



# *FMC Weekly*

*March 5 - 11*

## ***Worship this Sunday, March 7 – 8:30 and 11:00 AM***

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Worship at 8:30 am. Lent 3. Our Lenten theme is "Holding On and Letting Go." Pastor Vern Rempel will preach. The text is Luke 13:1-9. All will sing the beautiful and reflective Holden Evening Prayer. We will observe Communion. Child care will be available.

Worship at 11:00 am. Lent 3. Our Lenten theme is "Holding On and Letting Go." Pastor Vern Rempel will preach. The text is Luke 13:1-9. This service will have strong a cappella four-part singing, sharing and a lectionary-based sermon for Lent. Choir will sing. Pastoral Partners will give an Offering of Life and the members of the Ministry Network will be commissioned. Child care will be available.

## ***Education this Sunday, March 7 – 9:45 to 10:45 AM***

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### **For Children**

The title for the lesson is "Welcoming Jesus." The Scripture/Bible story is John 12:1-19. Mary honors Jesus as she anoints his feet with costly perfume and wipes them with her hair. Later, a great crowd shouts praises to Jesus as he enters Jerusalem. The faith focus for younger children is "we show our love for Jesus;" for older children "Jesus deserves our devotion."

### **For Adults**

Classes will not meet.

## ***Events March 5 - 11***

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### **Friday through Sunday, March 5-7**

Men's Retreat at Rocky Mountain Mennonite Camp

### **Saturday, March 6**

5-8 PM Ten Thousand Village International Women's Day event

### **Sunday, March 7**

9:00 am FMC Choir rehearsal

9:45-10:45 AM Mosaic Foundation will provide Noah's Pudding during the coffee/fellowship time.

1:00 PM Young Voices for Peace

### **Wednesday, March 10**

7:00 PM Hesston College Chorale Concert at FMC

### **Thursday, March 11**

9:30 AM Meditation Round Table

## Prayer Requests

We welcome your requests for prayer. Please e-mail your prayer request to the church office with "Prayer Requests" in the subject line. Also, if you would like prayer for any reason and do not want it to be published, feel free to contact Pastors Vern or Annie.

Our beloved FMC family, Greetings! We request your prayers for Kalyan and Roopan as they prepare for their annual exams. Kalyan's exams will begin on Friday, March 5 and goes through this whole month. They are administered by the Central Board of Secondary Education, New Delhi. His result is crucial for his admission to the 11th and 12th grades. Both of them are working hard but need God's blessings. Thanking you and with loving regards,

**George and Gigi**

## Happy Anniversary

None

## Happy Birthday

5 - Ron Olson  
5 - Sherman Wenger  
7 - Natalia Terekhova  
8 - Yvonne Yousey  
10 - Zach Bishop  
11 - Susan Falk  
11 - Lewis Gregory North

## Attendance February 28

February 28  
8:30 Service  
Adults - 76  
Children - 10  
Total - 86

11:00 Service  
Adults - 135  
Children - 28  
Total - 163

## Sermon February 28

Sermon by Annie Lengacher Browning on February 28 is posted on the FMC website.

Prior sermons are also available. Look at the left side of the web page under "Recent Sermons."

Hard copies of recent sermons are available in the literature rack in the Community Center.

## Schedule for Sunday, March 7

TWO SERVICES

8:30-9:30 AM: Worship Service  
9:00-9:40 AM: Choir Practice  
9:30-11 AM Coffee/Donuts  
9:45-10:45 AM: Education Hour for all ages/Grocery Card Sales  
11:00 AM-Noon: Worship Service

## Our FMC Community

**New this week:** March Menno Focus. Copies available on Welcome Table.

**The Mosaic Foundation is once again bringing their Noah's pudding for our coffee break this Sunday, March 7.** They will be served as noted below, alongside our donuts and coffee. They will make a brief explanation during the coffee time. Sharing the pudding is intended to help build peace and understanding among religions. The Mosaic Foundation is an American charitable and educational organization dedicated to improving the lives of women and children, and to increasing awareness and understanding about the peoples of the Arab World in the United States.

**Save the date! Author on spirituality and life of faith, Paula D'Arcy, will be the guest of First Mennonite on Saturday, May 1.** We will offer a 10:30 AM brunch with Paula, and a 7:00 PM lecture. There will be a suggested donation for both events.

Paula D'Arcy, a writer, retreat leader, and conference and seminar speaker, travels widely in the United States, Canada, and abroad. She is also President of the Red Bird Foundation, which supports the growth and spiritual development of those in need and furthers a ministry both to those in prison and those living in third world or disadvantaged cultures.

D'Arcy's ministry grew from personal tragedy. In 1975 she survived a drunk driving accident, which took the lives of her husband and twenty-one-month-old daughter. Pregnant at the time, D'Arcy later gave birth to a second daughter.

A psychotherapist who ministered to those facing issues of grief and loss, Paula worked with the Peale Foundation, founded by Dr. Norman Vincent Peale, from 1980 until his death in 1993. Today her work includes leading workshops and retreats related to spirituality, aspiring writers, and women's gatherings, including Women's Initiation and Rites of Passage. In recent years she has teamed with Richard Rohr to present seminars on the Male/Female Journey and Spirituality in the Two Halves of Life. Her foundation is sponsoring Womenspeak 2007, a gathering of women of all nations and creeds to honor the unspoken wisdom held by Spirit within a woman's heart.

Her books include:

*Red Fire: A Quest for Awakening* (2001)  
*A New Set of Eyes: Encountering the Hidden God* (2002)  
*Seeking with All My Heart: Encountering God's Presence Today* (2003)  
*Sacred Threshold: Crossing the Inner Barrier to a Deeper Love* (2004)  
*When People Grieve: The Power of Love in the Midst of Pain* (2005)

Book excerpt: Guaranteed Ways to Miss the Hidden God  
"1. LIVE your life at high speed. No exceptions. Run hard.  
2. STAY scattered and distracted. The more clutter and activity, the better.

## Sunday Morning Schedule

8:30-9:30 am  
Worship Service

9:45-10:45 am  
Education Hour/Grocery Cards

11:00 am-Noon  
Worship Service

(9:30-11 am Coffee/Donuts)

## Menno Focus

March *Menno Focus* is available on the Welcome Table in the foyer.

## Conference Connections

February *Conference Connections* is available on the Welcome Table in the foyer.

## Links

For Mountain States Conference  
[www.MountainStatesMC.org](http://www.MountainStatesMC.org)

For Mennonite Church USA  
[www.MennoniteUSA.org](http://www.MennoniteUSA.org)

## Mennonite Church USA News Releases

[http://www.fmcdenver.org/MCUS\\_A\\_Releases](http://www.fmcdenver.org/MCUS_A_Releases)

## Emergency Closure

When weather or any other emergency event necessitates last minute cancellation of worship or other events here at FMC, the following procedure will be followed: 1) The cancellation will be posted on the FMC website. 2) A message will be left on the FMC Worship and Activities Line. Call 303-892-1038 and press 1 at the prompt. 3) Email will be sent to all known FMC email addresses. If you receive the email and know someone who does not have email, please call them to let them know. 4) If possible, we'll post the info on Channels 4, 7 & 9.

3. TAKE everything personally. Never evaluate. Agree.
4. USE blame liberally. It's so invigorating. I wasn't responsible, you were. Everything's your fault.
5. DON'T laugh, especially at yourself.
6. STAY tied to your past. Elevate it to greatness. Live remembering and longing. Or missing. Why do it halfway? Go for it.
7. USE the word 'because.' 'I can't change, because.' Because is so little appreciated as a solvent for responsibility. Try using because. This will work.
8. NEVER question or think for yourself. Just keep moving and accepting. (Refer to #1 and #3.)
9. CONTINUE to think of God as invisible and distant. Surely not present in this room. At this moment. Not while I'm reading a book.
10. REINFORCE the belief that your life is going to happen soon. This is not it, not yet. But one day. Maybe when I finish reading."  
— Sacred Threshold: Crossing the Inner Barrier to a Deeper Love

## The Facilities Commission, under the direction of Andrew Gibson and Evan Miller, is working to establish the Facilities Networks.

Similar to the Ministry Networks, Caregivers and Health Ministries Team, the Facilities Network will provide a core group of people with knowledge and skills to help with aspects of our facilities. Agreeing to be part of the Facilities Network would be a one year commitment, with occasional requests during that time. We are looking for volunteers to work with a point person in these areas:

Plumbing - Repair leaky faucets

Carpentry – Light carpentry, shelving, door repair, etc.

General Repairs - General handyman work

Painting/Drywall – Light patching and painting

Heating/Cooling – Replace filters, diagnose problems

Sprinkler System – Spring start up and Fall shut down. Repairs.

Equipment – Keep snow blower and lawn mower tuned up and in good working order

Diagnosis – Help to diagnose tricky problems and notify the correct contact person for repairs

Landscape – Occasional pruning, weeding, mulching, fertilizer, edging, raking, etc.

Gardening – Take care of specific flower beds around the church

Please let Andrew Gibson or Evan Miller know if you would be able to help in one of these areas or sign up at the Ministry Fair on March 14.

**Pastoral Care Request Forms:** Beginning March 7, forms are available at the Welcome Table in the foyer to submit pastoral care requests or concerns in the congregation. If you have a concern or need, you are welcome to complete a form and place it in the brown box located on the Welcome Table. The Ministry Networks, Nurture Commissioner and pastoral staff will process and respond to these requests.

**Hesston College Chorale:** The Hesston College Chorale will be presenting a concert this Wednesday, March 10, at 7:00 PM at First Mennonite Church.

**Interested in helping a prisoner?** Troy Moore is incarcerated at Limon, CO. His first contact with Mennonites was through the New Horizons ministry out of Westcliff, where the Mennonites there have cared for his son during his time in prison. Troy is now going before the parole board in December. He does not have family or friends and needs to put together a transition plan. He is wondering if we have any programs or organizations that help ex-offenders reintegrate. If you have some ideas and/or would like to correspond with him directly about his transition, let me know. Thanks, Vern Rempel

## Market Square

*If you want to sell, buy, trade, get a ride, find a roommate, find an employee, find a job, find sponsors or advertise an event requiring purchase of tickets, this section is for you! Please e-mail your request to the church with "Market Square" in the subject line. It will run one time. Deadline is midnight Wednesday.*

**From Jan Griffin:** The Silver Sneakers Fitness Program is available at many of the area recreation centers and is free to people with certain health insurance such as: Humana, AARP, select Kaiser Permanente and Secure Horizons Medicare. According to South Suburban Parks and Recreation, there is not an age requirement. This is also available at many 24Hour Fitness locations. That is where I attend. Suggest that people check this out with their local parks and recreation districts or 24Hour Fitness.

**Spring Retreat:** This year's Spring Retreat will be held at St. Benedict's Monastery in Snowmass, CO, April 9-11. The theme of this year's retreat is "Holding On, Letting Go, Making Peace", and the weekend will include time of group reflection as well as lots of time to relax and rejuvenate! If you are interested in participating, please contact Annie Lengacher Browning to register. More details about the retreat are available on the FMC Website or the Welcome Table. More information about the retreat center is available at [www.stbenedictsretreat.com](http://www.stbenedictsretreat.com), and information/pictures of the retreat center and monastic community is available at [www.snowmass.org](http://www.snowmass.org).

**Ministry Fair.** On Sunday, March 14, you are invited to a Ministry Fair in our Community Center from 9:30 to 11:00 AM. What is the Ministry Fair?

- 1) A chance to find out about all that is going on and all there is to do at First Mennonite.
- 2) A way to "de-mystify" the organization of the church and find out who is leading and what they are doing.
- 3) A place to get information, find out more about things you might want to do, and a place to sign up!
- 4) Find out about Outreach, Education, Worship, Finance, Facilities, Leadership Council and more.
- 5) Have fun hanging out, eating candy and meeting people at different tables.
- 6) There will be balloons.
- 7) And candy...and fun candy....did we mention candy?
- 8) The Ministry Fair is the place to be on Sunday, March 14.

## Around Mountain States Mennonite Conference

**News from Colorado MDS:** The Holly (Colorado) Baptist Church has appealed to Kansas MDS for help drywalling their facility. A congregation of approx 35-40 members, they have been awarded some funds, but insufficient to complete the necessary work. Gordon Unruh, Kansas MDS Coordinator has contacted us, specifically Mark Hostettler thru Jim Suderman. Some volunteers from Kansas are tentatively planning to come to Holly for a week sometime mid to last week in March. Tim Graber, our Coordinator for MDS CO, is asking for Colorado volunteers to join those from Kansas, hopefully the same week to do this job. As soon as we can firm up a date, we will contact you again. Meanwhile the MDS of CO board is appealing to our contacts to recruit help, especially those experienced in hanging, taping, and texturing. There is to be a lift on the job, for you who might be wondering, which is a nice plus. If you have further questions, and/or are able to help, please contact Tim Graber online at [timniva@yahoo.com](mailto:timniva@yahoo.com), or call (719) 783-0443. For those who might recall, Holly is near the Colorado border, approximately an hour east of LaJunta, and about 9-10 miles from the Kansas border, with Rte 50 passing through to the south of it. MDS of CO purchased a 20' v-nosed tool trailer summer 2009 pursuant to discussion and approval at the late Spring 2009 Annual Meeting, and we are needing to equip it. We are requesting donations of new, or gently used tools, or funds to purchase items to equip it. We ask all donations of tools be approved through Tim Graber so we can sufficiently equip the trailer. Cash funds may be mailed to Tom Crago, 5540 Wittenberg Ct, Colorado Springs, CO 80918. Tom is treasurer for MDS of CO.

## **Mennonite Church USA**

**From Mennonite Education Agency:** Pray for Ervin Stutzman, the new executive director for Mennonite Church USA, during his installation service March 7 in Harrisonburg, Va. Pray also for safe travel for those who attend.

**From Mennonite Mission Network:** Recruiting teachers for LCC International University, a four-year Christian liberal arts college in Lithuania, is becoming increasingly difficult due to the global recession and new migration laws. Pray for Robin Gingerich, director of LCC's English language programs, and for a complete staff for the coming academic year.

**Wilderness Wind:** God's creation will nurture you through canoe trips, cabins, yurt, and retreats at Wilderness Wind, a Mennonite camp based in Ely, Minnesota near the Boundary Waters. WW is taking reservations for summer 2010. Special retreats - Lakeside Writer's Retreat with Jeff Gundy and Julia Spicher Kasdorf, Quilter's retreat, Primitive Living Skills for those who want new challenges, and Fishing for smallmouth bass, walleye, and northern pike. Check [www.wildernesswind.org](http://www.wildernesswind.org) or call 316-217-1129.

## ***2010 Lent, Holy Week and Easter***

Theme: "Holding On and Letting Go"

### **Sunday Morning Worship during Lent: March 7, 14, 21**

Two Services: 8:30 AM and 11:00 AM

During the 8:30 AM service, the beautiful and reflective Holden Evening Prayer will be sung each Sunday and communion will be observed.

Services at 11:00 AM will include presentations by choir, other ensembles and a cappella hymn singing.

### **Thursday Meditation Round Table: March 11, 18, 25, April 1**

Midweek moment of worship, reflection and sharing led by Pastor Vern. The meditation will include hymns, poetry and prayers. 9:30 AM.

### **Holy Week: March 28 – April 3**

#### **Palm Sunday, March 28, 8:30 AM and 11:00 AM**

The *Holden Evening Prayer* will be sung during the 8:30 AM service and communion will be observed. On the final Sunday of Lent – Palm Sunday – we welcome people who seek baptism and/or membership at First Mennonite to participate in those rituals during the 11:00 AM service. In addition, we will observe communion and continue with our tradition of tossing flowers during the gospel reading and walking around the park to end our service in a "joyful procession."

#### **Maundy Thursday, April 1, 6 PM**

We will share a modified Seder meal from the Jewish tradition at 6 PM. During the course of the Seder, we will also participate in a ritual of handwashing, as an alternative way of offering ourselves to each other in service. "Maundy" comes from the Latin word for "command" (compare "mandate"). The command was from Jesus regarding footwashing, a sign of mutual service. This meal will begin at 6 PM, but it is fine to arrive whenever you can. The meal and ritual will end no later than 8 PM.

**Good Friday Tenebrae Service, April 2, 7 PM**

On the Friday before Easter, we will join together in our long-standing practice of the Tenebrae service. This will include a final singing of the *Holden Evening Prayer*, and the ritual of 15 candles, marking the hours of prayer through the night. (This follows a monastic tradition of prayers from 3 PM - 6 AM: 9 vespers and 5 lauds, and one remaining to represent the life that is not extinguished.)

**Easter Sunday, April 4**

8:30-9:15 AM Choir Rehearsal

8:30-9:30 AM Easter Brunch

9:30-10:00 AM Children's Opening Time

10:00 AM Easter Service

This is the great feast and celebration of Christ's Spirit as the Spirit of Life, and will be planned and led by Pastors Annie and Vern. We will observe communion and have the option of anointing during the service. Remember to bring bells to ring as we sing the final verse of "Christ the Lord is Risen Today."

**Spring Retreat: Holding On, Letting Go, Making Peace: April 9-11**

In response to the Lenten season, Pastor Annie will lead a retreat to St. Benedict's Monastery in Snowmass, CO. The focus will be on integrating themes from the Lenten series into personal experiences of holding on, letting go and how we integrate these experiences into finding peace and new learning in the spiritual life.