



Open Hearts....

Open Minds....

Open Doors....



**GREEN MOUNTAIN UNITED METHODIST
CHURCH**

12755 West Cedar Drive
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Pastor: Reverend Mark Thurman
Associate Pastor: Reverend Debra Juarez

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

WINDOW ON THE HILL
MARCH 2023

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Mark's Musings

Satori is a Japanese term for comprehension or understanding, also synonymous with awakening and enlightenment. The 20th century Zen Buddhist monk and teacher Suzuki was once asked, "What is it like to have satori?" And he answered, "Well, it's just like ordinary everyday experience, except about two inches off the ground."

So, there's that.

Then, there's this, another bit of Buddhist wisdom, this from the wit of American author and teacher, Jack Kornfield: "After the ecstasy, the laundry."

The great eastern spiritual traditions teach that all things are known only in relation to other things. Rather than light and dark, i.e., being diametrically opposed to one another, they may instead be understood as two sides of the same coin. Or, in a more favorable analogy, like a Reese's chocolate covered peanut butter cup, two tastes that go great together, and in a necessary cooperative balance. Similarly, I think that's what the two above mentioned teachers have in mind, too: a balanced relationship between living with one's head in the clouds but also with one's feet grounded on the earth. Earthbound enough to hear and be attentive to the needs of the world; but, at the same time, not so bound up in excessive and exclusive identification with them that we can't easily lift off at a moment's notice when the wind of the Spirit happens to blow by.

Some Christians attempt to bear extra heavy weights of discipline as their witness during the yearly season of Lent. And the irritability as a result of one's coffee or chocolate fast doesn't lighten the mood any either. But what if Lent was really all about the very opposite, becoming unexpectedly and joyfully weightless even amidst the downward gravitational pull and overall stressful atmosphere at work or the relentless boredom of everyday, mundane tasks? (Does not resurrection imply a joyful weightlessness?) A wonderful balance of *in* reach and *out*, both benefiting one another in an ever circling, fluid, adaptive dance of sorts.

A final illustration to round out the bunch, this one from our own Christian tradition, concerning one Father William Ralph Inge, former dean of St Paul's Cathedral in London & three time nominee for the Nobel Prize in Literature. Father Inge happened to have a pronounced tic that was difficult to ignore in public. Some thought it unfortunate, but others who knew him well said it was because he was always about to levitate, and he just had to keep himself pressed down.

Think of all the shared wisdom and helping hands extended to us over our lives that we might have otherwise missed had our helpers levitated too high to be of any assistance. Be careful not to let your Lenten disciplines for the next month rise you up to heights too inaccessible to the rest of us. Who knows when your help may be required?

Pastor Mark

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ADULT EDUCATION

Rev. Debra's Sunday Morning Class will continue reading *Holy Envy* through March and will begin a new study after Easter.

For those of you who would like a take-home Lenten study, we've ordered copies of **Lent In Plain Sight: A Devotion through Ten Objects**, by Jill J. Duffield. The author invites reader focus on the everyday items Jesus would have encountered on his way to Jerusalem. Each week will focus on a different object: dust, coins, thorns, and other things we find on our way.

Books should be here on Sunday, 3/26 and are \$10. Check with Debra for more information.

For more information, please email Debra@gmumc.com or call or text 303-570-5180.

Pastor's Lenten Book Study

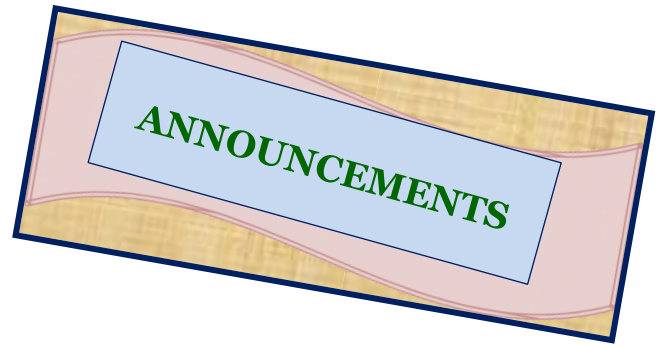
Grace is at the very heart of the Christian Faith, but often completely misunderstood, every bit as confounding as inspiring, saving yet not without first convicting. And while forgiven sinners joyfully receive its gift and pronounce it to be 'amazing,' others find the divine justice exercised in grace not so much awesomely amazing as awfully atrocious. Episcopal priest and author Father Robert Capon chooses to simply echo the New Testament in its own proclamation of grace as a 'mystery.' Thus, the title of his engaging book, *"The Mystery of Christ (... & why we don't get it.)"*

Reminding his readers, sometimes in startling ways, that salvation is a gift rather than a transaction, Father Capon uses a variety of dialogues with a variety of folks representing a variety of theological understandings and practices to explore not only grace, but related Lenten themes of guilt, forgiveness, love, anger, romance, grief, the Incarnation, reincarnation, and resurrection, to name a few. "*The Mystery of Christ*, one theologian pronounces, "is 'good news' without reserve. Closet Puritans and Pharisees, beware: Father Capon refuses to let guilt sneak in and make a system of redemption out of Christianity."

It's not too late to join us for our Lenten Book Study, Sun mornings at 9:00 a.m., or Tuesday mornings at 10, beginning February 26 & 28, respectively. (And please have the first two chapters read before our first gathering.) Copies will be available @ church for around \$20, or you may purchase a copy, new or used, from online sites like Cokesbury, Amazon, or Barnes/Noble.



UPCOMING EVENTS



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

You are invited to join **Green Mountain United Women in Faith** (GMUWFAITH, formerly *Green Mountain United Methodist Women (GMUMW)*), at our monthly meetings.

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 WEDNESDAY** morning of **each month** beginning at **9:00 a.m.**

Next Meeting: Wednesday , March 1, 2023

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

CHARLIE THE TUNA IS
ASKING FOR YOUR HELP



During the entire month of March
we will be collecting TUNA for the
ACTION CENTER

ANY BRAND IS WELCOMED

TO DATE WE'VE COLLECTED 3014 CANS /POUCHES





BOBBI'S BLESSING BOX

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

Macaroni and Cheese
 Peanut Butter
 Soups – condensed and regular
 Dry Pasta
 Spaghetti Sauce
 Meats in a Can – Sloppy Joes, Manwich, Spaghetti & Meatballs,
 Dressing Ravioli
 Rice
 Beans – dry, canned, refried
 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 or Oatmeal

Milk – Dry or in a Carton (refrigerate after opening)
 Flour
 Coffee
 Tea
 Salt, Pepper, Seasoning Packets
 Salad
 BBQ Sauce
 Snacks – single serving crackers, fruit snacks,
 popcorn, Jell-O gelatin and

Thank you, Donna Bunger

VOLUNTEER OPPORTUNITIES

There are many opportunities to be of service to others through our church activities. People are needed and invited to join the choir, to usher and greet on Sundays, help with pot lucks and receptions, help host the after church coffee hour.

Volunteers may be called to serve a meal to someone in need, to transport someone to a vital appointment or make phone calls to new people or shut ins. It is a great way to meet new people and help others.

If you would like to have more information about something that interests you, please get in touch with one of the following: **Meg Leak – Church Office Manager – 303-989-3727**
Mary Bloomstran Thomas – Outreach Committee, 303-263-2906 or
MaryJane Eddy-Scott, Lay Leader. 540-538-1133

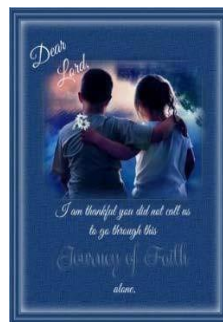




Action Center Donations and Volunteer Opportunities

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/>



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



SOLOs Lunch Group is a group of women, 55 and above, who meet socially at **11:00 a.m.** on the **3rd Friday** of the months **September through May**. We will be meeting at

March 17, 2023	Applebee's, 10625 West Colfax Avenue, Lakewood, CO 80226
April 21, 2023	Lil 'Ricci's NY Pizzeria, 16950 West Colfax Avenue, Golden, CO 80401
May 19, 2023	Red Lobster-Belmar, 810 South Wadsworth Blvd., Lakewood, CO 80226

If you are interested, please call Linda Dahlke at (303) 984-1994



Green Mountain United Methodist Church
 1001 N. Center St.
 Green Mountain, VT 05840
 802.253.1111
 www.gmumc.org

GMUMC Online Directory

There are two ways to access the church online directory with pictures of members, their phone numbers, and emails. The church office will need to have put your information into the directory in order for you to open and use directory.

Here are the two methods.

1. Go to the church website, gmumc.com, and click on “directory” which is on the bottom bar of the home page. You may either download or open the directory. You will need the church password, so call the church office at 303-989-3727 to obtain the directory password.
2. Download the app on your smart phone or tablet: Instant Church Directory by Communication Resources (a yellow church icon). The app will ask for your email address (which must be in the directory), and then you can set a password. You can get the app on Google play, the Kindle store, or the Apple store.

Super Bowl Sunday Chili Lunch

A wide variety of delicious chilies was enjoyed by all who came to the lunch in Fellowship Hall Super Bowl Sunday. The free will offering taken at the lunch raised **\$1,086** to be used for Youth Scholarships in the near future.

Thanks to everyone who provided chili and dessert and to the Youth Scholarship Committee members who provided salad ingredients, grapes, cheese, Fritos, sour cream, hot dogs/buns, and sodas.

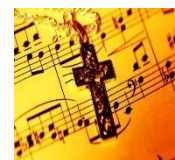
Special thanks to the Youth who helped – Mady Allen, Evan Morrison, Josiah Myers, Ren Stone, Violette Stone, and Youth leaders Alex and Steve.



Chancel Choir to present The Journey to Hope Lenten Cantata



GMUMC Chancel Choir will present “**The Journey to Hope**,” a cantata inspired by spirituals, by Joseph M. Martin on Palm Sunday, April 2nd, at the 10:30 a.m. service.



We are offering a shortened rehearsal schedule to accommodate people with busier schedules. Rehearsals will be held on six Thursdays, beginning February 16, from 7:30-8:30 p.m. We will also sing on Easter Sunday April 9th. For more information, please contact Bill Loper williamloper@me.com or 303-946-8730.



The beautiful flower arrangements on the altar during Advent and Lent have been designed by Wendy Binninger. She has been working professionally with flowers and plants since she was 15. We are so fortunate to be recipients of her wonderful talents!

LifeSpark Cancer Resources

LifeSpark Cancer Resources is a Colorado non-profit organization that uses Reiki and Healing Touch wellness therapies to bring peace and healing to individuals with cancer. Sessions are offered at partner locations including hospitals, spas, and churches, as well as remote locations. **For many years Green Mtn. UMC has hosted *LifeSpark* massage sessions in a room opposite the church nursery in the lower west building.**

How LifeSpark Sessions Work:

- *LifeSpark* wellness therapies promote peace and healing on all levels.
- Adults 18 and over with cancer are eligible: any type or stage of cancer.
- Receive 8 weeks of healing sessions, scheduled at a time convenient for you.
- You'll be matched with an experienced healing touch or Reiki provider.
- Caregivers are eligible (*family members who take care of a cancer patient*)
- *LifeSpark* is a free program.
- *LifeSpark* sessions last about an hour.
- *LifeSpark* sessions do not replace medical care, but rather support you during and after cancer treatment.

Contact *LifeSpark* at 303-425-5670 to schedule sessions.

LIFESPARKNOW.ORG



FELLOWSHIP HALL

The new flooring and carpet for the stage area in our Fellowship Hall has been installed.



Habitat for Humanity – The new build location is located at 44th and Miller. There are 5 spots available to work on the house on Saturday April 29th. We need up to 3 people from GMUMC to participate. Please contact Meg in the office if you would like to sign up for the build on April 29th.



CHILDREN'S NEWS

MARCH 2023

Our Sunday School class enjoyed making Valentines for church members on February 12th.

Sunday March 5th - Pastor Debra will help learn about Communion and the children will be invited to take communion with the congregation. (Rescheduled from last month)

Sunday April 2nd - Eggstravaganza will return. There will be activities and crafts for everyone to enjoy after church. Rumor has it Peter Rabbit will make a guest appearance and hide some eggs.

Please feel free to call or text Kim Myers at (720) 810-2157 for information or about our Children's Department.

Kim Myers
Children's Department Director



And He took the children in his arms, placed his hands on them and blessed them." – Mark 10:16



GMUMC
March 2023
Grades 6 – 12

Sun, March 5th **Impulse Control Program** **10:15 - 11:30 AM**

Ever say something you regretted later? Do you struggle with impulse purchases? We deal with impulsive decisions and actions all the time. We are constantly choosing what to do and what things to NOT do! So how do we do this and how can we do this even better? Let's explore the world of impulse control together!

Sun, March 12th **Game Time** **10:15 - 11:30 AM**

Let's get our game on today! Friends are always welcome to join us!

Sun, March 19th **Lilo & Stitch Movie & Program** **10:15 - 11:30 AM**

What can we learn from a little girl, a crazy blue alien, and an overworked older sister?! Today we finish what we started in November by watching this movie and then talking about what these characters can show us! We will also work on putting together the plastic eggs for the upcoming Eggstravaganza!

Sun, March 26th **Spring Break**

Enjoy time with your families for Spring Break!

IMPORTANT DATES:

April 2nd - Help with Eggstravaganza
(Palm Sunday)

April 9th - Easter (No Youth)

April 16th - Money Matters

April 23rd - Games

April 30th - Bigger Or Better Outing

(Sat) May 6th - **Walk MS**

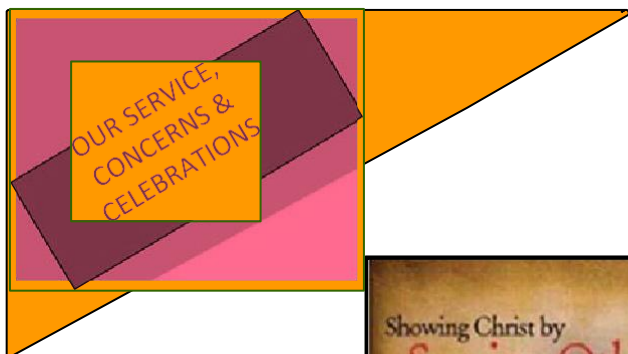
May 7th - Program

May 14th - Mother's Day (No Youth)

May 21st - End of Year Bash

May 26th - Last Day of School

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



Barbara Tobiska	03/02
Benjamin Schlieper	03/03
Keith Phipps	03/04
Ken Bullard	03/04
Sierra Arnold	03/05
Eloise Hollyfield	03/06
Bob Schneider	03/07
Anna Chevalier	03/09
Paul Morrison	03/09
Violette Stone	03/10
Aimee Thomas	03/11
Sonya Noyes	03/12
Jane Bernard	03/13
Melissa Sussman	03/14
Patrick Sullivan	03/17
Allaina Christy	03/19
Karen Harmon	03/19
Robin Ramsouer	03/19
Ronald Dare	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
Richard Stoddart	03/26
Gus Borcan	03/27
Penelope Mukarakate	03/27
Alexandria Neve	03/31
Barbara Smith	03/31

Andrew & Angela Stone	03/11
Stan & Johnnie Sheeley	03/16
Keith & Jewell Phipps	03/18
Bob & Laurie Walcott	03/23
Ardon & Meg Leak	03/25
Cristian & Jennifer Borcan	03/31

The **Rose on the Altar** is in celebration of the birth of **Margaret Louise Ball**, born on February 2, 2023 to Dan & Leslie Ball.

Congratulations to Grandma & Grandpa, Jim & Rilene Thompson, and to Great-Grandma Lettie Covert.




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:

Paul Notari, Mary Lou Notari's father-in-law & Kris' grandfather
Julian Becerra, Mary Lou Notari's cousin's son-in-law
Dick Reiman, Donna Bunker's uncle & Don's brother-in-law
June Ryker
Beverly Horne, Alex Horne's mother

*Those experiencing health concerns or other difficulties
in their lives:*

Church Members:

Jean Dinwiddie Ima Jean McKenna Melyn Dare
Carol Fox Carolyn Wrapp Lettie Covert
Edith Gammon

Family of Church Members:

Jim Arnold, Rich Arnold's brother
Joy Allphin, Debra Juarez's mom
Richard Stoddart, Barbara Stoddart's husband
Kara Penn, Frank & Roxanne Penn's daughter
Andy Mann, Nancy Elwood's brother
Amanda Raisbeck, James O'Toole's niece

Friends of Church Members:

Susan Miller, friend of Phyllis Parker
Susanna, from Karlynn Cory
Linda Steves, friend of Jim Arnold & Kirsten Arthur
Judy Wolff, friend of Myers family
Tyler Smith, friend of Jean Arnold



**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
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
Reverend 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

PLEASE NOTE:

Names will remain on the Prayer List 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, his/her name will be added to the Long-Term Prayer List that is published in the church bulletin.



Prayers for those serving in the military, their families and all first responders and their families.

ATTENDANCE

DATE	8:00am	10:30am
01/29	-	36
02/05	9	86
02/12	8	59
02/19	3	74

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Mediation and More



MARCH 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 a.m. GMUMCFAITH Breakfast IHOP	2 9:30 a.m. Quilts for Kids 5:30 p.m. Bellissimo Bells 6:30 p.m. Carillon Bells 7:30 p.m. Chancel Choir	3	4
5 8:00 a.m. Worship 9:00 a.m. Adult Sunday School 9:00 a.m. Pastor's Lenten Study 10:15 a.m. Youth Group 10:30 a.m. Worship	6 7:30 p.m. AA	7 10:00 a.m. Bible Study	8	9 9:30 a.m. Quilts for Kids 5:30 p.m. Bellissimo Bells 6:30 p.m. Carillon Bells 7:30 p.m. Chancel Choir	10	11
12 8:00 a.m. Worship 9:00 a.m. Adult Sunday School 9:00 a.m. Pastor's Lenten Study 10:15 a.m. Youth Group 10:30 a.m. Worship	13 7:00 p.m. Committee Meetings Outreach Committee Meeting 7:30 p.m. AA	14 10:00 a.m. Bible Study	15 10:00 a.m. Shared Journey	16 9:30 a.m. Quilts for Kids 5:30 p.m. Bellissimo Bells 6:30 p.m. Carillon Bells 7:30 p.m. Chancel Choir	17 11:00 a.m. SOLOS Applebee's	18
19 8:00 a.m. Worship 9:00 a.m. Adult Sunday School 9:00 a.m. Pastor's Lenten Study 10:15 a.m. Youth Group 10:30 a.m. Worship	20 7:00 p.m. Church Council Meeting 7:30 p.m. AA	21 10:00 a.m. Bible Study	22	23 9:30 a.m. Quilts for Kids 5:30 p.m. Bellissimo Bells 6:30 p.m. Carillon Bells 7:30 p.m. Chancel Choir	24	25
26 8:00 a.m. Worship 9:00 a.m. Adult Sunday School 9:00 a.m. Pastor's Lenten Study 10:30 a.m. Worship NO YOUTH GROUP SPRING BREAK	27 7:30 p.m. AA	28 10:00 a.m. Bible Study	29	30 9:30 a.m. Quilts for Kids 5:30 p.m. Bellissimo Bells 6:30 p.m. Carillon Bells 7:30 p.m. Chancel Choir	31	