

***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*

**March 2014**

## ***“Interruptions and Choices”***

—Kay Bunch, Outreach Ministries Pastor

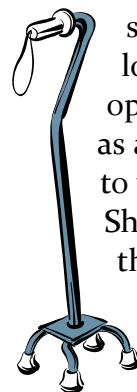
“He sees me. He sees Mommy, Daddy, Arthur, Nana, Grandpa, and Sophia,” said two-and-a-half year old Sophia. One morning last week while we were staying in Steamboat, a fox entered our daughter’s backyard, crawled up on the roof of their shed, lay down, and looked at us. He sat very still for minutes, looking right into our eyes. It seemed like he “really saw us.” Each morning Sophia and I would look for the fox. She seemed to think it was “her” fox and I also felt a connection because of his intense dark eyes looking at us that one morning.

How many times do we have someone focus on only us—with no interruptions? I finished reading *The End of Your Life Book Club* while I was in the hospital in January, and I connected with a passage where the son has been visiting his mother in the hospital and she is dying of cancer. Kabat-Zinn points out that “*we all know it’s wrong to interrupt each other. Yet we constantly interrupt ourselves. We do it when we check our e-mails incessantly—or won’t simply let a phone go to voicemail when we’re doing something we enjoy—or when we don’t think a thought through, but allow our minds to fix on temporary concerns or desires. In however much time I had left with Mom, I realized I needed to focus more—to be careful not to interrupt our conversations with other conversations. Every hospital is, as I’ve noted, an interruption machine—a flood of people come to poke you and prod you and ask you questions. However,*

*modern life itself is an interruption machine: phone calls, e-mails, texts, news, television, and our own restless minds. The greatest gift you can give anyone is your undivided attention—yet I’d been constantly dividing mine. No one was getting it, not even me.”*

After being in the hospital for five days, I know it is an “interruption machine.” I know giving others our undivided attention is a precious gift. I know we can benefit from quiet time we give to ourselves, and I was blessed by the quite restful time I gave myself after being in the hospital. I also know we need to be open to interruptions, serendipitous interruptions that also bless our lives. The day I was getting ready to leave the hospital and the physical therapist had just left me, I was feeling really sad and thought I wanted to be left alone. She had just told me, “I think you should use a cane so you don’t fall.” Just hearing her say that made me

sad. After she left I closed the door and looked out my window—just then Mary opened the door and introduced herself as a counselor. She asked if I would like to visit with her—and I started to cry. She came in and I told her what the therapist had said and that I felt really sad because I did not want to use a cane. Mary had just recovered from double knee surgery four months ago. She only used a cane for a week, then an electric wheelchair for a few weeks, and then hung on to the wall when needed. Her advice was, “You do what seems right for you—you make the decision.” Oh my, those were the words I wanted and needed to hear.



I hope all of us can make decisions based upon what seems right for us. Including God in this picture and asking for guidance as we make decisions is a gift we have available to us. I hope we can give others the gift of undivided attention. I hope we can give ourselves a gift of undivided silence and alone time, being open to “serendipitous interruptions” that can enrich our lives.

### Communicator

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### March Birthdays



Bianca Clark-Bennett	3/1
Carol Birks	3/5
Sara Rolfe	3/15
Taylor Bridwell	3/15
Marta Remmenga	3/16
Shari Smith	3/17
Kelly Jackson	3/22
Lee Cook	3/24
Bill Florom	3/25
Ashley McDonald	3/27
Luella Foster	3/31
Jared Clark	3/31



### 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.

### Fun, Food, and Fellowship on the Third Sunday

(Formerly known as Second-Sunday Social)

March 16, 5:00 p.m.

**Note the new date, (Third Sunday)**

Come and celebrate the luck of the Irish.



Bring your choice of Irish stew, a side dish, or a **GREEN** dessert

*“Like slavery and apartheid,  
poverty is not natural. It is  
man-made and it can be  
overcome and eradicated by  
the actions of human beings.”*

—Nelson Mandela

## Financial Report



### December Income

#### World Church

Use where needed most	\$1,820.50
Invite People to Christ	40.00
Abolish Poverty/End Suffering	552.00
Pursue Peace on Earth	40.00
Develop Disciples to Serve	5.00
Experience Congregations in Mission	30.00
<b>Total</b>	<b>\$2,487.50</b>

#### Local

Local Offering	\$3,697.50
Building Fund	135.05
Two-Cents-a-Meal	67.00
Family Assistance	90.00
Christmas Dinner	65.00
<b>Total</b>	<b>\$4,054.55</b>

—Betty Jones, CFO

## March Calendar



Check the website

<http://cofchristrm.org/FortCollins>

- Mar. 2: Communion Service  
First-Sunday Giving, Potluck, and  
Goodbye reception for the Entwistles
- Mar. 5: Worship Coordinators, 1:30 p.m.  
Pastors meeting, 2:30 p.m.  
Leadership Council, 4:00 p.m.
- Mar. 9: Two-Cents-a-Meal Offering
- Mar. 10: PFLAG, 7:00 p.m.
- Mar. 16: *Communicator* items due  
Third-Sunday Social, Luck-of-the-Irish,  
5:00 p.m.
- Mar. 21–22: RMMC Leadership weekend in Fort  
Collins
- Mar. 30: Fifth-Sunday Forum, discussion on the  
Words of Counsel presented at the  
2014 World Conference by President  
Veazey

## Speakers, Keyboard, Greeters, and Nursery



### Speakers

- ❖ Mar. 2: Dave Simons
- ❖ Mar. 9: Jean Newman
- ❖ Mar. 16: DVD, Scott Murphy
- ❖ Mar. 23: Shirley Remmenga
- ❖ Mar. 30: Sue Janetta

### Keyboard

- ❖ Mar. 2: Sharon Fulton
- ❖ Mar. 9: Tom Beck
- ❖ Mar. 16: Jean Newman
- ❖ Mar. 23: Sharon Troyer
- ❖ Mar. 30: David Birks

### Greeters

- ❖ March: Donna Clark and Ken Jones

### Nursery

- ❖ Mar. 2: Debbie Jones
- ❖ Mar. 9: Bettie Miller
- ❖ Mar. 16: Marta Remmenga
- ❖ Mar. 23: Mary Kohlman
- ❖ Mar. 30: Rose Julch

## Fort Collins Congregation Offerings 2013 Disciples' Generous Response

Month	Total World Initiatives	Total Local Operating	Total Operating Giving
January	1,583.00	2,407.00	3,990.00
February	1,917.50	1,867.50	3,785.00
March	2,252.00	3,752.50	6,004.50
April	2,347.00	2,382.00	4,729.00
May	1,971.25	3,338.76	5,310.01
June	2,323.00	3,540.56	5,863.56
July	1,582.00	2,331.00	3,913.00
August	3,926.00	2,369.00	6,295.00
September	1,816.00	3,047.50	4,863.50
October	1,647.50	2,203.50	3,851.00
November	1,780.08	3,256.59	5,036.67
December	2,487.50	3,697.50	6,185.00
<b>TOTALS</b>	<b>\$ 25,632.83</b>	<b>\$ 34,193.41</b>	<b>\$ 59,826.24</b>

# 2014 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](http://www.CofChrist.org/presidency/041413wordsofcounsel).

Blessings,  
Tim Ashburn,  
President, RMMC

**The Fort Collins congregation will be discussing the Words of Counsel at our Fifth-Sunday Forum on March 30. In addition, President Veazey will be leading a Webcast in regards to the counsel on Sunday, April 6, and Sunday, October 5.**

More information on these events will be forthcoming.



## Two-Cents-A-Meal Offerings

Proceeds from our Two-Cents-A-Meal Offering have most recently been going to support the VOA meals that were served in our congregation until the end of September. The Leadership Council took action at its February meeting to assign the proceeds of these offerings to support the Faith Family Hospitality program to help fund meals and housing needs for the homeless families that are being served by the program. Thank you for your support of this program in the past and as we move forward.



## Lenten Journey:

### New Life on an Ancient Path

March 5–April 19, 2014

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

As we cycle through our Christian story, what will the season of Lent mean in your life this year? Lent is a journey of Christian simplicity. It is the time in the liturgical year that prepares us for Holy Week and Easter.

As we journey once again toward the cross, we strip ourselves of the distractions and distances we have placed between ourselves, God, others, and creation. We practice repentance and experience reconciliation. A rich blessing of a Lenten journey is using ancient practices to guide us into what is new. We invite all as a community to focus on a specific practice each week to help simplify our lives, focus on what matters most, and prepare for the wonder and transformation resurrection brings. These

practices have been used throughout our broader Christian heritage to seek guidance, dwell in God's presence, and open us even more to the new thing God is doing within each of us.

Beginning with fasting as the foundational Lenten practice, each practice guides us ever deeper inward and ultimately outward. Blessings on our Lenten journey! May we travel with the knowledge that our community goes with us. We journey together, seeking deeper connection and releasing what holds us back that we might *really live*!

## 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](http://www.CofChrist.org/spiritualformation/lent.asp).)

### WEEK ONE: *FASTING*

To fast is to intentionally empty oneself in a way that makes space for God. During Lent, we fast for 40 days, remembering Christ's own fast in the wilderness. It is a time to focus on what matters most amid alluring distractions. This practice empties us and prepares us to go deeper through each consecutive practice on the Lenten path. (Recommended Lenten reflection: *Community of Christ Sings* 450, "Lead Me, Lord.")

#### The Practice

- Choose something from everyday life whose absence you will noticeably miss.
- A Lenten fast lasts from Ash Wednesday to Easter morning.
- Spend time during your fast to pay attention to what is going on within you. Intentionally reflect through journaling or solitude.

#### Questions for Lent

- How does intentional emptying make more space for God in my life?
- Does disruption in my routine draw my attention to God and others in a new way?

### WEEK TWO: *EXAMEN*

The prayer of *examen* encourages us to review the day with God, remember our connection with the Holy, and recommit ourselves to encounter the Divine again. This practice is credited to St. Ignatius of Loyola (1491–1556), and while it often is practiced at the end of a day, it may be used any time. Praying the examen during Lent is an opportunity to review our lives, realigning with the mission of Christ. (Recommended Lenten reflection: CCS 168, "I Will Talk to My Heart.")

#### The Practice

- Becoming calm and centered is critical, so begin by recognizing God's presence and give thanks for this awareness. Offer gratitude as you recognize the many and diverse ways God has been present to you over the past day.
- Look back over your day objectively, without judgment or justification. Notice where you recognized God's presence and where you were most Christ-like. Where did you cooperate with God's Spirit of healing and shalom? Also notice where you were not as cooperative, perhaps even resistant to the invitation to abide and follow.
- Offer the next day to God, asking God to be present in your thoughts, feelings, and actions. Ask yourself, "Beginning tomorrow (or today), how do I want to live my life differently?"

#### Questions for Lent

- Where have I been complacent in God's vision of shalom? Where have I been complicit in a lack of peace in this world?
- Looking back over my life, what are my priorities?
- Where do my passions mirror the passion of Christ?

*Watch for additional week's resources on Church Updates and in the announcements or on the congregation's website.*