



THE MESSENGER

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

Just Show You Care with a JustCare Bag

by Yvonne Barcewski

Dear Pastor and Everyone!

Just a note to thank you for my gift bag at Stanford and Wadsworth. Actually, I was having a real BAD day and the gift came just in time to put a smile on my face. It is nice to be remembered when life is full of too many surprises. These are the few fond memories I'll have of Colorado and there are other good ones too.

Thanks again, Lori

The note above was received at St. Andrew as a thank you from a recipient of one of the St. Andrew JustCare bags. JustCare bags are brown paper lunch bags decorated by the children and youth of St. Andrew which contain non-perishable items such as crackers, tuna or chicken, peanut butter, fruit cups, energy bars, socks, bottled water and travel-size toiletries. They are perfect to keep in the car as an alternative to giving change or cash to people we see standing on street corners holding signs with things written on them like "Vietnam Vet Needs a Miracle."



That's the sign St. Andrew member Laura Dravenstott saw recently while running errands with her children. The children were the first to spot the "sign-holder" standing

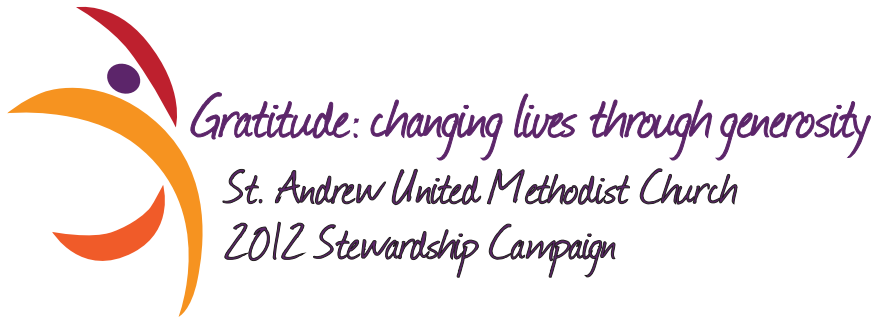


near the I-25 on-ramp. Laura was able to get the man's attention before the light changed from red to green. As she handed him a JustCare bag, he smiled, looked at its colorful decorations, chuckled and said, "Thank you, ma'am, God bless, and I like the artwork too." Laura's children were delighted to act as JustCare bag spotters and Laura was relieved that she was able to do something helpful for someone less fortunate.

Street corner sign-holders make most of us feel uncomfortable and not just because we have nothing to offer them or don't think the right way to help is to handout out cash. In these tough times there is a little voice in the back of many of our heads saying, "There but for the grace of God go I."

St. Andrew member, Heidi Parish is the founder of the JustCare Bag project. It's her creative response to the "Change the World" book study led by Jerry Herships last January, and to her concern for the many homeless individuals she has encountered on street corners. Over the last six months hundreds of bags have gone from the Outreach table, to people's cars, to the hands of some of the most vulnerable members of our society.

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Gratitude: Changing Lives through Generosity

Have you ever felt overwhelmingly grateful? What triggered that feeling? How did you acknowledge it and what did you do to express it?

Have you ever been extravagantly generous? What was the result?

Are gratitude and generosity linked? If so, are there obstacles in your life between your gratitude and your generosity?

On Sundays, October 9 and 16 in worship led by Dr. Harvey Martz, we will be exploring Gratitude and how we can change lives through our own and our collective generosity.

We will look at key principles of gratitude, the key role generosity plays in our lives, and what really defines our lives. During this time we will explore the relationship between our feelings of gratitude, our stewardship of the resources available to us, and our generosity. We'll hear stories about what others have learned by working through challenges on their path toward changing lives through generosity.

During this time, we will have the opportunity to make personal commitments of our offerings to God through our church in the coming year. We will consecrate these commitments in the worship service on Sunday, October 23.

I hope you will join us in the coming weeks as we look at how we can be changed and truly experience Gratitude by Changing Lives through Generosity.

Schedule of Topics:

- October 9 Lucky Most Days
- October 16 Giving Thanks Always
- October 23 Every Time I think of You

Just Show You Care

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Laura knows that some people will call her naive or simplistic, and she knows that the JustCare bags she hands out don't solve any big problems. But, she says, when she hands out a JustCare bag, the recipient feels good and so does she. She hopes that her gift makes someone, who may have been viewed as an outsider, feel more like a neighbor. "We are teaching the children something valuable. We have a purpose bigger than our apathy. We can triumph over small evils and injustices. We can nurture our own compassion and understanding and make someone's life just a little bit easier. We can show up, and that is not a small thing."

JustCare bags are always available at the Outreach Ministry table in Fellowship Hall. You may donate to the JustCare bag project by giving \$3 per bag delivered or by donating items to go in the bags. Items needed are lunch bags (large size), Jif peanut butter (singles), power bars, peanut butter crackers, fruit/applesauce cups, toothbrushes, new socks and bar soap. Please label donations "JustCare bags" and place in the Outreach Depot at St. Andrew.

All Saints Service of Remembrance

A Service of Remembrance will be held Sunday, October 30, at all services to remember loved ones who have passed away within the last year. If you wish to include someone in the listing of names in the bulletin, or images that will be shown on the screen, please contact the church office, 303-794-2683, and provide their name and date of passing and, if possible, provide a photo.

You may provide either hard copy photos or digital format. Digital files must be at least 200 ppi resolution. Please email them to sbell@st-andrew-umc.com or bring them by the church on a CD or flash drive. Deadline for submission is this Thursday, October 20. Please label hard-copy photos with your name, the person's name and date of passing. Photos will be available for pick up at the Welcome Desk in the Atrium on Sunday morning, October 30.



Gospel Extravaganza!



Neil Brown

Spend part of a weekend exploring breathtaking, toe-tapping, gospel music in the African American gospel tradition. Leave your reading glasses at home as you learn from Leader Neil Brown. He brings to life five gospel music songs like you have never experienced – without printed music!

Neil and his team will transform our traditional choir into a gospel music ensemble that will literally shake the rafters. All are welcome to participate, not just choir members. Music we're singing includes *Don't Last, I Need You to Survive, Revelation* and *O Lord You Are My God*. Tighten your seat belts, St. Andrew, as we prepare to take off on Sunday, October 16!

Neil Brown currently lives in Colorado Springs and serves as choir director and Minister of Youth Development for the Emmanuel Baptist Church. Neil is known in the area for having the ability to teach authentic African American gospel music to people of all backgrounds. He has directed choir festivals that take very traditional music groups and transform them into a true African American authentic sound and style. Neil will bring a music team of talented instrumentalists to help support the singers.

Rehearsals and performances: Participants may join the Charles Wesley Choir for rehearsal on Wednesday, October 12; 7:15-9:00 pm (Optional). Main rehearsal is Saturday, October 15; 10:00 am – 3:00 pm; lunch provided. Rehearsal is mandatory. Sunday, October 16, meet at 8:00 am and sing for the 9:00 and 10:30 am services.

Cost for this event: \$30 Sponsor (Includes individual registration, lunch on Saturday, and money toward scholarships.) \$20 Regular registration (Includes registration and lunch on Saturday.) Scholarships are available.

Children's Choir continues on Wednesdays!

All children in grades K-5 are invited. If you love to sing, want to make new friends, learn about music, and have a great time doing it, join us every Wednesday from 4:30–5:30 pm. Feel free to join us any time of the year! K–first graders join the Little Light Singers and 2nd–5th graders join the Hallelujah Chorus. For info contact Ann Guerin, Director, aguerin@st-andrew-umc.com, 303-601-3777 or Cathy Kolar, ckolar@st-andrew-umc.com, 303-794-2683, x125.



The Celebration of Christmas

Come be a part of the exciting sounds of Christmas! A full symphony orchestra will join with Children's Choir, hand bells, Silent Message (Dancers) and our 125 - voice Charles Wesley Choir. The program will offer some delightful surprises including a special arrangement of the *Nutcracker* with bells, dancers and full orchestra. The program will open with a major arrangement of *Bring a Torch, Jeanette Isabella* and then lead us through a program filled with beautiful, uplifting and exciting music. Various narrators will explain the origin of the music. You are invited to join the Charles Wesley Choir for this Festival Choir experience.

The first rehearsal for the Festival Choir is on Wednesday, October 26, 7:15 pm. Rehearsals will generally be every Wednesday night thereafter. There will be a mandatory rehearsal with orchestra on Saturday, December 3; 9:00 am–noon. Members of the Festival Choir cannot miss more than three rehearsals. There will be two performances: Thursday, December 8, at 7:30 pm. and Saturday, December 19, at 4:00 pm. Childcare is available for all the rehearsals. Reservations must be made at least one week in advance by calling Susan Brown, 303-794-2683, ext. 126.

Summer Youth Mission

Kings Beach is a small community on the north side of Lake Tahoe in California. This is a community that has changed over the years. Now, over half of its population is first generation immigrants. This year, we took 31 high school students and 4 adults on a mission to the only United Methodist Church around the entire lake. Youth helped to build an emergency exit handicap ramp, painted the whole church building, and the entire parsonage down the street. Being in a mountain community, the building and its outlying sheds were in need of some TLC. Groups split up to conquer all the tasks, from filling in holes on the building with wood filler,

to priming, to painting, to edging and trimming. In addition to painting the main church building, the group stained all of the decks on the property, painted the outdoor worship center, a shed as well as picnic tables and benches, and the cross on top of the building. They worked alongside several of the church members including Rev. John Foster, retired clergy from the Cal Nevada United Methodist

Conference. John sent the following letter a few weeks ago:

Dear Lisa:

We have been blessed by your presence with us. We have thanked God mightily for the youth and adults who shared a wonderful, grace-filled week with us... and for St. Andrew UMC and its rich tradition of service through work teams.

I have attached a picture of the completed fire escape to confirm that the work we began together has been completed! The congregation is super-happy with how well it all turned out. There is no way that we could have done what we have done together with you guys ... and especially in the space of a couple of months. Wow!

I am especially appreciative of you and the other adults who made the event possible. We thank God for you and the enthusiastic youth with us here. It was good to get to know you. Whenever I look up at the cross on the end of the building I will think of all of you.

*Grace and Peace!
John Foster*



Mission and Service with Children!

Children doing mission and service? What does this look like and how can parents find opportunities for children to

serve? Many times it is church that is first place where our children learn about service. It is in the church and through the Bible stories that children learn that we are called to live out our love for God through caring and sharing with others. But just learning about it is not enough. Children need concrete experiences that help them to understand about the needs of others and practical and helpful ways that they can live

out their faith. On the next page are opportunities for our children to share with others through St. Andrew:



- JustCare Bags: children can decorate the outside of the bags, help shop for the JustCare items and families can fill bags at home or come to St. Andrew and fill the bags with donations received here. Don't forget to take a bag or two in your car to hand out throughout the metro area!
- IHN (Interfaith Hospitality Network): have your family cook dinner and eat with our IHN families. After dinner, they can play with the IHN children, help with homework or a read a story to a younger child!
- Make lunches on Sunday morning for the homeless: children can help spread the peanut butter and prepare the lunches that will be distributed in downtown Denver. You can also donate items for this ministry.
- Food Banks: help your children to "make it a habit" by bringing non-perishable food item to the Outreach Depot each time you come to St. Andrew!

Not only will the those in need be blessed from our children's helping hands, but so will our children and their parents!

Scouts Sail Through Summer

Boy Scouts from Troop 870 embarked on an adventurous summer beginning with an expedition to the Florida National High Adventure Sea Base in the Florida Keys. The scouts sailed aboard a tall-masted ship exploring the Keys through island excursions and snorkeling over coral reefs. Back on land, the quest continued to the Peaceful Valley Scout Ranch for a week long troop session at the Cortland Dietler



campsite where scouts earned merit badges in Orienteering, Rifle Shooting and Horseback Riding, then trekked to the Outpost for overnight wilderness survival training. Scouts put their skills to work in the community by volunteering at the HRCA Ice Cream Social and the National Service Day Trails project at the Cheese Ranch Historic and Natural Area as well as marching in the annual Highlands Ranch Fourth of July Parade. Final stops during the busy summer tour included a fly fishing trip to the Colorado back-country, a 14'ner hike to Quandaries Peak and a weekend backpacking outing to the Flat Tops Wilderness Area in northwestern Colorado.

To find out more about Scouting at St. Andrew, contact Allen Amis, allenamis@cs.com or visit www.troop870.org.

The Survey Said...

By Melanie Rowilson

You indicated in recent congregational surveys that St. Andrew needs more Small Groups. We heard and are offering a response!

The Small Groups Ministry Development Team has been listening, brainstorming, discussing, praying, and forming plans for this new opportunity.

Beginning Sunday morning, September 25 and continuing through October, Team members will be staffing the Small Groups Ministry Table in Fellowship Hall. (In front of the former choir loft – green banner). They will be there to share information with you about current groups and the new Small Groups Ministry. AND, they will be eager to hear from you! What might you be interested in that already exists? Why kind of group would appeal to you? Are you interested in facilitating a group? (Training will be provided!) Please come meet the team and share your thoughts. Team members are: Daphne Allen, Paul Barnes, Tim Batz, Angie and Joe Hoffmann, Donna Lance, Linda Ruggles, Melissa Sperling and Melanie Rowilson.

Small Groups Ministry will provide communities which foster the growth of Christ-centered friendships and a closer connection with God, through fellowship, study and service. Small Groups will:

- consist of 10–15 participants
- meet in homes or at church for 1½–2 hours
- provide fellowship, study/discussion, and “soul” time (joys, concerns, prayers – life!)
- meet weekly for 10-week sessions with opportunity to continue through the year

On Sundays, November 6 and 13, there will be a Small Groups Ministry Fair in Fellowship Hall, at which time you can sample some of the Small Groups and sign up for one, if you haven't by that time. Then, you can...

Start the New Year with Your New Group!

Session 1: Week of January 8 through week of March 11

Session 2: Week of April 8 through week of June 10

Session 3: Week of September 9 through week of Nov. 11

Note that the groups do not meet through the summer or the Holidays, unless they choose to!

Yes, the Survey said and we have done our best to respond. Share your thoughts with the Small Groups Ministry Team by stopping at the Small Group Ministry table on Sundays through October. We need to hear even more from you!



Alzheimer's Art Quilt Initiative (AAQI) is a national, grassroots charity whose mission is to raise awareness and fund research. The AAQI auctions and sells donated quilts and sponsors a national touring exhibit of quilts about Alzheimer's. The AAQI has raised more than \$576,000 since 2006. Find out more about AAQI at www.alzquilts.org.

Priority: Alzheimer's Quilts project was named for the urgent need for research dollars and the hope that quilters across the country would make participation in this project a priority. These small art quilts fit easily inside flat rate cardboard priority mailers from the USPS, which the group uses to ship quilts to winning bidders after monthly auctions/sales.

St. Andrew's UMW Piecemakers have adopted this project as a way of recognizing the importance of Alzheimer's research to develop successful treatments and ultimately a cure. Many of us also design these small art quilts to honor someone we know who is affected by the disease. The quilts made by Piecemakers will be displayed in the St. Andrew quilt show which begins Sunday, October 9.

For more information about UMW Piecemakers, contact Peggy Herring, 303-470-6774, or Maureen Supple, 303-738-8333.

United Methodist Women

Collection of Box Tops for Education and Campbell's Labels

St. Andrew has collection containers in the Outreach Depot area for the collection of Box Tops for Education (www.boxtops4education.com) and Campbell's labels (labelsforeducation.com). The box tops are given to East Elementary School in Littleton and the Campbell's labels go to Red Bird Mission in the Appalachian Mountains.

The schools can use the Box Tops collected for cash (10 cents for each box top) or can earn points by shopping online with certain merchants and a percentage goes to the school.

The collection of Campbell's labels requires just the UPC codes now, not the whole label. The schools use the UPC codes to purchase equipment from a catalog.

If you have any questions, please contact Peggy Griffiths, 303-997-8019. There is a list of participating products for both programs near the collection containers, or check the websites listed. We thank you.

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.

Oxyrhynchus: Treasures from the Trash Heap

Sunday, October 9; 10:30-11:30 am in the Chapel. The trash dump of Oxyrhynchus (City of the Sharp-Nosed Fish) in Upper Egypt has yielded some famous finds since the late 1800s. It has contained Biblical writings, legal documents, personal correspondence and more. Led by Shani Jones

More Motley Crew: Priscilla & Aquila

Sunday, October 16; 11:30 am-1:00 pm in rooms B250 - 252. First-century Christian missionaries Priscilla and Aquila have been described as the most famous couple in the New Testament. These tentmakers lived, worked and traveled with Paul and were expelled from Rome. This class includes a complimentary soup and bread luncheon. Led by Schawn Kellogg. This is the third and final class in the Motley Crew series

Just Like Us

Tuesday, October 18; 7:00-8:30 pm in the Chapel. Join us for a discussion of Helen Thorpe's nonfiction book *Just Like Us - Four Mexican Girls Coming of Age in America*, a story about four high school students who grew up in Denver after their parents entered the U.S. illegally from Mexico. The book offers insights into both the most powerful and the most vulnerable members of American society as they grapple with the same questions: Who gets to live in America? What happens when we don't agree? Led by Rev. Dr. Harvey Martz. This class is in preparation for Helen Thorpe's talk on November 3. Ms. Thorpe, wife of Governor John Hickenlooper

Calendar Changes

Change of date for "Saving Jesus from the Church." Class starts Sunday, November 6.

Defy Gravity

Wednesdays, October 19-November 9; 5:30-7:00 pm, St. Andrew's Harmon Library. The book *Defy Gravity*, by medical intuitive and modern mystic Carolyn Myss, explores the deep healing that is possible with prayer. This class will focus on the shadow-versus grace sides of our potential to unlock mysteries that help us get in touch with our deep inner wisdom. Led by Kathy Meyers

Embracing an Adult Faith

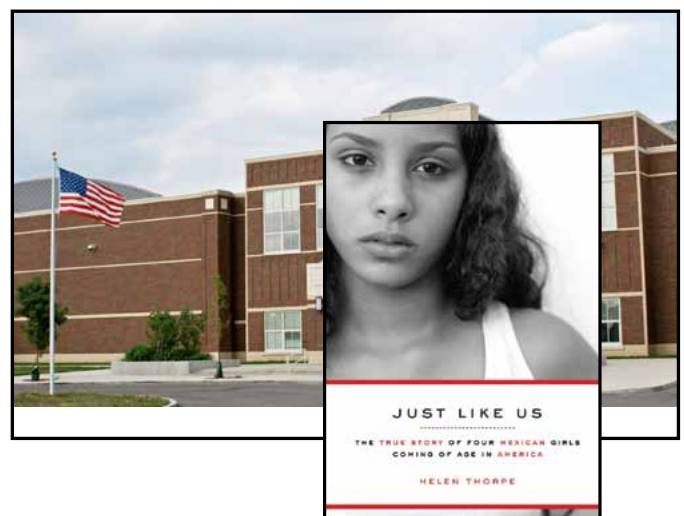
Monday, October 24, November 7-21; Wednesday, November 2. All meetings 7:00-8:30 pm in room B251. We will discuss how we viewed our faith in the past and what it means to be a Christian today by considering questions such as: What is God like? Who was Jesus, historically and traditionally? What is salvation? How do we practice our faith? How do we live in community? This class is especially designed for those who are new to St. Andrew or Methodism. Led by Judy and Larry Mugler

Helen Thorpe - Author Talk and Book Signing

Thursday, November 3, 2011; 7:00 pm

Helen Thorpe is the author of *Just Like Us: The True Story of Four Mexican Girls Coming of Age in America* and the winner of the 2010 Colorado Book Award for Creative Nonfiction. *Just Like Us* is the powerful account of four young Mexican girls coming of age in Denver, two of whom have legal documentation, and two who do not.

Helen Thorpe lives in Denver and works as a freelance journalist. Her magazine stories have appeared in *The New York Times Magazine*, *New York*, *George*, and *5280*. Her radio stories have aired on *This American Life* and *Soundprint*. She has worked as a staff writer for *The New York Observer*; *The New Yorker*, where she wrote "Talk of the Town" stories; and *Texas Monthly*.



Golf Tournament

The 7th annual SAUMC Golf Tournament was held on Saturday afternoon, August 27; it was the most successful yet! Fifty-nine golfers participated, and then enjoyed a delicious buffet dinner before prizes were handed out. Winning teams included 1st place, 8th place (mid-pack) and 14th place (next-to-last!). Long drive and closest to the pin contests were rewarded, also.

The winners were:

- 1st Place: Kay Grtiffel, Sherry Graham, Jay Graham, Kent Kovak
- 8th Place: Nancy & Dave Willetts, Nancy & Jan Jorgensen
- 14th Place: Betty & Jim Dysart, Jim Vandermiller, Keith Winkel
- Long Drive, Men: Blaine Haskell
- Long Drive, Women: Kay Grtiffel
- Closest to the Pin, #4: Eric Anderson
- Closest to the Pin, #13: Roger Wheaton



Our generous sponsors included Fransen Pittman, MTech, Cator Ruma, Economy A/C & Heating, First Bank. Dave & Nancy Willetts, Bob Eilert, Ed Schuett & Terri Lowe, and the Golf Committee.

Cash donations were received from: Don Stevenson, Dr. Zach & Joanie Taylor, Maurice Cox, Keith Winkel, Jacque Smith, and Jim Warner. Donations of goodie bag items and/or prizes were received from the new PGA Superstore, Vitality Chiropractic, Bill Kittle, Dick's Sporting Goods, Golf Galaxy, Golfsmith, and Castle Pine Dental Care.

Susan Bell did her usual wonderful job with signs, posters, and sign-up sheets; Christina Eilert took the excellent photos you see here while being driven around the course by Mary Watson.

Dr. Judith Wilson of the Stout Street Clinic spoke to the group after dinner about the Clinic, and was slightly overwhelmed when she learned we had raised over \$3000 for the Clinic.

Pending final accounting, we now expect that total to be over \$3500!

Many thanks to everyone who had a hand in this wonderful event, and with your support, the Committee is looking forward to an even better Tournament next year!



An Evening with Red Feather Woman!

November is National American Indian Heritage month. The purpose of the month-long celebration is to honor and recognize the original peoples of this land. St. Andrew will host an evening featuring internationally acclaimed, American storyteller, singer, songwriter and author, Rose Red Elk (Red Feather Woman) on Saturday, November 5 at 7:00 pm in Fellowship Hall. (\$5.00 suggested donation.) Red Elk is a member of the Sioux and Assiniboine Tribes. Her show is the kick-off for Denver's month-long celebration of American Indian heritage.



The St. Andrew's celebration promises to educate, enlighten and entertain with an evening of traditional Native American stories, dance and music suitable for all ages. Arts and craft tables will showcase Indian handiwork and art.

The Native American International Caucus supports National Heritage Month and is one of five caucuses recognized by the United Methodist Church, which advocates for inclusiveness of and equality for Native American people.

The mission statement of the Native American International Caucus (NAIC) is:

- To sensitize the United Methodist Church about customs and religious expressions of Native Americans
- To educate and inform the United Methodist Church of critical issues that effect Native Americans
- To engage members of the United Methodist Church in dialogue regarding these critical Native American issues
- To advocate for full participation of United Methodist Native Americans at all levels of the church and in the life of the church

Through educating, informing and engaging the church in dialogue about the issues will lead to advocating for justice in issues that confront Native People. The mission of NAIC is to assist the church in making Disciples of Jesus Christ for the transformation of the world. Don't miss this wonderful experience.

For more information about Red Feather visit www.redfeatherwoman.com.

The Spirituality of Simple Living

Wednesdays, October 5 - 26; 9:00-11:00 am. Do you long to simplify your life and enrich your soul? Explore the influence of a consumer lifestyle on our complicated lives and the philosophical roots of the simple life. Share your ideas and experiences with life balance, spiritual practices and practical steps to simplify your life. Join us for a meal at a local cohousing community, where values of simplicity and the common good influence how community decisions are made.

"When we take our faith seriously, when we experience a spiritual renewal or recommitment, it can and should influence every facet of our lives, including lifestyle. Simplifying our lives includes buying less, giving away more of what we have, and learning to live with a new heart that just doesn't need the stuff that the old heart seemed to hunger for."

—Jack Jezreel, founder of JustFaith Ministries

Led by Jeri Dwyer, Director of Outreach Ministries at St. Andrew; and Cathy Snow, who has lived in an ashram and other intentional communities and for seventeen years
Optional text: *Voluntary Simplicity* by Duane Elgin

First Film of the Just Desserts Season

On Friday, October 14; 7:00 pm, see *Under Our Skin*, a gripping tale of microbes, medicine & money. *Under Our Skin* exposes the hidden story of Lyme disease, one of the most serious and controversial epidemics of our time. Each year, thousands go undiagnosed or misdiagnosed, often told that their symptoms are all in their head. Following the stories of patients and physicians fighting for their lives and livelihoods, the film brings into focus a haunting picture of the health care system and a medical establishment all too willing to put profits ahead of patients. The film will be shown in the chapel and is followed with desserts and moderated discussion. *Caution: Some of the films have content not appropriate for children.* For further information, contact Heidi Parish, 720-206-5733 or Daryl Shute, 303-903-0653.

Who Is My Neighbor?

A Faith Conversation on Immigration

Sundays, October 30 - November 20; 10:30 - Noon

This course examines the intersection of Christian faith with the challenging topic of immigration. Participants will be encouraged to interact via discussion and exercises to explore different perspectives. DVD and materials include interviews and debate sequences filmed at St. Andrew. UMC in spring of 2008. The course was produced as a joint project of Colorado Council of Churches, AFSC, Bell Policy Center, Colorado Immigrant Rights Coalition and the Iliff School of Theology. Led by Laura Dravenstott and Heidi Parish. Text: *Who Is My Neighbor?* Discussion Guide.

Congregational Care Prayer

Dear God,

This is the season for change. To us, it seems sudden: One day, we wake to bare trees, frost on the grass, crispness in the air. But all these changes happen gradually. We are the ones who are blind to the day-by-day differences.

Help us to wake to the little adjustments in your creation and in ourselves.

Help us to celebrate the advance of the seasons and to recognize incremental growth in one another. Let us see how we are changing so that we can work to change in a way that serves your purposes better.

Amen.

Help Me Help You: A Message About Receiving Care Gratefully

“Let me know if there is anything I can do.” Have you heard this before when you had a serious injury, were hospitalized or had a death in your family? Did you respond with a laundry list of needs or ask them to bring a dinner over? Probably not; I’m sure you did not want to bother them with your problems.

As Christians, we are taught to help others and to show compassion. Sometimes it is difficult to accept help, because we are taught to be caregivers, not care-receivers. When someone we care about is injured or hurting we may feel pain and helplessness. When we let others help us, it can be our gift to them. We are, in a sense, acknowledging their feelings. In the book *It’s Not about the Hair*, author Debra Jarvis writes, “I believe that when you refuse help when you need it, you are stunting the spiritual growth of another. That person doesn’t get to feel the joy in giving. You don’t get to feel your own humanity and gratitude by accepting.” So here’s a new motto for Christians: It is blessed to give and receive.”

Medicare Made Clear

Learn about upcoming 2012 changes in the Medicare health plan during an educational seminar at St. Andrew Sunday, October 9; 12:30–2:30 pm. The Heath Ministry Team has invited insurance consultant Elias Acosta to speak about Medicare’s intricacies and to answer questions. This is not an enrollment opportunity or sales presentation. For further information, please contact Kimberley Krapek at 303-933-1979.

Savvy Caregiver

Caring for someone with Alzheimer’s or another dementia requires knowledge, special skills and a unique outlook to enhance the well-being of the caregiver(s) as well as the person with dementia. Sharon Stokes of the Alzheimer’s Association Colorado Chapter will facilitate this program for family members, friends, neighbors, partners and others who provide direct care or support. Classes meet at St. Andrew on Mondays, October 10 – November 14; 1:00–3:00 pm. To register, or for more information, contact the Alzheimer’s Association at 303-813-1669.

Men’s Ministry

“Third Saturday” Men’s Breakfast and Program

Join Men’s Ministries in the Gathering Space on Saturday, October 15 at 8:30 am for fellowship, a delicious hot breakfast (\$5) and a program about broadcast news. St. Andrew member Theresa Marchetta, Channel 7 Week-end Anchor and Investigative Reporter, will present “The Inside Workings of Investigative Reporting.” Ms. Marchetta will explain how investigative stories are uncovered and share a specific experience she encountered. There will be time for questions.

Outreach contributions: Don’t forget to bring a donation for the homeless. In October, we need jars of peanut butter and jelly for sandwiches, and packets of men’s white cotton socks.



Blood drive

Give the gift of life by donating blood, Saturday, October 15; 8:00 am – noon at St. Andrew. Sign up in Fellowship Hall or contact George Coon at 303-794-3830.



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 all ages is offered 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 at 8:00 am.

The Messenger is available on the web at www.st-andrew-umc.com 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 (sbell@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.

Caring for our Congregation

12 Step Groups

AA (Alcoholics Anonymous);
Tuesdays, 7:45-9:15 pm
AA Friday Evening;
Fridays, 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, room B239. This team visits older home-bound people. Barbara Pomarico, pomarib@aol.com

Depression Support Group:

Second Mondays, 6:30–8:00 pm with Nancy Williams, Ph.D., psychologist.

Employment Search Group:

Tuesdays beginning October 4, 6:30 – 8:30 pm, room B251.
Infor: employmentsearch@st-andrew-umc.com.

Health Ministries:

Adapted Yoga;
Tuesdays, 10:00–11:00 am;
Regular Yoga:
Wednesdays, 9:45–10:45 am, and/or Mondays, 5:30 – 6:30 pm
Free Blood Pressure Check on third Sundays during odd-numbered months, 8:00 am - 12:00 pm, room B269. Special classes and informational groups are available throughout the year. Fresh Fruit is available at the donut table in Fellowship Hall following Sunday services.

Intercessory Prayer Team:

Wednesdays, 9:00 am We pray for the needs of St. Andrew's congregation and beyond. For more information contact jricklefs@st-andrew-umc.com

Men's Ministries:

Meet with us for fellowship, learning and service. Activities include Third Saturday Breakfast and Program September to May, softball team, Grill Team, Snowhounds and service projects. Contact James Lingle, MensMinistries@st-andrew-umc.com

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, 303-799-9125

OutSpirit: Friends

Embracing Diversity

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

Parent's of Teenagers Support (PoTS):

Second Tuesdays, 7:00–8:30 pm. Info: Kathleen Riley, 303-741-6726, corileys@msn.com, Dona Kooy, mdkjk@msn.com

Parents Who Have Lost an Adult Child Self-Help Group:

Visit with parents facing the same grief as you. Share with caring others. Seeing how they are dealing with life may help you. Contact Pat Markwell at 303-795-0476.

Prime Timers:

Second Fridays at 11:30 am. St. Andrew seniors are invited to enjoy lunch and fellowship in the West Gathering Space. The meal (\$5.00) is lovingly prepared by Martha Thompson. Contact Mike and Marylou Cate with questions at 303-792-9933.



Meet the Artist

St. Andrew Art & Soul is pleased to announce an exhibit the work of Sue Gauden in the Harmon Library from September 25 – November 13. Sue, a St. Andrew member, is a ceramic artist, china painter, painter in oil, acrylic, pastel and watercolor, quilter, scrap booker, jewelry maker and hobbyist. Although her preference is three-dimensional work, Sue is passionate about “creating” in whatever medium is appropriate or available. She has studied ceramics, owned a ceramics shop in Littleton, and taught ceramics for the past 20 years including at the Buck Recreation Center in Littleton. Please visit the library and enjoy the beautiful display of Sue Gauden’s creations!

Stop by the Harmon Library today.



Annual St. Andrew Quilt Show Opens Sunday, October 9

Don't miss this year's colorful array of quilts made by St. Andrew members and friends. Notable are the contributors to the exhibit by the St. Andrew Piecemakers. The show will be hung in the St. Andrew Art Gallery in the Adult Education wing and adjacent classrooms.



A Reconciling Congregation



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