



# THE MESSENGER

Monthly news for the people of St. Andrew United Methodist Church

## Charles Wesley

### "Hark! The Herald Angels Sing"... and Methodists too

By: Yvonne Barcewski, member of the Messenger Team

"Hark! the herald angels sing, glory to the new born king..." You know the song. It is one of St. Andrew's Music and Arts Director, Mark Zwilling's, favorite hymns, but do you know who wrote it?

Charles Wesley, whose passion for God and song, is reflected in the 6,500 plus hymns he wrote between his conversion after a near death illness in 1738 and his death at age 80 in 1788. During that illness he heard a voice saying, "In the Name of Jesus of Nazareth, arise, and believe, and thou shalt be healed of all thine infirmities." If you were counting, that number means he wrote a minimum of two hymns a week, every week for 50 years. At his death, there were over 2,000 unpublished hymns in manuscript form.

Charles and his older brother, John, are largely credited with founding the Methodist movement. They were two of nineteen children born in England to Samuel Wesley, a controversial Church of England parish rector and poet, and his wife Susanna. While in college, Charles formed the Oxford Holy Club, which John later came to leader. The Club was devoted to a systematic approach to, or "method," and regular practice of religion and piety. It eventually became the Methodist Church.

The brothers became famous preaching their sermons at open-air venues and even traveled to Savannah, Georgia, as missionaries. However, the rough and tumble world of Georgia in 1735 proved too much. Charles stayed less than a year returning to



England depressed and emotionally spent. John followed a year later with his reputation in tatters after allegedly renegeing on a promise to marry a woman he met on the voyage to the Colonies that ended in a law suit and mistrial. Eventually both brothers married. It is reported that John's

marriage was as unhappy as Charles' was blissful. The musical tradition was carried on by Charles' two sons who were said to be musical prodigies, one of whom was compared to Mozart.

Despite being a founder of Methodism, Charles remained in the Church of England for life and was an ordained priest, but his real passion was the praise of God through word, deed and song. So much so that according to information from the website *Songs and Hymns.org*, Charles is often referred to as the "A'saph of the Methodist Church" after King David's choir leader, A'saph, named in Psalms 73-83.

During his life, Charles experienced many historic events. He used those and his personal experiences, stemming from his conversion, marriage, celebration of Christian festivals and sorrow over the death of family and close friends, as catalysts for his hymn writing. Despite popular myth, it is unlikely that Charles used barroom melodies as a basis for those hymns. The following is from the article, *Bar Tunes and Wesley's Hymns*, by Rowland Croucher, dated November 9, 2006:

*"There is a widespread mis-conception, and I heard it at conferences everywhere this summer, that the Wesley's used drinking songs," says Dean McIntyre, a music officer with the Board of Discipleship and chair of the United Methodist Church's study of worship and music 2004-2008. "That is a myth."*

Continued page 2, col 3.

## From the Senior Pastor



### A Funeral for a 22 Year Old

There was a period in early July when I officiated at two weddings and three funerals over a twelve-day period. Two of the funerals were for

persons who had lived long, full lives — Lois Rihn and Harry Wilhelm. The third funeral was for a 22-year-old young man, Alex Wesley, who was neither a member of St. Andrew nor a United Methodist. His mother had found him on a Sunday morning after he had died in his sleep during the night.

When Alex's family made arrangements for his service with the local funeral home, they looked at the funeral home chapel and quickly decided it would not accommodate all the people they expected to be at the funeral service.

The funeral director asked if they had a church home, and when they said they did not, he told them he would make a phone call. He called our church office to inquire about the availability of our sanctuary for a large funeral service. We had time available, and I was available to preside, so we quickly said. "Yes, of course we will do this."

We felt no hesitation about devoting our office staff time, pastoral care time, and other support time to being present for this pained and grieving family. So I met with them, and we planned the service together including time for several family members to speak about Alex.

On the afternoon of the funeral, we had a full house of almost 450 people in our sanctuary — none of whom I recognized except for the family members I had met. It was a fitting service that allowed people to share their questions, their grief and their sadness. It was a time to give thanks for a young life that was cut far too short, and it was a time to experience God's great comfort and peace.

I was proud of how our church leaders and staff members rallied together to help a family through one of the most difficult times we can face — the premature death of a son or daughter.

After the benediction, we took the casket, the family and all the guests outside on our north patio for a ceremony releasing 12 doves. This was to symbolize the freeing of Alex's life back to the God who is the source of all life.

But here is something I found even more striking: When the guests were leaving, I turned to the funeral director from Drinkwine Mortuary to tell him again that I was so pleased he had called us to see if we could host this service and that I always wanted him to feel free to do this in the future.

What he told me next made me feel sad: He said that our openness as a congregation was pretty unusual compared to most of the churches and pastors they work with! He said most churches and pastors would not make themselves available, open their building or do what we had done, even though Alex was a baptized Christian who was

incorporated into a church when he was a child.

I was dismayed to hear this response. I told him that I believe people deserve to have services of remembrance and thanksgiving at the end of their lives even if they have not recently been active in a specific congregation.

We will continue to be in relationship with Alex's family over the next few weeks and will invite them to be in our grief recovery program the next time it is offered. They are experiencing one of the most complicated kinds of grief that we can experience — the death of a young person and the horrible journey of parents who have a son or daughter die before they do. I ask you now to hold them in your prayers.

What I want each of you who read this to know and remember is that your church has been and will be present for all families that are in need, and that our nine-month-old sanctuary is a resource not only for our own active members but for others in our community who need a place to gather and weep and give thanks for a life that has been taken away too swiftly.

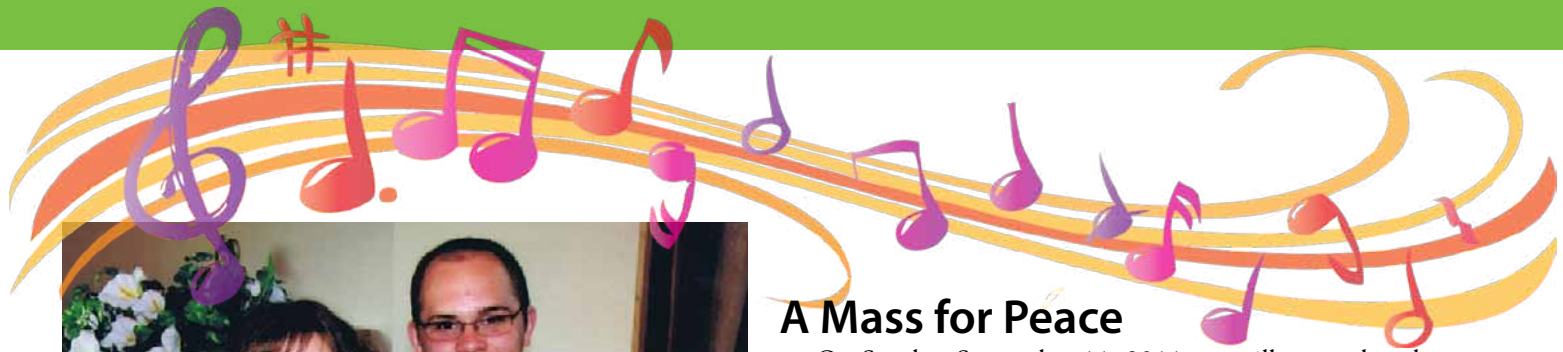
And I want us to be aware that our distinctive Methodist posture of openness to all God's people — *open hearts, open minds and open doors* — is one that continues to guide what we do especially in times of crisis and deepest need not just for our own active members but for all God's people, all God's children.

### Wesley continued

It just is not true. This idea is that tavern songs can be used to justify using popular music today as a way to reach people, which I have no problem with," McIntyre says. "But the tavern argument is a myth." McIntyre goes on to state that the myth probably originated with a misunderstanding of the musical term, "bar tune" or "bar form," which refers to the number of lines repeated in a song and not to a song sung in a tavern.

*Christ the Lord  
is risen today,  
Sons of men and  
angels say. Raise  
your joys and  
triumphs high;  
Sing, ye heavens,  
and earth reply.  
-Charles Wesley*

Whether it is bar songs or hymns, it's been said that nobody likes to sing more than Methodists. Whoever said that is probably right. It is an honor to know that at Christmas and Easter services when we sing along with the St. Andrew Charles Wesley Choir, songs like *Hark the Herald Angels Sing* or *Christ the Lord has Risen Today*, also written by Charles Wesley, thousands of other churches around the world, from many denominations, are singing with us.



## New Youth Choir Director

Hi! My name is Carla Shaner, and I am so excited to be the new Youth Choir Director at St. Andrew! I am originally from Shelby Township, Michigan, and I studied music education and theater at Central Michigan University. My husband, Evan, and I live in Aurora, and are expecting a new arrival, our daughter, in early August. We moved to Colorado two years ago, and I am currently teaching general music at Thornton Elementary School. Music has been a huge part of my life since I was very young and I have had many, varied experiences, both as a performer and educator. I am honored to have an opportunity to work with the Holy Pretzels and look forward to getting to know all of you.



## Singers, Looking for a Home?

The Charles Wesley Choir (CWC) at St. Andrew is a wonderful community of singers and friends. We are looking forward to making incredible music for you here at the church. We want YOU to come sing with us if you enjoy a vital, warm, and uplifting choir! The choir sings a variety of music, and you are uplifted not only on Sundays but throughout the week.

We invite you to consider the choir or to invite a friend who likes to sing. Rehearsals are Wednesday evenings, normally from 7:15–9:00 pm. The CWC kick-off is on Wednesday, August 24, beginning at 6:30 pm, in Fellowship Hall. If you are new to the choir please bring your appetite for dinner and get ready for some singing fun. If you are currently a CWC member, please bring \$5 to help cover the cost of the dinner. No audition is required - all singers are welcome and encourages to come give choir a try.

## A Mass for Peace

On Sunday, September 11, 2011, we will remember the tragedy of that day ten years ago by offering a Mass for Peace. This Festival Choir experience will have a month of two rehearsals a week, culminating in two concerts at 4:00 and 7:00 pm here at St. Andrew. You do not have to make all of the rehearsals. The concert will primarily feature the work called The Armed Man by Canadian composer Karl Jenkins. Jenkins released this lush, beautiful, and relatively easy work on Sept. 10, 2001. The concert will feature a full orchestra, the Denver Gay Men's Chorus, the Denver Women's Chorus and the Charles Wesley Choir. If you are interested, please check on the St. Andrew web site for a full rehearsal schedule and registration information for singers. You are also welcome to email Mark Zwilling at [mzwillling@st-andrew-umc.com](mailto:mzwillling@st-andrew-umc.com).



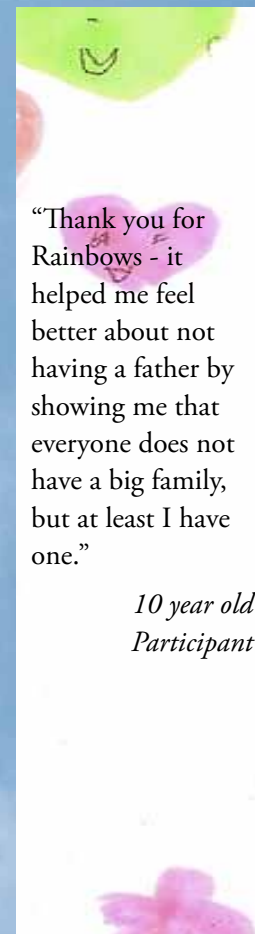
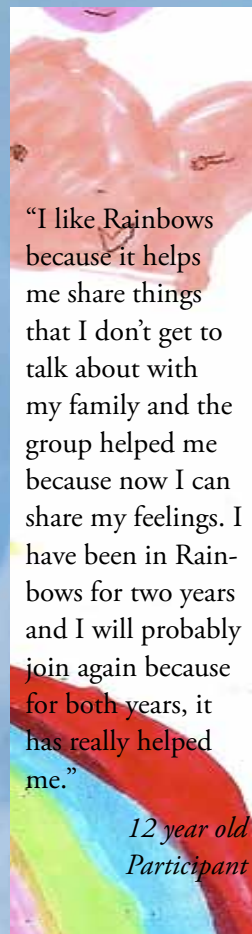
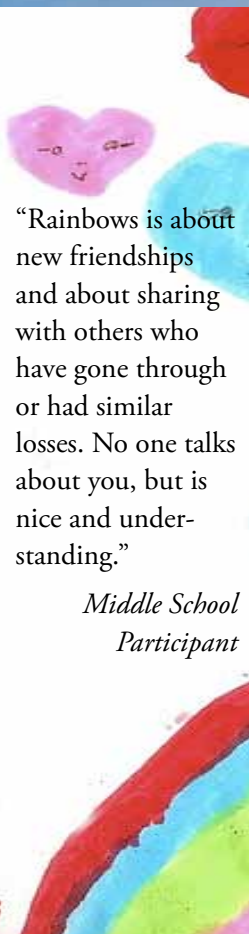
## Rainbows Begins September 12!

When most of us think of Rainbows, we think of looking in the sky and seeing a breath taking scene that reflects and shines the colors that God has created through a storm and its aftermath. Here at St. Andrew, we think of Rainbows in terms of children meeting together through and after a storm that has occurred in their family that is causing grief. This grief might be as a result of separation, divorce, remarriage or death of a family member, which alters a child's view of life and changes the structure of the family. Rainbows is an international organization founded in 1983 that provides support to grieving children, with an opportunity for them to deal with and resolve their feelings in an accepting environment.



As we are planning for the upcoming sessions, here is information for you to share with a family experiencing grief:

- Two seven week sessions will be held on Monday evenings from 7:00-8:00 pm at St. Andrew
  - September 12-October 24, Session 1
  - January 23 – March 12 (no meeting February 13), Session 2
- For more information and to register a child, contact Christy Boyle at [cboyle@st-andrew-umc.com](mailto:cboyle@st-andrew-umc.com), 303-794-2683 ext. 114.



## L.I.F.E. lessons...

### Guatemala

*St. Andrew member and University of Colorado at Boulder graduate Mary Micikas has returned to the United States following work as a public health volunteer in Guatemala with the Organization for Development of the Indigenous Maya (ODIM). Mary left for rural Guatemala in January 2008, originally planning to volunteer for a year, coordinating and working with volunteer teams to convert an abandoned Methodist church into a medical and dental clinic.*

I'm back! I never imagined that my year would turn into three and a half, or that the experience would significantly alter my ideas of what social responsibility entails and change my plans for the future. Building the ODIM medical clinic took just over a year. A clinic, however, represents far more than just a building. Construction represented only the first step in a long road to establishing the clinic as an institution in the community. We work alongside local community members to explore the needs of the community, to implement programs to address those needs and to empower local residents to take ownership of their clinic.

In April 2009 we opened the clinic

with a local nurse and trained a secretary and pharmacist. The first week we had no patients, but people started showing up little by little for consultations, and we started gaining trust in the community. Now, two years later, the clinic sees about 20 patients a day in the four hours it is open and sometimes has to turn away others. There are 1,700 families registered at the clinic, which is pretty big in a village of 5,000 people. Patients also travel from surrounding villages. A fully equipped dental clinic is also up and running, staffed with foreign volunteers and a local dentist.

There is, of course, much work to be done; however, I am very happy with the clinic's progress and how much it has been embraced by the community. The clinic has completed an extensive, community-directed health needs assessment and oral history project, provided consultations to thousands of families as well as created programs for health promoter training, community gardening and nutrition education and children's scholarships. It has also facilitated a cultural exchange that attempts to break down racial barriers between indigenous and Latino youth in Guatemala.

I love the work I did in Guatemala and have learned more than I ever could have imagined. This experience has inspired me to go to nursing school to



become a family nurse practitioner with my hope of returning to work at the clinic. I start nursing school at Emory University in Atlanta in the fall. My sister, Ashley Micikas, will be heading down to Guatemala in August to take my position as the clinic administrator. I know that she will do a wonderful job, because she has so many skills to share and already has lots of experience after volunteering there for nine months while in college.

If you are interested in any of the clinic's programs, would like to receive our e-newsletter or would like to volunteer with us, please contact me or my sister Ashley, [Mary.Micikas@gmail.com](mailto:Mary.Micikas@gmail.com) or [Ashley.Micikas@gmail.com](mailto:Ashley.Micikas@gmail.com), or check out our website: [www.odimguatemala.org](http://www.odimguatemala.org). Thank you for your support! *Mary*

## St. Andrew has a Boy Scout Troop!

St. Andrew is proud to announce and welcome Boy Scouts of America Troop 870, which has been serving the Highlands Ranch area since 1997.

Troop 870 follows a "classic" BSA program emphasizing boy leadership with rich program content, monthly overnight outings, annual summer camp opportunities and trained adults to monitor, mentor and supervise the youth. The troop is divided into patrols. New scouts are assigned to new patrols for their first year. All patrols are assigned one dedicated assistant scoutmaster to ensure an adequate adult-to-scout ratio for monitoring and mentoring.



Overall, the troop seeks regular opportunities to engage in service projects for rank advancement and to emphasize a commitment to its community and charter organization.

There are also frequent opportunities to connect scouts with their moral compass, as Troop 870 reminds them to live the Scout oath and law lifelong and to aim high by planning to reach the rank of Eagle Scout. This troop is also unique in that it maintains a special honor guard that represents the troop during flag ceremonies. To visit one of the troop meetings, Mondays 7-8:30 pm in the St. Andrew Youth area, visit

the troop website: [www.troop870.org](http://www.troop870.org) or contact Scoutmaster Steve King, [scoutmaster@troop870.org](mailto:scoutmaster@troop870.org).

## New Cub Scout Pack!

It's that time of year when parents are looking forward to fall and thinking about activities the kids can do to enrich their lives. Cub Scouts, Pack 870, will begin meeting this fall at St Andrew!

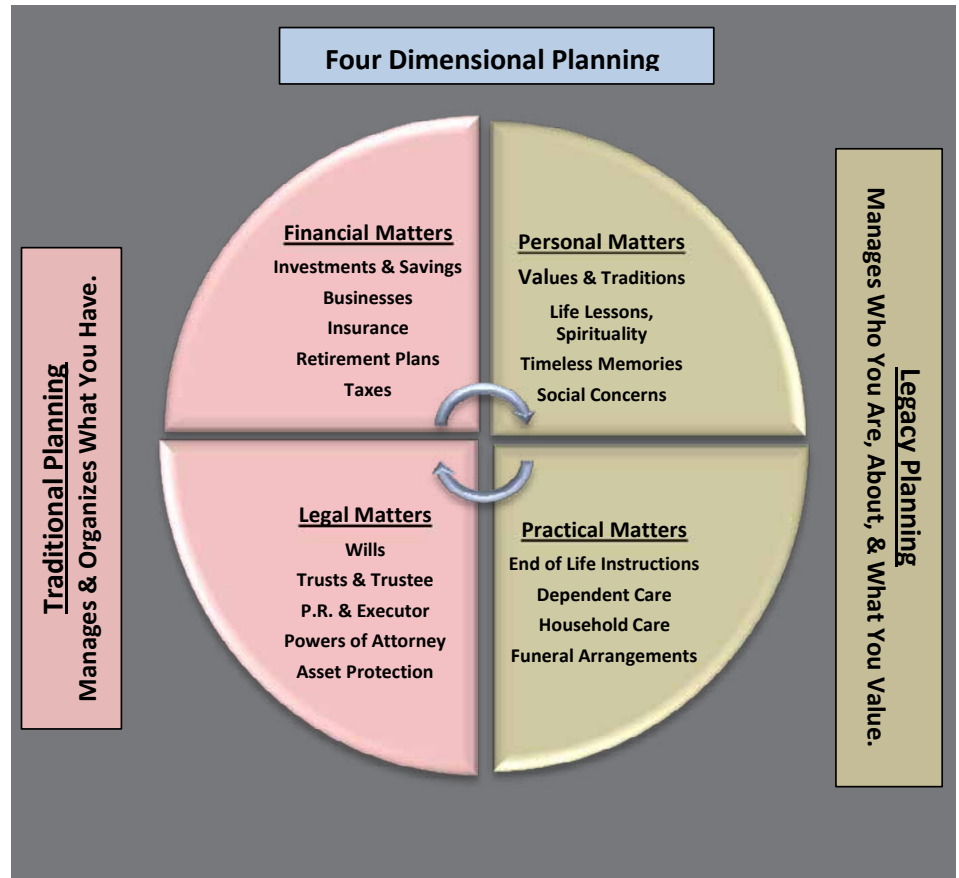
Cub Scouts is the first step on the Boy Scout trail. It offers fun, adventure and activities within small dens and the larger pack. Being a Cub Scout means you are a member of a worldwide youth movement that helps boys develop important values and beliefs. Cub Scouts learn to do their best and help others. For information, contact Cub Master Allen Amis at [allenamis@cs.com](mailto:allenamis@cs.com).

# Who We Are Is Greater Than What We Have

“What matters most in life, more than anything else?”

By Mick Kingston

Harvey asked us a very good question in his “Moral Courage” sermon June 26 when he offered, “Is regular worship, where we pray, read from our book and apply it to our lives, a strong priority for you? If it is not, you will not be prepared for the choices that make a difference.” Applying this spiritual question to financial planning may be one great leap of faith, but Legacy Ministry believes it is applicable to sound Christian stewardship of our assets. A life-plan integrating who we are, what we believe and what we value with personal property is a meaningful guide to our life and legacy to make a difference, spiritually and financially. In light



of Harvey’s sermon, Legacy gifts offer a meaningful complement to traditional planning, incorporating faith and values with personal property. We read in Luke 12:23, “For life is more than food and the body more than clothes.” Our spiritual journey gives us the opportunity to prioritize our money with our Christian teachings; to ask what matters most in life more than anything else.

We frequently think of money in terms of its quantity. Do we have the “courage” to value our monies equal to the spiritual quality of our lives, family, and church?

While a Will or Trust legally organizes our assets and instructs transfer of property upon death, Legacy planning focuses on the meaningful substance of our lives. A Will or Trust document aims to help our survivors understand what we stood for, life-lessons we wish to impart, and why. Adding Legacy planning to traditional planning creates the Four Dimensional Financial Plan, sharing not only our possessions, but also priceless emotional and spiritual values. “Impress them on your children. Talk about them when you sit at home...” (Deuteronomy 6:7). In writing these values, we are give pause to reflect on our spiritual life and engage in steps to align assets accordingly. Our loved ones will have imprinted on their hearts and minds the qualitative aspects of our life

to remember, honor and contemplate who they are, and appreciate their heritage. Isn’t this the intention of a legacy?

The Legacy Plan is not a legal document. It is a personal complement to a Will or Trust, frequently written in letter form, sharing memories, special wishes, messages to loved ones and social concerns we are passionate about, or traditions we would like to see continued. Other expressed priorities are our wishes for dependent or pet care, preferred readings and music for funeral services, support of favorite charities and causes, and our hopes for our church, St. Andrew. Imagine the peace in knowing we are not leaving behind unanswered questions or memories not shared. We are communicating our unique story to loved ones and remembering we are greater than what we have.

This article is written by Mick Kingston, Legacy Ministry Team. He is Sr. Vice President and Chief Investment Officer of Investors Independent Trust Company, a Colorado-based fiduciary and wealth management firm.

## Pineapples and Front Porches...

By Melanie Rowilson

Director of Welcoming and Small Group Ministries

Did you know that the pineapple has become the symbol of hospitality? Have you ever wondered why?

Since Colonial times, the “Pyne Fruit,” as it was known then, has been a symbol of hospitality.

It was first heard of in the 1700’s when ships’ captains brought the fruit back from the Caribbean as a potential farm crop for the Virginia colony. Later, it evolved into the symbol of hospitality when those sea captains would spear a very precious pineapple on the gate post, or door, to announce their return from sea, and that all were welcome to come visit.

As you begin to notice more pineapples, just know that they are reminders of one of our St. Andrew values – radical hospitality. Think about ways you can share that.

Hospitality sets the stage for building relationships. To foster relationships, it is important that we help create an environment where people can feel valued and cared for; where we are welcomed and feel safe and comfortable.

Today’s culture seems to be one of back decks and not the culture of the front porch, so common years ago. Yes, most of our homes have a front porch, but not many of them are used as they once were - as places where people would sit and visit with neighbors and friends, wave at passers-by, enjoy a glass of lemonade and watch the children playing. Front porches were places where relationships could be fostered – and maybe, still could be today.



Christ continues to call us to be present and extend hospitality in intentional ways – in front of and in the midst of our culture – to practice front porch hospitality in this back-deck culture – to invite neighbors, friends and passers-by to join us for a glass of lemonade, or a slice of fresh pineapple, as the case may be. Can you think of someone with whom you would like to sit on your front porch? Is there a pineapple of some kind on the front gate or door of your home? I wonder how that could happen...

It could be an opportunity to give the gift of Christ to another and to welcome the gift of Christ found in the other person. Enjoy your front porch – and a slice of pineapple. Blessings.

## SUNDAY WORSHIP

**8:00 am Chapel Communion Service**  
Reflective, meditative and nurturing service; hymns.

**9:00, 10:30 am Worship in the Sanctuary** Creative, celebrative, communion the first Sunday of each month; variety of choral and instrumental music.

**Sunday School** for children, youth and adults is at 9:00 and 10:30 am.

Childcare is available at all worship services for children age 4 & under.

## THE MESSENGER

The Messenger is published once each month. Submission deadline is the second Tuesday each month, 8:00 am.

*The Messenger* newsletter is available on the church website, [www.st-andrew-umc.com](http://www.st-andrew-umc.com) and printed copies are at the church exits in the Atrium. To receive *The Messenger* via U.S. Mail, please call the church office, 303-794-2683.

**Contact any of the St. Andrew staff** via e-mail by using their first initial, then last name [@st-andrew-umc.com](mailto:@st-andrew-umc.com).

**Regular Church Office Hours are** Monday–Friday, 8:00 am–4:30 pm.

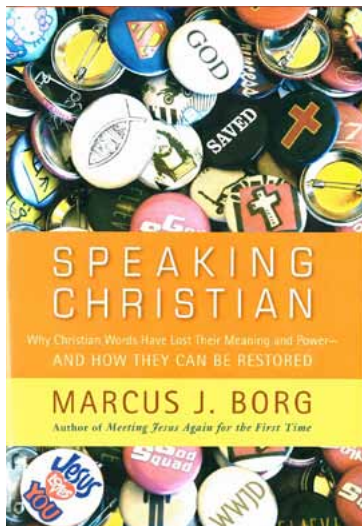
**In Case of Emergency** a pastor may be reached after office hours by calling 303-794-2683 x130.

# Pathways: A Center for Spiritual Growth

For information on the many classes and events offered by the Pathways Ministry pick up a copy of the Pathways catalog or log on to [www.st-andrew-umc.com](http://www.st-andrew-umc.com). Please preregister for classes at the Pathways desk at church.

## St. Andrew BIG READ 2011: *Speaking Christian* by Marcus Borg

Best selling author and Jesus scholar Marcus Borg will be our guest the weekend of September 30–October 2. In preparation for this weekend, Pathways is sponsoring a BIG READ of Borg's newest book, *Speaking Christian*. In this book, he discusses many common words used in Christianity and talks about how we can understand them in a more illuminating and transformative way. Purchase your copy of *Speaking Christian* at the Pathways Desk in Fellowship Hall today!



### Speaking Christian BIG READ Classes (sign up at the Pathways Desk)

- Mondays, August 1–29 from 7:00–8:00 pm; led by Mitch Hankins
- Thursdays, August 4–September 1 from 9:30–11:00 am; led by Tam Curfman and Cindy Klick
- Wednesdays, August 31–September 28 from 9:30–11:30 am, Women's Spiritual Growth; led by Jenny Ricklefs
- Wednesdays, August 31–September 28 from 5:30–7:00 pm; led by Melanie Rowilson and Cam Bethea

## King James Bible 400<sup>th</sup> Birthday Celebration

Sunday, August 14, from 8:30 am–noon in the Harmon Library. Bring the family and enjoy a birthday reception fit for a King. Learn about this significant part of our biblical heritage and possibly see King James I himself!



## Armchair Archeology: Biblical Artifacts of the British Museum

Sunday, August 28 from 10:30–11:30 am. Learn about the Cyrus Cylinder, Assyrian Battle Reliefs, the Rosetta Stone and many other Biblical artifacts housed in the British Museum.

## St. Andrew's Admin Ministry Team

When you call the church office a friendly receptionist answers the phone. You call a day later and another friendly voice answers your question. Who is this voice of St. Andrew Church?

The Admin Ministry Team was formed last September to staff the Receptionist Desk, Monday–Friday, 8:00 am–4:30 pm. Team members work either on a weekly basis in the morning or afternoon, or are “on-call subs.” In addition to answering the phone and greeting visitors, the team works with the Ministry of Administration Staff (office staff) providing an extra hand. We are blessed to have this dedicated team sharing their gifts and talents in carrying out God's mission in our community.

The Team structure allows flexibility to accommodate individuals' schedules. If you would like more information on becoming part of this important team, please contact the church office, 303-794-2683.



## UMW Piecemakers Help Ft. Logan



The United Methodist Women donated several quilts to Baby Haven, part of the Haven Homes project at the Colorado Mental Health Institute at Ft. Logan in Denver. The Haven serves women with

serious substance abuse problems and addiction. Often they were referred to the Haven in lieu of incarceration for drug-related crimes. These women commit themselves to change through a long-term therapeutic process of recovery. They learn to care for their babies and build new lives as independent community members and healthy parents. Similar to all mothers, they want a normal and happy life for their children — something they never experienced. This motivates their recovery. The Haven Homes, including the Baby Haven, were originally built for families of Army officers in the late 1800s.



## Pay It Forward Food Boxes

Food boxes may be purchased for people in need every fourth Sunday morning in Fellowship Hall (August 28).

Stop by with \$10 to purchase a box and load it onto the Pay It Forward cart. The food box will be delivered on your behalf to an area food bank early the following week.



**\$10**

# Just FAITH

## Grow Your Faith through JustFaith

JustFaith meets on Tuesday evenings, August through April. It provides an opportunity to read, discuss, pray, experience and be formed by the Biblical call to compassion and the voices of the poor and vulnerable in our community, nation and world. The JustFaith process involves 30 weekly sessions, retreats, immersion experiences, prayer, guest speakers, videos and more. Here are some reasons you might be interested:

- Commitment to growing your faith and expanding your love for God and others;
- Interest in exploring some of the most challenging words of Jesus
- Desire to connect your faith in God with life in a complex and troubled world
- Participation in a life-giving spiritual journey with a community of people who both support and challenge you
- Belief in “loving your neighbor as yourself,” but uncertainty about whom and how God is calling you to help
- A longing to live with conviction and generosity that makes God real in the world
- Openness to the possibility of life change

Contact Daryl Shute, 303-932-1691 or Outreach Director, Jeri Dwyer, 303-468-6838 for more information.

**Remember to buy Fair Trade Products Sunday, August 21 Chocolate, coffee, teas and more**

**available 3<sup>rd</sup> Sunday mornings in Fellowship Hall**



## Health, Healing and Wholeness

*The St. Andrew Health Ministry Team is united in showing a quick concern for the health and well-being of all.*

### August is Medical Alert Month!



Few people know about the comprehensive benefits of the MedicAlert® program that extends beyond I.D. bracelets for people with chronic ailments. For example, MedicAlert members can manage and store their medical conditions, allergies and advanced directives with the program. The Kid Smart program provides 24/7 emergency protection for children 17 and younger who have medical conditions or allergies. Another service, the MedicAlert® + Alzheimer's Association Safe Return® program provides 24/7 emergency response for loved ones with Alzheimer's or dementia who wander. For more details, visit [www.medicalert.org](http://www.medicalert.org) or stop by the Congregational Care table in Fellowship Hall to pick up printed information.

### Family To Family Education Course

Join us Thursdays, August 18–November 3, 6:30–9:00 pm. Mental illness is a serious medical condition that affects one in four families. St. Andrew will host Family to Family, a nationally recognized program sponsored by NAMI, the National Alliance on Mental Illness. This free 12-week course is for family members, partners and friends of individuals living with the following conditions:

- Major depression
- Bipolar disorder (manic depression)
- Schizophrenia and schizoaffective disorder
- Borderline personality disorder
- Post-Traumatic Stress Disorder
- Panic disorder and obsessive compulsive disorder
- Co-occurring brain disorders and addictive disorders

Classes are structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. The course provides the knowledge and skills that family members need to cope more effectively. It is taught by a team of trained NAMI volunteers who know what it's like to have a loved one struggling with a brain disorder. This program has been completed by over 200,000 people in the US, Canada and Mexico.

Pre-registration is required. Please email: [fam2fam@namiadco.org](mailto:fam2fam@namiadco.org) or leave a message at 303-991-7688. Your call will be returned within 24 hours.

## Getting Started When the Diagnosis Is Alzheimer's

Saturday, August 20, 9:00 am–3:00 pm. A \$15 donation includes lunch and materials. The workshop provides basic information to families, friends and caregivers concerned about people with Alzheimer's disease or related dementias. Topics include a medical overview of Alzheimer's presented by a physician, legal and financial options presented by an elder law attorney and information on managing daily communication, behavior changes, safety issues and challenges. Please take this class first if you plan to take the more extensive "Savvy Caregiver" class. The class is held at St. Andrew, but to register, contact Alzheimer's Association, Colorado Chapter, 303-813-1669 or register online at [www.alzco.org](http://www.alzco.org). Led by Patricia Felice, Family Services Director, Alzheimer's Association, Colorado Chapter

## Welcome to Men's Ministries

*Men's Ministry activities are an opportunity for fellowship, personal renewal and spiritual growth.*

### Picnic on the Patio: Food and Fellowship

Every third Sunday, beginning at 11:30 am. Save yourself some cooking this summer and let the Grill Team serve you burgers, brats and hot dogs with all the trimmings for \$5/adults and \$3/children 12 and under). Proceeds support church programs and outreach ministries. Stop by the North patio after worship for fellowship, food and fun. Last two picnics of the season are August 21 and Sept. 18.

**Please bring contributions of peanut butter, jelly and bread for sandwiches as well as new white socks for the homeless.** A donation box will be by the grills.

Men interested in helping with the Grill Team may contact Rev. Dale Wood at 303-794-2683 x153.

## Congregational Care Prayer

By Barb Wilkinson

Dear God, I heard birds chirping this morning as I walked to the mailbox and two days ago I heard doves cooing. I was reminded how we are all given different voices for different reasons and some have to try harder to be heard. Please help us listen for the voices that have trouble being heard and soften our voices if we are too loud. Whatever our voice, we can make a joyful noise to You. Amen.



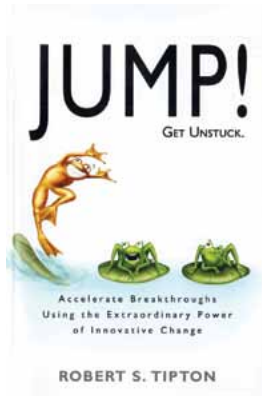
## Beyond Divorce: Rebuilding When Your Relationship Ends

Tuesdays, August 16–October 18, 2011, 6:30–8:30 pm  
Ending a love relationship can be one of the most stressful and difficult experiences in a person's life. Learn the skills necessary to adjust to losses, receive encouragement to rebuild your life and move through grief and adjustment in a healthy way. The class, which costs \$150, is open to all, but is specifically designed for individuals of all ages and situations who are experiencing the end of a relationship. To register, call Jenny Ricklefs, 303-794-2683 ext 106. The class will be led by Beth Walker, MBA, CPCC, Certified Professional and Personal Coach who has more than 25 years of experience in mental health and nonprofit administration and has led many Fisher Divorce Recovery Workshops. Beth has been happily remarried for 19 years since transcending the trauma of divorce.

Childcare is available with a reservation made and confirmed at least one week prior to the need. Please contact Susan Brown, St. Andrew Childcare Coordinator, 303-794-2683, ext. 151.

## “JUMP!: Get Unstuck”

St. Andrew's Employment Search Group presents a workshop for all who are unemployed, under-employed or unhappily-employed. Led by author, consultant, speaker and St. Andrew member, Bob Tipton. You're welcome Mondays, August 22 and 29, and September 12 and 26, 2011, 6:30–9:00 pm, in Fellowship Hall. Experience new insights, new approaches, better tools to accelerate one's ability to survive in today's poor job market. Registration necessary: please email your name, email address and phone to [employmentsearch@st-andrew-umc.com](mailto:employmentsearch@st-andrew-umc.com).



## New Seniors Blue Book Available

This resource pamphlet for seniors and their families offers information about housing, personal care agencies, Medicare, health services, assisted living, geriatric care management, trusts, community resources and services, employment, volunteer opportunities and lifelong learning. Copies are free and available in many locations around the church, including the Congregational Care table and Literature Rack in Fellowship Hall.

## Caring for our Congregation



### Health Ministries:

*Adapted Yoga* Tuesdays, 10:00-11:00 am and Wednesdays, 9:45–10:45 am;  
*Free Blood Pressure Checks*, odd months-third Sundays, Room B269, 8:00 am–Noon.  
*Fresh fruit* available Sundays on the donut table in Fellowship Hall as an alternative to donuts.

### Intercessory Prayer Team:

Wednesdays, 9:00 am, to pray for the needs of St. Andrew's congregation and beyond. For info contact [jricklefs@st-andrew-umc.com](mailto:jricklefs@st-andrew-umc.com).

### Men's Ministries:

Meets monthly, September to May. Fellowship, learning, service and fun through our softball team, grill team, Snowhounds and service projects. Contact Rev. Dale Wood, 303-794-2683 x153.

### Moms Like Eve:

Meets first and third Fridays, 9:45 am. Friendship, support, learning, speakers, discussions and outreach. Childcare available with one-week notice. Contact Kirsten Parus, 303-799-9125.

### OutSpirit: Friends Embracing Diversity

Fourth Sundays, Noon. Christian fellowship, support, and education opportunities for the gay, lesbian, bisexual and transgendered church community, friends, family and supporters. Call Cathy Pearl, 303-740-7688.

### Parent's of Teenagers

**Support:** Second Tuesdays, 7:00–8:30 pm. Info: Kathleen Riley, 303-741-6726, [cori-leys@msn.com](mailto:cori-leys@msn.com); Dona Kooy, [mdkjk@msn.com](mailto:mdkjk@msn.com).

### Ongoing 12 Step Groups

AA (Alcoholics Anonymous) Tuesdays, 7:45-9:15 pm  
AA Friday Evenings, 6:30-7:30 pm  
AA for Men Saturdays, 8:30-9:30 am  
SA (Sexaholics Anonymous) Saturdays, 7:00-8:00 am  
S-Anon Saturdays, 7:00-8:00 am

### Brain Injury Support

**Group:** Third Thursdays, 6:30-8:30 pm. For persons living with brain injuries, and those providing support. Della Krochta, 720-344-1250.

### Covenant Visitors:

Thursdays, 9:30-10:30 am, Rm. B239. This team visits older homebound folks. Barbara Pomarico, [pomarib@aol.com](mailto:pomarib@aol.com).

### Depression Support

**Group:** Second Mondays, 6:30-8:00 pm. The group meets with Nancy Williams, Ph.D., Psychologist.

### Employment Search

**Group:** No Summer meetings. However, the “Jump: Get Unstuck” Workshop will meet Mondays, Aug. 22 & 29 and Sept. 12 & 26. Curriculum is being redesigned for the Employment Search Group, which will resume weekly meetings after the “Jump” workshop. Contact: [employmentsearch@st-andrew-umc.com](mailto:employmentsearch@st-andrew-umc.com).

## Meet the Artist: Cathy Ormiston



The St. Andrew Gallery and the Harmon Library will display the art of longtime St. Andrew member Cathy Ormiston through October 2.



Cathy's artistic talent and training earned her a Fine Arts degree in Graphic Design and Ceramics. She began her career, she worked as a Graphic Artist in pre-computer era. After focusing on raising two sons, Cathy returned to college to pursue teaching and for the past 12 years has taught art in the Douglas County School

District. She currently teaches ceramics and sculpture at ThunderRidge High School and is the Visual Arts Coordinator for Douglas County Schools.

Cathy's St. Andrew show is a retrospective of pieces that span her artistic career, including early graphic design and a variety of media that demonstrate her artistic interpretation over the years. This eclectic exhibit will include pieces that were prototypes for student projects and others that were directly inspired by her students. Her passion and strength in ceramic art will be seen both in relief and in the round.



## St. Andrew Quilt Show

In October, Art & Soul will host the annual Quilt Show in the St. Andrew Gallery. The display will be coordinated by Jacque Smith and Janet Ford. All quilters are encouraged to put finishing touches on a new creation or share a favorite quilt. To participate in the show please contact Jacque Smith, 303-797-3140, or Janet Ford, 303-694-4878.

## Golfers! Tournament Registration Has Begun

The 7<sup>th</sup> Annual SAUMC Golf Tourney is Saturday, August 27 at the Highlands Ranch Golf Club, with a shot-gun start at 1:30 pm and a buffet supper to follow. The cost of \$120 per golfer includes a generous donation to the Stout Street Clinic which provides medical care for the homeless. Sign-up continues through August 14.



More details about the tournament are available on the St. Andrew website, [www.st-andrew-umc.com](http://www.st-andrew-umc.com); select the Ministries tab and click on Fellowship Opportunities. You can also sign up online, or by visiting the church office during the week.

Golfers of all abilities are welcome! Get a group of friends and neighbors together and sign up. You can also sponsor a hole (\$250); donate prizes, cash or volunteer.

Let's all help the committee make it the best tournament ever!



**A Reconciling Congregation**



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