

Community UCC
2650 Table Mesa Drive
Boulder CO 80305
303-499-9119
www.cuccboulder.org

Worship and Sunday School 10:00 a.m.
Rev. Pete Terpenning, Minister
An Open and Affirming Congregation

FEBRUARY 2006



The ECHO

INTERESTED IN LEARNING HOW TO MAKE WIRE WRAP JEWELRY?

During the choir season, you might have noticed Erika Webb working on jewelry pieces. Well, now it's your chance to learn how! Erika Webb will be leading a class on **Feb 26th** after church on how to make wire wrap jewelry. The class and all the materials are FREE. She does ask that you consider making a \$15-25 donation to the church if you are interested in participating (but it is not required to come!). Learn how to make a beaded earring, bracelet or even a necklace. Grade school through adult are welcome. Please let Erika know if you are interested in participating so that she will have enough supplies and tools!

DO YOU HAVE A SKILL YOU COULD TEACH?

Do you know how to re-wire lamps, scrapbook, quilt, paint, build websites, use Photoshop, network your house, cook? Why not consider offering a class to the congregation? It's a great way to build Fellowship and get to know other members and friends of the CUCC. On top of that, you can offer a free class, but ask for a donation to the congregation, which helps us meet our budget! It adds to the stewardship of our church when we contribute not just money, but time and talent! See Erika Webb for details about how to get started.

THANK YOU!

For many years C.U.C.C. has participated in Boulder county's Family to Family program at Christmas time providing gifts to local people in need. This year I was honored to serve as C.U.C.C.'s liaison with the county, collecting the names and requests for 8 individuals, totaling 30 separate gifts. Our church community responded with open arms and it wasn't long before each item on the list was spoken for, returned to me wrapped and ready to go. I delivered all of the packages on Monday to the social services office - the personnel appreciated our open hearts and generosity. Someone from their office will e-mail a letter to me that I will copy for each of the donors to use at tax time. I want to thank all of you that chose to do this valuable activity with your family or on your own. It means so much to so many right in our own backyard. Your kindnesses are deeply felt. Happy Holidays, Sue Hagedorn.

HOLY SMOKES:

Flatirons Habitat for Humanity is sponsoring this new benefit in which local pastors will be cooking and local church groups will be entertaining (including ours!). The event is **11 am to 2 pm Feb. 25** at the Broomfield United Methodist Church. Tickets (\$10 each) and directions are available from Pete; please join us!

Pete's Letter

For me, one of the most valuable things to come out of the Caring Ministry Course at our church so far is a renewed interest in Centering Prayer. I know many of you are probably familiar with this method of prayer, but it's worth repeating! I particularly appreciate the approach taken in the book we are using in class, "Caring Ministry, A Contemplative Approach to Pastoral Care" by Sarah Butler. She notes that much of what we do in Caring Ministry is learn to listen. By learning to listen to people we move our focus from caring for ourselves and making ourselves feel better to caring for the other person. Instead of filling silences by turning the conversation back to our own concerns, we learn to sit with the silence and listen.

When considering prayer, many of us are drawn to fill the silence with our concerns, our needs and our requests. Again, listening is something that can assist us. As we sit with the silence and the sacred word we are opening the way for an encounter with God. The Risen Christ is among us and lives in each one of us; he is present everywhere and at all times. Centering and contemplative prayer is an opening our hearts, our whole being to God who is within us and within all creation; "closer than breathing, closer than thinking, closer than choosing, closer than consciousness itself". (Sarah Butler)

The Method of Centering Prayer (thanks to Fr. Thomas Keating)

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within. It can be a new word each time and can be chosen during a brief preparation time. Examples; Lord, Jesus, Father, Mother, Love, Peace, Calm, Trust, Shalom.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within. Sitting comfortably means not to encourage sleep, but comfortable enough to avoid thinking about discomfort of our bodies. Whatever sitting position is chosen, keep the back straight. We introduce the sacred word gently as laying a feather on a piece of absorbent cotton.
3. When you become aware of thoughts, return ever so gently to the sacred word. Thoughts means feelings, images, memories, reflections and commentaries. Thoughts are normal during center prayer, but "return ever so gently to the sacred word".
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

Notes:

The minimum time for this prayer is twenty minutes. Two periods are recommended each day, one first thing in the morning and one in the afternoon. The end of the prayer period can be indicated by a timer as long as it doesn't have a loud tick or a loud sound when it goes off. We may notice slight pains, itches or twitches in various parts of our bodies or generalized restlessness. These are usually due to the untying of emotional knots. We may also notice heaviness or lightness in the extremities. This is usually due to deep level of spiritual attentiveness. In any case, pay no attention, rest in the feeling briefly and return gently to the sacred word.

Blessing on your prayer disciplines!

Pete

ECHO DEADLINE:

The deadline for the **March 2006** edition of the CUCC newsletter, *The Echo*, is **Sunday, February 26, 2006** Please get articles to Susan Carter Ruskell (ruskell@pobox.com) no later than **3 p.m.** that day. Early submissions are appreciated.

GROCERY COUPONS:

If you have not purchased these coupons in the past, please consider doing so. You pay face value for the coupon (or gift card) and the church gets 5% of that face value for our budget. See Carl Love to purchase coupons for most of your favorite area grocery stores, including Safeway, King Soopers, Vitamin Cottage & Wild Oats!

CUCC CHOIR:

The Christmas season was an exciting and gratifying one with inspiring choir music. I am particularly grateful to all the choir members who helped to make that happen. It is exciting to have TWO men's sections that each hold their own parts with confidence. As we get more members in each section, the choir will continue to increase its potential. If you do not now sing with the choir, please consider it for the Easter Season. Choir rehearsals will start **February 26**. Lend your voices and your hearts in joyful music making. Kamilla

BULLETIN INFORMATION:

Please get bulletin announcements to Sue Hagadorn and/or Linda Krumpek, our new Administrative Assistants. E-mail is preferred: ucochrist3@qwest.net or call the church office (please have announcements written out before calling) 303-499-9119.

WE SHARE THE KITCHEN:

Meadowlark Preschool leases the kitchen as part of their rental agreement. The kitchen **must** be cleaned up after Sunday fellowship by the refreshment volunteers and after any evening meetings. The dishwasher **must** be run.

COMMUNITY UCC:

Minister: Rev. Pete Terpenning
Administrative Assistant: Sue Hagedorn & Linda Krumpek
C.E. Coordinator: Karen Sterner-Howe
Youth Group Leader: Jamie Paul
Moderator: Frank Ciskovsky
Narrator: Vicki Tonski
Scribe: Jayson Webb
Treasurer: Carl Love & Kathy Rudge
Financial Secretary: John & Vicky Graham

SPIRITUAL LIFE & FELLOWSHIP

Members of the Spiritual Life & Fellowship Commission are: Frank Ciskovsky, Jo Eleanor Elliott, Lynda Freund, Jim Gilbert, Linda Krumpeck, Kamilla Macar, Diane Martin, Jean Scott, Sue Thoele, Peter Terpenning and Vicki Tonski.

The Commission's duties include keeping worship meaningful and uplifting, providing refreshments for Fellowship time, creating celebrations for special occasions, instigating educational opportunities, and seeing to the nuts and bolts necessities of setting up chairs, providing ushers, greeters, worship leaders, special music and supplies such as candles and altar adornments.

If you have comments, concerns, suggestions or accolades concerning the duties of the commission, please talk to any member listed above. If you want **TO VOLUNTEER** for any of our myriad tasks, we'd **LOVE** to include you!

One great way to get better acquainted with others is to participate in this month's revival of our famous **CIRCLE SUPPERS**. They are small dinner or lunch gatherings at member and friend's homes. If you would like to host and/or attend, please talk with Jean Scott or Anne Dietz.

OPPORTUNITIES:

* We are always in need of volunteers for the rewarding duties of **ushering** and **greeting**. A sign up sheet is posted by the kitchen pass-through.

* If you would like to bring refreshments or clean up after Fellowship Hour, please sign up on the sheet provided.

CHURCH OFFICE

Great news! Someone who is willing to tackle the office is taking over as office assistant for the church. Actually, it's two people. Please welcome Sue Hagedorn and Linda Krumpeck to this very important position. Give them a little slack as they learn about the various systems which keep this church humming along. The office hours will be **9am – 12 noon on Monday, Wednesday and Thursday**.

USE OF THE CUCC SPACE:

Renting space in our church is becoming more and more important as we try to meet our budget. More groups are asking to use the space in the evening during the week. Any group from our church who wants to schedule events to be held here **must** clear it with the central calendar in the office. Please do not assume that Sue and Linda know you are meeting. You can always look at the calendar in the hallway to see if the space is available, but do not add anything. Talk to the office.

MONTHLY POTLUCKS:

At the beginning of the year, the Christian Education Commission conceived of the idea of building community at church by instituting fellowship potlucks **the first Sunday of each month**. This has been a success, and though some months are better attended than others, we always have a group, and always a nice assortment of food. The next one is Feb. 5th, after church, plan to join us!!

HOME COOKING FOR UMHE

Every few months it's our turn to provide food for hungry students at the UMHE House on Grandview Avenue. Wednesday nights as many as 25 college students gather at 5:30 pm to receive food for the spirit provided by the Reverend Tamara Boynton and Cynthia Brix, and food for the body provided by one of the associated churches. On January 18 CUCC volunteers cooked a variety of delicious things and delivered them to UMHE (United Ministries in Higher Education).

Cheers for our January food-providers: Erika Webb, Jessie Inglefield, Kris Zbranek, Kathy Leftwich, Debbie Hayes, and Joyce Robertson. Truly, a ministry to a ministry!

EVOLUTION SUNDAY - FEBRUARY 12th:

On **February 12**, Community UCC will join over 350 churches from many denominations across the country with a special service on the compatibility of religion and evolution. After the service, people are invited to participate in a discussion on evolution and Christianity and to watch a DVD entitled "Evolutionary Christianity." Books, posters, videos and other educational resources will be on hand for people to learn more about the reconciliation of faith and science.

Following is a statement by Michael Zimmerman, national coordinator of Evolution Sunday: "For far too long, strident voices, in the name of Christianity, have been claiming that people must choose between religion and modern science. More than 10,000 Christian clergy have already signed The Clergy Letter demonstrating that this is a false dichotomy. Now, on the 197th anniversary of the birth of Charles Darwin, many of these leaders will bring this message to their congregations through sermons and/or discussion groups. Together, participating religious leaders will be making the statement that religion and science are not adversaries. And, together, they will be elevating the quality of the national debate on this topic."

For more information, please contact Cathy Russell at 303-543-3807 or visit www.epicofevolution.com.

ASH WEDNESDAY AND LENTEN STUDY

Ash Wednesday comes early this year on **March 1**. We will have an Ash Wednesday service at **6:00 pm**. We hope the earlier time will make it more accessible to more people to stop by after work and get home early.

There will be a Lenten study, which we are still developing....Tuesday evenings and Thursday mornings during Lent. Stay tuned for details!

WELCOME NEW MEMBERS:

There will be an opportunity for New Members to join the church in late February or early March. The date will be set after Pete talks with the folks attending the New Member Exploration Class. **Probably on March 5**. See Pete if you have questions or would like to join on that Sunday!

February/March 2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
<p style="text-align: right;">5</p> <p>8:30 Taize Service 10 a.m. worship Communion Potluck after church</p>	6	7	8	9	10	11
<p style="text-align: right;">12</p> <p>8:30 Taize Service Evolution Sunday 10 a.m. worship 6:30-8:30 High School Youth Group</p>	13	14	15	16	17	18
<p style="text-align: right;">19</p> <p>8:30 Taize Service 10 a.m. worship 6:30-8:30 High School Youth Group</p>	20	21	22	23	24	25 11-2 Habitat BBQ Fund- raiser
<p style="text-align: right;">26</p> <p>Echo Deadline 8:30 Taize Service 10 a.m. worship Choir rehearsal 11:30 Wire Wrap Jewelry Class after worship 6:30-8:30 High School Youth Group</p>	27	28	March 1 Ash Wednes- day service 6:00 p.m.	2	3	4
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