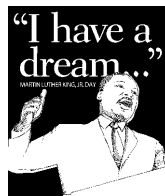


# Mount Calvary Lutheran Church

# Parish Visitor

January 2012



## A Letter from the Pastor

*By Pastor Sara Wirth*

Food. It's one of those ways we show love to people. When I was growing up, I knew my grandmas loved me by the food they had waiting for when I arrived: Rice Krispies treats from Grandma Grace and sugar cookies from Grandma Margie. I felt included when Cindy Jones showed up at the Thanksgiving dinner with a little crock of gluten-free dressing and when the Wednesday morning lectionary bible study group brought gluten-free snacks. The way we feed one another says something about our relationships. It's one of the reasons why we feed each other each Sunday with bread and wine—it's a sign of how we are all welcome and all belong in the family of God.

But I've been thinking differently about how we care for one another with food ever since I heard Dr. Daniel Amen on Rocky Mountain PBS talking about how losing weight, being happier, and having a better functioning brain all work together. He related a story about going to church one Sunday. As he

made his way to the sanctuary, he passed by tables of donuts being sold as a fundraiser. He walked by bacon and sausage being served for a church breakfast. He walked by hotdogs being prepared to serve for a meal after church. By the time he made it to his seat in the sanctuary, he was upset. He started typing into his smart phone. When his wife joined him, she gave him a glare, indicating she thought it was inappropriate to be typing into his phone during church. He showed her what he wrote: "donuts, bacon, sausage, hotdogs. They just don't get it. They're trying to get people into heaven—early! I don't think God wants people to go to heaven early."

I had to laugh when I heard his insight. It is so true that so much of what we do as a church does revolve around food. When I was told by my doctor that I needed to eliminate gluten from my diet, I remember thinking, "This is not possible." Not only because I'd have to give up all the delicious bread I loved, but also because of all the food-related church activities I knew I would encounter. While I discovered that eating gluten-free was possible, it



Season	January 6: Epiphany January 7–February 18: After Epiphany
Color	Epiphany: White and Gold After Epiphany: Green

A receptive, responsive, reconciling in Christ community of faith.

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made me aware of just how much food goes into being a church, because giving and sharing food is one of the ways we care for one another.

Many people begin the year by setting New Year's resolutions. The resolution I hear most often is losing weight, often because of health concerns. This year I'm wondering if we as a community of faith can resolve to show our love and concern for each other in ways that respect those who are striving to change their eating habits—whether to manage diabetes, high blood pressure, or heart disease. Perhaps we do this by including healthy food options in what we bring to church functions. Or perhaps we do this by providing opportunities for fellowship that center around activity.

I pray that this year Mount Calvary will be a community where we can show our love and care in such a way that no one goes to heaven early.

Pastor Sara

## CHURCH NEWS

### Thrivent Scandinavian Sojourn

Your local Thrivent community has planned another exciting trip abroad for your 2012 vacation consideration. Imagine Stockholm, Bergen, Oslo, waterfalls, 12th-century Stave churches and fjords! Join us for thirteen glorious days touring Sweden and Norway, traveling by motor coach, train, and boat. The tour price includes airfare, 5-star accommodations, ground transportation, guided tours, most meals, taxes, and gratuities. Join your fellow Lutherans from the Boulder area, July 6–18, 2012. Sponsored by Thrivent Flatirons Community. Call (303) 673-0444 or register online at [www.gtd.org](http://www.gtd.org) (group #120703). Brochures are available on the sign-up table.

### Church Pictorial Directories

We are happy to announce that Olan Mills will be here to photograph our members for a new church directory! The remaining dates will be January 6 and 7. The sessions are for 15 minutes and are available from 2:00 p.m. until 9:20 p.m. each day.

Please sign up as soon as (you can so you get the time you want. Extended families are also welcome, even if they aren't Mount Calvary members—you can sign up for back-to-back sessions. Each family/individual will receive a free directory as well as a \$25 coupon that can be used to get a free 8x10, 5x7, or 12 wallet-size portraits of any pose you choose. The coupon can also be used if you wish to purchase any portraits. There is no purchase required to get the free directory and coupon. There are sign-up sheets for each of the days on a table in the breezeway or you can call Amy in the church office to schedule a time. This is a great opportunity to get a family picture with your college student while they are home on break! If you have any questions, please call the church office.

### December and January Youth Events

On Christmas Eve, December 24, at 4:00 p.m., the children's choir will perform "Love Came Down at Christmas," directed by Julie Scott, during the service.

This year's middle school youth gathering will take place January 13–15 at the Crowne Plaza Hotel in Colorado Springs. Youth, youth ministers, and caring adults are invited to gather for this great weekend of fun, prayer, and fellowship.

On January 15, from 9:15 a.m.–10:15 a.m., Sally Scott and Hettie Sullivan will be leading all of our education classes in a fun and informative intergenerational event!

The senior high youth group will meet at Mount Calvary on January 22, 12:00 p.m.–2:00 p.m., to perform a service project. More details will be coming soon.

The senior high youth group will meet January 4, 11, and 18 from 6:00 p.m.–8:00 p.m. This group is a fantastic outward focused community that realizes this world is not about just them. We get together for worship, games, discussions, and the occasional field trip. This group is comprised of students in grades 9–12 from all around the

Boulder area. The group is an honest, real, caring community, and is always having a good time.

Confirmation classes will take place January 8, 22, and 29, from 9:15 a.m.–10:15 a.m. The confirmation program at Mount Calvary centers around the task of creating empowered individuals. We believe that everyone has unique gifts and talents that God has blessed them with; therefore, our mission in our middle school and Confirmation programs is to discover exactly who God has created our students to be. Confirmation ministry is for anyone in grades 6–8 and willing to have some fun.

Sunday school will be held on January 8, 22, and 29, from 9:15 a.m.–10:15 a.m. Sunday school is the main extension of children's ministry and is for students pre-K through fifth grade. Our programs use music, crafts, and games to help students discover their faith. All classes are taught by trained, enthusiastic volunteers who have been pre-screened to ensure that our Sunday school is of the highest quality. Sunday school is held on Sunday mornings, September through May, and features the BUZZ curriculum.

### **Reports for the Congregational Annual Meeting**

The Annual Meeting will be held on Sunday, January 29, 2012. Reports from the following are included in the publication prepared for our members: Pastor Sara, Church Council President, Director of Worship and Music, Director of Youth and Family Ministries, Rainbow Child Care, Stewardship, Stephen Ministry, Service Ministry, Memorial Committee, Fellowship Committee, Property Committee and the Treasurer. Please submit your reports for the Annual Report of the Congregation to Amy in the church office by January 10, 2012.

## **THANK YOU S**

### **Thank You from Rainbow Child Care**

The Rainbow Child Care Center board wishes to thank all who participated in the bake and craft

sale fundraiser in November. Many of you gave your time and talent by baking and/or making items, and others gave through the purchase of these items. In addition, many gave generously by donating money to Rainbow. We were able to raise \$3,000. This coming spring (April 15–22) there will be a service auction. Please think of ways you may be able to participate in this event. Again, thanks for caring about Rainbow children.

### **Thank You from EFAA**

Dear Friends,

Thank you so much for continuing your support of EFAA with a cash donation of \$300 and in-kind contribution of 222 pounds (200 cans) of evaporated milk for Holiday Basket distribution, and 123 pounds of produce and food for our food bank. Your support is deeply appreciated.

Because you have been a member of EFAA's helping family, you know how much we count on community support to sustain our work throughout the year.

We continue to feel the impacts of the recession and changing economy. More people, including more long-term unemployed, are coming to us for help. This year EFAA will distribute well over \$1,000,000 worth of food through the Boulder food closet to over 4,500 different households. Our out-of-pocket cash cost to purchase this food will be about \$25,000. The rest comes through in-kind donations. This is a very efficient service!

With increased community support we also have been able to increase the amount of assistance we provide for rent or utility bills to prevent eviction, homelessness, or utility disconnections. We will distribute about \$500,000 in payments to vendors to help over 1,400 families meet these critical needs.

In 2011, EFAA's shelter programs in Boulder, Longmont, and Lafayette will serve over 130 homeless families, or about 400 people, including about 200 children. Each family stays in an individual apartment and receives case management support to help them get back on their feet.

Your support will allow EFAA to be there when people have nowhere else to turn.

Sincerely,

Terry Benjamin, Executive Director

P.S. Please stay in touch with EFAA's work by visiting [www.efaa.org](http://www.efaa.org) and connecting with us on Facebook, Twitter, and YouTube – our accounts are named “EFAA Needs”.

## YOUTH MINISTRY

New Year's is approaching and now is about the time that the holidays are leaving many of us feeling a little drained. I think back to two years ago when I wrote this article:

As I look toward the holidays, the concept of New Year's has always been strange to me. Of course I understand the concept of a fresh start, or rebirth, or the endless possibilities of the new year ahead in hopes that it will be better than the past. But I have always found the concept of making a New Year's resolution fleeting and a little empty. I always seem to hear, “I am going to finally work out this year” or “I am going to stop watching so much television” or even “I am going to be smarter with my money,” but by April or May the promises once made seem fruitless. Because of this, I have never seemed to care or make a resolution for myself. However, if you do what you always do, you'll get what you always get. So this year, I am going to go out on a limb and make my very first New Year's Resolution.

When I was sixteen years old, I came back from a summer camp that had a significant impact on my life. At the time, I had little idea of how great an impact this one week would make. It was not a summer of spiritual significance or an unveiling of some great mystery in my adolescence. No, it was easier than all of that. Maybe because it was always a part of me, like something under the surface that had yet to be awakened.

It was that summer that I came home and told my parents that for my sixteenth birthday I didn't want a car, clothes, or money, but I wanted a guitar. This coming from a kid who would never

sing out in church (I still don't), a kid that never showed any musical interest of any kind, and a kid who struggled in his General Music class which taught all of the essential basics of composition and theory. This desire could have been easily explained as “just a phase” but somehow I convinced my supportive yet reluctant parents into going to a Guitar Center. We searched around for about an hour until we found the perfect acoustic guitar. As we left the store, I was beaming with a smile and my parents were hoping their most recent investment in their child was sound.

With nothing but a camp song book and a chord chart, I slowly taught myself to play. I had never been so motivated and thirsty to learn anything in my life. I would bring my guitar along with me to camps, ski trips, and church youth events in hopes that I would absorb a new song or technique from one of my adult leaders. My guitar catapulted me in front of unexpected audiences and helped me to create relationships with friends. Impromptu concerts at friends' houses at 3:00 a.m., entering and winning talent shows, and even helping me to meet my wife have all been part of my journey with my guitar.

Lately though, my guitar is dusty. The strings are worn and it hangs on my wall out of tune. For such a hobby, talent, or even a gift to go unanswered is disappointing. Music and performing is part of who I am and I have set it aside as of late. It has been monumental in my career as a youth director and I believe it is a gift that God has given me; yet the strings sit quiet. \_ Why? Am I too busy? Is there no need? Is there no one to play for? All of these have been excuses I have made which allow me to ignore a portion of myself that I think God loves.

What are you ignoring?

This year my hope is to play. I hope to sing. I hope to perform. And instead of making some lofty promise, I will simply start by dusting off my guitar.

While I have been playing my guitar more lately, I think we can all use a little self-examining when times get overwhelming (especially in the midst of the holidays). So this New Year's I continue to ask myself, what else do I love? What does God love about me? Where

do I find joy?

May you seek answers to these questions. And when you believe you have an answer, start simply and intentionally doing the things that bring you joy. There you will find God, your refreshment, and your fulfillment.



—Jason Davis

## Financial Summary November 2011

CATEGORY	2009 Actual	2010 Actual	2011 Actual	2011 Budget	2011 Variance
Total Revenues	\$357,052	\$357,734	\$324,917	\$349,183	(\$24,266)
Expenses	\$318,003	\$347,718	\$312,106	\$330,425	(\$18,318)
Mort. Prin. Pymts.	\$36,460	\$27,910	\$40,398	\$40,398	\$0
Net Income (Loss)	\$2,590	(\$17,895)	(\$27,587)	(\$21,639)	(\$5,948)

## Lutheran Terms

### A

#### **Apocrypha**

The Apocrypha is a collection of 12 books found in the Greek translation of the Old Testament called the Septuagint and in the Latin Bible called the Vulgate, but not in the Hebrew Bible. Lutherans understand these books to be important documents of the faith, but do not consider them to have the authority of the Bible. These books are called deuterocanonical (or second canon) books.

#### **Associate in Ministry (AIM)**

Associates in ministry are laypeople called and commissioned for service in congregations, agencies, schools and institutions of the ELCA. Their primary areas of service are education, youth, spiritual formation, campus ministry, outdoor ministry, music and the arts, administration, service and general ministry.


## January Birthdays

01	James Osburn
02	Diane Olson, Katie Rathburn, Walter Maxon
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
16	Holly Slater
18	Katie Goff
20	Hal Scott, Curt Johnson, Nathan Wood
21	Scott Peterson, Carolyn Munley
23	Gary Behlen, Maddie Lamphere, Charlotte Maxon
28	Diane Willert
29	Joe Salinas
31	Joe Labozan

# JANUARY WORSHIP VOLUNTEER SCHEDULE

				Communion			Sound Board	Lector	Assisting Minister
				Acolyte	Ushers	Altar Care			
January 1	9:30 a.m.	Youth! ↓	Larry Danielson Peter Dietze	Gwen Wharton	Helen Kraft		Bill Renfer	Gail Strobel	
January 8	8:00 a.m.		Bob Kelly Bob Martig	Jo Anne Malmgren	Brett Woodiel	Bob Kelly	Kirsten Lamphere		
	10:30 a.m.		Burt Gillan Martha Stange	Karen Martindale	Mohler Mohler	Kevin Martindale	Kellie Martindale	Melissa Johnson	
January 15	8:00 a.m.		Greg Lefferdink Brett Woodiel	Ethel Pope	Gwen Wharton Bill Wharton	Alan Altman	Jessica Gribble		
	10:30 a.m.		Erik Peters Julie Horan	Helen House	Jenny Evarts Martha Stange	Tom McAvinew	Jenny Evarts	Karen McAvinew	
January 22	8:00 p.m.		Al Altman Bill Wharton	Diane Olson	Diane Olson Reenie Travis	Brett Woodiel	Kady Martin		
	10:30 a.m.		Lori FitzRandolph Matt FitzRandolph	Kathleen Tower	Joyce Bowlin Karen Nielsen	Kevin Martindale	Kellie Lisi Davis	Susan Tower	
January 29	9:30 p.m.		Helen House Buz Rathburn				Neil Olien		

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Name of Jesus</b> 9:30am Worship with Holy Communion No Sunday School or Adult Forum	<b>2 Church Offices Closed</b> 3:45pm – Community Table 6:30pm - YABS	<b>3</b> 6:00pm - Youth Group	<b>4</b> 6:00pm - Youth Group	<b>5</b> 6:00pm Handbells	<b>6</b>	<b>7</b> 2:00pm - Organ Rehearsal
<b>8 Epiphany of Our Lord</b> 8:00 & 10:30am Worship with Holy Communion 9:00am - Coffee Fellowship 9:10am - WGE Rehearsal 9:15am - Sunday School for all ages **Deadline to submit items for the Parish Visitor**	<b>9</b> 9:00am - Staff Meeting 7:00pm - Gospel Voices of Boulder 7:30pm - Alanon	<b>10</b> 10:30am - Pastors' Study 7:00pm - Festival Choir	<b>11</b> 10:00am - Bible Study 6:00pm - Youth Group	<b>12</b> 6:30am - Men's Breakfast & Study at Egg & I 6:00pm Handbells	<b>13</b> Middle School Youth Gathering – Colorado Springs until January 15 <sup>th</sup>	<b>14</b> 2:00pm - Organ Rehearsal
<b>15 1<sup>st</sup> Sunday after Epiphany</b> 8:00 & 10:30am Worship with Holy Communion 9:00am - Coffee Fellowship 9:10am - WGE Rehearsal 9:15am – Intergenerational Sunday School event	<b>16</b> 9:00am - Staff Meeting 6:00pm - Church Council 6:30pm - YABS 7:00pm - Gospel Voices of Boulder 7:30pm - Alanon	<b>17</b> 10:30am - Pastors' Study 7:00pm - Festival Choir	<b>18</b> 10:00am - Bible Study 6:00pm - Youth Group	<b>19</b> 6:00pm Handbells	<b>20</b>	<b>21</b> 2:00pm - Organ Rehearsal
<b>22</b> 8:00 & 10:30am Worship with Holy Communion 9:00am - Coffee Fellowship 9:10am - WGE Rehearsal 9:15am - Sunday School for all ages	<b>23</b> 9:00am - Staff Meeting 7:00pm - Gospel Voices of Boulder 7:30pm - Alanon	<b>24</b> 10:30am - Pastors' Study 7:00pm - Festival Choir	<b>25</b> 10:00am - Bible Study	<b>26</b> Noon – Senior Luncheon 6:00pm Handbells	<b>27</b> Men's Retreat – Estes Park, CO until January 28 <sup>th</sup>	<b>28</b> 2:00pm - Organ Rehearsal
<b>29</b> 9:30am Worship with Holy Communion 9:00am - Coffee Fellowship 9:10am - WGE Rehearsal No Sunday School or Adult Forum Congregational Meeting	<b>30</b> 9:00am - Staff Meeting Noon – Book Study Group 6:30pm - YABS 7:00pm – Stephen Ministry 7:00pm - Gospel Voices of Boulder 7:30pm - Alanon	<b>31</b> 10:30am - Pastors' Study 7:00pm - Festival Choir				

# GET TO KNOW YOUR CHURCH

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



**Evangelical Lutheran  
Church in America**

God's work. Our hands.

## MOUNT CALVARY CHURCH STAFF

Pastor: Sara Wirth

[swirth@mountcalvary-boulder.org](mailto:swirth@mountcalvary-boulder.org)

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Organist: Kristina Eller

[krystyna\\_e@hotmail.com](mailto:krystyna_e@hotmail.com)

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[jdavis@mountcalvary-boulder.org](mailto:jdavis@mountcalvary-boulder.org)

Rainbow Day Care Director: Karen Peterson

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

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[bshannon@mountcalvary-boulder.org](mailto:bshannon@mountcalvary-boulder.org)

Sexton: Al Altman, Volunteer

## MOUNT CALVARY WEB PAGE:

[www.mountcalvary-boulder.org](http://www.mountcalvary-boulder.org)

## ROCKY MOUNTAIN SYNOD WEB PAGE:

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

## ELCA WEB PAGE:

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

## AUGSBURG FORTRESS WEB PAGE:

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

## THE LUTHERAN WEB PAGE

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

## OFFSITE CONSULTANTS

Parish Resource Center

(303) 756-9099/[prcco@juno.com](mailto:prcco@juno.com)

## CHURCH PHONE NUMBER:

(303) 499-1444

## CHURCH OFFICE HOURS:

Monday–Friday 9:00 a.m. to 4:00 p.m.

## CHURCH COUNCIL:

[mcclc-council@mountcalvary-boulder.org](mailto:mcclc-council@mountcalvary-boulder.org)

## Council Officers:

President: Del Shannon

Vice President: Barb Martig

Secretary: Jenny Evarts

Treasurer: Emily Brinkman

## Council Representatives:

Bonnie Altman (Personnel)

Cindy Jones (Fellowship)

Kirsten Lamphere (Worship)

Barb Martig (Stewardship)

Tom McAviney (Property)

Scott Peterson (Youth)

## Committee Chairs:

Adult Forum: Bill Wharton

Fellowship: Linda Wood

Finance: Emily Brinkman

Parish Health: Linda Hultman

Property: Morey Bevers

Stephen Ministry: Norma Schattke

Stewardship: Peter Dietze

Worship: Hannah Wunsch

Altar Care: Janet McDaniel

Visual Arts: Martha Stange

Youth: Jason Davis

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Lutheran Church  
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Worship Services 8:00 a.m. 10:30 a.m.  Sunday School between services
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# JANUARY WORSHIP SCHEDULE

Name of Jesus <b>January 1</b> 9:30 a.m. Worship with Holy Communion No Sunday School or Adult Forum	First Sunday of Christmas <b>January 8</b> <i>Epiphany of Our Lord</i> 8:00 a.m. Worship with Holy Communion 9:00 a.m. Coffee Fellowship 9:15 a.m. Sunday School and Confirmation Classes 9:15 a.m. Adult and Youth Forums
Second Sunday after Epiphany <b>January 15</b> 8:00 a.m. Worship with Holy Communion 9:00 a.m. Coffee Fellowship 9:15 a.m. Intergenerational Sunday School Event 10:30 a.m. Worship with Holy Communion	Third Sunday after Epiphany <b>January 22</b> 8:00 a.m. Worship with Holy Communion 9:00 a.m. Coffee Fellowship 9:15 a.m. Sunday School and Confirmation Classes 9:15 a.m. Adult and Youth Forums 10:30 a.m. Worship with Holy Communion
Fourth Sunday after Epiphany <b>January 29</b> 9:30 a.m. Worship with Holy Communion No Sunday School or Adult Forum	