

Deer Park United Methodist Church

Weekly Update

March 23, 2015

On Sunday, Mr. Evan Utphall and Mike Moore helped us all out as liturgist and usher, and Mike stepped in to sit with the kids for Children's Time, reminding them that God is with us through all of the ups and downs as we move toward the sacrifice of Holy Week, and the resurrection of Easter Sunday. Bryce Utphall played "Jesus Loves Me" on piano for our time of Special Music, and our Contemporary Word brought us through the second line of Jesus's words in Matthew 6:9-13, for our sermon series on the Lord's Prayer.

Thanks to Carolyn for accompanying our hymns, and to all who came together in worship; and I hope you each have a very safe and blessed week!

In God's Love,
Rev. Laura H.

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MEDITATION ON THE LORD'S PRAYER:

1) Create a separate place in your home, your room, your life where you can let go and breathe, feeling that as you breathe, God does also. Sit or lie in a relaxed position and notice the rising and falling of the breath. Breathe in feeling the sound "nethqadash" and breathe out feeling the sound shmakh. Simply relax and breathe, feeling more and more letting go inside, creating space for the breath of God. Notice the beating of the heart and rhythm of the breath as it goes in and out. Let this feeling of breathing and heartbeat working together begin to create a place of silebnce and peace inside. Underneath this peace is an energized fullness---all action is possible. The silence is the shrine---the room. The fullness is the Name, God's light.

2) Anytime while engaged in work or action, take one long deep breath remembering this holy of holies within. The Name can become hallowed again, in an instant. Or: feel the sound of the phrase nethkadash shmakh inside. Let any small movements that this sound creates clear a space and bring you back to peace.

3) At another time, relax and feel the shrine created by the heartbeat and breathing. Notice which parts of the bvdoy feel enlivened by the meditation. Then notice those parts that feel separate or absent. Do not judge any as good or bad. Simply notice and accept them with unconditional love.

SERVICE SNAPSHOTS

Our attendance this Sunday was 30 total, with 5 children and 1 youth present. Our offering was \$1088, including the Noisy Offering and a donation to the food pantry. In addition, we received another \$11.73 for the Noisy Offering.

JOYS AND CONCERNS:

Please hold in your prayers the families of Levi Sanford and Stephanie Webb, who were killed this week in a head-on collision on 285.

From the Shockeyes: "It was such a pleasure for Phil and I to see our Deer Park friends Sunday. Great sermon to hear. And such a blessing for me to get to play for the service. We love you all." We were so happy to have you!

The Utphalls are happy to be welcoming visitors from Utah this week.

The Moores' friend, Jim Hazelton, is undergoing an additional round of chemotherapy in the VA hospital. He will be in the hospital for about thirty days.

Alexa Moore is home with pneumonia—please offer prayers for her recovery.

Stacee Jacobs reports that Joesee had an ultrasound and received a clean bill of health.

Please offer prayers for all those venturing out for spring break or returning from vacations.

Also please offer traveling prayers for the Bauers as they head out to attend Heidi's senior recital.

Karen Keith-Zamora was excited to report having seen her first bluebird of the season.

Pastor Laura's niece is recovering from a respiratory infection.

Jennifer Monroe expressed concern for all the traffic and wildlife on the roads. Let's all be careful out there!

Linda Zimmerman reports that Janie Wall is home from the hospital after successful surgery. She is in a great deal of pain, so please send prayers for her recovery.

Doug Jenner's neighbor, Arnie, who is in his 80s, broke his femur in a skiing accident this week.

Ken Carpenter offered thanks for a moving experience shared with Jean and Jean Sandberg when they attended the March Powwow this past week.

Evan Utphall asks for safe travel for his friend, who is heading for the Bahamas for spring break and was feeling a bit nervous about the flight.

BIBLE VERSES FOR NEXT WEEK: Per the lectionary, the Bible verses for next week, March 29, are: Liturgy of the Palms: Mark 11:1-11, Psalm 118:1-2, 19-29: Liturgy of the Passion: Isaiah 50:4-9a, Psalm 31:9-16, Philipians 2:5-11, Mark 14:1-15:47 or Mark 15:1-39 (40-47). This Sunday is Palm Sunday.

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COMING EVENTS

OUTREACH GROUP continues to meet on Tuesday nights at 7 pm. They're currently working on events for Easter. They'll be hosting an after-service brunch on Easter Sunday.

Bible Study meets at 8:45 am, before services.

The **men's group** continues to meet at 8 am at the Cutthroat Café for coffee, breakfast, and conversation.

ANNOUNCEMENTS:

Special recognition to those who volunteered their time to accomplish a "spring cleaning" of our DPUMC facility this past week". Thank you Pete, Karen, Stacey, Joesee, Rosalie, and Mike!

On Easter Sunday, we will be having a special breakfast from 8-10 am for all members of the No Limits Choir and the Psalm 150 Orchestra, as well as others who've provided music for our church services. After the services, we'll have a brunch with ham, omelets, potatoes, and frog-eye salad. There will also be games and an Easter egg hunt starting at noon. All are welcome, and flyers are available to distribute to friends and neighbors. We are also in need of candy to stuff the eggs. There is a sign-up sheet in Fellowship Hall to volunteer to help with cooking, egg-stuffing, egg-hiding and other events.

There will be a special rehearsal for the Psalm 150 Orchestra on Saturday, March 28 at 5 pm to practice our music for Palm Sunday.

We are still collecting shoes for Soles for Souls, so bring your used shoes and drop them off in the box by the office. Shoes in any condition, even heavily worn or chewed by your new puppy, will be repurposed to help those in need.

Our Noisy Offering is being repurposed to help the Utphalls as needed during Wade's recovery. Please drop your extra change in the bucket at the back of the sanctuary.

Please consider joining UMC Market—it's a super easy way to donate funds to the church without spending any extra money. Much like our Safeway and King Soopers cards, UMC Market allows you to do your regular shopping through a website portal. If you use the portal, you can shop where you'd normally shop, and a percentage of your purchase amount is donated back to the church. Visit umcmarket.org and follow the prompts to sign up. Then all you have to do is sign in to their website, click on the store where you want to shop (amazon.com, Kohl's, Staples, Barnes & Noble among many others), and make your purchases as usual.

The Food Pantry is in need of dairy products: butter, cheese, milk, & eggs. If you'd like to make a donation, please bring it along on Sunday morning or Tuesday evening (for Outreach) so we can store it in the refrigerator. Alternately, Katriena is generally in the office on Monday morning from about 10-12 and on Fridays from about 10-12. Please call first to be sure someone is there.

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The Food Bank is in continuing need of donations. Please consider donating five dollars a month, or \$60 to cover the year, to help meet the needs of our community.

Food donations to the pantry are also welcome. Drop off your donations at the church office, and we'll make sure they get where they need to go.

Adult Bible Study: Bible study continues to meet at 8:45, before services, focusing on the readings for the day. If you'd like to participate, feel free to drop in any time. Bible verses for the upcoming week are posted in the Monday Update so you can take a look at them ahead of time.

For this Sunday, March 22, we have the following:

Liturgist—Lucy Bauer

Usher—**NEED VOLUNTEER**

Sunday School—**NEED VOLUNTEER**

Children's Time—Linda Zimmerman

Fellowship—**NEED VOLUNTEER**

Choir/Orchestra Practice—Psalm 150 Orchestra Practice, 9:00 am

Our next Fellowship Potluck will be Sunday, April 5 (Easter Sunday Brunch). Our next Church Council and committee meetings will be as follows: Church Council and Committee Meetings—Sunday, April 12. Worship Committee Meeting—April 19.

We are in need of volunteers for April. Laura would particularly like to see some new faces trying out these positions, so if you haven't served as liturgist, usher, children's time presenter, or fellowship or Sunday school, consider giving it a shot and signing up. Sign-up sheets are available on the table in Fellowship Hall and see where you might be able to help out. Thanks!

Thanks to everyone who has volunteered to help with services! Sign up on the signup sheets on the table in Fellowship Hall or drop me an email at office@deerparkumc.org if you're able to fill one of these positions. Thanks to all of you!

SOCIAL MEDIA:

If you're on Facebook, stop by the church's page to share stories and news and items of interest. If you then also share links or items with your main friends list, you can easily help spread the word about our little mountain church. Our reach has been growing steadily thanks to everyone's participation. Please "Share" items on your own timeline if you enjoy them, or hit "Like" on the church's site to help continue this trend of reaching a wide portion of the community.

Facebook page: <http://www.facebook.com/dpumc>

Twitter: <https://twitter.com/deerparkumc>

Blog: <http://deerparkumc.org/blog/>

Watchwords

Isaiah wrote, "I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'"—Isaiah 6:8 (NIV)

Jesus said, "Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."—Matthew 17:20-21 (NIV)

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Contact information: Drive to 966 Rim Rock Road in the 285 Community. Send mail to P.O. Box 578 Pine, CO 80470. Call the church office at 303-838-6759. Pastor Laura Hehner – pastor@deerparkumc.org. Deer Park United Methodist Church. Everyone is welcome! No exceptions!

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