



Open Hearts....

Open Minds...

Open Doors...

GREEN MOUNTAIN UNITED METHODIST CHURCH

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Lakewood, CO 80228

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WINDOW ON THE HILL MARCH 2021

Reverend Mark Thurman, Pastor

*Guiding members and friends to a fuller knowledge of GMUMC
through information, support, confirmation, praise, and celebration.*

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Mark's Musings

I alternate between news and music on my drive to and from work every day. A little news is plenty, just a few minutes of the headlines, before I switch off CPR's Morning Edition and switch on the 'oldies' station complete, with everything from groovy British invasion to America's garage bands and funky Motown artists- you know, good music.

One morning, right before I got ready to flip the dial off the news and onto the music, I happened to catch a report about the severe toll, beyond social distancing exhaustion, that COVID is now taking on the public. In addition to the death of a half a million Americans, the rates of substance abuse, domestic violence, and suicide are hitting record levels.

In addition to (or as part of) my Christian discipleship, some of you know that I engage in meditation twice daily- the first thing I do when I wake up and the last thing I do before I go to sleep. Research has shown that even the simplest practice of sitting still and resting one's mind for just a few minutes each day has tremendous benefits for our physical, mental, and spiritual well-being.

The instructor that leads a weekly online meditation group I attend recently suggested that meditation can be a silver lining behind the dark social distancing of this pandemic an opportunity in disguise. For example, he writes:

1. Because the lure of social gatherings and a hyperactive social life can sometimes detract our focus and persistent determination to accomplish necessary tasks, there is value in being completely alone, which manifests in increased creativity and productivity. The great tennis champion, Billie Jean King, said that "Pressure is a privilege," and that spending too much time with others can too often actually take away the pressure vital to achieving a breakthrough. Being in the company of others too often directs our attention outward. For a spiritual person, the number one strategy for growth and self-improvement is to turn one's attention inward, deep within oneself, and maximize this introspection as much as possible. So, it's worthwhile examining how we can restructure our lives a bit with a more balanced level of socializing.

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2. Another benefit to being unable to get together easily with people or attend social events nearby is the increased time available to spend with those who aren't, albeit online. This current situation presents a golden opportunity to rebuild those distant relationships that were neglected pre-COVID.
3. In the middle of last year, toilet paper was not the only item on short supply at grocery stores; flour was also flying off the shelves because so many people began baking at home like never before. (*i.e., Our own Mark Osborn!*) Online courses are booming with instruction on everything from banjo picking to ballroom dancing. Rediscovering hidden talents or creative instincts during this period of social distancing can significantly bring enrichment to one's life.
4. Take a hike! No, I don't mean that in the sarcastic sense. We Coloradans, who are fortunate enough to be surrounded by so much natural beauty are already well acquainted with the joy of simply going for a walk in the forested mountains and among the creatures that call it home. And for those who walk far enough, the bonus is a few minutes free from wearing a mask!


My instructor concluded by citing studies that show that in 2020, pollution levels dropped to such an extent that natural wonders, previously not visible for decades, could now be seen from miles away. Perhaps even Mother Earth is voicing her concern that we make better choices for ourselves and the world. While we are still under many of the precautions necessary to eliminate the spread of this terrible pandemic, and before we return to 'the way things were,' is there some positive change you could make in your life, something healthy to emerge from all this sickness?

What have you got to lose- except low self-esteem and high blood pressure, resentment and frustration, loneliness, and boredom?

Pastor Mark



SOLOS is a group of women, 55 and above, who meet socially on the 3rd Friday of the month, September through May.
If you have questions, please call
Linda Dahlke at (303) 984-1994.



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*The point of a faith community is not to **think** alike, but to **think** together.*

STEVE'S STUFF

Questions? – please see me, email swalden@gmumc.com, or call 303-989-3727. Thank You!

March 2021

***There is no power for change greater
than a community discovering what it cares about.***

Margaret J Wheatley

The Unsung...

If there is anything this unwelcome viral visitor has taught us, it's that heroes come in all sizes, shapes, colors, and professions. Who among us thought of the local grocery store checker – though we're always nice and appreciative – as a true, card-carrying, death-defying Hero? Nurses finally got their hard-won due. But what about that modest wage worker keeping those hospital rooms clean and sanitized – and along the way becoming a familiar, friendly face to the isolated patients. (When I was working in hospitals, I found the cleaning staff a great source of information about my patient's mental and physical well-being.) Most of our heroes work for low wages and little respect. We all need to open our eyes to the sad American Caste System that equates money with worth. Those attitudes need to succumb to the viral experience. Over the past year I've come to deeply appreciate the sanity and life-saving worth of those that work in the trenches of our financial system. By now the term "PPP loan" is part of our national alphabet, however, few are aware of the noble souls that turn letters into action. My wife, Marcia, is one of those souls, along with her co-workers. We all have some idea what a Kafkaesque maze a bureaucratic system can be – but can we imagine the stress of a small, local business trying to stay afloat during a pandemic without any, or few, customers – and navigate a byzantine loan process in the hope that money will be a bridge to a better, less-viral, future? Into this 24/7 stress comes the financial services pro who uses knowledge, patience, and I'm sure over-the-counter pain relievers to translate policy and government jargon into real-world relief. Imagine a crisis hotline with heavy regulations and mountains of paperwork – that all needs to be done *NOW!* It means seven days a week, 7:00 a.m. to 2:00 a.m. workdays (honest) and diplomacy skills that could solve the Middle East crisis. These too are heroes, living from phone call to computer screen to help keep businesses viable and employees with a paycheck. A church would be lucky to be this valuable to the lives of people and the health of the greater community. Ironically, we live in a world that needs true heroes – and blessedly these heroes are *everywhere* – if we only have the eyes and heart to see.

I am of certain convinced that the greatest heroes are those who do their duty in the daily grind of domestic affairs whilst the world whirls as a maddening dreidel. – Florence Nightingale

Sunday Lenten Study, 9:45 a.m. on **Herd Sanity** zoom:

Reckoning & Rise – February 21st - March 28th

Using *I'm Black. I'm Christian. I'm Methodist* edited by Rudy Rasmus &
Long Time Coming by Michael Eric Dyson &
in the spirit of the Amanda Gorman poem *The Hill We Climb*
we'll work to listen, learn & give up our color-coded ignorance. See me for details.

Sunday "Classroom zoom" schedule:

Hilltopper's – 8:45 a.m. – 9:45 a.m.

Herd Sanity – 9:45 a.m. – 11:15 a.m.

Special note to those not able to join due to tech limitations or understandable preference (you're right, it's not the same) – let's stay connected via phone, word, & "porch talks" where safely possible.

Group \$ support efforts: NarSarah Clinic - \$4,201; Kiva Microloan Group - \$34,525 (1,274 loans).



All in-person church activities have been cancelled until further notice.



Green Mountain United Methodist Women
Sunrise Breakfast
Generally 1st Wednesday of Each Month
8:00 a.m. IHOP-Lakewood City Commons

Green Mountain United Methodist Church RELAUNCH

GMUMC (re)LAUNCH INFORMATION:

- 50 attendees will be allowed initially. That number is based on Jeffco restrictions and may increase as rules are modified.
- Attendees will use the east side of the north steps to enter, the west side to depart. Signs will be used to indicate step direction and remind social distancing. Anyone needing to exit the building before the service must use the west side of the north steps.
- Elevette elevator will not be available.
- There will be a table inside the doors with signs: **"Mask Required"**, **"Sanitize Your Hands"**, **"Symptoms of Covid-19"**, **"6 ft. Distancing Required"**. Hand sanitizer and extra masks will be available. Hand sanitizer will also be available for the restroom and narthex areas.
- There will be an additional table with a person to sign-in attendees. This person will keep track of the number of attendees and note contact information for non-members. A non-contact thermometer will be used to check attendees' temperatures.
- Bulletins will be provided.
- The stairwells will be blocked with yellow tape - up & down to west bldg., ramp, down to daycare.
- Some of the sanctuary's pews will be blocked with yellow tape advising which areas are not available for seating.
- The Gathering Place will not be available for coffee and socializing. The water fountain will not be available. Nametags will not be needed.
- The Fireside Room restroom will be available.
- Prayer candles can be lit if no other attendee is within 6 ft. of the candle table.
- Sanctuary ceiling fans and sanctuary air handler fans for the heating system will be turned off.
- Hymnals and Bibles will be removed from pews. There will be no congregational singing during the service; however, humming along under your mask with the song leader is acceptable. Words to hymns will be provided in the bulletin.
- The Offering Baskets will not be passed during the service; however, a basket will be provided outside the sanctuary door.

Seating/Dismissal:

- Ushers will indicate seating areas to attendees. Family groups can sit together if the 6 ft. distance from others is maintained. Seating will begin from the front.
- Ushers will dismiss attendees beginning at the rear, so distancing is maintained.

Any socializing with friends must be done in the parking lot.

Air Hugs, Smiles, Hand Waving, and Cheerful Greetings are encouraged!

If you have any questions or concerns, please call Mark or the church office at 303-989-3727 (Mark: ext.202).



Action Center – Food Drive at Green Mountain United Methodist Church

The Outreach Committee will be holding another food drive-thru for the Action Center on **Saturday, March 13th** from **10 a.m. to 12 p.m.** at **GMUMC**. They are always in need of non-perishable food donations but now are especially in need of hygiene items such as small soaps, shampoos, razors, deodorants, toothbrushes, and toothpaste. We are also still collecting used egg cartons and old t-shirts to be made into shopping bags.

Save the Date - Where Action Matters Event Friday, May 21st

The **Action Center** usually hosts “*Where Action Matters Breakfast*” in the spring for people to find out more about the Action Center both through volunteer opportunities and through financial support. This year they will be holding a **virtual event** on **Friday, May 21st**.

Representing our church, Mary Bloomstran is a “**Champion**” for this event and will be holding a breakout room for those who sign up for this event under her. It will take less than one hour. Please contact Mary at **303-263-2906** or marybloomstran@comcast.net if you would like to join this virtual event. More information regarding time will be provided later.

Action Center Donations and Volunteer Opportunities

The Action Center is now taking all seasonal clothing donations and also donations of blankets and linens as well as non-perishable food. Visit their website for donation drive thru times.

Also – they will be holding the annual **Beautiful Junk Sale** in September this year. Please plan to attend this event on the **weekend of September 17, 2021**.

The Action Center is always in need of volunteers and you can sign up for just 3 hours at a time. Visit their website to find out about opportunities to volunteer in the clothing bank and food distribution.
<https://theactioncenter.org/get-involved/>

News from the Cedar Hill Community Garden

at Green Mountain United Methodist Church, the garden is part of Denver Urban Gardens (DUG) community gardens.

"Planting seeds for the future"

Jean Arnold, Church and Society – Garden Liaison

The vision: Feeding our community. *"I hope that time spent in the garden can grow not only sustainable food but a community from diverse people and foster a sense of place that brings peace."* Lori Osborn.

The Garden is growing – even over the winter. Below are pictures taken by garden-friend, Brenda Bronson Walker of the work accomplished this winter. The fence is in (take THAT you pesky rabbits!); the new shed is installed, compost bins and a bench. There is still work to do on the interior garden paths and the upcoming spring/summer professional installation of bricks, a pergola for shade and additional benches in the teaching area by the pollinator garden. We are still in need of signage and have a "dream" of a *little reading library* (in honor of Jefferson County Librarian, church member and benefactor Coralee Brown) at the entrance to the garden.

See the pictures below and the "plan" attached. Pictures tell the story better than words

What we need:

- **Garden tools** – As you start to garden this spring - please think of the Garden and donate your used hand tools, rakes, shovels, wheelbarrows, etc. We would like to stock the sheds over this spring and be ready for spring planting. Any extra tools will be donated to DUG for other Community Gardens.
- **Bricks** – The brick fund raiser is still on going. We anticipate installing the bricks this spring/summer. Please contact Lori Osborn if you would like to purchase a brick, the garden's ongoing fund raiser.
- **Labor** – Contact **Jean Arnold** if you are available to volunteer to install rabbit barrier below the fence line this spring/summer. I have heard from many of you and have your names, so you do not have to contact me again.

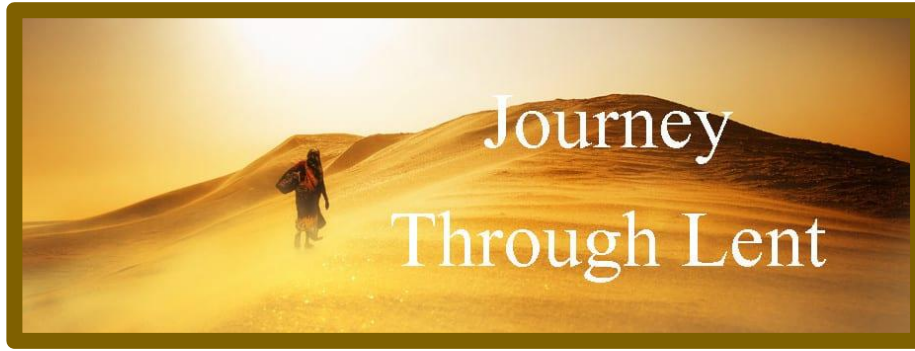
Note: the garden will remain unlocked. Feel free to visit at any time.

- **Fund raising Bricks.** **Lori Osborn** will be in contact with you if you have not provided the "words" you want on your bricks. We will be ordering bricks for delivery a few weeks before they are to be installed. If you have not ordered a brick but have been meaning to do so – it's not too late. Contact **Lori Osborn**.
- You can order bricks at any time to support the garden. The bricks will be installed once the heavy work is done. Please contact **Lori Osborn** (lorioho@icloud.com or 303-986-8802) to purchase a brick. Order forms are on the program table outside the Gathering Place.
 - \$100 per 4 X 8 brick + \$10 for clip art.
 - \$200 per 8 X 8 brick + \$10 for clip art.

Garden plots. If you would like a garden plot for the 2021 growing season, please contact Jean Arnold to be added to the wait list. Once the wait list reaches 10 people, we will close the list until the 2022 growing season. We expect to have 2 - 4 plots available in the 2021 season. Email (jeanarnold@arnoldarnold.com) or text at 303.257.2659. Jean is coordinating garden plot assignments.

Check out the website at: <https://communitygardengmu.wixsite.com/gmumc>.





Prayer Journey for Lent

Jean Arnold, Certified Lay Speaker

What will you give up for Lent? *How about 50 minutes of sleep once a week for 6 weeks? How about worrying and doom scrolling?*

What will you add to your life during Lent? *How about a time of dedicated meditation and prayer -- watching the sunrise on a new day? How about laughter and giggling?* This year we will explore "Silly" assumptions. Read *The Three Sillies in The Upper Room* – reminding ourselves to lighten up and laugh. Jesus said: **"For where two or three gather in my name, there am I with them."** Matthew 18:20 NIV. Jesus is with us in our laughter as well as times of tears.

Pastor Mark is also an early riser. And he may join us on some mornings to participate in the Virtual Upper Room. We will NOT be using Zoom (too early for that) – but we will gather using telephone dial-in.

Grab a cup of coffee (or tea) and join us weekly during Lent to dedicate ourselves to a time of prayer and meditation: On **Wednesday mornings at 6:05 a.m., February 17, 24, March 3, 10, 17, 24 and 31**, we will gather in our *virtual upper room* to pray together. We will use *The Upper Room* as our guide. **You will find free copies of *The Upper Room* in the narthex.**

Send me an email requesting a copy if you do not have one. I will mail yours to you along with a seed surprise from the garden. If we run out of copies, let me know. I will mail or email you a copy of the guide for each week. Even if you do not have a copy of the *Upper Room* – call-in anyway as we join our prayer voices together with Christians around the world. I will be hosting the call:

1.800.430.1833; enter pass code 9626010#. The call is free, and our prayer and meditation time will last for about 50 minutes.

Virtual upper room meeting schedule for Lent:

February 17, 24 - 6:05 a.m.

March 3, 10, 17, 24 and 31 – 6:05 a.m.

Questions or need a copy of the meditation for the week: Call, text, or email Jean Arnold – 303-257-2659 (cell) or jeanarnold@arnoldarnold.com.





FINANCE COMMITTEE

For the month of January, we had income of \$43,289.97, and expenses of \$40,796.73, for a net income of \$2,493.24 for the month. We seem to be starting the year off on the right foot, however, we don't yet have an established budget as of this writing, so we may not have an accurate balance yet. As always, we thank you for your continued financial support of GMUMC.

Thanks,
Greg Hise & Jane Bernard
Finance Co-chairs

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by
Sunday, March 21, 2021
email: mnotari@msn.com &
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CHILDREN'S NEWS MARCH 2021

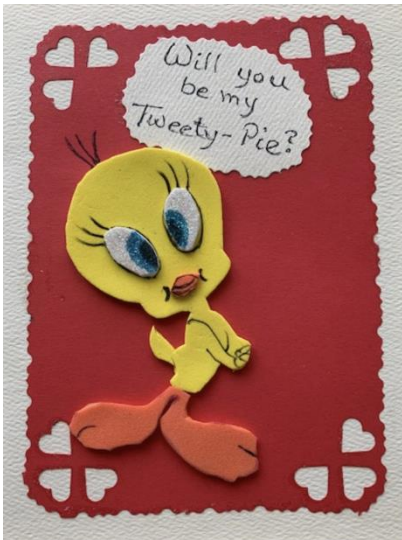


Thank you so much for all the people and families that took part in the Valentine's Day Card contest! I appreciate the 10 random members from the church (4 staff, and 6 congregants who helped me judge the creations) as well!

1st place - **Madelene Vestal** \$50 gift card



2nd place -(tie) **Nancy Carray** and **The Quilters** tied for a \$20 gift card each



As the church reopens, I will be talking to parents and families to see how they would like to see the Children's Program proceed. For the initial phase, we would like to encourage families to continue to worship online.

Sunday School will look different this year, as the school year has. I am open to everyone's ideas and thoughts on how best to serve the future of our church! 😊

Families: Be on the lookout for the *weekly letters* to help the children prepare for Easter.



GMUMC

March 2021

Grades 6 – 12

Send Alex your
Gnomie Pictures
from all your adventures
together!

Sat, March 6th Helping Teens Thrive...Together 10 AM - 12 PM

This FREE event is for teens & the adults who support them. Check out details below!

Sun, March 7th Looking for the Light 6 - 7:30 PM

It's been a hard year ya'll. Where do you go when your heart needs a lift? Let's take a night to look for the light. From Kid President to spirited songs, inspiration is all around us. Let's watch some of our favorite motivational videos and talk about our other sources of positivity. Cue the montage of light overcoming darkness!

Sun, March 14th Movie Night 6 - 7:30 PM

How are you enjoying the long weekend? Tonight is all about kicking back and relaxing. Don't miss out on a night of fun and fellowship! Friends welcome to join!

Sun, March 21st GNOME Game Night 6 - 7:30 PM

Who is ready for GAME NIGHT? Games are so much fun, and we could all use more fun in our lives (including our GNOMES)!!! All of tonight's games will include our little buddies in the hilarity of Youth. As always, friends are welcome to join the Zoom link!

Sun, March 28th & April 4th No Youth

Enjoy Spring Break & Easter with your families!

IMPORTANT DATES:

March 27th - April 4th - Spring Break
(Jeffco)

April 4th - Easter (No Youth)

May 9th - Mother's Day (No Youth)

May 23rd - End of Year Bash

May 27th - Last Day of School (Jeffco)

If you have any questions please contact Alex at: 303-882-0006 or email: alex@gmumc.com



OUR SERVICE, CONCERNS, & CELEBRATIONS



Kanghyun Choi	03/01
Barbara Tobiska	03/02
Marijane Paulsen	03/02
Benjamin Schlieper	03/03
Patricia Murphy-Geiss	03/03
Keith Phipps	03/04
Ken Bullard	03/04
Sierra Arnold	03/05
Eloise Hollyfield	03/06
Bob Schneider	03/09
Anna Chevalier	03/09
Paul Morrison	03/09
Aimee Thomas	03/11
Sonya Noyes	03/12
Jane Bernard	03/13
Joan Carlson	03/13
Melissa Sussman	03/14
Allaina Christy	03/19
Karen Harmon	03/19
Robin Ramsouer	03/19
Amy Evans	03/20
Sylvia Dunham-Polinski	03/20
Lise Jones	03/21
Christopher Carey	03/22
Donald Falvey	03/22
Alex Horne	03/25
David Cutler	03/25
Richard Stoddart	03/26
Penelope Mukarakate	03/27
Alexandria Neve	03/31
Barbara Smith	03/31
Julie Camper	03/31
Randy Hise	03/31



Youngmin Choi & Joo Sil Kim	03/08
Carl & Charlotte Worster	03/12
Randy & Aimee Johnson	03/16
Stan & Johnnie Sheeley	03/18
Keith & Jewell Phipps	03/19
Gary & Janet Starkey	03/22
Bob & Laurie Walcott	03/23
Ardon & Meg Leak	03/25
Cristian & Jennifer Borcan	03/31



Josiah Myers and Boy Scout Troop #36 raised \$2605.00 for C.R.O.P Walk for Hunger. The Scouts hiked 5 miles up Waterton Canyon carrying gallon jugs of water to represent the trek children make every day in developing countries to get water for cooking ,drinking and cleaning daily. Josiah also walked around Clement Park Lake with Licorice (his dog) and Foothills C.R.O.P. Walk committee. Thank you so much for all your support, love, and prayers. Together we have made a difference in the world. GMUMC ROCKS!!!!



From Janet & Gary Starkey

Thanks to all that helped to make Gary's 80th birthday so special! Gary received numerous cards that made him feel important and loved. When I (Janet) presented the bag of cards to him on his big day, he was saying "This is neat", "This is really great".

And from Gary himself: "Thanks, GMUMC, for all of the wonderful cards I received for my 80th birthday. GMUMC is like family".

Our Care Corner

Keeping Our Promises

By Upholding the Church with...



Our prayers, our presence, our gifts, and our service.



For those who have experienced loss:

The Family of:

Carol Stine, friend of Stacey Cummins

For those who are experiencing health concerns or other difficulties in their lives:

Church Members:

Ray Tanner
Shirley Allison

Charlotte Harding
Alex Neve
Charlotte Knox

Charlie Oleson
Charlotte Worster

Family of Church Members:

Dee James, Ruth Schnase's brother
Ron & Patti, Betty Butler's sister & brother-in-law

Friends of Church Members:

Joe Stevenson, Melissa Sussman's co-worker

Remember these people in your prayers.

Let us continue to pray for:

Richard Seip, brother of Anna Myers
Nicholas Billman, friend of Vestals
Ari Quast, Nephew of Pastor Paul
Virginia Sorenson, sister-in-law of Frank & Roxanne Penn
Cherie Williams, friend of Jean
Jerry & Linda Seiner, friends of Vestals
Susan, daughter of Anna Myers
Cody Wirth, friend of Brenda Christy
Caroline Clovesko, Kristen Allen's mother
Kinsasha & Kahlia Zamora, great-granddaughters of Edith Gammon
Bernice Arsenault, mother-in-law of Francis Arsenault
Patrick Wendy, relative of Marcia Johnston-Walden
Rev. Bob Titus
Ashlie Torbic, young friend of Thayne & Sherry Coulter
Linda, Vicky Hamilton's sister
Laura Inzano, friend of Marsha Moore
Jeanne Faulkner, friend of Marsha Moore
Ashley Osborn, niece of Mark & Lori Osborn
Taylor Merrill, Charles & Madelene Vestal's grandson
Evan & Danielle, Marsha Carey's son & daughter-in-law
Joni Wick, friend of Rich & Jean Arnold

Please Note: Names will remain on the Prayer List in the bulletin for four weeks, unless you notify the church office to remove them sooner. If you wish to have someone on the Prayer List for longer than four weeks, please notify the church office so the name may be added to the Long-Term Prayer List that is published in the church newsletter, *Window on the Hill*.



Prayers for those serving in the military and their families, especially:

Michael Anderson Brady Christensen Doug Huenneke
Andrew Quast Gloria Sher
Timothy Skinner

If you have family members who are currently in military service or the Peace Corp and wish to have their name listed in this section, please notify Meg in the church office.

