



ELEMENTS

February Newsletter

2023



Patti's Ponderings

In one of my first sermons this summer, I shared that the one thing I know for sure, or at least the one thing I'm willing to base my life on, and that is that God is Love. **God is love** is my anchor, it is central, a home-base from which I operate. As I've journeyed through life, I've accumulated other convictions. But most of those convictions have turned out to be fluid. Some gain strength and others need to be re-worked. That is part of life as we are shaped by our life experiences. But the one thing for me that hasn't shifted since childhood is the understanding that at the core, God is love. I thank my parents and home church for loving me and planting that seed deep in my soul.

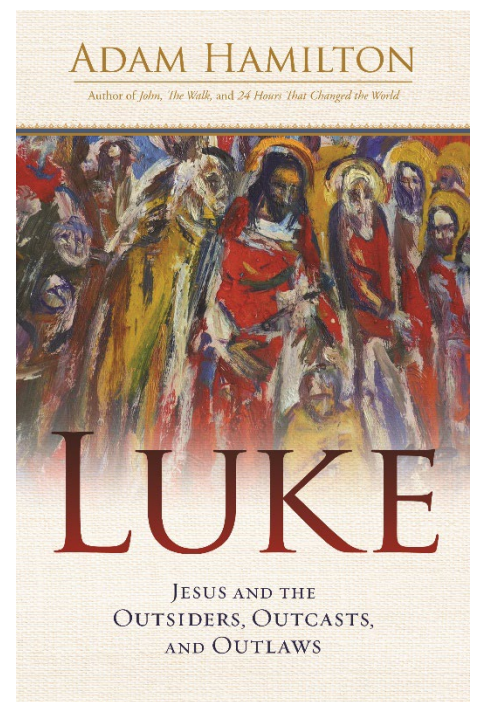
The thing that keeps me tied to Christianity is Jesus. He embodies the truth that God is Love. I find his life very compelling. Though I have spent a lifetime learning about Jesus, there is always more to learn. Then the biggest challenge is seeking to live my life following in the way of Jesus. A lifelong quest. Every step of the way I have discovered that Amazing Grace we sing about. I have found life that is LIFE. The abundant life Jesus promises us.

I am looking forward to this upcoming season of Lent (Feb. 22-Apr. 9) because we are going to explore together the life of Jesus as recorded in the Gospel of Luke. Who was Jesus? How did he live? What did he teach? What difference does all that make for us today? We will publish a schedule so we can read through the Gospel of Luke during Lent together. Each Sunday in worship, we will focus on an aspect of Jesus' life and ministry. And many of our Sunday school classes, from children and youth to adults, will all be studying Adam Hamilton's latest book, *LUKE: Jesus and the Outsiders, Outcasts, and Outlaws*. I encourage you to read this book and find a small group of people to talk with about it. All of those classes are always open to newcomers.

Let's continue our journey of following Jesus together this Lent and see what the Gospel of Luke can teach us for our lives in this time and this place.

Following Jesus together,

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



CHILDREN & FAMILY



The Children and Family Ministries team is collecting new children's underwear and socks for children at local elementary schools. We will collect until February 12th. Donations can be dropped off on Sunday mornings from 8:30-11:30 am or Church office hours Monday to Friday 9am -2 pm.

We donate to schools in Arapahoe, Denver, and Adams counties. Please place new socks and underwear for children in the large bucket by the display in the Gathering Space or by front doors.

Thanks for your support and generosity!

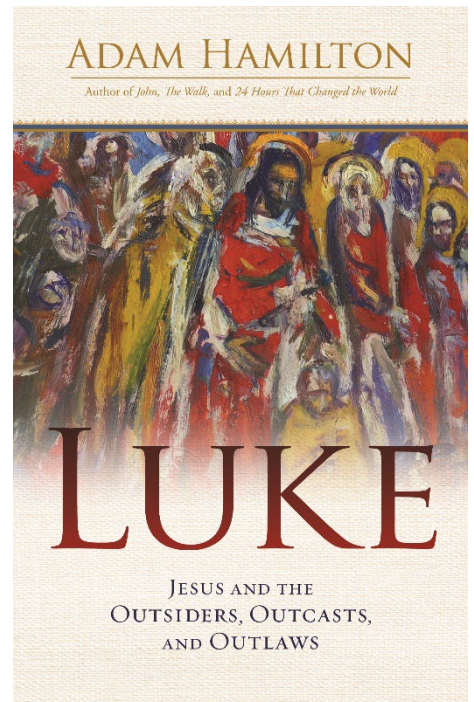
Lenten Study

Our Children will be participating in the Church Lenten Study from February 26th to April 2nd.

Children

Kindie to 1st grade room L34

2nd to 5th grade room L27



Save the Dates!

Vacation Bible Camp
June 26-30th 5:30-7:30 p.m.

Field Day, July 30th after
Church Worship Services



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



King Food Ministry

The King Food Ministry comes every Thursday morning at 9:15 a.m. outside at the Gazebo when the weather is nice and in the hallway outside Celebration Hall when the weather isn't nice. Safeway donates perishable items like eggs, yogurt, and lots of baked goods, the Olive Garden donates frozen soups and lasagna, and McDonalds donates frozen breakfast foods. There is **always more** than we can give away, so please spread the word or come and pick up some food for yourself or someone you know that could use some! ***Be sure to get here early or on time!***

Marti's Pantry

Marti's Pantry is stocked with non-perishable food. This pantry is for church members and community members who may need extra help. If you need something, please, take what you need. If you know someone in the community who needs food, please have them stop by the church and take what they need. The pantry is located in the education wing across from the elevator.

Medical Equipment

We have various medical equipment such as crutches, walkers, canes, scooters, and shower chairs in the church basement. These items are loaned out for as long as you need them! If you or someone you know needs this kind of equipment, you can come to the church, sign out what you need, and then return it when you're done.

If we don't have what you need, try Hospital Equipment Lending Program (HELP):

Website: www.assistanceleague.org/denver/

Email: aldenverhelp@gmail.com.

Phone: 720 598-6126

Appointment scheduling, click [HERE](#)



**Come learn how Jonah speaks to us today
about racial justice
Monday nights 5:30pm on Zoom**

Would you like to learn how the book of Jonah speaks to themes of racial justice in its own time and in our modern world?

Pastor Virginia is leading "Fish Food" on Zoom on Monday nights at 5:30-7:00 p.m., **January 30th - February 27**. We will explore the world of Jonah and themes of racial justice hand-in-hand. After 5 weeks, you'll walk away with a deeper understanding of both Jonah and some important concepts and documents in Black history (how appropriate for Black History Month!).

Register in advance for this meeting: [Zoom Registration Link](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

Lenten Study

From Birth to Resurrection in the Gospel of Luke Jesus came to lift up the lowly. Throughout his ministry to his final days on the road to the cross, we find stories of his relationships with ordinary, flawed, and unexpected people. He met, dined, and traveled with people who were not perfect. Many of them were struggling, some were outsiders or even outlaws. Whoever they were, from those he healed to the outlaws with him at his crucifixion, Jesus brought the good news of God's kingdom to those who most needed to hear it.

In *Luke: Jesus and the Outsiders, Outcasts, and Outlaws*, pastor and bestselling author Adam Hamilton explores the life, teachings, death, and resurrection of Jesus as told in the Gospel of Luke. Through Luke's stories we find Jesus' care and compassion for all as he welcomes sinners and outcasts. As we study Luke and see Jesus' concern for those who were considered unimportant, we hear a hopeful and inspiring word for our lives today.

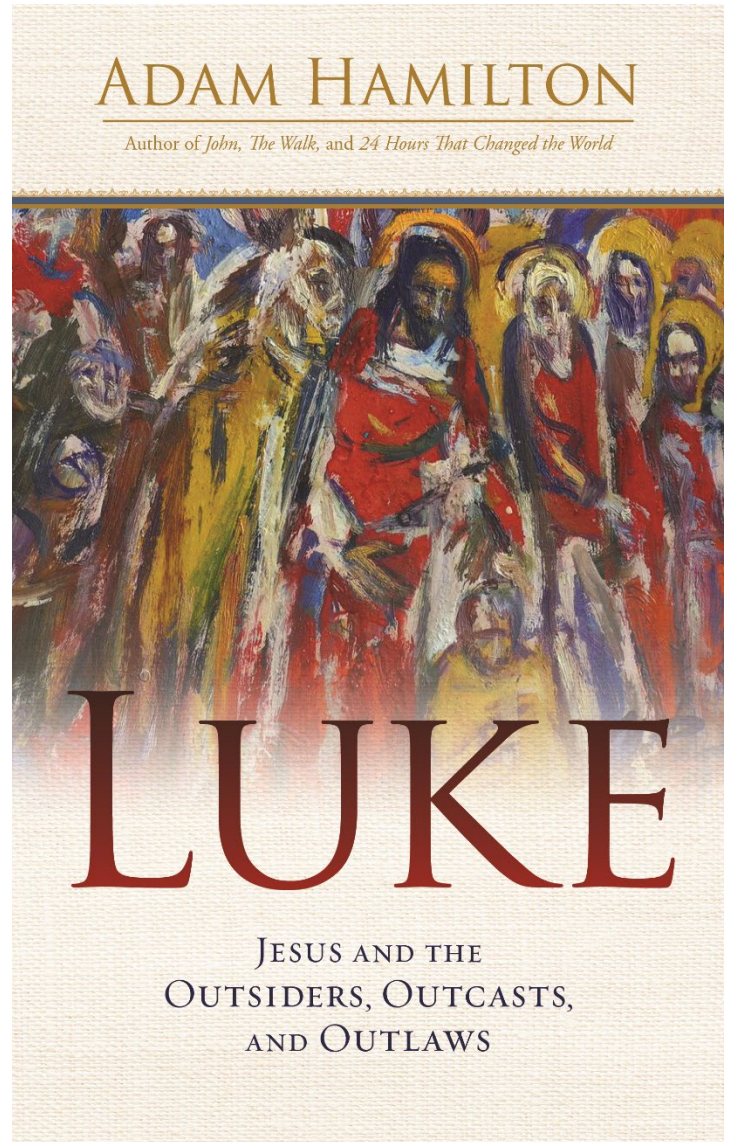
Join a Lenten Study Class that works for you!

Sunday Classes for Kids, Youth, and Adults (Grounded) at 9:00a.m. beginning February 26

Tuesday Classes for Adults:

Theologians at 9:00 a.m. beginning February 28

Lunch Bunch at 11:30 a.m. beginning February 28



Now Hiring SHUMC Finance Director

To apply, submit a cover letter and resume to churchsecretary@smokyhillumc.org

See Job Description for details



303-690-9816

Part-Time Youth Director Wanted

See eblast, Facebook, or call 303-690-9816 for Job Description

Submit cover letter and resume to churchsecretary@smokyhillumc.org

SPRC ANNOUNCEMENT

On behalf of Pastor Patti and the SPRC, I am pleased to announce Jen Dahlen as the Interim Youth Leader. Jen continues to be instrumental in leading the youth and working with our youth sponsors in this time of transition. SPRC will continue its search for a youth director but we know the program is in good hands with Jen in as an interim leader. Please reach out with questions directly to SPRC.

Thank you,
Frank Moore
SPRC Chair



SHUMC 2023

— YOUTH — PANCAKE *Supper*



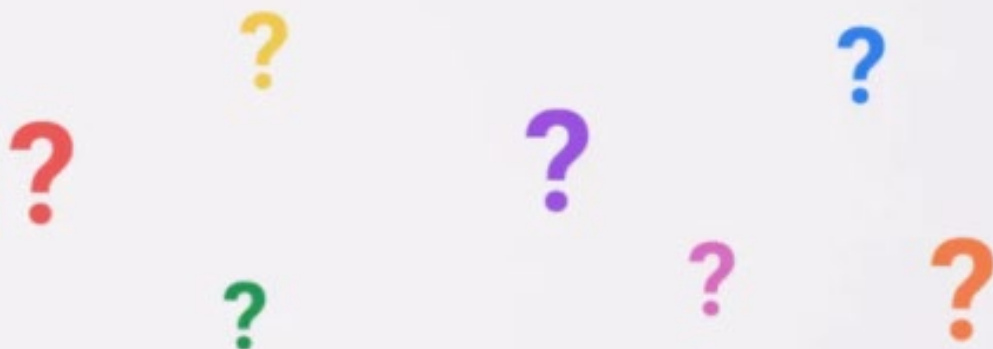
PANCAKES & MORE!
GLUTEN-FREE PANCAKES

**GET AN ARTISTIC
PANCAKE FOR AN EXTRA
DONATION!**

- FAT TUESDAY! -
TUES, FEB 21 • 5:30-7PM

WE ARE RAISING FUNDS FOR YOUTH
GROUP TRIPS AND ACTIVITIES.
COME JOIN US! EVERYONE IS WELCOME!

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 Black History

February is Black History Month in the United States, so let’s talk about Black history. Around this time last year, we learned about how language matters when we learn Black history. Today, it’s story time! You’ve probably heard about how Rosa Parks sat down on a bus in Montgomery and changed the course of history, but there’s so much more to that story.

Rosa was not the first activist to protest by staying seated on a segregated public bus when the law said she had to stand up. In Montgomery, 15-year-old Claudette Colvin got arrested for the very same thing just a few months before Rosa did. Many high school and college students were prepared to protest, waiting for the right moment. The adult organizers of key groups, the NAACP and another group called the Women’s Political Council (WPC) did not feel this was the right moment yet. So, they waited.

When Rosa was arrested, Jo Ann Robinson and two of her college students stayed up that very night making flyers, and they got the ball rolling before the NAACP had even heard the news. Jo Ann was the president of the Women’s Political Council and a college professor. The beginnings of the culture-shifting Montgomery Bus Boycott were women and college kids. The men joined their already impactful campaign a week or so later.

You may also remember this bus boycott is where Rev. Dr. Martin Luther King, Jr., began to rise to fame. He was elected the first president of the Montgomery Improvement Association, which formed as part of the organization behind the boycott. If you’d like to read more about the boycott and all these important people, I recommend starting here: <https://billofrightsinsitute.org/essays/rosa-parks-martin-luther-king-jr-and-the-montgomery-bus-boycott>

All this history is fascinating, but what can we *do* with it?

1. Learn it. These are stories we should have learned in school, and the good news is, we are never too old to learn another story! And as we learn our nation’s history, we can share what we learn with others, too!
2. Notice how many crucial parts of this story happen because people who looked pretty much powerless did something. Do not underestimate your own impact. And don’t let others underestimate their impact, either.
3. This boycott happened in 1955. There are plenty of people alive today who saw it happen or participated in it or condemned it. When we consider the broader civil rights movement that continued on through the 1960s and 70s, there are even more people who remember those days. If that’s you, consider sharing your story and perhaps how you thought about it then and think about it now. I’m sure I’m not the only one who would love the opportunity to learn from you!
4. If you (like me) are a bit too young for that, then try some extra listening this month. Even if the elders in your life don’t have civil rights movement stories, take some time and listen to the stories they want to tell you. I am confident you’ll learn something about the people you love that way, and you might even gain a new perspective on your own history.

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 virginiag@smokyhillumc.org.

MEN'S GROUP

Attention King Soopers Customers

King Soopers Community Rewards Program Benefits SHUMC
at **No Additional Cost to You**

- Swiping/scanning your Sooper Card is an easy way to benefit the church
- But you must register the card and elect the 5% benefit to go to Smoky Hill UMC
- This has no impact on what you pay.







For details, see **Tim Davis** in the Gathering Space after worship.

King Soopers Community Rewards Program

Benefits SHUMC at **No Additional Cost to You**

Just swipe/scan your King Soopers “Sooper Card” whenever you check out.

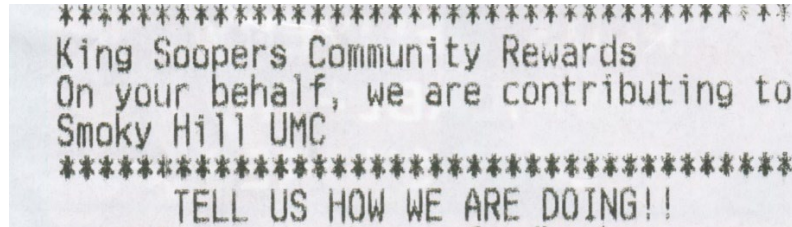
HOW TO ENROLL

1. **First, you need a Sooper Card.** It looks like this:   checkout
If you don't have one, just ask for one at Customer Service desk or at the stand at any King Soopers store. It is free.
2. **Once you have your card,**
 - a. Log in at <https://www.kingsoopers.com/>
 - b. If you don't have an account, you can set one up with your email address, your 12-digit card number (back of Sooper Card), and a password you create.
 - c. Once logged in, go to your **profile** by clicking the  at the top right of the page.
 - d. From the menu that pops up, choose **My Account**.
 - e. From the menu on the left, choose **Community Rewards**.
 - f. If you are already donating to an organization, it will show up in the center of the screen. If so, you can change by selecting **Change Organization** button. Otherwise, there should be a button to let you enroll to select a beneficiary organization. Click whichever button applies.
 - g. At the next screen, in the box under **Find an Organization**, type **WS802** then click the search icon. 
 - h. Under “Search Results” the following should appear:

i. Click the **Enroll** button. You may be asked to verify, but otherwise, you should be all set!

3. Every time you shop at King Soopers, City Market, or buy gas at the Loaf-n-Jug or any other Kroger store, remember to scan or swipe your Sooper Card. Up to 5% of your purchase amount will come back to SHUMC.

4. When you scan your Sooper Card at checkout, toward the bottom of the receipt, you should see the following statement (or similar), which is further verification that your enrollment was successful:



Organization Name

Smoky Hill UMC

Organization Address

19491 E. Smoky Hill Road
Centennial, CO 80015

Enroll

THANK YOU FOR SUPPORTING YOUR CHURCH HOME!



Chili Warms the Soul Dinner



It's back!

Bring a pot of your favorite chili to share and join us on Sunday, February 5, 5:30 to 7:00 p.m. in the Celebration Hall. Side-dishes and desserts are also needed. No cook-off contest, just good food and fellowship.

Sponsored by the SHUMC Mission Team; a freewill offering will be accepted to support Aurora Warms the Night. Don't forget your muffin pans for the ultimate tasting experience!

Monday, January 9, 23

Save the Date-February 5th!

After an absence of several years, Chili Warms the Soul is returning. Dust off your favorite chili recipe and your crock pot, and plan to attend Chili Warms the Soul on February 5th from 5:30 - 7:00. If you don't have a favorite chili recipe, feel free to bring a salad or dessert. Don't forget your muffin pans for the ultimate tasting experience! See you on the 5th.



Walk to Jerusalem

Once again, the Abundant Health and Mission Teams are sponsoring a 12-week imaginary walk to Jerusalem to encourage physical activity, spiritual growth, and cultural awareness. We will take a different route this year and will post a little bit about the area we are walking through each week. Beginning mid-January, you can report your steps/ miles to help Smoky Hill reach Jerusalem by Easter. Watch for further details in the weekly eblasts.

The theme of our walk this year is kindness and there is a devotional with scripture, kindness challenges, songs, and a link to a children's book. This is available [online](#) and there are printed copies in the Gathering Space.

We are also making a kindness display. If you have any questions, please contact Sharon Davis at stdavis21@comcast.net.

[Click here for the devotional](#)

[Click here to report miles](#)

[Click here for the Spotify play list](#)

It's time for a New PICTORIAL DIRECTORY!



Photography will take place at Smoky Hill United Methodist Starting February 6, 2023.

No cost to be photographed.
Receive a Complimentary 5x7

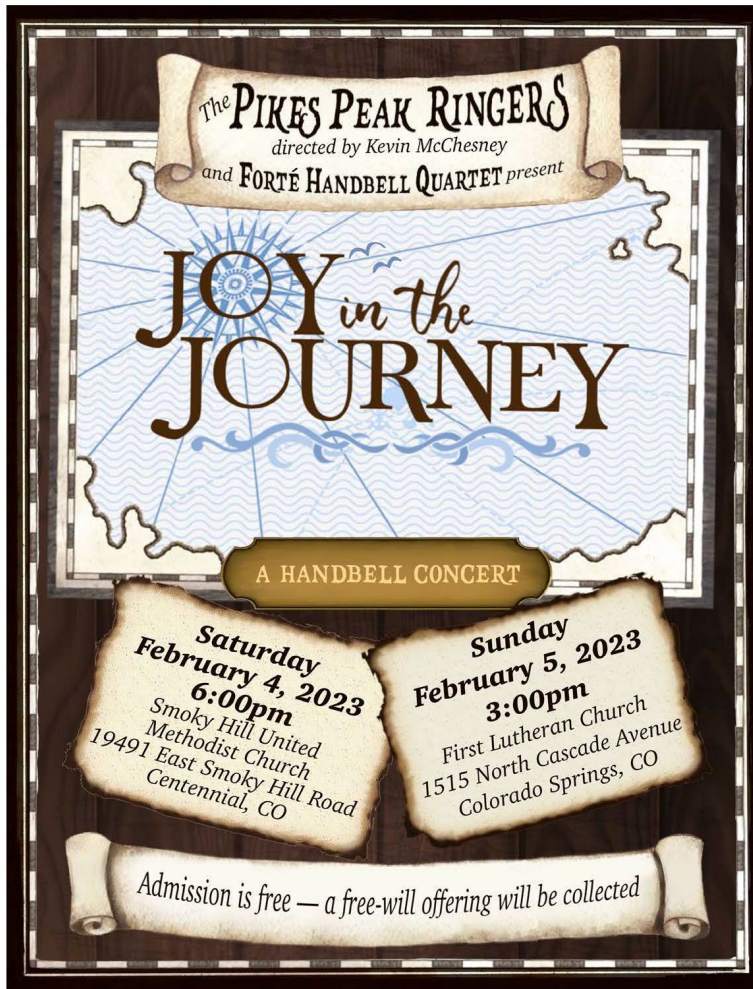
You must be photographed to get a copy of the directory.

Portrait options also available at Bettinger Photography's Englewood Studio NOW!



Schedule by phone at 303-400-6023 Or online www.PictorialServices.net

Photography sessions start soon and will take place **Feb. 6-11 at SHUMC** in Classroom 218. You may also be photographed now for the directory at Bettinger Photography in Englewood to receive the same benefits. Portraits are available for purchase at discounted pricing. Only those that are photographed receive a copy of the printed pictorial directory and a free 5x7 photo. You can schedule your appointment by phone at **303-400-6023** or online at www.bettingerphoto.com.



CONCERT FEBRUARY 4 AT SHUMC

Pikes Peak Ringers, special guest *Forté*, and additional musicians are excited to invite you to our Farewell Concert, *Joy in the Journey*, on Friday, February 4th at 6pm at Smoky Hill United Methodist Church. Our beloved director Kevin McChesney is retiring, and this will be his final concert series directing the Pikes Peak Ringers, 32 years after he founded the group. Come join us for the celebration of music to honor his time with us! This concert is free – a goodwill offering will be taken during the concert.

If you have ever heard or played handbells, chances are that you have heard a piece of music written by Kevin McChesney. A career composer and arranger of handbell music, Kevin has over 1,000 titles in print and is one of the very few musicians who makes handbells a full-time vocation. He has been in demand throughout the handbell world as a workshop clinician and festival conductor for decades. He has touched every corner of the handbell world and many, many lives in the process, and will be missed.

The Pikes Peak Ringers

(www.PikesPeakRingers.com) is a

community handbell choir that has performed a variety of styles of music, including classical, traditional, pop, jazz, new age, contemporary and original. In addition to performances throughout the state of Colorado and the western United States, the Pikes Peak Ringers have been the featured group at several national handbell choir events, have been involved with publishers in providing promotional recordings of new releases, and have recorded seven studio CDs and produced two performance DVDs.

In January 2009, the Pikes Peak Ringers were selected as the winner of a worldwide collaboration contest with cellist Yo-Yo Ma. The track, “Dona Nobis Pacem,” was included on Ma’s 2009 album, “Songs of Joy and Peace,” and also on PPR’s sixth album, “Classics,” released in 2011.

The group will continue in the future under a new director.

Saturday, February 4th, 6pm
Smoky Hill United Methodist Church
19491 East Smoky Hill Rd
Centennial, CO



SMOKY HILL UMC QUILT GROUP

Church Quilting Group will meet on **February 7**, not February 14 due to the Valentine's Day conflict.

SOCIAL JUSTICE



Second Regular Session | 73rd General Assembly

Colorado General Assembly

COLORADO GENERAL ASSEMBLY (leg.colorado.gov)

The general assembly session goes from the 2nd week in January to the 2nd week in May. Lots of interesting topics have already been introduced with many more to come. Some of the topics so far are Food Accessibility, Secondary School Substance Abuse, Epinephrine Auto Injectors, Property Valuation, Women's Rights in Athletics, Placement of foster children with a relative or kin. Ask me about this one. I heard very emotional testimony in a committee hearing.

We are running a Sunday school class the 1st and 3rd Sundays in room 219 observing the bills being introduced in this session. You will learn how to listen to committee hearings virtually and advocate for those bills that are important to you. If you are moved to testify I'll show you how to do this. Or just be an observer. Lots of drama at the state capitol!



**COLORADO
VILLAGE
COLLABORATIVE**

COLORADO VILLAGE COLLABORATIVE

As always, thank you for supporting this organization that gives a “hand up” to homeless with the goal of self-sufficiency. There have been approximately 15 who have transitioned to apartment with the help of CVC since the firsts of December.

Always needed are warm clothing, adult only. There are no children there in the Safe Open Spaces with tents and tiny homes. Donations of coffee, snacks, bottled water, sugar, creamer, new underwear for men and women are appreciated.

Social Justice is about positive change. Be a part of this.
Sue Ricker

Racial Justice Taskforce

Recently we celebrated racial justice Sunday and the Racial Justice Task Force shared the Charter for Racial Justice Policies for The Book of Resolutions of The United Methodist Church. Written by The United Methodist Women (UMW) and adopted as the churches official stance in 1980. Here is that statement:

We are conscious that “we have sinned as our ancestors did; we have been wicked and evil” (Psalm 106:6 GNT). We call for a renewed commitment to the elimination of institutional racism. We affirm the 1976 General Conference Statement on The United Methodist Church and Race that states unequivocally: “By biblical and theological precept, by the law of the church, by General Conference pronouncement, and by Episcopal expression, the matter is clear. With respect to race, the aim of The United Methodist Church is nothing less than an inclusive church in an inclusive society. The United Methodist Church, therefore, calls upon all its people to perform those faithful deeds of love and justice in both the church and community that will bring this aim into reality.”

Because we believe:

1. That God is the Creator of all people and all are God’s children in one family;
2. That racism is a rejection of the teachings of Jesus Christ;
3. That racism denies the redemption and reconciliation of Jesus Christ;
4. That racism robs all human beings of their wholeness and is used as a justification for social, economic, environmental, and political exploitation;

5. That we must declare before God and before one another that we have sinned against our sisters and brothers of other races in thought, in word, and in deed;
6. That in our common humanity in creation all women and men are made in God's image and all persons are equally valuable in the sight of God;
7. That our strength lies in our racial and cultural diversity and that we must work toward a world in which each person's value is respected and nurtured;
8. That our struggle for justice must be based on new attitudes, new understandings, and new relationships and must be reflected in the laws, policies, structures, and practices of both church and state.

We commit ourselves as individuals and as a community to follow Jesus Christ in word and in deed and to struggle for the rights and the self-determination of every person and group of persons.

Therefore, as United Methodists in every place across the land, we will unite our efforts within the Church to take the following actions:

1. Eliminate all forms of institutional racism in the total ministry of the Church, giving special attention to those institutions that we support, beginning with their employment policies, purchasing practices, environmental policies, and availability of services and facilities;
2. Create opportunities in local churches to deal honestly with the existing racist attitudes and social distance between members, deepening the Christian commitment to be the church where all racial groups and economic classes come together;
3. Increase efforts to recruit people of all races into the membership of The United Methodist Church and provide leadership-development opportunities without discrimination;
4. Establish workshops and seminars in local churches to study, understand, and appreciate the historical and cultural contributions of each race to the church and community;
5. Raise local churches' awareness of the continuing needs for equal education, housing, employment, medical care, and environmental justice for all members of the community and to create opportunities to work for these things across racial lines;
6. Work for the development and implementation of national and international policies to protect the civil, political, economic, social, and cultural rights of all people such as through support for the ratification of United Nations covenants on human rights;
7. Support and participate in the worldwide struggle for liberation in church and community;
8. Facilitate nomination and election processes that include all racial groups by employing a system that prioritizes leadership opportunities of people from communities that are disproportionately impacted by the ongoing legacy of racial injustice. Use measures to align our vision for racial justice with actions that accelerate racial equity.

ADOPTED 1980; READOPTED 2000, 2008, 2016

This statement gives us plenty to pray on, act on and work with to take steps to move the arc of justice towards good. We hope you all take time to find how this can guide you and move you to get involved.

UNITED WOMEN IN FAITH



United
Women
in Faith

Love in Action: Making an Impact Sunday, Feb 19

Learn from our speaker, Sue Ricker about
how you can make your voice heard.

YOU can make a difference.

Noon- 2 PM , Pot-luck lunch following
the second service in room 214.

ALL are welcome.

Smoky Hill UMC

Abundant Health

Mind

Body

Spirit



“And God said, “See, I have given you every herb that yields seed which is on the face of all the earth,
and every tree whose fruit yields seed; to you it shall be for food.”

Genesis 1:29 (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

Mental Health Resources in Colorado at this link [CO Mental health resources 2022 pdf](#)

BODY

Focus: Try Something New!

Take time to thank God for providing us so many different ingredients that make our foods healthy and tasty. Try a new and different healthy recipe substitution in your favorite dish. You may find that it will elevate your dish and have everybody wanting to be your biggest fan! Try using seasonal ingredients. You can find a list of what is in season using the Seasonal Food Guide <https://www.seasonalfoodguide.org/>. Also consider growing your own herbs and using herbs and spices instead of adding salt. You can learn more about herbs <https://www.nal.usda.gov/legacy/afsic/medicinal-and-culinary-herbs>

Health Resources: (Pdf links)

[Children Energy Balance: Energy In & Energy Out](#)

[Dine Out/Take Out](#)

[Start Simple with MyPlate](#)

[Why Should I Lose Weight](#)

[Knowing What Your Weight Means - BMI](#)

Recipe of the Month

Here's a different variation on a favorite pasta dish:

[Rigatoni with Butternut Squash and Spicy Sausage.](#)



Join Our New Yoga Class! Tuesdays at 1:30 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 1:30 in the Celebration Hall (no class Feb 14.)**

Exercise on Zoom!

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

Abundant Health Hiking Group

With the weather changing, our hiking group may not be as active. Keep an eye out for future hikes by watching the weekly e-blast or our [Smoky Hill Abundant Health Facebook page](#)

Looking to Snowshoe or Cross-Country Ski?



Bob Krech would love to join you.

Or teach you!

Contact him at bobkrech@aol.com

SPIRIT

Are you a worry wort? See what Psychology Today says about a simple but effective trick to stop worrying so much. [A Simple but Effective Trick to Stop Worrying So Much | Psychology Today](#)

Keep Us Informed!



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

churchsecretary@smokyhillumc.org