



Open Hearts....

Open Minds....

Open Doors....

WINDOW ON THE HILL JULY/AUGUST 2023

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James O'Toole

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GREEN MOUNTAIN UNITED METHODIST CHURCH



12755 West Cedar Drive
Lakewood, CO 80228
Phone: (303) 989-3727
Fax: (303) 987-9220

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.*



Mark's Musings

Two spiritual disciples got into an argument about the right way to practice their faith. As they could not resolve their conflict, they went to their master, who was sitting among a group of other students. Each of the two disciples put forth their point of view. The first talked about the path of effort. He said, 'Master, is it not true that we must make a full effort to abandon our old habits and unconscious ways? We must make great effort to speak honestly, be mindful and present. Spiritual life does not happen by accident,' he said, 'but only by giving our wholehearted effort to it.' The Master replied, 'You're right.' The second student was upset and said, 'But Master, isn't the true spiritual path one of letting go, of surrender, of allowing the Way, the divine to show itself?' He continued, 'It is not through our effort that we progress, our effort is only based on our grasping and ego. The essence of the true spiritual path is to live from the phrase, 'Not my will but thine.' Is this not the way?' Again, the Master replied, 'You're right.' A third student listening said, 'But Master, they can't both be right.' The Master smiled and said, 'And you're right too.'

A koan is a paradoxical anecdote or riddle from the Zen Buddhist tradition demonstrating the inadequacy of logical reasoning and, hopefully, provoking enlightenment. Koans often just give me headaches, evidence perhaps of reaching the end of logic. But the enlightenment part seems to be still a work in progress (or more in the spirit of Zen, a release in progress?) Either way, I'm not claiming enlightenment at this stage of the game. But that's not to say it doesn't remain a noble goal.

I remind myself of all this whenever I participate in the sessions of our Mountain Sky Annual Conference, a regional gathering of all the United Methodist congregations from Colorado, Utah, Wyoming, and Montana (represented by lay and clergy representatives) and presided over by the Bishop, including her/his cabinet, for a yearly celebration of our ongoing ministry in the Methodist tradition, and the strength of our connection to one another. But even the strongest connections, both in church and at home, at work or school, may be stretched to the breaking point by a divisive issue or proposal. I've learned from my own experience after participating in over three decades of Annual Conferences that it's unrealistic to expect 100% agreement on everything... maybe, in fact, anything! But I do think the more positive and productive energy might be better directed toward the pursuit of a 100% understanding of one another's positions. If nothing else, it's a good opportunity to listen objectively and work towards a compromise satisfactory to all, where no one gets *everything* they want in favor of everyone getting *something* they do. In addition, that would seem to be an awfully helpful practice of the right kind of conduct in which to approach the next upcoming national political elections.

Whatever you happen to be currently engaged in at your workplace or around the neighborhood or out of town on vacation, issues and events both locally and globally, on behalf of the whole Green Mountain United Methodist Church staff, I wish everyone the gift of wise, spiritual discernment and careful listening to God's voice among us all until our next issue of *The Window on the Hill* comes back from its summer vacation at the end of August.

Pastor Mark



ADULT EDUCATION

Watch for future announcements regarding Adult Education in the September issue of the Window On the Hill.

Rev. Debra Juarez
Associate Pastor Green Mountain UMC
Email: debra.@gmumc.com
Cell: (303) 570-5180

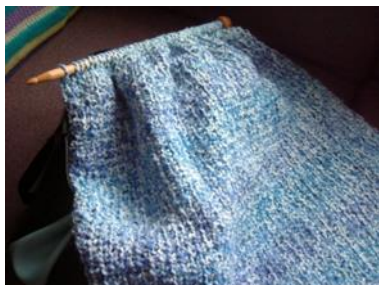
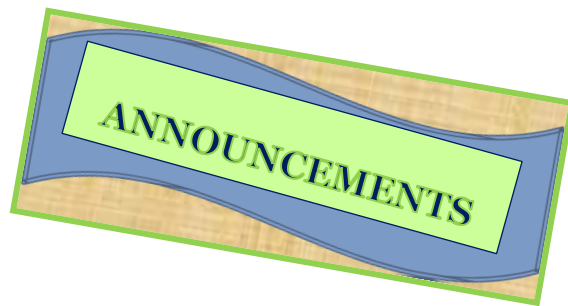
From the GMUMC Finance Committee:

January - May 2023 Financial Report

Income		\$ 159,824.48
Expenses		
Wider Missions	\$	10,624.99
SPRC Salaries	\$	121,611.49
Office Expenses	\$	5,461.29
Building/Grounds	\$	53,311.39
Church Council *	\$	4,064.55
Total Expenses		<u>\$ 195,073.71</u>
Net Income/Loss		<u><u>\$ (35,249.23)</u></u>

* Consists of Conference Registration, Children's, Outreach, Programs, Worship expenses, Music, Video Streaming

Respectively submitted by your Finance Committee



PRAYER SHAWL MINISTRY - The Prayer Shawl Ministry sponsored by Outreach is going strong. Let us know if you would like to join the group to crochet prayer shawls. The yarn is provided and so are lessons. Also, if you know of someone who could benefit from a prayer shawl due to illness, cancer treatments, or grief, please let us know.

Contact: Mary Bloomstran at 303-263-2906.

ACTION CENTER



Action Center School Supply Drive - The Outreach Committee is collecting backpacks and school supplies for the Action Center. The Action Center is attempting to set a record for the most backpacks donated in a 2-hour period (on July 29th). Their goal is 6,000 backpacks. They are also in need of loose leaf paper, college ruled spiral notebooks, rulers, pencils and scissors. If you would like to donate backpacks or other supplies, please place your donation in the box marked ***"Action Center School Supplies"*** in the coat room **by July 23rd**. Thank you.

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/>

Mary A. Bloomstran
Edge Environmental, Inc.
303-988-8844 (office)
303-263-2906 (cell)



Please join us at our Green Mountain United Women in Faith's (GMUWFAITH) monthly meetings for breakfast at IHOP/Lakewood Commons on **Wednesday, July 5th** and on **Wednesday, August 2nd** starting at 9 a.m.

Thank you for attending last month's "Virginia Held Fried Chicken Picnic Lunch"! We were happy that some 15-16 people attended! Here are a few photos:



- **Update on our exciting project to help lead our church to sponsor refugee families through International Rescue Committee (IRC) in Denver**

On April 3rd, before we started fundraising to co-sponsor a family of our own, Carolyn Wrapp, Hamunyari Chigwada, and Brenda Bronson joined volunteers on Arvada UWFAITH's team to help our Columbian family of four who arrived on April 5th. We have been helping Nayibe and her three children Karen (19), Aylin (15), and Jeanpool (7), for nearly three months now.

To co-sponsor a family through IRC, a group needs to raise \$3000 minimum and recruit 10 volunteers who get background checks, take a 4-hour training, and commit to 4 hours per week for six months to help the family get settled in.

Last week, we learned we had raised a little over the \$3000! We raised more than half of it from your donations to the special offering taken April 17th during our GMUWFAITH Sunday church service where we had speakers from the IRC. More special donations kept coming in the weeks that followed. In May, our Mountain Sky Conference learned we were working to sponsor a refugee family and donated us a \$500 "Mustard Seed" grant for projects to help refugees and migrants.

For more information see:

<https://umcmmission.org/migration/mustard-seed-migration-grants/>

Your donations plus that \$500 grant brought us to \$3094 - just over our \$3000 goal! Thank you! What we lacked from our church were 10 volunteers stepping forward to work with the refugee family 3-4 hours/week for the next 6-9 months. Just a week ago, IRC introduced us to the woman leading a recently formed group called Team Trestle in Arvada, who welcome newcomers fleeing violence in their countries. They had just started their fundraising and we were delighted to learn that they have some 20 volunteers eager to work on helping our newcomers. So GMUWFAITH, Team Trestle Arvada, and IRC in Denver, working together, will co-sponsor a refugee family! We have already mailed checks for the \$3094 we've raised. Our three GMUWFAITH volunteers will help them and back them up however we can. Team Trestle will work with IRC to choose a family, find safe housing, and provide the volunteers to help the family settle in.

UWFAITH's motto – We believe love in action can change the world!

If you'd like to volunteer to work with one of our refugee families, please contact Hamu at hamu.umw@gmail.com or Brenda at brendabronsonfpe@gmail.com. Thank you.



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
 Canned Vegetables – favorites: Green Beans, Corn, Tomatoes,
 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
 Oat

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,
 pudding, Jell-O gelatin and candy

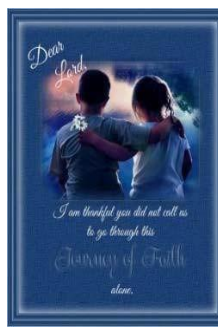
Thank you, Donna Bunger



New GMUMC Policy – Fire Evacuees

With an ever-increasing threat of wildlife, the chances are becoming greater that you will someday need to evacuate from your homes due to encroaching wildfire. If you and your family find yourself in this unfortunate position, the church has established a new policy that allows church members evacuated from fire zones to stay at Green Mountain UMC, until such time as they are able to return to their home, or until other arrangements are made.

If you and your family must evacuate from your home due to wildlife and would like to take advantage of the church's new policy, let church staff know and space will be made available for your stay.



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.

Church Directory



Green Mountain United Methodist Church
1015 N. 1st St.
Green Mountain, VT 05840
303-989-3727
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.

VOLUNTEER RESPONDERS

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



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



CRAFT FAIR
Saturday, September 9, 2023

Thanks to everyone for the great response to get vendors signed up for the Craft Fair.

We have sold every booth & I'm looking forward to a wonderful Fair Sat. Sept. 9th.

We will be needing volunteers for help with the set up on Friday Sept 8th & take down on the 9th. Also a few inside door watchers on the day of the sale (2 to 4 hour shifts)

Contact Wendy Binninger to sign up to help. 720-273-0629



SEPTEMBER 2023
Newsletter items due by
AUGUST 20TH
Email:
gmumc@gmumc.com
&
mlnotari@msn.com



News from the Cedar Hill Community Garden

The garden is part of Denver Urban Gardens (DUG) community gardens.

Note: the garden is always unlocked so feel free to visit at any time.

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 water is on and the 20 garden plots are under cultivation. We had our first garden work day May 20, 2023 with 20+ participants for our 4th growth season. Many hands make like work (plus goodies to munch). 18 bags of leaves were mulched for the garden plots and compost pile – until the battery ran out on the mulching mower we borrowed. Jewell Phipps donated 25+ blue pots from her garden to be used in the Community Garden for container gardening and to grow grapes and hops on the shade pergola. Thank you Jewell (Mom 😊). It took three vehicles to haul them to the garden during the work day.

Garden Plots. All of the plots are now full. Some may open in 2024 and if you would like to be put on the wait list contact co-garden leader **Ali Young** (mustang.ali@hotmail.com) to be added to the list.

Bees. Our bees did not survive the -20° weather this past winter and we are still assessing what to do this season. Ali and her bee keepers may reestablish the hives this Spring, but they're still deciding. If you would like to learn about bee keeping or help with the hives, contact Ali (mustang.ali@hotmail.com) for more information. You do not have to have a plot in the garden to work with Ali and her team of beekeepers.

What we need:

- **Mulching mower** – The mulching mower we borrowed worked great on the donated leaves. We would like to have one for the garden if there is someone out there with a mulching mower. We use them on the donated leaves and green weeds to create the browns and greens needed to make compost.
- **Garden tools** – **Thank you to all of you who have donated your garden tools!** *You know who you are.* As you work in your gardens, downsize or clean out your garages and sheds or simply upgrade your own tools – 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.
- **Bricks** – The brick fund raiser is still on going. **Jean Arnold** is not taking any more orders at this time but will resume taking orders in the Fall after the first of the bricks are installed. Our Eagle Scout is now planning to assist on brick installation – so stay tuned.
- **Donations for scholarship plots.** Two of the plots in the garden are scholarship plots. Thank you for your 2022 donations making these plots possible for gardeners in 2023. The cost to support a scholarship plot is \$50 / plot and we will accept donations for the 2024 scholarships. In the months ahead, I'll feature some of our gardeners and their stories.

Jean Arnold

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 to 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.

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 Liens; Collections & Bankruptcy Creditor Representation;
 Mediation and More

Children's Department News



July 2nd: We will celebrate July 4th with games and treats outside. Please wear sunblock and a hat.

In July and August, we will continue to study Bible Stories of the Old Testament.



August 20th: Backpack Blessings, bring your backpack to church for a Blessing by Pastors Mark and Debra as we kick off the new school year. The Children's Department will celebrate after church in the Gathering Place by providing an Ice Cream Sundae Bar for everyone to enjoy.

We would love some help building a large portable puppet theater for our 16-inch Bible character puppets. If you can help us build our theater or donate materials, please contact Kim.

If you have any questions or need more information please call or text Kim Myers at 720-810-2157.



Kim Myers, Director
Children's Department



Wed, June 21st **DQ Chill Together Night** 6 - 7:30 pm

Come join us for a cone (or whatever) and hang out! This is a great night for us to connect and enjoy some time together! We will meet at the Dairy Queen at 1010 S. Union Blvd. (80228) near Mississippi Ave.!

Wed, July 12th **Mission Project - Water Fight Party** 6 - 8 pm

Summer always brings long days and tons of heat! So let's throw a really fun event for the church and community by setting up a Water Fight Party! We will meet at the park before the event to set up supplies and then clean up after the event too! The actual Water Fight Party will be scheduled for 6:30 - 7:30 pm. The Youth will meet at Rocketship Park (also known as Jackson Park at Green Mountain Drive and Union Blvd. at 6 pm and hopefully be done with clean up by 8 pm. The City of Lakewood granted our permit!

Wed, August 9th **Coffee and Games** 6 - 7:30 pm

For Coffee and Games, we will meet at the Starbucks off Alameda at 12408 W. Alameda Pkwy, Lakewood, CO 80228. Tonight is about connecting, playing together, and enjoying some coffee!

Upcoming Events: Kick-off September 9th and 10th - It's Glow Time Lock-in Event!

Come stay with us on Saturday night for Glow-in-the-Dark activities and games! We will have a lock-in at the church and then sit together during the worship service on Sunday before going home! Permission slips are required for lock-ins!

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

OUR SERVICE,
CONCERNS &
CELEBRATIONS



Anna Young	07/01
Annika Horne	07/07
Melanie Stickler	07/07
Velda Walters	07/08
Renii Stone	07/09
Shirley Coen	07/12
Lynne Smithpeter	07/15
Harvey Meyer	07/16
MaryJane Eddy Scott	07/18
Darline Bowland	07/19
Gerry Rickett	07/19
Maxwell Mukarakate	07/19
Josiah Myers	07/20
Carol Gettle	07/22
Ray Dockter	07/22
Georgia Lewis	07/24
Gail Murphy-Geiss	07/25
Brad Gutknecht	07/26
Nancy Taoka	07/26
Brian Lewis	07/27
Ray Kagiya	07/27
Kristofer Notari	07/31
Marsha Carey	07/31

Aimee Kover	08/01
Pete Gomez	08/02
Mary Curtis	08/06
Debra Juarez	08/09
Alyssa Olson	08/11
Barbara Stoddart	08/13
Hannah Fitzgerald	08/18
Julie Reigle	08/19
Vivian Tanner	08/19
Aimee Johnson	08/23
Kent Bates	08/24
Kristen Kagiya	08/26
Patricia Harris	08/26
Wendy Binninger	08/29
Brenda Bronson	08/31



Gary & Melissa Sussman	07/01
Mark & Judy Thurman	07/04
Andy & Jennifer Thomas	07/06
Greg & Nora Montano	07/07
Ray & Gloria Dockter	07/09
JW & Deborah Hindman	07/18
Tim & Tania Moore	07/20

Alex & Stacey Horne	08/01
Mark & Lori Osborn	08/01
Boyd & Sharon Berry	08/06
Mark & Lisa Allison	08/11
Charles & Madelene Vestal	08/11
Arnie & Aimee Kover	08/28
Jim & Rilene Thompson	08/31



The Rose on the Altar is in celebration of the birth of Gracie Jean, great granddaughter of Jean Dinwiddie. Gracie was born on May 25th and weighed 4 lbs. 2 oz.

Congratulations to Jean and the proud parents!

Our Care Corner

Keeping Our Promises

By Upholding the Church with...

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



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

For those who have experienced loss:

The family of:

Charlie Haase

Church Members

Phyllis Wittrup Patrick Sullivan
Jean Dinwiddie Ima Jean McKenna
Melyn Dare Carol Fox Lettie Covert

Family of Church Members:

Rain, Melyn Dare's daughter
Mary Pat, sister-in-law of Marilyn Griebel
Ken, brother-in-law of Marilyn Griebel
Audrey Reiman, Donna Bunger's aunt
Jo Shioji, Kris Notari's Grandma, Mary Lou's mom

Friends of Church Members:

Cindy Bowers, friend of Jean Dinwiddie
Sam, friend of Bruce Bellin
Greg Garcia & the Rojas family, friends of Kim Myers

Remember these people in your prayers.

Let us continue to pray for:

Jim Arnold, brother of Rich Arnold
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	10:30am
05/28	78
06/04	83
06/11	73
06/18	65
06/25	76



JULY 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10:30 a.m. Worship	3 7:30 p.m. AA	4 Independence Day Holiday  Office Closed	5	6 9:30 a.m. Quilts for Kids	7	8
9 10:30 a.m. Worship	10 7:00 p.m. Committee Meetings Outreach Committee Meeting 7:30 p.m. AA	11	12 Youth Group 6:00 – 7:30 p.m.	13 9:30 a.m. Quilts for Kids	14	15 10:00 a.m. Scrappin' Sisters 10:30 a.m. Scrapbook Group
16 10:30 a.m. Worship	17 7:00 p.m. Church Council Meeting 7:30 p.m. AA	18	19 10:00 a.m. Shared Journey	20 9:30 a.m. Quilts for Kids	21	22
23 10:30 a.m. Worship	24 7:30 p.m. AA	25	26	27 9:30 a.m. Quilts for Kids	28	29
30	31 7:30 p.m. AA					



AUGUST 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 9:30 a.m. Quilts for Kids	4	5
6 10:30 a.m. Worship	7 7:30 p.m. AA	8	9 Youth Group 6:00-7:30 p.m.	10 9:30 a.m. Quilts for Kids	11	12
13 10:30 a.m. Worship	14 7:00 p.m. Committee Meetings Outreach Committee Meeting 7:30 p.m. AA	15	16 10:00 a.m. Shared Journey	17 9:30 a.m. Quilts for Kids	18	19 10:00 a.m. Scrappin' Sisters 10:30 a.m. Scrapbook Group
20 10:30 a.m. Worship	21 7:00 p.m. Church Council Meeting 7:30 p.m. AA	22	23	24 9:30 a.m. Quilts for Kids	25	26
27 10:30 a.m. Worship	28 7:30 p.m. AA	29	30	31 9:30 a.m. Quilts for Kids		