



# ELEMENTS

**OCTOBER 2024 NEWSLETTER**



## **Patti's Ponderings**

What does it mean to be United Methodist? What makes us distinct from other denominations? We will explore our Wesleyan roots and basic theology in worship Oct. 13 – Nov. 10. Our founder, John Wesley, was a remarkable Anglican priest in England in the 1700's. On the one hand, he was very loyal to the Anglican Church. On the other hand, he took strong stances against some Anglican practices which got him thrown out of the pulpit on more than one occasion. His theology is based in grace and is what's called a social gospel. He was deeply committed to caring for the lost and broken people from all walks of life. We have a wonderful heritage that shapes who we are today and how we live our faith in the world. As United Methodists, we are rooted in God's unbounded love and transformed by God's universal grace. I look forward to sharing entertaining stories of Wesley to help us understand our beliefs and tradition.

*~Pastor Patti*



# WORSHIP

## SUNDAYS AT SMOKY HILL UNITED METHODIST CHURCH

Worship 8:30 am & 10:00 am  
10:00 am service livestreamed  
*Sunday School for All Ages*  
Spanish Service 10:00 am

**All are Welcome!**

## Enciende Una Luz

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

Llame a Pastora Lucia Correa al  
303-690-9816

**CAN'T BE HERE?** Join the 10:00 AM English Service on [Facebook](#) or [YouTube](#)  
To livestream the Spanish Service, please contact Pastora Lucia for the link.

### THANK YOU, JEN DAHLEN

Check out our beautiful new mural on the wall across from Celebration Hall. Next time you see Jen, thank her for the many hours of work she put in to create this special art for SHUMC!

### MISSIONARY GUEST SPEAKERS Sunday, October 6

Join us after the second service for lunch and to hear about being a missionary in Ecuador



RSVP 303-690-9816  
or email [churchsecretary@smokyhillumc.org](mailto:churchsecretary@smokyhillumc.org)

## Thank you, Jen Dahlen, for our beautiful mural!



### LAY MISSIONARY LUNCH

Join us after worship on Sunday, October 6 to hear more from Pastor Patti's Lay Missionary friends, David and Shari Nelson. Lunch provided with RSVP.



# ADULT CLASSES & GROUPS

## **Adult Open Door - Sundays at 9:00 am in Room 214**

This class is a welcoming, inclusive environment, inviting individuals from diverse backgrounds to participate, whether you're new to Bible study or have been participating for years. Come as you are! No need to prepare or do homework - just bring yourself and an open heart. We use various forms of media to stimulate thoughts and ideas and focus on meaningful conversation and spiritual growth rather than formal lessons. No need to rsvp – just drop in whenever you can. For more information contact Kim Brice [kbrice227@gmail.com](mailto:kbrice227@gmail.com)

## **The Way of Faith – Sundays at 9:00 am in the Upper Room & on Zoom**

This is an inclusive and open group whose focus is on God's love in our world today and how we can do better to live God's will in our lives. We start each class with a video that includes such authors and theologians as Richard Rohr, Diana Butler Bass, AJ Levine, Adam Hamilton and many, many more. Each Sunday is a standalone teaching and conversation allowing people to attend when possible. We hope you will join us as we gather to discern the way of Christ in our lives today and seek to be deeper rooted in the love of God.

**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.**

**Parents of 20 Somethings** Parenting our children post-High School is full of blessings and challenges. Join our group of parents on the 2<sup>nd</sup> Thursday of each month as we discuss the dynamics, share in our celebrations, and support one another through the difficulties.

**Tuesday Morning Theologians** welcome a new church year with a study of the book *Matthew– The Gospel of Promised Blessings* by Matthew L. Skinner. This six-part study begins September 10<sup>th</sup> at 9 am in Room 214 and is facilitated by co-leaders John Tedrick ([johntedrick@me.com](mailto:johntedrick@me.com)) and John Richard ([jhrcolorado@icloud.com](mailto:jhrcolorado@icloud.com)) Contact either for more information.

Join the **UWF Tuesday Lunch Bunch** for our next study *John: The Gospel of Light and Life* by Adam Hamilton. We will read this book each Tuesday September 10 through October 15 meeting from 11:30 to 1:30 while we share lunch together. For more information contact Kathy Tedrick at [kathytedrick@me.com](mailto:kathytedrick@me.com) or 303-906-6440.

Click here for more offerings: [Adult Discipleship Opportunities](#)

## **Dementia Support Group**

**Are you or a loved one dealing with dementia? Come to the Dementia Support Group led by Bobbie D'Addario at SHUMC on the 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Wednesdays of the month from 10 am – 12:00 pm in Room 214.**

## Hospice and End-of-Life Care Workshop

Join us on October 24th at 7pm for a workshop offered by Rev. Isaac Dunn, entitled "**Walking Our Loved Ones Home: An Introduction to Hospice and End of Life Spiritual Care.**" This workshop will offer education on hospice care, tips on offering spiritual care for individuals and their families at end of life, resources related to end of life education. It will also provide space for attendees to engage in conversation and ask questions related to death, dying, and end of life. This presentation is open to anyone wanting to learn more about hospice, spiritual care, or end of life. We will meet in the Upper Room.



Isaac is a provisional deacon in the Mountain Sky Conference who currently serves as a Hospice Chaplain for Brighton Hospice, a home-hospice company that serves the Metro Denver Area.



## CARE & PRAYER



**Bob & Judy Kerbs would like to express a big THANK YOU to our wonderful church family for the many prayers, cards, calls, texts, visits and meals following Bob's back surgery. What a blessing you are in our lives!**

### ANIMAL BLESSING

Our pets are a precious part of our lives, and a special aspect of God's creation. We are offering an animal blessing on Saturday, October 12<sup>th</sup>. Drop by the Gazebo between 4:00 & 5:30 and we will say a blessing over your pet.

If you have a prayer request, please email Pastor Patti [pattia@smokyhillumc.org](mailto:pattia@smokyhillumc.org) or call the church office at 303-690-9816.

Please include where you would like the request to go: pastors only, Prayer Chain, announce in Sunday worship.

**Blessing of the Animals**  
**Saturday, October 12**  
Stop in or drive by  
the SHUMC Gazebo  
any time between  
**4:00-5:30 pm**





# CHILDREN & FAMILY

## Children and Family October 2024

### BOUNCE HOUSE



On September 8<sup>th</sup> we kicked off with Sunday School, but before we could learn we needed to have some fun with the bounce house. The weather was perfect, and all had a fun time.

#### Worship and children's opportunities on Sunday Morning

8:30 - 9:30 Worship with Children's Church

10:00 -11:00 Worship with Sunday School

The 4th Sunday of the month is Worship as a family, No Children's Church or Sunday School.

The 5th Sunday of the month will be a fun day.

#### NOTE: new drop off and pick up:

Drop off your kids in the Cove (by the front door) and we will take to Sunday school. We will bring them back up to the Gathering space after Worship.

Please fill out our registration form per family, list all kids: <https://forms.gle/F2GL8ri3wwU8mvLd8>

**DAY OF SERVICE**  
 Saturday, October 5th  
 meet there at 10am  
**BRING A DOZEN COOKIES**

**FIRE STATION 22**  
**16758 E. SMOKY HILL RD.**  
**(SMOKY HILL & BUCKLEY)**

**Safe Sanctuary Training**  
 Do you work with our Children or Youth?  
 Come to our training

**October 13th after Worship**  
 Contact Crystal or Jen

On September 22nd, we presented our 3rd graders with their own Bibles and Commissioned our newest acolytes during Worship.



I will have a special 6-week Children's Message. I will be reading parts of this book during the 10 am Worship Service from October 6<sup>th</sup> to November 10<sup>th</sup>.

Rev. Patti's sermon series on Wesleyan roots will be October 13<sup>th</sup> – November 10<sup>th</sup>.

Big Hearts, Bright Love: The Wesleyan Adventure of Growing in God's Love.

If you would like a copy for your family, you can purchase it for \$10.00

here: <https://mixam.com/print-ondemand/6635bba93b903843ba6fecf3>





Sign up to have a decorated trunk in the parking lot. This is a huge community event and we would love tons of trunks from all our groups within the Church!

Contact Crystal,  
[CrystalD@smokyhillumc.org](mailto:CrystalD@smokyhillumc.org)  
or text/call 303-587-5667.

Candy Donations Wanted!



October 27<sup>th</sup> – You may wear your costume to Church, must be able to sit down and no weapons or scary costumes.

Save the date:



# JUSTICE MINISTRIES

## POSITIVE CHANGE

**It's that time again! Our popular and informative Ballot Issues Presentation will be Oct. 20.**

League of Women Voters member and SHUMC member, Paula Moore, will be presenting this year's ballot issues after the Oct. 20 second service. As you know, the LWV is nonpartisan. Paula will give information on the many ballot issues this year. We will have a light lunch in the Upper Room before, and probably meet in the sanctuary.

Be informed. You may receive your ballot before the 20<sup>th</sup> but you may want to wait to turn it in until after this.

See you then,  
Sue Ricker

## RACIAL JUSTICE TASK FORCE

As we near the 160th anniversary of the Sand Creek massacre Smoky Hill United Methodist Church's Racial justice task force has been doing a learning series on the Methodist churches involvement in the native tribes massacre. It is a very troubling history that the Methodist Church has been struggling to come to grips with for well over a decade.

On November 29, 1864 a group of soldiers led by the fighting parson Methodist John Chivington massacred a group of women, children, and elderly Cheyenne and Arapahoe on the banks of the Sand Creek in Southeast Colorado. They were acting on direct orders from Methodist church leader and Governor John Evans. They were being encouraged to slaughter the natives by many who believed them to be savages with no soul. One leading voice in the manifest destiny discussion was Bishop Matthew Simpson, who both advocated for the destruction of the native people and vehemently defended the actions of Evans and Chivington at Sand Creek.

In 2008 Methodists donated \$50,000 to the park service to build a Sand Creek education center. In 2012 they held "An act of repentance toward healing relationships with indigenous people" event.

In 2016 the Methodist Church held a general conference and took time to honor the descendants of the victims of the Sand Creek massacre, reflecting on the responsibility of Methodists and sharing the findings of historian Gary L Roberts who was commissioned to investigate the church's involvement.

For me this has been a unique opportunity to see how reconciliation can start. The Methodist Church made a decision to look at their troubling history first. Then when those results were provided to them they did not duck from the responsibility they have in some of the darkest moments in American history. Then we became an ally. Asking how and where we can serve to support and show contrition to the Arapahoe and Cheyenne people for the acts of our forefathers. Then following through with actions and being committed to not repeating the mistakes of the past by not honoring our commitments.

No one is perfect. No religion is perfect. No church is perfect. All we can hope to do is learn from the mistakes we make and strive every day to be better. Not to be placed on a pedestal of being good but to allow our actions every day to define us as doing good. The Methodist Church has modeled this process of reconciliation well and I challenge Smoky Hill United Methodist Church, our leaders and our members to plug-in more to these events in our community sponsored by the Methodist Church in partnership with the Arapahoe and Cheyenne tribes. We can help be a part of the solution so that the sins of the past teach us to be better people in the future.

And through our act may the peace of reconciliation bring us closer to those in our community.



## RAINBOW ALLIANCE

Did you know that there is an option on the ballot this year to protect same-sex marriage in Colorado?

What is it? Amendment J: Repealing the Definition of Marriage in the Constitution.

What does a YES vote mean?

A “yes” vote on Amendment J repeals language in the Colorado Constitution that defines a valid marriage as a union between one man and one woman.

Why is this necessary?

In 2006, voters approved an amendment to the Colorado Constitution stating that only the union of one man or one woman is a valid or recognized marriage in Colorado. This language was determined to be unconstitutional by the Colorado Supreme Court in 2014. In 2015, the U.S. Supreme Court held in a 5–4 decision through Obergefell vs. Hodges that the Fourteenth Amendment requires all states to grant marriage for same-sex couples and recognize those granted in other states. The concern is that with a more conservative court, this decision could be overturned, and the legality would revert to each state. Having the 2006 amendment on the books could prohibit new same-sex marriages in the State of Colorado.

As a reconciling congregation, the Rainbow Alliance of Smoky Hill UMC recommends you voting “YES” on Amendment J to ensure that same-sex marriage is protected in the State of Colorado, regardless of what happens at the federal level.

Find out more at [www.FreedomToMarryCO.com](http://www.FreedomToMarryCO.com)

**\*Your Smoky Hill UMC Ad Council wants you to know that they support Amendment J and recommend voting YES.**

This powerful webinar centers the voices of migrants as they share personal experiences and insights on immigration detention and incarceration in the US. This discussion will explore the challenges they face in the detention system, the impact on their lives and families, and the urgent need for reform. Hear directly from impacted migrants and gain a deeper understanding of the immigration system that keeps over 40,000 immigrants in detention facilities daily.

**Join us for the webinar at SHUMC on Tuesday, October 29th at 5:00 pm in Room 214 or register and attend the webinar at home (see digital newsletter for registration link.)**

**You're Invited**

**IMMIGRATION DETENTION & INCARCERATION: MIGRANTS SPEAK**

**Oct. 29th**

**5 pm MST**

**WEBINAR**

**SOJOURNERS SojoAction**

**HOPE**

**SBCC**

**CHURCH & SOCIETY**  
The United Methodist Church  
Loving | Seeking | Growing | Reconciling

**Immigration Law & Justice Network**

**INTERFAITH IMMIGRATION COALITION**

**espacio|migrante**

**United Women in Faith**

**UMCOR**  
Global Ministries | The United Methodist Church

**Northern Illinois Justice For Our Neighbors**

**HISPANIC LATINE JUSTICE**

# MEN'S GROUP

All SHUMC men are invited to join us for the next Men's Breakfast on Saturday, October 12th at 7:30 am in Celebration Hall.

## WORKERS NEEDED



**SHUMC MEN'S GROUP ANNUAL  
PUMPKIN PATCH FUNDRAISER  
OCTOBER 17 - OCTOBER 31**

**Workers needed to help set up,  
sell pumpkins, and tear down**

**CONTACT LEE HONNEN TO SIGN UP  
OR CALL THE CHURCH OFFICE 303-690-9816**

## BUY YOUR PUMPKINS AT SHUMC



**PUMPKIN  
PATCH**

**OCTOBER 17 - 31  
WEEKDAYS 12 - 6 PM  
WEEKENDS 9 AM - 6 PM**

Smoky Hill United Methodist Church  
19491 E Smoky Hill Rd  
Centennial, CO 90015





### **Day of Service-October 5<sup>th</sup>**

Thank you to those who signed up for our Day of Service. If you need a ride, please let Sharon Davis know at [stdavis21@comcast.net](mailto:stdavis21@comcast.net). If you are meeting us at the location, these are the addresses and times:

- Aurora Interfaith (1553 Clinton Street) **Volunteer time is 9-12**
- Colorado Feeding Kids (2830 S. Zuni St., Englewood) **Volunteer time is 11-1**
- Gratitude for First Responders (16758 E. Smoky Hill Rd) **Volunteer time 10-11**
- Wholly Kicks (2997 Ulster St. #103) **Volunteer time 9-11**



### **Wholly Kicks in the Community**

We support Wholly Kicks each year by providing new tennis shoes of all sizes. This year, Wholly Kicks has already given out 5,327 pairs of shoes to those in need. Recently, Wholly Kicks visited Arrowhead Elementary, an elementary school in our community. 250 students were able to pick out a brand-new pair of tennis shoes. Thank you for your continuing support of organizations that are doing amazing work in our community!





### Mefor Missionary update

Missionaries Emmanuel and Florence Mefor are our covenant Missionaries through GBGM, and Smoky Hill UMC helps support them through our Three Gifts Christmas offering. Hopefully, many of you were able to meet them when they visited our church in early August, when they told us about their work at the Old Mutare Hospital in Zimbabwe. Our United Women in Faith and the Missions team will be hosting a bake sale booth at the craft fair to help raise money for the Mothers in Waiting program. Read more about it here (*see link in digital newsletter.*)

### Smoky Hill UMC Abundant Health



**October 2024 – Focus on Bone Health**





## October 20<sup>th</sup> is World Osteoporosis Day

It's all too easy to neglect and underestimate the importance of bone health. After all, the skeleton remains hidden, and there are no symptoms as bones gradually become porous, fragile and easily breakable. Many people don't know they have developed osteoporosis until a bone breaks after a minor fall from standing height, a bump or sudden movement.

Per the Osteoporosis foundation:

- In women, osteoporosis accounts for more days in hospital than breast cancer, heart attack, diabetes, and many other diseases.
- In men, fracture risk is up to 27% higher than the risk of prostate cancer.
- Vertebral (spine) fractures can lead to back pain, height loss, deformity,
- immobility, increased number of bed days, and reduced pulmonary function.
- A woman 65 years of age with one vertebral fracture has a

one in four chance of another fracture over 5 years.

- After a hip fracture, approximately 60% require assistance a year later and 20% will require long-term nursing care.
- Mortality rates of up to 20-24% are seen in the first year after a hip fracture

You can read and download the Osteoporosis campaign toolkit [here](#)

Per the Mayo Clinic, bone health starts at an early age. Most people reach their peak bone mass around age 30. The higher your bone mass, the more bone you have "in the bank" and less likely you are to develop osteoporosis as you age. But there are many things we can do at every age to keep our bones strong and healthy. Read more at [OrthoInfo](#) and [bonehealthandosteoporosis.org](#)

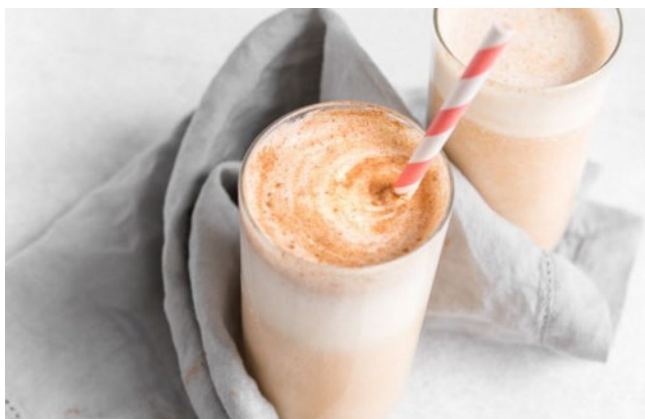
### What Builds healthy bones?

Although osteoporosis largely affects older adults, childhood and adolescence are the best time to focus on increasing bone mass, as most people reach their peak bone mass between the ages of 25 and 30. Bone health absolutely is a health issue for kids as well!

Many nutrients work in concert to provide the framework for healthy bones. Calcium lies at the forefront, but vitamin D, magnesium, vitamin K and regular physical activity also are important.

### Recipe of the month:

This Pumpkin Cheesecake Smoothie is a seasonal source of high calcium dairy foods for good bone health [eatright.org](#)



## Move That Body!

**Weightbearing exercise:** Weightbearing describes any activity you do on your feet that works your bones and muscles against gravity. When your feet and legs carry your body weight, more stress is placed on your bones, making your bones work harder. Weight-bearing exercise after young adulthood can help prevent further bone loss and strengthen bone.



If you have osteoporosis, please check with your doctor re: the safety of starting any exercise program. Some exercises, such as jogging may not be appropriate, here are some programs on YouTube that are designed for strengthening bones:

Margaret Martin, Physical Therapist: [Exercise for Osteoporosis, Osteopenia & Strong Bones](#)

Integrative Physical Therapy: [4 Exercises everyone with osteoporosis should do](#)

And things you should/ should NOT do if you have osteoporosis [Bob&Brad](#)

## On the Move with Smoky Hill UMC

**Yoga at Smoky Hill.** Certified yoga instructor, Zachary Horan offers Yoga every Tuesday afternoon from 1:45 to 2:30 in-person at church in Celebration Hall. Zachary is very careful to meet your specific needs and challenges. All are welcome! We offer donations to Zackary (suggested \$7-\$10) to thank him for his time and expertise.

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

**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.

**Zumba at Smoky Hill** happens every Tuesday evening 5:30-6:30 with Christy Legleiter leading the group. Donations of \$5 suggested.

Looking to start a walking group? Golfing? Pickleball? Contact Jana Jones at [jl.jones@outlook.com](mailto:jl.jones@outlook.com) and let's see what we can organize.

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





# MUSIC



Rev Glen has reserved a block of tickets for the Denver Women's Chorus presentation of "Do You Hear the People Sing" Saturday, November 2<sup>nd</sup> at 7:30 p.m. at Central Presbyterian Church in Denver.

Cost of the ticket is only \$23.00 per person.

Please send an email with your name and contact information to Rev Glen at [associatepastor@smokyhillumc.org](mailto:associatepastor@smokyhillumc.org)

For those not wanting to drive, we will try to carpool from the Smoky Hill parking lot at 6:00 p.m.

This concert begins the Denver Women's Chorus 41<sup>st</sup> season in Colorado!

Hope to see you there!

Blessings, Rev. Glen Wood

# UNITED WOMEN IN FAITH



The Fall Craft Fair is coming!

You don't want to miss this awesome annual craft fair. Bring your friends and family. Tell your neighbors. Spread the word! We have 60 artisans selling hand-made, unique items that will make an excellent start to your holiday shopping. And you can pick up Halloween pumpkins and take festive Fall pictures on the way out.

To make this event a success, we need a LOT of help. Can you sign up for 2 hours? Sign up [HERE](#) (see digital eblast for link)

# Ushers Needed!



We have returned to 2 services, 8:30 and 10:00 and we are in need!

This is a fun job! You meet lots of people and it only takes about an hour and a half each week.

It's a wonderful way to serve God and your Church. Also we have the best ushers on the Planet!

Give me a call at 303-746-7301 or see me after Services.  
Also you can email me [benberges@comcast.net](mailto:benberges@comcast.net).

**Thank you and Blessings to All!**  
**Ben Berges**



Smoky Hill United Methodist Church  
19491 E Smoky Hill Rd  
Centennial, CO80015  
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[www.smokyhillumc.org](http://www.smokyhillumc.org)

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

Email all information and updates for church communications to  
[churchsecretary@smokyhillumc.org](mailto:churchsecretary@smokyhillumc.org)