



ELEMENTS

MARCH 2024 NEWSLETTER



Patti's Ponderings

One of the reasons I like the Gospel of Mark is because it paints such a realistic picture of the disciples and what life might have been like following Jesus. Some moments the disciples do amazing things, like when Jesus sends them out 2x2 to heal and teach. And they do! Then other moments they don't get it at all, like the second time Jesus wants to feed the crowd and they have no idea how to do that. They argue about who is greatest right after Jesus tells them they have to be last in order to be first. Jesus gets frustrated with them. And yet, Jesus never lets them go. Jesus patiently teaches them, leads them, brings them along.

Mark 8:22-25 tells the story of Jesus healing a blind man. But this healing is a little different. Jesus puts his hand on the man and puts spittle over his eyes and asks the man, "Can you see?" The man replies, "I see people, but they look like trees walking." Jesus lays his hands on the man again and asks, "Can you see?" This time it tells us the man saw everything clearly.

Some may wonder if Jesus was slipping. Why was his healing not completely effective the first time? I don't have an answer to "why." But this parable gives me hope. We get second chances. Sometimes it takes a while to gain clarity. There is no blame. There is no shame. It's just the way it is.

I think Mark includes this story here to demonstrate that for us. For as you keep reading, you will see the disciples often don't get it the first time, or the second time, or even the third time. Hold on to hope. Faith is a process. Clarity comes as we keep walking with Jesus. We can be patient with ourselves. And trust that Jesus will never let us go.

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



WORSHIP

Worship With Us

Sundays 8:30 AM & 10:00 AM

Livestream at 10 AM on Facebook & YouTube

Sunday School Classes

9:00 & 10:00 AM

Spanish Service at 10:00 AM

in Celebration Hall

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!

PALM SUNDAY MARCH 24 8:30 & 10 AM

Palm Parade at both services

HOLY THURSDAY MARCH 28 7:00 PM

Communion - all are welcome

GOOD FRIDAY MARCH 29 7:00 PM

Tenebrae by Music Department

**HOLY
WEEK**

Smoky Hill UMC
19491 E Smoky Hill Rd
Centennial, CO 80015
303-690-9816

EASTER SERVICES

MARCH 31

8:30 & 10 AM

HE IS RISEN!

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



CHILDREN & FAMILY

Children and Family Ministry March 2024



Thank you to everyone who brought in new underwear and socks, we have collected **1,110** pairs of underwear/socks. We will keep collecting till the end of February, you can give to Crystal. They will be given to schools in Denver, Arapahoe, Adams, and Aurora. Thank you all so much, the schools, parents, and kids appreciate you all.

As Debbie shared, some of the kids only come to school with pants and shirts as families cannot afford underwear and or socks. All the families in the schools appreciate the support of Smoky Hill.



Part of our monthly missions project- they sorted and helped bag up for our local schools.



On February 11th we had a Valentine's Day party and made cards for our widow/widower luncheon. Donuts, fruit, cookies, and ring pops!!

MARCH EVENTS

March 3rd - 8:30am Worship & Children's Church

9:30 - 9:55am Children's Choir rehearsal

10:00am Worship & Sunday School

March 10th - 8:30am Worship & Children's Church

9:30 - 9:55am Children's Choir rehearsal

10:00am Worship & Sunday School

Day light savings - Wear PJs to church - snacks during SS

March 17th - 8:30am Worship & Children's Church

9:30 - 9:55am Children's Choir rehearsal

10:00am Worship & Sunday School

March 23rd - Trustee Clean day 9am - 12pm

Church & Community Easter Egg Hunt 11am - 12pm
out front on the lawn

March 24th - Palm Sunday - 8:30am Worship & Children's Church

9:30 - 9:55am Children's Choir rehearsal

10:00am Worship & Sunday School

Palm Parade at both Worship hours

Children's Choir will be singing at both Worship hours

March 31st - Easter - No Children's Church or Sunday School,
Worship as a Family.

Youth will be hosting an Easter Brunch from 8-9:45am

Children's Choir will be singing at 10:00 am Worship hour. Will warm
up before.



Save the Dates!

You can register here:

<https://forms.gle/YkTUyz4ERHA7Tvco9>

June 30th –VBC Celebration Sunday

Our Theme is: Just like Me, digging in and growing deep.

Sponsored by Reconciling Ministries Network. Our Bishop has highly recommended this!!!!

JUST LIKE ME is an adaptable Vacation Bible School curriculum that centers the deep and active faith lives of children and the real-world context our kids live in. Grounded on theologies of inclusion, this unique Vacation Bible School uses both First and Second Testament Bible Characters to help students build vital social and spiritual skills that support active faith development.

This intersectional curriculum is designed to help kids celebrate their own identities as beloved creations of God—just as they are. Over the course of the week, campers will be introduced to a cast of neighborhood Gardeners who will help them explore Biblical stories of people who were able to change things for the better. Students will practice sharing what they have, finding their community, and using their voice for others!



VBC- FREE

JUNE 24 - 28TH ~ 5:30 - 7:30 PM
(Inside and outside)

FOR KIDS AGED 3YRS TO 5TH GRADE

VOLUNTEERS ARE NEEDED, 6TH GRADE AND UP

SMOKY HILL UNITED METHODIST CHURCH
19491 E. SMOKY HILL RD
CENTENNIAL, CO. 80015

Contact Crystal @ crystal@smokyhillumc.org 303-690-9816



Register here



— JOIN THE YOUTH FOR —
EASTER
brunch!

8–10am

CELEBRATION HALL

ALL ARE WELCOME!



**DONATIONS
WILL HELP FUND
OUR 2 SUMMER
MISSION TRIPS.**

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 Not Talking

Something that’s come up a bit more often for me lately is awareness that words don’t work for everybody in the same way, or all the time, or at all. A 2018 study found that 25 to 30% of autistic children are nonspeaking. Stroke survivors and people with MS, ALS, or other diseases that impact motor neurons may be physically incapable of speech. Trauma can potentially render people incapable of speech for a period of time, maybe minutes but sometimes for years or the rest of a person’s life. So this month, let’s talk about not talking.

The most foundational thing to know is that nonspeaking is a far cry from nonthinking. Stephen Hawking is a well-known example of someone who could not speak but certainly had brilliant ideas to share with the world. While most nonspeakers may not have Hawking’s resources available, a variety of text-to-speech programs are increasingly harnessed to facilitate communication that otherwise might not happen. Younger children, people with limited dexterity or reading capacity, and others who find it helpful might use a communication device with pictures they can tap instead of written words. With all the tools available in our world today, nonspeaking does not have to mean noncommunicating.

How can we support our nonspeaking friends and neighbors?

1. Be patient. A lot of communication devices take some time to get the point across. Especially when someone is learning to use a new technology, a simple statement or question or request may take several minutes to get communicated. Remember that what this person has to say matters just as much as what any speaking person might want to say. Letting someone feel heard, seen, and respected can always have a positive impact.
2. Be flexible. Recognize that the difference between a nonspeaking person's preferred mode of communication and their least favorite is probably a much more significant gap than the difference between a speaking person's favorite and least favorite mode of communication. If you prefer phone calls but your nonspeaking friend communicates best through texting (or emojis), try to work with what works for them.
3. Be respectful. Communication is the greatest superpower people can have, and nonspeaking people have worked hard to find ways to connect with the world. Remember their ability to speak or not has no bearing on their intelligence, emotional capacity, or anything else—besides how they communicate.

And don't take it from me! Check out the multitude of nonspeaking bloggers and other public figures on this resource page: <https://neuroclastic.com/directory-of-nonspeaker-pages-blogs-media/>

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.

Volunteers Needed!

Please come and help our Trustees clean up around the church and get ready for Holy Week & Easter Sunday.



Church Clean Up Day!
Saturday, March 23
9:00am - 12:00pm
 Let's get ready for
Easter Sunday!

Thank you, Trustees & Volunteers!



Coffee Time
 Let's connect with coffee & treats between services

If your last name begins with G, H, or I, please bring a snack to share on Sundays in March ~ *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.



LENT at Smoky Hill UMC

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

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

Gospel of Mark Reading Plan

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



Join a class to go deeper

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

Sundays February 18 – March 24

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

Tuesdays Feb. 20-Mar. 26

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

Thursdays Feb. 15 – Mar. 21

7:30 PM	Led by Pastor Faryn on Zoom
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Enneagram and Spirituality Class led by Patti Agnew

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

Parenting 20 Somethings

If you are parenting adult children in their 20's then you know. You are good parents. Your kids are good kids. And yet, there are struggles. Join other parents to learn together and support one another, as we seek to nurture our children to be the best people they can be. Our next gathering is Thursday, March 14th at 7 pm in the Upper Room. If you are interested in joining us, let Patti know so we can get you a door code. Pattia@smokyhillumc.org For more discipleship opportunities, see the digital newsletter.

Racial Justice Task Force

Criminal “Justice” in Arapahoe County

Despite progress in civil rights, systemic biases persist, impacting communities of color more than white communities. The criminal justice system, purportedly built on principles of fairness and equality, is where racial disparities are starkly evident. Black and Brown individuals face higher rates of arrest, harsher sentences, and increased likelihood of being victims of police violence compared to their white counterparts.

The Aurora Public Defenders office reports in 2023 that Black/African-Americans made up 38% of their clients while the population of Aurora shows 18% are Black/African-American. Their data also shows that of the 120 cases of Obstruction* they defended, 95 were non-white and 25 were white. Further studies of the APDO data showed that non-white individuals were 58% more likely to receive obstruction charges than non-white individuals.

There are currently two bills in committee for the Aurora City Council that suggest systemic racism: 1) privatizing the public defenders office; 2) stopping support (by the city and by non-profits) for migrants who come to Aurora. #2 has been modified because of legal questions and who would be refused support. The latest iteration might be limited to ticketing bus drivers who bring migrants to Aurora.

There is a pervasive influence of systemic racism in criminal justice that cannot be denied. Smoky Hill United Methodist Church wields a profound potential to advocate for racial justice, drawing upon our moral tenets to challenge discriminatory practices, foster dialogue, and mobilize collective action.

- *The United Methodist Church proclaims the value of each person as a unique child of God and commits itself to the healing and wholeness of all persons.*
- *The United Methodist Church recognizes that the sin of racism has been destructive to its unity throughout its history. Racism continues to cause painful division and marginalization.*
- *The United Methodist Church shall confront and seek to eliminate racism, whether in organizations or in individuals, in every facet of its life and in society at large.*
- *The United Methodist Church shall work collaboratively with others to address concerns that threaten the cause of racial justice at all times and in all places.*

from *The Book of Discipline of The United Methodist Church 2016*

*Obstruction:

1. Disorderly Conduct (Failure to Obey Lawful Order)
2. Obstruction/Interference
3. Disorderly Conduct (Fights)
4. Resisting Arrest
5. Eluding Police
6. Refusal to Leave When Ordered
7. Disorderly Conduct (Alter/Befoul Property)
8. Disorderly Conduct (Nothing specified)

If you have questions or are interested in being a part of the Racial Justice Task Force, please contact Kathy Brennan at pakorah@hotmail.com.

Mother Cabrini

Compassion. Resilience. Determination. Three words to describe one of the most inspiring women of the 19th and 20th centuries, Mother Cabrini. A movie based on her inspiring life fighting for compassion and care for immigrants releases this month. A group of us are going to watch the movie together on Friday, March 8th, the 11:30 am showing at the Southlands AMC theater. Buy your own tickets and meet us there. Natalie Marionneaux worked with the sisters in Chicago. She shares from her experience here:

I WAS A CABRINI MISSIONARY by Rev. Natalie Marionneaux

(Intro: The movie Cabrini, by Angel Studios, is coming out March 8. It tells the story of Mother Cabrini, a Catholic nun who come to serve the Italian immigrants of New York City. A faith and committed woman, she established schools, hospitals and orphanages across the United States including Denver. Perhaps there is something for us to learn from this faithful disciple of Christ during this Lenten season... the world asks us to meet her in her need.)

I was a Cabrini Lay Missionary in 1995. I was sent to the southside of Chicago just behind the gates to the Stockyards; it was the Back of the Yards neighborhood. Remember Upton Sinclair's story about the meat packing industry in Chicago from back in the day?

It's a rough neighborhood, on both sides of the Dan Ryan expressway heading south. High-rise projects, on the east, and dilapidated brownstone neighborhoods on the west. Interspersed with corner convenient and liquor stores and lots of drugs available on any street corner.

Neighborhood kids would throw rocks at us if we walked around the neighborhood, call and mock at us. If anything wasn't chained down, it was stolen.

I lived and worked in a Catholic Worker House called Su Casa. We worked with political refugees from Central America, most of whom were survivors of torture. Yes, that's what I said – survivors of torture. Yes, these people had had their human right violated – beaten, raped, shot, left for dead.... Why?

It could have been for teaching young men a trade... how dare do you do that, teach them a skill where they can make a living. We will gang rape your family in front of you and beat you up. If you don't leave, we'll kill you next time.

It could have been for providing healthcare to poor and orphaned women and children... how dare you do that, help them survive (and maybe even thrive). We will gang rape you and beat you up and leave you for dead. If you don't die the first time, you can bet we'll kill you the next time.

It could have been for squatting on available land to farm to make a living for a family... how dare you do that, till the soil and make a penny to provide food for family. We will ambush you and shoot you and try to kill you.

How dare you try to have hope. How dare try to provide for yourself and family. How dare you help your neighbor. How dare you strive to live. You are not allowed. You are not worthy. You are the dirt we walk on. How dare you.

These are just a few stories of the guests at the house that I came to know. Most did not use their real names. Many suffered with PTSD amongst other things. What kind of journey had they even endured to get from where they were in Central America to this old Franciscan Friary at 55th and Ashland on Chicago's rough and tough Southside.

Every morning we would pray even for the oppressors? How? I was young and arrogant and angry. I know my name might be in a US government file or two along with my colleagues who worked at the house. How do I know? You say that's ridiculous... Well, I just remember how strange it was after a conversation one of the Mercy sisters had on the phone, she picked up the phone to make another phone call and heard the playback of the conversation she had just had on the phone.... Hmm, how strange... who was listening?

You want to know what drives people to cross countries, wind, rain, sleet, Coyotes, etc... to get away from somewhere... to get to somewhere where you can just have a job and work and be left to live... where you can make a buck without your wife being raped

for it. Where you can offer a sick child medicine without someone wanting to kill you for it. Where you can grow an ear of corn without someone shooting you for it....

Well, if you don't know, then don't judge people on our southern border. Don't you dare. Until you've walked a mile in their shoes with the Coyote who you've already paid \$10,000 to who beats you up and steals the all the cash you have and leaves you in the desert for the drug cartel's people to find you and offer you a chance to get \$3,000 if you swallow these 75 capsules full of meth that will kill you in minutes if one breaks for you to try to make it over the border.

These busloads of people, getting dropped off in cities around the country... you mad, you angry about that? Well, these people have been vetted by our government. I cannot imagine being dropped off in the middle of the night in a city where you don't know where you are, you don't speak the language, you don't know anyone, you haven't any resources or money in your pocket. You're given a coat and maybe a tent and told "Good luck" and sent on your way. WTH! You telling me all these people complaining about migrants... could you make your way if that happened to you?

Well, guess what, they will, and they do. They manage, they survive, they make it happen. Because there's no other option. The other option is to shrivel up and die. The only choice is to rise up from the ashes. To Rise! Yes, like Easter Sunday. Rise out of the grips of death and despair because you've been through hell just to get here, wherever here is and it's not like it's great or anything but you've gotten to see the sunlight of another day.

You want to talk about resiliency and hope; you want to talk about perseverance in the eye of the storm. You want to talk about gratitude.... When you make it to see the sun the next morning when you've survived how many freezing nights on a sidewalk in January in Denver. It's all gravy from here. Everything is blessing. Can you comprehend such depths of gratitude? In even the simplest of things?

Mother Cabrini came to New York to be of service to all the Italian immigrants trying to make their way, eeking out a living for a family in a new place. She wanted such simple things for everyone – a place to live so she established orphanages, schools so people could grow up with an education, hospitals for people to be cared for and healed when sick. Did she ask for too much from the world to want these things for God's children? No, the world was too small for her. And she went everywhere she could, providing whatever she could.

I got to meet a handful of Cabrini sisters when I visited the senior home in Philadelphia many years ago. They wanted to hear about my experiences at Su Casa as a Cabrini lay volunteer. All I could think about as I stood there and shared was: look at these amazing, forethinking, courageous and adventurous women sitting in front of me... who left their homes and families and countries at young ages and went to places they did not know or speak the language and started schools, orphanages, schools and more without probably knowing any of the particulars. How many years of service, languages spoken, countries travelled, lives touched were sitting in front of me. I was in the presence of greatness and humility at the same time.

Yes, these are the feminists that nobody talks about. These women are the brave souls that sustained themselves on faith and grace from their shared belief in the sacred heart of Christ that God will provide, God will show the way AND that God can make a way where there is no way. And we are here to take those steps together, as Sisters, for all of God's children in need around us.

That, my good people, is faith at its finest. Those women are called the Sisters of the Sacred Heart of Jesus.

I look forward to seeing this movie about Cabrini. I'm sure it will also shadow countless stories of God's faithful servants over the years who have worked incredibly hard to make the world a better place. It will show us a way to live and walk the path of Christ to do good, seek justice and walk humbly with our God. This kind of faith and commitment gives us a scant view of heaven of what love can do when done in the name of God.

The Good that can rise from the ashes from the dream and work that lives in each of us, that the Kin-dom can come, can be built, can exist in this broken and hurting world. Mother Cabrini shows us. And so do her Sisters. And so do so many others. It lives in each of us – this potentiality that raised Christ from the dead, yes, even this lives in us. Journey forward.

Arise, my siblings. I say ARISE!
We bring the Kin-dom come.



UMCOR Sunday-March 10th

Imagine you wake up one morning and a man-made or natural disaster has occurred. Lives in your community have turned upside down. What do you do? When disaster strikes, the United Methodist Committee on Relief (UMCOR) goes into action to help alleviate suffering and express the love of Christ to those involved. When you give on UMCOR Sunday, you underwrite the “cost of doing business” which allows UMCOR to keep its promise that 100% of any gift to a specific UMCOR project will go towards that project and not administrative costs. We hope you will plan to give on March 10th and continue to allow UMCOR to be one of the first organizations to respond when disaster strikes.

Book Corner

Did you know there is a book corner in the Mission Corner? People donate their books and those are available for other people to take for a small donation that goes to Habitat for Humanity. If you are donating books, we do ask that you only donate a few at a time. We cannot handle large donations. Thank you for your help!

The Cookie Company

The Cookie Company at Southlands donates cookies for Outreach of Love lunches every week. If you are looking to purchase cookies, please consider shopping at the Cookie Company or stop by and thank them for their generous donation each week.

Lee Winters (who picks up the cookies each week) with the owner of the Cookie CO.

Thank you!

- Thank you to everyone who donated to Katelyn’s Birthday Project. \$1,510 was raised to help purchase care packages.
- Thank you to everyone who attended Chili Warms the Soul. \$520 was raised for Habitat for Humanity in memory of Jim Reuteler.

Helping Hands Ministry Update

Every time we celebrate Communion at Smoky Hill UMC, there’s a little basket on the Communion table where you might’ve noticed people make donations to something. Helping Hands is that something.

Our Helping Hands ministry began as a way to support congregants and members of our broader community going through a tough time. When COVID hit, we wanted to have a lifeline available for people in need, and what began as giving away gift cards morphed into a larger ministry of financial assistance for rent and utility bills. Many at-risk families in our community know Smoky Hill UMC as “the church that answers the phone.”

In 2023, we gave away almost \$10,000 in rental assistance and close to \$3,000 in utilities assistance. We also gave away over \$4,000 in King Soopers gift cards that help families buy gasoline and groceries. In total, our Helping Hands ministry gave away \$18,485.51 in 2023. That is amazing! However, it is also more than three times the amount of donations we received for this program in 2023.

And now, we have used up the surplus that was sitting in this ministry fund for so long. That is great, and it also limits our impact going forward. We’ve adjusted our policies so that we’re only spending what this ministry takes in, and we are focusing on rental assistance because it is the least-available of the kinds of assistance we’ve provided before. This means it is up to us, the congregation, how much of a difference Helping Hands continues to make.

The needs in our community are only increasing. A bureaucratic breakdown has left several families without their food stamps for January and February. Inflation takes the greatest toll on those with the least resources. Please donate to our Helping Hands fund so that we can continue to help our neighbors stay housed.



Ride Ministry

We are looking for more volunteers to support our ride ministry. We would like to offer rides to congregants who need a ride to worship, church activities, or doctor appointments. Volunteers will be provided with the opportunity to serve each time a request comes in but won't be obligated unless the opportunity fits your schedule. We need to know if you can accommodate walkers, wheelchairs, and whether or not you are available mid-week during the day. This will all be coordinated via email. The more volunteers to drive, the more rides we can offer. Is this a way you can serve? If so, contact Lynne at churchsecretary@smokyhillumc.org. We will begin offering rides in April.



MUSIC and AUDIO/VISUAL TEAM NEWSLETTER March, 2024

We continue our journey through Lent as we begin this month of March. Rev. Patti will lead us through a journey of the book of Mark asking, "Who is Jesus?" Complimenting this journey, our musicians are preparing music in different styles for each Sunday. It is not too late to join one of our groups if you would like to sing or play an instrument for Palm Sunday, Good Friday or Easter. Contact Beckys@smokyhillumc.org for more information.

VOLUNTEERS NEEDED!

The Audio/Visual Team needs volunteers!

Volunteers are needed to serve on our **Audio/Visual Team**. **We are looking for 3 people** to be trained on the sound and visual equipment to help on Sunday mornings and occasionally for other events. Training is provided. Contact Kevin Chadwick at: kevinchadwick@gmail.com for more information.

Song leaders to lead hymns on Sunday mornings:

Do you enjoy singing but don't have the time to commit to choir rehearsals? We are looking for 1-3 people (high school or older) to lead the hymns for worship. We especially need volunteers for the 8:30 a.m. service. Contact beckys@smokyhillumc.org to volunteer or get more information.

Play the piano and have a bit of time to volunteer?

We are looking for someone to play the piano for our Children's Choir rehearsals on Sunday mornings from 9:30 – 9:55 a.m. We also need someone for our Youth Choir rehearsals from 5:00-6:00 p.m. Sundays. This is a short-term commitment currently until the middle of May. Contact Beckys@smokyhillumc.org.

All about music at SHUMC:

Children's Choir preparing to sing on Palm Sunday and Easter! Your child or children are invited to join and there is still time to learn the songs! Any child kindergarten through and including fifth grade is invited!

Rehearsals: March 3, 10, 17 and 24
Time: 9:30 – 10:55 a.m.
Place: Choir Room

Singing in worship Palm Sunday, March 24: 8:30 and 10:00 a.m.
Easter Sunday, March 31: 10:00 a.m. service

Youth Choir singing on Palm Sunday!

Youth, 5th grade through and including 12th, come join us! We will be singing on Palm Sunday.

Rehearsals: March 3, 10, and 17

Time: 5:15-6:00 p.m.

Place: Choir Room

Singing in Worship: Palm Sunday, March 24, 8:30 and 10:00 a.m.

Chancel Choir, SHUMC Orchestra and Crystal Bells preparing for Holy Week: If you would like to sing or play, there is still time to learn the music. Contact Beckys@smokyhillumc.org for rehearsal schedules.

Holy Week:

Holy Week is a time for celebration, reflection, sadness, hope and joy.

Please join us at one or all the services. Many different styles of music will enhance your worshiping journey this week.

Palm Sunday, March 24: Worship with us and celebrate Jesus' triumphant entry into Jerusalem with palm branches as we sing "Hosanna, Loud Hosanna!" Our children's and youth choirs, Chancel Choir, Crystal Bells and Orchestra will provide music.

Maundy Thursday, March 28: This traditional service is focused on the Lord's Last Supper sharing communion together.

TENEBRAE, a Service of Darkness ~

Good Friday, March 29, 7:00 p.m.

Presented by the Musicians: Commemorating final hours of Christ's life on earth, his preparation to die and suffering death on the cross, will be shared through music and word. This is a solemn and reflective service symbolizing the coming darkness of Jesus' death.

*Childcare is available for both Maundy Thursday and Good Friday services.

Easter, March 31: We celebrate the Risen Lord in song and word! Join the choir and orchestra in singing "Christ the Lord is Risen Today" and the Hallelujah Chorus!

Praise Team News:

Interested in "Contemporary/Modern Christian Music?"

Our adult praise team meets on Monday evenings from 6:30-8:30 p.m. Worship with us on April 14, April 21 (Music Sunday), and May 12. Our music is contemporary/modern Christian music. We welcome vocalists, guitarists, keyboardists. Contact Beckys@smokyhillumc.org for more information or 720-879-2273.

Rehearsal Schedule:

March 4, 11, 18, and 25

6:30-8:30 p.m.

Sanctuary

MUSIC CELEBRATION SUNDAY:

Mark your calendars and celebrate with our musicians on Sunday, April 21st at both services.

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*When Jesus spoke to the people again, he said, "I am the **light** of the world. Whoever follows me will never walk in **darkness**, but will have the **light** of life."*



Focus: March is Traumatic Brain Injury Awareness Month

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 1 Corinthians 6:19 ESV

MIND

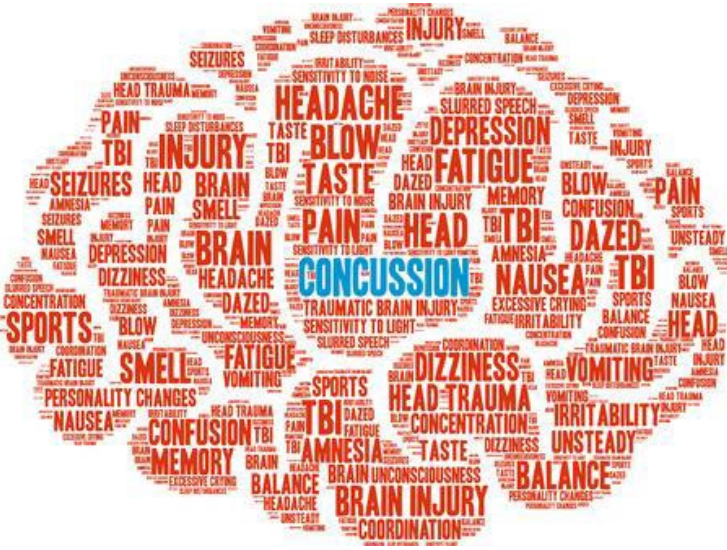
Traumatic Brain Injury and Mental health

The relationship between brain injury and mental health is complex. While the connection is under-researched, we know that brain injury can be both an entirely separate issue from mental health and a trigger for the development of new mental health issues. The effects of brain injury and mental illness can look very similar. Understanding the [similarities and differences](#) between the two is important for individuals to advocate for themselves and for medical professionals to make accurate diagnoses. Read more at [Tips for taking care of your mental health after a brain injury](#)

BODY

Health Resources:

- What is a brain injury? Learn more [Concussions and Brain Injury CDC](#)
- 9 Things NOT to say to someone with a brain Injury [9 things not to say](#)
- Concussions – when do I worry? [Danger signs](#)
- Kids and Brain injury – resources for Parents and Educators <https://cokidswithbraininjury.com/>
- Prevention - <https://www.cdc.gov/traumaticbraininjury/prevention.html>
- [Nutrition and TBI recovery Nutrition and Brain Health](#)
- [TBI Print resources Fact and Fiction](#)



Recipe of the month: Vegetable and Stars Soup

This is an inexpensive, quick, and healthier-than-canned version of a kid favorite. [Vegetable and Stars Soup Recipe \(eatright.org\)](#)





Move that Body!

Do your own thing at home! There are many avenues to exercise at home, including chair exercise for those who may not be able to do standing exercise. Here are some examples:

- [Chair Yoga - Day 1 - 22 Minutes Seated \(youtube.com\)](#)
- [Chair Yoga - Yoga For Seniors | Yoga With Adriene \(youtube.com\)](#)
- [20 Min Chair Exercises Sitting Down Workout - Seated Exercise for Seniors, Elderly, & EVERYONE ELSE \(youtube.com\)](#)

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

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

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

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



SPIRIT

TBI and recovery - Trauma can offer Spiritual Gifts

Hard to imagine, but many people report that they found a silver lining in having a brain injury. The road to recovery can be long. There is frustration and fear and grief that you don't feel like the person you once were. But with time and counselling, you can discover tools, resources, and self-acceptance to find you can live a life of gratitude and rich with new discoveries about yourself and your relationships. Read more at: [The Gift of a Brain Injury article](#) and [Brain Injury Hope Foundation](#)

Join us on Facebook!

[Smoky Hill Abundant Health](#) This is the place to connect about hikes, bowling, kayaking, fishing, and new recipes!



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Following Jesus together to make the world a more loving and just place.