



**Our Ministry . . .**  
*extravagant  
Welcome,  
openness to  
Wonder, positive  
and proactive  
Witness to the  
possibility of a  
just world.*

It will take every one of us ... we hope that every single member, and every friend will make a commitment. It is not the size that matters. It is the fact that you are part of creating something wonderful, enduring, and faith-filled!

# The Communicator

October 2011

## *Building Connections...the Home Stretch!*

*By Lee Lehmkuhl, Capital Campaign Co-Chair*



Wow! As you read this we are entering the final and most significant phase of the *Building Connec-*

*tions* Capital Campaign. Between the 2<sup>nd</sup> and 16<sup>th</sup> of October, those of you who have not already had the opportunity to pledge to the campaign will be contacted by one of our campaign teammates, a "Connector," to arrange a visit to your home. The Connector will bring a *Building Connections* pledge card and other literature about the campaign.

We hope you'll take advantage of all the information we've made available, including neighborhood meetings, to support your prayerful consideration of a generous pledge of significance for you, a true "stretch" gift. Two million dollars is a big goal. It will take every one of us. And honestly, we hope that every single member, and every friend will make a commitment. It is not the size that matters. It is the fact that you are part of creating something wonderful, enduring, and faith-filled! (And we know that the small things add up! Did you know that if you gave up a \$1.45 coffee per day, it would equal a three-year gift of \$1,500? If you drink a \$3 per day latte, well, that's over \$3,000 over three years!) Remember, God works in amazing ways, and in God, all things are possible!

Speaking of neighborhood meetings, these are a new and exciting facet of FCUCC. We're a far-flung congregation all coming together at an historic downtown church. The neighborhood meetings are proving to be a great way to meet church members from your part of town and learn together about the Capital Campaign, another example of *Building Connections!* Beyond the end of the campaign, FCUCC intends to build on this energy and initiative with continued activities and ways for members to connect in their neighborhoods.

So, listen to testimonials, read the literature, go to your neighborhood meeting, welcome your Connector to your home, and most importantly, ask for God's guidance as you consider a generous gift to the Capital Campaign.

One last thing! We wouldn't be FCUCC if we didn't celebrate! Plan to join us in worship on **October 16<sup>th</sup>** when we'll reveal the dollars committed to this "campaign! And then mark your "calendars and make your reservation "to join us for a free, family-friendly **All Church Celebration at Palmer High School** (big enough to hold our fabulous church family) **after the 11:00** service. We'll share a meal (barbeque and veggie options, yum!), and plans are underway to connect in creative and surprising ways! Stay tuned!



## Historic Building Connections

By Janet Carpenter,  
Member of the Project Management Team

Surprising historic connections turned up in mid-August in this season of Capital Campaign Connections. Attending Sunday worship were Hugh Black Copeland's two great grandchildren and their spouses. He was the artisan who created our beautiful stained glass windows.

Great granddaughter Debbi Cochran Pestas of Pompton Plains, New Jersey, has been researching her family history. Knowing her great grandfather was a stained glass artisan in Denver, she contacted Mike Devla who recently restored our windows. He in turn referred her to Ruth Roland and Judy Pickle.

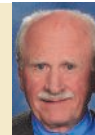
Judy and I met with Debbie and her cousin John Stiles of Erie, Colorado, and their spouses, spending about an hour with them after services the Sunday of their visit. Debbi shared a brief genealogy. Hugh was born in Llanarkshire, Glasgow, Scotland, around 1861. In June of 1890 he married Leta B. Lewis in Denver. They had three children, Ernest, Neil, and Dorothy.

Shortly after completing our windows in 1889, he and his company began creating sixteen stained glass windows for the rotunda of the State Capitol in Denver. These were completed in the early 1900's and remain in place today. Hugh owned Copeland Stained Glass Company, employing several other artisans, from about 1884 to 1920, when he died.

Our visitors have added breadth to the meager knowledge we have of Mr. Copeland. We in turn shared our photos of the window restoration and provided the opportunity for the Copeland great grandchildren to walk in Hugh's footsteps and photograph his beautiful stained glass creations.

## Colorado Springs Crop Walk

By Rev. John S. Snyder,  
Mission Giving and Outreach Committee Member



How can a five-mile walk help a local homeless family move toward independent living or help end world hunger one step at a time? By contributing to and participating in the CROP Walk on **October 2<sup>nd</sup>** you can help.

Your contribution will help the Interfaith Hospitality Network, which we support by providing meals and overnight lodging to homeless families three weeks a year. Your gift also contributes to Church World Service, an agency through which the United Church of Christ helps alleviate suffering in crises around the world.

We want walkers of all sorts – seniors, married couples, singles, youth, children, even pets. Last year we had about 25; can we double it this year? Of course we need contributors. And one can donate without walking.

Find a youth member and give to "CWS-CROP." Or go online to: [www.coloradospringscropwalk.com](http://www.coloradospringscropwalk.com) and follow links to "donate" and "First Congregational Church."

We will start the Crop Walk at **1:15 p.m. at Grace and St. Stephens Episcopal Church**. You can get a quick lunch beforehand from a vendor selling hot dogs and drinks.

Let's cluster around the young person holding up a *First Congregational Church* sign and make ourselves heard! The walking route is on sidewalks around downtown and Colorado College and then back to the start.

For information call:  
Marta Fioriti at 635-3549 or John Snyder at 488-2019.

## Let's Get A Closer Look!

By Kelli Scarborough,  
Member of Mission Giving & Outreach Committee



Like many others in our church, **John Snyder** has a heart for homeless people. The action he takes each fall is to lead the First Congregational Church Crop Hunger Walk effort, a fund-raising focus for Church World Service (CWS) internationally, and Interfaith Hospitality Network (IHN) locally.

Money from Crop Hunger Walk goes to worldwide disaster relief as well as shelter, food, and care for homeless families in our Pikes Peak area.

**John** and his wife **Celia** take a big leadership role and a hands-on role when IHN brings families to live at our Church several times each year. No surprise! They're like many people Mission Giving & Outreach (MG&O) will feature in articles in the Communicator each month; people at FCUC who weave heartfelt service to others into the fabric of their lives.

Our committee wants to share this positive news with our congregation.

## REMINDERS

***The Moving Word***

Sat, Oct 1st, 8:45-10:15 a.m.  
(continuing 1<sup>st</sup> Sat of each month thru May). Childcare provided.  
Contact **Jenny Finn** at 291-3120.  
Sponsored by the Movement Ministry.

***Fall Peace & War Movie Series***

Friday, October 28th we will show  
"Canadian Bacon" starring **John Candy** and directed by **Michael Moore**. Potluck supper at 6:30 p.m., 7 p.m. movie. Discussion follows.

***Neighborhood Walks Ended***

Thursday morning walks are over for the season. Contact **Howard Ray** at 510-3824 with questions.

## FLU SHOTS

**Sunday October 2<sup>nd</sup>**

from 10:15 a.m. to 12:30 p.m.  
in The Dwelling Place

Flu shots, FluMist, and pneumonia vaccinations will be available on Sunday, Oct. 2<sup>nd</sup>.

Flu shots are given to babies (starting at age 6 months), children, teens, and adults.

Flu-Mist (sprayed in the nose) is offered to all over 2 years through age 49.

Pneumonia shots are available to adults age 19 through 64 with lung disease or chronic health problems, as well as healthy adults over age 65, as a preventative.

The cost is \$25 for flu shots, \$30 for Flu/Mist, and \$65 for pneumonia shots.

Bring a check, credit card or cash. You can bill to your Medicare Part B insurance and to Tricare.

For further information, contact our parish nurse, Nancy Lip-pincott, RN at [lpnctt@aol.com](mailto:lpnctt@aol.com) or call 332-5528.

Sponsored by the Health Ministry.

## PLYMOUTH CIRCLE

Plymouth Circle will meet on **Wednesday, October 5** in the Founders' Room, at 1:00 p.m.

Hostesses are Dolly Eager & Betty Freudenburg. The devotions will be given by Dorothy Krimm.

Our program will be the second annual "off-the-wall" member participation! Members are invited to bring an item from home and share why it is special. Guests are invited to attend the meeting.

## CROP WALK

Sunday, October 2nd at 1:15 p.m.

Grace & St. Stephens Episcopal Church is the starting point.

Vendors available for lunch.

## POPS (Pooped Out Parents)

**Saturday,  
October 8th  
at 6 p.m.**



Home of **Tamara Bartlett** and **Mary Tatum**

808 Prospect Place

Manitou Springs, CO

RSVP to 719/685-1348 or to [maryktatum@comcast.net](mailto:maryktatum@comcast.net)

Theme: Oktoberfest!

We'll provide the Sauerbraten and Brats

Please bring a side dish that goes along with German Food, as well as your desired beverage.

(sauerkraut, potato pancakes, hot German potato salad, applesauce)

Wir sehen uns dann!

(and to answer your question, No, they are not German; Mary is Scotch/Irish/English, and Tamara is Danish).

HEALTH MINISTRY  
COOKING SCHOOL

On **Friday, October 21st at 11:00 a.m.** in the church kitchen, Dave Petersen will present "**The Art and Craft of Tamale Preparation.**" He'll use the old time-honored techniques, cooking from scratch, which he was raised with in southern Texas.

Although he reports that the process takes about two days from start to finish, he will demonstrate within an hour-and-a-half the process of finishing and assembling the tamales.

The result will be tantalizing to the taste buds. Come ... and be amazed!

Contact Chris Hall at [christine\\_c\\_hall@msn.com](mailto:christine_c_hall@msn.com) if you have questions and/or to reserve a chair in the kitchen.

Sponsored by the Health Ministry

## CELEBRATE!

Celebrate Our Successful  
Building Connections Campaign

Date: **Sunday, October 16<sup>th</sup>**

Time: **12:30 to 2:00 p.m.**  
(with an all-church procession from FCUCC at 12:15 p.m.)

Place: **Palmer High School  
Eagle's Wing (Cafeteria),**  
enter from Weber Street,  
between Boulder and Platte

Parking: **We encourage you to walk** with the congregation after the 2nd worship service; meet in front of the church on St. Vrain at 12:15. Otherwise, use street parking around Palmer High School.

- ♥ Program highlights:  
Lunch catered by Famous Dave's Pit BBQ (black bean veggie options available)
- ♥ Activities and music to build our congregational connections!

**To reserve a place**, please respond to the upcoming Evite and bulletin insert!



## *Implications of a National Study*

*By Marta Fioriti, Youth & Adult Ministries Coordinator*

At a recent Faith Formation Committee meeting, a member of the Youth Ministry Team asked several good questions.

◆ **What is our goal and purpose in providing programming for and with our youth?**

Is it to force them to come every week to youth programming? Is it to desperately beg them to figure out how they can “buy in” to a program that might resemble what pop culture is offering them?

◆ **What does it mean to make something “relevant” for young teens verses “relevant” to other generations?**

◆ **How do we do all of this and help guide youth in their faith development?**

My first answer is this:

My goal is to integrate young people into the whole life of the church in these ways:

- ⇒ Giving youth leadership roles during worship or committee meetings.
- ⇒ Providing a safe and loving environment every Sunday.
- ⇒ Training volunteers to teach important classes such as Our Whole Lives and Confirmation.
- ⇒ Providing experiences in the church community and home that will bring whole families closer to each other and God at the same time.
- ⇒ Raising funds to send them on a mission trip that will deepen their understanding of those that are marginalized and, therefore, impact their love of God, their trust in Jesus, and their commitment to the church.

One of the resources I draw from is the Institute for Youth Ministry at Princeton Theological Seminary.

I have recently read an article called “Implications of National Study of Youth and Religion Findings for Religious Leaders, Faith Communities, and Youth Workers” by **Christian Smith**. He writes:

*“The best way to get most youth more involved in and serious about their faith communities is to get their parents more involved in and serious about their faith communities...Overall youth ministry would probably best be pursued in a larger context of family ministry, that parents should be viewed as indispensable partners in the religious formation of youth.”*

I believe we should broaden that idea of family and parent involvement with youth ministry to include all the adults in our church community!

### *Calendar:*

All program details and events have been posted on the church website at [www.fcucc.org](http://www.fcucc.org) and are available at the church Welcome Center on Sunday mornings.

### *Regular Weekly Programs:*

**Middle School** (6-8 grades) Sunday 10:30 a.m. to noon in The Dwelling Place

**High School** (9-12 grades) Sunday, 10:30 a.m. to noon at Rico’s.

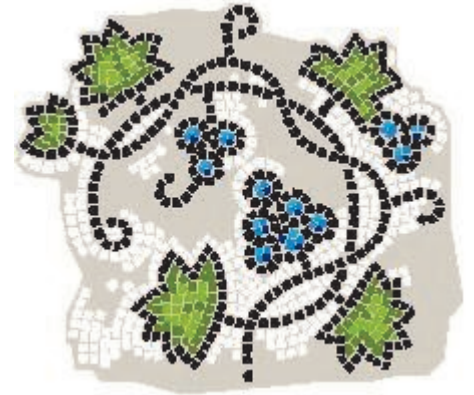
If you have any questions or comments, please contact me at [marta@fcucc.org](mailto:marta@fcucc.org) or call me at 719-306-4037.



## *Almost Christian?*

*By Rev. Benjamin Broadbent, Lead Minister*

In her article, Marta Fioriti references the National Study of Youth and Religion, a comprehensive study of teen attitudes towards religion which began in 2001.



According to the researchers, there is a pervasive theology that is not the theology of any major historic religion, but rather of the prevailing culture. They call it "Moralistic Therapeutic Deism."

According to this theology, the purpose of religion is, firstly, *moralistic*, that is, "to be a good person." Secondly, the function of religion is *therapeutic*. It helps individuals grow. Finally, God, in this theology, is not an active presence in our everyday experience, but can be invoked when we need help. This is a version of a theology known as deism.

This is not the faith at the core of living traditions such as Judaism, Christianity, and Islam. Christianity values moral behavior, but it resists a simplistic understanding of what it means to be a good person. Jesus, for example, questions assumptions about righteous behavior, takes for granted that humans fall short, and offers forgiveness that leads to new life. Christianity values the well being of individuals, but is more interested in the transformation for communities. In Christianity, God is the reality woven into every person's everyday life. God is not just there to help us, but to challenge, assure, convict, ravish, and to offer the blessings of a radically different reality called the kingdom of heaven.

**Kenda Creasy Dean** writes in her book *Almost Christian: What the Faith of our Teenagers is Telling the American Church*, "that church communities are not doing a very good job of passing on the historic and living faith. We are doing a good job of passing on Moralistic Therapeutic Deism because this is also the prevailing theology among adults."

How do we pass on a faith tradition that is more substantial than Moralistic Therapeutic Deism? How do we pass on a faith based in the incarnation, life, death, and resurrection of Jesus the Christ? Dean is clear. It doesn't start by telling teenagers what they are supposed to believe. And it doesn't start with providing appealing activities to kind of trick our teens into thinking that church is cool. It starts with adults sharing with teens why this faith makes all the difference in the world for them. It starts with adults letting go of their need to pass on correct information, and instead, pass along their trust in a person: Jesus.

This work is not primarily the work of pastors and other church professionals. It is primarily the work of parents, supported by other adults in the community of faith, who will risk sharing with our young people why trusting Jesus makes all the difference in our relationship with God, our understanding of ourselves, and our sense of what God is calling us to do and to be in the world.



## *So ... How DO We Eat?*

### *Part Four: A Word About Proteins*

*By Peggy Weissman, Retired RN, Health Ministry Committee member*



With all of the brouhaha during recent years over the pros and cons of a low fat diet versus a low carbohydrate diet, the important role of proteins is lacking public attention.

As one of the three macronutrients that is necessary for the functioning of the human body, it must not go unmentioned.

Michael Pollan explains that in the early 19th Century, an English physician, Dr. William Prout, identified the three categories of food constituents and their essentiality (carbohydrates, fats, and proteins).

Building on this discovery, Justis von Liebig, a renowned German scientist, (and one of the founders of organic chemistry) added a couple of minerals to the list and declared that now all was known for the understanding of the fuel requirements for the human body. (As we now know, there was much more to be discovered.) Also, the practice of labeling nutrients as "good" or "bad" evolved and exists to this day. Liebig maintained that protein was the "master nutrient" because of his belief in its driving force to promote growth. This elevation of protein to "center stage" resulted in an emphasis of its importance to the detriment of the other two (carbohydrates and fats).

While protein is definitely necessary for growth and maintenance of muscles and bones, especially in growing children, nursing mothers, and those recovering from illness or injuries, it must not eclipse the necessity for adequate amounts of appropriate carbs and fats.

The great majority of Americans consume more protein than is needed, and this excess can produce a strain on the digestive system (notably the liver) and kidneys. Being an inefficient fuel source, protein requires more work to dispose of the byproducts of its metabolism. Furthermore, many foods with protein come with saturated fat, such as meat, unskinned poultry, milk, cheese, and other fat-containing dairy products. Dr. Andrew Weil advises that we look to fish (especially salmon, sardines, herring, and albacore tuna) and vegetables for alternative sources of protein.

A useful list of protein sources, developed by Dr. Susan Higginbotham, is found in the American Institute for Cancer Research Newsletter, Spring 2010 issue and is listed here:

- 80% lean ground beef: **22 grams** per 3 oz. patty
- Roast chicken, no skin: **35 grams** per 1 cup
- White tuna canned in water: **20 grams** per 3 oz.
- Cooked beans: **7 – 8 grams** per cup
- Low fat (1%) reduced sodium cottage cheese: **14 grams** per 1/2cup
- Egg: **6 grams** per 1 large
- Quinoa (a whole grain): **4 grams** per 1/2 cup
- Nuts: approximately **4 – 7 grams** per ounce, with walnuts and peanuts among the highest in protein.

In closing, Dr. Weil's recommendation for daily calorie breakdown in the macronutrients:

- ◆ 50 to 60% healthy carbohydrates (1000-1200 calories)
- ◆ 30% healthy fats (600 calories)
- ◆ 10 to 20% high-quality proteins (200-400 calories)

*NOTE: When counting calories, protein and carbohydrates have 4 calories per gram, while fat has 9 calories per gram.*

*For a 2000 calorie per day diet, this then translates to:*

*50-100 grams of protein*

*~67 grams of fats*

*250-300 grams of carbohydrates*

*If your diet has fewer calories per day,*

*you will need to adjust these numbers down.*

Read your food labels carefully to keep your diet in balance and be sure to get a healthy amount of protein.

Other Sources: *In Defense of Food*, by Michael Pollan and *The Healthy Kitchen*, by Andrew Weil, MD and Rose Daley.

\*Printed with Permission from the American Institute for Cancer Research.



## *Yahweh Yoga for Kids*

*By Del Hokanson, Education Coordinator*

Starting in **November** on the first Saturday of the month, we are introducing a program called "Yahweh Yoga" for children in Grades 1 and older. This opportunity is scheduled from 9:00 a.m. to 10:00 a.m. in the Children's Worship space in Room EF.



It happens during the same time as "The Moving Word" so parents and children can participate simultaneously, in age-appropriate settings, to explore spiritually through physical movement, awareness of self, and freedom of expression. Parents may also choose to relax with a coffee or run an errand during the hour.

In Matthew 11:28, Jesus told his disciples to "take my yoke upon you and learn from me." Yoga literally means "yoke" and on the monthly Saturday morning at FCC, children will have the opportunity to explore movement via a fun set of activities and yogic positions. Providing a sensory, kinesthetic experience in our church setting invites openness to self-discovery and creates inner space for God to enter in through breath, stillness and movement. Benefits include self-esteem, self-regulation skills, health, and enjoyment.

Instructors Lori Dipasquale and Jeanine Bouchard are familiar with many FCC members and bring their expertise and passion for working with children and yoga. They volunteered their services for the VBS program in June when Evan Latimer was quoted as saying, "I like yoga" after sharing some doubts at the beginning of the short session. It was delightful to see him able to focus and hold stable in the Eagle pose!

Please contact Del at [del@fcucc.org](mailto:del@fcucc.org) with any questions and feedback.



## *Thanks to Jerry Jordan from Music & Arts!*

*By David Nath, Music & Arts Committee*

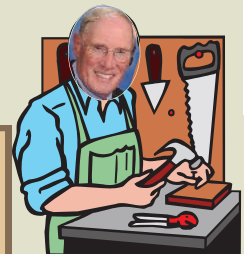
Last January, while we were in the midst of renovations to the sanctuary, the Music & Arts Committee expressed an interest in finding a solution for where our conductors can stand while directing our various musical groups.

Our sanctuary, beautiful though it is, doesn't have one particular location where groups perform. So, our directors have used a variety of small podiums, but the predominant technique has been to stand on a pew to direct.

Our desire was to have a podium that was both moveable and removable so that it could be as flexible as possible as far as location in the sanctuary, could be easily removed when not being used, would not disrupt the look of the sanctuary, and above all would provide a safe alternative for our directors.

Jerry heard about our dilemma and offered to put together a prototype that we were able to study and evaluate. That was in April, and his prototype worked very well.

Our desire was to have a podium that was both moveable and removable so that it could be as flexible as possible as far as location in the sanctuary...



Jerry recently completed the podium as a gift to the church. It is beautiful and meets every one of our desires.

Check it out when you have a chance, as it will usually be "hanging out" in the second row of the sanctuary. When I asked Mandy how she liked it, her immediate response was "I looove it!"

Jerry, on behalf of every performer and member of the congregation that has ever watched a director do a little "wobble" while they are conducting, thank you so much for your gift.



*By Rev. Jacque Franklin, Associate Minister*

## Thank you ...

**Karin Henriksen, Julie Andrews, Drew Hammond, and Lyn Young** served as Sunday liturgists this past month. Musical offerings were given by **Lyn Boudreau** who wrote and led the "*Vine and Branch*" song on piano and **Paul Schwotzer** who led on the guitar. Taizé Musicians: **Brian Hofflander, Phyllis White, Ann Rule**; pianist **Lynn Barber**; and cellist **Paul Rule**. All Church CampOut was a success due to the efforts of **Tiffany Hauber, Beth Garrison Kemp, Paul Schwotzer, Brooke Bell, Marta Fioriti, Tom Francis, Jane Ridings,**

**Denise Ellsworth,** and volunteer efforts of over 100 attendees! Sunday school was supported this month by **Sylvia Strubel, Linda**

**Margrave, Sue Prendinger, Sara Doud, Alyssa Webb, Promis Hoffman, Della & Ellery Lane, and Molly Garrison. Karen & Steve Brown, Kathy & Ted Lindeman and Connie Raub** cleaned the music storage room. **Jeanie Tate** has updated the children's section of the library. **John Shada** helped in the office. Communicator Prep & Mailing Team continues to work on hard copies of our communicator every month. **Janet** and **Paul Carpenter** received help with meals from members of the church while **Janet** began recovery from a broken ankle. Bereavement Committee coordinated by **Karin Miskel, Sharron Waterhouse, and Sandy Wolczak** hosted the reception for **Louise Smith's** Memorial service. **Peter Rule** designed an elevator display with **Annika Birnbaum's** elevator characters to depict the progress in our Capital Campaign. **John Stevens** helped with the vineyard boxes used for home ritual around gifting.

## Congratulations ...

**Frank Shelton**, our Music director and Organist for 5½ years begins a new position in October at Ascension Episcopal Church in Pueblo. His gifts and dedication have been greatly appreciated and we send him with our prayers and blessings. **Jon Dodson** and **Jeanette Broderson** visited after they were married on Sept. 3. **Steve Kern & Andy Finn** successfully biked the "Ascent of Pikes Peak!" **Bob & Marge Murray** celebrated their 62<sup>nd</sup> wedding anniversary. **Linda Mansfield** joyfully announced that her cancer is now officially in remission. **Tres Riegel & Emily Hudson** were married on Aug. 27 by **Rev. James White**. Member **Kim Polomka** completed his Olympic Mural facing I-25. **Chloe Kiskiras** was the Senior Choreography Director for "Montage," a collection of skits, songs and dance by students at Air Academy High School. **Sara Honn Qualls** was named a 2011 Woman of Distinction by Girl Scouts of America. **Dr. Jeff Kulp** announced his groundbreaking ceremony on the new "Age Well Medical Associates." This new project will improve primary care services for seniors on Medicare. **Sharon Owen** was the Race for the Cure Chair. Several of our members walked or ran in the race including **Nancy Forgy, Becky Parrinella, and Jennifer & Jillian Sundman.**

## Condolences ...

**Louise Smith** was church member since 1950. She died on September 6, 2011 at age 90. The Memorial Service was held at FCC sanctuary on Fri, Sept 16, at 2 p.m. **Kathy Beck** lost her mother, **Anne Becker**, who died September 1 in Seattle at age 99. **Kirk Wohlhueter** and family on the loss of his father, **Denny Wohlhueter**, who died September 16th.

## Prayers for ...

**Gari Steadman** broke her leg and tore ligaments at La Foret as they were leaving the CampOut. Thanks to **Eric and Jane Ridings** who stayed with her as she waited for the ambulance to take her to the emergency room. She is now at home with cast and splint, mostly bed-bound, as she begins the healing process. Her husband **Alex** works 12-hour shifts and daughter **Jocelyn**, age 7, goes to school with the help of a neighbor. She has been on our prayer list all month as we find ways to support the family through this time of loss and healing. **Janet Carpenter** broke her ankle and is home in a cast. Members brought meals and offered transportation. Prayers also for the **Murray family** continue throughout the month as **Bob** recovers from surgery and infection. **Marge** has found support through Hospice and many visitors as she and her family surround **Bob** through the ups and downs of his health. **Joyce Aubrey** had a scare with her heart and went through tests that thankfully showed no physical problem. **Karin Henriksen** travelled to the Netherlands to be with her father, **Cor Wams**, who had foot surgery. **Glenn Marshall's** mother, **Ruth Holt**, was hospitalized with a heart condition. She has returned home to recover and heal. **Janice Simonton's** home was broken into and we offered prayer for her safety.

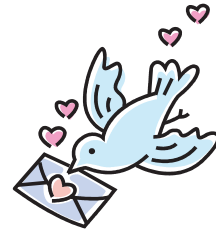
## OCTOBER BIRTHDAYS



10/1	Paul Carpenter	10/14	Aaron Wilkerson
10/1	Wei Wei Laffely	10/15	Sarah Stevens
10/1	June Thomas	10/16	Norah Fioriti Butts
10/2	Carol Bilbrey	10/16	Samantha Garrett
10/2	Eli Hauber	10/17	Tom Connell
10/2	Aaron Holslag	10/17	Gene Yelken
10/2	Aaron Marten	10/18	Marsha Garrett
10/2	Luke Walker	10/18	Valerie Kulp
10/2	James White	10/18	Susie Marten
10/3	Ruth Heine	10/19	Ed Doerffel
10/3	Taryn Hill	10/19	Rock Welch
10/4	Jessica Stauffer	10/20	Kenneth Hallenbeck
10/5	Marti Booth	10/21	Aidan Crow
10/5	Kristen Downs	10/21	Nancy Dawson
10/5	Cyndy Kulp	10/22	Ellen Brown
10/5	Ara Montano	10/22	Wes Burnett
10/5	Amy Wilson	10/22	Kristy McAdams
10/6	Kay Branine	10/23	LilliAna Austin
10/6	Cindy Donovan	10/23	Will Clark
10/7	Tanner Kovac	10/23	Morgan Qualls
10/7	Richard Law	10/23	Lila Steyert
10/7	Greg McAfoos	10/23	Phyllis White
10/7	Brenner Morris	10/24	Chris Loveless
10/7	Paul Rule	10/24	Abby Smith
10/8	Will Austin	10/24	Bruce Warren
10/8	Jaden Calderon	10/25	Phoebe Belteau
10/8	Jeffrey Dodson	10/25	Gail Finlay
10/8	Dorothy Krimm	10/25	Sasha Kandrach
10/8	Patsy Smith	10/25	Warren Pease
10/9	Paul McNeill	10/26	Anne Stefonik
10/10	Ted Nace	10/27	John Cunningham
10/10	Sarah Wilkerson	10/27	Heather Eslinger
10/11	Devin Cordonnier	10/27	Annalise Fricke
10/11	Bill Kemp	10/27	Lin Luinetti Quinlan
10/11	Shannon Kilzer	10/27	Barb Shelton
10/11	Amber Stebbins	10/27	Chris Martell
10/12	Lauren Bailey	10/28	Missy Marten
10/12	Siri Everett	10/28	Michael McAdams
10/12	Steve Getty	10/28	Tiffany Hauber
10/12	David Hyatt	10/29	Jean Hagerman
10/13	Jerry Mason	10/29	Casey Tencick
10/13	Larilou Shaw	10/30	Keegan Kurzenberger
10/14	Melissa Hallenbeck	10/30	Makenzi Watkins
10/14	David Harris	10/30	Mikaela Watkins
10/14	Cathy Virden	10/31	Kate Reimer



## OCTOBER ANNIVERSARIES



10/3	Jean & Douglas Hagerman
10/6	Jill & Rick Cameron
10/7	Barbara & Rudi Niemiec
10/7	Lisa & Timothy Tougas
10/8	Liz & Tom Ryan
10/8	Barbara Schaefer & Bill Edmondson
10/8	Shirley & Don Wick
10/13	Miriam de Plomb & Gene Yelken
10/22	Patty Walker & Roger Brooks
10/25	Diane & Ben Robinson
10/27	Kathy & Ted Lindeman
10/30	Mary Jane & Howard Ray





## October Worship

**Services in the Sanctuary at  
9 a.m. & 11 a.m.**

### October 2 – World Communion Sunday

Services today are multi-generational. God's people of all ages participate in Holy Communion at both services. At 9:00, the Joyful Noise Children's Choir returns for the program year to sing the offertory. A ukulele-voice duet shares the 1893 prayer of Queen Liliuokalani, Hawaiian choir director and organist. We will also receive the Neighbors in Need Special Offering. Finally, we will commission our Capital Campaign "Connectors" who will visit members in their homes over the coming two weeks.

### October 9 – Stephen Ministry Sunday

At the opening of the United Church of Christ's Access Sunday and Disabilities Awareness Week, we will highlight in worship our Stephen Ministry program.

**Rev. Jacque Franklin** preaches on Exodus 32:1-14 a sermon entitled "God Matters."

### October 16 –

#### Capital Campaign Celebration Sunday

Today we conclude a faith-filled and successful Capital Campaign having done significant work "Building Connections" between members of the church and between our local church and the wider community.

**Rev. Benjamin Broadbent** preaches a sermon on Matthew 20:15-22 entitled "Life and Taxes."

### October 17 at 7:00 p.m. in the sanctuary Monthly Service of Taizé Prayer

### October 23 –

#### Annual Campaign Kick-Off Sunday

Today we launch our Annual Campaign to support the 2012 ministry and mission of First Congregational Church.

**Rev. Broadbent** preaches a sermon on Deuteronomy 34 entitled "Will Our Children Have Faith?"

### October 30 – Historical Sunday

Today is our annual Historical Sunday. We will sing the Centennial Hymn and honor 30, 40 & 50-year members. We will also anticipate the 100<sup>th</sup> annual Christmas Mystery Pageant. **Rev. Broadbent** preaches a sermon highlighting the poetry of Rev. William Ranney, pastor of our church from 1909-1916, and his wife, Helen Ranney, who originated the Mystery in December of 1912.



## Best Wishes, Frank!

With love and respect, First Congregational will bid a fond farewell to our dear organist of 5½ years, Frank Shelton.

Frank has accepted a position at Ascension Episcopal Church in Pueblo. There, he will not only be Music Director and Organist, he will also conduct the Veronika String Quartet and other musical ensembles.

Frank has been a true gift to FCC during his tenure, and his legacy will continue long after he is gone. Please plan on attending the inaugural concert of the new concert series, *Performances at St. Vrain*, on September 25 at 4:00 in the Sanctuary.

We will celebrate Frank's time at FCC with a reception immediately following the concert.

Blessing be on you, Frank, as you embark on this new journey.

## Adult Forum

Sunday mornings from 9 to 10 a.m. in the chapel.

Oct. 2: **Herman White** - Breathing Time: A Topography of Dread, A Geography of Hope

Oct. 9, 16: **Bruce Sage** - The Babylonian Exile: Coping with Trauma and Processing Our Grief

Oct. 23, 30: **Mel Weissman** Roots: Judaism and Christianity

## Bible Study

Wednesday mornings from 9:30 to 11 a.m. in the library.

## Soul Feast

Thursday mornings from 9 to 11 a.m. in the chapel.

## Coming in November:

- ◆ First Sunday of the Month Multigenerational Worship
- ◆ All Souls/Saints Sunday
- ◆ Prayer Shawl Ministry Celebration
- ◆ First Sunday in Advent
- ◆ Advent Taizé Service

## CHURCH COUNCIL

Moderator—**Nancy Henjum**  
 Vice Moderator—**Sid Shelton**  
 Treasurer—**Polly Strovink**  
 Secretary—**Pete Hokanson**  
 Care & Fellowship—**Connie Raub**  
 Outreach—**Deidre Schoolcraft**  
 Worship & Spiritual Life—**Jenny Finn**  
 Education—**Beth Garrison-Kemp**

## APPOINTED OFFICERS

Membership Clerk—**Lois Benson**  
 Historian—**Wil Green**

## VOLUNTEER STAFF

Communicator Editors—  
**Ardith Hanson** (layout) & **Jane Warren** (text)  
 Communion Coordinator—**Peggy Weissman**  
 Fellowship Coordinator—**Lori Goodwin**  
 Flowers Coordinator—**Ann Benson**  
 Flute Choir—**Phyllis White**  
 Head Ushers—**Lisa Cook & Oscar Ridings**  
 Lay Representative to ESM—**Laura Pfender**  
 Liturgist Coordinator—**Marsha Garrett**  
 Parish Nurse—**Nancy Lippincott**

## ASSOCIATED IN MINISTRY

### 4-Way Covenant:

**Rev. Darlene Avery**  
**Rev. Lyn Boudreau**  
**Rev. Stephen Brown**  
**Rev. Pat Dolin**  
**Rev. Derek Krehbiel**  
**Rev. Patty Walker**

### Seminarians:

**Jeff Dodson**  
**Kelly Ryan**  
**Deborah Saxon**  
**Mandy Todd Moore**  
**Cathy White**  
**Samantha Garrett**

### In-Care:

**Jocelyn Bakkemo**

## CHURCH CONTACT INFO



20 East Saint Vrain Street  
 Colorado Springs, CO 80903  
 Office Hours: **M-F / 9a-5p**  
 Voice: **(719) 635-3549**  
 Fax: **(719) 633-4715**  
 Email: [office@fcucc.org](mailto:office@fcucc.org)  
 Website: [www.fcucc.org](http://www.fcucc.org)

## PAID STAFF

Lead Minister—**Benjamin Broadbent**  
 Associate Minister—**Jacque Franklin**  
 Business Administrator—**Ruth Roland**  
 Office Administrator—**Christy Kessler**  
 Administrative Assistant—  
**Richard Grebenstein**  
 Organist & Director of Music—  
**Open**  
 Chancel Choir Director—  
**Mandy Todd Moore**  
 Handbell Choir Director—**Carol Fields**  
 Children's Ministry Coordinator—  
**Del Hokanson**  
 Youth & Adult Ministry Coordinator—  
**Marta Fioriti**  
 Nursery Attendants—  
**Spencer Kellogg**  
**Jo Baum**  
**Kiara Nath**  
**Kayla Schroeder**  
 Custodians—**Bob Scheafer &**  
**Randy Goodwin**  
 Sunday Sexton—**Teri McCabe**

## PASTORS EMERITI

**Rev. Dr. Jerry Jordan**  
**Rev. Dr. James White**

## AD HOC STAFF

Wedding Coordinators—**Gari Steadman,**  
**Thom Andreas & Gail Rogers**  
 Funeral Coordinator—**Carol Fields**

## COMMITTEE CHAIRS

Audio / Visual—**Paul Schwotzer**  
 Bereavement Receptions—**Karen Miskel,**  
**Sharron Waterhouse & Sandy Wolczak**  
 Clergy/Congregation Relations—  
**Liz Arnold & Wil Green**  
 Community Life—**Lin Luinetti Quinlan**  
 Faith Formation—**Sara Doud & Tom Francis**  
 Financial Advisory—**Polly Strovink**  
 Health Ministry—**Nancy Lippincott**  
 Historical—**Bob Murray**  
 Human Resources—**Gordon Riegel**  
 Ministry Discernment—**Steve Brown**  
 Justice & Peace—**Jerry White**  
 JWW Lectureship—**Sue Scott**  
 Kitchen Witches—**Lois Benson & Dolly Eager**  
 Library—**Jeanie Tate**  
 Communication & Marketing—  
**Mike Matthews**  
 Membership—**Jean Hall**  
 Mission Giving & Outreach—**Angie Adams**  
 Movement Ministry—**Jenny Finn**  
 Music & Arts—**Dave Nath**  
 Mystery Tradition—**Nancy Forgy**  
 Nominating—**Eric Ridings**  
 Open & Affirming - **Trey Austin**  
 OWL Steering - **Sara Qualls**  
 Planned Giving—**Jennifer Malenky**  
 Plymouth Circle—**Marilyn Johnson**  
 Prayer Shawl Ministry—**Jerusha Goebel**  
 Risk Reduction & Response—**Nancy Dawson**  
 Sanctuary Arts—**Thom Andreas**  
 Stewardship—**Lori Pinello**  
 Taizé Planning—**Karin Henriksen**



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 CONGREGATION. WE INVITE  
 PEOPLE OF EVERY AGE,  
 RACE, MARITAL STATUS,  
 SEXUAL ORIENTATION,  
 GENDER EXPRESSION,  
 MEANS, ABILITY, AND  
 SPIRITUAL TRADITION TO  
 JOIN US IN THE LOVE OF  
 GOD AND NEIGHBOR  
 THROUGH CHRISTIAN  
 WORSHIP, DEDICATION TO  
 EDUCATION, AND  
 COMMITMENT TO SERVICE.

**The Communicator—To Inform & Inspire**

FCUCC now emails the Communicator (in color!) to ALL persons with an e-dress on file with the office. Eventually, printed issues will be sent only to those without the ability to receive or print the email edition. **Please call or email the office at 635-3549 or [richard@fcucc.org](mailto:richard@fcucc.org) to STOP receiving print mailings.**

**WANTED:** Articles, Notices, Reminders and Letters  
 Relevant to the Life of Our Congregation

**Deadline** for submission of **articles and letters** is the **15th** of each month.  
**Short notices and reminders** may be accepted a little later if space is available.  
**Late articles** may be placed in the next edition or may be sent out via e-blast.

Article submissions should:

- Be 500 words or less, have minimal formatting, be left justified.
- Contain a title suggestion and include the author's information (name, church role, and contact information)
- Have action info (dates, times, etc.) at the beginning of the article
- Be emailed either directly or as an attachment (e.g. MSWord documents) to [communications@fcucc.org](mailto:communications@fcucc.org) [hand-written is accepted but not preferred.]
- Submissions may be edited for length, clarity, and correctness.  
 Opinions expressed by writers do not necessarily reflect official FCC policy.

Short notices and reminders:

- ◆ Should simply be emailed as above. No formatting required.

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