



THE MESSENGER

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

2011 Youth Auction

Olde West Sunday, April 10

**Great food, auction items, and fun for all!
Silent and Live Auction items still needed!**

On the afternoon of April 10, St. Andrew will be transformed into the Olde West for the annual youth auction. In addition to being the primary fundraiser for youth summer mission and choir trips, the auction an all-church event filled with great food, fun for all ages, and a celebration of the St. Andrew church family.

This year, St. Andrew youth will travel on missions to Belize, Kings Beach, CA, and Rifle, CO; to Youth 2011, a national gathering of Methodist youth in Sacramento, CA; and around Wyoming and Montana on the Holy Pretzel choir tour.

Why come to the auction? Maybe to bid on the silent auction items, including jewelry, services, gift cards, sports equipment, golf outings, dining certificates, and gift baskets. Maybe for the delicious dinner prepared by the Men's Grill Team and the youth – steak, fajitas, red beans and rice. Maybe to see Maggie Wild's Wild West Shelties or to see the St. Andrew staff sing and dance together, and see who has the best Western wear. You might want to see Jerry Hershops and auctioneer Terry Wiedeman work the crowd at the live auction. Maybe you want to win one of the great live auction items. Or maybe you want to enjoy a preview of the Holy Pretzels' tour performance.

Whatever your reason, put Sunday, April 10 on your calendar and come bid on the silent auction items, join us for dinner and stay for the fun of the live auction. Your support of our Youth ministry is greatly appreciated!



Live Auction items include:

- An authentic Greek dinner at the home of Harvey and Judy Martz. Good food and sparkling conversation.
- One week vacation at an Interval International or Resort Condo. Many possible locations, including Cape Cod, Florida, Hawaii, and Mexico! Valued at \$1500.
- A custom T-shirt quilt by Piecemakers – you provide T-shirts from schools, races, vacations, or other events, and Piecemakers will make you a quilt. Value: Priceless!
- Mark Zwilling's famous New Mexican dinner – ask about live entertainment with your meal.
- Janice Kittle's famous chocolate chip cookies – this tasty item always generates many bids and excitement!

... and much, much more!

The youth auction can't happen without donations and volunteers! Donations are being accepted in the Youth office, and additional volunteers are still needed. Thank you for your support.

From the Senior Pastor

Missional and Attractional



We have had good success recently in involving a number of people in exploring the new book by the Rev. Mike Slaughter titled *Change the World*.

Mike Slaughter has been, for many years now, the pastor of Ginghamburg United Methodist Church in Ohio near Dayton.

When he first went there, he began to talk with the small number of members about what it means to be a disciple of Jesus Christ instead of just a spectator and religious consumer. In that first period of his pastorate, the church declined in membership by 30%!

As he kept helping people encounter Christ and the requirements of discipleship (including faithful worship, study of scripture, prayer, membership in an accountability group, generous stewardship, service and witness), the attendance grew and grew.

Ginghamburg quickly became known as a “high commitment church” where people are asked to be prayerful and thoughtful about their promises of Christian discipleship; they are asked to be more than just attendees and spectators in church but to live the age-old spiritual disciplines of worship, study, service, sharing and witness.

If a church member from another United Methodist Church elsewhere in the U.S. moves there and wants to join, they are not able just to transfer their church membership; they are asked to participate in a twelve-week membership information and formation process called “A Follower’s Life”. (Compare their twelve-week expectation to our two-week, five-hour membership curriculum that we occasionally get questions about.)

They are then invited to be baptized or renew their baptismal vows and be interviewed by a course facilitator to ensure they commit to regular worship attendance, a cell community for growth and accountability, a place of service and the Biblical tithe.

This is what high-expectation discipleship looks like, and the Ginghamburg congregation is a powerful example for all congregations.

Because of that high commitment, faithful discipleship culture, they have 5,000 people involved in weekend worship at Ginghamburg Church – only about 1,200 of whom are church members; the rest are not yet members but are involved in some aspect of this congregation’s life of service and nurture.

I have had a chance to meet with Rev. Slaughter on several occasions over the past 30 years, most recently in each of the past two years at the gathering of pastors of the 100

largest United Methodist churches. Last year I was inspired to hear him tell about two of the congregational restarts that they have been involved in as they helped revitalize two core-city congregations that were dying.

I have been citing their congregation’s sacrificial commitment to mission and outreach through their years-long involvement in Darfur, which they have often supported through their Christmas offering each year. (Rev. Slaughter asks folks at Ginghamburg to give for outreach in December the same amount they will be spending on themselves for Christmas gifts).

I have also just sent to our lay leadership team the quote from his book where he lays out the expectations for persons who serve as church leaders in Ginghamburg. They are expected to set the pace, set the example of fulfilling those spiritual disciplines of worship, study, service, generous giving and witness to others.

The one way in which I have taken issue with Rev. Slaughter’s book is that he seems to think there is a great dichotomy between congregations that attract and involve new people through worship and those who attract and involve new people through mission and outreach. **I believe that both are important and need not be in opposition to each other. But my background is different from Rev. Slaughter’s.**

Rev. Slaughter was more impressed with the “Church Growth Movement” of 25 years ago that just emphasized getting people into seats in the sanctuary as attendees and not mentioning much about a covenant of following Christ and of living the spiritual disciplines of worship, learning, service, sharing and inviting.

What I think we have tried to do at St. Andrew Church is to ask all persons, new folks or present members, to be more than just attendees and spectators, to move from where we all start as consumers of religion to becoming disciples of Christ!

Our ratio of worship involvement to church membership is not near the Ginghamburg model. But for us to have about 1,100 persons in worship compared to 1,900 members is a dramatic difference from most mainstream congregations with 1,900 members where the average attendance is about 30% of the membership figure.

What do you think? Do we at St. Andrew have to choose between being a missional congregation and an “attractional” congregation? Can’t we do both? And has it not been the pattern of effective congregations since the book of Acts and since the original Methodist movement to be both: to invite and involve people in a community of worshiping, serving, studying, sharing disciples who show their faith in how they live outside the walls of the church building in outreach to our world?

Let’s continue this conversation.

John Matz

Lenten Recital Series

Join us for a special time of music Wednesdays during Lent. The Lenten recitals are held in the Sanctuary from 12:10-12:35 pm and are followed by a light soup and bread lunch for a suggested donation of \$3.50. Recitals are free and open to the public. There is an opportunity to make a free will offering. No reservations or tickets needed. Invite a friend and come feel your soul uplifted in the middle of the week.



March 16: Maddaford-Bondy Duet Flute player Tamara Maddaford and guitarist Steve Bondy will share their vibrant tone and musicality.

March 23: Dreamweavers Handbells Experience the exciting music and technical mastery of the Dreamweavers Handbell Ensemble.

March 30: Firesign Vocal Quartet The Denver-based Firesign Vocal Quartet is highly acclaimed for singing difficult acappella music from many genres.

April 6: St. Andrew Sisters Ensemble The St. Andrew Sisters Ensemble has been making "a joyful noise unto the Lord" for more than 25 years. Members audition and sing a repertoire of challenging music.

April 13: The Dynamic Mervines Organist Kenrick Mervine and his wife, Barbara, one of the metro area's leading soloists, have delighted audiences nationwide. Ken is the organist for St. Luke's United Methodist in Highlands Ranch, Temple Emanuel in Denver and for the Colorado Symphony Organist.

New Organ Dedication with the Watanabes: March 20



The award-winning organ duo of Kiyoko and Cheimi Watanabe is returning to St. Andrew by popular demand for a free concert to showcase our new organ. Join us in the sanctuary, Sunday, March 20 at 2:00 pm. Free will offering.

Soul Journey

Worship Experience

Friday, March 11 - 7:30 pm

Join us for an evening of music, meditation, prayer and healing; scripture, poetry, dance and visual arts, the 150-member Festival Choir, St. Andrew Sisters and Silent Message Dance Ensemble. No tickets needed. Open to the public. Free will offering.



Highlands Ranch Concert Band Presents *Mélange* - March 13

Join us for a free band concert in St. Andrew Fellowship Hall on Sunday, March 13 at 2:00 pm.

Easter Festival Choir Rehearsals Begin Wednesday, March 23

Come be a part of our Easter Festival Choir singing the majestic *Christ the Lord has Risen Today* and Handel's magnificent *Hallelujah Chorus*. This short-term choir rehearse on Wednesdays, 7:15-8:00 pm, from March 23 to April 20. It will join with our 130-voice Charles Wesley Choir and 60-voice Holy Pretzel Youth Choir in a program featuring St. Andrew brass and handbell ensembles. Easter at St. Andrew is a musical experience not to be missed. Plan on singing with us and enjoy the added bonus of a guaranteed seat! We ask that you miss no more than two rehearsals. Childcare is available by request with at least one week's advance notice by calling Susan Brown, 303-794-2683 ext. 151.

Rehearsal Schedule:

Wednesday, March 23	7:15-8:00 pm
Wednesday, March 30	7:15-8:00 pm
Wednesday, April 6	7:15-8:00 pm
Wednesday, April 13	7:15-8:00 pm
Wednesday, April 20	7:15-8:15 pm (this rehearsal includes the Holy Pretzels Youth Choir)

Performance: Easter Sunday, April 24. Meet at 7:30 am to sing for the 9:00 and 10:30 services.



To Reach All In Love
TRAIL
St. Andrew Children's Ministries



Journeying Together on the TRAIL:
Building Relationships through Children's Ministries

St. Andrew's Children's Ministries is also fondly known as the TRAIL which stands for To Reach All In Love! In Children's Ministry, we believe that in order to reach out to others in love, we first need to know the love of God through Jesus. For children, that love is shown and experienced through the relationships that surround them throughout their childhood. These relationships are built through consistent and positive interactions with our adult and youth leaders here at St. Andrew. With that in mind, we intentionally staff our Sunday school, CLC (Children's Learning Center), Childcare and VBS (Vacation Bible School) with caring, nurturing adults who are committed to being with the same children for the term of the ministry.

CLC, our weekday preschool program, prepares children not only for tomorrow, but makes the most of today. We believe that a young child wants to learn. Opportunities are provided for children's learning skills to expand while having marvelous fun in a Christian setting! Through relationships with peers and gentle guidance from teachers, children learn to share toys, attention and time while practicing positive interactions with other children and adults. In the classroom setting, children have the opportunity to express individual ideas and feelings through developmentally age appropriate activities, while learning to gain new security and independence in the world outside their own home. Each child will learn that they are unique and special individuals to be valued. Development of a good self-image, positive self esteem, and independence will be encouraged.

CHILDCARE provides a loving, nurturing and safe environment for children while parents or guardians attend worship, St. Andrew meetings, events and classes. While the children are here, they are engaged in crafts, story and of course play with peers and their adult caregivers. Staff members are intentionally scheduled in the same rooms and times so that they can build relationships with the children and parents that they serve.

SUNDAY SCHOOL provides learning experiences that are developmentally appropriate for each age group to explore the Bible, the stories of Jesus and God's people through activities that stimulate, engage and challenge our children of all ages to apply the stories to their everyday lives. We encourage critical thinking to lead the child through the story and to make the story their own! This is a wonderful and safe environment for children to build a relationship with adults outside of their family or school and to relate to adults as they explore their faith. Adults and children are encouraged to participate on a regular basis so that their relationships become the cornerstone of their Sunday morning experience. Adults, as they build relationships with children and their fellow leaders, have the opportunity to give and serve the St. Andrew community, relate to others and lead children to experience the compassion and love of God on the TRAIL to become disciples of Jesus.

There are many opportunities for you to build relationships with our children and the servant leaders of Children's Ministries. We would love to hear from you!

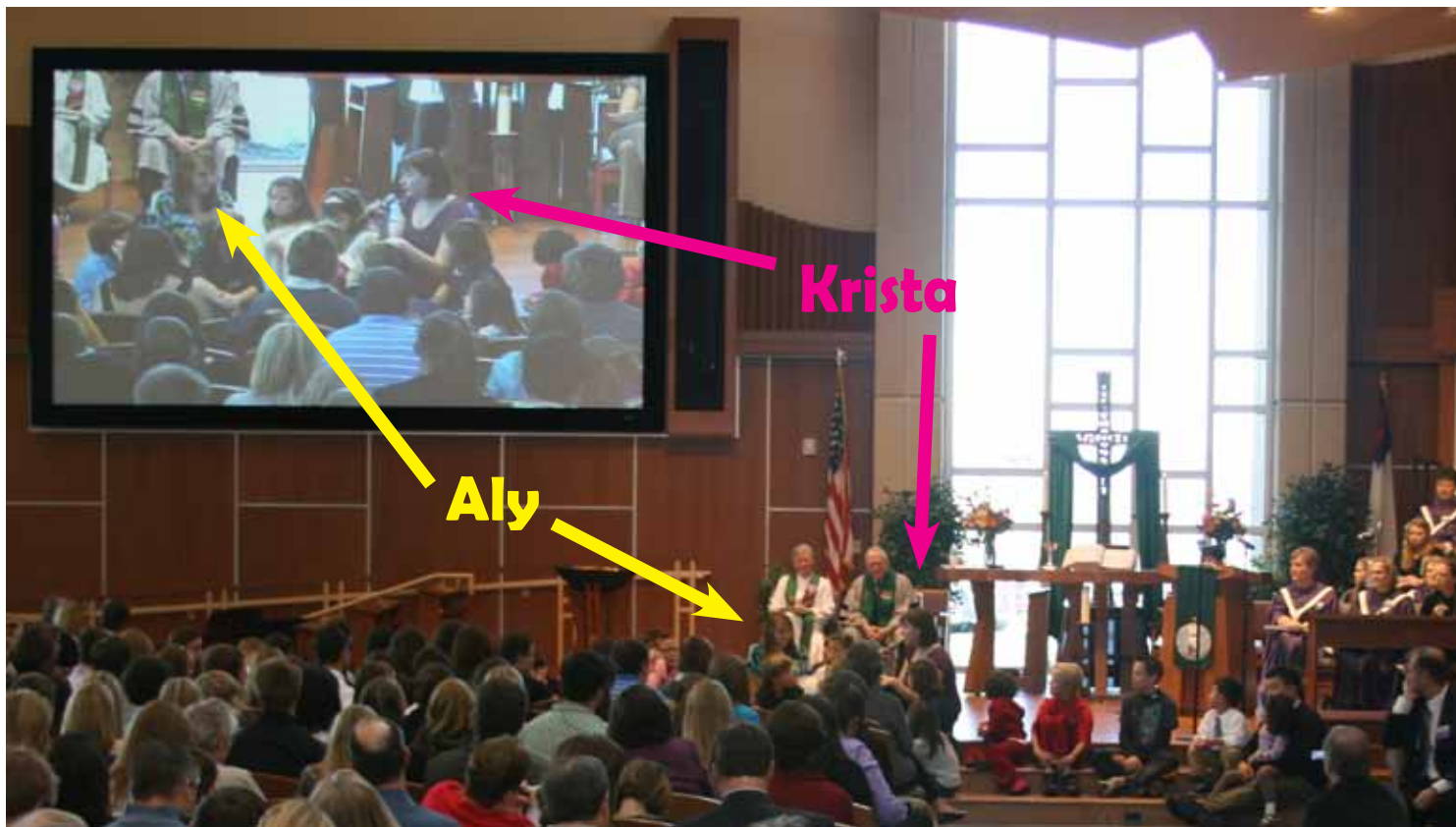
Christy Boyle
 Director

Susan Brown
 Childcare

Mary Huey
 Program Assistant

Kathleen Riley
 Sunday School

Marcia Whitney & Jen Goins
 Children's Learning Center



L.I.F.E. lessons... Confirmation

By Krista Herring

Last fall, Cindy Klick asked my sister, Aly, and me to take on Children's Time for Confirmation Sunday in November. We had several weeks to put our ideas together, but asking two of us to agree on anything is quite an ordeal. Aly and I are opposite in so many ways, from our looks to our interests. She has blonde, straight, thin hair and I have thick, curly, naturally brown hair. She likes to play all kinds of games, and I would rather watch than participate in them. Aly can't stand hearing about or seeing bones and blood, and my major is nursing with an emphasis on forensics. Of course we do have plenty in common, especially the fact that we are both Herrings, but sometimes that can be difficult to see. Aly and I have both grown up at St. Andrew and have been very involved in many different events

and activities here. We have both made the decision to be confirmed as well and have decided that helping with the Confirmation process was something we were interested in.

In Children's Time I told a story of my sister and me when we were a lot younger. It was about two boys who didn't believe that we were sisters because we didn't look alike. I proudly told those boys that Lissy, as I now like to call her, is adopted. They continued to bully us about it, and I can remember holding her hand and keeping her close to my side, because I love her. In the past several years I have been through a lot, and the people of St. Andrew are people that I've always been able to count on; they have been the ones to hold my hand. That is one of the reasons why I decided to be confirmed at this church.

I'm now in my second year of college, and I have finally found a home-away-from-home church in

downtown Colorado Springs. Because of the faith community at St. Andrew, the love I have been given, and the leadership positions I have held at my home church, I am now very comfortable with what I believe and what kind of church community I want to be a part of. I have recently helped start a college-age group at the church I attend in Colorado Springs and I have started to volunteer with some of their youth events. After a year of not attending any church regularly, I've finally realized that I miss spending my entire Sunday at church. Without the things I have learned and experienced through growing up at St. Andrew, I don't think I would be so involved at this church in Colorado Springs. St. Andrew has definitely taught me a lot of important things, as well as helped me see what kind of person I want to be. This church is still a place that I call my second home; my first home is with my parents and my sister.



Legacy Ministry

Durable Powers of Attorney: What Are They and How Can They Help You?

By Woody Herring

We all know that a Will gives directions to manage our affairs when we die. But what happens if we become incapacitated? Who then makes decisions for us?

One option is to petition a court to appoint a guardian and conservator – much like what is done for minor children whose natural guardians (parents) are unfit, deceased, or otherwise unavailable. The proceeding is initiated by an “interested party” – usually a relative or close friend. The conservator is someone appointed to manage the property and financial interests of the incapacitated, or “protected”, individual. The guardian is put in charge of making decisions that affect the protected person’s medical care and general well-being.

Unfortunately, the court process can be costly and time-consuming. The guardianship and conservatorship may involve on-going court oversight that can drain needed assets. Moreover, the person appointed by the court may not be someone the protected person would have selected.

An alternative is the use of durable powers of attorney. These documents enable an individual (the “principal”) to name another (the “agent”) to act for them. The powers can be “springing” or “immediate”. Under a springing power, the agent can act only if the principal becomes incapacitated and relinquishes that power if the principal again become competent. An example would be a car accident that causes the victim to be in a coma. During that time decisions affecting him need to be made by the agent. If the victim receives and regains his faculties, he may no longer need the agent.

An immediate power is just that - authority is conferred upon the agent as soon as the principal executes the document. Such a power is more commonly used when the principal is concerned that signs of mental incompetency are starting to appear.

Under traditional powers of attorneys, the agent can act for the principal only if the principal could have acted for

himself had he been present. For example, when a real estate closing takes place but a party can’t be present to sign the documents, an agent may be appointed on a party’s behalf under a power of attorney. However, if it were determined that the absent party were incompetent, the agent’s authority to sign would be voidable.

Durable powers are different. They are called intended to “endure” a principal’s incapacity.

A general durable power typically confers authority on an agent to manage the financial affairs and property interest of the principal – similar to a conservatorship. The medical, or health care, durable power enables the agent to make medical decisions – similar to a guardianship. Sometime an individual will reserve the power to be taken off life support via an advanced medical directive – referred to as a “Living Will”. If so, that medical decision does not rest with the agent but with the principal through the directive. Other than that narrow exception, medical decisions are left to the agent’s judgment.

Persons who opt for durable powers find the cost to be relatively nominal – particularly when compared to the cost of a conservatorship or guardianship. Granted, there are some powers – such as making a Will – that must be court approved and cannot be conferred on an agent, but most affairs of the incapacitated can be carried out through durable powers.

In addition to selecting someone they trust, the individual can also identify successor or “back-up” agents in case their first choice is unavailable when the power is to take effect. Co-agents can also be used, particularly if a person does not feel comfortable placing the responsibility solely with one agent.

If you’ve got your affairs in order in case death occurs, good work! But if a less-than-final event such as incapacity occurs, those who care about you may find themselves ensnarled in legal proceedings. Preparing durable powers may give you peace of mind and cause others to thank you some day.

If you want to know more about durable powers, “Living Wills’ and other estate planning documents, plan to attend the presentation: *Estate Planning – Beyond The Basics*. It is offered by Legacy Ministry at 7:00 pm on March 10, (note date change). Led by Don Kelley and Woody Herring, both estate attorneys.

Legacy Ministry is also sponsoring *Financial Choices that Matter the Most*. The presentation will be Wednesday, April 20 from 7:00-8:30 pm and be led by James LaFemina, a financial advisor and member of the Legacy Committee.

Check out our other workshops in the Pathways catalog. Contact us by calling the church office, 303-794-2683 or email legacyministry@st-andrew-umc.com. Visit our bulletin board at the entrance to the west wing and pick up a brochure. We want to help you help St. Andrew!

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. Please preregister for classes at the Pathways desk at church.

Chasing Daylight: How My Forthcoming Death Transformed My Life

Sunday, March 6; 9:00–10:00 am in room B250

While reading *Chasing Daylight: How My Forthcoming Death Transformed My Life* by Eugene O’Kelly, this class will explore what in life is most important: relationships. Reading will include biblical scripture and discussion will include what God and Christ say about relationships. We will then contrast that with O’Kelly’s view and what’s important in the long term. Led by Steve Starliper, St. Andrew member and student at Iliff School of Theology. Text: *Chasing Daylight: How My Forthcoming Death Transformed My Life*, by Eugene O’Kelly

Great Sayings of Jesus

Sundays, March 6–April 3; 9:00–10:00 am in room B249

This class will address some of the familiar but problematic Jesus sayings, inquire about the literal versus metaphorical meaning and consider the theological, ethical and cultural implications. This five-week study will help us better understand the great sayings of Jesus and discuss how they apply to our individual faith journeys. Led by Jeff Klaus, Attorney and Pathways Ministry Chair.

Parenting with Love & Limits

Sundays, March 13–April 17; 9:00–10:00 am in room B252

This study will empower parents to enforce limits consistently in an atmosphere of love and affection and make discipline a constructive learning experience that fosters cooperation, responsibility and self-control. Participants will learn positive teaching strategies to help children handle difficult feelings, experience the consequences of their choices, make good decisions, and distinguish right from wrong and practice problem solving. Attend a single session or the four-week series. Led by Dr. Marianne Neifert, St. Andrew member, Pediatrician, professional speaker and author.

Transitions: Finding Our Way When Life Gets Hard

Thursdays, March 17–April 7; 7:00–8:30 pm in room B251

Change is inevitable; some change we initiate ourselves, and some change is forced upon us. Change can be beneficial or detrimental. In order for us to have those transitions become stepping stones rather than stumbling blocks, we have to learn how to successfully navigate change so that we can move toward a hopeful future. That begins to happen as we understand the three perilous stages of any transition and the strategies we can develop for coping with the difficult, painful and confusing times in our lives. Led by Rev. Paul Barnes
Supplemental Text: *Transitions* by William Bridges

Putting Away Childish Things

Mondays, March 21–April 11; 7:00–9:00 pm in room B245

Discuss Marcus Borg’s first fictional novel. Author Brian McLaren says “in *Putting Away Childish Things*, we encounter thoughtful and conflicted characters talking honestly and intelligently about God, faith, doubt, sex, food and life’s big decisions. A rewarding read!” Led by Rev. Dr. Harvey Martz, Senior Minister Text: *Putting Away Childish Things* by Marcus Borg

St. Andrew Scholar Series: Dr. Albert Hernandez The Untold Story of Pentecost

Tuesdays, March 22–April 12; 7:00–9:00 pm in room B250

Explore and discuss such thought provoking questions as Why did John Wesley hold such special reverence for experience in Christian thought and education? What have Christians believed and written about the Holy Spirit through the centuries? Why does Pentecost show up in such different ways across the pages of Christian theology and literature? Also explore the imaginative ways that Pentecost has been celebrated and remembered. Led by Dr. Albert Hernandez Senior Vice President and Dean of Faculty at Iliff School of Theology. Text: *Subversive Fire: The Untold Story of Pentecost* by Dr. Albert Hernandez

Pathways on the Road: Five Day Academy for Spiritual Formation

March 20–25; Sacred Heart Retreat Center, Sedalia; Cost \$525

The academy is a retreat experience for both clergy and laity who are interested in learning more about Christian spirituality and prayer. The daily schedule for the five days includes lectures, time for reflection, worship, meeting in small groups and times for silence and prayer. If you would like an application or more information, please contact Rev. Cindy Bates, the Conference Retreat Leader for this event at cbates@st-andrew-umc.com.

Illuminating the Word: The Art of The St. John’s Bible

Sundays, March 20–April 17
10:30 am in room B251

Explore the images of faith expressed in the pages of the St. John’s Bible. This contemporary Bible is a blend of old and new; a masterpiece of ancient crafts of calligraphy and illumination combined with the latest capabilities of computer technology. This study will use several volumes of the St. John’s Bible to discuss in-depth how the images portray the scriptural passages they represent. Led by Tam Curfman, Director of Pathways.



WELCOME....

Parents with Young Children meets Sunday mornings at 10:30 and you are most welcome to come "try it out!" Experience fellowship, caring, sharing life experiences as parents with young children.

They will meet at their regular 10:30 hour on Sunday, March 6, then attend Dr. Marianne Neifert's class, Parenting with Love and Limits, during the 9:00 hour, Sundays, March 13 - April 17.



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 is at 8:00, 9:00 & 10:30, and for youth and adults is at 9:00 and 10:30 am.

5:00 pm AfterHours Meets at 2320 S Bannock @ Iliff, 2 blocks west of Broadway. Looking for an intimate church setting? AfterHours is church at tables, no hymns, discussion and Service in the Service. It's church for people that don't usually do church!

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

United Methodist Women Agape Circle

The Agape Circle, a Christian group designed to build interpersonal, spiritual fellowship among its members, invites you to join them for the following activities: March 15, St Patrick's Day lunch celebration at Landsdown Arms in Highlands Ranch Town Center; April 19 trip to Lakewood Cultural Center followed by lunch; and May 17 (tentative) lunch at the Boulder-Dushanbe Teahouse. Agape is making Bridgeway, a home for pregnant teenagers and their babies, its special project this year. In February, blankets were collected and some Agape members are making additional blankets and other needed items for the babies. If you would like to join us, please contact Cheryl Bennett, 303-683-9709 or Susan Apodaca, 303-660-5532.

Fair Trade Products

Fair Trade products are sold every 3rd Sunday in the Fellowship Hall. Your purchase will not only fill your pantry with a variety of delicious, organic candy bars, coffee and tea, but will also support the small farmers who product these products.

Just Desserts

Join Outreach on Friday, March 18 at 7:00 pm in the St. Andrew Chapel for a special screening of the award-winning documentary *Sweet Crude*, by Sandy Doffi. The movie spotlights the most populous region in Africa's Niger Delta, a place where billions of dollars in crude oil flow amid crushing poverty and injustice – a place where there is little portable water, food, medical care or electricity and populace of which is giving rise to a militancy that is creating both fear and hope. The screening will be followed by dessert and moderate discussion.

Please note that this film may have content not appropriate for children. For more information, please contact Heidi Parish at 720-206-5733 or Daryl Shute 303-903-0653.



THE MESSENGER

The Messenger is published the 4th Thursday each month. Submission deadline 2nd Tuesday at 8:00 am.

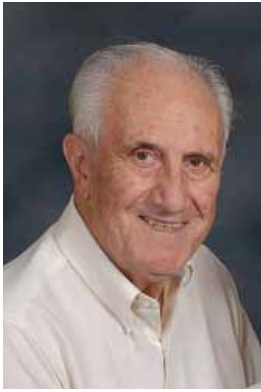
The Messenger newsletter is available on the web at www.st-andrew-umc and printed copies are at the church exits. To receive *The Messenger* via U.S. Mail, please call the church office, 303-794-2683.

Contact any of the St. Andrew staff via e-mail by using their first initial, then last name @st-andrew-umc.com.

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.

Outreach Spotlight Is On...



Vince Long

Vince has been a dedicated member of the St. Andrew family for 11 years and an Outreach member for almost as long even serving as chair of the Outreach Committee from 2003 through 2009. Vince says, "Jesus' main message to us, as I interpret

it, is one of compassion for those in need. To me, St Andrew's Outreach Ministry Area Leadership Team is one answer to that message. Serving on the team is definitely being in a 'thin place' and helps me feel connected to Jesus." Today he works hard finding projects that will let the St Andrew congregation "let our light shine" brightening the world outside its door. In addition to his involvement with Outreach, since 2003 Vince has been involved in the Denver Urban Ministries (DenUM), an organization dedicated to helping families and individuals in crisis receive emergency food, rent/utility assistance and job seeking help with the goal of returning them to self-sufficiency. In 2010 it served 46,312 individuals by distributing 46,312 food bags, providing rental assistance to 1,907 people and supporting 10,791 job seekers to get back on their feet. A very big "thanks" to Vince for his hard work and dedication. He is truly the hands and feet of Christ in our world! To learn more about DenUM, please go to www.denum.org.

Pay it Forward Food Boxes

We do the shopping and you do the choosing. If you love to shop and want the satisfaction of filling pantry shelves for those in need you can help Outreach purchase food for the monthly Pay it Forward food box program. The goal is to fill the shelves in the Outreach Depot room by the middle of each month with \$500 of non-perishable food. Shop for non-perishable food with the dollar amount you want to spend and turn in your receipt to Outreach for reimbursement. Volunteers will pack the boxes and transport them to area food banks. If you don't like to shop, after service on the 4th Sunday of each month, stop by Fellowship Hall. For \$10 you can purchase a pre-assembled, food box for next-day area food bank delivery. How easy is that? To help please contact Martha Thompson, 303-470-9241, Martha.Thompson@comcast.net.

Offering of Letters Campaign

Did you know that \$1.25 is the amount the average Haitian person has to spend on food each day, or that one child dies every 3.6 seconds of hunger and preventable disease? In small groups during classes or circle meetings and

on Sunday April 10, before and after each service, you can express your concern by becoming a participant in the Offering of Letter Campaign with Bread for the World, a Christian group advocating for the elimination of world poverty and hunger. Outreach will have



breadfortheworld
HAVE FAITH. END HUNGER.

stationary, envelopes, stamps and sample letters available to help you to compose a letter to our Representatives and Senators. We will be advocating for: 1) a stronger US government focus on reducing poverty; 2) clearer accountability and results documentation for accountability of US aid dollars; 3) matching US aid with pressing needs of local people; and 4) support for the international initiative

Feed the Future supporting agriculture and nutrition in poor countries. Bread for the World also has a World Family program. It is a program for families with small children and offers parents tools for talking with their children about world hunger. On April 10 at 12:00 pm we will meet in the Children's Ministry area for lunch and storytelling, followed by a crafts session where the children will make take home projects and parents and children can write Offering of Letters for the program. The event is free. A donation toward lunch is suggested. Make your voice heard for the fight against world hunger. For more information on Bread for the World go to www.bread.org. For questions about the World Family program, contact Erin Swyers at erin_swyers@hotmail.com.

Health, Healing and Wholeness

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

Introducing the Health Ministry Team

The HMT is part of the Congregational Care Ministry and consists of about 10 members who coordinate relevant resources and education on a variety of cross-generational topics for the St. Andrew congregation and beyond. HMT is chaired by Kimberly Krapek and aided by a wealth of health-care providers within St. Andrew. It is exploring various health and wellness concerns along with determining activities, resources, and programs to offer. The January blood pressure clinic attracted 38 people who received professional guidance from nurses concerning American Heart Association guidelines. In December, 75 participants attended the “Medicare Made Simple” seminar to learn how to negotiate the maze of decisions associated with Medicare. HMT also stocks bananas in Fellowship Hall each Sunday to encourage healthy snacks. These are just a few of the things we have accomplished. Let us know if you have health-related ideas or concerns we can explore.

A Biblical Example of Wellness

By Kimberly Krapek

March is National Nutrition Month. This reminds me of a recent discussion with a friend about the “fictional nature” of the Old Testament book of Daniel. We talked about the story in which Daniel and his friends in captivity were told that they would eat the food and drink the wine of the royal court. Daniel asked to be tested for 10 days by being provided with vegetables and water. The tale concludes with Daniel and his friends more fit than those who had indulged in the diet of the royals. This story is, perhaps, one of the first to document the benefit of a healthy diet not only from a physical but a spiritual standpoint.

Recently, the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) released the nation’s 2011 Dietary Guidelines. The report states that 33% of children and 50% of adults in the U.S. are overweight. The new guidelines emphasize reducing calories and increasing physical activity — not rocket science, but an attempt to address this epidemic. I think the USDA and HHS would have liked Daniel’s idea. Check out the guidelines link at <http://www.cnpp.usda.gov/dietaryguidelines.htm>.

Blood Pressure Clinic

Free blood pressure screening will be held Sunday, March 20, 8:00 am to Noon in the new location, Room B269 in the north office area. That’s next to the Outreach closet, across the foyer from the front office.

Welcome to Men’s Ministries

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

Annual Spring Retreat

From the evening of Friday, April 29, to noon on Sunday, May 1, we will meet at YMCA Camp of the Rockies near Estes Park for our Men’s Annual Spring Retreat. Nationally known author and speaker Derek Maul will guide us through the theme “Get Real: A Spiritual Journey for Men.” Sunday, April 10, is the deadline for registration, which costs \$99 for two nights lodging and five meals. Scholarships are available. Registration brochures are available in Fellowship Hall on Sundays and at the front office reception desk during the week.



For more information, call Rev. Dale Wood at 303-794-2683.

Third Saturday Breakfast and Program

Join Men’s Ministries on Saturday, March 19, 8:30 a.m. in the west gathering area for coffee, fellowship and a tasty breakfast (\$5) prepared by James Lingle and crew. The program will feature St. Andrew’s congregational intern, Dana Cossey, who will talk about searching for new life directions in “Let Your Life Speak.” Dana is a retired Coca Cola executive who is attending the Iliff School of Theology. (72/88)

Congregational Care Prayer

By Dana Cossey

Dear God, you call us to be a blessing. There’s nothing more real than your gospel about the traveler waylaid on the Jericho road. He was lost, wounded, weeping and in need of a good Samaritan and a caring innkeeper. Our ministry is to stand with those who are in pain and suffering, to see with the eyes of the heart, to listen with the ears of the heart. Despite all the knowledge and



experience we can offer, the gift of presence is best, because it shows care, concern and respect for those in need. It is with the help of caring and compassionate others that we can face our losses, trauma and grief. Amen.

Savvy Caregiver

This class for family members, friends, neighbors, partners and others, near and far, providing direct care or support to someone who has Alzheimers or another form of dementia. Meetings are Mondays, February 28 to April 4, 6:00 to 8:00 p.m. at St. Andrew. Providing care requires knowledge, special skills and a unique outlook to enhance the well-being of the person with dementia as well as the caregiver(s). If you haven't taken "Memory Loss, Alzheimer's and Dementia: The Basics," please inform the Alzheimer's Association when you register. Call the Association at 303-813-1669 or visit their website's Colorado contact page at www.alz.org/co/inmycommunitycontact.asp.

Parents of Teenagers Support (PoTS)

It takes a village to raise a child, especially at certain ages. PoTS can be your village especially on the second Tuesday of every month (upcoming meeting March 8) when we hold informal gatherings at St. Andrew. Between book studies, occasional speakers and brainstorming, we always have a lively discussion. For more information contact Kathleen Riley, 303-741-6726, corileys@msn.com or Dona Kooy, 303-267-0643, mdkjk@msn.com.

Prime Timers Luncheon & Fellowship



Seniors, come spend time with friends Friday, March 11 at 11:30 am in the West Gathering Space and enjoy a delicious lunch prepared by Martha Thompson. Cost \$5.

Moms Like Eve

Just like Eve, none of us is perfect. However, we can learn from her example and each other as mothers, women and followers of God. This new group meets at St. Andrew the first and third Fridays each month (next meeting March 4) to create friendships, foster communication, and reach out to the community. We will hear speakers, hold discussions, minister to one another, consider new trends and revisit tried-and-true methods of parenting. Childcare is provided (one week notice required). For more information, contact Kirsten Parus at 303-799-9125.



St. Andrew Moms (SAMs)

SAMs engages in Bible study, mutual support and discussions to help us face the challenges of motherhood. Meetings are the second and fourth Mondays, September through May, 9:30 to 11:30 a.m. at St. Andrew. For more information, contact Melinda Howard at melsmail73@comcast.net.

Caring for our Congregation



AA for Adults Tuesdays, 8:00–9:00 pm in Rm. 249.

Brain Injury Support Group meets the third Thursdays, 6:30–8:30 pm at St. Andrew. For persons living with brain injuries, and those providing support. Jan Herodes, 303-933-7417.

Covenant Visitors meets Thursday's, 9:30–10:30 am in the Library. This team visits older adults who have difficulty getting out of their homes. Barbara Pomarico, pomarib@aol.com.

Depression Support Group meets Second Mondays, 6:30–8:00 pm with Nancy Williams, Ph.D., Psychologist.

Employment Search Group meets Weds, 6:30-8:30 pm for support, guidance through networking and specific skills in finding a job. All are welcome - join anytime! Contact: employmentsearch@st-andrew-umc.com.

Health Ministries: Yoga Mondays, 5:30–6:30 pm and Wednesdays, 9:45–10:45 am; Free Blood Pressure Checks, odd months-3rd Sunday, Room 269, 8:00 am–Noon. Fresh fruit available Sundays on the donut table in Fellowship Hall as an alternative to donuts.

Infertility Support Group meets first Tuesdays, 7:00–8:30 pm. Get answers and support. Led by Kris Beisel.

Intercessory Prayer Team meets each Wednesday at 9:00 am to pray for the needs of St. Andrew's congregation and beyond. For info contact jricklefs@st-andrew-umc.com.

Men's Ministries: Fellowship, learning, and service: Monthly breakfast and program; softball team, Grill Team, Snowhounds, service projects. Contact Rev. Dale Wood, 303-794-2683 x153.

Moms Like Eve meets the first and third Fridays at 9:45 am. Friendship, support, learning, speakers, discussions and outreach. Childcare available - one week notice. Kirsten Parus, 303-468-6861.

OutSpirit: Friends Embracing Diversity Christian fellowship, support, and education opportunities for the gay, lesbian, bisexual and transgendered church community, friends, family and supporters. Call, Kristin Garrison, 720-283-2725 for info & times.

Parent's of Teenagers Support meets the second Tuesdays, 7:00-8:30 pm. Kathleen Riley, 303-741-6726, corileys@msn.com, Dona Kooy, mdkjk@msn.com.

Prime Timers meet the 2nd Fridays at 11:30 am in Gathering Space for food and fellowship with St. Andrew seniors. Cost \$5 for a healthy meal. Shirley Long, 303-741-6657

St. Andrew Moms meet the second & fourth Mondays, 9:30–11:30 am in Room 243. Childcare is provided with one week's notice. Info: Melinda Howard: melsmail73@comcast.net. All are welcome!

Annual Golf Tournament and Buffet

St. Andrew's annual golf tournament and buffet will be held Saturday afternoon, August 27, at Highlands Ranch Golf Club. The tournament, which raises funds for St. Andrew outreach programs, typically raises \$3,000 to \$4,000. Our goal this year is \$5,000. Players, sponsors, contributors and volunteers will be needed to make it happen, so spread the word. The Golf Committee hasn't yet selected a beneficiary for the event. For more information or to offer suggestions, contact one of the Golf Committee members: Wayne Watson, 303-221-6250, WWatson915@comcast.net, Dave Willetts, 303-797-1294, dwilletts@q.com, Bill Kittle, 303-470-3221, jrkwj@prodigy.net and Rev. Dale Wood 303-794-2683, dwood@st-andrew-umc.com.



Meet the Artist: Patricia Montano "Every day is a lesson in art. Just look around you."

Patricia Montano is a native of Colorado and has been painting for over 30 years. She paints in watercolor, oil, encaustic wax, acrylics and mixed media. Her versatile subject matter ranges from wild animals, figures, old cars, scenery, flowers, and American Indian. Her love of color is apparent in her pieces of non objective and abstract, she has studied with many well known artists. Patricia studied in France and locally. She has had many one person shows and done many commissioned pieces. Currently she is showing in a Phoenix Arizona gallery and her work will be displayed at St. Andrew through March 27.



Patricia's passion is teaching art to teaching children and adults. Stop by the St. Andrew Gallery in the Adult Education Wing to see Ms. Montano's beautiful work. For information concerning her classes, or purchasing of her art work, she may be reached at 303-771-1249.



Daylight Savings
March 13
Spring ahead one hour!



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