



# THE MESSENGER

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

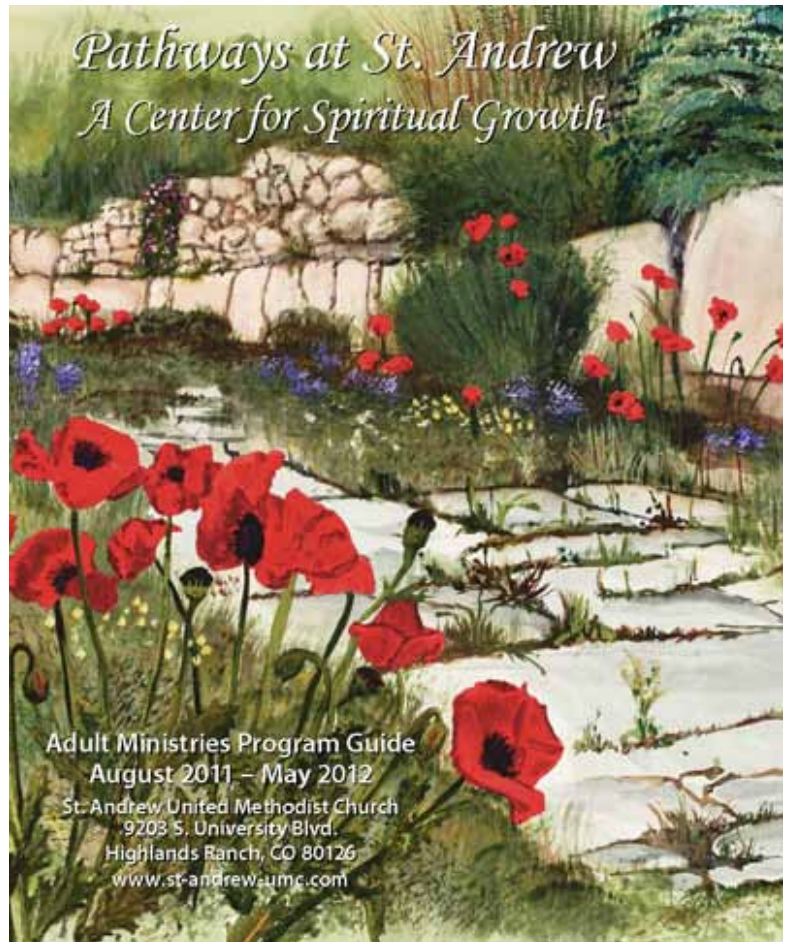
## 2011-2012 Pathways Catalog

### An Exciting Year Awaits You!

The Pathways Ministry team is delighted to share with you the new 2011-2012 Pathways catalog, offering over 170 opportunities for adults to learn, experience and grow in faith. We hope you will take some time to peruse these pages and find several things of interest for you. We invite you to attend our Pathways Ministry Fair on Sundays, August 28 and September 4, in Fellowship Hall. There you will have the chance to register for any of the classes listed in the catalog, and you will also be able to speak with several of our class leaders to learn more about the classes they will be offering. Here are just a few of the highlights:

- **Disciple Bible Study** – Classes in all levels, beginning the week of September 6.
  - **Marcus Borg weekend** – September 30–October 2
  - **Evening with Helen Thorpe** – November 3 with companion book study October 18
  - **St. Andrew Scholar Series** – Hear a wide variety of topics from Personal Spiritual Experiences to Comparative Asceticisms
  - **God Talk V: God's Calling... Are You In?**
  - **Pathways on the Road** – An opportunity to hear scholars at area churches
  - **Women's Retreat: *All in Good Time***
  - **Biblical Archaeology Series**
  - **The Bible for Beginners**
  - **Great Figures of the New Testament**
  - **Cathedrals**
  - **Pathways to the Holy** – A Study in Comparative Religion
  - **Tours of the Air Force Academy Chapel and Trinity United Methodist Church**
- and much, much more!

If you don't receive a catalog either at church or in the mail, please stop by the Pathways desk in Fellowship Hall and pick up a copy. We also have extras for you to give to friends! Thanks for walking the spiritual paths with us.



Tickets now available

### Weekend with Dr. Marcus Borg, Sept. 30–Oct. 2 *Speaking Christian*

- Friday, September 30; 7:00–9:00 pm, *Reclaiming a Lost Language*
- Saturday, October 1, 8:30 am–noon; *Big Words and Collections of Words and What's at Stake: Two Visions of American Christianity Today*
- Sunday, October 2, in worship at 8:00, 9:00, and 10:30 am

Purchase tickets online for the Friday and Saturday events at [www.st-andrew-umc.com](http://www.st-andrew-umc.com). Tickets are \$15 per person for each day, or \$25 if purchased together. Purchased tickets can be picked up at St. Andrew Reception desk during the week, Pathways Desk on Sunday mornings or at Will Call at the event.

## From the Senior Pastor



### A Goodbye to a Beloved Staff Member

Last week, in the monthly meeting of our entire St. Andrew staff, we had the privilege of celebrating the fifteen year ministry here of Stacy Spehn.

Stacy began on our staff in 1996 as our part time director of children and youth choirs. She reminded us today that she was 28 years old when she joined our staff!

Since that time, her position description changed and expanded until she became the full time Director of our Holy Pretzel youth choir-an exceptional group that has involved an average of 60 youth over the past few years.



In her youth choir leadership role, she not only helped our youth choir become the anchor for our last morning worship service in the sanctuary, but also led the group in a choir tour every other year, and in alternate years helped them produce a musical that we all enjoyed as a congregation.

Stacy has been immensely effective in empowering our youth to discover and develop talents that they might not otherwise have seen in themselves. One parent reported that her teenager told her that he could not have felt comfortable trying out for a speaking or singing role in his high school but he did feel comfortable doing that in a Holy Pretzel youth choir production because “church feels like a safer place!”

Stacy’s leadership in our church has made possible some inspiring children’s music camps over the years (with Tam Curfman at first and then with Ann Guerin) as well as very memorable productions of *Joseph and the Technicolor Dream Coat*, *Fiddler on the Roof* and the touring production of a musical based on the concept of “Thresholds” transition times in all of our lives when we move from one chapter to the next in our journey.

Over the past couple of years, Stacy has been in transition herself-responding to the long felt call to ordained ministry in the United Methodist Church and taking courses at the Iliff School of Theology. She has been affirmed by our Staff Parish Relations committee in her call to ordained ministry and will be appearing before a charge conference in a few days asking

for the affirmation of that group as well.

And in a few days, Stacy will be officially leaving our church staff to begin her internship role at Cameron United Methodist Church in Denver.

About 200 persons attended a “Stacy celebration” August 14 in our Fellowship Hall including many of the children and youth whose lives were



touched by Stacy’s leadership over the years.

Today in our staff celebration we thanked Stacy for the life changing leadership she has given to all of us. Several people spoke about what she has meant to us as she enters this new threshold. I am including below what I wrote about her, and you will have a chance on Sunday morning, August 28 to express your thanks to Stacy at the end of our sanctuary services.

### Stacy Spehn:

*Passionate, God infused, energetic, enthusiastic, exuberant, faith filled, spiritual seeker, artist, contagious, joyful, questing, open to the Spirit, open to God’s world, music lover, creative writer, prayerful, called by God, team member, admired by youth and everyone else, authentic, Taizé teacher, curious, questing for God in the new, questing for God in the now, in transition, person centered leader, healer, child-like wonderer, teachable, majors in majors and not in minors, trustful, always growing, Spirit centered, conscientious, child of God!*

*Stacy, you have been a mentor and guide and leader at St Andrew for children, youth and adults. You have worked, over recent years with youth to guide them not only in musical excellence, but also in reflecting on thresholds, in integrating Bible stories and spiritual stories from Joseph, Tevye and Broadway so that their lives have been transformed and changed. By your own daily example you have taught love, community, vulnerability, compassion, service and life lived in the Spirit. We are a better community because we have been able to be with you!*

*We applaud and affirm your call to ordained ministry and your next step of faith toward your call. We celebrate this new threshold for you! We will miss you here, and our love and prayers and our hearts go with you into this next chapter of life!*

*John Matz*

# Pathways: A Center for Spiritual Growth

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

## DISCIPLE



### Disciple Classes

Classes begin the week of September 6. Sign up now at the Pathways desk in Fellowship Hall or on the church website. Many times and dates are available.

### New BIG READ Classes

#### *Speaking Christian*

- Wednesdays, Aug. 31–Sept. 28; 9:30–10:30 am, at Women’s Spiritual Growth led by Jenny Ricklefs
- Wednesdays, Aug. 31–Sept. 28; 5:30–7:00 pm, led by Melanie Rowilson and Cam Bethea
- Mondays, Sept. 12–Oct. 10; Noon–1:30 pm, led by Rev. Cindy Bates
- Wednesdays, Sept. 14–Oct. 12; 4:30–5:30 pm, led by Christy Boyle

### Who is Paul?

Check out our first online class! What do you really know about the man who is responsible, more than any other man, for the spread of the Christian faith across the Middle East and Europe? Go to [www.st-andrew-umc.com/AdultMinistry](http://www.st-andrew-umc.com/AdultMinistry) at your leisure after the Labor Day holiday and learn more about Paul of Tarsus.

### Financial Peace University

- Free preview: Wednesday, Sept 7; 7:00–8:30 pm
- Class: Wednesdays, September 14–December 14; 7:00–8:30 pm

Facilitated by Eric Kellogg

This 13-week class is taught via DVD by Dave Ramsey, personal money management expert. Start your journey to a debt-free life and a future full of opportunity! Info: [www.daveramsey.com/fpu/home](http://www.daveramsey.com/fpu/home) or Phil Seibold, 303-794-2683 x110, [pseibold@st-andrew-umc.com](mailto:pseibold@st-andrew-umc.com).

### Sisters Bible Study for Women

Wednesdays, September 7–May 16; 9:30–11:30 am. This gathering, for women of all ages, is a short-term study that allows new members to join throughout the year and to participate according to interest or availability. Join us for the year or pick a study that suits your interests and time availability. For a listing of the books, please see the Pathways Catalog. Led by Christy Boyle, Director of Children’s Ministries

### Rethinking Attitudes Towards Women in the Hebrew Bible

Tuesdays, September 9–October 27; 7:00–9:00 pm. Women have often been portrayed in a negative way in the Hebrew Bible. Within the context of the biblical stories, we will reread their stories through a 21st century vision, analyze their place within the story and offer some new insights and perspectives. Led by Missy Wade

### Praying the Labyrinth

Saturday, Sept. 10; 9:30 am–1:30 pm. This session will give you the history and an overview of the uses of the labyrinth. Then, weather permitting, the group will use the newly dedicated, sacred space for a time of “walking with God.” Come with your questions, curiosity and yearnings to see how the labyrinth can be a transformational “path” for you. Led by Rev. Cindy Bates

### What You Should Have Been Taught, But Probably Were Not:

*Updating what you were taught in the 20th Century for 21st Century*

Sundays, September 11–October 30; 9:00–10:00 am. This class takes a new look at traditional Christian thought with openness, honesty, humor, and a bit of daring. Led by Rev. Fred Venable.

### Monday Noon Book Group

Mondays, ongoing, Noon–1:00 pm  
Beginning again September 12  
If you enjoy reading and want to be inspired and challenged by a welcoming, well-read community, this is the book group for you! You will find the discussions lively, insightful and spirit-filled. We read and discuss small sections of the book, so even though we meet weekly, we do not read a different book each week. Come for the book and stay for the community! See the Pathways Catalog for a description of this year’s books. Led by Rev. Cindy Bates

### Cathedrals

Sundays, September 25–March 25; 6:00–7:30 pm. Since the Christianization of Europe in the 4<sup>th</sup> century, cathedrals have served as centers of ecclesiastical authority, marvels of architectural genius and innovation, places to instruct communities about cherished Christian values and lessons, and sites of political, cultural, intellectual, and economic importance. Led by Dr. Bob Eilert

### Codex Siniaticus and the Text of the Bible

Sunday, September 25; 10:30 am.  
Codex Sinaiticus was discovered in the care of Monks at the base of Mt. Sinai in the 19<sup>th</sup> century. What does this manuscript mean to Biblical scholarship? What are the challenges of translating the Greek text? Led by Micah Saxton, Iliff School of Theology student

### Great Figures of the New Testament

Sundays, September 25–March 25; 9:00–10:00 am. You may think you already know all the great stories of the Bible, but often they are misted over by centuries of common misperceptions. This class offers a fresh look at the fascinating cast of characters in the greatest story ever told. Led by Dr. Bob Eilert.

## BIBLE ADVENTURES!



# To Reach All In Love TRAIL

St. Andrew Children's Ministries

The St. Andrew congregation has a wonderful tradition of presenting Bibles to our children during their third grade year. On August 14, in conjunction with the King James Bible Sunday Celebration, Children's Ministries presented 66 Bibles to our third graders and others. Children's Ministries will continue to present Bibles throughout the year as new third, fourth and fifth grade children join our programs.

Following the worship services on Bible Sunday, we hosted a Bible Pizza Party for the third graders and their parents. After lunch, parents and children experienced many different Bible based activities and games that help the children learn about their Bible. Many parents also learned one or two new things and enjoyed being partners with their children as they learn together!

Bible Adventures, a specially designed six-week program for third graders on Sunday mornings, helps the children dig into the Bible and learn the tools that will help them navigate their Bible, the six different types of literature found in



the Bible and how to look up verses and stories. As they participate in Bible Adventures and then have fun follow-up activities with their parents at home, they earn Bible bucks that they can redeem for Bible prizes. The Bible Adventures class began Sunday, August 2, but it is not too late to attend. Contact Christy Boyle, [cboyle@st-andrew-umc.com](mailto:cboyle@st-andrew-umc.com), or Mary Huey, [mhuey@st-andrew-umc.com](mailto:mhuey@st-andrew-umc.com), for more information.

## College Funding

*Are you prepared to cover college expenses for your children?*  
by Benita Creacy

As the economic climate becomes more chaotic, colleges are raising their tuition, and more states are declining to support higher education with much needed revenue, please join the Legacy Ministry and the Youth Ministry for an informative presentation on college funding issues. The session will focus on the important things you need to know to prepare your family to pay for college, include a discussion of financial aid options, the application process and the funding methodology. Participants will also learn some strategies on the college application process that provide options for financial aid.

**Parents and students are invited to attend  
Wednesday September 7, 7:00–8:00 pm in the Youth  
Zone following the Youth Ministry college event.**

The presenter for College Funding is Benita Creacy, Legacy Committee member at St. Andrew, and Certified Financial Planning practitioner. Benita previously worked in college financial aid offices for 20 years as a Director and as a consultant. The Legacy Ministry is charged to provide financial education for our congregation.

## Save the Date! Economic Update with Jerre Stead

Monday, October 17, 7:00–8:30 pm, in Fellowship Hall  
Join the Legacy Ministry for a unique opportunity to hear Jerre Stead, CEO of IHS, Inc. His company provides economic information to Fortune 500 companies, multinational companies and countries worldwide. In these times of economic uncertainty, attendees will leave the update session with valuable insights.

# Summer Music Camp meets Youth 2011

By Ann Guerin

Several people asked me, "Are you CRAZY?" This was in response to finding out that on Monday, after Summer Music Camp was over on Sunday morning when the camp children performed the musical *Holy Moses!*, I was heading to California helping to drive the teenagers to Youth 2011.

Music Camp was such a fabulous week! We had over 110 children singing, laughing, meeting new friends, seeing old friends. We learned a lot! We had wonderful adult leaders and volunteers. The story of "Holy Moses!" was challenging to learn and squish into a 20-minute time period - there's just SO MUCH that happened in the life of Moses. We had to choose what we thought would be the most important parts of his story for the children to learn. The history, of who Moses was and who his ancestors were, was very interesting to me. The reasoning behind why all the baby boys were supposed to be thrown in the river was challenging to take in. The fact that Moses actually killed someone was difficult to hear. We talked about how even though Moses made this mistake, God still loved him and was able to use him for some important jobs. We were able to talk about how we ALL make mistakes and how (even though our parents may be disappointed in what we did) our parents will ALWAYS love us and want us to try again, just as God loves us and wants us to try again. There were so many other things we learned, but probably the most important was the Ten Commandments in the song *The Perfect Ten*.



Music Camp ended almost as quickly as it began. I will remember the faces of the children, the laughter, the wonderful message, the great singing and the love that I felt everywhere I turned during this special week.

Then it was off to Rifle, Colorado, to meet up with the middle school missions team finishing up their work. It was great to see everyone and meet new youth. We even got to drive by some of the jobs they had done during the week. They worked hard!

When we arrived two days later in Sacramento, California, we met up with the high school group which had arrived a little earlier from their mission trip. They told me stories of the work they did, the fun they had and the friends they made.

On to our first evening in Sacramento and Youth 2011, there was LOTS of music, singing, laughter, meeting new friends and seeing old friends. We learned a lot! Hmmmm... sounds familiar. The next morning we went to sessions and labs that offered various topics ranging from history, present day, future, how to teach, how to see each other, how to let loose, how to help each other, how to recognize when someone needs help, how to be a leader, etc. Between the sessions/labs, we had Bible studies, more music, singing, laughter, meeting new friends and seeing old friends.

In one session I attended, the speaker was discussing how to help the Bible be relevant using various teaching methods... games, timelines, songs, etc. She talked about how there are some parts

of the Bible that are so important and yet most people cannot remember what the Bible says. She said, "For example, I would be surprised if any of you could name ALL the Ten Commandments ... let alone, in order. Is there anyone who would like to try?" Oh, my goodness, I might actually get an answer correct! I tentatively raised my hand and said, "I'm pretty sure I could sing them." After the rest of the group gave it a try, she asked me to sing them.

I began:

*"Number 1: We've begun, put God first in your life*

*Number 2: The idol rule, graven images aren't nice*

*Number 3: Never speak God's name in jest*

*Number 4: The Sabbath's for worship and for rest*

*Number 5: Let's strive to honor fathers and mothers.*

*Number 6: Let's nix killing one another*

*Number 7 Life's heaven being true to your mate*

*Number 8: Do not steal for goodness sake*

*Number 9: Don't be the kind to tell lies*

*Number 10: Don't covet and want your neighbor's house or wife*

*That's the list God insists stay away from these sins... and that's why we memorize commandments one through ten"*

The instructor said that I not only got them right, but they were also in order! She also said that the last line of the song was SO important... "That's the list God insists stay away from these sins... and that's why we memorize commandments one thru ten."

There you have it... how Music Camp meets Youth 2011 - one week and 1200 miles apart. I'm so thankful that I was a part of both... lots of music, singing, laughter, meeting new friends, seeing old friends... and the Ten Commandments! We learned a lot! I will remember the faces of the youth, the laughter, the wonderful messages, the great singing and the love that I felt everywhere I turned during another special week.

# L.I.F.E. Lessons...Acceptance

By Kathy Miller

I have the best job in the world! Do I make a lot of money? No. Am I going to be famous? No. Will my life be enriched forever? Yes! I am one of those people you see standing at an RTD bus stop on the coldest, snowiest days. If you drive by me, you might feel sorry for me, but I actually enjoy it. (Long-johns help). I work with young adults with disabilities through a local school district.

My job description is fairly nebulous. Each day can present something new and challenging. Some days I am a job coach. Some days I teach a reading class. Some days I am running around a track and some I can be found in a park playing kickball. It is always a good day for me, though, because satisfaction comes from little things. It is wonderful watching these students grow from teenagers into great adults with a sense of purpose and zest for life. Along the way, I think I learn more from my students than they learn from me.

Support and kindness. It is amazing how thoughtful the students are to their peers. They cheer each other's accomplishments. It's hard to beat an audience of 40 who will clap for you



Kathy Miller shown above with Dylan Batz, Arapahoe High School senior; at right ready for his Prom last spring. Dylan is a student in Kathy Miller's program. Kathy, who teaches Sunday School to high school seniors at St. Andrew, volunteers in many other areas at church as well.

when you get a "B" on a paper at the community college. I heard one young man telling a severely disabled friend that he "wouldn't miss your birthday party for the world because I know how much that means to you." I have experienced my students exhibiting kindness to members of the community as well. One time, while job-coaching a student in a nursing facility, I overheard a student tell an elderly resident, "I am so sorry you don't feel well today." The compassion is overwhelming at times.

*How to love each other.* Last year at graduation we all sang "Lean on Me" by Bill Withers. The love was palpable as 50 young people stood with their arms linked and singing.



They truly meant for their friends to lean on them forever. Love was evident for all to see.

*Acceptance.* Everyone accepts everyone else for who they are. No one feels that anyone is less than anyone. They can tolerate extremes in personalities and always say "it's OK," no matter what happens. I see students volunteer to help other students who are much more disabled than they are and I see students sit and talk to other students who are non-verbal and

may only be able to smile back at them.

The best part is that I get to hang out with this awesome crowd of young adults who remind me every day that God loves each of us and that we are all equal, that everyone is their own brand of normal and that I am blessed that they accept me into their lives.



## Summer Youth Missions

Who could pass up a mission trip to Lake Tahoe? Thirty high schoolers and four adults spent July 21–27 in Kings Beach, California. There was some relaxation time but mostly it was work. The entire exterior of Kings Beach United Methodist Church got a new coat of paint, as did a rental house, an outside worship center and some outbuildings. The church has a new handicap exit ramp, built by Keith Winkel's construction crew. Most of the group spent a day clearing a new section of the Tahoe Rim Trail – they went from trees and underbrush to finished trail in just a few hours. It was a privilege to serve in such a wonderful part of God's creation!

Middle School youth on the July 21–26 mission trip to Rifle, Colorado, Colorado State Veterans Nursing Home. They trimmed evergreen bushes, painted a metal fence, and placed landscape plastic under the white rocks. The marble for the monument came from the same quarry as that used for the Tomb of the Unknown Soldier. The marketing director said she "had never seen anything like" our young people's service to this facility.

This team also worked at several homes belonging to elderly women referred by the Rifle Senior Center. At one of the homes, the work team was washing windows and asked the 94-year old resident if it would be OK if they also washed her car. The woman was very moved by the experience, and the car looked great!



## Concert at St. Andrew Marks September 11 Anniversary

The St. Andrew Charles Wesley Choir will be joined by the Denver Gay Men's Chorus and the Denver Women's Chorus to present two concerts marking the tenth anniversary of the September 11 terrorist attack on the World Trade Center. To help people remember all who were lost in the tragedy, the combined musical groups, joined by a full orchestra, will present *The Armed Man: A Mass for Peace* by Karl Jenkins. Other music will include *A Distant Land* by John Rutter, *Earth Song* by Frank Ticheli, and a new piece for cello and accapella choir titled *Peace, My Heart* by David Childs with text by Indian poet Rabindranath Tagore.

Two concerts will be presented in the St. Andrew sanctuary on Sunday, Sept. 11, at 4:00 and 7:00 pm. No tickets or reservations are required. A freewill offering will be taken, with proceeds going to cover the cost of the concerts. A donation will also be made to the Colorado division of the National Fallen Firefighters Foundation.



## Music and Arts Alive at St. Andrew

St. Andrew has a fully graded music program. What does that mean? We are becoming a unique church that offers music from a very young age through seniors. We offer adult, children's and youth choirs, handbells, orchestra, liturgical dance and many other music opportunities. Compare that to having just five or six singers with microphones and a band that looks like a tired Three Dog Night! The most important thing is, if you're not involved, we want you! The worship bulletin and St. Andrew website have more information. Come check us out.

## Gospel Extravaganza!

Mark your calendar for a weekend of breathtaking, toe-tapping gospel music. Come explore, learn and sing music in the African American gospel tradition. Leave your reading glasses at home as you learn from leader Neil Brown, who 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. Music includes:

*Don't Last, I Need You to Survive, Revelation, and O Lord You Are My God.* These songs are available on iTunes® if you would like a sneak-listen.

### Rehearsal and Worship Schedule:

Wednesday, October 12, 7:15–9:00 pm (optional rehearsal)

Saturday, October 15, 10:00 am–3:00 pm (rehearsal includes lunch)

Sunday, October 16, sing for the 9:00 and 10:30 am worship services

Neil Brown lives in Colorado Springs and serves as choir director and minister of youth development for the Emmanuel Baptist Church. He is known in the area for having the ability to teach authentic African American gospel music to people of all backgrounds. He has led choir festivals in which he takes very traditional choirs, who are glued to their music, and teaches them to sing in a true African American style. He will also bring a talented team of instrumentalists to help support the singers.

### Participation Fees:

- \$30 Sponsor (Includes individual registration, lunch on Saturday and a donation toward scholarships).
- \$20 Regular Registration (Includes Saturday lunch).
- Scholarships are available.

For more information, please contact: Mark Zwilling, St. Andrew Director of Music and the Arts, [mzwillling@st-andrew-umc.com](mailto:mzwillling@st-andrew-umc.com), 303-794-2683 x 112.

## Children's Choirs Starting Soon!

Attention all elementary school age children! If you love to sing, want to make new friends, learn about music, and have a great time, we invite you to join



the Children's Choirs. Rehearsals are Wednesdays from 4:30–5:30 pm starting September 14! Enjoy snacks, games and of course SINGING! Kindergarten and 1st graders join the Little Light Singers and 2<sup>nd</sup>–5<sup>th</sup> graders join the Hallelujah Chorus. Hope to see you there! If you have questions, contact Ann Guerin, [aguerin@st-andrew-umc.com](mailto:aguerin@st-andrew-umc.com), 303-601-3777, or Cathy Kolar, [ckolar@st-andrew-umc.com](mailto:ckolar@st-andrew-umc.com) 303-794-2683 x125.

## Celebrating DenUM's 30<sup>th</sup> Anniversary

St. Andrew's Outreach Ministries, Men's Grill Team, Youth and musicians join the celebration!

When Outreach Ministry servant ministers, Marylou Cate and Carol Shaffer, visited Denver Urban Ministries last winter, DenUM Director Tammy Mulligan asked if St. Andrew Outreach would host a summer barbecue to celebrate their 30th anniversary. Tammy wanted DenUM clients to enjoy something many of us take for granted: an outdoor party. The Outreach Administrative Team sprang into action, recruiting St. Andrew musicians, the Men's Grill Team, Youth and individuals to make the event a special celebration.

St. Andrew supports DenUM through volunteers and funding from our annual budget. DenUM provides services such as food, temporary housing, utility assistance, and access support for federal and state assistance to homeless and low income individuals.



diminish the party atmosphere and fun shared by all attendees. Music was provided by the James Becker Band, and many guests commented that it was the first time in years

that they had heard live music up close and personal. Fingers were snapping, feet were tapping, and a few even jumped on an impromptu dance floor.

The St. Andrew Men's Grill Team (Brad Baum, Dean Dameron, Miles Foster, Rick Stang, Mark Phillips and Mike Cate) provided burgers and hotdogs, ably assisted by eight youth on a Denver day mission. Emi Huey, Hannah and Haley Stephens, Daniel and Destiny King, Andrew Case, McKenna Foster and Erin Baum also helped Kim Foster, professional face painter,



create memorable masterworks on the faces of children and adults. St. Andrew volunteers served 150 people, some going through the line as many as five times before the food ran out.

Thank you to everyone involved for bringing St. Andrew's sense of hospitality and service to our neighbors in Denver.



On the day of the party the temperature soared into the 90s, a murder occurred several blocks away, and the Men's Grill Team suffered a flat tire. But nothing could

## 11<sup>th</sup> Annual Blessing of the Animals Sunday, October 2, 2:00 pm in Fellowship Hall

Join us to hear special words, barks, mews, squawks, chirps and music that reflect the love and appreciation we have for our animal friends. All animal companions are welcome to bring their human friends to this joyful event.



## Outreach Spotlight on Steffany Toppin

As part of St. Andrew for the last five years, Steffany has been involved with Children's Ministries volunteering to teach both Sunday School and Vacation Bible School. Though she is relatively new to Outreach, Steffany has taken on the vital role of InterFaith Hospitality Network (IHN) Coordinator for St. Andrew. IHN is a network of churches that provides shelter for temporarily homeless families. Most Denver shelters cannot accommodate families. "That is why I feel so strongly that IHN is a unique and necessary organization," says Steffany. About five times each year, St. Andrew welcomes several families into our church for one week at a time. Each rotation requires about 75 volunteers from our congregation to help the families feel at home. Since starting as Coordinator in January 2011, Steffany has been instrumental in keeping this important ministry going at St. Andrew.



"Whether hiking on trails surrounded by wildflowers in the summer or standing on the top of the mountain and looking around at the snow-capped peaks while skiing in the winter, it is sharing moments like those with my husband and boys that I am fully aware of the wonder and complexity of creation. It is then that I am most aware that God has entrusted us with a beautiful gift and that it is our responsibility to take care of it."

If you would like to donate time or goods to IHN, please contact Jeri Dwyer, [jdwyer@st-andrew-umc.com](mailto:jdwyer@st-andrew-umc.com).

## Crisis in the Horn of Africa

The United Methodist Committee on Relief (UMCOR) is holding conversations with partner humanitarian organizations working in the Horn of Africa and planning a regional response to the growing hunger crisis provoked by severe drought in that region. Years of drought in Somalia, Ethiopia, Kenya, and Djibouti have escalated in recent weeks, causing widespread hunger and, in two regions of southern Somalia, famine. According to the United Nations, today's drought is the worst the region has seen in half a century leaving an estimated 11 million people in danger of malnutrition and death. Especially affected are children, the elderly and sick.



"UMCOR is very concerned about the escalation of the crisis and is talking with ACT Alliance, Church World Service, GlobalMedic, and Muslim Aid to devise a regional response to it," reported Melissa Crutchfield, UMCOR executive for International Disaster Response. A war has caused tens of thousands of Somali citizens to flee to neighboring Kenya and Ethiopia. The UN estimates that there are over 400,000 refugees spread across three refugee camps in Dadaab and Kenya, and almost half the Somali population—3.7 million people—is in crisis. "UMCOR is working with our partners to act as quickly and as comprehensively as possible," Crutchfield said. "While we do, we ask for your continued prayers and support for those affected by this crisis."

Your help is urgently needed: You may make your check payable to St. Andrew UMC; in the memo write UMCOR Advance #982450, Horn of Africa, and drop your check in the offering plate or bring it by the St. Andrew office.

## Pay It Forward Boxes

These boxes of nonperishable food are available the fourth Sunday of each month. Drop by Fellowship Hall to purchase a box or two of nutritious food for \$10 each. We will deliver it the very next day to a local food bank.

## 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](http://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](mailto:@st-andrew-umc.com) ([sbell@st-andrew-umc.com](mailto: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.

## 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.*

### Physical Activity = Better Health

By Rhoda Chang

Childhood obesity rates in America have tripled over the past three decades. Today, one out of three children in America is overweight and more likely to become obese adults. This has happened, because times have changed. We don't walk, we drive. Our free time and energy are now spent with TV, cell phones, video games and the Internet. Parents are busier than ever, and families eat fewer home-cooked meals and more snacks between meals.

Parents can set healthy examples for children by making physical activity as routine as brushing your teeth and sleeping. The ultimate goal is to spend an hour being active each day. A healthy diet is another important commitment for the entire family. Here are some suggestions and information that may help you and your family:



#### Healthy Diet 101

- Choose foods lower in fat and calories
- Eat smaller portions
- Make better choices when dining out
- Turn off the TV and eat together
- Keep fruits or vegetables within reach for snacking
- Walk with your family after dinner

#### Physical Activity 101

- Set and schedule specific and achievable goals
- Team up with a friend or fitness group
- Celebrate special occasions with something active such as a family hike or bike ride
- Walk instead of driving whenever possible
- Train as a family for a charity walk or run

For more ideas, visit <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan>.

### Prime Timers Fellowship Starts Again!

St. Andrew seniors are invited to join Prime Timers on the second Friday each month at 11:30 am for lunch and fellowship at St. Andrew. Martha Thompson prepares a delicious meal (\$5). If you are age 70 or more, see you Friday, Sept. 9! For more information contact Rev. Dale Wood, [dwood@st-andrew-umc.com](mailto:dwood@st-andrew-umc.com).

### New Stephen Minister Training Class

A new Stephen Minister class will be held September 27 to February 21. Stephen Ministry combines theological principles with psychological theory to create a solid foundation for care. Christine O'Neal and Carol Tyson will lead the class.

Stephen Ministry has positively impacted our congregation and is helping people who might otherwise slip through the cracks. Please consider whether Stephen Ministry is a good fit for your spiritual gifts. Applications to the program are available from Diane Smith. Call Jenny Ricklefs at 303-794-2683 for more information.

### America's Internment Camps – How could this happen?

On December 7, 1941, a surprise attack by Japan on Pearl Harbor left the U.S. Pacific Fleet devastated. The U.S. immediately declared war on Japan. The subsequent issuance of Executive Order 9066 in February



1942 removed 110,000 persons of Japanese ancestry, approximately 70% of whom were American citizens, from the West Coast into internment camps. Some historians believe this action to be among the saddest and most embarrassing civil-rights infringements in American history.



St. Andrew members Hank and Katy Tobo will tell about their experiences during this pivotal time in U.S. history, on Sunday, September 25, at noon in room B251. Sign up at the Congregational Care table in Fellowship Hall. OutSpirit is sponsoring this event. For more information, contact Cathy Pearl, 303-740-7688, [C.Pearl@yahoo.com](mailto:C.Pearl@yahoo.com).

### New Adapted Yoga Class Begins

Adapted yoga is ideal for those with limited mobility and range of motion. Using chairs, the wall and straps allows gentle stretching that aids flexibility, circulation and opening up muscles and joints. It promotes a greater sense of well-being, relaxation and focus by working with breath. A new daytime class will meet on Tuesdays, 10:00–11:00 am, starting September 6. Come try the first class for free!

There are also two regular yoga classes: Wednesdays, 9:45–10:45 am, starting September 7, and Mondays, 5:30–6:30 pm starting September 12. All levels are welcome. Contact leader, Martha Mandeville, 720-480-2164, for more information and to develop a yoga program specifically for you. All classes are \$90/10 weeks or \$15/session.

## Family Church Camping Trip was Great Fun

Fresh air, fellowship, colorful wildflowers, invigorating hikes, s'mores, fireside chats and a traditional United Methodist potluck dinner were all greatly enjoyed at the end of July by families participating in St. Andrew's annual church camp out. This year we pitched our tents and parked our RVs in Larimer County's beautiful Hermit Park near Rocky Mountain National Park. Be on the lookout for information as we begin planning next year's outing.



## Welcome to Men's Ministries

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

### Last Picnic on the Patio Coming Up

Let the Grill Team serve you. Sunday, September 18, is the last time this season to enjoy burgers, brats and hot dogs with all the trimmings for \$5.00 (adults) and \$3.00 (kids 12 and under). Stop by the north front patio after worship at 11:30 a.m. for fellowship, food and fun. Bring peanut butter, jelly, sandwich bread and new white socks for the homeless. A donation box will be by the grills. Picnic proceeds support church programs and outreach ministries. Men interested in helping with Grill Team picnics and other service projects may contact James Lingle, MensMinistries@st-andrew-umc.com.

### Men's 3<sup>rd</sup> Saturday Breakfast and Program

Join us for breakfast, fellowship and an informative program (\$5) on Saturday, September 17, 8:30 am, in the West Gathering Space. Jim Vandermilller will present the first program, "St. Andrew's New Prison Ministry." St. Andrew mentors for ex-offenders have already been trained and are committed to serving for at least one year. This is the beginning step in our church's outreach in this important area. Jim will share ways we can support the mentors and help with developing this ministry. Come learn how you can follow one of the strongest scriptural lessons our brother Jesus gave to us: "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." Matthew 25: 40

## Congregational Care Prayer

By Barb Wilkinson

Dear God, you sure must enjoy making combinations to create incredible beauty. I look forward to a time soon when you combine rain and sun for rainbows, your great promise to Noah and all of us. Tonight it was the combination of clouds and sun to make a beautiful sunset, clouds that once the sun was gone returned to being dark and grey. Help us to be a reflection of the beauty you provide each of us inside. Amen.

## 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 homebound folks. Barbara Pomarico, pomarib@aol.com

### Depression Support

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

### Employment Search

**Group:** "Jump: Get Unstuck" Workshop meets Mondays, September 12 & 19. Employment Search weekly group meetings resume after the "Jump" workshop. Contact: employmentsearch@st-andrew-umc.com.

### Health Ministries:

*Adapted Yoga;* Tuesdays, 10:00-11:00 am; Third Sundays, odd months, 8:00 am-noon, in Room B269. *Free Blood Pressure Checks* Good blood pressure prevents many health problems. *Special classes* and informational groups throughout the year.

*Fresh Fruit* available Sundays on the donut table in Fellowship Hall.

### Intercessory Prayer

**Team:** Wednesdays, 9:00 am. We 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 September-May; softball teams, Grill Team, Snowhounds, 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

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, 303-740-7688

### Parent's of Teenagers

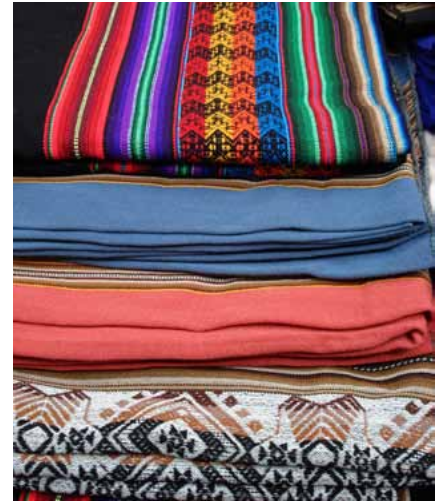
**Support:** Second Tuesdays, 7:00-8:30 pm. Info: Kathleen Riley, 303-741-6726, corileys@msn.com, Dona Kooy, mdkjk@msn.com

**Prime Timers:** Second Fridays at 11:30 am.

St. Andrew seniors are invited to enjoy fellowship and a delicious meal in the West Gathering Space (\$5). Meal prepared by Martha Thompson.

## Blankets for Refugees

St. Andrew Outreach Ministry has received a request from a local refugee organization requesting blankets for camps in Nepal. If you have an extra blanket or two that is clean and serviceable, we would like you to help. Please bring your donations to the Outreach Depot anytime by Sunday, October 2, put them on the shelf marked "blankets." We will see that they get to those in need. The Outreach Depot is across the hall from the church office.



## Community Supported Agriculture

Do you know your farmer? We do. He is Andy Grant of Grant Family Farms in northern Colorado. Every week, year round, he sends crates of fresh organic foods right to our back door at St. Andrew Church. Subscribers to the harvest pick up their veggies, fruits, breads, meats, cheeses, eggs, mushrooms and flowers on Thursdays. You can join any time. Contact [www.grantfarms.com](http://www.grantfarms.com) for more information.

### New Seniors Blue Book Available

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

### News from St. Andrew Art and Soul

The mixed media work of Cathy Ormiston will be on display in the St. Andrew Art Gallery, Adult Education Wing, from August 28–October 2. Her ceramic art and sculpture are now on display in the Harmon Library through September 18. Beginning Sunday, September 25, the ceramic art of Sue Gauden will be exhibited in the Harmon Library.

In October, the Art and Soul Ministry will host an all-church Quilt Show. Those interested in participating may contact Jacque Smith, 303-797-3140, or Janet Ford, 303-694-4878.



**St. Andrew UMC is a  
Reconciling Congregation**



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