



THE MESSENGER

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

The Saint John's Bible Exhibit



Beginning May 24, St. Andrew will host an exhibit of the illuminations from The Saint John's Bible, the first handwritten and illuminated Bible commissioned since the invention of the printing press. *Newsweek* magazine has called the St. John's Bible "America's Book of Kells."

Commissioned by the Benedictine Monks of Saint John's Abbey and College in Collegeville, Minnesota, this Bible was written and illustrated entirely by hand. It is not only an historic undertaking but also an artistic, cultural and spiritual journey. This New Revised Standard Version Bible is bound in seven beautiful volumes; Pentateuch, Historical Books, Wisdom Books, Psalms, Prophets, Gospels and Acts, and Letters of Paul and Revelations.



The exhibit consists of 25 magnificent giclee prints, each illustrating a portion of scripture. Donald Jackson, scribe to Her Majesty Queen Elizabeth, and his team of artist-calligraphers have used eggs, feather quill pens, calf skins, and hand-ground inks along with gold, silver and platinum to create the images. Using ancient techniques, the skilled artisans have created a contemporary masterpiece intended to guide today's society in communication with the Infinite.

St. John's Bible Workshop

Sunday, June 12, 2011

Children and parents, 10:30 am–Noon

Adults and Youth, Noon–1:30

\$7.00 Adults and Youth, \$5.00 Children

Come to learn from the people who are responsible for the Saint John's Bible about the processes, tools, methods and materials used in the making of The Saint John's Bible. Handle vellum samples and a quill, enjoy the prints and ask questions. Led by a representative of Hill Museum and Manuscript Library, Saint John's University.

Registration at the Pathways desk or online at www.st-andrew-umc.com

Exhibit Hours:

May 24 – June 28

M-F 8:30 am–4:30 pm

Sundays 8:00 am–Noon

Guided tours by appointment.

To schedule a tour, please contact Susan McCann
smccann@st-andrew-umc.com

Free will offering



From the Senior Pastor



Who Are We Here For?

I am writing this article after I have just signed eleven letters to families who were in worship last Sunday for the first time. I have penned a personal note at the bottom of each of the letters telling these new folks that I hope they

felt welcomed and that we hope to see them again in worship soon.

If that group is typical of our other new households, they will have learned about us and come to worship in one of these ways:

- They were invited to church by a friend, neighbor, or relative
- They learned about us from our web site
- They saw us as they drove by our location
- They received one of our mailings inviting them to give us a try

These are the typical reasons new persons know about a church and decide to give it a try. The most effective form of invitation is a personal invitation from a friend, and most of our members are pretty good about telling of their St. Andrew experience to someone else. Many of our church members and friends are present with us because they learned of us by word of mouth, and most of our members and friends are good about telling friends and neighbors about our church and about inviting them to give us a try.

I like that about us-and I like that the same personal invitation was what was unique about Andrew the disciple-our namesake. He kept inviting new people to come and take a look at this Jesus person for themselves -“come and take a look and make up your own mind”!

When new people come and try us out, I hope they find us to be a welcoming community. After they give us a name and address, we have a team of volunteers who deliver a loaf of bread from Whole Foods and an information packet about our congregation.

And then, after that person or family has worshiped here a second time, I give them a phone call to offer my personal welcome, to answer any questions they may have, and to invite them to let us be their faith community.

We know our strong United Methodist tradition will not be a fit for everyone. We know that some people look for a more rigid tradition that will emphasize right thinking and right doctrine, and will give prospective members a set of doctrines and dogmas to adhere to. That is not who we are.

We invite people to meet Jesus Christ and to get to know Christ and his teachings and then to follow Christ. We want people to explore their own faith using the best of our biblical traditions and wisdom. We believe that people do not have to think alike in order to love alike.

We also believe that every person needs spiritual roots and a spiritual belonging place where they can serve and where they can be supported and cared for in times of need and crisis. We want to be a big umbrella congregation where every person is welcome regardless of ethnic background, political opinion, family situation, sexual orientation, ability or disability, or economic situation.

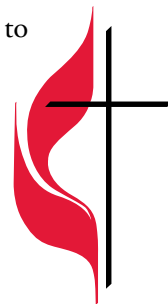
I am working on a way to tell people what our faith community is about, and I am using a skeleton statement that I borrowed from another United Methodist pastor named Martin Thielen.

Here is what I think our faith community is about:

St. Andrew Church is a community where:

- We begin and end with God's grace
- It is OK to have some doubts and to bring your hard questions
- We do not have to think alike in order to love alike
- We recognize the equal leadership of men and women
- We take the Bible seriously but not literally
- We believe that science and faith are partners, not enemies
- We want people to think for themselves and not just “pay, pray, and obey”
- We believe that following Christ leads us to the best kind of life
- We begin and end with God's grace

What do you think?



Radical Hospitality...

These words are part of the St. Andrew United Methodist Church Vision statement. What do they mean to you?

I have defined hospitality as, “The love of strangers; creating an environment where persons feel valued and cared for, welcomed, safe and comfortable; where relationships can develop and persons are at ease, even in unfamiliar surroundings.” Delia Halverson even published my definition in her book, *The Gift of Hospitality – In Church, In the Home, In All of Life!*

Hospitality is one of the most important and precious gifts we can give another – stranger, or friend. Read Matthew 25: 35-40 and see what Jesus said when reminding his followers about what it might mean to live and work in his name – about what it might mean to “let our light so shine and our joy be so obvious that all who see us will come to praise God.”

Here’s an idea you might try - when you are at church on Sunday, introduce yourself to someone you don’t know! It really won’t matter if that person is here for the first time, or has been attending for a long time. Each of you will have met someone you didn’t know before!

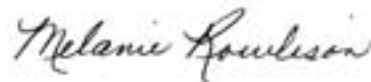
You might even suggest going into Fellowship Hall together for coffee, tea, some fruit or a donut. Enjoy this great space and the energy there while you visit and get



to know one another. You will have the opportunity to welcome the gift of Christ in each other.

Would you tell me about your experience? I’d love to hear from you! What ideas might you have for expanding our Welcoming/Hospitality ministries? Would you share them with me? mrowlison@st-andrew-umc.com. I look forward to hearing your ideas!

Blessings,



Director of Welcoming Ministries and Special Events

“...I was a stranger and you welcomed me...” Matthew 25:35



Charles Wesley Choir in NYC

Charles Wesley Choir members are humming *New York, New York* as they prepare for a unique musical opportunity in the Big Apple over Memorial Day weekend. More than 40 CWC members will journey to New York to join 150 other singers from all over the country to premiere a major new choral work. *The American Spirit*, by renowned composer Mark Hayes, will be performed with orchestra in Lincoln Center. Each participating CWC member is paying his or her own way for this once-in-a-lifetime opportunity.

Coming Choir Events:

Men’s Choir for Mother’s Day: It’s Spring and thoughts are turning to ways to recognize mothers and fathers on their special days in May and June. Men of the congregation are invited to serenade the ladies on Mother’s Day, May 8, at the 9:00 and 10:30 am services. Women get the same opportunity to sing for Father’s Day, June 19, also at 9:00 and 10:30 am. Rehearsals will be Wednesday, May 4, from 7:15-8:00 pm, and Saturday, May 7, from 10:00-11:00 am.



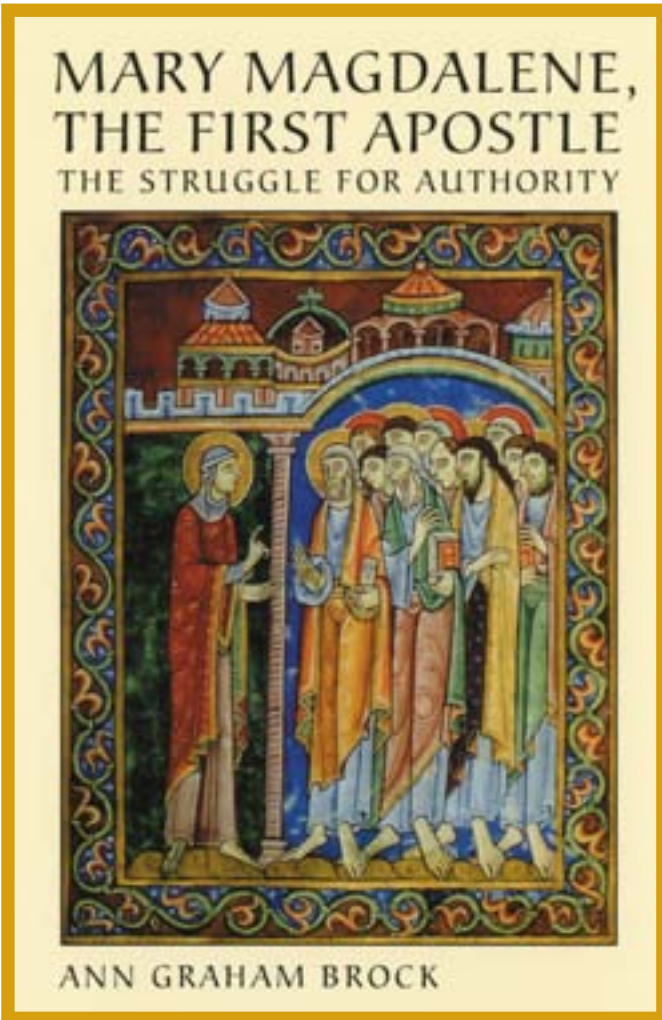
Denver Gay Men’s Chorus: Also on Sunday, May 8, the Denver Gay Men’s Chorus will present a Spring concert at St. Andrew at 2:00 pm. Tickets are available at www.rmarts.org or at the door.

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.

On the Path...

In Search of the Historical Mary Magdalene, Venerated Sinner or Denigrated Saint?



- Thursdays May 5–26 from 7:00–9:00pm in room B251
 - o Session One: The Gospels and Mary Magdalene
 - o Session Two: The Nag Hammadi texts and Mary Magdalene
 - o Session Three: Traditions about Mary Magdalene through the Ages
 - o Session Four: Will the Real Mary Magdalene Please Stand Up?
- Optional Text: *Mary Magdalene, the First Apostle* by Dr. Ann Brock
- Free will offering

Who was Mary Magdalene, and just what do we know about her? Dr. Brock will share from more than a decade of study about Mary Magdalene and will discuss what makes this woman of the Bible so special. Discussion will include why Mary's reputation varies from repentant whore, to girlfriend/lover/wife of Jesus to the first Apostle and even the idea of her being the apostle to the apostles. Led by Dr. Ann Brock, Iliff professor.



Pathways Summer Brochure Coming Soon!

Watch for the Pathways Summer Brochure of classes, coming in late May. Check out all the opportunities we have for your learning and spiritual growth this summer. Here's just a little taste, to pique your interest:

- The Annual Summer BIG READ: *Speaking Christian*, the newest book by Marcus Borg.
- Biblical Archaeology:
 - o The Gospel of Judas
 - o Biblical Artifacts of the British Museum
- *The St. John's Bible* (Please see front page article)
 - o Exhibit: May 24–June 28
 - o Workshop – Sunday, June 12
- A King James Bible Birthday Celebration
- Class on *"The Armed Mass"* in preparation for a 9/11 concert with our Charles Wesley Choir

Be sure to join us for several of these experiences.



Disciple Graduation

You are cordially invited to attend the graduation of the St. Andrew Disciple Classes of 2010-2011 on Saturday, June 4 at 6:45 pm. Graduation will be in the sanctuary. Our keynote speaker is Dr. Amy Erickson, Assistant Professor of Hebrew Bible at Iliff School of Theology. Dr. Erickson will address Feminine Personification of Wisdom in the

Hebrew Bible. A reception will immediately follow the ceremony in Fellowship Hall. Dr. Erickson will also be our guest preacher at all Sunday morning worship services on June 5.



Children's Ministries would not be possible without the dedication and support of hundreds of adults who serve in many different ministries and positions. We give thanks to all who give of their time and their hearts to share God's love with God's children! Come join our team....

Christy Boyle, Director of Children's Ministries.



Kristen Kittle:
Children's Learning Center

Childhood is the most precious time in one's life. It is a time of innocence, exploration and magic. Being a volunteer at St. Andrew's Children Learning Center gives me the opportunity to be a part of this special time in these children's lives. Volunteering is good for my spirit as it reminds me just how simple and enjoyable life can be on a child's level. No matter what is going on in life, spending a couple of hours in the company of children can turn that frown upside down. I savor the moments of helping, observing and interacting with all of the wonderful children at St. Andrew's Children's Learning Center. All children have their own unique personalities, and having the opportunity to enjoy them is a blessing. Anytime I think I am too busy to volunteer, I try to remember how I always feel uplifted afterward. Life is so busy and goes too fast! Take some time to play with the children and you will find yourself renewed and younger at heart.



Barb Hofmockel: Sunday School Greeter

I enjoy seeing the young children and their families on our lower level; smiling faces I might not see upstairs. I also enjoy meeting new families and explaining the wonderful experiences St. Andrew's Sunday School offers.

Richard and Dani Stang:
Sunday School Leaders

My wife and I began volunteering with Children's Ministries because we were "consumers" of this service and felt that teaching Sunday School was only fair. We continue to volunteer our time because we are truly moved by the spiritual and emotional development we witness every day in the children we teach. It is absolute fact that we have received so much more than we will ever give in our work with Children's Ministries. I respectfully urge you to prayerfully consider giving your time to this vital ministry – it will change your life.



Allison Wilson:
Sunday Morning Loving Rocker

As a mother with four boys and a very busy life, being a Loving Rocker gives me an opportunity to sit still for one hour and unconditionally love these precious little babies in the St. Andrew Nursery! It makes me appreciate how far I've come in my own journey as a mother and how quickly our children grow.



Ben and Kelli Eastmond: Children's Learning Center

My husband and I really enjoy volunteering at CLC. It gives us a chance to see how our daughter spends her day at school. We also love seeing all the kids enjoying their time at school. The teachers do such an amazing job with all the little ones! Volunteering is our way to give back for all that we have received.



Roger and Darla Wilson:
Pre-K Sunday School Teachers

Almost three years ago my wife and I heard there was a need for teachers in Children's Ministries. We thought maybe we would just help out for the summer. Now we are ready to start our fourth year. We see our 3 and 4-year-old "orange fish" as our own grandchildren. We have taught brothers and sisters from the same family and look forward each year to see if we will have the opportunity to touch another member of that family or get to meet a new family.

Our Lord said, "Let the little children come to me." We feel blessed to have the opportunity every other Sunday to help some of the young children at St. Andrew take those first steps to know our Lord.

If you are considering teaching, we would recommend you follow your heart and serve both the children and our Lord.

Children's Summer Music Camp

Yay! Children's summer music camp returns Monday thru Friday mornings, July 18–22, featuring tons of fun, singing, drama, crafts, games and laughter. Music camp is open to all children who will be entering kindergarten thru 6th grade in the Fall of 2011. Children will learn an entire musical then perform it on Friday at the end of the final session, plus on Sunday, July 24, at the 9:00 and 10:30 am worship services.

Adult volunteers/helpers who love music and children are needed. If you would like to join us for this fun-filled week, contact Ann Guerin or Cathy Kolar; aguerin@st-andrew-umc.com or 303-794-2683 x125 or ckolar@st-andrew-umc.com.

SIZZLE!

FAITH IN THE HEAT

Summer 2011 Youth Ministry

Summer calendars available soon - Don't miss the fun:

- * Elitch Gardens, May 27, 9:00 am–5:00 pm, \$20+ food \$.
- * Summer at the Movies, Youth Sunday School May 29–September 4; 9:00 and 10:30 am every Sunday.
- * Summer SNAP (Sunday Nights About Phaith) every Sunday May 29–Sept. 4 (except July 3) 6:00-8:00 pm
- * Frozen yogurt tour- visits to all the new local shops; check the Youth summer calendar for details.
- * Summer kick-off party and wedding shower for Keith Winkel and Dottie Tarvestad, June 5, 6:00–8:00 pm in the Youth parking lot. Cost is \$10 for food and a summer t-shirt.
- * Habitat Hustle, June 6 at Central Park near Stapleton; entry fee \$20.
- * Clifton Ministries, caring conversations training for older high schoolers, second Wednesday evenings; contact Lisa Petty at lpetty@st-andrew-umc.com for details.
- * Extreme Community Makeover and Pay It Forward food boxes -- service projects once per month.
- * Holy Pretzels Homecoming Concert, June 16, 7:30 pm
- * High school dinner and movie discussion nights with Cindy Bates and Harvey Martz, June 22 and Aug. 3.
- * Colorado Rockies game, June 30, noon–5 pm, \$5 plus food money.
- * In-Town Summer Camp: “Coolin’ It Down with Jesus,” Aug. 3-8. Includes zoo scavenger hunt, “Richest Man in Town” family night and potluck with author V.J. Smith, service projects with Extreme Community Makeover, World Vision, Denver Urban Ministries and St. Andrew, and a water park day.
- * Stacy Spehn celebration potluck, Aug. 14, 6:00–8:00 pm
- * Mystery trip August 21, noon–6:00 pm
- * Youth Servant and Leadership Team (SALT) retreat August 27-28, 8:00 pm–8:00 pm
- * Youth fall kick-off Aug. 28, 6:00–8:00 pm

THANK YOU!

Thank you, on behalf of Youth Ministry, for the dozens of people who worked to make the *Heart of the Old West* Youth auction a great success. The auction, chaired by Peggy Herring, raised nearly \$40,000 for this year's Holy Pretzels Youth Choir tour to Wyoming and Montana and for mission trips to Belize, Rifle, Kings Beach, CA, and Youth 2011 in Sacramento. Together we make a difference in the world and in our own youth.



BelizeTravel Journal

by Hannah Simmons

It's our first morning in Belize. It's Sunday, so we got dressed up for the service. People were all dressed so nice. The little girls wore dresses that looked like Easter dresses. One little girl, Marlinie, fell in love with Mason and refused to sit anywhere but in his lap and followed him around! I was surprised how interactive the service was compared to a service back in the States. Janna and Alyssa sang "Power of Love" for the congregation and it sounded amazing!

After church, we went on our fun day with Ellon. He took us to his home and to Machaca Hill Canopy Resort, where he works as Assistant Manager for their gardens. At his home, Ellon showed us his own organic crops -- Mallay Apple, Star Apple, Monkey Cap, and May Plum. I'd never heard of any of those before today! We then went over to the resort's garden, which is all organic. We got to press sugar cane to drink its juice and chew on the cane. We then went up to the resort to look around. We went down 380 stairs to get to the river, then some of us attempted to run back up those 380 stairs. It was exhausting! The resort was absolutely gorgeous and the views were breathtaking. I don't think I've ever seen so much green in my life!



Alyson and I taught Standard 4 today. Alyson was amazing with the kids. We taught the students how to square a number and how to take a square root of a number; then from that we taught them the Pythagorean theorem. Amazingly, they understood! The kids came to the board and worked problems using the Pythagorean theorem. I am amazed at how bright the students are and how quickly they pick up on things!

I painted the dedication to Carolyn Aldridge above the door of the Special Education building. When I finished painting it I showed teacher Terry and she almost began to cry. It was really moving to see how appreciative she was for the extra attention that we spent to paint the dedication. I'm amazed how kind these people are to us. For the little that some of these people have, they give so much.

Every outside wall has been painted, doors have been replaced, bathrooms inside and out were painted, the playground is repaired and painted, the playhouse has a sturdy cement platform to sit on, railing has been painted, gates for the playground were built and installed, the kitchen is painted, the hole in a ceiling is fixed, and new window shutters were put into the kitchen. We got a lot of work done and had such a great time doing it! Playing with the kids was awesome and it makes you not want to leave them. They



Cindy and I painted together most of the day. Painting is my official job every day but that's okay because I like it and there is PLENTY of it that needs to be done. Teacher Terry is the teacher for the special education center and she asked if I would paint "Carolyn Aldridge Special Ed. Centre" above her classroom door. The building was dedicated to Carolyn Aldridge, Mike Ratliff's mom, after she passed away in Belize. She has wanted it done for a long time but has never been able to have it done.



definitely don't want us to leave. They all got here at 4:30 am to say goodbye to us as we left. It was such an amazing trip and I hope I get the opportunity to go back very soon.



More than Coffee, Tea and Chocolate

The third Sunday of each month finds St. Andrew attendees gathered around a table filled with coffee, tea and chocolate. Could there be anything better?

Our Social Justice Committee supports Fair Trade, an inter-faith effort to provide farmers in Latin America, Africa and Asia, with the ability to earn a decent living. There is no other way small farms can compete with large international agriculture companies. All they ask is a fair price. They seek a hand-up and not a hand-out. Certified as democratic, worker-owned cooperatives with elected leaders who can earn no more than four times the average worker. They work for the good of their community in a way that minimizes the impact on the environment.

You can help by stopping by to purchase the coffee, tea and chocolate to assist persons less fortunate than us improve their way of life! Besides, it's delicious! Visit us on the third Sunday of every month.



Climate Change

You're still welcome to attend the last meeting of our Climate Change series - *Climate Change*. Join us for lunch (\$4), find out what St. Andrew has already been doing to be sustainable, and give us your ideas on what St. Andrew should be doing as a congregation to address climate change. Session 3 will be on Sunday, May 1, 11:45am-1:30 pm, Rm. B243. Sign up at the Outreach table in Fellowship Hall.

Offering of Letters - It's never too late.

Thanks to all those who wrote letters, signed letters, signed scrolls and participated in the family event or in any number of other ways to help make the annual Offering of Letters a success. Don't fret if you missed it. Detailed info is available on the St. Andrew website under Ministries - *Social Justice Committee*

Hunger. Want to keep up to date on how Congress is responding to our request? Visit the Bread for the World website (www.bread.org) and sign up for their emails. Better yet join the organization and receive all their information.



Just Desserts

Join us Friday, May 20, 7:00 pm in the Chapel. *The Story of Stuff* is a look at the underside of our production and consumption patterns. All the stuff in our lives, beginning with the extraction of resources to make it, through its production, sale, use and disposal, affects communities at home and abroad, yet most of this is hidden from view. The movie showing is followed by desserts and moderated discussion. Caution: may have content not appropriate for children. For information, contact Heidi Parish at 720-206-5733 or Daryl Shute 303-903-0653.



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 & 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: 2nd Tuesday each month at 8:00 am.

The Messenger newsletter is available on the web at www.st-andrew-umc and printed copies are at 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...

Martha Thompson (aka Martha "Steward")

By Erin Swyers

Martha Thompson began attending St. Andrew over four years ago with her husband, Chris. We call her Martha "Steward" because of her interest in food and nutrition and her constant presence in the kitchen. JustFaith opened Martha's eyes to opportunities for serving our community and promoting a more just world. She brought us the Pay It Forward (PIF) food box ministry, a discounted grocery buying service that helps many people put food on the table. If you purchase a PIF food box for \$10, it will be delivered to a food bank the next day. Martha's car bumper sticker reads, *"Love people. Serve them tasty food!"* She does this every Wednesday evening with Wednesday Nite Lite dinners. Drop by St. Andrew any Wednesday evening between 5:15 and 6:30 for a hot, delicious meal. A \$5 donation is suggested and kids eat free. Martha is also involved with Community Supported Agriculture (CSA) at St. Andrew which she has managed for three years and as a benefit, we have enjoyed tons of organic fruits and veggies in meals served here at church. Martha also caters many events at St. Andrew and leads the team that serves coffee every Sunday morning. "I feel closest to God while serving others." Martha says. Thanks for all you do Martha!

If you would like to help with either of these food ministries, please contact Martha Thompson; martha.thompson@comcast.net.



Lift A Hammer For Habitat!

St. Andrew Joins the Habitat Interfaith Alliance in Denver!

Outreach Ministry is excited to announce that St. Andrew has again joined the Habitat Interfaith Alliance (HIA), a group of 12 congregations in the Denver area building houses in partnership with



Habitat for Humanity of Metro Denver. The HIA mission is to use the energy and commitment of their faith communities to build homes for families in need, while building a foundation for interfaith trust, communication and understanding. The Habitat Interfaith Alliance is made up of select Christian, Catholic and Jewish congregations.

On the heels of a successful volunteer effort in the last few months, our dedicated St. Andrew "hammer raisers" have another opportunity to contribute time and energy (with or without skills) to the 2011 Habitat for Humanity build. This year, our home build is a single family home in Aurora and will span May 12 to July 23. The St. Andrew Saturday build date is set for June 11, with additional volunteer openings on selected Fridays. We will be working with the family of Gebi Dulla and Jaware Robe, who moved to Denver from Ethiopia with three of their five children (two children are still in Ethiopia awaiting immigration status). Gebi is a taxi driver and Jaware works for a day care provider.

In addition to the opportunity for the St. Andrew congregation to build a safe, affordable and decent home for a hard-working family, we will have the opportunity to work with the HIA congregations to raise money for the build through our participation in fund raisers such as the Habitat Classic Golf Tournament in June, a Denver pumpkin patch in October, and a soup cook-off during the winter. These events will allow participation by those of us who are not hammer proficient, and give us a chance to meet our brothers and sisters of other faith communities in the metro Denver area.

To sign up for the chance to hammer nails, paint walls, or climb a ladder, please email Outreachadminteam@st-andrew-umc.com and provide your name, phone and email contact information. When our ten volunteer slots are filled, we will start a waiting list and provide alternative days as we are able. Trust us. One day of building a Habitat house and you'll realize you shouldn't quit your day job, but you will be enriched in so many ways.

Who's your farmer?

If you subscribe to the Community Supported Agriculture (CSA) distribution at St. Andrew, you know Andy Grant of Grant Family Farms in northern Colorado makes this effort possible. Once a week through the growing/harvest season he sends us a truck full of beautiful, fresh, organic vegetables, plus fruits, free-range eggs, artisan breads, pasture raised meats, flowers, and more. It is time to reserve your family or individual share of this bounty. Pick up a brochure at the Outreach table in Fellowship Hall or contact Howdy@Grant-farms.com or call the farm at 970-568-7654.

Golf Tournament



This year's Golf Tournament is Saturday, August 27 at Highlands Ranch Golf Club, followed by a buffet. The cost is \$120 per player, including greens fee, power cart, range balls, goodie bag, buffet, prizes, and a \$40 donation to the Stout Street Clinic – a great deal!

The Stout Street Clinic is one of the agencies supported by the St. Andrew Outreach Program. For more details on the tournament, including information about the Stout Street Clinic, go to the St. Andrew website, www.st-andrew-umc.com, click on the Ministries tab, then select Fellowship Opportunities, then Golf Tournament.

Preparing for the Journey of Care-giving

Your care-giving journey may be short-term, long-term or indefinite. It may involve one member of your family or several. Whatever your circumstances, this course is designed to educate and prepare you for the many challenges and joys you may encounter. St. Andrew is sponsoring this class Mondays, May 2–23 from 6:30–8:00 pm in the Chapel. Topics include family care-giving, financial and legal considerations, physical conditions, environments, and community resources.



Men's Breakfast to Look at Investment Options

Crisis and Volatility=Opportunity?? with P.J. Patierno

Today's news headlines cause many reactions from investors. While we can't control the events of the world, we can control our investment reactions. Come share in a discussion about how headlines affect investor behavior. P.J. is a member of St. Andrew, a CFP, RIA and Securities Principal, and president of Peak Planning Group, LLC, a Denver-based wealth management firm. Breakfast and fellowship begin at 8:30 am in the West Gathering Area (\$5.00). Join us on May 21 for our final Men's 3rd Saturday Breakfast event of the season.

Finding an Optimistic Outlook for Life

by *Laura Snyder, Health Ministries Team Member*

Do you consider yourself an optimist or a pessimist? Are you a glass half-empty or a glass half-full person? Did you know persons who learn to maintain an optimistic attitude may not only avoid depression, but may actually improve their physical health? The Mayo Clinic says positive thinkers enjoy a host of health benefits, including longer life span, lower rates of depression, distress and the risk of death from cardiovascular disease, greater resistance to colds, better coping skills in the face of challenges, and better physiological and psychological well being. Happiness plays an important role in keeping your brain healthy too. Staying positive helps fight the blues. This is good news in terms of longevity since among other factors, depression has been shown to increase a person's risk of developing Alzheimer's disease.

According to Marion Somers, PhD, an optimistic outlook isn't hard to achieve, and doing a few "optimism exercises" can yield a big reward. You can improve your attitude by taking a brisk walk, petting your dog or playing with the kids outdoors. Anything that lets you release pent up negativity and experience calm, peaceful thoughts can go a long way towards helping you become and stay more positive. Being spiritual or religious can also perk up your mental outlook. "The rituals of religious services and the social elements of being part of a congregation stimulate your brain," according to Somers. The sense of belonging and being able to connect with others who share your beliefs heighten alertness which keeps your brain engaged. British researchers found seniors with chronic diseases who attend religious services or pray on their own showed a greater level of optimism about their overall health than those who don't. Our outlook on life can be a factor in living a longer and healthier life. Isn't it worth the effort to transform ourselves into positive thinkers?

Getting Ready for Medicare Enrollment

Are you approaching Medicare enrollment age? Do you have questions regarding the process, coverage and timing for enrolling for the first time? If so, please join Elias Acosta, owner, Colorado's Insurance Consultant, on Sunday May 15, 11:45 am -12:45 pm, Room B243, for a discussion that will prepare you to make timely decisions. For more information or to sign up, contact Kimberley Krapek, kkrapek@msn.com or 303-933-1979.

Hunger Free Hotline

Hunger Free Colorado has created a toll-free number for people to get information on food assistance in Colorado. The Hotline is a fast-track through the complex system of federal nutrition and charitable food distribution programs. Callers receive guidance in English or Spanish. Hotline operators ask callers a few high-level screening questions to tailor the resources to each caller's unique situation. The Hotline provides answers to questions such as:

- * Am I eligible for food stamps (SNAP) and how do I apply?
- * How do I sign my kids up for free school lunch?
- * Is there a food pantry near me?

The Hotline is available 8:30 am–4:30 pm M-F, with hours to be expanded in the Spring. In Metro Denver call 720-382-2920. The statewide toll-free number is 855-855-4626. You can also call Kimberley Krapek, Chair, St. Andrew Health, Healing and Wholeness Team, at 303-933-1979, for more information.

Congregational Care Prayer

By Cheryl Arnold

*April was Child Abuse
Prevention Month*

Our Heavenly Father,

Your Son said, "Suffer the little children to come unto me." Help us to model ourselves after Jesus as we open our minds to understand that not all children in our world have a safe haven or know about your Son. Help us to be loving parents to our children, and to cultivate the fruits of the spirit within them and within ourselves. Help us to know that the most important job we have as parents is to love our children as You love us. Forgive us when we are all too human and become angry or impatient. May we be serious about being grandmothers and grandfathers, aunts and uncles to the children in our congregation, that they may come to know You. May we be generous in caring for those children worldwide who need our help. Thank you for being our loving heavenly Father. Amen.



Caring for our Congregation



First Tuesdays, 7:00–8:30 pm. Get answers and support. Led by Sheri Lange.

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 First and Third Fridays, 9:45 am. Friendship, support, learning, speakers, discussions and outreach. Childcare available with one week notice. Contact Kirsten Parus at church.

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

Parent's of Teenagers Support (PoTS) Second Tuesdays, 7:00–8:30 pm. Now meets at St. Andrew. Info: Kathleen Riley, 303-741-6726, corileys@msn.com, Dona Kooy, mdkjk@msn.com.

St. Andrew Moms Meets the Second & Fourth Mondays, 9:30–11:30 am, restarting in Sept. Room 243. Childcare is provided with one week's notice. Info: Melinda Howard: melsmail73@comcast.net.

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

Brain Injury Support Group Third Thursdays, 6:30–8:30 pm at St. Andrew. For persons living with brain injuries, and those providing support. Della Krochta, 720-344-1250.

Covenant Visitors 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 Wednesdays, 6:30–8:30 pm. Support and guidance through networking and specific skills in finding a job. All are welcome! Join anytime! Contact: employmentsearch@st-andrew-umc.com.

Health Ministries: Yoga Mons, 5:30–6:30 pm; Weds, 9:45–10:45 am; **Free Blood Pressure Checks** Odd months–3rd Sunday, Room 269 8:00 am– Noon. Special classes and informational groups throughout the year. *Fresh Fruit available Sundays on the donut table in the Fellowship Hall as an alternative to donuts.*

Infertility Support Group Will restart in September.



The annual St. Andrew Art Show will be on display from May 22–July 10, celebrating the creativity of St. Andrew members and friends who would like to show up to three pieces of art. Two-dimensional artwork will be displayed in the gallery. Three-dimensional work will be displayed in the library. Look for registration forms in the bulletin beginning May 1, or contact Cathy Ormiston, ormis10@aol.com, 303-791-2257. All artwork must be registered in advance and received at the church by Thursday, May 19.

Pay It Forward Food Boxes

Food boxes will be on sale in Fellowship Hall, Sunday, May 22 and every fourth Sunday all morning. Stop by the Outreach Table in Fellowship Hall with \$10 to purchase a box of food and load it onto the cart. It will be delivered for you, to an area food bank the next day, for someone who needs help. So easy! Some day that person might pass the favor on and the ministry will continue.

Youth Handbell Camp



We are having a Summer Youth Handbell Camp for grades 6–12, July 25–29, 10:00 am–noon. Here's a chance to meet new friends, and be part of a music team that plays "heavy metal." Join us for snacks, practicing and playing bells. Contact Larry Scalfari at 303-468-6860.



A Reconciling Congregation



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