

ELEMENTS

SEPTEMBER 2023 NEWSLETTER



Patti's Ponderings: CONNECTION

Loneliness is a common challenge people experience these days. Loneliness hits people at all ages and stages in life. Moves, job transitions, grief, loss of relationships, are all common situations that lead to feelings of loneliness. As one who has moved 4 times in the past 10 years, I feel this. People are hungry for meaningful social connections.

This is a social issue we can do something about! The Church can be a place for powerful connections. Jesus was remarkable at noticing people in a crowd and making them feel seen. Jesus frequently connected with people and made them feel valued. I like to call the church a family of faith. We are a family-of-choice where people can make significant connections with one another.

Dr. Vivek Murthy writes in his book *Together*, "Creating a connected life begins with the decisions we make in our day-to-day lives. Do we choose to make time for people? Do we show up as our true selves? Do we seek out others with kindness, recognizing the power of service to bring us together? This work isn't always easy. It requires courage, the courage to be vulnerable, to take a chance on others, to believe in ourselves." Living a connected life matters and increases our wellbeing, as individuals and as a community.

However, one can be surrounded by people and still feel lonely. Have you ever felt that before when walking into a room of people? A Stanford University website says, "connection is when we feel known, seen, understood, valued, remembered, and cared for." I'd like to lift up "connection" as a focus for this Fall season. May we be aware of those around us and make connections with one another. May we focus on making people feel seen, known, and understood. May we be intentional about making people feel valued. May we be mindful to remember people and reach out with caring acts. Let's focus on making meaningful connections with people, inviting new people into our circles, and deepening our connections with others. The Holy Spirit dwells within the connections we have with one another, bringing life and love between and among us. Let's grow our connections!

May the Lord bless you and keep you,

Pastor Patti



WORSHIP

Join us Sunday, September 3rd at 10AM for worship
New Sunday Schedule Begins Sept. 10th

JOIN US FOR FALL KICKOFF AT SHUMC
SUNDAY SEPTEMBER 10TH
SUNDAY SCHOOL FOR ALL AGES!



ENGLISH SERVICES AT 8:30AM & 10:00AM
SPANISH SERVICE AT 10:00AM
BOUNCE HOUSE, GRILL TEAM, FUN & FELLOWSHIP

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 on YouTube

SUNDAY MORNING SCHEDULE

Worship is our central time to gather as a faith community to connect with God and one another. The Spirit fills our church in a tangible way each Sunday, meeting us where we are and offering us gifts of encouragement, challenge, hope, and care. We continue to live and grow into our post-pandemic reality. Our Sunday morning schedule for the Fall will kick-off September 10th and be as follows.

Early worship will be at 8:30 am. We will add some new elements to make this a more engaging worship hour. We will also have a worship service at 10:00 am in the sanctuary. Spanish Worship will continue at 10:00 am in the Celebration Hall. Livestreaming will continue at 10:00 am. This schedule honors those who wish to worship earlier in the day, serves our families better, and gives us room to grow. And, bonus, gets us home for football or out to restaurants in time for brunch 😊.

For our children, during the 8:30 hour, we will all begin worship together, then after the children's time, children have the option of going to Children's Church with our adult leaders. Graded/Traditional Sunday school for children and youth will be during the 10:00 hour. Nursery care is available for children up to kindergarten during both services. The last Sunday of each month will be family worship at 10:00.

Our adult Sunday school options will vary. See our promotional information to find a class that best meets your needs.

Blessing of the Animals

Saturday, Sept. 23rd between 4:00-5:00PM

Bring your pets to the SHUMC Gazebo



ANIMAL BLESSING

Our pets are special creatures, oftentimes extensions of our families. We want to bless them! We will do an animal blessing on Saturday, Sept. 23rd. Bring your pets any time between 4:00 & 5:00 to the Gazebo. Please have them restrained via leash or in a kennel/cage, as appropriate.



**Monday, September 4th
Church Office Closed**

NEWCOMER/NEW MEMBER LUNCHEON

All newcomers and those interested in becoming a member of Smoky Hill United Methodist Church are invited to our next Newcomer luncheon on Sunday, September 17 at 11:15. This is a great opportunity to connect with the leaders and pastors of our church as well as one another. We will learn about the mission and ministries of Smoky Hill and help you get connected. A taco bar lunch will be provided. We will gather in Room 214, on the upper level down the back hallway. Please RSVP to churchsecretary@smokyhillumc.org by Sept. 12th.



CHILDREN & FAMILY

Children and Families September 2023

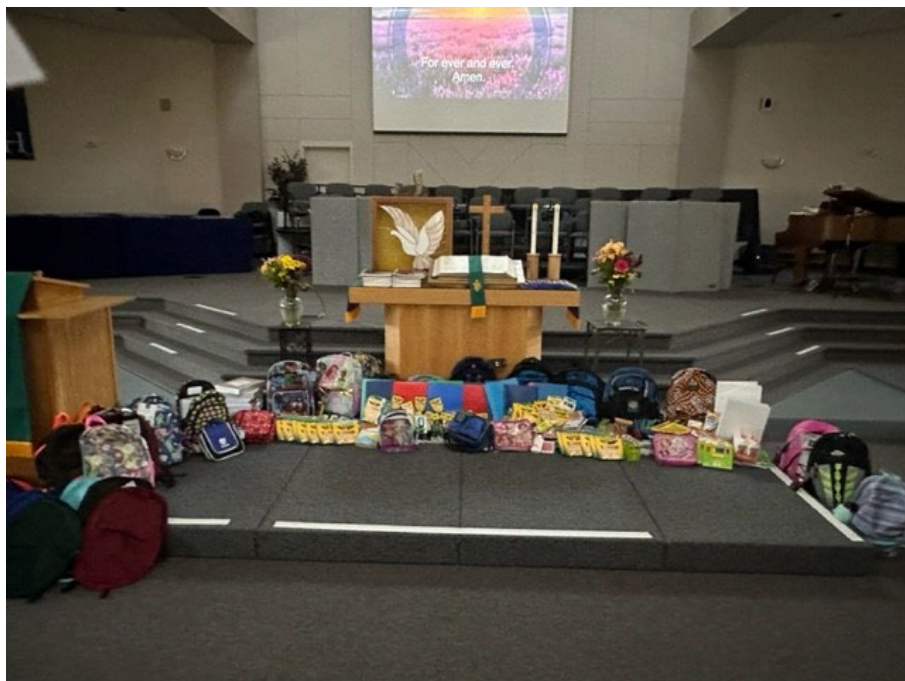


Field Day 2023

Field day was a success. We had fun with wheelbarrow and 3 legged races, obstacle and of course water toss and seeing who could get Crystal wet, but she had a hose and got them!!!! Thank you to all that helped.



Thank You to all who donated School Supplies! We gathered over **53 backpacks and 1028-plus needed school supplies**. They have been given to local schools and put many smiles on kids' and parents' faces.



Special thank you to our paper crafter who made 50 “You Matter” tags for all backpacks.

What a turnout we had to bless our kids, teachers, support staff, and administrators! Have a wonderful 2023/2024 School year.



September Happenings:

September 3rd: Worship as a Family at 10:00 am (Labor Day weekend)

Sunday, September 10 Kick-off Sunday – New Hours!!

8:30-9:30 am Worship, Nursery & Children’s Church

10:00-11:00 am Worship, Nursery & Children’s Sunday School

****Note, the last Sunday of the month will be Worship as a Family, No Children’s Church or Sunday School.**

Join us after 10:00 am Worship on September 10th out front. Men's Group will be grilling, and we will have a bounce house with a water slide.

Please bring a towel for the kids, apply sunblock and they can wear bathing suits under clothes.

We will have some time that just adults can bounce.

During our Sunday school at 10:00 am we will start playing and bouncing early!!



We need teachers/helpers for our classes starting September 10th from 10:00 - 11:00 am.

We need at least 1 adult (over 18), and the second person can be 6th grade and up for each class. You do not need to commit to every week. If we have enough volunteers, we can share the time! Last Sunday of the month we will not have Sunday school.

Need:

1 helper for younger kids (3 yrs. to Kindie), 1 helper for 1st & 2nd grade.

1-2 Leaders/helpers for 3rd -5th grade, 2-3 as needed to fill in for any grade.

Please help us teach this year! It is very rewarding. If you can only, do it on 1 Sunday, that is a big help. Contact Crystal if you are interested (crystald@smokyhillumc.org)

Starting on September 10th, during the 8:30 Worship hour we will have Children's Church. Kids 4 yrs. and younger will go to the nursery and 5 yrs. to 5th grade can come to Children's Church or stay with parents during Worship. We are looking for helpers for this class.

On Sunday, September 17th, third graders will be presented with their own Bibles during the 10:00 am Worship Service.



ACOLYTE Training



If you want to assist in Worship by lighting candles, helping with communion, and many other jobs, then come to our training class on September 17th at 8:30 a.m. in room L26.

We will commission you during the 10:00 Worship Service on the 17th of September.

This is open to children in 2nd grade to 7th grade. Let Crystal know if you want to join us.



Save the Date:

October 28th – Trunk r Treat 10:00-12:00 pm.
Pumkin Patch will also be open

November 18th – Turkey Trot - time to be determined.

December 9th – Breakfast with Santa, 9:00-11:00 am.

Coffee Connection

Let's connect over coffee and treats



before & after
service!



If your last name begins with M, N, or O, please bring a snack on Sundays in September ~ 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



At the tail end of July, 3 adults (including the brave Rev. Patti!) took 12 of our youth to Alamosa, CO for our **Summer Mission Trip**.

This trip was about **serving those experiencing poverty, homelessness and in need of crisis stabilization in the San Luis Valley**. It was about immersing ourselves in the way others live and experiencing the gift of helping those in need. **The goal wasn't for this to be a "moving mountains" trip where we saw a huge result. It was about really "seeing" people in need and doing one part of helping them sustain another day or month, and experiencing how powerful this kind of work can be in our lives as Christians. All while bonding stronger as a youth family!**

The **La Puente** organization set up our 3 days of service work. We helped in many different ways – doing hot, difficult yard work which meant that an older mentally ill man would be able to keep living in his home (see before and after pic below), cooking & serving (and getting to know a few people) at La Puente's homeless shelter, helping organize supplies for the shelter, helping sort and clean at La Puente's thrift store, and seeding and weeding in the local elementary school's community garden. We experienced the level of crisis in this region of Colorado from many different angles.

On day 4 we had a super fun day off! Sand sledding at Great Sand Dunes National Park and hiking to the stunning Zapata Falls.

We shared our "highs, lows and God moments" of each day after returning to the Methodist church that we called home for the week, and we definitely became stronger as a group. **THIS GROUP is filled with great, respectful, flexible, positive-spirited youth! We three adults couldn't have been prouder of the work they did and the positive attitudes they kept the entire trip. Even when it was hard.**



Thanks to the amazing ongoing support of our **Men's Group**, we were able to donate \$250 worth of backpacks and school supplies for children in the San Luis Valley. The Men's Group / Grill Team also fed our crew of 15 on our send-off Sunday. **We are SO grateful to be part of a church community that works together!**



This past Sunday was our **Annual Youth Slimy Sunday!** (Are eggshells in your shower drain a bad thing? Asking for a friend...)

Slimy Sunday is a 2-hr marathon of messy games, involving sticky / slimy stuff. "Duck Duck Goose – with Eggs" is my personal favorite. It gets messier with each game. And the scent that results is a

fantastic blend of raw eggs, choc syrup, shaving cream, whipped cream and jumbo marshmallows. (Cheese balls made their first and last appearance this time. Totally ruined the scent blend.) We had a great time being silly kids (and adult kids) together.

We'll have our first "normal" youth group on Kick Off Sunday, 9/10 from 6-8pm. Looking forward to a fresh new year filled with faith, fun, service and fellowship!

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 Language Barriers

On August 27th, we worshiped in both Spanish and English. Sometimes, Spanish-speakers had no idea what was being said. Other times, English-speakers were the ones without a translator to help them. Unless you are bilingual, if you were there that day, you had some moments of just going along with the flow and trusting you had the basic idea of what was happening. Imagine having that kind of experience every single day in all sorts of contexts, and you'll build some empathy for our immigrant neighbors who come from non-English-speaking countries. So this month, let's talk about language barriers.

We live in a multilingual environment. It may surprise you to learn that the United States does not have an official language. Under the law, English and Spanish and Swahili are on equal footing. There are about 160 languages spoken right here in Aurora! It's safe to assume that we will all have moments when we need to communicate with someone who doesn't share our language. So, how do we bridge language barriers when we don't have someone (or a phone app) to translate for us?

1. **Use Nonverbal Communication** - Words are only about 7% of the communication we share with each other. Body language, tone, facial expressions, and general "vibes" are the vast majority of how we communicate, even when we do have the words. So when we have a language barrier, this is our first option, because we are already doing it!
2. **Get Creative With Phrasing** - When we learn a new language, we learn a few words at a time. Many people who speak English as a second (or third, or fourth...) language have a more limited vocabulary. Many native English speakers might know a little bit of Spanish or another language but have an extremely limited vocabulary. It's similar to when you're having a conversation and just forget a word. Maybe the person you're talking to can't remember the word "student" but can understand "person in class." Maybe you don't know how to say "almuerzo" (lunch) but you can say "comida" (meal.) Think of simple ways to phrase things, and be ready to rephrase if your first try doesn't land.
3. **Be patient**—with yourself and everybody else. Don't raise your voice—that doesn't make the unknown words suddenly make sense; it just stresses people out. Remember that you're doing a challenging thing, and so is the person to whom you are speaking. Don't give up, and keep in mind how worthwhile it will be to see that glint of recognition in your neighbor's eyes when your communication makes sense.

Bonus Tip: Try Duolingo or Babbel! These language-learning apps really can help. I've learned over 100 spoken words and a lot of Hangul (the Korean written alphabet) in just two weeks! Sure, all I can talk about right now are babies, foxes, and cucumbers (and I don't really know how to do plurals yet either), but that's the beginning of a solid vocabulary. TL;dr: (that's Internet for "In summary,") Be kind to yourself and others, and know that any effort you make to bridge language barriers is deeply appreciated by neighbors who are still learning or simply don't know English.

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.



Mission Trip

We are making plans for a mission trip to McCurdy Ministries Community Center in Espanola, New Mexico from March 17-23. McCurdy Ministries provides preschool, after school programs, mental health programs, summer camps, breakfast and lunch programs and volunteer programs to help the children, youth, adults, and families in Espanola Valley. There will be opportunities to do maintenance and grounds work, administrative tasks, or assisting with the McCurdy Ministries Community Center programs. Your assigned tasks will be based on a skills survey you submit before arrival at the center.

We are trying to get a list of people interested in going on this Mission Trip. This is not a firm commitment, but it will let us know if there is enough interest to continue. If you have an interest in going, let us know now and then a firm commitment will be required by January 10th. We will take no more than 15 people. A few things to know:

1. You will need to complete Safe Sanctuary training on-line and pay for a background check. (We can help you get this done.)
2. We will be staying on the McCurdy campus. Room rate is \$35 per night so \$210 for the week. Rooms are two people per room with a shared bathroom between two rooms.
3. There is a kitchen available on campus where we can make our meals. Cost would be shared by the group. Meal decisions will be made once we know who is going to be part of the trip.
4. We will carpool and riders will help with the cost of gas.

If you are interested, please email Sharon Davis at stdavis21@comcast.net. Please indicate if you are willing to drive or if you need to carpool. Please submit your name as soon as possible to help us get an idea if there is enough interest to continue.

McCurdy's mission is to "create hope and empower the lives of children, youth, adults, and families through education, life skills, and faith-based programs." We hope to have a wonderful week helping others. More information about McCurdy can be found at mccurdy.org.



Music and A/V Newsletter September, 2023

Audio/Visual News:

In the world of "Tech:" computers, microphones, monitors, lights, cameras and ACTION(!) our Audio/Visual Team helps our worship services and other events happen! Currently, we have six team members and we welcome others who might want to learn (the training is FREE! 😊).

Recently, we met on a Saturday morning to review where we've been and where the future is leading us to, which is ever-changing in the "Tech" world. Some might think this has nothing to do with faith or ministry within the church. God created ALL OF US and SHUMC is SO THANKFUL that God created our "Techies!" They faithfully run our soundboard, run the slides on the screen in the sanctuary, make sure hearing devices are available and ready, and live stream the service so folks can worship offsite.

At our audio/visual team members created a Sunday schedule for fall all the way through the end of December. When a member needs to take off a Sunday another steps up to the plate and signs up! They are dedicated and faithful! We talked about needs for new equipment, how our current equipment is running, and discussed the needs of our Spanish congregation.

Thanks for the extra time spent getting the equipment reset and working again for the Spanish Ministry, A/V Team! Thank you for being there on Sunday mornings and fixing those last-minute fixes that come up. You are appreciated!!!



Audio/Visual Team Help Needed:

We are currently looking for someone to learn and create slides for worship services occasionally using our software. If you're creative and like working with computers, contact Becky Stevens (beckys@smokyhillumc.org) for more information.

As stated above, we welcome new members to run audio/visual needs on Sundays and other occasions. Let us know if this is where you would like to share your talents and gifts in the church.



Music News:

Contact for all music groups: Beckys@smokyhillumc.org

The week of August 21 our music groups kicked off rehearsals to begin preparing for fall! It's always great to see folks we missed seeing during the summer and reconnect.

It's also GREAT to have new people join our music program! Here's a list of musical opportunities we have at SHUMC. We welcome new members in all our groups so come join us!

Like to sing? **Chancel Choir** meets **Wednesdays at 6:30 p.m. in the Choir Room** (high school to adult). No auditions are required.

Praise Team: We are looking for a drummer and a bass guitarist. If you like contemporary music, this is the group for you. **Our rehearsal schedules vary:** Contact Becky for more information. We welcome high school students to adults: singers, guitarists, percussionists, and synth/piano players.

Handbells: Want to learn to ring handbells? **Beginning handbells: Thursday evenings from 6-6:45 p.m.** We learn beginning ringing and techniques. Middle school to adults.

Already know how to play and want to ring? Contact Becky. Rehearsals: **Thursday evenings from 7-8:30 p.m.** We ring in church and at other events. All handbell rehearsals are held in the Sanctuary.

Orchestra, Brass, Strings and Woodwinds: If you play an instrument come join us! High school students to adults are welcome! Even if your instrument has been lonely in a closet for a long time but you're feeling the urge to play, church is the perfect place! Ask a lot of our musicians! Some played in high school and began playing after many, many years. **Rehearsal schedules vary:** Contact Becky.

Children and Youth: Visit our "Ministry Fair" on September 10 or September 17. We would love to have a children's choir or youth choir/instrumental group. Sign your child/youth up and we'll get started! There's nothing better than hearing those young voices sing and play in worship!

"It is Well with My Soul!" Music is filling the walls and you are invited to be a part of our wonderful SHUMC Music Program!



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** this fall! We will meet at **9:00am in room 218**.

Church 101 Part I: The Wesleyan Way will answer questions like: Who are the people called Methodists? What makes us different from any other church? And, what unites us with other churches? This unit will run **September 10 – 24**. We will have a "fall break" after that and resume October 22.

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**.

Grounded Sunday School

Group offers an open space for sharing, support, fellowship, and spiritual growth for adults. Discussions may include family faith formation, parenting, marriage, and living as Christians in today's world. Specific studies and/or topics are determined by the group on an ongoing basis depending upon needs and interests. Grounded also typically joins in the church wide studies during both Lent and Advent. Feel free to join us on Sunday mornings at 10:00 AM in room 210 (or over Zoom (<https://sd27j.zoom.us/j/95427953892?pwd=bGdPd0ZiaVh3bTlrVEZqSkh1ei9Sdz09>) for fellowship and devotion to spiritually ground us for the coming week.



To start the year, we will be studying *Age of Opportunity* by Paul Tripp starting September 10.

PARENTING 20-SOMETHINGS

Are you a parent of a 20-something young adult? Gather with us as we talk about the complexities of parenting this amazing generation. You will find camaraderie and support as we learn together. Coming soon...workshops on mental health and drug and alcohol awareness. Our next gathering will be Thursday, Sept. 14th at 7 pm.

Tuesday Morning Theologians

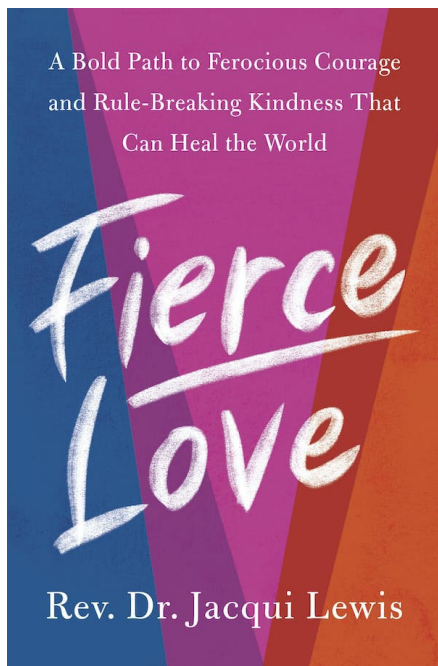
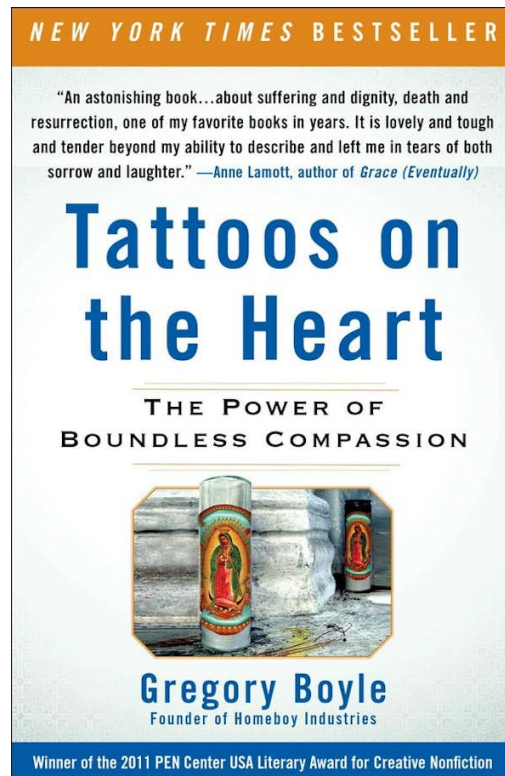
Join Tuesday Morning Theologians for six weeks starting September 12th for a reading and discussion of **Tattoos on the Heart – The Power of Boundless Compassion** by Gregory Boyle.

From the book: Gregory Boyle has run Homeboy Industries, a gang-intervention program located in the Boyle Heights neighborhood of Los Angeles, the gang capital of the world. In *Tattoos on the Heart*, he distills his experience working in the ghetto into a breathtaking series of parables inspired by faith. Filled with sparkling humor and glowing generosity, these essays offer a stirring look at how full our lives could be if we could find the joy in loving others and in being loved unconditionally. Gorgeous and uplifting, *Tattoos on the Heart* reminds us that no life is less valuable than another.

"An astonishing book . . . about suffering and dignity, death and resurrection, one of my favorite books in years. It is lovely and tough and tender beyond my ability to describe and left me in tears of both sorrow and laughter." Ann Lamott, author of *Grace (Eventually)*

We meet in room 214 from 9:00 to 11:00.

For more information contact John Tedrick at johntedrick@me.com



UWF Tuesday Lunch Bunch

You are very welcome to join **UWF Tuesday Lunch Bunch** for our next 9-week book study which will start on Sept. 12 at 11:30 in room 214. Fran Krech will lead our discussion of **Fierce Love**, by Rev. Dr. Jacqui Lewis. **Fierce Love** lays out nine practices for breaking through tribalism and engineering the change we seek. She shares stories that trace her personal reckoning with racism, and shows that kindness, compassion, and inclusive thinking are muscles that can be exercised and strengthened. For information contact Fran Krech, krechf@yahoo.com, 303-690-1799, or Kathy Tedrick, kathytedrick@me.com, 303-906-6440.

For other adult discipleship opportunities, see the Friday eblast, our website, or call the church office.

SOCIAL JUSTICE

Racial Justice Task Force

National Hispanic Heritage Month, created in 1988, begins each year on September 15th. This date coincides with the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. The month is intended to learn about and celebrate the histories, cultures and contributions of Americans who have their roots in Spain, Mexico, the Caribbean, and Central and South America. Hispanic Heritage Month runs through October 15th.

The Racial Justice Task Force felt this would be a good time to highlight *Enciende Una Luz* (Turn on a Light), the Spanish Language Ministry of Smoky Hill UMC.

It's reported in Matthew's Gospel (5:16 NIV) Jesus said, "In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." *Enciende Una Luz* has been sharing their light for the past thirteen years, having just celebrated their anniversary this past month. They have created, nurtured and grown a vibrant, diverse and spirit-filled fellowship that shines its light on our community.

The worshipping family of *Enciende Una Luz* is comprised of worshipers, young and old, whose heritages are from various countries in North, Central and South America. They come from many different cultures and nations and share a common language and a common faith.

A recent challenge of their ministry is meeting the needs of many people in our community who have heard about *Enciende Una Luz* and have reached out to them for assistance. The congregation has stayed true to Christ's teaching in helping these people.

Recently, on August 27th, a joint worship service was held with both our English speakers and Spanish speakers here at SHUMC. This was the most recent example of this type of service held over the past several years. These have allowed both the congregations of the church to become more familiar with each other. A potluck followed the service and provided even more opportunities for sharing and learning.



Ministerio Hispano

Enciende una luz a

AGEO 2:4

"Sean fuertes todos ustedes, gente que vive en esta tierra —afirma Jehová—, y trabajen". "Yo estoy con ustedes", afirma Jehová de los ejércitos.

Reconciling Ministries

Blessings to everyone from your Reconciling Ministries Team as we move forward into September. We wish you all a wonderful Labor Day Holiday and smooth sailing into our beautiful Colorado Fall season. August fifth we participated in the Aurora Pride Event at the Aurora Reservoir. It was a beautiful day and the weather cooperated with sunshine and blue skies. I would not be exaggerating in saying around 300 people stopped by our booth to say hello and partake of the swag we brought to hand out.

As is always the case, it was a very successful day because of the support we received from so many at Smoky Hill UMC. Thank you Crystal Duncan for helping with the registration process and Lynne Kersten for your tech support in getting our message and updates out. Thank you Fred Isernhagen and the Men's Group for supplying us with a canopy to protect us from the sun and heat. Thank you Mission Crafters for making the very popular neck coolers. You made us 100 and word spread throughout the crowd quickly as they were so appreciated on such a warm day. They were the first item we ran out of. Thank you Candy and John Kingsbury for supplying the Pridesicles that are always so popular at Aurora Pride. Over 300 hundred Pridesicles were handed out and none came home with us. Thank you team members Nancy Friday, Kathy Brennan, Deb Craig, Alisa Bishop, Denise Arnold and Genie Hendley for the delicious homemade and store bought snacks that were handed out to so many, and extra coolers to store our swag in.



We had a great turnout from the church this year. Tom Dosch and Stephanie Berry brought out Lily and Scott Berry, Trinity Horne, Will Dosch, Caiden and Lizzy Kessler and Brady Skarphol. This group worked our booth for several hours handing out goodies and meeting the masses. Faryn Greer, Terra Dabney, Nancy and Lucia Friday, Crystal and Ashley Duncan, Jana Jones and Roger Wadleigh all attended the event and spent time in our booth. I am sure there are others I have missed and I apologize but thank you all for coming and participating. Finally and possibly most important, thank you to our Smoky Hill Family. Without your support as a Reconciling Congregation we would have no authority to take our ministry outside of our walls and be involved in the community. Thank you and Bless you all.



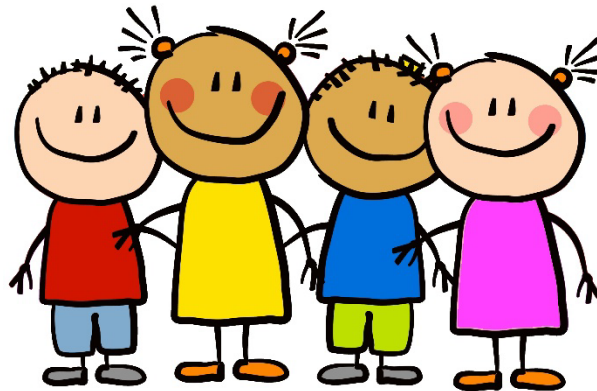


The bible is full of stories of some of the greatest friendships in history. There are fewer things in life more valuable than a good friend who supports our mental, physical and spiritual well-being. As Christians, we sing “what a friend we have in Jesus”. May we nurture our friendship with both our Heavenly Father and our earthly relationships as we seek to live life abundantly.

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

Topic: What Every Child Needs for Good Mental Health



It is easy for parents to identify their child’s physical needs: nutritious food, warm clothes when it’s cold, bedtime at a reasonable hour. However, a child’s mental and emotional needs may not be as obvious. Good mental health allows children to think clearly, develop socially and learn new skills. Additionally, good friends and encouraging words from adults are all important for helping children develop self-confidence, high self-esteem, and a healthy emotional outlook on life. From Mental Health America:

[What Every Child Needs for Good Mental Health | Mental Health America \(mhanational.org\)](#)

BODY

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

Children My Plate Crossword Puzzle

Eat Healthy on a Budget

Health Benefits of Physical Activity – Adults

Meal Planning

Recipe of the month: Greek meatballs

Instead of meatloaf, turn your ground turkey into delicious Greek meatballs.

<https://danawhitenutrition.com/recipe/greek-turkey-meatballs/>



Join Our Yoga Class! – Change of hours Sept 5 to 1:45

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. Beginning Sept 5th we will meet **Every Tuesday at 1:45 PM in the Celebration Hall.**

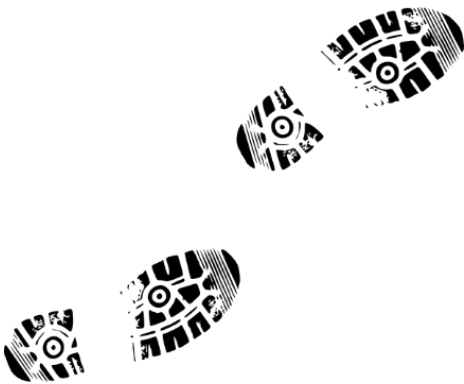


Exercise on Zoom!

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

Friendships



Good Friends are good for your mental, physical and mental well-being, but it's not always easy to develop or maintain friendships. Read this article about understanding the importance of social connection in your life and what you can do to develop and nurture lasting friendships from the Mayo Clinic: [Friendships: Enrich your life and improve your health - Mayo Clinic](#)

And here is an article about supporting your child and their friendships: [Getting to Know Your Child's Friends: Tips for Parents - HealthyChildren.org](#)

All Church Clean Up Day!
Saturday, September 9th from 9:00am-Noon

Let's get ready for
Kickoff Sunday!



Help Clean Our Church

A green rectangular banner with white text and a central image. The image shows a bucket filled with cleaning supplies like spray bottles, cloths, and a brush, set against a light blue background with a wooden floor.

ATTENTION!

We are in need of Ushers!

This is a great way to support your church, congregation and help do God's Work.

It takes approximately an extra 45 minutes of your Sunday morning. It is also a great way to meet new friends, reacquaint with old friends and extend a hand to all!

We are returning to two services September 10 and this will put a strain on our volunteers. Any help would be appreciated.

If you would volunteer to help one Sunday, one Service a month, it would be of great help. A commitment would really be good. At this point it is a scramble nearly every Sunday to get enough help. If we could count on people every Sunday it would be a great help.

Contact me, Ben Berges at benberges@comcast.net or call 303-746-7301. Thank you very much!

Blessings, Ben

Our **Welcome Desk** is looking for friendly, smiling faces to work once a month. It is so important that everyone who walks into our building feels genuinely welcomed and 'at home.' It is a simple and rewarding job! You just arrive 15 minutes before the service, greet your friends (and those who will soon be your friends), show visitors where the sanctuary is and enjoy being a vital part of our ministry. If you would like additional information, please contact Susan Hora (cusaqlass@gmail.com, 636-236-6549). Scheduling is very flexible!



UNITED WOMEN IN FAITH

SMOKY HILL
UNITED METHODIST CHURCH

FALL CRAFT FAIR

- HOSTED BY UNITED WOMEN IN FAITH -

SAT 10/21/23
9am-3pm

19491 E Smoky Hill Rd | Centennial

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

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

Following Jesus together

