenings at 6:30. Contact Susan Hora at cusaqlass@gmail.com

Abundant Health Hiking Group

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

100 Small Things That Can Bring You Joy

We all want to be happy. It's a desire as universal as our want for water, food, and fresh air. Check out this list of 100 small things you can do to bring more joy into your life. The sooner you get started, the better you'll feel. Read more [100 Small Things That Can Bring You Joy \(wisebread.com\)](http://www.wisebread.com/100-Small-Things-That-Can-Bring-You-Joy)



UNITED WOMEN IN FAITH

Self Defense Seminar

Sunday July 9th
1-3 PM

Celebration Hall

For ages 8 and up,
all genders
welcome!



Join us for a Self-Defense Seminar presented by Master Victoria Wagner on July 9th.

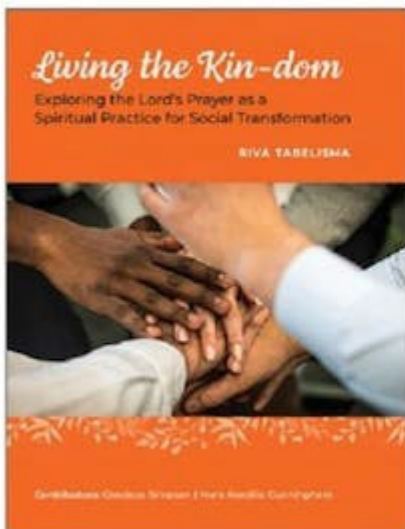
She will cover basics including:

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

Wear non-restrictive clothing that you can move in.

Childcare available by reservation. Speak to Crystal Duncan or text her at 303-587-5667.

Invitation to Mission u! Education for Spiritual Transformation



Living the Kin-dom: Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation

Tuesdays in July/August – July 11, 18, 25, and August 1 from 7:00-9:30 p.m.
Offered via Zoom - free of charge!

For more information and registration, visit <https://www.mtnskylumw.org/events/mission-u/>

Sponsored by MSC GBGM and United Women in Faith



Smoky Hill United Methodist Church
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Email all information and updates for church communications to churchsecretary@smokyhillumc.org

Following Jesus together