



## January Newsletter 2021

Park Hill United Methodist Church

5209 Montview Boulevard

Denver, CO 80207

303-322-1867

[www.phumc.org](http://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](http://phumc.org/livestream).



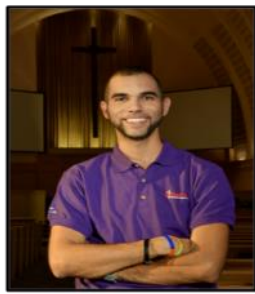
### Mission Statement

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

January 8, 2021

Hi Park Hillers,

(continued from first page)

As I write this, it is actually early in the morning on Thursday, January 7. I didn't sleep particularly well last night. And so, I found myself this morning taking our dogs out several hours earlier than I normally do as I started the day rather than tossing and turning trying to sleep after what can only be described as a disheartening day in the life of our country. Perhaps you had a similar morning one day this week...

Yesterday, my Facebook feed, favorite websites, cable news channels, and radio airways were filled with news of riots and insurrection in our nation's capital and the various responses of so many because of this, including many of you reading this letter.

I saw and share so many of your responses to the hate, white supremacy, greed, fear, and death that we witnessed this week. I am angered, disappointed, exhausted, and saddened by what we are experiencing yet again this week. I see and hear that you are too.

Again.

I write to you again, our Park Hillers, about pain, frustration, fear, and anger. Again. How many more times must I sit down at my computer to try to offer words of comfort and hope because yet again white supremacy continues to run amuck in our country, our community, and our lives? As many of you noted this week, we all are aware that had the rioters at the Capital been brown or black they would have been treated differently, to say the very least.

My struggle isn't in penning a letter to you. After all, the events of the past twelve months have given me more practice than I care to remember. Plus, I rather enjoy having this connection point with you, especially as we aren't able to physically be with one another. My struggle rather is that our everyday reality continues to warrant a necessity to write this type of letter to you.

As the writer of Psalm 13 began so many years ago, I find myself asking again, "How long, oh Lord?"

As I allow myself to ponder that question, the answer I keep coming back to is, "For as long as I'm a pastor, I'll be writing these types of letters. That's how long." I'll get to the hope piece of this letter shortly, but we're not there yet.

You see, one of the responses that I don't share with so many people from yesterday is one of shock and surprise.

If you found yourself surprised this week at what has taken place, I urge you to explore that more deeply. Why is that? Ask your friends and loved ones why they were or weren't surprised.

As Christians, we know that when evil is allowed to go unchecked, bad things happen.

Throughout our country's history, we have so often allowed evil to go unchecked. Collectively, we continue to consider some lives, some people, more important than others. We value making or saving a buck as more important than helping one another or inconveniencing ourselves. We bow to the idols of false security and American exceptionalism. We've embedded these sinful values so deeply into the systems of our country that perhaps this paragraph makes you uncomfortable. I understand. I've rewritten it several times.

So, having acknowledged this, am I surprised at what has taken place this week? No. Unfortunately, absolutely not.

Allow me to use an inadequate marathon analogy.

In marathoning, it is a common understanding at some point you are going to hit "the wall." "The wall" in a marathon is the place in the race where you'll want to quit. It is far enough into the race where your body and mind are exhausted, but there is still enough distance in the race to run that the finish line feels incredibly far away. So, your mind tries to convince you that it is just better to give up.

(continued on last page)

I usually experience "the wall" around mile eighteen of a marathon. Thankfully, I don't experience it every marathon I race. I've experienced it enough though that I know it usually happens. Another thing I know about "the wall" having raced so many marathons is that it no longer surprises me. I know as I approach mile eighteen that my legs may cramp up. I know that my pace may slow and my heartbeat will quicken. I know that my mind will begin to scream at me trying to convince me to stop; to walk off the course. And yet, I race time and time again. There's that word: again.

This week in our country and in our lives, we've experienced "the wall" yet...again. We've experienced a painful and hurtful week, but nevertheless a predicable one. One, that if collectively we have the will, we can get through and perhaps even prevent from happening again.

The great thing about "the wall," as most marathoners will tell you, is that if you can run through it, most often you'll finish the race. Plus, usually the last several miles of the marathon will feel better and easier. This is almost always the case for me. If I can get to mile twenty, the last six miles almost always seem easier. I'm sure there are scientific and biological explanations for this.

However, for me, it is as easy as understanding that in my mind, at mile twenty I start believing that I will actually finish the race. I can see myself crossing the finish line. I'm filled with hope and anticipation. I tell myself, in less than an hour, I'll be eating delicious food or maybe getting a massage or walking gingerly back to the car with a new finisher's medal around my neck and my arm around my wife, Alicia, as we celebrate the completion of another marathon.

Before any of that can happen though, I usually experience "the wall." Indeed, I might even cry out, "How long, Lord. How much longer?"

The finish line is coming Park Hillers, but we have many more walls to get through in our country, communities, our church, and in our individual lives before we perhaps even can begin to dream about crossing it. Psalm 13 begins with asking the question of, "How long?" It ends though in hope. The question isn't answered directly in the short six verses that comprise the psalm. Instead, the psalmist simply concludes, "I trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the Lord, because he has dealt bountifully with me" (Psalm 13:5-6). The psalmist's hope has been placed again in God. He reminds himself (and God) that God has been good in the past with an expectation that God will again act to help the psalmist even though that hasn't happened yet. The psalmist is mid-marathon, reminding himself that even though it is hard to imagine finishing the race, even though he may be experiencing "the wall," he's been through this before and that God has helped him to get through it. And so, it is with us.

Nicely written letters (yes, I recognize the irony), social media statements, and righteous sentiments won't help us get fully through this wall. Yes, words matter, but not if they aren't accompanied by actions.

Part of why I am so proud to be your Lead Pastor, Park Hillers, is because you get that. We find ourselves in the middle of an emphasis this month on growing as an anti-racist church. We have work to do, no doubt. I wrote about this in detail last week with information about our current worship series, the Ally Nudge app, and upcoming trainings on microaggressions and implicit biases. Our work together is as important now as it has ever been. In the middle of "the wall" our country is experiencing, our church continues to offer the balm of an aid station with all the water, Gatorade, gels, and Vaseline needed to help us and others to begin to see the finish line.

As I preached in the very first sermon I ever shared with you all as your Lead Pastor, we are all running this marathon. We may be in different places along the course, but we are in it together and we will get to the finish line. Let's keep running Park Hillers even it feels like the course is all uphill. As we do so, let us run with fully opened eyes to the pain of one another and the brokenness around us; no more surprises. Let us name evil as evil and work to heal it with God's love and presence expressed through our work together. Let us support and encourage one another along this course and let us invite others to run it with us knowing that God runs alongside us all.

It's been another hard week, Park Hillers. Together we run on. Sunday is coming. I can see the finish line up ahead. Let's get through this week's hard wall as best we can.

Grace and peace,

Pastor Nathan,  
Lead Pastor

**We want to hear your good news!**

**If you would like to share good news in a future newsletter, please send it to the TLC Ministry team, in care of [chrismccandless62@gmail.com](mailto:chrismccandless62@gmail.com).**



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### **Children and Youth Information**

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

Join the **PHUMC Families Email** for more info (by emailing [tory@phumc.org](mailto:tory@phumc.org)).

- Advent Reading Challenge ends Jan. 10th. Email [tory@phumc.org](mailto:tory@phumc.org) to let him know if you finished to get your local gift card. We'll have another challenge set for Lent coming soon.
- *Children* - Jan. 10 we'll continue **weekly 9:00am** Zooms. Venice will be sharing the story this week.
- *Youth* - Jan. 10 and 24 we'll start Zoom-ing **twice a month** this Winter and Spring, and starting a little later, at **11:30am**.
- Sustainable Youth Ministry Book Group for interested parents and youth starts this coming week. Email [tory@phumc.org](mailto:tory@phumc.org) if you'd still like to join the current group of 5. We'll be dreaming and implementing what youth ministry looks like in the 2020s.

### **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 create a digital order of worship each week with lyrics, interactive readings, and more. We hope you will plan to join us on Sundays!



### **Being an Anti-Racist Church: A Worship Series on Our Next Steps**

Park Hill UMC prides itself in being an inclusive church where all people are invited to “come, grow their spirits.” We are committed to being an anti-racist church. While we know we have done and are doing great work in this area, we realize we still have more work to do! As part of our commitment to anti-racism work, we invite you to join us in livestream worship Sundays in January as we welcome leaders of other multi-racial and multicultural churches across the country. Our pastors will chat with these leaders of other, larger churches to learn about the work their churches are doing to be anti-racist, to discover what they learned and what they'd do differently, and to see what our next steps are in this work.

On Sunday, Jan. 10th, our guest will be Dr. Mark DeYmaz, Founding Pastor and Directional Leader of Mosaic Church of Central Arkansas.

On Sunday, Jan. 17th, our guests will be the Rev. Karen Oliveto, Resident Bishop of the Mountain Sky Conference of the UMC and [Robin Ridenour](#), UMC Deaconess.

### **Church Office, Staff, and Building Updates**

#### **The Church Building is Still Closed**

Because of the COVID-19 pandemic and the continued health restrictions issued by our city and county, 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](mailto:kim@phumc.org) Thank you for helping to keep everyone safe!

# January Birthdays

Calob Rundell	1/1
Barry Miller	1/1
Dawn Givens	1/2
Mary Catherine Alexander	1/3
Doris Harris	1/4
Amener Williams	1/4
Rashad Holland	1/4
Ralph Haddad	1/5
Jacqui Shumway	1/8
Kirah Porter	1/8
Katie Goldman	1/8
Kinsey Jade Kelsen-Penney	1/10
Jacqueline McLendon	1/11
Miles Holland	1/11
Amy Marsh	1/12
Palmer Bass	1/13
Mary Waller	1/13
Kimberly Harwell	1/14
Jack Lloyd	1/14
Matilda Dawkins	1/16
Kimberly Martin	1/17
Katie Holz-Russell	1/18
Mark Marshall	1/20
Amber Penney	1/22
Krista Lavonas	1/22
Olivia Meyer	1/23
Lillie Vaden	1/24
MiChelle Walker	1/25
Frank Meyer	1/27
Jackson Marshall	1/28



## 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 "2020 Election" worship series we'll visit with one another and discuss more deeply that morning's theme and topic from worship. Join the discussion by the Zoom link: <https://us02web.zoom.us/j/87113368409?pwd=ZWFlQWhlL2tQb3E3NUtqZlJnL2tSZz09> and passcode: 116021

# January Wedding Anniversaries

Bruce & Ollie Simpson	1/1/85
Nikki Shears & Mitzi Miyoshi	1/12/97



**Stay Connected with us online**

Connect with church and family and "like" our facebook page!  
[www.facebook.com/ParkHillUMC/](http://www.facebook.com/ParkHillUMC/)

Find the latest updates via our website! [phumc.org](http://phumc.org)

Don't miss our worship services by subscribing to our youtube channel!  
<https://www.youtube.com/parkhillumc>

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](mailto:church@phumc.org) to update your information.  
 Thank you!

### Black Lives Matter Yard Sign Final Push

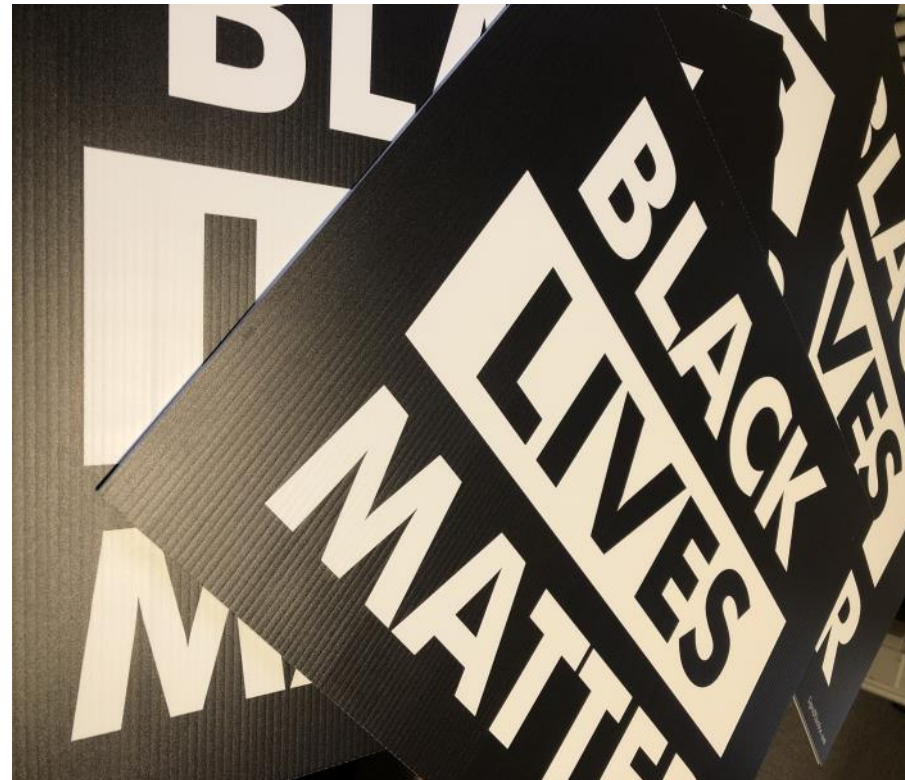
Ready to start the new year with a strong message of social justice? Want to get others on board in supporting being a positive voice for social justice in your community? Why not purchase a Black Lives Matter yard sign?!? These are now deeply discounted and work for all outdoor home decors. In fact, pay what you can or just come and get a sign for FREE.

Don't forget to purchase your Black Lives Matter yard sign through our website using one of the methods below. You can pick up your BLM yard sign on Mondays from 11:30am-12:30pm. Come to the Montview Street office entrance, on the red sidewalk and ring the doorbell.

All proceeds will continue to be used to support our Mission Committee work around anti-racism.

Thanks for your ongoing support!

- ⇒ 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.
- ⇒ Visit [phumc.org](http://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.



*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**
- Dorothy Goe - Home**
- Dorothy Griffin - Home**
- Gloria Harris - Home**
- George & Jean Knowles - Home**
- Ida Lavender - Home**
- Amy Marsh - Home**
- 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 [church@phumc.org](mailto:church@phumc.org) or [ra-Russell@comcast.net](mailto: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

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](http://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. Contact the church, 303-322-1867, if you would like to give to the efforts of UMCOR.

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Bennie L Williams Spiritual Voices invites you to enjoy the choir's video production of "Amen." Find the video at the following link:

[https://drive.google.com/file/d/1Zqk\\_i-N9aU3tOOdh1kd8D7k6LjvOcb2v/view?usp=sharing](https://drive.google.com/file/d/1Zqk_i-N9aU3tOOdh1kd8D7k6LjvOcb2v/view?usp=sharing)

BLWSV thanks each of those who asked to stay in contact for your continued support during this trying year.

We hope that you continue to stay safe and have the chance to contact those you love. With best wishes for 2021, Bennie L Williams Spiritual Voices hopes that we can congregate and sing together by this time next year.

Bennie L Williams Spiritual Voices



"Understanding Unconscious Bias and Microaggressions:  
The Path to Cross-Cultural Effectiveness"

Join us via Zoom for special sessions of our Race, Church, and Society Action group after worship service on January 24th (11:15 am - 12:45pm) and on Monday the 25th (6:00 - 7:30 pm) on Unconscious Bias and Microaggression. This presentation will provide an overview of unconscious bias and the microaggressions that can flow from our biases. The tendency to commit microaggressions stems from stereotypes we harbor and assumptions we often make about people of difference, or the "other," including women, racial/ethnic minorities, persons with disabilities, LGBTQ+, etc. In this session, Park Hiller, Patty Powell, will help participants better understand the concept of unconscious bias, the origin of microaggressions, the impact on individuals and how we can raise our awareness of our own biases. Patty will also describe steps we can take to engage in more inclusive behaviors. Zoom links will be available soon.

Patty Powell, J.D.:

Patty Powell received her BA from Oberlin College and her law degree from the University of Denver Sturm College of Law (DU Law). Patty worked as a litigator in the public and private sectors for 12 years before transitioning into legal education at DU Law, where she has served as Assistant Dean of Career Development, Associate Dean of Student Affairs, Director of the Academic Achievement Program, and Assistant Professor of the Practice. Throughout her career, she has been committed to working with others to achieve a more diverse and inclusive legal profession. She was a co-founder of the Center for Legal Inclusiveness and has won awards for her work in the area of diversity and inclusion in the legal profession. Three years ago, Patty left DU Law to launch Counsel for Counsel, LLC, a consulting business focused on coaching and training in the areas of diversity, equity, inclusion and belonging.

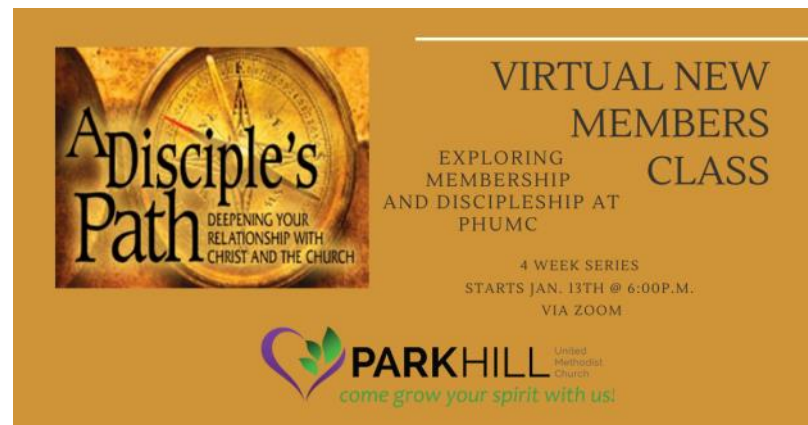
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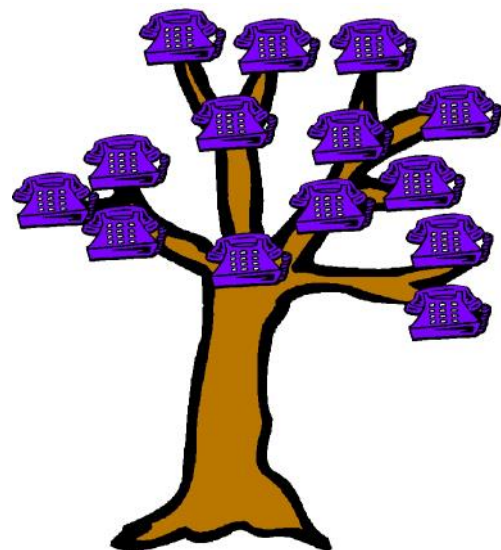


### Next New Members Classes!

Our first virtual New Members class was a great success as we welcomed new members to the life and work of our church!

Perhaps you too are new(ish) to PHUMC? Perhaps you have recently begun worshipping with us virtually? 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 Wednesday Jan, 13th at 6:00p.m. We're working on an "On-demand" version too in case you can't make this time. Contact Pastor Nathan at [nathan@phumc.org](mailto:nathan@phumc.org) for more info. [Follow this link on Wednesday to join the class.](#) passcode: 396620



### Phone Tree Help

The Tender Loving Care Committee (TLC) has created a phone tree system to connect with our isolated church members and friends or those who don't have access to join us online. If you are interested in making phone calls, please contact our Minister of Music and Worship, Daryl Walker, who is now our staff member directly working with our TLC team as we care for all of our Park Hillers. His email is [daryl@phumc.org](mailto:daryl@phumc.org) You can also email him if you know of members that would appreciate a weekly phone call.

## PHUMC Financial Statement

November, 2020	November, 2020			Jan- November 2020		
	Monthly			Annual		
	Actual	Budget	Variance w/o Pooled and investments	Actual w/o Pooled Funds & Investments	Budget Jan- November 2020	Variance w/o Pooled and investments
Pledges & Contributions	\$ 41,843	\$ 43,932	\$ (2,090)	\$ 515,608	\$ 472,060	\$ 43,548
Building Use	\$ 10,308	\$ 25,242	\$ (14,934)	\$ 131,286	\$ 183,861	\$ (52,575)
Total Income	\$ 59,598	\$ 69,174	\$ (9,576)	\$ 651,323	\$ 672,571	\$ (21,248)
Total Expenses	\$ 57,112	\$ 63,251	\$ (6,139)	\$ 654,860	\$ 712,261	\$ (57,400)
Income over Expenses	\$ 2,485	\$ 5,923	\$ (3,437)	\$ (3,537)	\$ (39,690)	\$ 36,153
<b>Income exceeded expenses in November.</b>						
<b>January through November, expenses exceeded income by \$3537.</b>						
<b>This report does not include funds from PPP loan.</b>						
Please contact us with your comments, questions or concerns.						
Ruth Ann Russell, Volunteer Church Treasurer, 303.726.6632, <a href="mailto:ra-russell@comcast.net">ra-russell@comcast.net</a>						
Peg Newell, Chair of Finance Committee						

## January 2021 PHUMC Missions/Social Justice Team Update



### Virtual Social Justice Fair!

Our movement as a church is growing! Whether it is through our status as a sanctuary for undocumented folks, our role as a Reconciling Congregation (welcoming members of the LGBTQIA+ community), our support of the Black Lives Matter movement, or our longtime involvement with the Women's Homelessness Initiative and providing meals to unhoused seniors, we are a faith community that "walks the talk" of social justice.

Mark your calendars now! Join us virtually in a church-wide conversation after services on Sunday, Jan. 31, to find out more about our social justice areas of focus and how you can get involved with these efforts. The lessons of 2020 call us to love mercy and do justice. Let us be the hands and feet we are called to be in service to loving all of God's people. Stay tuned for more details!

### Social Justice Areas of Focus -- Call for volunteers!

- Our church community will continue highlighting areas of focus for our social justice ministries in 2021. Here are those priorities:
  - o Racial Reconciliation
  - o Poverty
  - o Immigration
  - o LGBTQIA+ advocacy
  - o Creation Care (environmental justice)
- We're calling for volunteers! If you are interested in helping the Missions/Social Justice Team plan our approach and projects for 2021 in any of these Areas of Focus, please email Steve Holz-Russell at [steve.holzrussell@gmail.com](mailto:steve.holzrussell@gmail.com).

### Antiracism Update

We're still selling BLM signs (see later in this newsletter), but we want to do more! In addition to the signs and providing antiracism trainings beginning in January, the Missions and Social Justice team is seeking volunteers to join us in the creation of an Antiracism plan for Park Hill United Methodist Church. If you are interested in getting involved with this effort, please email [steve.holzrussell@gmail.com](mailto:steve.holzrussell@gmail.com).

### Affordable Housing Update

The Missions/Social Justice Team is partnering with the Interfaith Alliance of Colorado to explore ways our church can support unhoused and displaced persons in our community. If you are interested in getting involved with this effort, please email [steve.holzrussell@gmail.com](mailto:steve.holzrussell@gmail.com).

## 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](mailto:nathan@phumc.org) or [laura@phumc.org](mailto:laura@phumc.org)

### Resources for Healthcare Resources

We are so proud of our many Park Hillers who are healthcare workers for their tireless efforts during the COVID-19 pandemic and beyond. [This great resource was put together by The Colorado Healthcare Ethics Resource Group for healthcare workers.](#) We wanted to make sure you were aware of it and that you all take care of yourselves. We appreciate and see you! Thank you, thank you, thank you! <https://cohcwcovidsupport.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](mailto:swelborn@rosemarkmayfairpark.com) or Pastor Nathan at [nathan@phumc.org](mailto: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!