



Open Hearts....
Open Minds...
Open Doors...

**GREEN MOUNTAIN
 UNITED METHODIST CHURCH**

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 Lakewood, CO 80228
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Reverend Mark Thurman, Pastor

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

**WINDOW ON THE HILL
 AUGUST 2022**

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Mark's Musings

The mirror is none too flattering as one's physical body gets older. I choose not to give it too much attention- a 180-degree turnaround from my self-conscious teenage years, constantly gazing into the bathroom mirror perpetually dissatisfied with one thing or another. Modern marketing really preys on these emotions, and with the assistance of the brightly lit magnification of the vanity mirror, mercilessly exaggerates every flaw. Consider, though, spending that amount of time and energy (money, too!) on a more inner mirror, unveiled in prayer and meditation. Who/what would you then see?

Recently, I've been spending time with a workbook filled with exercises designed to discover and develop a healthy self-love. The author writes that *'only by loving ourselves can we really love others. Until you learn to love yourself, you will always be demanding from others what you have not given yourself. Love then becomes need, not celebration.'* This resonates deeply within me. So, how does one love oneself, exactly? Personally, I'm a lot more familiar with the experience of loving another, like my sweet lil dog, Boo. She's easy to love. But, in fact, one of the exercises from this self-love book I'm working through makes creative use of that and suggests to imaginatively feel all the emotions and even bodily sensations when you're loving on whoever your 'Boo' is; then, turn it on your own self, love yourself with that same imaginative feeling, even/especially those 'parts' you don't find particularly flattering, and would rather just cover up.

As someone currently working the rust off and re-polishing his own self-love (our God-created, natural state, by the way), I can testify to the value of just this one exercise. It's actually helping. While there are a number of proposed strategies for personal growth, I've found by trial and error that love seems to be the only one that effects lasting transformation. So, with that in mind, what new exercise could you practice this summer that would assist a healthier love of self? Remember Jesus' exact words (the last four words in this sentence always seem to get lost), summing up the entire message of the Bible: *'Love God with all your heart, and soul, and mind, and strength, and love your neighbor as you love yourself.'* (Luke 10:27)

Pastor Mark

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Please join us
Green Mountain United Women in Faith
 Sunrise Breakfast
Thursday, August 4, 2022
8:30 a.m. IHOP-Lakewood City Commons

Anna Myers, Carolynn Wrapp, Brenda Bronson, ClaraLou Humphrey, Ann Topliff, Phyllis Wittrup, & Barb Stoddard

You are invited to join **Green Mountain United Women in Faith** (GMUWFAITH) at our monthly meetings. We used to be named Green Mountain United Methodist Women (or GMUMW).

Where: We meet at **IHOP** located in **Lakewood City Commons** (southwest corner of Wadsworth & Alameda Avenue), **389 S Wadsworth Blvd**. We meet in their private meeting room.

When: the **FIRST THURSDAY** morning of **each month** beginning at 8:30am. Below are the Green Mountain UWFAITH meeting dates for the rest of 2022:

- August 4**
- September 1**
- October 6**
- November 3**
- December 1**

For more information, please call or text
 Brenda Bronson, iPhone 303.941.7634



BOBBI'S BLESSING BOX

Here is a list of items that seem to be favorites:

Macaroni and Cheese	Milk – Dry or in a Carton (refrigerate after opening)
Peanut Butter	Flour
Soups – condensed and regular	Coffee
Dry Pasta	Tea
Spaghetti Sauce	Salt, Pepper, Seasoning Packets
Meats in a Can – Sloppy Joes, Manwich, Spaghetti & Meatballs,	Salad Dressing
Ravioli	BBQ Sauce
Rice	Snacks – single serving crackers, fruit snacks,
Beans – dry, canned, refried	popcorn, Jell-O gelatin and pudding
Canned Vegetables – favorites: Green Beans, Corn, Tomatoes,	Candy
Potatoes	
Packets of Meals – Au Gratin Potatoes, Stroganoff, Hamburger Helper.	
Skillet Meals	
Ramen/Cup o Noodles	
Canned/Packets Meats – Tuna, Chicken	
Crackers (any type)	
Cereal	
Oats	



HELP NEEDED: LITURGISTS, GREETERS, USHERS, HEAD USHER & COFFEE HOUR VOLUNTEERS FOR EACH SUNDAY

We are looking for some willing volunteers to help with our Sunday Worship Service. If any of these opportunities are of interest to you, please sign up on the sign-up sheets on the bulletin board. Your help would be most appreciated. If you would like to be a liturgist, please contact Donna Bunger at donnabunger@gmail.com

*Thank You ♥
Donna Bunger*



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.

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/>

MARSHALL FIRE RECOVERY



Below is the link for Marshall Fire Recovery Website for those interested in assisting those in need:

<https://www.bouldercounty.org/disasters/wildfires/marshall/>



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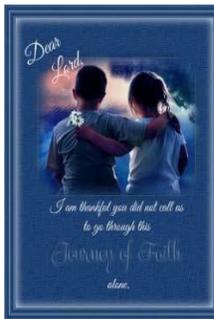
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SHARED JOURNEY

Our support group for caregivers with loved ones experiencing dementia is open to all. We meet on the 3rd Wednesday of the month. Place to be determined.

For more information, contact Sonya Noyes 303-985-9522.



I would like to start putting the **MAY-AUGUST Dinner for Eight** groups together. This process takes time and I need your help. Please let your current Team Leader or me know if you would like to continue participating, rejoin, or leave DINNER for 8.

IF YOU ARE NEW to GMUMC, we meet once a month at a local restaurant to dine and socialize. It is a great way to get to know others from our church. Each group has 7 or 8 people, with a mixture of couples, singles, and occasionally their children. The Team Leader and members of each group decide what days, times, and places work best for them and set up each dinner together. It is also a good opportunity to try new cuisines or suggest your favorite foods or restaurants, and enjoy an evening of Fellowship, especially now that the restaurants are opening up again.

New groups are formed every four months, giving you the chance to get to know more people. If you are interested in trying out or joining **DINNER for EIGHT**, or you have questions about what we do or how it works, contact **Darline Bowland** at darlinebowland@gmail.com or 303-987-1219.

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Habitat for Humanity has long been a vital service project at GMUMC. We are currently in need of someone to represent our church with Jeffco Interfaith Partners to serve as our liaison for communication, building projects and fundraising efforts. A huge thank you to Mark and Lori Osborn for their outstanding leadership in this position in recent years! Please contact Mary Bloomstran with questions or for more info or the church office at 303-989-3727.

Habitat for Humanity has 7 slots available for volunteers **Saturday, August 13 at the New Construction Site, Aria Homes from 7:45am-3:30pm**. If you desire to volunteer please register using the following link: [Habitat for Humanity of Metro Denver \(volunteerhub.com\)](https://volunteerhub.com). **All participants must register online at least two weeks in advance.** For more information please contact, Karl Martinez (karl_martinez@comcast.net).



Cedar Hill Community Garden at Green Mountain United Methodist Church

(part of Denver Urban Gardens (DUG) community gardens)

The garden is always unlocked, so please feel free to visit anytime.

“Planting seeds for the future.”

Jean Arnold, Outreach and 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 pollinator garden is filled with perennials, and you can observe nature’s progress. All are invited to come into the garden for a respite and to just be – no matter the season.

Garden plots. If you would like a garden plot for the 2022 growing season, please contact co-garden leader **Ali Young** (mustang.ali@hotmail.com) to be added to the wait list. Once the wait list reaches 10 people, we will close the list until the 2023 growing season. We expect to have 2-4 plots available in the 2022 season. Ali is coordinating garden plot assignments.

What we need:

- **Garden tools** – As you start working in your own garden – or you are downsizing – please think of the Garden and donate your used hand tools, rakes, shovels, wheelbarrows, etc. Any extra tools will be donated to DUG for other Community Gardens this spring.
- **Bricks** – The brick ongoing fund raiser. We anticipate installing the bricks in the spring/summer now that the fencing, compost bins and shade pergola are in (see below). **Denver Urban Gardens (DUG) Construction.** The bricks will be installed by a professional contractor, who met with Jean Arnold in August 2021. And we can continue to install bricks where we have blanks into the future.

Check out the website (under construction by co-garden leader Stacey Cummins) at:

<https://communitygardengmu.wixsite.com/cedarhill>



Fundraising Bricks

Lori Osborn and Jean Arnold 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.

King Soopers Community Rewards



As many of you know King Soopers has ended its gift card program. In its place, they have initiated the Community Rewards Program. This is a just a reminder for those of you who need to link their SooperCard, so that the church will still be getting money for your shopping at King Soopers.

You will need to create a digital account by going www.KingSoopers.com/CommunityRewards.

You will then select **Create an Account**. Under sign-in information, enter your email and create a password (write down your password, you will need it in step 2). Select ‘Use Card Number’ and enter your SooperCard Number or Alternate ID, last name, and zip code. Under ‘Select your Store,’ enter your zip code and then select ‘Find Stores.’ Choose your store and then select ‘Create Account.’ Once you get the welcome email, then you can go back in clicking on the link in the email and finish creating your account. Then click on the Community Rewards link on the left hand side and either search by Green Mountain United Methodist Church or use this number to find us: RK117, which is our organization code. Any questions, please call the church office for assistance.



CHILDREN'S NEWS AUGUST



Wanted: Sunday School teachers and helpers. The past few weeks we were blessed with 5 to 11 children attending Sunday ranging from preschool to middle school. School will be starting soon, and we will move from our one room Sunday school to several classes depending on the number of children and volunteer teachers and helpers. Please contact Kim Myers (*Our new Children's Director*) if you are able to help or would like more information. kim@gmumc.com or 720-810-2157 cell.



School is just around the corner. We'd love to have all our old and new friends join us on Sundays. I am so excited to embark on this new and exciting adventure with all of you, as we learn about the Bible and share GOD's love with others. If you are interested in teaching a class (Monthly, bi-weekly, every week, or just filling in), or being a helper (especially for preschool/primary age Sunday schoolers who may need a little extra help), please contact Kim Myers at kim@gmumc.com or 720-810-2157. If you have questions about Sunday School, feel free to contact me.

Kim Myers, Children's Director



****Note on 1st Mission Project - Help for the Homeless Packs****

Keep handing out those Blessing Bags for the homeless people in our community. I would love to hear about your experiences with those you give them to!

Wed, August 17th Mission Project - Sunshine Boxes 5 - 8 pm

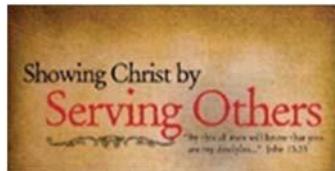
Mission Project: Part 2 with MORE fun and MORE service!! This event is all about finding some sunshine! We will shop for yellow items and put together boxes of sunshine for people going through a dark time. Those receiving these boxes may be going through a divorce, the loss of a loved one, unemployment, a chronic illness, or some other struggle. Bring masks and snacks to enjoy as we do this service project! We will also pick up a pepperoni pizza to share while we talk about and assemble our boxes. Permission Slips for this event are required since we will be transporting to the store!

Sun, September 11th Youth Kick-off 10:15 - 11:30 am

It's time to reunite after an awesome summer and TWO Mission Projects! Let's play some games and set ourselves up for a fall FULL of fun! So far we have been getting positive feedback about moving Youth Group to Sunday mornings! We will try doing morning meetings for the fall and see how it goes!

If you have any questions please contact Alex at: 303-882-0006.

**Our Service,
Concerns, &
Celebrations**



- Aimee Kover 08/01
- Pete Gomez 08/02
- Owar Ajang 08/03
- Susan Jaworowski 08/04
- Mary Curtis 08/06
- Karen Haden 08/07
- Elizabeth Ongu 08/08
- Alyssa Olson 08/11
- Ruth Cook 08/12
- Barbara Stoddart 08/13
- Nina Sturgeon 08/13
- Dorothy Horn 08/17
- Hannah Fitzgerald 08/18
- Julie Reigle 08/19
- Vivian Tanner 08/19
- Aimee Johnson 08/23
- Kent Bates 08/24
- Beverly Kimball 08/26
- Kristen Kagiya 08/26
- Patricia Harris 08/26
- Olivia Medina 08/27
- Brenda Bronson 08/31
- Marsha Carey 08/31

- Stacey & Alex Horne 08/01
- Lori & Mark Osborn 08/01
- Sharon & Boyd Berry 08/06
- Lisa & Mark Allison 08/11
- Madelene & Charles Vestal 08/11
- Ruth & Darrel Schnase 08/20
- Kris & David Little 08/27
- Aimee & Arnie Kover 08/28
- Rilene & Jim Thompson 08/31



SEPTEMBER 2022
Newsletter items due by
AUGUST 21st
email: mlnotari@msn.com
&
gmumc@gmumc.com

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SOLOs Lunch Group

SOLOS is a group of women, 55 and above, who meet socially on the 3rd Friday of the months, September through May.

If you have questions, please call

Linda Dahlke at (303) 984-1994.

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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:

Sue Powell, aunt of Karlynn Cory, sister of Carol Cory

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

Church Members:

Lettie Covert Stacey Cummins Carol Fox
Edith Gammon Ann Topliff Vivian Tanner

Family of Church Members:

Jeanne, Marilyn Griebel's sister
Linda Dinwiddie, Jean Dinwiddie's daughter
Rose Meyerink, Jennifer Borcan's grandmother
Cindi Lowary, Jennifer Borcan's mom
Rose Camporini, Anna Myers' sister

Friends of Church Members:

Ruth Cook, former member of GMUMC
Susan Miller, friend of Phyllis Parker

Remember these people in your prayers.

Let us continue to pray for:

Virginia Sorenson, sister-in-law of Frank & Roxanne Penn
Cherie Williams, friend of Jean
Jerry Seiner, friend 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
Taylor Merrill, Charles & Madelene Vestal's grandson
Evan & Danielle, Marsha Carey's son & daughter-in-law
Joni Wick, friend of Rich & Jean Arnold
MJ Paulsen



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

Doug Huenneke
Gloria Sher Timothy Skinner

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

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*.



ATTENDANCE

DATE	8:00am	10:30am
06/26	09	75
07/03	11	62
07/10	05	75
07/17	no svc	44



AUGUST 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 8:30 a.m. UMWF Breakfast @ IHOP 9:30 a.m. Quilts for Kids	5	6
7 8:00 a.m. Worship 9:00 a.m. Sunday School 10:30 a.m. Sunday Worship	8 7:00 p.m. Committee Meetings Outreach Committee Meeting via Zoom 7:30 p.m. AA	9	10	11 9:30 a.m. Quilts for Kids	12	13
14 8:00 a.m. Worship 9:00 a.m. Sunday School 10:30 a.m. Worship	15 7:00 p.m. Church Council 7:30 p.m. AA	16	17 10:00 a.m. Shared Journey 5:00-8:00 p.m. Youth -Mission Project- Sunshine Boxes	18 9:30 a.m. Quilts for Kids	19	20
21 8:00 a.m. Worship 9:00 a.m. Sunday School 10:30 a.m. Worship	22 7:30 p.m. AA	23	24	25 9:30 a.m. Quilts for Kids	26	27
28 8:00 a.m. Worship 9:00 a.m. Sunday School 10:30 a.m. Worship	29 7:30 p.m. AA	30	31			