



October Newsletter 2020

Park Hill United Methodist Church

5209 Montview Boulevard

Denver, CO 80207

303-322-1867

www.phumc.org

Members and Visitors!

Welcome Members and Visitors! We have a Christian Education Hour at 9:00 a.m. for Sunday School and Bible Study. At 10:00 a.m., we have one Unified Worship Service. Please join and grow with us! Until further notice, we are worshipping online. You can access the livestream of worship each Sunday at 10:00am by visiting phumc.org/livestream.



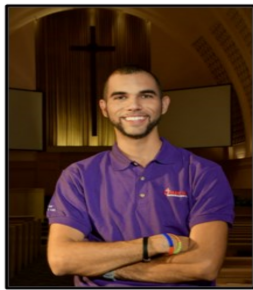
Mission Statement

Because Christ calls us to love all people, we live out our faith through discipleship, diversity, acceptance, social justice and mission. Come grow your spirit with us!

Welcoming Statement

As an inclusive community of faith, Park Hill United Methodist Church is an open and affirming congregation, embracing diversity, service, unconditional acceptance, and the care and support of all people in the name of Jesus Christ. We invite all people to join our congregation in ministry and worship, including those of every race, ethnicity, language, age, physical or mental ability, gender identity, sexual orientation, political affiliation, socio-economic class, marital status, and faith history.





Lead Pastor Nathan

October 2, 2020

(continued from first page)

Hi Park Hillers,

A new month is here as we fully welcome October and our beautiful fall here in Colorado. I'm seeing pictures of and hearing about how beautiful our aspens are! I'm also really enjoying our crisp morning air while I'm out on my runs around town.

October at Park Hill UMC has traditionally meant Pumpkin Patch time! Well, some good news, even though 2020 has changed so much in our lives together and around the world, our Pumpkin Patch is still on for this year! It begins this Monday, October 5. A very big word of appreciation to our Children and Youth Ministries Director, Tory Doerksen, Jeanelle Robnett-Parker, Dawn Givens, our youth and their families, and all of you who will volunteer to make this happen this year in a safe way.

Now full disclosure, the Pumpkin Patch is a go as I write this, but it will look differently this year due to COVID-19. Details about how to order and/or pick out your pumpkins are later in this email. So please read on. We are still in need of people to serve as volunteers in the pumpkin patch. Again, read below for more details on that. Remember, proceeds from the Pumpkin Patch go to help support our youth ministry and activities. Not only that, but our pumpkins are grown on a farm staffed by members of the Navajo community in New Mexico and our Patch served as a favorite fall tradition of our neighborhood. So, not only does our patch help our youth here in Denver, it is also helping and serving others here and beyond.

Speaking of helping to serve both our church community and beyond, on Sundays, we just wrapped up a worship series and a series of interviews as part of our "Conversations with Experts" on the idea of "Keeping the Faith through COVID-19." Our topics ranged from mental and physical health to fear, loneliness, and community. If you missed any of these services or any of the conversations, recordings of all of our worship services as well as these interviews are available on our PHUMC YouTube page at <https://www.youtube.com/parkhillumc>

As we transition this fall in worship on Sunday mornings, we will be moving through a couple of short worship series. Our first will be a series titled, "Staying Beyond the Offering Plate." This will serve as our annual worship series on stewardship and our stewardship drive. We'll be talking about how we use our minds, technology, and finance (among other resources) to experience and share the love of God. More info on the series is below.

Our stewardship drive each fall is a time for you to consider what your financial pledge to the life, ministry, and work of God through our church will be for the coming year. Our stewardship series and drive had recently been held in November, but this year we moved it up a little earlier so that we could spend a few weeks around the 2020 election to talk about the importance of voting, having empathy, and how we can remain hopeful through all of it. We'll spend several Sundays starting Oct. 25th to study and discuss the story of the Good Samaritan in Luke 10 and what we might learn from it when it comes to voting and elections.

You'll be hearing more about both stewardship and our "get out the vote" efforts from myself, our various committees and teams, and others in the coming weeks.

For now, as it relates specifically to stewardship, I offer a big thank you to all of you who continue to give financially and in so many other ways in the life of our church. Thank you for your faithful and generous stewardship.

I also offer all of us a challenge as you begin to think about your stewardship commitment for 2021:

- If you are a current pledger of your finances and service, I invite you to pledge again for 2021.
- If you give currently, but haven't pledged to do so before, I invite you to make a financial and service pledge in 2021.
- If you don't regularly give financially and through service, I invite you to begin to do so in 2021.

(continued on last page)

Commitment Sunday is October 18. You'll be receiving a hard copy of the 2021 Commitment Card in the mail soon. You can mail that back to the church or email your responses to finance@phumc.org. If you prefer to fill out your 2021 Commitment Card electronically, good news, you can do that right now by [clicking here](#).

I know 2020 has been a rough year for so many of us for so many reasons, but as I look toward the rest of the year, I know there will be more rough patches, but I also know that we will continue to thrive and grow as a church as we've been doing throughout this year. With God's help and working through us, I am confident that we will continue to grow individually, our spirits as we continue to reach more and more people here in Denver and beyond, as we invite them to grow their spirits with us.

It's going to be a good fall at Park Hill UMC! I'm grateful that you'll be a part of it.

Have a great weekend everyone!

Grace and peace,

Pastor Nathan,
Lead Pastor

The Church Building is Still Closed

Because of the COVID-19 pandemic, the church building remains closed. Only staff and essential volunteers should be in the building at any time. If you must come into the building, please sign the visitor log at each entrance; this is needed for contact-tracing purposes. Remember to wear a mask at all times, use hand sanitizer regularly, remain physically-distanced from anyone else in the building, and limit your time in the building. If you need to schedule a time to use the building, please contact Kim Harris, Church Operations Director (kim@phumc.org). Thank you for helping to keep everyone safe!

PHUMC Financial Statement

August, 2020	August, 2020			Jan-August			
	Monthly			Annual			
	Actual	Budget	Variance w/o Pooled and investments	Actual w/o Pooled Funds & Investments	Budget Jan-August 2020	Variance w/o Pooled and investments	
Pledges & Contributions	\$ 41,115	\$ 41,580	\$ (465)	\$ 391,698	\$ 345,761	\$ 45,937	
Building Use	\$ 10,726	\$ 13,138	\$ (2,412)	\$ 100,478	\$ 130,964	\$ (30,486)	
Total Income	\$ 52,637	\$ 54,718	\$ (2,080)	\$ 495,277	\$ 484,625	\$ 10,652	
Total Expenses	\$ 61,646	\$ 62,044	\$ (398)	\$ 487,697	\$ 519,599	\$ (31,902)	
Income over Expenses	\$ (9,008)	\$ (7,326)	\$ (1,682)	\$ 7,580	\$ (34,974)	\$ 42,553	
Giving income continues to exceed budget. THANK YOU SO VERY MUCH.							
Expenses in August were very close to budgeted expenses, under \$398.							
August report does not include unexpected nearly \$9000 in HVAC repairs, half from 2019.							
Thank you for your support even when Staying Safe at Home							
Please contact us with your comments, questions or concerns.							
Ruth Ann Russell, Volunteer Church Treasurer, 303.726.6632, ra-russell@comcast.net							
Peg Newell, Chair of Finance Committee							

A generous gift was given to PHUMC by Sharon and Ronald Wermers to honor the memory of Leslie and Mary James, long-time members of the church.



Worship Information

For the foreseeable future we will be worshipping online. You can access the livestream of worship each Sunday at 10:00a.m. by visiting <https://phumc.org/livestream/>. We'll have music, a sermon, a children's message, prayer and more. So that you can follow along more easily, we have created a digital order of worship with lyrics, interactive readings, and more. [You can access it by clicking here.](#) We hope you will plan to join us on Sundays!



“Staying Beyond the Offering Plate: A Stewardship Series”

How are you using your mind to share God’s love with others? How about your technology? And, yes, how about your finances? Join us on Sundays in worship starting next week, Oct. 4 for a new worship series on stewardship: how we use and share all of the resources God has entrusted to us to help share the love of God with everyone. We’ll be referencing Adam Copeland’s book, *Beyond the Offering Plate* throughout the series. We shared some from this book last November. So, we’ll be using sections from the book we didn’t cover last year. Hope to see you then!

Drive-Thru Communion

This Sunday, October 4 is “Drive-Through” Holy Communion, 12 pm, following our regular livestreamed worship service. This will be at the Montclair/Newport Street Retreat campus (1195 Newport St.). **Please come down Newport Street from the north.** In addition to Holy Communion, you will be invited to tour this facility (socially-distanced and wearing a mask, of course). We will still worship online at 10:00a.m. that morning and celebrate Holy Communion virtually as part of that worship service as we have been doing. We hope you can make it!



October Birthdays

Naomi Luck	10/1
Miley Rykert	10/1
Carol Shockness	10/2
Donita Wickersheim	10/4
Wilson Rhead	10/4
Meghan Bentley	10/4
Marjorie Hopkins	10/6
Kayla Schoenbrunn	10/7
John Basham	10/8
John Davis	10/9
Arlyn Aggen	10/10
Rita Basham	10/13
Ishbel Garrett	10/13
Segnorina Charles	10/16
Ida Lavender	10/22
Pauline Miles	10/25
Kim Harris	10/26
Kate Kundahk	10/28
Ella Goodwin	10/29
Lily Goodwin	10/29
Wyatt Rykert	10/30
Sarah Flores	10/31



October Wedding Anniversaries

Jay & Ann Kusic	10/2
Jeff & Rachel Rykert	10//8
David & Sherri Penney	10/14
John & Laura Cronin	10/22



Did we miss your birthday or wedding anniversary? If so, please call the church office at 303-322-1867 or send an email to church@phumc.org to update your information.
Thank you!



Staying Connected Through Discipleship and Relationship Small Groups Page

Stay connected with the small groups we are offering virtually during this time by visiting our Small Groups Page on our church’s website! This is a great time to see your church friends and share coffee and discussion with them! <https://phumc.org/small-groups/>

Going Deeper After Worship

Join us at 11am (MDT) on Sundays after worship to have fellowship and discussion with one another. During our “Staying Beyond the Offering Plate” stewardship worship series we’ll visit with one another and discuss more deeply Adam Copleland’s book referenced in worship, Beyond the Offering Plate. Join the discussion by the Zoom link: <https://us02web.zoom.us/j/87113368409> or by dialing: +1 346 248 7799 Meeting ID: 871 1336 8409

Virtual New Members Class

New(ish) to PHUMC? Perhaps you have recently begun worshipping with us virtually? Maybe, you were already worshipping with us before the pandemic hit but hadn’t become a member yet of PHUMC. Have you found yourself participating in any of our social justice activities, small groups, or fellow opportunities? If you consider Park Hill UMC your church home whether you live in Colorado or somewhere else, we’d love to have you explore becoming an official member of our church if you haven’t yet. Discover what membership looks like, more about our church, expectations, and history, and also about the larger United Methodist Church by attending our Virtual New Members. The next session of classes will be held via Zoom for four weeks beginning Sunday, Oct. 18 at 11:15a.m. Contact Pastor Nathan at na-than@phumc.org for more info. Follow this link on Sundays to join the class: <https://us04web.zoom.us/j/74079506266>

Phone Tree Help

The Tender Loving Care Committee has created a phone tree system to connect with our isolated church members or those who don’t have access to join us online. We are also calling all of the clergy of the Mountain Sky Conference to let them know we appreciate them and are praying for them during these difficult times. If you are interested in calling our members or the Conference clergy, please contact Pastor Nathan. Also, if you know of members that would appreciate a weekly phone call let us know! na-than@phumc.org

Stay Connected With Us Online

- Connected with your church family and “like” our Facebook page: <https://www.facebook.com/ParkHillUMC/>
- You can find the latest updates via our email blast, Facebook page, and website: <https://phumc.org/>
- Make sure you don’t miss any videos, including all of our virtual worship services, that we post by making sure you subscribe to our YouTube page. Simply visit <https://www.youtube.com/parkhillumc> and click the subscribe button.



Though our church building is closed until further notice, we want to keep you informed about our regularly-scheduled groups, what they're about, and when they meet. Once the church re-opens, we invite you to join any one of the groups that may peak your interest. Stay tuned!

UMM Breakfast Bible Study

The United Methodist Men and the pastors invite you to join them for breakfast and a Bible study on current events every Tuesday at 7:30a.m. in the Balcony Parlor. See Pastor Nathan for more information.

UMW Meet Monthly

The United Methodist Women meet the second Tuesday of each month at 10:00am in the Murphy Library. All women are invited to attend. For further information, please contact Lovie Young, 303.373.4072.

Thursday Morning Study Group

We meet every Thursday morning from 9:30-11:00 in the Murphy Library! Everyone is welcome. Feel free to drop in any Thursday to check out our spiritual-seeking series. We have a fun-loving, sometimes, irreverent group. Call Doris Harris (303-344-1360) or Cheri Harlan (303-360-5114) for more details.

Disciple Bible Study

Meets each Tuesday night from 7:00pm to 9:00pm in Room 207. "Our door is always open to anyone who wants to join us!" Call the church for more information, 303-322-1867.

Companions in Christ-Spiritual Formation Small Group

Are you seeking spiritual renewal and understanding in your walk of the Christian community life? Come join us in a warm shared experience of spiritual nurturing, community, passion, and intentionality. Join us on the 3rd Sunday of each month in the Murphy Library at 11:30 a.m.. We Welcome You! Dr. Sandy Mason, Facilitator. (sandymason1227@gmail.com)

Book Club

Our regular meeting of the Book Club is held the 2nd Thursday afternoon of each month in the Murphy Library from 1:00 to 2:30. This is a fun, light-hearted group who enjoys fun, light-hearted, but serious conversations about the books chosen. Everyone (and their input) is welcome!

Mental Health Resources

If you or anyone you know is struggling with any of the issues we're talking about throughout the Mental Health Sermon Series, please reach out to **Colorado Crisis Services, available 24/7 via phone (1-844-493-8255), text (38255), or at a drop-in location listed at <https://coloradocrisiservices.org/>.** You can also call the **National Suicide Prevention Lifeline at 1-800-273-TAL (8255.)**



Let us remember our members who are unable to worship with us each Sunday and keep them in our prayers. Many would love to receive a card, phone calls and/or visits. Call the office for their contact information - 303.322.1867.

Church Members and Friends in need of our Prayers

Ruth Batie - Home

Gail Davis - Home

William & Dorothy Goe - Belleview Suites at DTC

Dorothy Griffin - Home

Gloria Harris - Home

George & Jean Knowles - Home

Ida Lavender - Home

Amy Marsh - Home

Arnold Roane - Time Grove Crossing in Parker

Alma Urquhart - Alpine Living Center

Marcia Ziegler - Home

If you would like to have your emergency contact listed in the church database in addition to those in your immediate family, please send that information to Desiree Marchman, church@phumc.org or Ruth Ann Russell, ra-Russell@comcast.net.

Please contact Chris McCandless, 303-399-1089 or the office - 303.322.1867 to notify us of yours or a member's illness and if you or they would like a visit from Pastor Nathan or Pastor Laura.



Giving Information

Church Giving Options

During this time of the suspension of our in person gatherings and meetings, we give thanks for all of you who have remained faithful in the giving of your tithes and offerings. This allows us to continue to pay our staff, who continue to work during this time, pay our various bills and responsibilities related to our building and such as they still continue during this time, and of course to continue our great mission work and service for our community and beyond. You all rock!

Thank you for your faithful giving during these difficult times! There are three main ways you can give right now:

- Regular Mail: Mail checks to 5209 Montview Blvd. Denver, CO 80207
- Online: Visit phumc.org then click the “Give” link at the top of the page. Follow the instructions.
- Text to Give: Text the amount you’d like to give to 877-959-7806, then follow the prompts.

UMCOR COVID Response Giving

The United Methodist Committee on Relief has established a COVID-19 relief fund. Through the COVID-19 Response Fund, UMCOR plans to release grants to equip partners who assist vulnerable populations around the world impacted by COVID-19, including racial/ethnic and indigenous communities in the United States.

United Methodist Committee on Relief

Prayers abound for the communities dealing with recent fires, hurricanes and tropical storms. The needs seem to multiply each week. The United Methodist Committee on Relief stands with our siblings and will support them on the long road of recovery ahead. UMCOR is providing funding to meet immediate needs and will continue to work with affected conferences in the days and months to come.

During this time, you can help, too, by giving to U.S. Disaster Response. 100% of your gift directly supports UMCOR and its partners in the work of alleviating human suffering and advancing hope and healing. Please go to their website to give.

October 5-12, 2020

FUNDRAISE with School Days

Get 15% Off. Get 15% Back.

tea

TEACOLLECTION.COM



October 5-12, 2020

Fundraise with School Days

Shop 15% off at Tea Collection using our
promo code [SDF20PARKHILL](#), and 15% of your
order will be donated back to our program!

Thank you so much for supporting The Children's Center!

Children's Center Family Night Dine out or Order in!

**October
6th
4-10pm**



at Ester's on Oneida!

**Mention the Children's Center to help us
earn 20% back for our non-profit
preschool!**

dine-in * order carry-out * order delivery



Children and Youth Information

<https://phumc.org/families/>

- **Sundays:**

- ◇ 9:00-9:30am **Children's Zoom** (incoming 5th Grade and younger)
- ◇ **Youth Group** will resume on Oct. 11th, along with the start of Confirmation Sunday evenings. Look for an email from Mr. Tory for more info. Otherwise our Sunday activity this week is the Pumpkin Patch unloading 1-5:30pm. See additional notes below.

Pumpkin Patch Volunteers

- 1) If you'd like to help unload pumpkins on Sunday afternoon (Oct. 4), **please email tory@phumc.org before Sunday morning - there are three unloading shifts of 1:00-2:30pm, 2:30-4:00pm and 4:00-5:30pm.** We do not have access to the church restrooms, as our building is still closed. Please bring your own water bottle and mask. Volunteers will unload pallets/bins by household, 6ft apart from any other household. No more than 15 people will be in the patch at any given moment. We hope to unload 15 pallets/bins of pumpkins each hour to finish around 5pm. Thanks to the additional forklift and jack operators who are helping us this year!
- 2) **Volunteers** can also sign-up for weekdays: 9:30-11:30am or 3:30-6:00pm, or a weekend shift between 9:30am-6:30pm. Mr. Tory, Jeanelle and Dawn will be training/helping volunteers throughout the month, as we'll now be filling orders and loading trunks. <https://www.signupgenius.com/go/508084aacac22a7fd0-pumpkin1>
- 3) You can order Pumpkins online this year, and learn more about this year's patch, through our **online store** (thanks to Candace and Phillip Holmes): <https://parkhillpumpkinpatch.square.site/>

PHUMC Missions and Social Justice Updates and Opportunities!

There are fewer than 35 days before the election! With that in mind, the Missions and Social Justice Team is partnering with Together Colorado to support Proposition 118 (for Paid Family Leave) and to engage in voter mobilization efforts.

Here are some things you can do right now!

1. **Sign up to support Together Colorado's campaign for Proposition 118.** You are invited to participate in our work with Together Colorado to support Paid Family & Medical Leave and get out the vote for this crucial election year! Please consider participating in this important effort to deliver literature to the doors of 16,000 voters throughout the state and text voters in the three weeks before the election. **We must make the way for our families and communities in this crucial election! You can sign up here: <https://bit.ly/20tccshifts>**
2. **Stay tuned for Together Colorado's voter mobilization efforts!** In the meantime, here are some organizations that support local and national efforts to encourage people to vote:
 - [Reclaim Our Vote](#)
 - [Vote Forward](#)
3. **Black Lives Matter Yard Signs.** Thank you Park Hill! We've now sold more than 200 signs, so we've bought some more! To reserve your Black Lives Matters yard sign and to contribute to upcoming antiracism work at PHUMC:
 - Visit phumc.org then click the "Give" link at the top of the page. Follow the instructions. Click on Black Lives Matter Sign or type BLM in the "Other" section.
 - Text to Give: Text 877-959-7806; click the link and complete the fields with \$30 as the donation amount under the Black Lives Matter Sign category. You may enter "Funds" in message and send to see a list of restricted fund areas.
 - Mail checks made out to the church for \$30.00 (suggested price) to 5209 Montview Blvd. Denver, CO 80207, for each yard sign requested with "BLM Sign" in the memo section.
 - To reserve your sign, please reach out to Ruth Ann Russell at ra-russell@comcast.net. Signs will be available for pickup at the church every Monday between 11 and noon in front of the Montview Entrance to the church.
4. **Share what you're doing!** If you've got a yard sign, send us a picture! If you're participating in phone or text banking, let us know! We want to share the good work our congregation is doing to encourage civic participation and being good, loving Neighbors. If you'd like to share your good work, email steve.holzrussell@gmail.com so we can include your stories and pictures and future email w, Facebook, and our phumc.org/missions web-site!

[New Missions page on our website!](#)

Check out <https://phumc.org/missions/> to see more ways our church family is supporting people in need and how you can get involved to support organizations in our areas of focus: Immigration, Racial Justice, LGBTQIA+ advocacy, and poverty.



Early Reading & Mentoring Program

SEPTEMBER 2020



"EARLY READING & MENTORING PROGRAM" AT HALLETT ACADEMY

Dear Park Hill UMC members,

We thank you for helping our Hallett students! The books you purchased over the summer will help build their home libraries. Even during a pandemic, we can count on you to assist in closing the literacy gap for the ECE and Kindergarten students at Hallett.

We look forward to new ways that you will be able to support the students and teachers for the 2020-2021 school year.

Sincerely,
Lisa Bradley for the Hallett Academy ECE Teachers





The PHUMC Book Club is reading Still Alice by Lisa Genona. They are also sponsoring a Zoom presentation on Ten Warning Signs of Alzheimer's. **Everyone is welcome.**

Date: Thursday, October 8

Time: 10-11:30am

Location: Zoom

Topic: 10 Warning Signs of Alzheimer's

Jenny Lee, Community Engagement Manager

p: 720-699-9284

a: 455 N. Sherman St., #500, Denver, CO 80203

w: alz.org/co

24/7 Helpline: 800.272.3900

<https://alz-org.zoom.us/j/98120408928?pwd=a3J4dFFnSzR0dFIBaDZYOEZRODIWZz09>

Meeting ID: 981 2040 8928

Passcode: 060596

Introducing Akaashdeep Singh, born August 21, 2020, to parents, Lea and Swarandeeep Singh. Lea says, "Akaashdeep is so precious and is treating his parents well. We are so blessed to have him in our lives."



Caring for Your Whole Self During this Pandemic

Online Counseling

It's important to continue taking care of our mental health during this pandemic. If you need help connecting to a therapist that does tele-counseling, reach out to Pastor Nathan or Pastor Laura and they can help connect you. Or if you are a professional therapist and want to offer your services you can also reach out to the pastors. nathan@phumc.org or laura@phumc.org

A Little Help Nonprofit

A Little Help is a Colorado nonprofit helping older adults to thrive, mobilizing community members to serve older adults in this difficult time. In response to COVID-19, they are organizing neighborhood volunteers to grocery shop, pick up prescriptions, and run errands for our older adults and make deliveries to their homes. They are also making regular care calls to older adults for social connection, which also serve as health and safety checks. A Little Help has the ability to coordinate volunteers as part of response efforts and is accepting applications for new volunteers. <https://www.alittlehelp.org/>

One of our New Neighbors Wants to Help You!

Rosemark at Mayfair Park Senior Living Community, one of our new neighbors in the Montclair neighborhood, wants to help you! They are offering excellent soups from their commercial grade kitchen, sweets and other treats to seniors in need in our church community and beyond. They are also currently mailing out word puzzles and word games to many seniors on a regular basis and would love to expand their mail list to include you! They remain COVID free in their community and promise to use utmost care in the delivery of food or games to seniors. If you are interested in receiving food, games, or puzzles or know someone who might need this service, please contact Sara Welborn at swelborn@rosemarkmayfairpark.com or Pastor Nathan at nathan@phumc.org and he'll put you in touch with them. We're also happy to share that Rosemark regularly shows our virtual worship services to its residents! We are excited for this new community partnership!



Dear Friends and Family of Park Hill UMC:

We, the UMW of PHUMC, hope you are all doing well during these very challenging days. I'm writing to ask for your support of a very worthy cause.

Over the past 14 years, PHUMC has been working with Rev. Dr. Don Messer, the founder of the Center for Health and Hope, helping the organization raise funds to combat Global HIV and Aids throughout the world through programs of education, prevention, care and treatment.

Last year, Dr. Messer brought Bishop Catherine Mutua of Meru Kenya to Colorado and we had the pleasure of meeting with her on several occasions. The UMW and Rachel Circle have been fund raising for several years and last year we committed our organization to help the orphan girls under Bishop Mutua's care. Due to the COVID-19 virus we had to rethink how we could purchase the much needed hygiene products for these girls in order for them to attend school without shame and embarrassment. Our previous person to person fund raising sales of products at church are not possible at this time.

More details of the conditions these girls are enduring can be found on the attached brochure from The Center for Health and Hope.

Please help by donating \$20 or as much as you can to help the orphan girls of Meru Kenya for the 2020 fund raising drive. Please make checks payable to:

Center for Health and Hope 7185 South Niagara Circle Centennial CO 80112

Please write "2020" in the memo field of your check.

Thank you so much for your support.

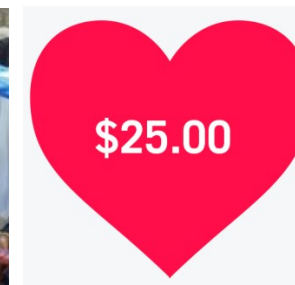
Louise West
President PHUMC UMW

This is the UMW 2020 Fund Raiser Project. We would appreciate all the support you can give.



**Help Save A Young Woman's Dignity & Health For A Year In Kenya
Give \$20 in 2020**

**Exploited & endangered, impoverished young women in COVIC-19 pandemic lack sanitary napkins & panties.
Consequences grim—increasing pregnancy and HIV infections—as girls seek money whatever way they can to meet their basic human right for sanitary pads.
Offer hope through a program of sexual health education & supplies.**



**\$20 funds napkins for a year; \$25 adds a gift of two panties
Donate \$20 or \$25—or (\$100 or \$125) or (\$200 or \$250) or
maybe \$1,000 or \$1,250 (for 50 girls), marked 2020 to: Center for Health and Hope,
7185 S. Niagara Circle, Centennial, CO 80112 or give at centerforhealthandhope.org**

Bishop Catherine Mutua, first woman bishop in Kenya, writes: "Unfortunately in Kenya today, there is a general outcry of so many teenage pregnancies. After COVID-19, thousands of girls will not go back to school because they are already mothers. The highest percentage of these girls fall into the temptation to do sex with older men, for one simple reason; "I will buy you pads." These promises of pads & pants have already prompted one county in Kenya to report almost 4000 girls may not go back to school in January 2021. Young, innocent and poor vulnerable girls end up being mothers, & the poverty circle continues, not by choice but by default. Those determined not to fall into this trap use any kind of material, e.g, they rip clothes & use small pieces as a pad; they steal toilet papers in public washrooms to use as pads, they tear the sponge from old dirty mattresses, Some will sit on the sand or soil & just let it flow for lack of a better thing to do! Consider adding pants; most of the girls do not have pants which are essential. The primary target will be the orphans & vulnerable girls in our HIV/AIDS program. We do sexual health education during the sanitary pads distribution. We are ready to hit the ground & bring girls together as soon as funds arrive! Thank you."