



ELEMENTS

May Newsletter

2023



Patti's Ponderings

Acts is a dramatic story of the spread of the good news of Jesus throughout the Mediterranean world of the 1st century. We saw in the gospel of Luke how Jesus was full of mercy and compassion for the outsiders, the outcasts, and the outlaws. The early church is pushed to follow in this way of grace and power, crossing all kinds of barriers and including all people. The early followers in The Way of Jesus wrestle with living faithfully in their context. We do the same thing today. We have been handed a faith tradition from our ancestors and we need to examine it, keeping what remains true and adapting what is no longer true. This is the task of each generation, answering the question, "How do we remain faithful to the heart of the Christian tradition while re-interpreting it for our post-modern age?"

As we read through Acts this month (see [Acts Reading Plan](#)), we will see the Holy Spirit on every page guiding the followers of Jesus, challenging them, and empowering them to persevere through all things. That same Holy Spirit is alive in our world today. Sometimes it is really obvious, other times it is difficult to discern. I encourage you this month to focus on aligning your spirit with the Spirit of the living God. Each day keep your eyes and hearts open to notice where the Spirit of God is moving. Perhaps begin each day with this beautiful prayer from our United Methodist Hymnal. It is a traditional Native American prayer.

#329 Prayer to the Holy Spirit

O Great Spirit,

whose breath gives life to the world,

and whose voice is heard in the soft breeze:

we need your strength and wisdom.

Cause us to walk in beauty. Give us eyes

ever to behold the red and purple sunset.

Make us wise so that we may understand

what you have taught us.

*Help us learn the lessons you have hidden in every leaf and rock.
Make us always ready to come to you
with clean hands and steady eyes,
so when life fades, like the fading sunset,
our spirits may come to you without shame. Amen.*

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



WORSHIP

WORSHIP SERVICE TIMES



**Sundays 9:00 AM & 10:30 AM
Sunday School 9:00 AM**

**CAN'T BE HERE?
CLICK AN OPTION FOR WORSHIP**
[Live Stream on Facebook](#)
[Live Stream on YouTube](#)

Spanish Language Worship

Enciende Una Luz

**Servicio Hispano
Domingo a Las 10:00 a.m.
y Facebook Live**

**Llame a Pastora Lucia Correa al
303-690-9816**

Summer Worship Hours

10:00 Worship - English speakers in Sanctuary
10:00 Spanish worship in Celebration Hall

Memorial Day weekend through Labor Day
Weekend, beginning May 28th



The weather was perfect for our Easter Egg hunt and we had 60 plus kids come out. We gave out over 600 eggs filled with candy and handfuls of more candy. Thank you, congregation, for the candy donations, there were lots of smiles on the kids' faces. Thank you to Sandra & Jason Holtorf, for the Card My Yard- Egg Hunt sign.



Thank you, Elvin McKenzie, for donating some lemon short bread cookies to the Children and Youth. There was enough to make a cross! The children/youth enjoyed the cookies, along with some adults!



To all our Moms at SHUMC



May 21st ~ Last Sunday School of the year. During 9:00 am Sunday School we will have Award Sunday and an ice cream party.

We will celebrate our 5th Graders as they move into Youth Group during our 10:30 am Worship Service.

May 28th ~ We will start our summer hours - Worship at 10:00 am.

Adult Sunday School classes will meet from 9:00 to 9:50 am, No kids Sunday school, unless you are attending an adult class, let Crystal know.

Worship hour is at 10:00 am. After Children's message, families have options - kids can stay in Worship or they can come to Children's Church for some outdoor fun.



A huge thank you to Susan Hora, Ivy Honnon, Meg Pitts, Len Newman, Lizzy Kesler and William Dosch for teaching our kids all year. From the bottom of my heart, thank you all so much for your time to help lead our children with their spiritual paths.



VBC 2023

Vacation Bible Camp: Where in the World is God?

June 26th to 30th from 5:30 -7:30 pm.

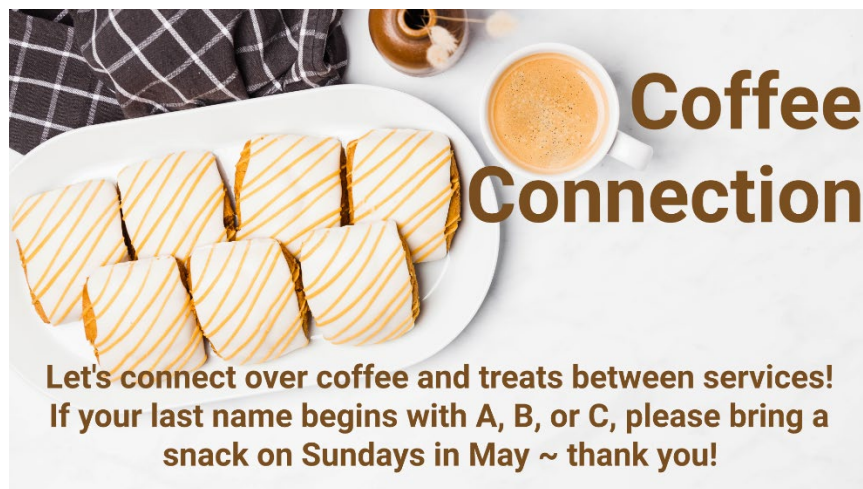
Celebration Sunday on July 2nd during Worship.

Let's search the world and see if we can find God - I bet we can!

We will be outside for our event, so please bring a refillable water bottle and apply sun block.

Register here: <https://forms.gle/B5HEzjAMNuXTmBWm8>

We are looking for many volunteers for VBC. Please reach out to Crystal at crystald@smokyhillumc.org or call 303-587-5667.



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.

TODAY! Fundraiser for SHUMC!



JOIN MOD IN SUPPORTING

ORGANIZATION NAME: SMOKY HILL UNITED METHODIST CHURCH

FUNDRAISER DATE: May 1, 2023

Bring this flyer in or order online through the MOD app or website and use the provided coupon code and MOD will donate 20% of your bill to support their great work!

MOD PIZZA

ADDRESS: 23890 E Smoky Hill Rd, Suite 10
Aurora, CO 80016

FUNDRAISER CODE: MODGIVES20

Offer valid only on the date(s) and at the MOD Pizza identified on this flyer. Offer valid for dine-in, take out, or delivery when ordered through MOD app or website only. For online or in-app orders, please use the code provided. For delivery, customer must live within delivery boundary. Only non-profit organizations and non-profit schools are eligible to participate in the MOD fundraising program. MOD will donate 20% of food and beverage sales to the organization. Tax, gift cards and retail sales are excluded from the donation. Offer void if flyer is distributed in or near the restaurant. For more information about fundraising, visit <https://modpizza.com/fundraisers/>

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We're having a Restaurant Night Fundraiser on Monday, May 1

- Fundraiser for: Smoky Hill United Methodist Church
- Fundraiser date: May 1, 2023
- Time period: All day
- Restaurant location: Mod Pizza 23890 E Smoky Hill Rd, Suite 10 Aurora, CO 80016 [Directions](#)
-

Ways to support this fundraiser

Receive **20%** off all digital and in-store fundraiser sales on **May 1, 2023** by visiting the restaurant and showing your fundraiser flyer or mentioning the fundraiser at checkout, or ordering online with the digital coupon code on the day of the fundraiser:

DIGITAL CODE: MODGIVES20

Order online at modpizza.com or with the MOD app and apply this digital code.

Let's have some pizza and raise some dough for our Church!

FINANCE

1st Quarter Finance Update End of March 31, 2023



Our total income for 2023 is \$ 161,767 and our expenses are \$ 147,832. Year to date we are ahead \$13, 935 due to some congregation members paying their pledges for the full year, and we are under budget for expenses due to some large charges that have not hit yet. Our Finance Committee feels good about our financial position to date. We thank you all for your faithful and generous giving which allows us to serve one another and the community.

Any questions or further details contact Steve Stanley- Finance Chair or Crystal Duncan- Finance Secretary.

Lay Leader Announcement

Hi, I'm Tom Dosch, SHUMC's new lay leader. I've been a part of the church since 2010. I have a lovely wife of 18 years, Laura, and 2 kids, Elizabeth 10 and Will 12. The kids are a part of children and family activities and youth activities and Laura and I participate in the Grounded Sunday school class.

I wanted to introduce myself and describe a little bit about what my role is. I'm here to help find future leaders and participants in church. Smoky Hill UMC can feel big and often times it's hard to know where to get involved. I believe you can get more out of your experience and we need you. I want to help you find a place to use your gifts. Whether it is behind the scenes, a once a year commitment, in front of everyone, or weekly. The more you find your place in church, the more you will find Methodists to connect with and build a bond that is more rewarding. Feel free to reach out anytime in church or through email at tomdosch@gmail.com

SPRC Announcement

On behalf of the Staff-Parish Relations Committee, I'm pleased to announce that Jen Dahlen has officially joined us as the Youth Director foregoing the interim title. Jen has been actively supporting the youth program for quite some time as a youth sponsor and then in the interim role. Jen has been instrumental in bringing energy and enthusiasm into the program. Please welcome her into her official role and support the youth and the youth program however you can.

Respectfully, Frank Moore, SPRC Chair Smoky Hill UMC



Things have been busy, fun and filled with faithfulness in Youth Group!

Holy Week was a busy one for us. Becky invited the youth to be part of the **Maundy Thursday service** this year, and it was so AWESOME to be part of it! From the rehearsal through the end of the service, it was great to get to know Becky a little more and learn about the Disciples' last night with Jesus. We were honored to have been invited to participate. (And PRAISE JESUS, we did it justice, haha!)

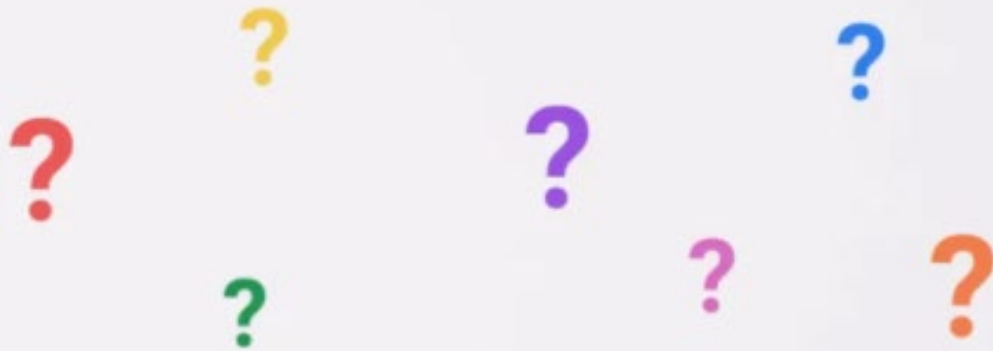
The return of our **Annual Youth Easter Brunch** was a great success! We received tons of donations from our amazing congregation, which will greatly benefit our future endeavors! This event could NOT have been done without the support of our amazing youth sponsors (especially Tom, who took the lead that morning), our youth families and UWF for bringing FOOD! Also, a shout out to Sharon Davis, who helped us know the tips for setting up Celebration Hall for an event. The youth worked hard and had a great Easter morning!

The following weekend, 15 of us went on a weekend **retreat at Ponderosa Retreat Center in Larkspur, CO**. We had some great bonding time, stepped away from "life as we know it", learned about making intentional "time alone with God" – in the way that speaks to each of us as individuals, and then took some time alone with God. We also pelted each other in blacklight dodgeball, enjoyed the snowy nature around us, played games, had some great faith discussions in small and big group settings and sang some camp songs to Jen's sketchy ukulele chords. (Still learning!) And we'll never forget our "tomahawk" lesson – aka Axe Throwing. **THANK YOU to Jeremy & Kristy Skarphol and Debbie Kemper for being weekend youth sponsors!** It wouldn't have been the same weekend without you!

As we begin May and have only a few Sunday night gatherings left in the "normal youth year", we are looking SO forward to **welcoming in some brand spankin' new 6th graders**, celebrating our soon-departing senior, Lily Legleiter, and looking toward our summer mission trip to Alamosa in July! Thank you to our amazing SHUMC congregation for the continued support as we ALL grow in faith together!



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 Name Changes

If you were in church this past Sunday, you know that I am now going by the name Faryn (pronounced “FAR-in,” like “far in the woods”). You may also know that my fiancée recently changed her name to Terra, and it is very possible we are not the only people you have journeyed with through a name change. So this month, let’s talk about name changes.

There are a multitude of reasons people choose to change their first name. For trans and nonbinary people, our given names may not fit our gender identities, and there are people who feel that their name needs to change to fit their identity in a way that has nothing to do with gender, too. There are also practical reasons for changing one’s first name, such as avoiding racial bias in a job search, evading a past abuser’s search efforts, or simply making a middle name into a first name since it’s what someone always goes by. This article [<https://www.huffpost.com/entry/legal-first-name-change-reasons | 5d51f45fe4b0cfeed1a1f7a8>] shares the stories behind several people’s choices to change their name.

In the Bible, people usually change their name because God gives them a new name to mark a big shift in their lives. Abram becomes Abraham and Sarai becomes Sarah. Jacob becomes Israel. Saul started going by Paul for practical reasons, so that he’d have a more familiar-sounding name for his Gentile audiences. Then there’s Naomi, who asked the women of Bethlehem to call her Mara after her husband and sons died in Moab, because Naomi means pleasant and Mara means bitter, and bitter felt closer to the truth of her life at that point. At the end of the story, the townfolk call her Naomi once again, with good reason.

Although she ultimately returns to the name Naomi, I relate the most to Naomi-Mara’s experience with name changing. Both in choosing Mara and returning to be Naomi again, she outgrew one name and found another that could hold who she had become. In each moment, she chose the name that she felt fit her identity best. For me, neither of my names is bitter. Virginia was a beautiful name for a young girl who adored her Grandma, who loved Grandma so much that she learned to sign her name by copying Grandma’s signature, right down to the middle initial. My mom told me the name meant “pure pearl,” which is...close enough to the name meaning online search engines would offer.

And that's the thing. For me, Virginia became a mask I had to wear, like Elsa in Frozen had to hide her powers. Virginia was the perfect church girl who knew all the Sunday School answers and never got in trouble and welcomed all those "problem" people with the strange sexualities and gender identities and mental health struggles but couldn't possibly be anything like them. She was Grandma's girl and the church-y kid, but nothing more.

So for a while, after I began to let myself be real in ministry, I tried going by V in some circles. V was openly bisexual and nonbinary. V openly challenged the institutional church's shortcomings and never hesitated to question what was wrong with the systems that be. Going by V felt cool, but shallow. Ultimately V was really only "not Virginia." That's not a whole person; that's just the character equivalent of a rebound relationship.

Then in January, I needed to name a character in a videogame, and since I was using the game to temporarily escape the pressure of writing lots of papers, I jokingly named my character "Faryn Awayn." And the joke stopped being all that funny after a week or so, but that first name kept calling to me. It just felt...right, somehow. I looked it up and found out that Faryn is an old English name, used for both men and women, that means "adventurous." And then I was sold.

Faryn is Virginia and V and more. Faryn is on an adventure and family and friends and church are all invited to come along. I certainly challenge processes like V, and I absolutely love my Grandma and the church as much as Virginia, and I am simply more than those names could contain. (I am also nonbinary, and Virginia is among the most decidedly feminine names out there, and that is certainly another factor in this conversation about the "fit" of a name.)

This article is longer than usual because I thought it was important to share my story with you all. But I still want it to be about more than just me. This is a space for us to gain knowledge and skills for welcoming all kinds of people. So, how can we welcome people who use one name one week and a different one the next?

1. Remember there are lots of reasons people choose to change their first name, so the explanation that comes to your mind may not be correct. Some people love to share the story behind their name and others would rather not, so feel free to ask but in a way that allows the person to say no if they wish.
2. When someone tells you they're changing their name, thank them for sharing the update, and then do your best to remember. It's okay if you forget!!! I'll tell you a secret: We forget our own names sometimes! It's okay! What we really care about is your willingness to make an effort to learn to see us the way we are asking to be seen.
3. Finally, a memory tip: To learn a new name (either after a name change or just for a new person you've met), try to say their name at least 3 times in that first conversation where you learn it. Then, practice a couple more sentences with their name in your head. If you have another interaction with them and find you've forgotten, then after they remind you about their name, repeat!

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/E9eRqZJGLgVagbDZ9> or email me directly at viriniag@smokyhillumc.org.

MEN'S GROUP

May 3rd - RSVP NOW!



Grill Team Schedule

- May 14, 2023 – Mother's Day
 - May 28, 2023
 - June 11, 2023
 - June 25, 2023
- July 2, 2023 – VBC Celebration
 - July 9, 2023
 - July 23, 2023
- July 30, 2023 – All Church Field Day
 - Aug 13, 2023
 - Aug 27, 2023
- Sept 10, 2023 – Fall Kick Off Sunday
- October 21, 2023 – Craft Fair



Get Your Tickets!

Colorado Rockies Baseball Game

Let's Play Ball! Join in the fun as we take a SHUMC group outing to Coors Field to see the Rockies host the LA Angels on Saturday, June 24th. First pitch is at 7:10pm. We have 40 seats reserved. Tickets are \$36 each. For details or to reserve/purchase your ticket(s), flag down Tim Davis or contact him directly at tcdavis660@comcast.net

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

- Latex paint (acrylic)
- Oil paint (alkyd)
- Stains
- Lacquers
- Sealers
- Varnishes
- Urethanes
- Textured Coatings

Not Accepted

- Aerosol (spray) paint
- Paint Thinner
- Solvents
- Cleaning Agents

Please stay in your car, turn off your engine, pop your trunk & we'll do the rest!

GreenSheen

Eco-Friendly Paint

Donations support:

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



Spring is in the air! **Praise be to God!** Plants are breaking ground and trees are budding beautiful blooms and tree buds are turning into leaves! **Praise be to God!** New energy can be felt within and outside the walls of Smoky Hill UMC! **Praise be to God!** We sing our praises for this new season upon us! **Praise be to God!**

Looking back on Holy Week...

What a spiritually moving week ~ from waving our palm branches and singing "*Hosanna, Loud Hosanna*" on **Palm Sunday** to more somber and yet moving services on **Maundy Thursday** and **Good Friday** leading us to a glorious **Easter Sunday!**

Maundy Thursday:

Several weeks before Maundy Thursday, **SHUMC Youth Group** began preparing for Maundy Thursday. Great fun was had in the depths of the basement Music Department's Storage Room digging through costumes and props. This fun evening led to experiencing and learning about the Last Supper and that it has a much deeper meaning. That first evening, **Chad Nielsen** led the group in song learning "*Light of the World,*" the song that would be sung with the congregation on Maundy Thursday. Disciples were chosen, the cast for the skit was chosen and the youth, for the first time in remembered history, were planning for one of the most holy services in our Christian year. While the youth were planning their part of the service, **Crystal Bells**, the **SHUMC Orchestra**, and the **Chancel Choir** were busy preparing special music.



The evening of April 6, the congregation heard the story once again of Jesus' last supper with his disciples, told through narration and music. The congregation shared communion with each other as the youth helped serve the elements behind the backdrop of the choir singing "*Remember My Love.*" This night the youth sat at the table portraying Jesus and the twelve disciples. The service was very meaningful and led us into the following evening's **Good Friday service.**

Good Friday:

The service was designed in more of a Taizé type of service led by **Pastor Virginia Greer.** Quiet music and songs were led by **Tim Davis** as we heard scripture and the message sharing Jesus' last earthly moments led by **Rebecca Bernai and John Tedrick.** As the sun set, the candle flames gently flickered until darkness fell and the service ended in silence.

Easter:

The **SHUMC Brass ensemble** began the service "He's Alive!" led by **Nate Southerland** and the **Chancel Choir** energized the congregation as we celebrated Jesus' resurrection! A glorious morning with music by **Crystal Bells** playing "From Everlasting to Everlasting" by Julie Turner and the **Chancel Choir with SHUMC Orchestra** sang Annie Herring's "Easter Song."

After a wonderful message from **Rev. Patti Agnew**, the choir and congregation closed the service singing "Hallelujah Chorus" from Handel's Messiah.

THANK YOU NATE SOUTHERLAND AND DIANE THOMPSON!

Both singers in the choir, Nate and Diane stepped up to the plate and directed the choir and Nate the choir and orchestra during March and April as the search for a new accompanist/pianist was underway.

In addition, thank you to all the musicians, audio/visual teams, youth, liturgists and pastors who led us through this most holy week!

WELCOME AUSTIN KINARD!

Austin is joining our Music Department as our accompanist/pianist. Austin is from Florida and just graduated from DU with a music performance degree in trumpet. A brass player and pianist! We look forward to his first Sunday with us on April 30. Please welcome Austin to our Music Department!

What's happening in May?

As we look forward to hearing scriptures and messages from the book of Acts in May, the musicians are busy preparing music for each service and look forward to sharing different styles of music each Sunday.

MARK YOUR CALENDARS!

DISNEY ON BELLS

MAY 7 AT 3:00 P.M.

Performed by the Denver Bronze Handbell Ensemble.

Adults and children are welcome to wear costumes and enjoy an afternoon of fun! All are welcome. Tickets are available online or at the door.

Summer Musicians:

Summer is a great time to share your musical talents! If you have something you'd like to play, sing or share musically in the upcoming summer months contact Becky Stevens. (Beckys@smokyhillumc.org)

SOCIAL JUSTICE

SOCIAL JUSTICE LEGISLATIVE UPDATE

Passed Bills. Awaiting the Governor's signature:

HB23-1008. Food Accessibility. Transfers \$1million per year for the next 7 years to partner with a nonprofit organization to provide healthy eating program incentives among Colorado's low-income populations to increase access to fresh Colorado-grown produce.

HB23-1100 Restrict Involvement in Immigration Detention. Prohibits Colorado and local governments from supporting or engaging with private detention facilities.

HB23-1126 Consumer Reports Not Include Medical Debt Information. Prevents medical debt accrued from health care services and goods from appearing on credit reports.

SB23-221 Healthy School Meals for All Program Fund. Implements Proposition FF, Healthy School Meals for All, passed by Colorado voters In November 2022.

SB23-039 Reduce Child and Incarcerated Parent Separation. Completing the 2nd house and to go to the Governor. Requires the state to facilitate active communication between and incarcerated parent and children.

Session ends soon. Lots of activity until then.

To follow, go to leg.colorado.gov and follow the prompts to get information about these and other bills. As always, I welcome questions and comments. Sue Ricker sellenricher@aol.com

Racial Justice Taskforce

April is National Minority Health Month, a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities. One area that exemplifies that disparity is in Cancer screening, testing and survival rates.

This is an exciting time in cancer science and medicine. Thanks to research, doctors are making unprecedented progress against the many diseases we call cancer. More people than ever before are living longer and fuller lives after a cancer diagnosis. However, the grim reality is that advances against cancer have not benefited everyone equally. Because of a long history of structural inequities and systemic injustices in the United States, certain segments of the U.S. population continue to shoulder a disproportionate burden of adverse health conditions, including cancer. The same socially, economically, and geographically disadvantaged populations have also experienced a greater negative impact from the Coronavirus pandemic. Disparities in health care are among the most significant forms of inequity and injustice, and it is imperative that everyone play a role in eradicating the social injustices that are barriers to health equity, which is one of our most basic human rights.

A long history of racism in the United States has resulted in discriminatory policies, systemic inequities, and structural barriers that cause and perpetuate cancer health disparities. Researchers are using a framework of interrelated and overlapping factors, called social determinants of health (SDOH), to understand and address cancer health disparities. Among the key SDOH are socioeconomic factors such as education and income; modifiable factors such as tobacco use and physical inactivity; psychological factors such as stress and mental health; environmental factors such as housing and transportation; health care access and experiences; and biological and genetic factors. SDOH operate at individual, community, and population levels to drive health outcomes.

Systemic inequities and social injustices have adversely impacted every aspect of cancer research and patient care, including limited participation in clinical trials and differences in cancer incidence and outcomes among underserved populations. In addition, these inequities have created barriers to career advancement for underrepresented minorities. While new research and initiatives are closing these gaps, progress has been slow, and the cost of cancer health disparities remains monumental. To reduce cancer health disparities, the structural barriers that lead to these outcomes must be rectified.

To see the full AACR Cancer Disparities Progress Report visit

<https://cancerprogressreport.aacr.org/disparities/>

Amache Relocation Center



Amache Relocation Center
by Rebecca Runyan

This relocation center near Granada, Colorado was used during World War II to unjustly incarcerate Japanese Americans from 1942-1945. It is a place to reflect, recommit, and further the pursuit of freedom and justice.

Amache is largely intact today due to preservation efforts over the years by the Town of Granada, Amache Preservation Society, formerly incarcerated people and their descendants, and other individuals and organizations dedicated to enhancing the public's understanding of Amache's significance.

In 2022 it was designated to be our newest National Park. The transition from the local preservation society to National Park will take about two years.

The Amache site is currently open with a self-guided audio tour and informational signs throughout. But be sure to watch for rattlesnakes on the grounds.

There is much more information regarding this relocation center on the National Parks website: <https://www.nps.gov/amch/learn/index.htm>. There is also additional information, including an online exhibit at the History Colorado website: <https://www.historycolorado.org/location/camp-amache-granada-relocation-center>

Smoky Hill UMC Abundant Health



Focus: Do Not Give Up!

“But you, be strong and do not let your hands be weak, for your work shall be rewarded.” 2 Chronicles 15:7 (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

May is National Mental Health Awareness Month

Our mental health is in constant flux and ebbs and flows on a daily basis. Many things can impact this including our physical health. The connection between our physical body and our mental health is important and may be something worth exploring when thinking about staying mentally healthy. Learn more about whole health and what you can do to improve your overall wellness. [Staying Mentally Healthy | Mental Health America \(mhanational.org\)](#)

BODY

Life can be unpredictable, and things will get in your way of making healthy choices. You may have a long day at work and be tempted to eat fast food instead of cooking at home. Or you may be too tired in the morning to get up earlier to take a walk – you may want to sleep in for an extra twenty minutes instead. Have faith you can overcome these unexpected challenges. For example, consider cooking a larger portion of your favorite meal to have for healthy leftovers during a busy week. Or place your alarm clock across the room with your exercise clothes right beside it. Just like you enjoy seeing the rewards of a clean house after a hard day of chores, you will enjoy seeing rewards when you work hard for your health!

Health Resources: (Pdf links)

[How can I stay active as I get older?](#)

[Lifestyle Changes to Prevent Stroke](#)

[Replace Harmful Thoughts with Helpful Thoughts](#)

[16 Helpful Tips for Picky Eaters \(healthline.com\)](#)

Recipe of the Month

Recipe of the month – Zesty Quinoa Salad with Cumin

This Zesty Quinoa Salad with Cumin is a perfect side for a summer BBQ!
<https://hoorah.tohealth.com/quinoa-salad-with-cumin-lemon/>



Join Our New Yoga Class! Tuesdays 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 \$5-\$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 in the Celebration Hall.**

Walk to Jerusalem 2023



Our journey is over. Thank you to everyone who walked with us. We had 42 walkers from Smoky Hill and another 20 walkers from Central UMC in Colorado Springs. A special thank you to Rebecca Bernai who wrote our weekly travel updates and to Tim Davis who mapped our route and helped tally the miles each week. Our goal was 8,394 miles and we actually walked 10,970 miles. The theme this year was kindness, and we hope that along with the incentive to get out and walk that you also used the devotion to spread some kindness along the way. Our journey is over, but we hope you keep walking and keep spreading kindness in our community!

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

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](#)

SPIRIT

Find Calm in the Chaos

For a moment of calm whenever you need it, listen to this 11-minute guided prayer resource by Liuan Huska, author of the book Hurting Yet Whole: Reconciling Body and Spirit in Chronic Pain and Illness. [Find Calm: Guided Prayer \(spiritualfirstaid.org\)](#)

Keep Us Informed!



Email all information and updates for church communications (eblasts, newsletters, group updates, electronic sign, etc.)
churchsecretary@smokyhillumc.org