

From the Minister's Mac

"The Perfect 10"

A few weeks ago, Sharon's children's message included a look at the 10 commandments and a hope that the kids would abide by them throughout their lives. Throughout my life I have thought about those 10 rules from God, and not just when reading *The Crucible*. Unlike John Proctor, I do have them memorized. It helps when you know a song about them and can sing the song in your head while naming the commandments in order.

There is something about the commandments that gives me pause, however, which is that most of the commands are given as negative rather than positive imperatives. Even in the Hebrew, they are telling us what to avoid, rather than encouraging us to positive actions. Do not have any other Gods. Do not make idols. Do not use God's name in vain. Do not kill. Do not cheat on your spouse. Do not steal. Do not lie. Do not covet. That's a lot of don't.

Maybe that's not a bad thing. And I agree with all of them as being necessary to peaceful coexistence in the world. But... I just wish our rules to live by were more encouraging rather than discouraging. So, God forgive me, I wrote my own version of the 10 commandments, giving myself 10 points of identification that remind me not only who I am and whose I am, but also remind me of the community to which I belong — the body of Christ.

I share them with you here and give you permission to adopt them as your own, keeping in mind that these are not only personal goals, but also a call to community, goals that, if followed, ensure love of God and harmony between believers. Here they are, my Perfect 10:

- 1.You are people who have one God and you put God first in your life.
- 2.You are people who have no need for idols.
- 3.You are people who respect God and keep God's name safe on your lips.
- 4.You are people who give honor to God on the sabbath day.
- 5.You are people who respect and obey your parents.
- 6.You are people who love all people and would not harm them.
- 7.You are people who keep your wedding vows and honor the wedding vows of others.
- 8.You are people who respect others' rights to their property.
- 9.You are people who tell the truth, the whole truth, and nothing but the truth.
- 10.You are people who are content with what you have.

I have re-written these commandments not to improve them, but to improve my living of them, to make them part of my identity as one of God's chosen, as part of the royal priesthood, belonging to a holy nation, one of God's own people. This Sunday, we will hear those words from 1 Peter 2:9, identifying us as God's community, and consider what it means to be recognized as God's own people — and maybe even ponder what it doesn't mean.

See you in church,

Lin

“But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light.” 1 Peter 2:9

This Week at Rinn

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

Wednesday 5/6

8:45am Brunch Bunch Breakfast at Doug's Diner
10:30am Bible Study at
Bev Ramsey home
7:00pm Cowboy Fellowship

Friday 5/8

7:00pm New Hope AA

Saturday 5/9

9:00am United Methodist Men Meeting
3:30pm Girl Scout Tea at Rinn

Sunday 5/10

Happy Mother's Day!

8:00 am Adult Bible Study
9:30am In Person (and on line) Worship

~ Rinn Worship Service ~

In Person and Livestreamed on Facebook

May 3, 2026 ~ 9:30am

Scripture & Message

May 3 2026

SCRIPTURE: 1 Peter 2:2-10

Message: "Got Milk?"

Livestreamed on Facebook:

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

To follow along with the service, the Order of Worship is
on the church [website](#)

Noah's Community Outreach

Noah's Community Outreach - Hope for Longmont Lunch Team - we will need some someone's to make sandwiches and deliver lunch items to Hope for Longmont on Monday, May 11. What is involved? Picking up supplies at Rinn (on Saturday May 9 or Sunday May 10); making peanut butter and jelly sandwiches, delivering lunch items to Hope for Longmont office (on Monday, May 11, anytime after noon). You will not need to buy anything unless you want to; all supplies will be at Rinn. You will not need to interact with the unhoused people unless you want to; just deliver the items to the office staff. You will receive a warm welcome from the staff! This can be done by one person or a group. It takes about an hour to make the sandwiches, and about 20 minutes to travel to the Hope for Longmont office from Rinn. Are you willing? please talk to Betsy at church or email her at fousheeb@outlook.com.

United Methodist Men

FIRST MEETING!

SATURDAY, MAY 9TH AT 9:00AM

RINN FELLOWSHIP HALL

PLEASE SEE DAVE BOYD FOR DETAILS

United Women in Faith

The United Women in Faith will have pepper plants, tomato plants, and house plants available after the service on May 9, 2026. They will accept your good will donation and the proceeds will go towards the local charities the UWF support.



Sinecera Care



Sinecera Care is a local company that is connecting seniors (62+) with trusted local advocates who help with everyday tasks so older adults can continue living independently at home. That can include things like light housekeeping, errands, tech help, meal prep, yard work, wellness visits, organizational assistance, shopping, laundry, or simply spending time with someone who could use a little extra company. Sinecera Care does NOT provide any medical care or transportation. Friends and Family of seniors can give your loved ones the gift of community, health, and independence! The cost is \$29/hour, with most of the proceeds going to support your local Neighbor.

You can find Sinecera brochures on the table as you walk into the narthex (next to the Upper Room books) for more information. You can also go to their website <https://www.sinecera.care/> to sign up and get more info or text/email David at David@Sinecera.Care | 303-550-4050 .

Refreshments After Worship

May 3rd-Marsha and Sharon

May 10th-

May 17th

May 24th

May 31st-Potluck???



***The sign-up board is in the narthex at the welcome table. **Note that you don't need to provide a full spread that can double as brunch for everyone in the church; some cookies, along with one or two options for those trying to cut down on sweets, is sufficient.**



Movie Night at Rinn

Please join us every 2nd and 4th
Thursday of each Month at 7:00pm.
The May dates are the 14th and 28th.
If you have any questions,
Please contact Shelly Anderson.

“Brunch Bunch” Bible Study

Wednesdays

Breakfast at Doug’s Diner(hwy 66) 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.

Adult Bible Study

Sundays at 8:00 am

We are currently studying Adam Hamilton’s Making Sense of the Bible and Karen Armstrong’s A History of God. Please join us for engaging conversations each Sunday. All are welcome!

Cowboy Fellowship 7:00pm



Wednesday Nights

at Rinn UMC

May 6, 2026

**Bonnie and Mike with
The TuneFarmers**

PLEASE JOIN US FOR A

GIRL SCOUT TEA PARTY



HOSTED BY TROOP 77914

ALL FORMER GIRL SCOUTS WELCOME

9TH MAY 2025 AT 3.30 PM

RINN UNITED METHODIST CHURCH

3783 BELLA ROSA PARKWAY,

FREDERICK, CO 80504

RSVP TO 303-358-9947

MELISSA_SCHMID79@YAHOO.COM

PLEASE WEAR YOUR
SUNDAY BEST AND BRING
YOUR OLD UNIFORMS,
PICTURES OR MEMORABILIA
FROM GIRL SCOUTS IF YOU
HAVE ANY.

In Our Prayers

COMFORT

- Sheila, as she aids her mother and husband through their health difficulties. (Janice is now at home and getting stronger).
- Annie's sister in dealing with the death of her partner Brian and her own Alzheimer's.
- Travel mercies for Diana and her daughter as they travel together.

HEALING

- Healing for Gene Creech who has stomach cancer.
- Healing for Scott is still suffering from the Shingles virus.
- For Suzanne's father, John, who needs heart surgery.
- For Teena's daughter Rachel who was in the hospital with seizures.
- For Bethany's sister Karen who is having health issues.
- For Toni who will begin cancer treatment.
- For old friends Pat and Rich, following Rich's time in the ICU and now in rehab.
- For Ron Hinkle who fell and broke his elbow and has Afib.
- Wayne asks prayers for his Step-mother Linda, who lives with pain.
- Eric asks prayers for his nephew Hunter who is struggling with life right now.
- Barry's grandson Wyatt needs our prayers, as he is struggling with life right now.
- Eric needs prayers that he finds good wound care for his stoma.
- Kati asks prayers for her grandpa, who is having health issues.
- Jenny asks prayers for April, who has cancer.
- Mary asks prayers for Jackson, who is having health issues.
- For Mike Johnson who now in addition to cancer needs to have a heart surgery. Also prayers for his wife Karen as she supports him.
- Healing for Elaine and Peggy who each had cataract surgery this week.
- Healing for Ken, who had a stroke.
- Healing for Ginny after her successful hip surgery.
- For Sue's 84-year-old Aunt Judy who had a shoulder replacement a week ago and is still in the hospital.

THANKSGIVING

- Thank you to Rinn UMC for hosting Cub Scout Pack 159's Pinewood derby, the kids has a blast.
- Jenny and Rusty's son found out they are expecting twins!
- Linda gives thanks for her retirement, which will begin next month.
- Ashley gives thanks for her son's 16th birthday, and for her new car, and for passing her phlebotomy class and getting her national certification.
- Sheryl asks prayers for Gil, who was able to go on an honor flight last week.
- For bill that a wheelchair for a woman at the senior center was found and delivered.

If anyone needs to be taken off or added to this list Please email the church office at Info@rinnumc.org.

May Birthdays



3 Jim Nelson
6 Terry Johnson
8 Bill Longstraith
14 Jan Richardson
20 Renee Kemnetz
20 Dagney Novak
21 Ruth Fuss

Happy May Anniversary To...

26 Brian & Rev. Lin Cheek (1991)

Rinn United Methodist Church Leadership

The Administrative Council meets on the 2nd Thursday of every month. Everyone is welcome to attend. Our leaders who keep your church running smoothly are listed below:

Chair of Church Council: Janice Bachman
Lay Leader: Bonnie Clark
United Women in Faith: Sharon Goldade
Treasurer: Sue Mercer
Finance Secretary: Steve Sterkel
Finance Chair: Janice Bachmann
Nominations: Rev. Lin Cheek
Worship Committee: Betsy Foushee
Office Manager: Julie Stirm
Audio/Visual Tech Chair: Wayne Vinson
SPR Chair: Janice Bachmann
Members: Eric Presnall, Linda Rinn,
Scott Lawrence, Diana Murray, Dave Boyd,
Mike Carr, Rusty Goetz