

FIRST UNITED METHODIST  
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WORSHIP 10:30 AM



# First News

MAY 2011

## From The Pastor

### Accepting of One Self

This comes from a talk on the Power of Vulnerability by Brene Brown. She begins her talk about how we are made for connection and the ability to feel connection is called neurobiological which means we are hard wired for relationships.

Remember the times when you got an evaluation from your boss, and you were told 12 things you do really awesome, and one thing where you need to grow? What do you end up doing? You forget the 12 positive things and look only at that opportunity for growth. Here is another other thing, when you ask people about love they tell you about heartbreak. When you ask people about belonging, they'll tell you their most excruciating experiences of being excluded. And when you ask people about connection it is about disconnection.

Brene Brown writes, "I roughly took the people I interviewed and divided them into people who really have a sense of worthiness -- that's what this comes down to, a sense of worthiness -- they have a strong sense of love and belonging -- and folks who struggle for it, and folks who are always wondering if their good enough. **There was only one variable that separated the people who have a strong sense of love and belonging and the people who really struggle for it. And that was, the people who have a strong sense of love and belonging believe they're worthy of love and belonging. That's it. They believe they're worthy.** And to me, the hard part of the one thing that keeps us out of connection is our fear that we're not worthy of connection, was something that, personally and professionally, I felt like I needed to understand better. So what I did is I took all of the interviews where I saw worthiness, where I saw people living that way, and just looked at those.

What do these people have in common? And the first words that came to my mind were whole-hearted. **These are whole-hearted people, living from this deep sense of worthiness.** So I wrote at the top of the manila folder, and I started looking at the data. What's the theme? What's the pattern? And so here's what I found. **What they had in common was a sense of courage.** And I want to separate courage and bravery for you for a minute. Courage, the original definition of courage when it first came into the English language -- it's from the Latin word cor, meaning heart -- and the original definition was to tell the story of who you are with your whole heart. **And so these folks had, very simply, the courage to be imperfect. They had the compassion to be kind to themselves first and then to others,** because, as it turns out, we can't practice compassion with other people if we can't treat ourselves kindly. **And the last was they had connection, and -- this was the hard part -- as a result of authenticity, they were willing to let go of who they thought they should be in order to be who they were, which you have to absolutely do that for connection.** Continued on page 2.

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The other thing that they had in common was this. **They fully embraced vulnerability.** They believed that what made them vulnerable made them beautiful. They didn't talk about vulnerability being comfortable, nor did they talk about it being excruciating. **They just talked about it being necessary.** They talked about the willingness to say "I love you" first, the willingness to do something where there are no guarantees, the willingness to breathe through waiting for the doctor to call after your mammogram. They're willing to invest in a relationship that may or may not work out. They thought this was fundamental.

**We live in a vulnerable world. And one of the ways we deal with it is we numb vulnerability.** And I think there's evidence -- and it's not the only reason this evidence exists, but I think it's a huge cause -- we are the most in-debt, obese, addicted and medicated adult cohort in U.S. history. The problem is -- and I learned this from the research -- that you cannot selectively numb emotion. You can't say, here's the bad stuff. Here's vulnerability, here's grief, here's shame, here's fear, here's disappointment, I don't want to feel these. I'm going to have a couple of beers and a banana nut muffin. You can't numb those hard feelings without numbing the affects, our emotions. You cannot selectively numb. So when we numb those, we numb joy, we numb gratitude, we numb happiness. And then we are miserable, and we are looking for purpose and meaning, and then we feel vulnerable, so then we have a couple of beers and a banana nut muffin. And it becomes this dangerous cycle.

One of the things that I think we need to think about is why and how we numb. And it doesn't just have to be addiction. The other thing we do is we make everything that's uncertain certain. Religion has gone from a belief in faith and mystery to certainty. I'm right, you're wrong. Shut up. That's it. Just certain. The more afraid we are, the more vulnerable we are, the more afraid we are. This is what politics looks like today. There's no discourse anymore. There's no conversation. **There's just blame. A way to discharge pain and discomfort.**

But there's another way, and I leave you with this. This is what I have found: to let ourselves be seen, deeply seen, vulnerably seen; to love with our whole hearts, even though there's no guarantee -- and that's really hard, and I can tell you as a parent, that's excruciatingly difficult -- to practice gratitude and joy in those moments of terror, when we're wondering, "Can I love you this much? Can I believe in this this passionately? Can I be this fierce about this?" just to be able to stop and, instead of catastrophizing what might happen, to say, "I'm just so grateful, because to feel this vulnerable means I'm alive." And the last, which I think is probably the most important, is to believe that we're enough. Because when we work from a place I believe that says, "I'm enough," then we stop screaming and start listening, we're kinder and gentler to the people around us, and we're kinder and gentler to ourselves."

I hope you would appreciate these words of encouragement as much as I do.

*Michael*



## After Tornadoes, Hope

After 200 tornadoes came roaring through eight southern states between April 14 and April 16, the United Methodist Committee on Relief (UMCOR) responded with emergency grants and provided disaster response personnel to support affected annual conferences. Rev. Wayne Napier, disaster response coordinator for the Mississippi Conference, said the funds would be used to cover the costs associated with assessing damages, removing debris, processing and assigning work projects, and providing case management to families impacted by the storm.

Rev. Tom Hazelwood, UMCOR executive for US disaster response, underscored that this storm, along with Red River flooding in the Upper Midwest, and tornadoes in Iowa, Ohio, Wisconsin, Missouri, and Arkansas are the beginning of the spring storm season. “We could be in for a very busy spring,” he said. Your gift to US Disaster Response, UMCOR Advance # 901670, helps provide hope to people who are seeking to put their lives back together in the wake of a disaster.

## Lift-Up

“There are higher numbers of people still turning to LIFT-UP’s six area food pantries. Through the third quarter of 2010, LIFT-UP served 18,915 clients (families or individuals), and gave out 23,848 bags of food, a little over 10% more than last year at this time. Commodity recipients are also up by a third this year.” According to LIFT-UP’s Executive Director, Mike Powell, “some people are saying that the economic downturn was slower to reach our area, and it may take longer for conditions to improve here than in other parts of the country.” Although services increased 300% in 2009 over 2008, in March of 2010 LIFT-UP saw more people than in any single month last year, with 2,934 clients served. The areas of highest demand in March were Carbondale with 1,028 clients, Rifle with 980 clients, and Glenwood Springs with 508 clients.”

Please remember to bring canned goods and non-perishable food items to the church. There is a basket/box in the narthex to place your donations. Let’s help our neighbors that are in need!

# United Methodist Women

25 ladies met at Pauline DiSalvo's home for the April United Methodist Women's meeting. Pauline and June Robinson, Co-hostess, served delicious refreshments as well as a Pentecost decorated birthday cake. April birthday's of John Parker, Nancy Brooks and Elizabeth Pruett were also noted. John Parker gave the program on the birth of the church and fruits of the spirit. Elizabeth gave the book report.

The May meeting will be held at Melanie Livingston's home on Thursday, May 12th. This will be a salad pot luck. Bring thoughts to share as well as a salad to share.

## 10 Foods That Lift-Up Always Needs

Dried Beans

Rice

Macaroni and Cheese

Canned Fruit

Pasta and Sauces

Soup

Tuna/Canned Meat

Peanut Butter/Jelly

Cereal

Canned Vegetables



*"And if you don't have an attorney, we've got millions of them."*

Church ladies with typewriters.....

The sermon this morning: 'Jesus Walks on the Water.'

The sermon tonight: 'Searching for Jesus.'

Next Thursday there will be tryouts for the choir. They need all the help they can get.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

# Youth Group

Youth Group met 2 times in April. April 3rd we went bowling at Burning Mountain Bowl to celebrate the end of Spring Break. The owner of the lanes gave us a very generous discount and we had a great time. We did leave before our second game ended because the power went out. Do you know how dark it is in a bowling alley when the lights go out?

April 8-10 Aliza, Cera, Geneva, Chris, Kevin and Travis traveled to the Frontier Ranch just outside Buena Vista on the side of Mt. Princeton for Youth Quest. This event is for middle school students only. The days were packed with worship, music, and activities. There was a hot spring fed pool, a gym, laser tag, basketball court, game room with pool tables, foosball tables, ping pong and shuffle board. Saturday evening there was a dance. The keynote speaker, warm-up speaker and band were all awesome.

April 17th we divided into 3 groups after dinner and a video about the Last Supper. We exited the church from 3 different locations. As we walked to different entrances, we discussed how the disciples might have been feeling, what they had heard about Jesus and who they thought he really was. As each group entered Bethel Chapel, everyone removed their socks and shoes. We went up to the upper room above Cooper Corner where we took Communion and washed feet. As we sat in the darkened room, lit only by candle light, Michael shared more information about Jesus and how he died.

May 1st we will be going to Grand Junction for a Grand Mesa Camp rally. It will be an opportunity for those who have gone to camp to reconnect with friends and for those who have not been to Grand Mesa Camp to learn more about it. There will be a barbeque, fellowship and games as well as lots of singing and worship.

# Vacation Bible School

Vacation Bible School will held June 20th—24th this year! We will run Monday—Friday 8:00 am—12:00 pm. We are always in need of willing and able volunteers to lead classes, help with snacks, registration, decorations, etc. Those experienced in “herding” are especially helpful too! Please contact Toni if you are interested in helping in any capacity. We would like to have two teachers per classroom. The classes will be Songs, Games, Arts & Crafts and Bible Stories. The curriculum we use is super easy and all spelled out for our teachers. Won't you help us make this VBS the best one ever? Please call 948-5831 or email Toni at haikaichi@msn.com. Thank you!!!



AA meets at noon everyday in Fellowship Hall and 12:30pm on Sunday's. Extended Table is M-F in Fellowship Hall from 5-6pm. If you need to use the building please call the office.

Please submit newsletter articles for June by May 20th.

# MAY 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 am Sunday School 10:30 am Worship 5:00 pm Youth Group	2 5:15 pm OA Cooper Corner 6:30 pm Financial Peace Cooper Corner	3	4 5:30 pm Sounds of Praise in Bethel 6 pm Bible Study in prayer room 7:15 pm Choir practice	5 9 am MOPS in Bethel 7 pm AI Anon in Cooper Corner	6 7:30 am Men's Group at Village Inn 9 am Zumba in Bethel	7 10 am Women's AA 10 pm Young & Restless AA
8 Mother's Day 9:00 am Sunday School 10:30 am Worship 11:45 am Committee meetings	9 5:15 pm OA Cooper Corner 6:30 pm Financial Peace Cooper Corner	10 6:30 pm Heartbeat in Cooper Corner	11 5:30 pm Sounds of Praise in Bethel 6 pm Bible Study in prayer room 7:15 pm Choir practice	12 9:30 am UMW at the Livingston's 7 pm AI Anon in Cooper Corner	13 9 am Zumba in Bethel	14 10 am Women's AA 10 pm Young & Restless AA
15 9:00 am Sunday School 10:30 am Worship 5:00 pm Youth Group	16 5:15 pm OA Cooper Corner 6:30 pm Financial Peace Cooper Corner	17	18 5:30 pm Sounds of Praise in Bethel 6 pm Bible Study in prayer room 7:15 pm Choir practice	19 9 am MOPS in Bethel Our church hosting Extended Table 7pm AI Anon –CC	20 7:30 am Men's Group at Village Inn 9 am Zumba in Bethel	21 10 am Women's AA 10 pm Young & Restless AA
22 9:00 am Sunday School 10:30 am Worship 5:00 pm Youth Group	23 5:15 pm OA Cooper Corner 6:30 pm Financial Peace Cooper Corner	24	25 5:30 pm Sounds of Praise in Bethel 6 pm Bible Study in prayer room 7:15 pm Choir practice	26 2 pm Knitting at Pauline's 7 pm AI Anon Cooper Corner	27 9 am Zumba in Bethel	28 10 am Women's AA 10 pm Young & Restless AA
29 10:30 am Service at Veltus Park & Picnic Please bring a dish to share	30 5:15 pm OA Cooper Corner 6:30 pm Financial Peace Cooper Corner	31				

## May Birthday's

5/01	Bill Beerman	5/30	Doborah Hardaker
5/05	Kent Jolley	5/31	Dana Snyder
5/05	Allison Doak	5/31	Trevor Brown
5/10	Ed Odell		
5/11	Mike Blair		
5/13	June Robinson		
5/13	Linda Wodiuk		
5/13	Alexandra Jolley		
5/18	Vicky Miller		
5/18	Rose Pilati		



## May Anniversaries

5/05 Ed & Carolyn Odell  
5/14 Dana & Rilla Snyder

## Announcements

### Special Offering

Sunday, May 8th will be a special offering for Native American Awareness.

### Service in the Park & Picnic

Sunday, May 29th service will be at Veltus Park. You may want to bring a lawn chair to sit on. We will have a picnic after service, please bring a dish to share.

### Administrative Secretary Position Available

The administrative secretary is responsible to the Pastor and for the management of the church office. General duties include typing, filing, preparing reports, bookkeeping, receptionist, secretary of the church staff, secretary of the Finance Committee, typing and copying materials for various committees and staff members. If you are interested in applying, please pick up an application at the church office. Applications must be submitted to the church office by Tuesday, May 10th.