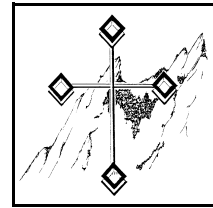


PARISH VISITOR



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 the only son of God, Jesus Christ.

The old adage is that time flies by. This truth has been a part of my life for a long time but it seems that this last year has gone especially quickly. Personally it has meant two moves, Asher in two schools, and Kristin working in two different jobs. It is astounding that this *PV* article represents twelve months that we have been working together now. As I look back over all we have accomplished, it was a good year. It has also been wonderful taking this time getting to know each other, our strengths, and growing edges. How I have delighted in these months. I truly enjoy being a part of the historic ministry that we have inherited.

Yet, as delightful as 2007 was, there remains a great amount of work to be done together as a community. We must bind ourselves together as we forge a path into both the near and longer term future. In the near term, as I look into 2008, there are a number of exciting ministry initiatives that are continuing from previous years. Worship will continue to be a special focus of our time and energy. Jim Myers, the Festival choir, and all our other musicians will undoubtedly beautifully lead us through Lent and into glorious Easter. We will continue to prayerfully and spiritually support Rainbow Preschool and Daycare, our ministry in the Philippians, and tangible care for a number of African orphans. We will successfully fill the vacancy we have on our staff in the role of the youth and intergenerational ministries. Yet there are other goals we should seek to achieve.

Here are a few things on my short list that I would like to see us accomplish.

1) **CONTINUE TO BE A WELCOMING CONGREGATION**

The world we live in is too often devoid of a welcoming spirit. Because we know that we have been blessed, we are to be a blessing to others by living the truth of the good news and inviting and

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welcoming others into our shared ministry to proclaim God's love and grace.

2) **FURTHER STRENGTHEN OUR FINANCIAL FOOTING**

This is important in the short and long term as historically we have had a few dollars to use to cover any shortfall in offerings. This year will be different as all our capital dollars will have been spent. Our ministry depends and will even more profoundly depend on our membership responding to the good news of the gospel with thanksgiving that is both real and tangible. We will need both increased financial giving but perhaps what will be needed even more is time from volunteers. Even as 2008 unfolds, many may choose to make a covenant of time and talent and have it placed in the chest as ministry deepens and expands. For as we continue to establish solid working relationships with various staff members and congregational members it is reasonable to expect that volunteers and our financial health will improve.

3) **BEGIN CONGREGATION-WIDE DIALOGUES ON A VARIETY OF IMPORTANT IDEAS**

- a. Adding a mid-week worship service
- b. Finding ways to deepen and enrich our educational ministry
- c. Being aware of safety and security issues that face us in this time

These issues are not new to the congregational council. There is a council task force already at work studying the costs and benefits to adding another worship service to our schedule. In the matters of education, many agree it is time that we enlist our many experts in education to assist our analysis of our educational ministry and how we might further deepen its profound effect on all who seek to live a life filled with faith. Perhaps you are aware that safety and security is always a concern for leadership.

Simply, 2008 will be another busy year. My prayer is that you will find a place for your passions in our shared ministry together. May God and his newborn son bless us as we venture into the future.

Peace,
Pastor Kevin

CHURCH NEWS

MC2 Group

We will be meeting at Laura Bevers's home on Tuesday, January 8, at 7:00 p.m. Laura lives at 4827 Thunderbird Drive, #23, Boulder, (970) 903-8904.

January Book Study

All readers are invited to join the Mount Calvary Book Study on Monday, January 28, as the book *Snow in August* by Pete Hamill is reviewed. This is the story of a young American boy in 1947 New York City who makes friends with a refugee rabbi from Prague and the life lessons they teach each other. For information on the book study, contact Katie Harris at (303) 499-6213.

Stephen Ministry

Our current Stephen Ministry training class is whizzing right along! The trainees are meeting about every Tuesday night, plus have had one Saturday morning retreat. They are already almost halfway through the training. We hope to finish in the beginning of March. Many of the basics have been covered, such as Active Listening, Process versus Results, and Christian Care-giving—A Way of Life. The second half of the training will cover more specific topics such as Confidentiality, Dealing with Depression, and Ministering to Those Experiencing Grief, along with many more care-giving topics. This is a great group of trainees (Patricia Hanson, Nancy Markham, Morey Bevers, and Carl Forsberg), and after they are commissioned they will serve our congregation well! Please keep the class and its leaders in your prayers. Also continue to pray for our active Stephen Ministers and the care receivers they serve. If you would like to meet with a Stephen Minister, please call Tom Moen at (303) 423-8058 or Jane Fisher at (303) 499-1444.

Pastor on Vacation

Pastor Kevin will be out of the church office and on vacation from Wednesday, January 2, through Sunday, January 13. Pastor Laurel Alexander will cover our worship services on January 6 and 13.

New Bell Choir

For all folks interested in joining the NEW Mount Calvary Bell Choir, we will have our first meeting/rehearsal on Wednesday, January 9, at 6:00 p.m. All ages and skill levels (this includes first-timers) are welcome! For questions, contact Jim Myers at (303) 499-1444.



Progressive Dinner Photos

Please see Mount Calvary's website for pictures of the progressive dinner that was held on Saturday, December 1.

<http://www.mountcalvary-boulder.org>

MUSIC MINISTRIES

Music in a New Season

By James J. Myers

"When a stranger sojourns with you in your land, you shall not do him wrong. The stranger who sojourns with you shall be to you as the native among you, and you shall love him as yourself; for you were strangers in the land of Egypt: I am the Lord your God." —Leviticus 19:33

"I have called you by name, you are mine. When you pass through the waters I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior...because you are precious in my eyes, and honored, and I love you..." —Isaiah 43:1-4

Now we are moving into the beautiful light of the Epiphany season. We think upon the magi traveling long distances from eastern kingdoms, the presentation of priceless gifts, the miraculous star. Of caring for our neighbors in the snowy weeks, of powerful

feelings of love and devotion for family members and friends who have traveled through tragedy and illness. Remembering the poorest of the poor, fostering a spirit of gentleness and tolerance, and embracing the rich diversity that constitutes the family of God. Mount Calvary was richly blessed in welcoming a new friend, Julie Mark, who served as soprano soloist at First Advent Sunday. Her warm and gracious personality and powerful, inspired singing kicked off the new church year with a bang! She and I joined forces for a formal concert on December 3—the first of an ongoing concert series! Energy and attendance were high, and people were deeply moved. Thank you to everyone who participated and enjoyed this music (and a special thank you to all who made the reception such a lovely time!).

Countless vocal and instrumental soloists were a part of Advent worship. We gathered the church family together on December 16 to present *A Christmas Celebration*—an event featuring the Women's Gospel Ensemble, Men's Ensemble, the Festival Choir, a combined Women's Choir, youth presentation, all keyboardists, harp, flute, a clarinet trio, dance and poetry reading, culminating with a rousing sing-along on *Joy to the World* and *Angels We Have Heard on High*. For all present it was an afternoon not to be soon forgotten. A hearty "thank you" to the countless individuals who helped put the event together, who participated, and who attended!

Now after stunning Advent services and the glorious Christmas Eve services, we look with growing anticipation toward a new year and a new church season. We will begin introducing a liturgy new to Mount Calvary, *Mass of Light*, by David Haas. I "discovered" this literature in church circles in Tennessee, and was powerfully moved by it, particularly the magnificent *Gloria* with organ, cantor and choir! On Sunday January 13, Jan Osburn will be our featured soloist at both services with one of my favorite contemporary ballads, *Anointed*. She will be supported with backup vocals in a truly stunning piece high-

lighting Christ's direct presence in our lives today, calling us not to be afraid for "my Spirit will uphold you, you will work miracles in my name." The miracles of compassion, justice, beauty and love.

We will also savor Martin Luther King Jr.'s favorite hymn, *Precious Lord, Take my Hand*, on January 20. King was a man who dreamed, who could envision a better world, one without prejudice or hatred, where the family of God could sit together without fear. His words and preference for non-violence are an inspiration to us many decades after his assassination. He remains one of my heroes for his hunger for justice, through compassion and love.

Remember the words of the prophet Isaiah: "You are precious in my eyes, and honored, and I love you." Through the Word, Sacraments, prayer, musical inspiration, and reaching out to that stranger in the aisle, let us live out our faith. Let that great love pouring from our Lord embrace each person, filling the churches with holy light and love.

SERVICE

Opportunity for New Service and Outreach Chairperson

By David Kirk

I have had a wonderful experience helping Mount Calvary with the service and outreach program over the past four years, but I think the position is ready for a new person's energy and ideas. It's a great opportunity for someone to get more involved with Mount Calvary and the community. There are really no specific expectations for the position, only enthusiasm and the desire to channel Mount Calvary's long-standing commitment to service for the good of people in need.

I would like to thank all the Mount Calvary volunteers I have had the privilege to work with. There are too many to name them all, but I would like to thank everyone on the service committee: Bob Cotton who is a master organizer and project leader; Carl Fors-

berg for his commitment to African AIDS; Wendell Johnson for his leadership on the Philippines youth mission; Morey Bevers for his hard work in many areas including Community Table; Karen Martindale for all her energy and enthusiasm for Lutheran World Relief, Thrivent matching funds, Rainbow, and a lot of other areas; Dave and Jessica Gribble for their support at many Habitat events and participation with the service committee; Karen Peterson for her assistance with Rainbow Daycare; Kathy Friery who supported all our projects in many different ways; and finally a big thank you to Jane for all her work on announcements.

I know I was supposed to be helping other people through these projects, but I am embarrassed to admit the lessons I learned from Mount Calvary volunteers and all the people I met on our work projects surely far exceeded any benefits I provided.

Please let Jane or Pastor Kevin know if you are interested in this position. I will be excited to help get you started, and I can guarantee that you will find it fulfilling.

HEALTH NEWS

Cold Medicines and Children

By Linda Hultman

There has been a great deal of news lately about cold medicines for kids. The latest FDA recommendation is that no cold medicine should be given to children under two, and no antihistamines should be used to treat colds in children under six. Many cold medicines have been removed from the shelves in stores that sell these products. *This does not, of course, apply to medicines your health care provider has told you to give your children.*

There are many reasons for this recommendation. One is that antihistamines may overly sedate a child who is already having difficulty breathing. Another is that overdosing is very easy to do. There are no standard

doses from product to product. Some children, mostly under age two, have died from overdoses of these medications. Many of these medications have acetaminophen (Tylenol) or ibuprofen (Advil and others) in them, and parents frequently gave the preparation plus additional doses of Tylenol or ibuprofen. Cough suppressants should not be used except at night, and then only if the cough is disturbing the child's sleep. During the day, it is preferable to cough and clear the airways.

So what is a worried parent to do? Parents usually give these medicines to make their child feel better. Children often get fever at the beginning of a cold. It is OK to give Tylenol or ibuprofen (ibuprofen only if the child is at least six months of age) in the recommended amount. Your health care provider can tell you what dose to use. It is not strictly necessary to treat a fever; however, children usually feel better when their fever goes down and they are more willing to eat and drink. Preventing dehydration is important in children with fevers. Encourage fluids. Don't worry about food for a few days. For a stuffy nose, run a *cool* mist vaporizer in the child's room at night (warm steamers can cause burns), and wherever the child spends most of his/her time during the day. Give the child a warm bath, and take him/her into the bathroom with you when you take a shower, so s/he can breathe the warm steamy air. (It is not necessary to put the child in the water with you.) Saline nose drops, *unmedicated*, of course, should be used at least four times a day. It is not necessary to suction your child's nose; it will drain on its own.

Parents often wonder when/if they should call their health care provider. Parents of infants under three months of age should always call at the first sign of illness. Chances are your provider will want to see your baby if s/he has a fever or more than very mild symptoms. As your child gets older, use your judgment. It is a good idea to call if the fever lasts for several days, the child complains of ear or sinus pain, has any discharge from the eyes, or is acting very sick (e.g., won't make eye contact, doesn't want to play even when

the fever is down, or has other concerning symptoms). Coughs sometimes last longer than the cold itself, but your health care provider should be notified if a cough lasts longer than two weeks, the child is coughing up mucus, or if s/he coughs until vomiting.

THANK YOU

To PV Collators

Thank you to Helen and Ernie Arndt, John and Marilyn Thompson, Al Muklebust, Ethel and Charley Pope, Bill Renfer, and Myrt Schwartz for collating, stapling, and mailing the November *Parish Visitor*. They compiled, stapled, and addressed the whole mailing (that's 330 of them) in less than 45 minutes!



January Birthdays

01	James Osburn
02	Diane Olson, Bill Mohler, Katie Rathburn
03	Ben Schumacher
04	Del Shannon
05	Barbara McLean
07	Del Scott
08	Lorraine Simon, Rick Salinas, Gabe Helgerson, Tyler Olson
11	Ken Eastman, Erik Olander
12	Katie Harris, Alex Shannon
15	Britt Friery
16	Holly Phillips
18	Katie Goff
20	Hal Scott, Curt Johnson, Nathan Wood
21	Scott Peterson, Carolyn Munley
22	Kathy Friery
23	Gary Behlen, Maddie Lamphere
28	Diane Willert
29	Joe Salinas
31	Joe Labozan

JANUARY WORSHIP VOLUNTEER SCHEDULE

		Communion						
		Acolyte	Ushers	Altar Care	Assistants	Sound Board	Lector	Liturgist
January 8	8:00 a.m.		Al Altman Al Zach	Bonnie Altman	Jane Fisher	Brett Woodiel	Jane Fisher	
	10:30 a.m.		Helen House Martha Stange	Helen and Ernie Arndt	Linda Johnson	Kevin Martindale	Karen Peterson	Hunter McDaniel
January 13	8:00 a.m.		Bob Martig John Meadows	Patricia Hanson	Reenie Travis Barbara Martig	Brett Woodiel	Jan Osburn	
	10:30 a.m.		Phil McLean Rudy Schattke	Belinda and Fred Housewright	Jenny Evarts	Jeff Strobel	Jenny Evarts	Melissa Johnson
January 20	8:00 a.m.		Larry Danielson Jamie Osburn	Ethel Pope	Kirsten Lamphere	Brett Woodiel	Bill Perry	
	10:30 a.m.		Francis Duffy John Nielsen	Linda Wood	Katie Rathburn	Tom McAvineu	Kathryn Duffy	Gail Strobel
January 27	8:00 a.m.		Peter Dietze Roger Markham	Mike Richters	Diane Olson Nancy Markham	Brett Woodiel	Nancy Markham	
	10:30 a.m.		David Kirk	June Forstrom	Karen Nielsen	Kevin Martindale	Linda Hultman	Karen McAvineu

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

Youth Ministry Director: Vacant

Rainbow Day Care Director: Karen
Peterson

Church Administrative Assistant: Jane
Fisher

Bookkeeper: Beth Shannon

Sexton: Vacant

STAFF E-MAIL:

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kmeyer@mountcalvary-boulder.org

Jim Myers
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Karen Peterson
mtcalvaryrainbowcenter@hotmail.com

Jane Fisher
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Beth Shannon
bshannon@mountcalvary-boulder.org

Church Council
council@mountcalvary-boulder.org

Mutual Ministry Committee
mutualministry@mountcalvary-boulder.org

OFFSITE CONSULTANTS

Parish Resource Center
(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.rmselca.org

ELCA WEB PAGE:
www.elca.org

AUGSBURG FORTRESS WEB PAGE:
www.augsburgfortress.org

THE LUTHERAN WEB PAGE:
www.thelutheran.org

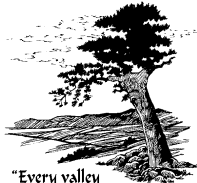
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PLEASE DELIVER PROMPTLY



"Every valley shall be filled,
and every mountain and hill shall be made low."
-Luke 3:5

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

Sunday School
(during school year)
9:15 am.

JANUARY WORSHIP SCHEDULE	
<p>The Epiphany of Our Lord January 6 8:00 a.m. Holy Communion 9:15 a.m. Fellowship Time 9:15 a.m. Sunday Church School 9:15 a.m. Adult Forum 10:30 a.m. Holy Communion</p>	<p>The Baptism of Our Lord January 13 8:00 a.m. Holy Communion 9:15 a.m. Fellowship Time 9:15 a.m. Sunday Church School 9:15 a.m. Adult Forum 10:30 a.m. Holy Communion</p>
<p>Second Sunday after the Epiphany January 20 8:00 a.m. Holy Communion 9:15 a.m. Fellowship Time 9:15 a.m. Sunday Church School 9:15 a.m. Adult Forum 10:30 a.m. Holy Communion</p>	<p>Third Sunday after the Epiphany January 27 8:00 a.m. Holy Communion 9:15 a.m. Fellowship Time 9:15 a.m. Sunday Church School 9:15 a.m. Adult Forum 10:30 a.m. Holy Communion</p>