

***We proclaim Jesus Christ
and promote
communities of joy,
hope, love, and peace.***



Communicator

A monthly newsletter of

Community of Christ

Fort Collins, Colorado

A Welcoming Congregation

For everyone born, a place at the table

April 2014

“Community of Christ Sings”

—Vera Entwistle,

There are so many of the wonderful hymns we sing that bring to mind special memories. My maiden name was Meadows and I was at my first worship service as a 16-year-old nonmember. I sat on the back row with my boyfriend, Brian, with Entwistle cousins on either side of me. We stood to sing the hymn, “Fairest Lord Jesus.” Suddenly the cousins began to chuckle and when they sang the second verse they sang their version, “Fair are the meadows, fairer still the Entwistles,” followed by much laughter. To this day when I sing that hymn, I am back on the back row in Wigan church.

Years ago when I worked at the Center Stake office, my co-worker, Alta Witte, told me that when she was a child her family had an old horse whose name was Ebenezer, and was very stubborn. When she sang the hymn that mentioned, “Here I raise my Ebenezer,” Alta thought they were singing about their horse. Now when I sing that hymn, my memories fly back to my friend, Alta.

Many years ago Charles Neff, who was a dear friend, shared with me his love of the ministry he offered in parts of Asia, and he told me that his favorite hymn was “Where Cross the Crowded Ways of Life.” Life took me to live and work in China, and I remember the first time I stood at an intersection of roads in Shanghai pouring with traffic and people. I thought of the words of that hymn, and I remembered my friend Charles.

Lifting voices together in praise can be a transcendent experience, unifying a congregation in a way that is somehow both fervent and soothing. But, is there actually a physical basis for those feelings? To find this out, researchers of the Sahlgrenska Academy at the University of Gothenburg in Sweden studied the heart rates of high school choir members as they joined their voices. Their findings, published in *Frontiers in Neuroscience*, confirm that choir music has calming effects on the heart—especially when sung in unison. Using pulse monitors attached to the singers’ ears, the researchers measured the changes in the choir members’ heart rates as they navigated the intricate harmonies of a Swedish hymn. When the choir began to sing, their heart rates slowed down.

“When you sing the phrases, it is a form of guided breathing,” says musicologist Bjorn Vickhoff of the Sahlgrenska Academy who led the project. “You exhale on the phrases and breathe in between the phrases. When you exhale, the heart slows down.”

But what really struck him was that it took almost no time at all for the singers’ heart rates to become synchronized. The readout from the pulse monitors starts as a jumble of jagged lines, but quickly becomes a series of uniform peaks. The heart rates fall into a shared rhythm guided by the song’s tempo.

Until we meet again in Fort Collins in worship, I hope you will sing with enthusiasm.

God will be blessed, and so will you!

Communicator

Editors in Chief: The Pastorate
Managing Editor: Rich Kohlman
Copy Editor: Mary Kohlman
Monthly Reporters: Beverly Doig,
 Betty Jones,
 Jon Mendenhall,
 Max Coopwood,
 Sharon Fulton

www.cofchristrm.org/FortCollins
cofchristfc@gmail.com



Fun, Food, and Fellowship on the Third Sunday

(Formerly known as Second-Sunday Social)

For April, our social will be the Easter breakfast at 9:00 a.m. and Easter Egg Hunt for the children following the breakfast.

April Birthdays



Tonia Watts	4/1
Ryder Jackson	4/6
Dee Cable	4/9
Angela Alton	4/13
Dave Simons	4/19
Cinnamon Garner	4/23
Avery Dicke	4/25
Kay Bunch	4/25
Bettie Miller	4/30



Smith, Glenn and Shari

Add e-mail address: smithshari7@yahoo.com

Entwistle, Brian and Vera

121 Westbrook Way
 Eugene, OR 97405
 (970) 310-0665 (remains the same for now)



Communion Emblems Brought to You

If you are unable to attend a Communion service and would like the emblems brought to you, please contact Bob Fulton, 484-6943, or Dave Simons, 282-0969, to make arrangements. Also, if you know of anyone who would like the sacrament brought to them, let Bob or Dave know in advance, and one of them will get in touch with that individual so arrangements can be made.

Why do you look for the living among the dead? He is not here, but has risen."

—Luke 24:5

Financial Report



January Income

World Church

Use where needed most	\$1,272.50
Invite People to Christ	5.00
Abolish Poverty/End Suffering	180.00
Pursue Peace on Earth	5.00
Develop Disciples to Serve	30.00
Experience Congregations in Mission	30.00
Total	\$1,522.50

Local

Local Offering	\$2,405.00
Building Fund	54.00
Two-Cents-a-Meal	50.00
Family Assistance	70.00
Youth Fund	25.00
Camp Paradise	1.00
Total	\$2,605.00

February Income

World Church

Use where needed most	\$1,662.50
Invite People to Christ	40.00
Abolish Poverty/End Suffering	222.00
Pursue Peace on Earth	5.00
Develop Disciples to Serve	410.00
Experience Congregations in Mission	5.00
Total	\$2,344.50

Local

Local Offering	\$3,437.50
Building Fund	61.00
Two-Cents-a-Meal	134.30
Family Assistance	447.00
Youth Fund	0.00
Other	27.00
Total	\$4,106.80

—Betty Jones, CFO

April Calendar



Check the website

<http://cofchristrm.org/FortCollins>

- Apr. 2: Worship Coordinators, 1:30 p.m.
Pastors meeting, 2:30 p.m.
Leadership Council, 4:00 p.m.
- Apr. 6: Communion Service
First-Sunday Giving, Potluck
President Veazey webcast, 5:00 p.m. at the church
- April 11-13: Jr./Jr. high Retreat
- Apr. 13: Palm Sunday
Two-Cents-a-Meal Offering
- Apr. 14: PFLAG, 7:00 p.m.
- Apr. 20: Easter
Easter Breakfast, 9:00 a.m.
Easter Egg Hunt
Communicator items due
- Apr. 24: Book Club



Speakers

- ❖ April 6: Shandra Newcom
- ❖ April 13: Rick Bunch
- ❖ April 20: Richard Thompson
- ❖ April 27: Gil Pagat

Keyboard

- ❖ April 6: Jean Newman
- ❖ April 13: Kay Bunch
- ❖ April 20: Tom Beck
- ❖ April 27: Deb Friesz

Greeters

- ❖ April: Ytell and Carrie Newman families

Nursery

- ❖ April 6: Marilyn Garner
- ❖ April 13: Bettie Miller
- ❖ April 20: Marta Remmenga
- ❖ April 27: Pat and Bill Miner

Fort Collins Congregation Offerings 2014 Disciples' Generous Response

Month	Total World Initiatives	Total Local Operating	Total Operating Giving
January	1,522.50	2,405.00	3,927.50
February	2,344.50	3,437.50	5,782.00
March			-
April			-
May			-
June			-
July			-
August			-
September			-
October			-
November			-
December			-
TOTALS	\$ 3,867.00	\$ 5,842.50	\$ 9,709.50

Speakers, Keyboard, Greeters, and Nursery

2013 World Conference

Words of Counsel

We have been asked to read and reflect on the recent Counsel given to the church by President Steven Veazey. Please take some time both individually and as congregations to read over, discuss, ponder, and prayerfully reflect on this document. It is important that we engage in the process as a prophetic people. Exercising these skills will not only allow us to engage with the broader church, but will also assist us in discerning how our congregations will be faithful to the mission of Jesus. Cultivating meditative contemplation, listening for the Holy Whisper of God to us is one of the most important acts we can do, if not the most important. Of course, listening means being open, and being open to God requires us to be vulnerable to what God is calling us to do. Vulnerability asks us to put our guard down, to get rid of the screening tools, to be an open vessel ready to hear what God has to say. Vulnerability tells us to set aside what we think we already know and replace it with an openness to divine risk and purpose. It is a given...to be engaged in ministry is to be vulnerable to others and to the divine presence. As we journey forward, let us pray for openness and vulnerability in one another, so that God's dreams and hopes for creation may be imprinted on our spirits as well.

Find the Words of Counsel in the May 2013 *Herald* or see video and text at www.CofChrist.org/presidency/041413wordsofcounsel.

Blessings,
Tim Ashburn,
President, RMMC

President Veazey will be leading a Webcast in regards to the counsel on Sunday, April 6, 5:00 p.m., and Sunday, October 5. More information on these events will be forthcoming.



Lenten Journey:

New Life on an Ancient Path

Weeks Five and Six

By Kris Judd, *staff pastor*; Janné Grover, *Disciple Formation Ministries*; and Katie Harmon-McLaughlin, *Spiritual Formation Ministries*

Lenten Practices

(For further practice instruction and suggestions for use during Lent in small groups, classes, and worship settings, please visit

www.CofChrist.org/spiritualformation/lent.asp.)

WEEK FIVE: *LECTIO DIVINA*

The practice of *lectio divina* (Latin for sacred reading) provides opportunity for encountering God through sacred text. Listening deeply to the words opens us to an awareness of God's invitation through a particular scripture passage or hymn text. For use during Lent, you may select a passage of scripture (such as Isaiah 58:6–9 or Doctrine and Covenants 163:2b). See how they begin to shape your journey of repentance and renewal. (Recommended Lenten reflection: CCS 455, "How Long, O God, How Long?")

The Practice

Read the text four times, allowing time for meditation and prayer between each reading:

- *Lectio*—read the text to get a sense for the story or setting. Imagine the scene, senses, emotions, and tensions involved in the text.
- *Meditatio*—read the text again to focus on meaning and understanding. What are the surface and underlying meanings? What does the text tell you about God? How do you relate to the text?
- *Oratio*—read the text again to focus on your emotional response. Do you feel joy, sorrow, fear, anger, or guilt? Share your feelings with God in prayer. Ask for

help in listening deeply to these emotions and meanings.

- *Contemplatio*—continue in a time of receptive prayer. Breathe deeply and calmly, entering a profound silent state of listening. Wait for whatever God may bring to you in the quiet. If no particular awareness comes, let your mind return to the text. When you feel your prayer and meditation has ended, offer a word of thanks to God to close your time with this practice.

Questions for Lent

- As I engage in this practice, what layers of meaning begin to unfold?
- As I engage with a particular text, how am I being led to actions of social justice?

WEEK SIX (HOLY WEEK): *SILENCE*

Practicing silence reminds us that relationship with God is reciprocal. In silence, we take time to listen and be present with God. Often, our most profound spiritual experiences cannot be fully described. As we enter Holy Week, the full implication of discipleship brings a weighted hush. There are moments when words are inadequate, and our most faithful response is to stand humbly before the mystery.

(Recommended Lenten reflection: CCS 173, "Come, Let Us Dwell")

The Practice

- Find a place free from noise or distractions.
- Practicing silence may be difficult at first. The mind may run wild, and centering in God's presence could take some spiritual exertion! Allow yourself grace in this practice and the ability to slowly ease into longer periods of silent reflection.

Recent Events



Bill Norwood's 88th Birthday Party



Ken Jones's basketball team is 5-0 this year.



Shawnea Pagat is again playing as the number 1 tennis player for Fossil Ridge High School

In the Risen Christ, God reveals the final state of all reality. God forbids us to accept "as-it-is" in favor of "what-God's-love-can-make-it." To believe in Resurrection means to cross limits and transcend boundaries. Because of the promise of the Resurrection of Jesus we realistically can believe that tomorrow can be better than today. We are not bound by any past. There is a future that is created by God, and is much bigger than our own efforts.

—Richard Rohr