



Castle Rock  
First United  
Methodist Church

# First Church Communicator

Monthly Newsletter of the First United Methodist Church,

Castle Rock, Colorado

1200 South Street, Castle Rock, CO 80104

March 2023



## KNOT AGAIN

This sewing fellowship blends the best of the Mary and Martha tropes—fellowship and happy work. The Knot Again group is living proof of John Heywood's famous quote "Many hands make light work,"

Come join us for an evening of cutting, knotting, and putting together these quilts for people in need. No sewing experience is necessary.

We are currently limiting donations to men's ties. Our goal is to make 12 quilts by the end of 2023.

Our next meetings are March 15th, April 19th and May 17th from 6-8:30 pm in Fellowship Hall. For more information, contact Kari Sorah 717-817-3991 or [kasorah@yahoo.com](mailto:kasorah@yahoo.com)



Castle Rock  
First United Methodist Church



SCAN QR CODE TO  
CONNECT WITH US ONLINE

## Connect With CRFUMC

[firstchurchcr@gmail.com](mailto:firstchurchcr@gmail.com)

[www.fumccr.org](http://www.fumccr.org)

(303) 688-3047

1200 South St, Castle Rock, CO 80104

# CRFUMC Worship Times

9 a.m. Modern Worship

10:45 a.m. Traditional Worship

For more info about CRFUMC  
go to [fumccr.org](http://fumccr.org)

*The Upper Room is available  
at the Welcome Center.*

**Don't forget  
to hit like or  
share on  
our social  
media post.**



**LITTLE  
BLESSINGS  
ART SHOW**  
MARCH 8TH AT  
5:30 P.M.

Zoom Coffee Time  
with Rev. Sarah

Every Wednesday  
at 9:30 a.m.

Check with Office for  
Zoom Links



## Lenten Vespers



an online service of evening  
prayer  
at Castle Rock FUMC  
will air on our Youtube Channel  
and Facebook Page  
at 7 p.m. on Wednesday's during  
Lent  
<https://linktr.ee/castlerockfumc>

**The Lord's Prayer  
Lenten Sermon Series  
Begining on Feb. 22nd**



Castle Rock  
First United Methodist Church





# Pastor Matt's Space

email: matt.franks@fumccr.org  
social media @mattdamethdoist

## March Devotion

Paul Chilcote on the [Get Your Spirit in Shape](#) podcast shared the spiritual practice of reading and praying a hymn through what is known as Lectio divina, Latin for “divine reading,” it is a great way of engaging a sacred text. Read the text four times, and after each reading ask yourself:

1. Proclaim: What idea, concept, or word stands out in this initial reading?
2. Pray: What is the Lord saying to me? What am I hearing? What am I sensing?
3. Ponder: What is God inviting me to do?
4. Practice: How can I put this into practice?

Here is Hymn No. 269 VERSES: LORD, WHO THROUGHOUT THESE FORTY DAYS try this practice with verse one:

1. Lord, who throughout these forty days for us didst fast and pray, teach us with thee to mourn our sins and close by thee to stay.

During this season of Lent may you grow closer to God. Amen.

**Hip Replacement Surgery:** I am hoping to have left hip replacement surgery on Feb. 27th in Tulsa. I will be staying with family while I recover and hope to be back within two weeks of surgery. Ashley will stay with me for a couple of days while I recover and then come back to Castle Rock later in the week. I will be available via email or text after March 6th.

## What Am I Reading?

I have an Amazon Idea List for books I like to suggest you can find that here:

<http://a.co/9fQNdWz>

- Start with Hello: (And Other Simple Ways to Live as Neighbors) by Shannan Martin
- Gather Us In: Leading Transformational Small Groups by Angela D. Schaffner
- Lord, Teach Us: The Lord's Prayer & the Christian Life by Stanley Hauerwas & William H. Willimon

## What Is Going on at the Church?

**Photo Directory Update:** There are copies of the printed directory at the welcome center in the red folders. To view the directory online, go to [members.InstantChurchDirectory.com](#) and follow the prompts under “Sign In” to “Create a login now.” Please remember, you must confirm your email address before you can sign in.

There is also a free mobile app available for download at the Apple® App store in iTunes®, Google Play™ store and the Amazon Fire App Store. Simply search for “Instant Church Directory” to get the download. You will need to use your email address as listed in our directory to create a log-in the first time you use the directory online and via the mobile app.

If you want to add your picture or make changes please email Pastor Matt at [matt.franks@fumccr.org](mailto:matt.franks@fumccr.org)

**Catch me for Coffee (will return when I return from Surgery)** Most mornings Monday-Thursday from about 7:45 a.m. until about 10 a.m. I am working at Crowfoot Valley Coffee on 734 Wilcox St. Feel free to swing by and grab a drink of choice and talk to me you will not be bothering me if I have my laptop up and typing away. If you want to meet me there to chat just give me a heads-up to make sure I am going to be in the coffee shop.

## *Mission: Why Do We Exist?*

At Castle Rock First United Methodist Church we share the light and love of God within our community and beyond.

MISSION

## Vision:

Where are we going?

We do this through diverse relationships, service and worship.



**Mission, Vision, Plan:** Below Are the Mission and Vision Statements the Ad. Council discerned on the 29<sup>th</sup> of Jan. on the next page you will find our Big Rocks graphic. We will have time for the congregation to respond to this in late March. Date will be shared in the weekly eblast.

## Big Rocks



- Sharing Our Stories: Improving communications inside and outside of the Church.
- Improved Hospitality and Outreach.
- Community Events.

**Could a Bell Choir be in our future?** Chancel Choir Director Nancy Docksey is inviting anyone interested in relaunching the bell choir to contact her in person at the 10:45 service welcome time or by phone or text (303-877-9085). A rehearsal time will be determined by those interested in forming a new bell choir.

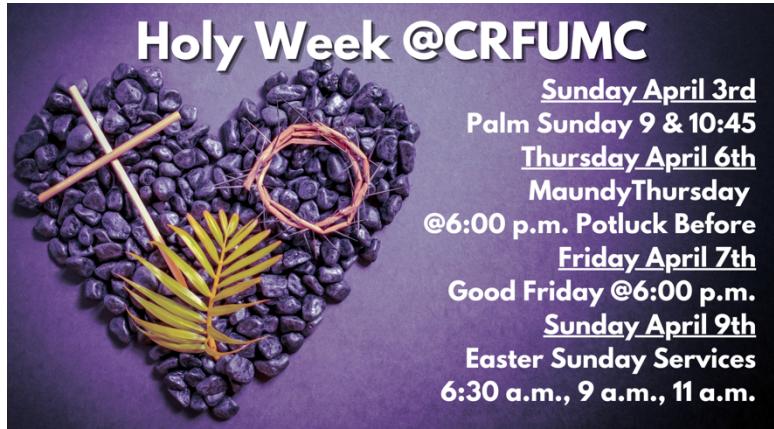
**Online Prayer Request:** You can submit an online prayer request here: <https://www.fumccr.org/prayer-request> or by clicking the praying hands on our website.

**MSC Digital Devotions Returns for Lent:** Come join with voices from across the Mountain Sky Conference for a Lenten Devotion. Each morning's devotion will be led by a different clergy or laity person from the MSC, as we come together for a time of scripture, reflection and prayer, every weekday during the season of Lent. Digital Devotion begins at 6:30am, February 23-April 7 (Mondays-Fridays) Zoom Meeting ID: 859 9454 0738 Passcode: 002216

**Little Blessings:** Little Blessings has opened enrollment for the 2023-24 school year. Two- to five-day day programs are available Monday-Friday for children ages 1-5. For more information or to reserve your spot today, call 303-550-2170 or email [littleblessingspdo@gmail.com](mailto:littleblessingspdo@gmail.com) or visit their website at [littleblessingscr@com](mailto:littleblessingscr@com)

**Little Library Reminder:** browse and borrow freely or trade in one at a time. Please do not bring boxes of books.

**Grocery Story Card Update:** Currently we have over 50 families participating in this program. We receive about \$450/quarter from King Soopers. Check the welcome center for directions for signing up for the first time with them. The Safeway Cards are now available. Contact the church office to pick one up.. We have received approximately \$250/quarter from Safeway. There is no dollar amount on them this time so folks will just pick up a card and head to Safeway to load the amount they choose to have on it . NOTE: You may use the money you have remaining on the old card, but you will not be able to reload it.



**Holy Week @CRFUMC**

Sunday April 3rd  
Palm Sunday 9 & 10:45  
Thursday April 6th  
Maundy Thursday  
@6:00 p.m. Potluck Before  
Friday April 7th  
Good Friday @6:00 p.m.  
Sunday April 9th  
Easter Sunday Services  
6:30 a.m., 9 a.m., 11 a.m.



**Easter Sunday Services**  
**APRIL 9TH**  
**6:30 A.M. OUTDOOR SUNRISE**  
**9:00 A.M. MODERN SERVICE**  
**EGG HUNT IN-BETWEEN SERVICES**  
**11:00 A.M. TRADITIONAL SERVICE**



**Castle Rock**  
First United Methodist Church

United Methodist Committee On Relief (UMCOR) will continue to work with local partners IBC Uluslararası Mavi Hilal Vakfı and others as they assess new support needed.

Please join us in prayer for the people impacted by the new earthquakes in Turkey and Syria, striking the same areas devastated by the recent major earthquakes.

Connect with UMCOR at  
<https://www.facebook.com/UMCOR>

If you want to give to UMCOR please talk with Pastor Matt

**Maundy Thursday, April 6th at 6 p.m.** You are invited to "The Living Last Supper" The program will start at 6:30 PM with a potluck dinner of salads and desserts to follow. We will have a sign-up at the welcome center if you plan to attend. We also need volunteers to assist with "hand washing" before the program. Please consider joining us!

**Good Friday Tenebrae Service April 7th at 6 p.m.** Good Friday is a Christian holiday commemorating the crucifixion of Jesus and his death at Calvary. It is observed during Holy Week as part of the Paschal Triduum on the Friday preceding Easter Sunday.



### **Backpack Prison Ministry**

On Sunday, March 26th, the Mission Team will provide an opportunity for our Church family to participate in our backpack ministry program. Our backpack ministry program responds to Christ's concern for prisoners (Matthew 25: 36, 39, 43). Our Church is the only organization that provides backpacks to indigent men and women being released from the Douglas County Correctional Facility.

Prison ministry goes back to the beginning of Methodism. Eight years before John Wesley's heart-warming experience of God's grace on Aldersgate Street, he had already begun practicing acts of mercy as an essential part of faith. One of his acts of mercy was to visit prison five days a week.

When Kenny Teague, Minister at the Douglas County Sheriff Detention Center learned we were going to do the Backpack Ministry again, he said this is awesome and thank you and your members there. We appreciate this blessing every year your able to do this ministry. After consultation with Kenny, we want to provide 48 backpacks (36 for men and 12 for women). We purchase the backpacks and then fill them with a wide variety of personal items, such as toothbrush, toothpaste, socks, towel/washcloth, razor, socks, wallet, and other personal items. There is also devotional material in each backpack to help these men and women get their life on track with spiritual help.

Please stop by the table in the narthex and choose a card listing an item or items to be purchased or give a cash donation for the purchase of the backpacks and/or the needed supplies and toiletries. The supplies for the backpacks need to be returned to the Church by Sunday, April 16<sup>th</sup>.

**THANK YOU!!!  
WE BROUGHT IN  
1781 POUNDS OF FOOD  
FOR THE SOUPER BOWL  
FOOD DRIVE**

### **RECIDIVISM, in a different perspective,**

**by John Tamborski**

Recidivism is the rate at which formerly incarcerated individuals return to prison. Generally viewed as a negative, recidivism is a GOOD thing if you are talking about volunteers! The KAIROS International Prison Ministry is returning to Buena Vista Correctional Center for the first time in almost three years.

On Thursday April 20<sup>th</sup> through Sunday April 23<sup>rd</sup>, a team of volunteers will be meeting with 24 incarcerated men to talk to them about Jesus. While we speak of many facets of Jesus and His teaching, we take a particular focus on forgiveness, receiving God's forgiveness, forgiveness of self and forgiveness of others.

The ministry is certainly in need of additional volunteers willing to go inside, but this church has also supported KAIROS in the past through prayers, donations and simple signs of love we refer to as AGAPE: our Sunday school classes have decorated placemats for the participants to enjoy each time we have a meal, many members of the congregation have signed posters encouraging the participants in their search and so many have added their names to the 'prayer chain' which is a simple prayer written on a colored construction paper slip and then taped together with other prayers to form a chain which (during the weekend) we encircle and drape the links across the participants and they get to touch, feel and read the names of Christians THEY DON'T EVEN KNOW praying for them, and a few members have actually attended a closing ceremony, witnessing God's transforming love firsthand.

Yesterday, Pastor Matt discussed 'mountain top' experiences. Anyone who is involved in volunteer work has been in a position to be on the mountaintop, knowing you are doing God's work and seeing the blessings firsthand. On one weekend, two rival gang members sat in our room with each other. One man had killed the other man's cousin. At the closing ceremony when each participant is given a chance to speak the two men stood together, told their story and announced that they had reconciled. The man who lost his cousin made a call to his family to inform them of his situation and to ask that they refrain from any retaliation. That was mountaintop. On another occasion an inmate, Jean, announced that he decided to cancel the contract he put out on his mom! Well, maybe that one wasn't mountain top, but we all sure felt better for his mother.

On an upcoming Sunday, Pastor Matt will allow me to sit in the Narthax before and between services to talk more about the KAIROS mission. Please stop by to sign a poster, make a link on the prayer chain or just to talk about prison ministry. Recidivism is recurring with me because once I experienced this ministry I realized that I had been given a life sentence.

## Rev. Sarah's Reflection for March

*There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. ~Hebrews 4:9-10*



The word *Sabbath* comes from a Hebrew word that means “to rest from labor.” The word *holy* means something that is sacred or dedicated to God. God wants us to make Sabbath a day in our lives. A day that should feel different from the other parts of our lives by resting from our normal daily routine and dedicating our thoughts and time to God. Do you make Sabbath day for yourself? What does, or would that time look like? Here are some ways that creating Sabbath day can move from a passing wish to a reality.

One of the best ways to create a Sabbath day is to devote time to worshipping God. During the busy-ness of life it’s easy to get caught up in all of our responsibilities and turn your focus to a cluttered to do list. On this Sabbath day, you can take time to turn your thoughts and hearts to God. We can find a supportive community to encourage us in our faith journey. We can read the Bible and other books that

are faith centered. We can talk with God in prayer. These activities can help us feel closer to God, even after the Sabbath day has passed.

Without some planning, a Sabbath day may not happen. Plan the week with the Sabbath day in mind so that you have plenty of time to rest and worship. Run errands, clean your house, and get other tasks taken care of and these tasks won’t be cluttering up the mind and heart. That way, the Sabbath day really will feel separate and holy. We will finish this time feeling renewed.

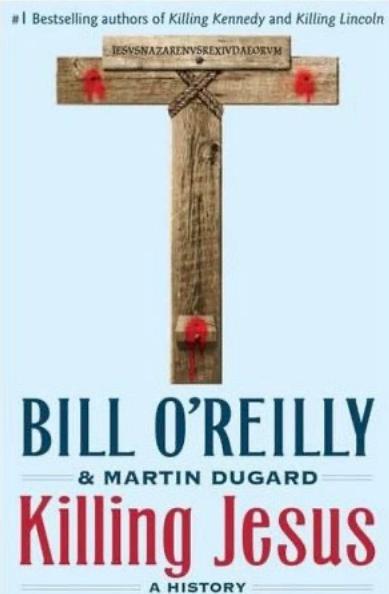
The Sabbath may be a time for us to rest from our labors, but this doesn’t mean that we can’t do anything on Sunday. We can choose to do activities that focus on God, with others that share your life.

Make a point of spending some quality time with family and friends. Start a Gratitude Journal so that you reflect on all the things in life that you are grateful for. Go for a walk and simply enjoy God’s creation. Take food to someone who is sick and in need of just a little support. Contact a friend who has been on your mind and let them know you have been thinking of them. Plan or participate in a service project connecting yourself with the needs in the community and perhaps beyond.

God has promised amazing blessings to those who keep the Sabbath day holy. It will strengthen your family relationships. It will give you greater focus and confidence. If the God who created the world and all that is in it took a sabbath, so can each of us.

I shall be anxious to hear how you observe a Sabbath day. May it be a day that holds special meaning for you.

## Contemporary Issues Group



Millions of readers have thrilled by bestselling authors Bill O'Reilly and historian Martin Dugard's *Killing Kennedy* and *Killing Lincoln*, page-turning works of nonfiction that have changed the way we read history.

Now the anchor of *The O'Reilly Factor* details the events leading up to the murder of the most influential man in history: Jesus of Nazareth. Nearly two thousand years after this beloved and controversial young revolutionary was brutally killed by Roman soldiers, more than 2.2 billion human beings attempt to follow his teachings and believe he is God. *Killing Jesus* will take readers inside Jesus's life, recounting the seismic political and historical events that made his death inevitable – and changed the world forever.

**The Group will meet** In Person Sessions on Mondays (02 20 2023 to 04 03, 2023; 6:30 PM to 8:30) in Fellowship Hall.  
Zoom Sessions run on Fridays (02 17 2023 to 03 31 2023; 6:30 PM to 8:30 PM)

## Church Finances

**Year to Date**  
**January 2023**

|                    | <b>Actual</b> | <b>Budget</b> | <b>Variance</b> |
|--------------------|---------------|---------------|-----------------|
| Revenues           | \$ 226,218    | \$ 263,083    | \$ (36,865)     |
| Expenses           |               |               |                 |
| Personnel          | \$ 163,507    | \$ 185,972    | \$ 22,466       |
| Conf Apportionment | 23,827        | 35,000        | 11,173          |
| Trustees           | 49,980        | 56,758        | 6,779           |
| Church Office      | 7,547         | 8,604         | 1,057           |
| All Other          | 4,164         | 23,513        | 19,350          |
| Total Expenses     | \$ 249,025    | \$ 309,848    | \$ 60,824       |
| Net Total          | \$ (22,806)   | \$ (46,765)   | \$ 23,959       |

### WAYS TO GIVE TO CRFUMC



Offering Plates

In-person offerings may be dropped in the offering plates



Mail or Dropped off

Offerings can also be mailed or dropped off at the church office  
1200 South Ave.  
Castle Rock, Co. 80104

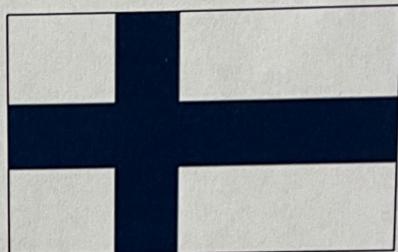


Online/Text

Web Site  
[www.fumccr.org/give](http://www.fumccr.org/give)  
or  
Text GiveTo FUMCCR to  
73256

# Castle Rock Orchestra

presents



## Sounds of Scandinavia



3pm Sunday, March 5, 2023

\$5 per person  
suggested donation

First United Methodist  
Church of Castle Rock  
1200 South Street

[www.CastleRockOrchestra.org](http://www.CastleRockOrchestra.org)



*Christ caring for people through people*  
**STEPHEN  
MINISTRY**

Find out more info.

[https://www.fumccr.org/  
stephenministry](https://www.fumccr.org/stephenministry)

**Stephen Ministry Reflection by Lois Price**

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the LORD, “My refuge and my fortress; my God, in whom I trust.”

For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge. His faithfulness is a shield and buckler.

You will not fear the terror of the night, or the arrow that flies by day, or the pestilence that stalks in darkness, or the destruction that wastes at noonday. Those who love me, I will deliver; I will protect those who know my name. When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honor them. Psalm 91:1-6, 14-15 (NRSV)

Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus. 1 Thessalonians 5:16-18 (NIV)

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. James 5:13 (NIV)

During recent major changes in my life and lifestyle I was often lacking in confidence and uncertain of my future. I have found that prayer helps to calm and comfort me so that when I get up from kneeling I know what is the next right thing to do. Praying helps center me in the present and focus on the task at hand. I don’t always kneel when I pray now. During crises I find myself in constant need of God’s calming presence so I habitually have a running conversation with God. I’m grateful for the crisis that got me started in this habit. For the first time in my life I understand what it means to “pray continually.”

Prayer is an integral part of Stephen Ministry. Stephen Ministers commit to pray regularly for our Care Receivers and we often pray with them as well. Prayer changes things and people. If you know someone who is going through a difficult time in their life, a Stephen Minister may be helpful by walking beside them, listening, praying with them and praying for them.

To find out more about Stephen Ministry contact the church office or one of the Stephen Ministry Leaders: Cheryl Smith, Maryalice McHugh, Rose Andrade, or Lois Price.