



ELEMENTS

NOVEMBER 2023 NEWSLETTER



Patti's Ponderings

Often in November we focus on gratitude. This year I want to draw our attention to a related experience, that of awe. What is an early childhood experience of awe for you? I remember the first time I stood on the rim of the Grand Canyon. I felt so small in the presence of such grandeur and beauty. But not small in a bad way. Small compared to the vastness stretching out before me. In the moment I was aware of God. God that could both create such an incredible place and God who could love little ole me. It made me realize God was bigger than I could ever comprehend and yet so very close.

Awe is defined as the emotion you feel when you encounter something that is vast that transcends your current perception of the world, according to UC Berkeley professor Dacher Keltner. In his book titled *Awe*, he describes his research that has shown that awe is critical to our well-being. Awe opens us up and increases our curiosity and creativity. Awe has physical benefits that counteract stress and anxiety. To experience awe helps us live happier and healthier lives. Experiencing awe is a pathway to physical and mental well-being.

Several times in scripture people responded to Jesus with awe. Luke 9:26 says, "Everyone was amazed and gave praise to God. They were filled with awe and said, 'We have seen remarkable things today.'" Awe is part of our faith. Dacher encourages people to seek out awe on a regular basis. He studied 26 cultures and identified 8 common ways people experience awe. The two most common ways we experience awe were surprising to him. We expect to experience awe in nature, listening to music, or in spiritual experiences like worship or prayer. And we understand awe when we witness birth and death. Awe is also experienced in aesthetic design, like in a big cathedral. The two most common ways people experience awe are in moral beauty and collective effervescence. Moral beauty is when we witness great courage, or compassion, or kindness which inspires us. Collective effervescence is when we are moved as a group of people. Perhaps literally by dancing. Or as a crowd with a common purpose, such as cheering our favorite team or protesting together. The first protest I ever participated in was the Women's March of 2017

in Colorado Springs. I literally cried through the whole thing. I didn't understand that at the time, but as I listened to Dacher, I realized in part it was this sense of awe I felt. Part of something much bigger than myself, yet my presence mattered. Dacher encourages us to seek out awe on a regular basis in order to increase our overall well-being. How can you seek awe out this month? May we grow in our awareness of God as mystery and as close as our next breath.

Financial Update

Here is a snapshot of our financial status at the end of September:

	YTD Actual	YTD Budget	YTD Over/Under
Income	\$ 476,542.75	\$ 451,053.00	\$ 25,489.75
Expense	\$ 494,924.00	\$ 496,370.43	\$ (1,446.43)
Over/Under	\$ (18,381.25)		

You'll note our spending is just under what we had projected, but our income is significantly higher. Thank you for your generosity in giving! And your hard work and participation in our extra fundraisers. Our congregation and giving continue to grow. At the beginning of the year, we projected a budget deficit of \$48,274.66. By the end of September, we have made up approx. \$30,000 of the shortfall. And, we are fully caught up on our Missional Giving to the Mountain Sky Conference. That is great news! We have experienced a few unexpected larger expenses in October while also realizing the full impact of reducing our payroll obligation. Please continue to give generously as you are able so we can end the year strong.

November Worship

We begin the month remembering those who have passed away on All Saints Sunday, November 5th. November 12th will be our Pledge Sunday when we celebrate and bless the financial commitments we have been able to make. November 19th will be Thanksgiving Sunday led by Pastor Faryn. And November 26th is our first Sunday of Advent! This year our advent focus will be *All Earth Is Waiting*. We will explore the premise that the coming of Jesus is not just for us humans, but for all of creation. We will expand our understanding of traditional advent themes to include the whole planet.



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!



SHOW SHUMC PRIDE WITH CHURCH MERCH

Email shirt colors & sizes to
churchsecretary@smokyhillumc.org

ORDER SHIRTS BY 11/6

\$20 / 3 FOR \$55



Coffee Time

Let's connect with coffee & treats between services



**If your last name begins with
S, T, or U, please bring a
snack to share on Sundays in
November ~ Thank You!**

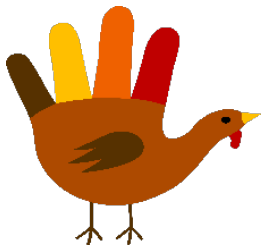
Healthy Refreshment Ideas for Gathering Space on Sunday Mornings

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



CHILDREN & FAMILY



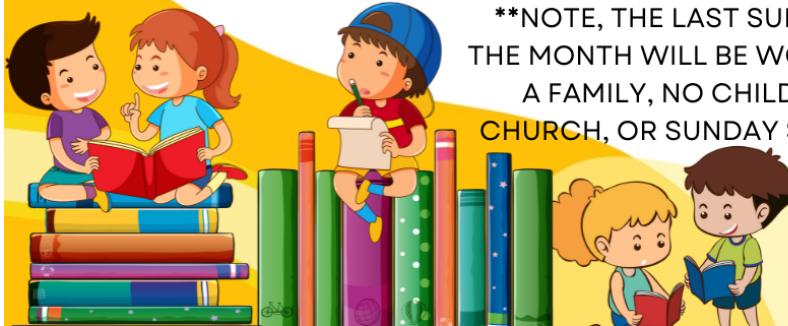
Children and Family Ministries

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.**



On Sunday October 22nd we took the kids outside to walk around the pumpkins as our annual GOD walk. The kids determined the green pumpkins and orange pumpkins are assorted colors due to the seeds.

Trunk R Treat ~ Our weather was cold and snowy, so we moved inside. Yes, we had a couple of trunks outside along with South Metro Fire Department and Colorado Coney food truck and Barton House Foods.

Thank you everyone for the candy donations, we handed out all the candy!!!

Our pumpkin patch was open also and they stayed busy as well.

Thank you all for your support, it was a wonderful event for our church and community.



November Happenings:

November 5th: All Saints Sunday, we will be talking with our kids about the loss of a pet and how we heal. We will also be making paper All Saints candles.

November 12th: kids will sing a Veterans Day song during both worship hours. After we will take to Children's Church and or Sunday School.

November 18th: 10am -12pm Turkey Trot, various crafts, and obstacle course throughout the church. Sparkle Lamas will hold 1K fun run. Watch Eblast for more details.

- SMOKY HILL UMC -

TURKEY TROT

SAT NOV. 18TH 10AM-12PM

TK FUN RUN / WALK / KID CRAFTS / PIE WALK / PRIZE DRAWINGS
AN ALL AGES FUN COMMUNITY EVENT!



November 19th: GOD talk with our Kindergarten during Sunday school. This is a family book of prayers for advent.

November 26th: Worship as Family Day.

Have a wonderful Thanksgiving!

Childrens Choir



Open to all children from
kindergarten through 4th grade
on Sundays from 9:30 – 9:55 a.m.
in the Choir Room.

Save the Date:

December 9th: Breakfast with Santa 9:00 -11:00 am in Celebration Hall.

December 24th: Christmas Eve Services: No Children's Church or Sunday School - Worship as a Family.

11:00 am Family Service
7:00 pm Traditional
11:00 pm Communion

December 31st: No Children's Church or Sunday School - Worship as a Family



Youth Group is doing A LOT right now! In October, we went as a big group to Mile High Farms (Corn Maze), half of our group attended the IGNITE conference retreat at Buckhorn Camp in the mountains, we helped the Men's Group with unloading pumpkins, we helped UWF with sanctuary takedown before craft fair and sanctuary setup for church after, some of us sold our creations at the craft fair, we helped the Grill Team with vendor lunches on craft fair day, we had a "chill movie night" in our new and improved youth room (stop in and see it!), we kicked off our Food For All collection, we participated in the snowy trunk or treat as a group, and finished strong with an EPIC Halloween party on Sunday!



We especially want to thank the **Trustees** (especially Mark Brinton) for painting the youth room, the **Men's Group** for our amazing new youth room TV and donating pumpkins for our Halloween party, and **UWF** for offering us the opportunity to help with the craft fair. THIS kind of church community makes Jesus happy! Thank you for believing in us!



THROUGH SUN 11/12 (AM)



PLEASE HELP THE YOUTH REACH OUR COLLECTION GOAL!

We're collecting **250 stuffing boxes + 250 cans of pie filling + 50 qty \$20 grocery gift cards!** We'll take them to our annual **FOOD FOR ALL** local youth groups event at Highlands UMC on 11/12, where we pack hundreds of Thanksgiving boxes for local families in need.

Bring items to our giant stuffing box, from now until 11/12 (am).
Gift cards can go to church office or given to Jen Dahlen, Youth Director.

THANK YOU FOR YOUR SUPPORT OF THE YOUTH!

720-253-8871 / youth@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 History

This November, let's talk about history. Wouldn't it be great if we could just leave the past in the past? Although there's something powerful to be said about not letting the past determine the future, we cannot ignore how the past has created our present circumstances. This time of year, the prime example is our American Thanksgiving Day.

Although plenty of other countries celebrate a Thanksgiving Day at some point during the year, the history of our particular holiday is unique in some unflattering ways. The federal holiday began during the Civil War, in the hopes of boosting public opinion of the administration a year after our government intentionally went a long way towards wiping out the Dakota people. The lore of Thanksgiving is based on something that happened between the colonists of Plymouth and the Wampanoag people, which occurred less than 20 years before the English began massacring the very tribe who first shared this thanksgiving feast with them.

As citizens of the nation that occupied this land and genocided its original inhabitants, we have a responsibility to be honest about our history. First graders in many American schools today already understand that the story of pilgrims befriendng Native Americans is a mythologized tale that masks the dreadful truth of interactions between European colonists and indigenous peoples.

But we don't have to be miserable and guilt-ridden to be responsible for our history. We cannot deny what has happened to create this holiday and its story, and at the same time, we have an opportunity to live into something more authentic and beautiful than the myth so many of us learned as children. The indigenous peoples of the area we now call New England celebrated autumn feasts of thanksgiving long before Europeans found their way here. Gratitude to the Creator for the fruits of the earth has deeper roots than propaganda or shallow promises between peoples.

So on Thanksgiving Day, if you have the opportunity to gather with family or friends and share food, do it wholeheartedly. Let it be a day of embracing neighbors with free grace and hospitality, with awareness of how much unearned grace and hospitality has already been offered to us and our ancestors. Let it be a day of deep gratitude for all that God has created, and for all the peoples across the globe who have known for millennia how to thank the Divine for the gifts of the land.

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 virginiaq@smokyhillumc.org.



The Gallery Team needs stars for the Christmas exhibit. Please make several and deliver to the church office by November 26th.

Instructions:

- Use card stock
- Size - 3 to 6 inches
- Decorate some on one side to be hung on the walls
- Decorate some on both sides to be hung from the ceiling

The Gallery Team thanks you!

Generosity & Gratitude Stewardship Campaign



Please pick up your Pledge Envelope in the Gathering Space.

Link to Pledge Card: <https://forms.gle/5HMSvaTiMomUh8M48>

Return your Pledge Card by Sunday, November 12th



MISSION

Colorado Feeding Kids

The Family Packs for Colorado Feeding Kids are returning on the third Saturday of each month. Smoky Hill has been asked to take on a leadership/volunteer training role and we are still working with them to figure out how this will work. Watch the eblast for more information. Possible start date is January 20th.

Heifer International Alternative Giving

Are you looking for a different type of gift this holiday season or a gift for that person who has everything? Are you looking for a way to do something good and honor a loved one at the same time?

This will be the twentieth year that Smoky Hill has supported the Alternative Gift program for the Heifer Project. Heifer International is a global nonprofit working to eradicate poverty and hunger. Heifer distributes animals along with training to families in need around the world as a means of providing self-sufficiency. Recipients must agree to “pass on the gift” by sharing animal offspring, as well as training with other impoverished families.

You may “purchase” an animal in honor of a loved one this holiday season. The Mission Team has holiday cards available indicating your gift. We will be in the Gathering Space from November 26-December 17th. Stop by, help a family in need, and do some holiday shopping.

Family Promise

Thank you to everyone who has donated to help Grace United Methodist Church when they house families for Family Promise. It is not too late to give-just indicate your donation is for Family Promise. We will also be providing several meals when they host families in December. Watch the eblast for more information.

Safeway Gift Cards

For the third year, Smoky Hill has been chosen to receive gift cards as part of the Nourishing Neighbors program. Fifty-dollar gift cards are given to us to help families purchase their holiday dinners in November and December. In 2022, we received \$17,650 in gift cards to distribute to the people and organizations we support. This generous gift is made possible by the fundraising efforts of our local Safeway stores. Our partner store is the Safeway located at 6100 S. Gun Club Road. We are very grateful for their generosity as they allow us to help those in need. If you shop at Safeway, please consider shopping at the Gun Club location.

DISCIPLESHIP OPPORTUNITIES

Connect with God and others
on your spiritual journey

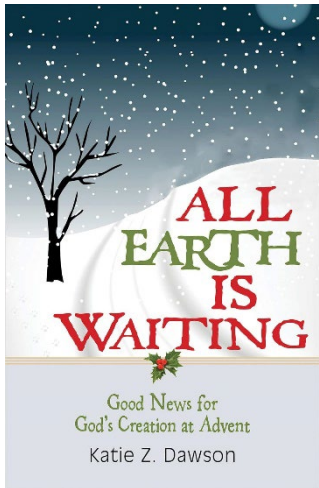
Church 101

Are you new to United Methodism, new to church in general, or new to faith and spirituality? Or maybe you've been around for a while but still have a lot of questions (or don't know what questions to ask) about what it means to be part of this church. If you are interested in building a firmer foundation for your faith in Jesus and your participation in the life of our church, join Pastor Faryn for **Church 101!**

Church 101 Part II: The Meaning of Membership will dig into what we really mean when we make promises to support the church with our prayers, presence, gifts, service, and witness. In other words, we'll talk about the ins and outs of following Jesus together. This unit will run **October 22 – November 12, Sundays at 9:00am in Room 218.**

Nov 5 Presence: why church gatherings and small groups matter

Nov 12 Gifts & Service: why God cares about our money and our free time, how to live a balanced life with these commitments



Tuesday Lunch Bunch Advent Study

You are very welcome to join Lunch Bunch as they read "All Earth is Waiting, Devotions for the Season" by Katie Z. Dawson.

The class will be discussing the book on Nov. 14th and 28th and Dec. 5th and 12th at 11:30 in room 214. They will skip Thanksgiving week.

"All Earth is Waiting, Devotions for the Season" will be following the Advent Sunday sermons. There are seven daily devotions for each week, and Lunch Bunch will discuss all seven when they meet. They will be a little ahead of the Sunday sermons.

The devotions call us to consider how all creation longs for the coming of Christ, highlighting our responsibility to care for this earth in preparation for Christ's return.

For more information, contact Kathy Tedrick at kathytedrick@me.com

For other adult discipleship opportunities, see the digital newsletter.

SOCIAL JUSTICE

POSITIVE CHANGE (FORMERLY SOCIAL JUSTICE)

In 2009 The Laboratory to Combat Human Trafficking was founded in Colorado. Since then, LCHT has had a major role in the anti-traffic movement. The organization just released the 2023 Colorado Project Report updating pertinent information about the status of labor trafficking as well as sex trafficking in the state of Colorado. Both labor trafficking and sex trafficking involve threats and intimidation.

The 2023 Report revealed:

- * COVID shutdown and shelter in place left already vulnerable people being exploited.
- * Migrant children experienced lack of enforcement of child labor protective laws.
- *Colorado state legislature passing notable bills aimed at protection of trafficked children and adults
- *Increasing calls to Colorado's 24/7 Human Trafficking Hotline
- *At least 10,000 people working at forced labor in the United States at any given time
- *Unstable housing and homelessness have increased human trafficking potential, especially for unhoused youth

We will have additional current information on human trafficking in future monthly newsletters.

Racial Justice Task Force

November is Native American Heritage Month and as I think about how someone who wants to be an ally can honor that; I find myself thinking about what a true ally really looks like. It looks like Silas Soule. Do you know who that is?

Captain Silas S. Soule was a respected Union officer and gentleman, born in Maine to an abolitionist family, and moved to Kansas in the late 1850's. The Soule family was one of the founding families of Lawrence, Kansas and very active in the Underground Railroad. In 1861 enlisted in the Army and earned a commission as a lieutenant in Company K of the Colorado 1st Regiment of Volunteer (U.S.) Infantry.

On November 29, 1864 at Sand Creek he showed extraordinary courage in refusing to participate in the massacre of the peaceful Cheyenne and Arapaho. During the attack, Soule and his company of soldiers refused to fight and in the days following the massacre, Soule wrote the chilling and explicit letter that is reproduced below. He was one of the first to testify against Chivington during the Army's investigation in January 1865.

<https://www.kshs.org/km/items/view/211149>

In the end, an official investigation was launched and eventually word got out publicly about the truth of the massacre. Within nine months, the territorial governor John Evans and Colonel Chivington were each removed from their positions for their roles in the slaughter.

In April of 1865, Silas Soule married Hersa Coberly and the couple made their home in Denver. Less than 80 days following his testimony to the military inquiry, Soule was shot and killed in the streets of Denver while performing his duties as Provost Marshal. His murderers, though known, were never brought to justice.

Soule's willingness to sacrifice himself for vulnerable humans everywhere he encountered them: he fought Slavery even before the Civil War, he stood up for what was right at Sand Creek, and he rescued white settler children held as hostages.

We need to elevate a role model like Silas Soule. Soule was buried in a soldier's grave in Riverside Cemetery, along with other members of Colorado's Civil War dead.

Today, the grave is recognized by the Cheyenne tribe and is decorated out of respect to Soule's bravery. It is the gathering site for the Sand Creek Spiritual Healing Run, which travels from Soule's grave to the site of the massacre.

Soule himself valued role models. The summer before Sand Creek, he had mistaken his commander for one. "I think there is not much danger of my spoiling," he wrote to his sister in July 1864, "our Col. is a Methodist Preacher and whenever he sees me drinking, gambling, stealing, or murdering he says, he will write to Mother or my sister Annie, so I have to go straight."

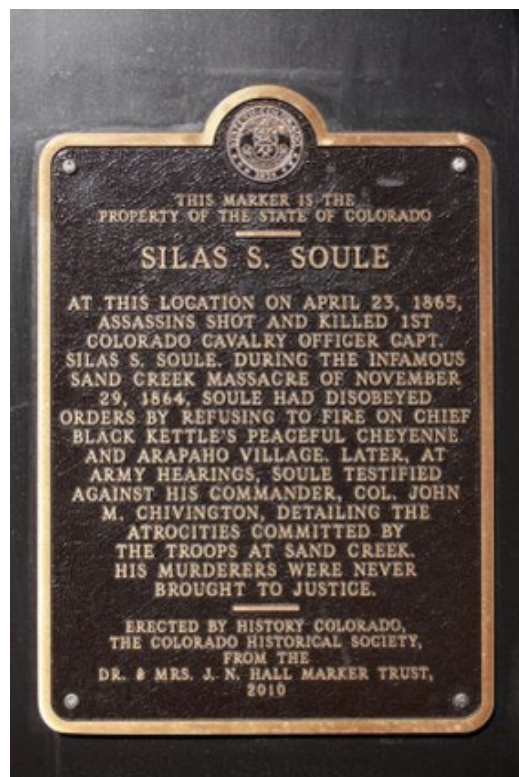
Following the massacre, Soule looked inwards for self-improvement: "I am reforming in regard to my bad habits, Mother," he wrote in early 1865, "for I have left off chewing tobacco and smoking a pipe, but I will smoke cigars when I can get them. I don't drink, so you see I am getting quite responsible and will stand a chance of getting a wife..." On April 1, 1865, Soule got married, posing for his groom portrait with a cigar. Three weeks later, he was assassinated.

The marker at Arapahoe and 15th, installed in 2010 at the downtown Denver crime scene of Soule's murder, is an insufficient tribute to someone who should be a household name.

That we are all imperfect is precisely why we need a principled role model like Silas Soule.

Marker to Silas Soule on 15th and Arapaho in Denver, Colorado.

<https://www.nps.gov/sand/learn/historyculture/the-life-of-silas-soule.htm>



Smoky Hill UMC Abundant Health



November 2023 Focus: Diabetes Awareness Month

I came that they may have life, and have it abundantly. – John 10:10b, NRSV

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood glucose. Hyperglycemia, also called raised blood glucose or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels. One in 10 Americans have diabetes, and another 84 million are at risk for developing type 2 diabetes. Diabetes Awareness Month provides an opportunity to raise awareness of diabetes as a global public health issue and what needs to be done, collectively and individually, for better prevention, diagnosis and management of the condition.

Mind



Diabetes Burnout

With diabetes, you have a lot on your mind. Tracking your blood glucose (blood sugar) levels, dosing insulin, planning your meals, staying active—it's a lot to think about. It can leave you feeling run down, emotionally drained and completely overwhelmed. It's called diabetes burnout. And

that's why it's important to stay in touch with your emotions as you manage your diabetes. What are you feeling? Stressed out? Angry? Sad? Scared? Take time to take inventory of your emotions and reach out to those around you to talk honestly and openly about how you feel.

Better yet, find a mental health care provider to guide you through the emotional terrain around your disease and [discover ways to lighten your mental load](#). With diabetes, feeling physically good is half the battle. Feeling mentally good is the other half.

Domestic Violence Education

Register to attend a Domestic Violence Training on November 9th from 6-7:30. Presented by Sheltering Wings, this on-line program, entitled "Understanding the Dynamics of Domestic Violence".is brought to you free of charge. When you sign up for our Domestic Violence training, you will learn:

- Define and explain the types of abuse
- Power and control model
- signs of abuse
- reasons victims stay
- effects on children
- barriers to leaving
- how to help
- much more

Open to anyone! -Register at https://mtnskyumc-org.zoom.us/meeting/register/tZMuc-CppjsvE9ZPdC9rfv7q_0y5ztqcaI_F

BODY

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!

Health Resources:

- Children – Every Day is a Healthy Day Sesame Street [\(PDF link\)](#)
- What is Diabetes? [What Is Diabetes? - NIDDK \(nih.gov\)](#)
- American Diabetes Association [American Diabetes Association | Research, Education, Advocacy](#)
- Living with diabetes [Living With Diabetes | CDC](#)
- Are You at Risk for Diabetes? Fact sheet [\(PDF link\)](#)
- Understanding Diabetes [\(PDF link\)](#)
- Type I vs Type II Diabetes [\(PDF link\)](#)

Health Resources: (Pdf links in electronic newsletter or on bulletin board outside Celebration Hall)

Recipe of the month: Healthier Mashed Potatoes

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Join Our Yoga Class! – Every Tuesday at 1:45 PM in Celebration Hall

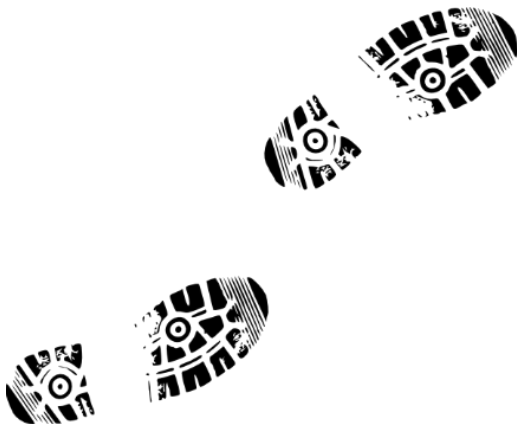
This class is open to all interested persons – Men and Women; young and not so young; in shape or not so in shape. Our instructor, Zachary Horan, has agreed to offer this class on a donation basis (suggested \$7-\$10 or so per session). Wear loose clothing and bring a mat, if possible. We will have a few mats available for use. **Every Tuesday at 1:45 PM in the Celebration Hall.**



Exercise on Zoom!

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

Abundant Health Hiking Group



Keep an eye out for future hikes by watching the weekly e-blast or our [Smoky Hill Abundant Health Facebook page](#) or contact Marta at 720-271-0691 with questions.

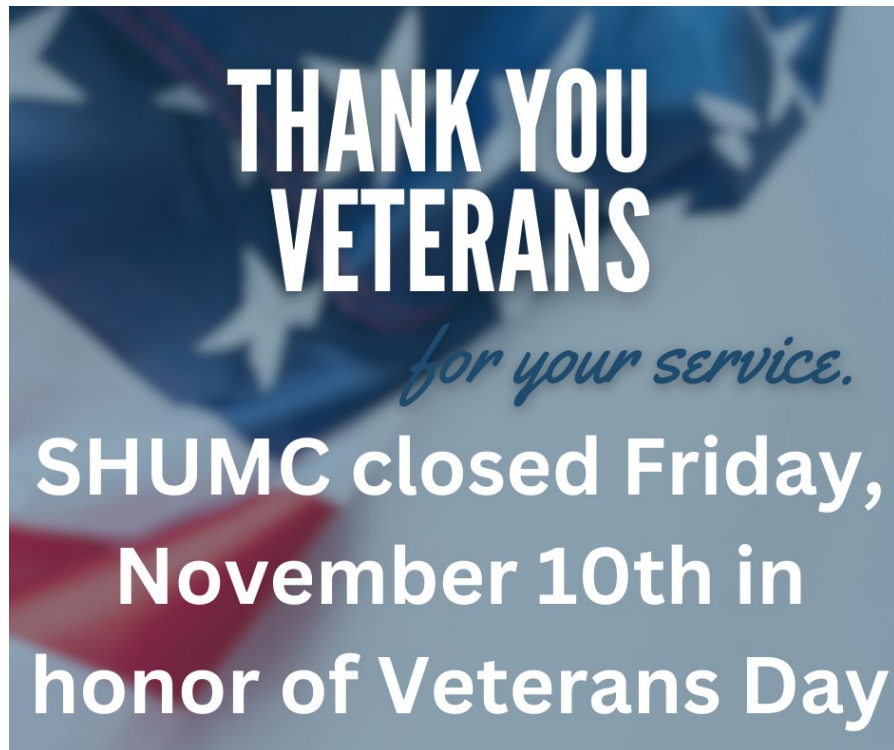
SPIRIT

The Power of Connection



We all need support! Building connections with people who understand you and know what you are going through can be the best medicine. It can be in person, a camp or even an online support group. No matter what your issue, learn more and find support through HelpGuide.org [Support Groups: Types, Benefits, and What to Expect - HelpGuide.org](http://HelpGuide.org)

Discover the power of Diabetes Support: Discover the Power of Diabetes Support | ADA



Learn How to Spot EMAIL SCAMS

**SCAM
ALERT**



Free Information
Sunday, Nov. 19th at 11:15 AM
SHUMC Gathering Space

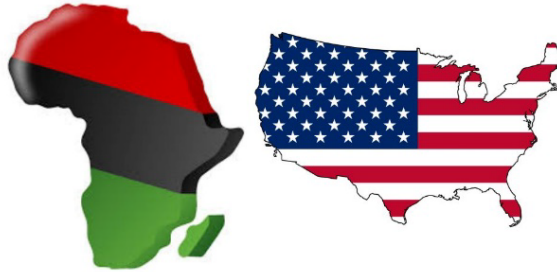
Join us Sunday, November 12 after the second service in the Gathering Space. SHUMC member Samantha Nila works in online security and will share with us how we can recognize and avoid email and text scams. The holidays are coming up and these scams will only increase. Don't miss this valuable free program and learn how to protect yourself!

UNITED WOMEN IN FAITH

SHUW Faith Fall Brunch November 12th

Program by Carsie Nyrienda

African & American - Growing up in two cultures



Potluck brunch 11:15 am 214 - bring a sweet or savory salad or appetizer
Everyone is WELCOME - (this means you too, men!)



WARNING! THIS COULD GET UGLY

Smoky Hill United Women in
Faith Annual Christmas Party

Friday Dec 1, 7 PM

in Celebration Hall

Ugly Sweater contest!

White Elephant Gift Exchange

A-M bring sweet treat

N-Z bring savory treat

ALL WOMEN WELCOME TO COME JOIN THE FUN!



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

Following Jesus together