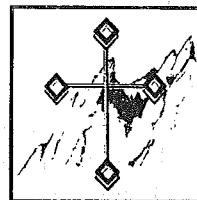


December 2008

PARISH VISITOR



Mount Calvary Lutheran Church

A receptive, responsive, reconciling in Christ community of faith



A Letter from the Pastor By Pastor Kevin J. Meyer

Greetings in the name of Christ Jesus!

The church year does not follow the annual calendar of the rest of society. Christ the King Sunday and the first Sunday in Advent represent a new beginning. It is at this time of the year I take a little time to review the previous year.

This review reminds me that the Spirit of God walks with each of us through wonderful as well as challenging times. It is no surprise that looking back we can see many changes that have come to numerous families at Mount Calvary. Some celebrated a birth of a child or grandchild, others faced the journey through death to eternal life of a loved one and others have been forced to see the doctor more often. For others changes came in work life, marriage status or residence. These are significant challenges many have faced.

The spirit of God has been present with our congregation as well. There have been beautiful and rocky days at Mount Calvary and God's love and grace has been present with us through it all. The completion of our parking lot project, although it crept up on us, is a wonderful addition to our ministry. Many are owed a debt of gratitude for their dedication to this long project. This fall we have been delighted that our Senior High youth have been actively preparing for the national youth gathering and that our Rainbow childcare center has been filled with many more young and smiling faces. We faced some profound sadness as a community. For me, the unexpected illness and sudden death of our sexton Al Muklebust was particularly difficult not only because we had a large hole to fill on the staff but because Al's spirit was so kind and genuine.

My prayer in this time of anticipation of the coming of the birth of the Christ child and the difficult economic times we are in is that we remember to pray. Monks of old in particularly difficult times would use breath prayers, a repeatable two stanza prayer like "O Lord God/Fill me with your Spirit." For hours or days they would repeat these stanzas in order to remain centered in love of God. This Advent season may you pray remembering that you can trust God with all your being.

Peace, Pastor Kevin

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DECEMBER

MUSIC MINISTRIES

“But in the latter time he will make glorious the way of the sea, the land beyond the Jordan, Galilee of the nations. The People who walked in darkness have seen a great light; those who dwelt in a land of deep darkness on them has light shined.” —Isaiah 9:1–2

In this, one of the most beautiful seasons of the church year, let us celebrate in Advent the light of the Lord, shining with each of us. As the days grow shorter and darkness surrounds us, let us light candles, pray to God, and turn to one another in love and kindness.

The Mount Calvary community was richly blessed musically in November, first by the worship leadership of international dulcimer specialist Lucille Reilly (many thanks to Gladi Lefferdink for great efforts in welcoming Lucille to our church!), and second by Dramatic Soprano Julie Mark, who joined Kristina Eller and me in concert on Saturday, November 8. We welcomed the return of Wagnerian Soprano Karen Patterson to Christ the King observances November 23. With the Women’s Gospel Ensemble, Festival Choir, brass and wind players, our worship has been warmly received by the congregation.

PLEASE MARK YOUR CALENDARS—our annual Christmas celebration will be on Saturday, December 13, at 3:00 p.m. It will follow a lessons and carols format, and will integrate beloved carols. Let’s welcome the Christ child into our hearts and homes with music and song. The season is busy, but it is worthwhile to take time out of shopping and scurrying, bring the family to church, sit back, relax, and enjoy stunning music of the season.

I’d like to take this moment to thank the entire Mount Calvary Lutheran Church community for its phenomenal energy, love, and concern for all its members. It is a great joy serving you in Music Ministry. I know that music has a very rich tradition here, and along with all members of the Worship Committee and team leaders of both services, we say THANK YOU.

Wishing each of you a blessed Advent and a very Merry Christmas,

—Jim

Advent and Christmas Musical Events at Mount Calvary

- Sunday, November 30: Beginning of Advent Season
- Saturday, December 13: CONCERT SERIES II: Mount Calvary Christmas Concert!! (Highlighting solo instrumental/vocal and choral music, dance, and poetry)
- Wednesday, December 24: Christmas Eve Services at 4:00, 8:00, and 11:00 p.m.

Special Children’s Choir for Christmas Eve

This year a children’s choir will be singing for the Christmas Eve service at 4:00 p.m.! The choir will include elementary school children, and middle-school students will be needed to help. Rehearsals will be held immediately following the second service on the first three Sundays of December. If you are interested, please contact Jan Osburn (303) 665-6634 or Gladi Lefferdink (303) 443-8299.

“Thou Little Tiny Child”

On December 19, 20, and 21, St. Martin’s Chamber Choir presents a program featuring *a cappella* works by Palestrina, de Wert, Victoria, Kirchoff, Britten, and others, concluding with Camille Saint-Saëns’ elegant and infrequently performed *Christmas Oratorio* for soloists, chorus, string quintet, harp, and organ. To purchase tickets or for more information please visit St. Martin’s Chamber Choir at www.StMartinsChamberChoir.org or call (303) 298-1970.

INTERVIEW

Karen Peterson

Interviewed by Peter Bronski

If you’re one of Mount Calvary’s “baby watchers,” then surely you’ve noticed two-year old Oliver, with his bright smile and mop of blond hair. You’ve almost certainly also noticed his mother, Karen, who you may simply know as “Oliver’s mom.” Others in the Mount Calvary

community may know Karen as the director of the Rainbow Child Care Center, where she's worked for more than twenty years (initially as assistant director, and then, as director). But her ties to the Mount Calvary community run much deeper.

The Littleton native has lived in Colorado her whole life, with the exception of a stint in San Francisco. She returned to Colorado from California—to Longmont—in 1988, the same year that she began working at Rainbow. A few short years later, Karen's son, Ezra, was born. Soon thereafter, however, Ezra's father and Karen's late husband, Kim Depree, became sick with cancer. He lost that battle in 2001, just two weeks after the 9/11 tragedy. (Kim Depree was a passionate humanitarian, founding the OUR Center in Longmont, working for the United Way, and working with the area's migrant workers. He is remembered in the St. Vrain Community Council's annual Kim Depree Service Excellence Award.)

It was a difficult time for Karen and Ezra in a way that can only be understood by those who have gone through similar trauma. And yet, Albert Camus wrote that "In the depth of winter, I finally learned that there was in me an invincible summer."

It took time, naturally, but Karen rediscovered that inner summer, partly through the help of the Mount Calvary community. Jane Fisher was the first to step forward—though Karen wasn't a Mount Calvary member at the time, Jane offered to act as a Stephen Minister to her. Then, former pastor Mark Peterson suggested the church hold a fundraiser to help support the widowed mother and her son. That fundraiser required the involvement of the church council, which at the time included Scott Peterson. Scott wanted to do more... namely, to serve as a Big Brother to Ezra, to fulfill the role of the much-needed male figure.

"My first thought was, 'Who is this guy?'" Karen jokes. "But people told me, 'You can trust him.'" Scott and Ezra grew close, biking, fishing, going to ballgames, and participating in the Mount Calvary youth group activities. Scott and Karen grew close, too. They went on a first date, and then another. By September 2005, the wedding bells were ringing. Karen

and Scott married in a small ceremony at Risby attended by family, friends and Rainbow teachers. "We hoped for no heat and no mosquitoes," Karen laughs. "Risby fit my personality—it's small and funky. There's no electricity. We did the ceremony right at sunset."

Since that day in September 2005, Ezra has grown into a young man (now 17), and Oliver has joined the ranks of the family. Apparently continuing the "no electricity" trend they set at Risby, Karen and Scott maintain a small, remote, off-the-grid cabin outside of Salida near Monarch Pass. There they enjoy getting up into the mountains, skiing at the Monarch Pass Ski Area, and hiking to the nearby Waterdog Lakes.

Karen is also an artist in her spare time, with a particular interest in creating mosaics out of glass tiles. Though admittedly, taking care of Oliver has pulled her away from some her projects recently, she's actively working on two pieces: a mosaic of Monet's *Water Lily Pond*, and another of Van Gogh's *Café at Arles*. With the cabin near Monarch, she may add a ski mosaic to that list, too.

Karen has been active at Mount Calvary beyond her Rainbow responsibilities over the years as well. In the past, she's been involved with the youth committee, teaching Sunday school ("For only one year. I was terrible," she jokes), and with the auction, bake sales, and other fundraisers. These days, though, Rainbow remains her main focus. That, and raising Oliver, getting Ezra ready for college, and enjoying the cabin with Scott.

FROM OUR CHURCH COUNCIL PRESIDENT

Merry Christmas from your council. By the time this issue of the *Parish Visitor* reaches your mailbox, the Fall Stewardship campaign will be winding down and Advent will be preparing the way for Christmas. This is always an incredibly busy time of the year with a number of appeals, but if you haven't yet made a pledge for the new year, I urge you

to consider your many blessings during this holiday season. Whatever covenant you make is between you and God; nevertheless, in these trying economic times, the council is dedicated to presenting a balanced budget to the congregation for approval. The budgeting process will be much easier if we can increase the number of pledges. On a related note, please plan to attend this January's congregational meeting. Together we can harness the energy of the Advent season to propel Mount Calvary forward into the coming new year. —Dave Gribble

CHURCH NEWS

Stephen Ministry during the Holidays

By Tom Moen

All Saints' Sunday was a time to remember those who have gone before and provided models for those of us who follow them. It is sad that they are not with us anymore, but we also remember them as our inspiration. We mourn their loss, but also celebrate their lives. As we enter the holiday season, the loss of loved ones can be especially significant. It is a lonely and sad time for many. Celebrations and parties may be going on all around them, but they don't feel a part of it. It can even be difficult to remember what the true meaning of this season is and why we celebrate the birth of Jesus. Sometimes it seems the church is caught up in all the festivities and it doesn't seem like a place to be if we're not feeling like celebrating. It might be a good time to talk with someone who has been trained to be a good and confidential listener, such as a Stephen Minister.

Others in the congregation may be feeling anxious about the holidays for a variety of reasons. The current state of the economy presents many problems from job losses to housing foreclosures. Can we afford to travel to be with family; can we give our families what we would like to? Do we lose sight of what the birth of the Christ child means to us and to the world?

Stephen Ministers are available to provide confidential listening to anyone in the congregation who is feeling overwhelmed by all the busyness at this time, who may be mourning a loss, or who is having other difficulties. Call Jane at (303) 499-1444 or Tom at (303) 423-8058 to arrange for a friendly visit from a Stephen Minister.

Men's Bible Study

The Men's Bible Study meets the first and third Thursday of each month. All men are invited to meet at 6:30 a.m. at the La Hacienda Restaurant in Boulder. For more information contact Bruce Hoelter at (303) 673-0444 or Chris Johnson at (303) 494-4867.

SERVICE

Share-A-Gift Toy Drive

By Janet McDaniel

Mount Calvary will have a toy drive to benefit Share-A-Gift on December 7 and 14. Share-A-Gift is an annual all-volunteer holiday project to provide gifts for less fortunate children in the Boulder Valley School District. To be successful, Share-A-Gift needs thousands of new and gently used toys, books, games, and puzzles, including gifts for older children (ages 12-14). Monetary donations (checks made out to Share-A-Gift) will be used to purchase additional toys and supplies such as batteries and wrapping paper. Please bring your donations (unwrapped) to church on December 7 or 14 and place them in the box labeled "Share-A-Gift." If you have any questions, contact Janet McDaniel.

Support Sky Ranch

Lutheran Ranches of the Rockies will be providing a giving tree to place in the lobby during the holiday season. It will have ornaments with envelopes for people to make donations to the Sky Ranch program. Please consider contributing to this worthy cause! Mount Calvary families really enjoy their time at Sky Ranch.

NEWS FROM RAINBOW CHILD CARE CENTER

By Christine Rubin, Church Liaison

It's holiday time, and that means you have a chance to take advantage of some great deals on gifts (for others, or yourself!) and support Rainbow Child Care Center, all at the same time. Rainbow will hold its annual silent auction and bake sale at Mount Calvary, between services and after the late services, on three consecutive Sundays: November 30, December 7, and December 14. Auctioning off a service can be a great way to meet church members or Rainbow parents! Please send a description of your item or service and a minimum bid amount to Karen Martindale:

kevindm@mindspring.com or Suzie Murphy: smurphy@charterbaking.com by November 27 (Thanksgiving). You can also bring your description to Jane Fisher in the church office or take it down to Rainbow Child Care.

Sunday, November 30, marks the first day of the silent auction. Please bid generously on the items and services you see in the breezeway at church, knowing that your contributions help support Rainbow's scholarship fund. The following Sunday, December 7, come to church hungry and support Rainbow, all at the same time! You'll notice delicious baked goods on tables in the breezeway between services and after the late service that day. Take a break from holiday baking, and enjoy the efforts of others. All baked goods will be priced as marked, but extra donations are always appreciated. (One extra note: representatives from Rainbow will speak at both services that Sunday, to give you a better idea of what Rainbow has to offer, and what your donations are supporting.)

The last day of the silent auction will be Sunday, December 14. All bids must be in by noon.

Mount Calvary members are also invited to this year's winter program at Rainbow. Director Karen Peterson and her staff always put on a "holiday spectacular" that rivals Martha

Stewart's! (Add in the shining, proud faces of the Rainbow performers, and there's really no contest!) This year's show is Thursday, December 18, at 6:00 p.m. A dozen cookies is your ticket in the door.

Happy holidays, and THANKS for your continued support of Rainbow!

THANK YOU

Thank you to Helen and Ernie Arndt, Jean Hoos, Jan Meadows, Ethel Pope, and Myrt Schwartz for collating the November *Parish Visitor* newsletter. They did it in the record time of one hour! You are invited to help in the future. Please sign up at church. Everyone welcome.

NEW ADDRESS

Jen Moore
1207 Aikins Way
Boulder CO 80305



December Birthdays

01	Kelli Bronski, Benjamin Finan
03	Andrew Osburn
04	Peter Dietze
05	Dave Gribble
07	Jo Anne Malmgren, Allison Wood, Vanda Freiberger
09	Melissa Mika
11	Carl Forsberg, Nora McDaniel, Brady James
13	Barb Martig, Linda Johnson, Ruth Forsberg
17	Cara Friery
18	Karen Hawley
21	Jan Meadows, Dawn Hesse
22	Alan Friedberg
24	Karen Mika
25	Carol Peterson, Donna Haglin
26	Kevin Meyer
28	John Thompson
30	Kady Martin

TREASURER'S REPORT

By Gail Strobel, Treasurer

Mount Calvary's Own Version of the Economic Challenge

The numbers:	Year to date revenue:	\$329,238
	Year to date expenditures:	\$342,364
	Negative cash flow:	\$ 13,125

What they mean: After cutting the budget to zero discretionary spending, we are still failing to fund our monthly basic requirements and falling into deficit spending. In years past we relied upon a big December to "save the year." Because many of the folks who give once a year often did so in December, this worked. However, we asked some of those givers to accelerate their contributions, which they did, and we dare not expect a big December.

Based upon a forecast of member-by-member giving trends, it appears we will run a deficit this year of \$20,000 to \$40,000, absent a significant gift or change in the trends. We have cut our benevolence payments to the synod as well as the other benevolence areas in order to conserve cash and be able to adjust to what is appropriate at year-end.

We currently have about \$70,000 in cash. Of that, \$33,000 belongs to Club 52 and the Memorials. Last year council designated \$28,000 as an emergency fund, which it appears we will need to absorb this year's shortfall.

Let's compare ourselves to a household. So far this year we have dipped into our savings account by \$13,125 to pay our bills. Recall that we asked for an advance from our employer on our December bonus and still we are short. We have an additional \$15,000 in savings, but we are using it at the rate of several thousand a month. This is worrisome.

Looking ahead:

Not only do we need to ask what you think you can do about 2008. We have to ask you to think about 2009. We will almost certainly enter the year with nothing in the savings account and more fixed costs than current giving supports.

The only savings likely to be left to us are the memorials and Club 52. We know the youth will need that money for the gathering. So we cannot use that. The memorials amount to \$18,000 and won't go very far. This is in effect robbing our 401(k) plan and the kids' college funds.

Therefore, we will need to do what many households are doing these days. We need to take a good hard look at our ability to generate more income, cut our expenses, or find a new source of liquidity. Our home equity loan is tapped out, by the way. We do not have great credit since we are now not able to meet our monthly bills. Council has asked that we prepare a break-even budget based upon our current forecast of giving for next year. This is in advance of the stewardship responses, which may require, or allow, further refinements to the preliminary budget. In order to develop a break-even budget we made the following significant adjustments:

1. Youth Director: reduce to a contribution of \$12,000 to a shared director, assuming the joining of our program with at least one other ELCA congregation in Boulder.
2. Cut the budget further for office software, assuming we can make it work.
3. Reduce our contribution to synod benevolence to balance the budget (approximately \$8,500).

Council is committed to a break-even budget next year and will take other steps as necessary to ensure the congregation stays solvent and able to meet its obligations.

A "best case" budget is also on the shelf and ready to deploy if we are fortunate enough to have the pledges support further spending. This would involve an additional \$70,000 in giving. That would be a significant stretch from our current giving levels.

All of us who love Mount Calvary need to examine our commitment and determine what we can do to help avoid a liquidity crunch. We still have to pay the bills every month—to the tune of almost \$36,000. The \$37,000 (\$70,000 cash less \$33,000 restricted) of available cash goes really fast and we don't have much room to maneuver. Your help and support are very much needed and appreciated.

YOUTH ACTIVITIES

News from the High School Youth Group:

Thanks to all who participated in the breakfast burrito fundraiser. We made over \$900 and will be adding this toward our trip to the National Youth Gathering in New Orleans next July 22–26. On December 21, we will have a drop and shop fundraiser. This is where you drop off the kids and we play with them while you're shopping (and then you come back and pick them up). Drop and shop will be from 11:00 a.m.–4:00 in the afternoon.

High School Youth, mark your calendar for the following activities: Sunday, December 14, 6:00 p.m. at church will be a finals study hall—you bring what you need to study for the next week's finals and we will provide the food and drinks. Tuesday, December 16, will be a Youth Gathering Committee meeting at Wahoo's Fish Tacos at 6:00 p.m. Sunday, December 21, is the drop and shop event from 11:00 a.m.–4:00 p.m. and the Christmas party at the Housewright's afterward. Don't forget the white elephant gift exchange.

News from the Middle School Youth Group:

We will be having the Safehouse breakfast on December 7, between services. For those of you new to the church, this is a congregational egg casserole breakfast served on a Sunday morning between services. The donations go toward gifts for the children at the Boulder Safehouse. The Middle School kids will go shopping to buy those gifts and then we will take them over to the Safehouse office. This is a service project the Middle Schoolers have been doing for many years.

Middle School Youth, mark your calendar: Sunday, December 14, we will have an activity after the second service. Watch for details in the bulletin or e-mail.

Thanks to everyone for all the support you give to our middle and high school youth.

God loves you,
Roxie Seely, interim youth director

HEALTH NEWS

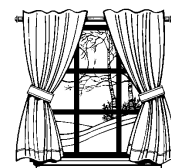
New Vaccine for Adults!

By Linda Hultman

When we think of vaccines, we most often think of children. However, in 2006 a new vaccine for *shingles* was approved especially for adults over 60. Shingles, also known as Herpes Zoster, is a painful skin rash, often with blisters. It is caused by the Varicella Zoster virus, the same virus that causes chickenpox. Only someone who has had chickenpox or chickenpox vaccine can get shingles. The virus stays in the body and can reappear years later to cause shingles. The rash usually appears on one side of the body or face and can last two to four weeks. The main concern is pain, which can be severe. Very rarely, shingles can lead to pneumonia, hearing problems, blindness, brain inflammation or death. Shingles is far more common in people over fifty.

In clinical trials, the shingles vaccine prevented disease in about half of people over sixty and also reduced the pain of shingles in those who did get the disease. People with certain allergies, weakened immune systems, and active, untreated tuberculosis should not get the vaccine. Someone with a minor illness such as a cold may be vaccinated. No serious problems have been identified with shingles vaccine. Mild problems include redness, soreness, swelling, or itching at the injection site in about one out of three recipients, and headache in about one person in seventy recipients. Anyone over sixty who is interested in reducing their chances of getting shingles should talk to their health care provider about the vaccine.

Thirty-three people received flu shots at Mount Calvary on October 12. If you have not yet received a flu vaccination, there is still time. Many pharmacies are giving the vaccines, some at special clinics and some any time by appointment. Many physicians have flu vaccine available as well. Have a healthy winter!



DECEMBER WORSHIP VOLUNTEER SCHEDULE

		Communion						
		Acolyte	Ushers	Altar Care	Assistants	Sound Board	Lector	Liturgist
December 7	8:00 a.m.	Youth! ↓	Al Altman Greg Lefferdink	Bonnie Altman	Reenie Travis Diane Olson	Bob Kelly	Jane Fisher	
	10:30 a.m.		Helen House Martha Stange	Kristin Lavelle	Karen Nielsen	Kevin Martindale	Arlene Devore	Melissa Johnson
December 14	8:00 a.m.		Larry Danielson John Meadows	Jean Danielson	Jane Fisher Brett Woodiel	Bob Kelly	Bill Perry	
	10:30 a.m.		Al Zach Francis Duffy	Linda Wood	Katie Rathburn	Tom McAvinew	Kathryn Duffy	Hunter McDaniel
December 21	8:00 a.m.		Karl Ziegler Bradley Ziegler	Diane Olson	Carolyn Ziegler Ashley Ziegler	Jim Winkelman	Jessica Gribble	
	10:30 a.m.		Arlene Devore Lori FitzRandolph	Helen Kraft	Kristin Lavelle	Norm Pinkham	Jeanne Lewis	Karen McAvinew
December 24 Christmas Eve	4:00 p.m.		Peter Dietze Larry Danielson John Nielsen	Karen Nielsen	Susan Kohuth Fred Housewright	Brett Woodiel	Jean Danielson	David Housewright
	8:00 p.m.		Kevin Martindale Norm Pinkham Al Zach	Linda Wood		Brett Woodiel	Neil Olien	Ronelle Olien
	11:00 p.m.		John Meadows John Bollinger	Linda Johnson	Lynn Bollinger Lucy Bollinger	Brett Woodiel	Jessica Gribble	
December 28	8:00 a.m.		Bob Martig Burt Gillan	Jo Anne Malmgren	Brett Woodiel Jan Meadows	Jim Winkelman	Ken Hatland	
	10:30 a.m.		Francis Duffy Al Zach	Helen House	Karen Martindale	Norm Pinkham	Don Schwartz	Leslie Schumacher

GET TO KNOW YOUR CHURCH



Mount Calvary Lutheran Church is a member of the Rocky Mountain
Synod of the Evangelical Lutheran Church in America



MOUNT CALVARY CHURCH STAFF

Senior Pastor: Kevin Meyer
Director of Congregational Music
Ministries: Jim Myers
Interim Youth Ministry Director:
Roxie Seely
Rainbow Day Care Director:
Karen Peterson
Church Administrative Assistant:
Jane Fisher
Bookkeeper: Beth Shannon
Sexton: Vacant
Youth Ministry: Kelly Miller and Roxie Seely

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(303) 756-9099/prcco@juno.com

CHURCH PHONE NUMBER:

(303) 499-1444

PASTOR KEVIN'S CELL PHONE:

(720) 436-7975

CHURCH OFFICE HOURS:

Monday—Thursday
8:00 a.m. to 5:00 p.m.
Friday 8:00 a.m. to noon

MOUNT CALVARY WEB PAGE:

www.mountcalvary-boulder.org

ROCKY MOUNTAIN SYNOD WEB PAGE:

www.rmseca.org

ELCA WEB PAGE:

www.elca.org

AUGSBURG FORTRESS WEB PAGE:

www.augsburgfortress.org

THE LUTHERAN WEB PAGE:

www.thelutheran.org

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Worship Services
8:00 a.m.
10:30 a.m.

Sunday School
(during school year)
9:15 a.m.

DECEMBER WORSHIP SCHEDULE	
<p>Second Sunday in Advent December 7 8:00 a.m. Holy Communion 9:15 a.m. Coffee Fellowship 10:30 a.m. Holy Communion</p>	<p>Third Sunday in Advent December 14 8:00 a.m. Holy Communion 9:15 a.m. Coffee Fellowship 10:30 a.m. Holy Communion</p>
<p>Fourth Sunday in Advent December 21 8:00 a.m. Holy Communion 9:15 a.m. Coffee Fellowship 10:30 a.m. Holy Communion</p>	<p>Christmas Eve Services December 24 4:00 p.m. Candlelight service of Holy Communion and Children's Choir 8:00 p.m. Candlelight service of Holy Communion and Festival Choir 11:00 p.m. Candlelight service of Holy Communion and Special Music</p>
<p>First Sunday after Christmas December 28 8:00 a.m. Service of Carols and Readings with Holy Communion 9:15 a.m. Coffee Fellowship 10:30 a.m. Service of Carols and Readings with Holy Communion</p>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div>