

# **Rinn Newsletter 3/20-3/26**

## **A Note from the Office**

I suspect you're getting tired of this note. The program we are currently using is working well and does 90% of what we need, but I'm still working on that last 10%. I still don't know if this will be the final form of the newsletter. Thank you for your patience as I figure it out.

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## **From The Minister's Mac Self-Care**

Pastors are often cautioned to make self-care a priority. It is the focus of some of our clergy circuit gatherings. It is a subject that comes up in our one-on-ones with our boss, the District Superintendent. It is sometimes the subject of communication from the Bishop. It is top-of-mind whenever two or more ministers converse. And yet, most of us pastors work 50- to 60-hour weeks, attend conferences that do not allow for a sabbath, and sit through 10-hour sessions on, you guessed it, self-care.

This counter-intuitive approach to work/life balance seems to be built into our system and experienced with a kind of nudge-nudge-wink-wink acceptance that says, "We're talking about self-care but we all know they don't want it and we won't do it."

Is your life like that? Do you struggle to give yourself the gift of free time? Do you succumb to the pressure "they" put on you, or put pressure on yourself to give up your free time/me time, or lose time with your loved ones? Do you find yourself with more plans than time? Does it seem as if you are constantly running on empty, but just love everything you are doing so much that you don't want to give up any activity? Or worse, do you feel stuck with tasks that sap the energy right out of you and find yourself longing for more life-giving pursuits?

Unfortunately, I don't have any sure-fire solutions for the American addiction to busy-ness, but I do know that occasionally, I get that work/life balance just right and my spirit soars.

I just had such a weekend, where I gave myself not only my Sabbath on Friday, but also Saturday, choosing to spend meaningful time with family and enjoy those granddaughters we hardly ever get to see. What a blessing! Our rather full church on Sunday was also a blessing, along with the variety of music — gotta love those bagpipes! — and visitors.

Then, rather unusually for us on a Sunday afternoon, my beloved and I went to a Celtic concert and were moved by the bagpipes and drums and dancers, all pulled together by the Denver Brass. It was a marvelous program that we are still talking about. My spirit rejoices.

Self-care. I know why I don't do it more often. It takes coordination. It can be tiring. And there's always a giving up of something (like burrito making) that can be guilt-inducing, and the idea that something important is going to fall through the cracks or there won't be enough time to do what must be done.

But here's what happened. The burritos got made without me. My work got done. Nothing fell through the cracks. The world kept turning and the sun came up Monday morning. Was the weekend tiring? You bet! But we both loved it so much that we had to lift up prayers of thanks to our marvelous God who provides us such opportunities, and the friends and family with whom we may share them. I wouldn't trade time at the piano with my granddaughters for anything, and I look forward to the next time we get to spend a whole day with them.

But now it is back to work and writing another Minister's Mac, which I love to do, because it gives me a chance to encourage you to make some time for yourself, too. Don't wait for summer. Put aside the computer and cell phone and focus on something else. And don't feel guilty! You might find yourself energized and renewed in ways you didn't expect.

See you in church!

Lin

*"The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul." Psalm 23:1-3a*

## Potluck!

March 30 is a fifth Sunday, and this month, we'll have a special guest joining our potluck: Jennifer Moore, the missionary we sponsor in Macedonia. Food assignments by the first letter of your last name:

**A-H:** Main Dish

**I-R:** Dessert

**S-Z:** Side Dish

But if you can't manage to make your assigned dish, just bring whatever—or just bring your fabulous self and enjoy the food and company. (“We don’t have nearly enough food,” said no one at a Methodist potluck, ever.)

Help Center and the United Methodist Volunteers in Mission.

## Bowling Sunday

On April 6<sup>th</sup>, Sharon Goldade will be taking us all bowling! Hang around after church, and we'll have a pizza lunch before heading to [Centennial Lanes in Longmont](#) for an afternoon of fun.

Sign up on the sheet on the table in the narthex so that Sharon knows how many people to expect.

## Camp Buckhorn Registration is Open

[Camp Buckhorn](#), the Methodist summer camp west of Fort Collins, is open for registration. If you have children, grandchildren, or other kids who are close to you who are entering the 3<sup>rd</sup> through 10<sup>th</sup> grades, it's a great experience and a lot of fun! The UMW offers scholarships to send the kids. Most kids from Rinn are going to the second session (June 22-27), but kids can pick whichever session is most convenient for them and their families.

Talk to Sharon Goldade for more information.

## Collecting for the Backpack Ministry

Justin is once again collecting items for his backpack ministry to the homeless. If you find good deals on shirts, socks, and hygiene items, please pick them up and leave them in the box in the sanctuary.

## **Updating the Website**

Brian Cheek, Rev. Lin's husband, is updating our website and has noticed that some of the information on our pages is outdated, particularly that involving our ministries. If you are involved in ministry work for the church, please send a short paragraph about your group to Brian's email, captaincheek at yahoo dot com (replace with appropriate symbols!). If you have any pictures you'd like featured, that would be amazing, too! Remember to include any relevant contact information. In particular, we are looking for the people in charge of our work with the Carbon Valley Help Center and the United Methodist Volunteers in Mission.

## **Altar Flower Sign Up**

Help keep Rinn looking beautiful! If you would like to bring flowers for the altar to honor a loved one or a special occasion or just to make the sanctuary a little bit nicer one Sunday, please sign-up on the sheet at the welcome table.

## **Refreshments After Worship**

- March 23<sup>rd</sup>: Terry
- March 30<sup>th</sup>: Potluck!
- April 6<sup>th</sup>: Bowling Sunday!

Those cookies, cupcakes and other snacks don't appear in the Fellowship Hall by themselves! Please consider signing up for a date. The sign-up board will be in the narthex either at the welcome table or the podium. If you have any questions, or need to change your date, please feel free to call or text Mary Margaret at 573-368-1390 or call the church office at 303-776-1578 (Church Office Hours: Tuesday, Wednesday, Thursday 9am-noon)

If you sign up to help, here are some guidelines:

- Provide around 4 dozen cookies in total(these can be baked at home or store bought)
- Provide a "non-sugar" option (fruit, cheese, crackers, etc...)
- Arrange on trays found in the kitchen
- Napkins, small plates, cups, coffee carafes, lemonade pitchers, creamer, sugar, stir stick can all be found in the kitchen
- Coffee and Lemonade will already be made for you
- Please take all items to the kitchen and clean up afterward
- You will get a reminder in your email from Mary Margaret about 3 days in advance of your sign-up date.
- A sign-up sheet will be at the podium in the Narthex each Sunday.

If you have any questions, or need to change your date, please feel free to call or text Mary Margaret at 573-368-1390 or call the church office at 303-776-1578(Church Office Hours: Tuesday, Wednesday, Thursday 9am-noon)

## ~ **Rinn Worship Service** ~

### **In Person and Livestreamed on Facebook**

### **March 23, 2025**

**Scripture**  
**Luke 13: 1-9**

**Message**  
**“Tattletales”**

Livestreamed on Facebook:

To access our Facebook page, click [HERE](#).

To follow along with the service, the Order of Worship is [HERE](#).

## **Lent and Easter Services**

We're already in the midst of Lent! Here is what Rinn UMC has planned for rest of the 2025 Lent and Easter Season:

**Sunday 3/23: Third Sunday in Lent**

Scripture: Luke 13:31-35

Special Music: Rinn Choir "River in Judea"

**Sunday 3/30: Fourth Sunday in Lent**

Scripture: Psalm 32:1-7

Special Music: Scott Anderson on the organ

**Sunday 4/6: Fifth Sunday in Lent**

Scripture: John 12:1-8

Special Music: Anneke Toomey

**Sunday 4/13: Palm Sunday**

Scripture: Luke 19:28-40

Special Music: Praise Band, plus special music by Scott Anderson

**Thursday 4/17: 7:00pm Maundy Thursday Service**

Special Presentation of "The Last Supper of the Disciples":

*Each of the 12 disciples speak about who they are and their relationship with Jesus. They share communion with Jesus, and then we all get to share communion with Jesus, just as the disciples did.*

Special Music: Shelly Anderson

**Friday 4/18: 7:00pm Tenebre Service**

A Service of Tenebre, or "darkness," is based on a twelfth-century late night service and is an extended meditation on the passion of Christ. We use readings, music and decreasing light to remember Jesus' sacrifice.

**Sunday 4/20: Two Services on Easter Sunday!**

**6:45 Sunrise Service**

Scripture: Psalm 118:1, 17-29

Special Music: Shelly Anderson and Lin Cheek

**7:30 Potluck Breakfast**

**9:30 Regular Service**

Scripture: Acts 10:34-43

Special Music: Rinn Choir "Glory Bound" with a prelude by Scott Anderson

**"Brunch Bunch" Bible Study**

## **Wednesdays**

Breakfast at Maggie's at 8:45 a.m.

Study at Bev Ramsey's house at 10:30 a.m.

Join us weekly for breakfast and a discussion of our faith.

## **Looking for a Lenten Study?**

Long's Peak UMC, Heart of Longmont UMC, and Hygiene UMC are joining together to do a Lenten study of Amy Jill Levine's book, "Witness at the Cross." It will be a six-week book study, Wednesday nights, held at Long's Peak UMC, 1421 Elmhurst Drive, Longmont, beginning on Ash Wednesday, 3/5/25. On that night, there will be a potluck at 5:30. The group will watch a 10-minute video on the book, then Rev. Jeremiah Harris will do a 5-minute homily and impose the ashes. On the following Wednesday nights, people will trade off to lead the night's discussion. All are welcome to participate.

## **Sooper's Card for Rinn**

Did you know that you can tie your King Sooper's loyalty card to Rinn UMC, and the church will get a contribution every time you use it?

Please consider signing up! Every little bit helps!

## **Adult Bible Study**

**Sundays at 8:00 am**

We are currently studying Adam Hamilton's *Making Sense of the Bible*. Please join us for engaging conversations each Sunday. All are welcome!

## **Lifeline Screening at Rinn**

Rinn will once again be hosting Lifeline Screening on April 21, 2025. Lifeline Screening is the nation's leader in stroke and cardiovascular disease risk screening.

Did you know 80% of strokes are preventable according to the American Heart Association? Life Line Screening provides valuable health screenings to detect the risk of stroke and cardiovascular disease. Call 1-888-814-0466, text the word circle to 216-279-1607, or click [here](#) to learn more about it and/or sign up for a time.

Want to get screened but are worried about the cost? As the host, Rinn has a few complementary screenings. Talk to the office if you would like one.

## **Via Mobility for Life**

Providing rides for residents:

Seniors 60+, disabled, and income qualified.

Dacono, Frederick & Firestone

303-444-3043

## **Rinn Cowboy Christian Fellowship**

**Wednesday Nights at 7:00pm**

**3/26/2025**

**Jim Deering**

## **In Our Prayers**

### **COMFORT**

- All those struggling with depression.
- Laurene Grabowski and family and all who grieve.
- The Van Dyke family after the loss of Selma. Funeral is on 4/12 at 11:00am.
- Denise and family after the death of her sister Brenda.



- Lisa, as she moves to Texas.
- The family of Mitch's friend who died recently.
- The family of Dave, who died in a house fire.
- Justin and his colleagues, who are starting a prison ministry.

### **HEALING**

- Debby Perry as she battles cancer.
- Diana's daughter, who was recently diagnosed with cancer.
- The Hinkles' son-in-law Tom Pratt, who is recovering from an infection.
- Debbie, who is recovering from an infection.
- Mike Shaw, still recovering from pneumonia in Arizona.
- Mark McCleary for a diagnosis and healing.
- Rusty's aunt.
- Janice, who is not doing well, and her daughter Sue with heart problems.
- Mike's friend Casey, who suffered burns in a house fire, and for the whole family who lost their home and their dogs.
- Dave Billings, who has had a hip replacement.
- Julie's son Josh, that he recovers from knee replacement and can play baseball.
- Bethany, whose infection has returned.
- Scott and Bethany's son-in-law Josh, dealing with health issues, and comfort for his family.
- Mike and Karen's friends Greg and Gail, who are both dealing with cancer

### **TRAVEL MERCIES**

- Tony and his family returning to California
- Justin, who is returning from California

### **THANKSGIVING**

- Justin's ministry for the unhoused and all who support it.
- Vi is doing much better!
- Rae Ann's sister-in-law's recovery from meningitis and her return home.
- Annie (and others) being able to join us every Sunday online.
- The prayers from this church for Warren's wife Linda, who is doing better.
- Eric's new granddaughter, and that she and her mother are doing well.
- Mary and her husband, who opened their home to Lisa when she needed them.

- Both of Jenny's brothers are doing fine.
- Bertie, who has finally arrived in the U.S. after struggling with immigration
- The wonderful music at church.
- The Catholic fish fry, and all churches who celebrate God in different ways.
- Those who find Jesus, even on their death beds.

If anyone needs to be taken off or added to this list please fill out the form on the back of this sheet, or [email the church office](#).

## March Birthdays

1 Linda Napier  
 3 Fred Skates  
 4 Genell Hulstrom  
 5 Tory Hulstrom  
 9 Megan Vinson  
 9 Debby Perry  
 10 Abby Goetze  
 17 JR Trujillo  
 17 Andrew Kemnetz  
 18 Bonnie Clark  
 22 Kathy Wolff  
 23 Hayden Oliver  
 24 Melody Johnson  
 25 Jody Collier  
 25 Gillian Chapman  
 26 Morgan Boisen  
 27 Elsie Newman  
 31 Dave Knowlton

## Happy Anniversary To...

## This Week at Rinn

For more upcoming events, see our online calendar [HERE](#).

**Friday 3/21**

7:00pm New Hope AA in the Fellowship Hall

**Saturday 3/22**

9:00am UMW Meeting

**Sunday 3/23**

8:00am Adult Bible Study

8:15am Men's Koffee Klub

9:30am Worship Service

**Tuesday 3/25**

6:30pm Trustees Meeting

**Wednesday 3/26**

8:45am Breakfast Fellowship at Maggie's

10:30am Wednesday Brunch Bunch Bible Study at Bev Ramsey home

7:00pm Cowboy Fellowship

## **Rinn United Methodist Church Leadership**

The Administrative Council meets on the third Thursday of every month. Everyone is welcome to attend. Our leaders who keep your church running smoothly are listed below:

Chair of Church Council: Shelly Anderson

Lay Leader: Bonnie Clark

United Methodist Women: Sharon Goldade

Treasurer: Sue Mercer

Finance Secretary: Steve Sterkel

Nominations: Rev. Lin Cheek

Worship Committee: Betsy Foushee