

# Good Shepherd United Methodist Church News!

March, 2022

## *From the Pastor's Desk*

*"For those who trust Christ, God has "rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, in whom we have redemption, the forgiveness of sins -Colossians 1:13-14*

It is that time again where the season shifts, and we continue to step into the unknown with our faith and trust in God. Lenten season is here, we will begin our 40 days of working on ourselves.

Every Year this 40-day season, (not counting Sundays) begins on Ash Wednesday and ends on Easter/Resurrection Sunday. Many will decide on how they will approach this Lenten season, usually it's the act of fasting or giving something up. Maybe this year we can do something different such as taking on any form of commitment to something that will lead to renewal, restoration, and rebirth. You can be supportive of our frontline workers, volunteering your time somewhere that gives life and empowerment to others, encouraging compliance with public health regulations to protect others These actions could be undertaken as a form of fasting this year. Whatever journey you decide to take this Lenten season, know that you are covered by God's grace and blessing.

We have felt lost for some time now and Lenten season helps us find ourselves. We invite you during these 40 days of Lent to pump those brakes and slow down, be still and focus on "being" rather than "doing". Let Jesus remind you of how He has delivered you from sin, darkness and death by His death on the cross. This is a season of reflection, meditation, and worship. It is the season where we surrender all to God and take a journey of renewal with our Christ. I encourage you all to join us for one of the Lenten season experiences Good Shepherd UMC will provide such as Shrove Tuesday, Ash Wednesday, Lenten Book Study and more.

You are all invited to turn back to God who created you, who loves you beyond your imagination. You are invited to proclaim that Jesus is the way to life and to give your heart to him. Let's get the season going with open hearts, committed minds, and spiritually filled souls.



## Contact Us

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[www.gsumc-cs.org](http://www.gsumc-cs.org)

Pastor Mina Nau-Mahe  
(801)-656-8361  
[minanau26@gmail.com](mailto:minanau26@gmail.com)

## Church Office Hours

Monday,  
9:00am-1:00pm  
Wednesday and  
Thursday, 8:00 am to  
10:30 am

Find us and LIKE us on Facebook and  
YouTube



<https://www.facebook.com/GSUMCCOS/?rf=1003652213018686>



<https://www.youtube.com/channel/UCao3YHvIrFqInzvfzIF21Q> featured

# What's Happening at Good Shepherd



Every Thursday  
10 am – 12 pm  
To volunteer or if you have  
questions, contact Becky Van  
House  
[beckyvanhouse@gmail.com](mailto:beckyvanhouse@gmail.com)

EVERY MONDAY @6:30PM IN THE  
CONFERENCE ROOM  
CONTACT PERSON: SHIRLEY GREENER  
[Shirleymgreener@gmail.com](mailto:Shirleymgreener@gmail.com)



Sign up for a visit in the Pastor's Corner  
or you may contact the office or send  
Loraine an email (719) 392-5782  
[office@gsunc-cs.org](mailto:office@gsunc-cs.org)



Every Wednesday  
on ZOOM at 7pm  
ZOOM Link  
<https://us02web.zoom.us/j/89587967356?pwd=NU1KRHczTzJZN0tzL2Y1NzNDc21Vdz09>

Meeting ID: 895 8796 7356  
Passcode: 063169  
One tap mobile  
+16699006833,

## **LENTEN Sermon Series** **March 2-April 17, 2022**

Throughout Scripture and today, God sustains God's people in the most basic of human ways – physically, with food and drink, and spiritually – with food and drink for our souls. This Lent, as we remember what it means to be human, we find refreshment from God's fountain of grace. The different images of cups shown in Scripture will serve as a touchpoint for exploring aspects of our relationship with God. What does our brokenness say about us? What does discipleship look like? What does it mean to seek justice? This exploration culminates in the most exciting celebration of all – that Jesus is risen for us and we have new life in him! *Designed for Lent 2022.*

Drink from the Fountain of Grace | Sermon Series

### **Ash Wednesday March 2, 2022 : The Cup of Fasting | Isaiah 58:1-12**

Ash Wednesday is a moment for us to reflect on Jesus' suffering. We partner in his suffering so that we may better see the experience of those who suffer daily and work with them for lasting justice.

### **March 6, 2022: The Broken Cup | 2 Corinthians 4:5-11**

When things break, God can and will bring purpose and beauty out of the brokenness.

### **March 13, 2022: The Cup of Living Water | John 4:7-29, 39**

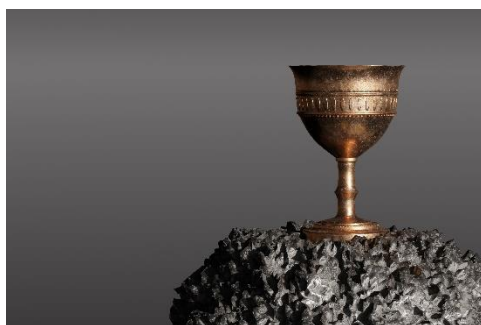
God affirms all we've been through and invites us into healthy relationship, wholeness, and sharing living water with others.

### **March 20, 2022: The Cup You Choose | Psalm 16**

Every day we have the opportunity to choose to follow Jesus.

### **March 27, 2022: The Cup of Discipleship | Matthew 20:20-28**

Being followers of Jesus involves giving our whole selves to build a community of mutual blessing.





The local unit of United Methodist Women will meet in person in Cooper Hall on Saturday, March 5, at 9 a.m. Beverly Weinert and Adelle Cancel are hostesses that morning. Shirley Greener will share from the Daily Prayer Guide, and Pat Nyborg will enlighten us about what is in the latest response magazine. Mary Ann Tabor will bring the program. *Mary Ann Tabor*

## HOW ARE YOU DOING?



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How are you doing on that job that God gave you to do? You know, the one about caring for the earth and everything in it. (See the story of Creation in Genesis.)

When we think of “being green,” we automatically think of recycling or using fewer throwaway products. If I am keeping track of my “green points,” I get a point for each of those items. The garbage service where I live has a pickup of recyclable items every two weeks. Check. I

always carry my own cloth bags with me to the grocery store, so I won’t have to use the store’s plastic bags. Check.

But I lose all of my “green points” when I brush my teeth. You see, I am on automatic while I brush my teeth. I don’t even notice that the water is running the whole time I am brushing. Studies show that, on average, we use between 3 and 4 gallons of water just while brushing our teeth with the water running—every time we brush our teeth. Turning the water off when not rinsing brings that figure down to one quarter of a gallon. Big difference, right?

The environmental problems that plague us today, (air pollution, poisoned water, the loss of topsoil, and many others) began to be problems years ago. The damage began small but accumulated over the years until we are living with the results today. For centuries, mankind has squandered the paradise that God left in our care.

Being green is a long-term commitment. It dawned on me the other day, that any “green points” I earn today do not benefit me today. But they will benefit my granddaughter. Being green—I’m in it for the long haul. How about you? *Mary Ann Tabor*



## SHROVE TUESDAY PANCAKE SUPPER

Come one, come all to the pancake supper on Tuesday, March 1 in Cooper Hall from 5-6:30. The United Methodist Women (and friends) will serve several varieties of pancakes and a selection of meats to go along with the flapjacks—ham, sausage, bacon.

As always, there is no charge for the supper, but there is always an opportunity to donate.

Did you ever wonder why it is called Shrove Tuesday? Come and find out. (smile) Mary Ann Tabor

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### TWELVE FOR TWELVE

I've been thinking a lot about our furnace, about how cold it is in the sanctuary; about how we're not able to use this beautiful, sacred space for our own worship services; about how we've had to turn people down when they wanted to use the sanctuary for a special service, because it's just too cold in there.

How easy it would be to fix this problem, if only I had several thousand dollars under my mattress to buy a new furnace. Alas, I do not. But I did remember that Jesus didn't try to do everything by himself. He called on his 12 closest disciples to help him. And I thought maybe some of us could use that number as a starting point. \$12 to represent the 12 disciples, or \$112, or \$1200, given according to our own schedule—maybe every one of the 12 months of the year, or every 12 days, or 12 times over the next six months. The possibilities are endless.

I don't know what you are going to do, but I'm going to be guided by the number 12, for the 12 disciples, as I consider how I can help us come up with the money to replace the furnace.

Won't you join me in thinking twelve for the twelve disciples? See how you can make 12 for 12 work for you. *Mary Ann Tabor*



QuotesBlog.net

## *Confessions Of A Lay Leader*

Periodically, I'm called upon to be the lay leader for the Sunday service.  
'Tis an honor, but tho' I've done it often, I'm still somewhat nervous!  
Seems each time I'm tapped by the Pastor for this vital role,  
She selects Scripture with names that off my tongue don't easily roll!

Oh, I can handle announcing hymns and the collection with no angst at all.  
The Prayer of Confession and Responsive Call to Worship are an easy call.  
I ain't no Billy Graham or John Wesley and ain't schooled in such things,  
But I manage to muddle thro' such passages with the message that it brings!

I'm comfortable rattling off simple names like Matthew, John and James,  
And Peter, Judas, Thomas, Andrew and Philip, the more common names.  
But Lord have mercy! Spare me names like Akkub, Kelita and Maaseiah,  
Shabbethai, Jozabad, Pelaiah, Hodiah, Azariah, Sherebiah and Nehemiah!

I can easily elide over names like Moses, Jesus, Ezra, Adam and Daniel,  
And such tags as Jonah, Ruth, Mary, Samson and the Prophet Samuel!  
But tongue-twisters like Elimelech, Amminadab and a lady name Peninnah,  
Leave me sputtering and blubbering (and I almost forgot a guy called Elkanah!)

Robert L. Hinshaw, CMSgt, USAF, Retired



## March News from Finance

As we enter the Lenten Season it is a great time to set our priorities in order. For me that means prayer, devotion time, quiet time listening for God's direction. I don't always live up to my own expectations, but I do always feel God's presence and love. When my day begins with God's word and inspiration the day generally goes along just fine, even with the unexpected interruption or change of plans. I was never much good at giving things up for Lent, such as coffee or chocolate, but prefer to add to my spiritual discipline instead. What do you prioritize during Lent?

As a church congregation we have financial priorities we are responsible for. There are the basics of providing financially for our pastor and paid staff, payroll taxes and insurances; plus keeping our utilities paid and the loan to the Mountain Sky Foundation (where we borrowed \$40,000 additional funds for the roof). We budget for office and janitorial supplies and our Mission Shares to the Mountain Sky Conference. We have just approved the budget for 2022 in the amount of \$173,148 with estimated donations of \$165,000. Our actual expenses in 2021 were \$179,800 with donations and income of \$163,443. Yes, that mathematically is budgeting for a shortfall. We had a significant shortfall in 2021 and that means we were unable to pay all of our Mission Shares to the conference even though we record our obligation in the financials. All of this is speaking to our General Operating budget.

We also need to replace the furnace in our sanctuary to the tune of about \$42,000 at a minimum, all above and beyond our regular giving for operations. We are embarking on an ambitious fund-raising campaign to secure funding in advance of this project. Donations have begun to flow in and when the month of February is closed, I will provide the first of many updates on the total amount raised so far. We also need to do more creative ways of funding this project and the ideas are beginning to flow. Your finance committee and church council are looking for folks to become the coordinating committee for the various fund-raising opportunities. We need a central committee and most likely event specific sub-committees to see that an event is well planned, advertised, and executed. For instance, could you be part of a group to oversee the ideas brought forth and then see that a small group is formed to make the activity happen? Do you have an idea of a fund-raising event that brings the community into the church for something fun and worth the price of admission? Would you be a part of the cast for a mystery dinner theater or buy a space at a craft fair to sell your own items? Can you feel the energy and fun we can have while seeing the total dollars raised grow to our needed goal?

I pray for God's blessings in our endeavors that we may once again worship and have weddings and funerals in our lovely sanctuary.

*Elaine Johnsen,*  
Chair, Finance Committee

Mark your calendars for the upcoming 2022 Peaks/Pikes Peak District Gathering online. More information will be coming.

The District Gathering will be held on March 19, 2022, from 9 a.m. to 11 a.m.



Motus Theater presents

## Welcoming the Stranger

Laura Peniche's Story of Migration with a Reflection on Climate Change and Immigration from Rev. Mark Calhoun & Randy Moorman.  
Musical Guest, Teresita Lozano.



Sunday  
March 20th  
5:30pm MDT



Mountain Sky Conference of the United Methodist Church invites you to a virtual Zoom presentation from Motus Theater's *Welcoming the Stranger* series. In these performances, Motus Theater asks church and lay leaders to step into the shoes of Motus autobiographical monologists who are undocumented. Their monologues interrupt the dehumanizing and racist anti-immigrant narratives. Arvada City Council Member, Randy Moorman and Wyoming District Superintendent, Mountain Sky Conference of the UMC, Rev. Mark Calhoun, will be reading aloud Laura Peniche's story of migration and reflecting on climate change in relationship to immigration.

The link is below for people to register or just go to [eventbrite.com](https://www.eventbrite.com/e/welcoming-the-stranger-motus-theaters-undocuamerica-project-tickets-277116652367)  
<https://www.eventbrite.com/e/welcoming-the-stranger-motus-theaters-undocuamerica-project-tickets-277116652367>



## Meditation in Stillness

### Drink from the Fountain of Grace Lenten Season

I encourage you to take the moment to sit in stillness and silence and practice the art of meditation. Let the words of God fill your cup each week by meditating on the weekly quote and scripture. Engage God in prayer and feel the warm embrace of our Lord upon you. Sit with our Lord and let the Spirit of our loving God rise among you, as it renews you from within, restoring you whole and bringing you closer to Christ.

#### Week 1: The Broken Cup

**Quote:** *“O Lord, make this Lenten season different from the other ones. Let me find you again. Amen.” Henri Nouwen*

**Scripture:** 2 Corinthians 4:5-11

**Prayer for the Week 1:** God of grace, fill our cups this week, so our souls can be quenched by your love and so that we can go from full to overflowing, spilling your goodness and mercy into the world around us. In Jesus’ name we pray. Amen.

#### Week 2: The Cup of Living Water

**Quote:** *“As Lent is the time for greater love, listen to Jesus' thirst... 'Repent and believe' Jesus tells us. What are we to repent? Our indifference, our hardness of heart. What are we to believe? Jesus thirsts even now, in your heart and in the poor -- He knows your weakness. He wants only your love, wants only the chance to love you.” Teresa of Calcutta*

**Scripture:** Read: John 4:7-29, 39

**Prayer for the Week:** God of grace, fill our cups this week, so our souls can be quenched by your love and so that we can go from full to overflowing, spilling your goodness and mercy into the world around us. In Jesus’ name we pray. Amen.

#### Week 3: The Cup You Choose

**Quote:** *“Nothing great is ever achieved without much enduring.” Catherine of Siena*

**Scripture:** Read Psalm 16

**Prayer for the Week:** God of grace, fill our cups this week, so our souls can be quenched by your love and so that we can go from full to overflowing, spilling your goodness and mercy into the world around us. In Jesus’ name we pray. Amen.

## Week 4: The Cup of Discipleship

**Quote:** *“Every moment and every event of everyone’s life on earth plants something in their soul.” Thomas Merton.*

**Scripture:** Matthew 20:20-28

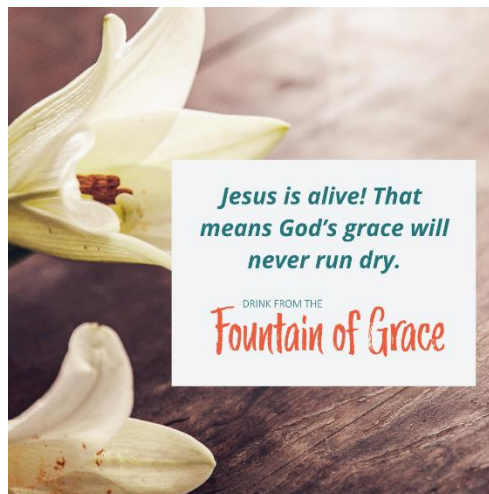
**Prayer for the Week:** God of grace, fill our cups this week, so our souls can be quenched by your love and so that we can go from full to overflowing, spilling your goodness and mercy into the world around us. In Jesus’ name we pray. Amen.

## Week 5: The Cup of Compassion

**Quote:** *“Without the burden of afflictions, it is impossible to reach the height of grace. The gift of grace increases as the struggle increases.” Rose of Lima.*

**Scripture:** Matthew 25:34-40

**Prayer for the Week:** God of grace, fill our cups this week, so our souls can be quenched by your love and so that we can go from full to overflowing, spilling your goodness and mercy into the world around us. In Jesus’ name we pray. Amen.





### ***Wearin' O' The Greens***

The Saints be preserved! Begorra! Today Saint Patrick reigns!  
An excuse to get the Irish blood a-coursin' through yer veins!  
A time for clans with even a tad of Irish in their genes,  
To celebrate the holiday with the Wearin' O' the Greens!

O'Sullivans, O'Shaughnessys, O'Reillys and O'Neils,  
Will be cavortin' and dancin' to snappy jigs and reels!  
Anon, they'll savor corned beef, cabbage and Irish stew,  
Toastin' the Auld Sod with hilarious hubbub and ado!

Happy harmonizers will sing "When Irish Eyes Are Smilin"  
Gazin' into the limpid eyes of Irish colleens so beguillin'!  
Revelers will belt out "Biddy McGraw" and "McNamara's Band";  
Goodwill and fellowship will prevail throughout the land!

Jaunty old-timers will sport their shillelaghs in small-town parades;  
Sprightly leprechauns and fairies will leap about in masquerades.  
Saint Patrick must look down upon his flock with some dismay;  
What he hoped to be a holy day has become a rowdy holiday!

Hibernia, Eire, Emerald Isle, Erin, call it what you may,  
Ain't we grateful that the Irish set aside this day!  
At least once a year we can shed our usual dour miens,  
And joyfully celebrate The Wearin' O' The Greens!

Robert L. Hinshaw, CMSgt, USAF, Retired



## What Do Methodists Believe About Ash Wednesday?

Ash Wednesday marks the beginning of the season of Lent. Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline.

Ash Wednesday emphasizes two themes: our sinfulness before God and our human mortality. The service focuses on both themes, helping us to realize that both have been triumphed through the death and resurrection of Jesus Christ.

During some Ash Wednesday services, the minister will lightly rub the sign of the cross with ashes onto the foreheads of worshipers. The use of ashes as a sign of mortality and repentance has a long history in Jewish and Christian worship. Historically, ashes signified purification and sorrow for sins.

It is traditional to save the palm branches from the previous Palm Sunday service to burn to produce ashes for this service. Sometimes a small card or piece of paper is distributed on which each person writes a sin or hurtful or unjust characteristic. The cards are then brought to the altar to be burned with the palm branches. The ash cross on the forehead is an outward sign of our sorrow and repentance for sins.

— Adapted from The *United Methodist Book of Worship*

UMCOR HYGIENE KITS



We are continuing our commitment to supply United Methodist Committee On Relief hygiene kits, the most-often requested emergency supply items provided by UMCOR.

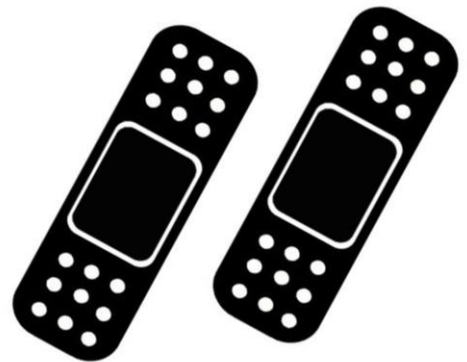
In 2021, with your help, we sent 96 kits to the Sager Brown Depot, the lone hub of UMCOR's relief-supply operations, since the closure of UMCOR West in Salt Lake City, Utah, at the end of 2020.

We'll be collecting items for the first three months of 2022. We do have some things on hand, but we need these items:

- Hand towels (15 X 25 up to 17 X 27) any color
- Washcloths any color
- Comb with at least 6 inches of teeth
- Bar of soap (3 ounces or larger) (NO Ivory or Jergen's brand)
- Regular-sized band-aids

We have a goodly supply of the other items, but really need these that I've listed.

If you'd like to help the United Methodist Women support UMCOR in this way, just bring your supplies to the church and leave them in Cooper Hall. I'll pick them up from there. Thank you all! *Mary Ann Tabor*





# UPDATES



## Short Term Prayer Concerns

The Sheri Bell Family, George Clayton, Heather Dillard, Rick Gilham, The Haney Family, Candy Hatton, Mary Humphreys, Russ and Irene Lambert, The Riley Langdon Family, Conner Peck, Letha Phillips, Marketa Protzy, Carrington Seay, Vanda Skadden, Barbara Sterry, Josh Trent-Murray, Sonya Wentworth, Pru White, The Robert Young Family

Matt Randquist, Kevin Floyd, The Michelle Gilham Family, Willow McVale, "Uncle Doug", "Gail", The Powell-Wackowski Family, Don Cohu, The Karen Cooper Family, The Larry Martin Family, The Ben Trujillo Family, The Suzanne Royer Family, Tony Pressel, Jake Kovenko, The Melody Ragains Family, Dennis Johnson, Doris Hogue, The Donna Mayer Family, The Fred Shaw Family, The Burke and Young Family, Stuart Morrison, "Lisa", Sam and Rob Lauricia, Jennifer, Mike and Kristi Palmer, Arne Koski, Don, Rena Emrick, Delton Ledebouer, Annette, Marty and Sandy Celano, Pam, Ginny and Jeff Hampton, A.J. Johnsen, Clint and Connie Langdon, Mary Moberly, The Amy Rosette Family, The Evelyn Bowers Family, Justin Wagner, Jen, Alex and Family, The Helen Scott Family, The Dick Gilham Family, The Bobby Hill Family, Jordan's Family, The Jeanette Millar Family, Brenden and Family, The Frank Cribbett Family, Dana Nordstrom, The Jerilynn Welch Family, Ray Cornmesser, Mike Lewis



## Loved Ones

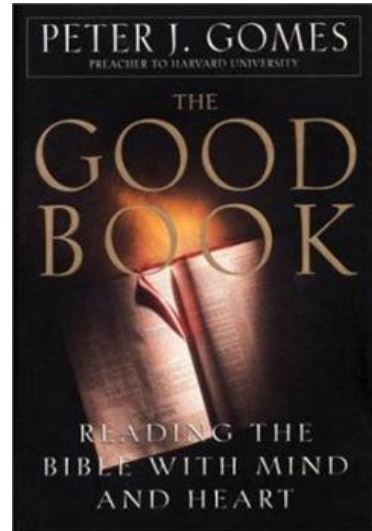
The Hilde Mankowski Family, The Leo Macon Family, The Barbara Lewis Family, The Roy Laney Family

# Looking Ahead

Holy Thursday/Maundy Thursday Service  
April 14, 2022, at 6:30 p.m.



Good Friday Service  
April 15, 2022, at 6:30 p.m.



Lenten season:  
Book study "The Good Book: Reading the Bible with Mind and Heart" by Peter J Gomes  
March 2<sup>nd</sup> -April 24th

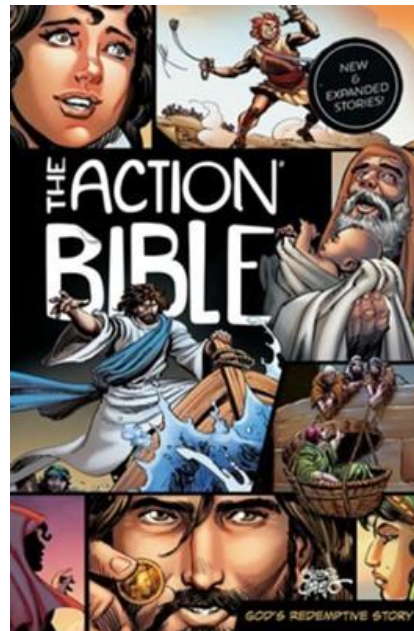
## VOLUNTEER



Interested in serving in a small group? Look out for a two-minute announcement every Sunday about small groups here at GSUMC. If you feel called to volunteer or serve in any group at Good Shepherd, contact the office or any of the lay leaders.



**Do you have stories, joys, celebrations, anniversaries, or moments you want to share with our Good Shepherd Family? Send them to Loraine at [office@gsumc-cs.org](mailto:office@gsumc-cs.org)**



Action Bible Study by David Cook  
Join us during Faithful Gathering for an Action Bible Study on the book of Genesis by David Cook.  
Mar 9, 16, 23, 30

## Birthdays/Anniversaries



Cheri Smith	1
Jeff Clemens	8
Bill Heintzen	10
Ian Bell	14
Byron King	16
Myleigh Gilham	17
Mary Ann Tabor	18
Ken Davis	19
Bill Lang	23
Mona Atkins	23
Tara DeJesus	25
Carl Shryack	30

