



ELEMENTS

JUNE 2023 NEWSLETTER



Patti's Ponderings

Psalm 19:1-4 NLT

*The heavens proclaim the glory of God.
The skies display his craftsmanship.
Day after day they continue to speak;
night after night they make him known.
They speak without a sound or word;
their voice is never heard.
Yet their message has gone throughout the earth,
and their words to all the world.*

As the summer approaches many of us will be more connected with nature. Whether it's enjoying the flowers in our gardens or birds in the trees. Or exploring the mountains camping. For many of us, nature renews our spirit. It is a place where we can connect with God.

Creation reflects its Creator. How do you see God in creation? What does creation teach you about life and faith? A few years ago, I was visiting a monastery in California for a two-week seminary class. We had a 48-hour period of silence. I did not know what I was going to do for 48 hours without being able to talk with my classmates! The first afternoon I took a stroll through the garden, asking God to speak to me. As I walked, I slowly began noticing things I had walked past all week long. For example, there were these flowers, close to the ground, that in the cold of night had their petals closed. In the warmth of the day, their petals opened, and their faces moved with the sun across the sky. It was a reminder to me to keep my face toward God. Something as simple as a flower's uniqueness can teach us spiritual truths. And so began two days filled with inspiration from the trees, from the flowers, and from the paths in the garden.

The Spirit speaks to us in surprising ways when we have eyes to see and ears to hear. This summer we are going to explore the wisdom we find in creation: in lilacs, eagles, tulips, and even hedgehogs. Keep your eyes and ears open to the spirit when you are out enjoying God's awesome Creation this summer.

May the Lord Bless you and Keep you,

Pastor Patti



CAN'T BE HERE?

[Livestream on Facebook](#)

[Livestream on YouTube](#)

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



CHILDREN & FAMILY



No official Sunday School for the kids for Summer, if you are attending an adult class, Crystal will have stuff for the kids to do.

Adult class from 9:00 to 9:45 am

Will meet every Sunday: The Way of the Faith and Open Door

Various Sunday to meet: Grounded and Coffee and Conversation

Nursery care for all kids up to age 5 is available from 9:00 -11:00 am every Sunday morning.

Worship and Children's Church from 10:00 -11:00 am. (Children's Church will be inside and outside all summer)

June 3rd

*Paint recycle event 9:00-1:00 pm in our parking lot, bring your old paint and get rid of it, vs putting it in the land field.

**Park day, not date change to the 17th same time & place.

June 4th, Smashburger fundraiser for the Church From 11:00 am to 9:00 pm. Dine in or take out and mention SHUMC and the church will receive 20%. Pick up a flyer in the Gathering Space or scan the QR Code for more information. Valid only at 23890 E. Smoky Hill Rd location.

June 17th, Park Day, 1:00-3:00, Central Park at the Farm 6490 S Telluride St, Aurora, CO 80016 by Fox Hollow Elementary.

Where in the World is GOD

Free Outside

VACATION BIBLE CAMP
SMOKY HILL UNITED METHODIST CHURCH
June 26th to 30th From 5:30 -7:30 pm.
OPEN TO ALL KIDS AGES 3 YRS AND UP
We will be outside for our event, please bring a refillable water bottle and apply sun block.
Click QR code to register
We are looking for many Volunteers. If you can help please reach out to Crystal. Crystald@smokyhillumc.org
19491 E. Smoky Hill Rd, Centennial, Co. 80015

Free Vacation Bible Camp, Outdoors

June 26 -30th from 5:30 -7:30 pm. All kids age 3yrs to 5th grade.

Kids and adult's 6th grade and up can volunteer.

Register here <https://forms.gle/dgBztU5qkTPXcsnQ7>

Please bring: a refillable water bottle. Please put sunscreen on your child/ren before arrival.

FREE & SNACKS PROVIDED!! Thank you to our Men's group for covering the expenses.

We need many volunteers, please reach out to Crystal if you can help.

May 21st was a busy day for the Children at Smoky Hill!!

Congratulations to all our kids that have moved up a grade in school. Remember you all are a blessing to me & Smoky Hill. Have a great summer.

5th grade promotion and High School Seniors



Maelena, Audrey, Brayden, and Sylas, not with us, Amanda, Aili, Taten, Ember, Zephyr, welcome to Youth group!!!



Hug from Youth to 5th graders to welcome to Youth Group.



Our High School Seniors: Scott Berry and Lily Legleiter.



Younger kids hugged the Senior to send them off to keep reaching for their dreams.

Award Sunday, honor our Adult Graduates and Prayer Shawls



Ice cream, otter pops and cookie party.

Yarn on a mission presented prayer shawls to Pastor Faryn & Crystal.



Ashley Duncan & Alan Legleiter (not pictured)



Rainbow Prayer

Save the Date:

July 8th Park day (location to be determined)

July 10th Church fundraiser night Panera, 4-8 pm.

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
- 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

Congregational Care

Are you celebrating a birth or a wedding or an anniversary? Are you or someone else in our congregation having surgery or staying in the hospital or a rehab or long-term care facility? As we follow Jesus together, we also want to celebrate together and care for one another in difficult seasons. Let us know what's going on in your life by emailing Pastor Faryn and specify whether you'd like this shared with the pastors, the care teams, the prayer chain, and/or the congregation on Sunday morning. You can also share with us through the prayer cards found in our friendship pads.

Also, did you know our Congregational Care ministries do more than prayer? We have a Care Team that makes monthly phone calls to members of our congregation who are grieving or healing or simply lonely, and we have a Spiritual Support Team that offers in-person visits for those who would appreciate that kind of caring presence. Our pastors are also glad to come and support you during hospitalizations or in preparation for surgery, upon request. If we can support you, contact Pastor Faryn or the church office.

And if you've read this far...maybe this ministry is for you! Would you like to build strong connections across our Smoky Hill community? Do you have at least half an hour a month to spare for a phone call, or the freedom to travel around our area to visit people who are homebound or hospitalized? This ministry of care ensures those in our community who are most at risk of isolation have loving people connecting with them regularly.

Please get in touch with Pastor Faryn or the church office to learn more about serving on the Care Team or Spiritual Support Team.



YOUTH

May was filled with heartfelt youth group stuff!



After 7 awesome youth group years with **Lily Legleiter**, she has graduated — as Valedictorian from Grandview High School! We'll be sending Lily off to CU Boulder this fall with all of our love support. (And there's a fun fall youth group care package in her future!) Lily is on the pre-medicine track with aspirations of being an OBGYN. She will be truly missed in our group! (Even if she has argued that a milkshake is a food — not a drink — since her middle school mission trip. PS – It's definitely a drink!) :)



Scott Berry, newer to our group, graduated this month as well. He has been homeschooled, which is a challenge and must take lots of focus and self motivation! I'm glad we got to have him in a few youth Sunday School discussions this year! He'll be taking a gap year to determine his future.

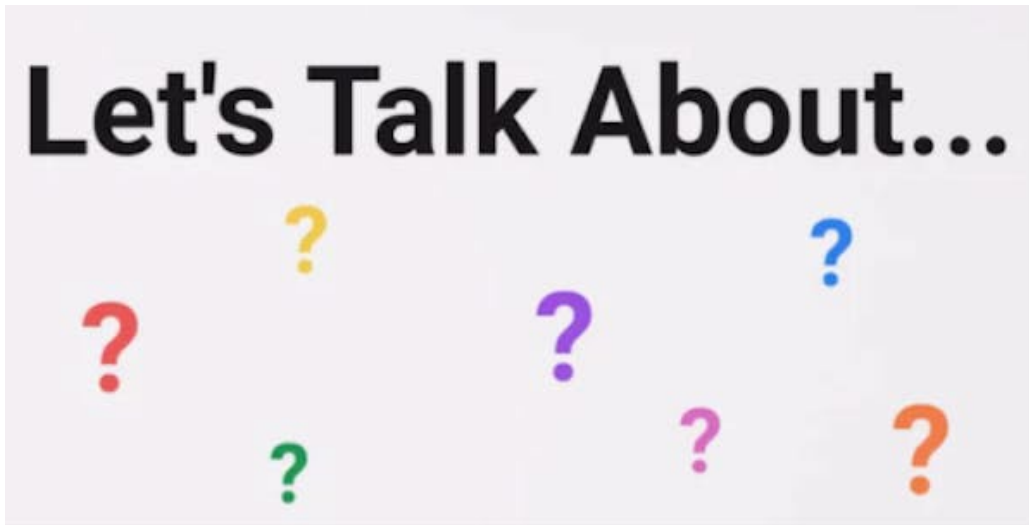


Our last "normal" youth group event was a **fire pit / s'mores night**. (You can never give this group enough s'mores opportunities! They love s'mores!) Then we wrapped up the youth group year with our **End of the Year Party**, where we a built our own catered Chipotle burritos, signed Lily's senior book (a photo album of pics of Lily from the past 7 years at youth activities), a slideshow recapping our WILD ride of a year, and a few rounds of "Body Body", which is a game I have never learned in 15 years of working with these kids, but they LOVE to play it. (We adults don't get it, but whatever sounds fun for them works for us, I guess!)

This summer we have an **overnight church lock-in** planned, as they've been asking allllll year for this! (These kids love to run around the church when no one else is here – maybe more than anything else in youth group!) Plus, youth who just completed 6th-12th grades are heading out on a Mission Trip to make a difference in the San Luis Valley (Alamosa, CO) from July 23-27!

Last, but not least, we are **welcoming a fresh batch of 6th graders this summer!** We are all excited about teaching them "the ways of youth group" and more importantly, how to grow closer to JESUS!

THANK YOU x 100 to the many magical adults that were youth sponsors this year! Whether you helped a LOT, or just a little, each of your spirits changed this group for the better – whether you know it or not! Tom, Christy, Alan, Leslie, Chad, Peggy, Debbie, Jayson, Catherine, Kristy & Jeremy – and Becky – thank you for caring about helping this awesome group!



"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, instead of talking *about* a group of people, let's listen to someone who's part of that group! Specifically, let's listen to what Terra Dabney, one of our trans Smoky Hill community members, would like us to hear:

Dear Smoky Hill community,

This month is Pride month, and unfortunately, it is a scary time to be a queer, trans, or gender-expansive person right now in the United States. While we have so much more awareness of our existence by the general public, not all of it is positive. There have been 491 anti-LGBTQ+ bills presented by state legislators in the 2023 legislative session as of May 24, 2023, continuing the upward trend in how many of these bills get introduced each year since 2020. Some people making maps to describe which states have protections and which have the worst anti-trans laws have added a new, worse category this year for Florida, simply labeled "Do Not Travel". When I am traveling places, I have to be mindful of what states I am traveling through, and consider how open I want to be about my being trans, or if I can safely hold my fiancée's hand there. Montana State Representative Zooey Zephyr, a trans woman in public office, was recently ejected from the floor for "violating decorum" when she spoke up about the people that even presenting these bills has killed—people that she knew personally. When people in your state government are considering laws that will make it harder or impossible for you to get healthcare there, it is hard to have enough hope that tomorrow will even be worth living, especially for a trans kid.

Something that gives me a lot of hope, however, is just how many people continue to speak out against these inhumane bills and the atrocious attacks on our rights. A recent Fox News poll had 61% of respondents saying that attacks on families with trans kids was a major problem. The ACLU continues to challenge the anti-LGBTQ+ legislation in court, and a majority of people in the United States support LGBTQ+ rights. But people must keep speaking up on our behalf, we must keep fighting for a world where it doesn't matter who you love, it doesn't matter who you are, you are part of our community and we will support you as a member of our community. We must keep fighting for love.

-Terra Dabney

So, what can we do to support trans and gender-expansive people in our community and around the country? Here are 3 action steps you can take to make a difference:

1. Put Aurora Pride on your calendar on August 5th! We have been the only church present at this gathering every year so far. Come enjoy the beach with us and give our LGBTQIA+ neighbors a taste of Smoky Hill's welcoming community. Learn more about the event here: <https://www.aurorapride.com/>
2. Sign up to bring snacks for Fearless Future. This is a holistic (body, mind, and soul) empowering self-defense class for trans and gender-expansive folx in our area, meeting at the Center on Colfax this summer. Bringing snacks is a way to share God's love and get to know some more members of the LGBTQIA+ community in a personal way. You can learn more about Fearless Future here: <https://www.facebook.com/profile.php?id=100091882656907> and sign up to bring snacks here: <https://www.signupgenius.com/go/409084FA5A62EA2FE3-snack>
3. Make a donation to the American Civil Liberties Union. The ACLU is going to court to fight many of the transphobic laws that have already been passed in states around the country. You can make a contribution directly here: <https://action.aclu.org/give/now?redirect=node/65102>

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/E9eRqZJGLqVaqbDZ9> or email me directly at virginiag@smokyhillumc.org.

Jane Rollason Memorial

Thank you SHUMC for hosting my wife's Memorial Service. The service highlighted Jane's life and was streamed by your expert AV team which was viewed and appreciated by those who couldn't travel. Many thanks to Pastor Patti and the Reconciling Ministries for welcoming family and friends to your beautiful church. After services we enjoyed fellowship and wonderful food prepared by your amazing cooks. Thank you for making my final farewell such a blessed and wonderful experience. Sincerely, Joanna Patrick

MEN'S GROUP



SHUMC Men's Group
PAINT Recycling
 June 3rd 9am - 1pm
 19491 E Smoky Hill Rd
 Get rid of your old, unwanted paint. Clean up your garage and basement and keep paint out of the landfill, and support the Men's Group

Accepted	Not Accepted
<ul style="list-style-type: none"> • Latex paint (acrylic) • Oil paint (alkyd) • Stains • Lacquers • Sealers • Varnishes • Urethanes • Textured Coatings 	<ul style="list-style-type: none"> • Aerosol (spray) paint • Paint Thinner • Solvents • Cleaning Agents <p>Please stay in your car, turn off your engine, pop your trunk & we'll do the rest!</p>

GreenSheen
Eco-Friendly Paint

Donations support:
 Vacation Bible Camp * Breakfast with Santa * Easter Egg Hunt * Food Ministries
 Church Repair Projects * Refugee Relocation * Youth Ministries

Support the Men's Group at SHUMC Paint Recycling Event

Saturday, June 3 from 9am – 1pm

Get rid of your old, unwanted paint!

Please help spread the word! Pick up some flyers in the Gathering Space and post where you can! Share on your social media accounts, especially Next Door!

Saturday, June 24, 7:10 pm first pitch
SHUMC Night at the Rockies

Come join us at Coors Field on Saturday evening, June 24th, to watch the Rockies host the LA Angels, featuring future hall-of-famers Shohei Ohtani and Mike Trout. Tickets are \$36 each, and we have a block of 40 seats reserved in Section 336L. The image shows the field view from that section. Please sign up and make payment by Sunday, June 4th. For more info, contact Tim Davis at tcdavis660@comcast.net.



Shelves at Aurora Interfaith

Hunger Continues Year Round

In November, the congregation responded with hundreds of cans of corn for Thanksgiving baskets and the youth and the organization they support were thankful for your contributions. However, people are still going hungry after the holidays are over. Smoky Hill has been a supporter of Aurora Interfaith for years with a strong core group providing food. Our donations have been down lately and there are times when the shelves at Aurora Interfaith are empty. We need to increase the number of people who are donating food. We are asking each person in the congregation to bring **one nonperishable food** item to church **each week**. Make it your goal to form the habit of picking up one extra item each time you shop. Nobody should go hungry, and we need to continue to provide after the holidays are over.

Family Promise Members Needed

After a pause of several years, we are once again supporting Grace United Methodist Church when they house families for Family Promise. Family Promise is an organization which supports families who are currently unhoused. They house the families in various churches for two weeks at a time for 90 days while they help them find housing. They then walk alongside them for the next two years to help them stay housed. We provide a meal when the families are housed at Grace (about every 3 months). We are looking for team members who would like to be added to the list of food providers or those who would like to help serve. If the date doesn't work for you when we need food, you just let us know and we will contact you again the next time. If you would like to join the team, please contact Sharon Davis at stdavis21@comcast.net



Tug-o-love collection

On Sunday, June 11th, SHUMC members will have the opportunity to help support Mountain Sky Missions collection called Tug-o-Love. Tug-o-Love is a good-natured competition to see which "team" can raise the most money and then teams actually compete in a real tug of war. The more money raised, the more people on a team! All money raised is divided between support for the salary of the UMC pastors in Angola, West Africa, and Family Promise of Colorado Springs. Family Promise is an organization that helps transform the lives of families experiencing homelessness. Please consider giving on June 11th!



So many celebrations! Preschool, kindergarten, elementary, middle and high school, college graduation celebrations abound! Smoky Hill UMC celebrated, too! On May 21, we honored ALL of our volunteers who helped make SHUMC the wonderful place it is. We have a lot to be proud of as disciples of Christ, a lot more to learn and experience, and a lot more work to accomplish within our walls but especially in our communities and beyond.

A **shout out** to ALL OF OUR MUSICIANS for your service in our Music Ministry this past “church year.” Whether you have sung in the choir for “100 years” here at SHUMC or you’ve just joined the choir, you’re a part of the Praise Team, ring handbells, play an instrument, sing and play – your talents and ministry of music is appreciated! GOD HAS BLESSED YOU with a talent of music and YOU HAVE BLESSED OTHERS! Thank you for a wonderful year of music!

Summertime is a great time for small groups, solos, instrumental pieces, etc. while our Chancel Choir takes a break from weekly rehearsals. Please reach out to Becky Stevens if you would like to share your musical talents this summer. Our choir will sing occasionally, and you are welcome to join them. Watch the e-blasts for those special rehearsals and dates for worship.

AUDIO/VISUAL TEAM NEWS:

May 28 we will be launching a new software program, ProPresenter. This software is used to create the slides we use in worship and what folks see while watching our service online. In addition, our Tech Team has been busy working with new platforms for our E-Blasts, newsletters and other social media areas. We hope everything goes smoothly during this transition – please bear with us if there are hiccups – we’ll get the kinks out as soon as possible if we run into anything.

A **shout out** to our Audio/Visual Team! If “tech” is “your thing” reach out and see how you can be a part of this ministry. Summertime is a great time to learn and join – it’s a little more laid back with having one service during the summer. By fall you’ll be a pro! Talk to Becky Stevens or Kevin Chadwick (you’ll find him in the A/V booth or ushering most Sundays) for more information.

GARDENING:

We are blessed to have beautiful flowers, trees and plants, and beautiful grass around the outside grounds of the church. A **shout out** to Mike and Sally Pula who head up the “outside” crew of gardening volunteers. Did you know we have an **inside garden** as well? It’s located on the main level near the pastors offices. This garden is for anyone to visit, sit for a spell, a nice peaceful place to pray or even do a bit of gardening if you enjoy gardening. Take a moment after church or during the week to stop by this garden – anyone is welcome!

Does your garden have drought-tolerant perennials or other perennials that you’d be willing to share? Do you enjoy gardening and didn’t get signed up to help with the outside gardening and have a bit of time to help with our inside garden? Contact Becky Stevens for information and a schedule.

Most of all, take a stroll and see how the inside and outside gardens transform this summer!

*“In the bulb there is a flower,
In the seed, an apple tree;
In cocoons, a hidden promise;
Butterflies will soon be free!
In the cold and snow of winter
There’s a spring that waits to be,
Unrevealed until its season,
Something God alone can see.*

(Hymn of Promise, Natalie Sleeth, #707 UMH)

Racial Justice Task Force

June is Gun Violence Awareness month. Gun violence is an epidemic in America right now. But it is also a racial justice issue. Black Americans are 10 times more likely than white Americans to die from gun homicides. Black children and teens are 14 times more likely. Annually, nearly 4,000 children and teens (ages 0 to 19) are shot and killed, and 15,000 are shot and wounded—that's an average of 53 American children and teens every day. Firearms are the leading cause of death for children and teens. This is a uniquely American problem compared to other high-income countries. (source: CDC Wonder report)

Let's move past the horrifying statistics. For us at SHUMC, how do we move the needle and reduce gun homicides and suicides? How do we put Jesus' teachings into practice and help our community? A simple, non-controversial way is to **promote gun safety.** Part of my passion for gun safety comes from my late father, a homicide detective with the NYPD. He came from the generation when they didn't talk much about their experiences in WWII (he certainly didn't) and he carried that through with his experiences as a cop. He told funny stories about WWII and funny stories about being a cop but when questioned seriously, clammed up. I did ask him about 10 years before he died, what were the worst cases for him? I knew (because I visited him many times at the precinct and saw photographs which I weren't supposed to see) that he investigated cases of filicide, patricide, spousal homicides, people chopped up by boat propellers, etc. Horrifying stuff. He told me with sorrow on his face the worst were accidental shootings, especially when children were involved. The devastation to the family, especially the shooter was staggering. He would see family members walking down the street years after the shooting and said they were shells of human beings. Most of these families ended up in divorce, alcoholism and drug addiction.

For us at SHUMC, we can promote gun safety by participating in gun safety events, praying for our nation and the people affected by gun violence, wear orange in June to protest against gun violence, offer free gun locks to our community, join Colorado Faith Communities United to End Gun Violence (CFCU) and other local organizations, etc. Or we can continue to just post hearts and praying hands on social media.

Please reach out to the Racial Justice Task Force at SHUMC with questions, ideas, comments or if you would like to join us.

- Kathy Brennan, pakorah@hotmail.com, co-chair Racial Justice Task Force



Our next firearm safe surrender event will be on **Saturday, June 10** at **Cure d'Arms Catholic Church** in North Park Hill (3201 Dahlia St, Denver)! The volunteer timeframe is **8:45am to 12:30pm**. Many roles are needed, from greeter to chop saw operator. **Sign up by June 3 at the button below!**

[Register as a Volunteer Here](#)

**Note- Volunteer registration will look a little different for this event, as we are using a new system called GivePulse. If you have any questions about the new system, please email us at gunstogardensmetrodenver@gmail.com and we will assist you!*

Can't volunteer on June 10th? You can still help!

Share our [Facebook event](#) with your friends, family, co-workers, and organizations.

Print our [flyer](#) and distribute at your church, business, school, favorite coffee shop, rec center, etc.

Please join us in covering our volunteers and gun owners in prayer for safety and healing on June 10.

[Donate Here](#)

I am volunteering at the June 10th event and would love to see you there. There are many different positions to volunteer for - even the chop saw. If you want to run one of the chop saws and haven't had experience with them, they will provide safety equipment and training. All are welcome. If you have questions, please contact me, Kathy Brennan, co-chair of the Racial Justice Task Force, at pakorah@hotmail.com.

Reconciling Ministries

Hello Smoky Hill Family. June is Pride Month and June 4th has been designated Pride Sunday. Smoky Hill UMC Reconciling Ministries Team members will be assisting with the service that day. We will be celebrating communion with rainbow bread and enjoying fellowship with rainbow cake! Be sure to check out our decorations and our displays in the gathering space. We will be putting an emphasis on diversity and an understanding of what that means throughout the month.

The LGBTQAI+2S community has been with us throughout history and was documented as far back as 350.c in the Jewish Talmud as well as in other documents. You have read their books, played their music, sung their songs and walked beside them though you may not have known it at the time. This community has been shamed and shunned by some societies while at the same time being fully included and appreciated by others. Our church has voted to take the side of acceptance and inclusion for this community. After all, this is a fully vested group of people in our community. We are all part of the human experience and we learn from each other. Please follow us throughout the month and beyond to learn more on this educational journey of understanding.

The talents of the queer community run deep and wide. Many are familiar names. Imagine Christmas without a joyful production of Tchaikovsky's Nutcracker or Easter at Smoky Hill with no Messiah by Handel to sing with the choir. Camille Saint-Saens, Aaron Copland, Samuel Barber, Benjamin Britton, and Leonard Bernstein (composer of West Side Story) were all members of the LGBT community. Scholars and academics conclude that Leonardo Da Vinci was very likely gay.

On Pride Sunday, June 4, we will be singing two hymns by queer composers: "Child of God," by Mark Miller and "In the Midst of New Dimensions," by Julian Rush.

Your Smoky Hill UMC Reconciling Ministries Team

Smoky Hill UMC Abundant Health



Focus: Find Your Motivation

“And whatever you do, do it heartily, as to the Lord and not to men.”

Colossians 3:23 (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



June is LGBTQ+ Pride Month.

June is Pride month - a time to honor the LGBTQ+ community, to lift their voices, celebrate their cultures, and recognize the progress and remaining work in the fight for LGBTQ+ rights. Inequity harms mental health. While being LGBTQ+ is NOT a mental health condition or concern, LGBTQ+ individuals experience mental health struggles at higher rates than their straight and cisgender peers. Mental health challenges among the LGBTQ+ community are primarily due to individuals facing stigma, discrimination, and bias in many forms. Learn more at [Pride and Mental Health | Mental Health America \(mhanational.org\)](#)

BODY

In sports, athletes are motivated to work hard by focusing on winning the game or competition. In school, students are motivated to work hard by focusing on the finished project or earning a good grade. In order to make the switch to making healthy choices, you should know and share what motivates you. Your motivation to eat more fruits and vegetables may be to feel better and have more energy for your family. Or maybe you want to sign up for a 5k fun run/walk to benefit a local charity. Share your reasons for making healthy choices with others -- they may be looking for motivation too! Making healthy changes often times becomes easier when you take a moment to reflect on what will motivate you the most to make the change.

Health Resources: (Pdf links)

- 5 Tips for Exercise Motivation
- Children – 60 minutes a Day
- Hundred Calories Snacks

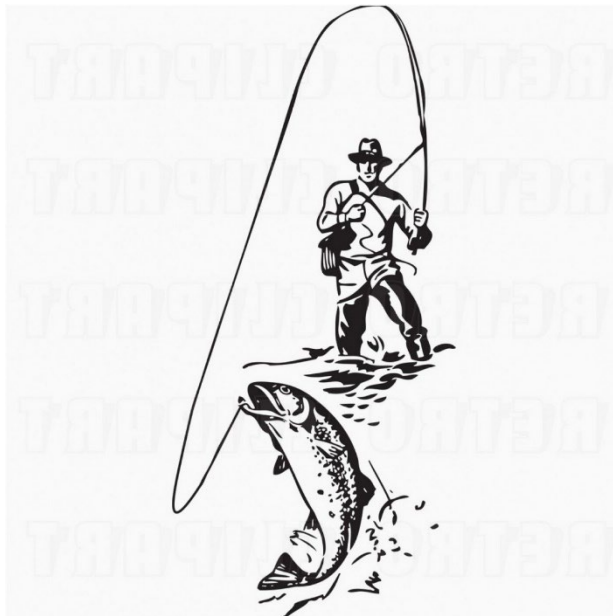
Recipe of the month – Slow Cooker Chicken Tacos

These tacos are bursting with bold flavors!



<https://www.eatright.org/recipes/entrees/slow-cooker-chicken-tacos-recipe>

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

Spring has arrived, and with it come more opportunities to hike. Keep an eye out for future hikes by watching the weekly e-blast or our [Smoky Hill Abundant Health Facebook page](#)

Friday, June 9, meet at church parking lot at 7:00 am. We'll hike the Devil's Head Lookout! <https://www.alltrails.com/trail/us/colorado/devil-s-head-lookout-trail--2?u=i&sh=cj5km4>

Saturday June 10th- Staunton State Park Candlelit Hike –meet at the church at 6:30 PM. The Davis Ponds trail will be lit between 7:45 – 9:45. [Colorado Parks & Wildlife - Staunton \(state.co.us\)](http://Colorado Parks & Wildlife - Staunton (state.co.us))

With both hikes, please contact Marta at 720-271-0691 to RSVP or if you have questions.

SPIRIT

9 Reasons Alone Time is Good for Your Soul

Sometimes we need to step back, recharge, and spend time with yourself to rediscover who you are and who you love. Read more [9 Reasons Alone Time Is Good For Your Soul \(wisebread.com\)](http://9 Reasons Alone Time Is Good For Your Soul (wisebread.com))

**United Women in Faith
Meeting at Smoky Hill UMC**



Telling Our Story
Peaks Pikes Peak District
Spiritual Day Together

Saturday, June 10
9 a.m.-2:30 p.m.

Pre-registration needed - cost \$15 (includes lunch)

To Register Contact: Laurel Kubin 970-686-0544 laurelkubin@gmail.com



Smoky Hill United Methodist Church
19491 E Smoky Hill Rd
Centennial, CO80015
303-690-9816
www.smokyhillumc.org

Email all information and updates for church communications to churchsecretary@smokyhillumc.org

Following Jesus together