

NEWS & NOTES

JULY/AUGUST

GLENNON HEIGHTS MENNONITE CHURCH

2015



June 30-July 5

Mennonite Church USA Convention in Kansas City

July 5-12

Family Promise rotation

July 21-25

Mennonite World Conference Assembly in Harrisburg, PA

August 7-9

Mountain States Mennonite Conference Annual Assembly, Ghost Ranch, Abiquiu, NM

September 12-13

Church retreat at Rocky Mountain Mennonite Camp



FROM THE



PASTOR

We here at Glennon Heights Mennonite Church are part of a bigger whole. Several bigger wholes, actually. We are a thriving community on our own but we don't exist in a vacuum. We are a member of Mountain States

Mennonite Conference (MSMC), which is part of Mennonite Church USA, which is one of the many member communions of Mennonite World Conference. The circle of relationship gets larger and larger. I think that's a wonderful thing!

I have experienced belonging at all these different levels during my life. My parents were very committed to our local church and community and were also connected to the broader church. Their life experiences – missionary kid, Goshen/Hesston College years, service with Mennonite Central Committee (MCC) – created in them a sense of belonging to the denomination and the church across the world. As their child, I also felt like I belonged. I saw my parents prioritizing their churchwide relationships by attending annual conference assemblies and participating in denominational events. I grew up knowing that these connections were important and precious. They were part of my identity, even in very rural southeastern Colorado.

My adult life led me down the Mennonite trail: Hesston College, Goshen College, MCC, Mennonite Mission Network, MCC again, and finally pastoring a Mennonite Church here in Lakewood. I have experienced first-hand some of the depth and breadth of our Anabaptist-Mennonite worshipping tradition and I have found it incredibly rich. I identify with it completely. In a large and wonderful sense, it is my spiritual home.



ANNIVERSARIES:

29 - Connie & Gordon Panushka

BIRTHDAYS:

9 - Olive Landes
15 - Doug Horst
20 - Jake Eigsti
21 - Dave Marshall
21 - Betsy Headrick McCrae
24 - Kate Stutzman
30 - Joann Jantz



ANNIVERSARIES:

2 - John Franz & Margo Wiebe
9 - Dave & Peggy Owen
14 - Betsy & Bruce McCrae
17 - Dave & Edith Yoder
20 - Barry & Brenda Bartel
20 - Brad & Heidi Eigsti
25 - Holly & Tyler Freeman
28 - Ken & Mae Zook
30 - Dave & Sharla Marshall

BIRTHDAYS:

18 - Don Schierling
20 - Bethany Simpson
20 - Nathan Graber-McCrae
22 - Elaine Hale
29 - Joyce Fox
30 - Mark Miller

From the Pastor, continued

Which is why I look forward to this summer. Representing GHMC I'm off to Kansas City in early July for the MC USA Convention. This Convention takes place every two years. In Kansas City I and folks from across the country who also love the church will discuss, learn, discern, argue (probably), agree (I trust), pray, worship, renew old friendships and make new ones. There are hard issues on the table and things won't be all sweetness and light, but that's normal for a family, especially one that cares deeply about God, faith and each other.

Again representing GHMC, I will head out to Pennsylvania in mid-July to participate in Mennonite World Conference. This is a gathering that happens every six years. Folks come representing Mennonite, Brethren in Christ and other Anabaptist groups from all corners of the earth. What a marvelous gathering it is! We will worship, sing and pray in multiple languages. We will hear messages from each continent and many different people groups. We will learn, share, listen, renew old friendship and make new ones. I anticipate inspiration and faith-building encouragement from folks far out of my normal orbit but still very much part of the body of Christ to which we at GHMC belong.

Finally, closer to home, I will be one of the three GHMC delegates to the MSMC Annual Assembly in Abiquiu, New Mexico, August 7-9. This annual gathering brings together representatives from MC USA affiliated congregations in Colorado and New Mexico. We are a spread-out bunch and we need time to physically be with each other for worship, a little business, a lot of fellowship and fun. The support we receive from each other is invaluable as we try our best to faithfully follow Jesus here in our own neck of the woods.

Being part of a broader church network is enriching and encouraging. Onward ho!

Your travelling pastor,

Betsy

Kitchen Dedication



June Worship and Business Meeting



Balancing Acts – To a Man with a Hammer...or a Bike



Tom Beutel is Professor Emeritus of Computer Science at Mount Vernon Nazarene University in Mount Vernon, Ohio.

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. Col. 3:17 (NIV)

Mark Twain is credited with saying that “to a man with a hammer everything looks like a nail.” Sometimes I feel that way about peacemaking, and, I think, rightly so.

In his book *Shalom: The Bible’s Word for Salvation, Justice & Peace* Perry Yoder unpacks the broad implications of the word that the Bible typically translates as “peace,” that is, *shalom*. One way to think of shalom is in terms of a healthy, right relationship with God, self, others, and the creation. This encompasses far more than simply avoiding violence with others; it includes our relationship with God, ourselves, and the creation as well, and it emphasizes healthy, right relationships; that is positive, active peace-making.

On a recent bike ride I was thinking about biking and the ways in which it fits well with the idea of shalom. For me biking is a multifaceted activity, providing exercise, relaxation, and a degree of solitude. The past couple of years I have begun to take fairly long rides, long for me – about 15-25 miles at a time. I maintain a decent pace, but I’m not trying to set any speed records. All of my biking is done exclusively on trails that are converted railroad lines; they are paved, level, and scenic, along rivers, through farmland and marshes, and connecting small local villages.

So, how do my rides relate to shalom? First, there is peace with God. With the somewhat longer rides, allowing stops to sit on a bench along the river or by a small frog pond, I can take time to meditate on the beauty of God’s creation, to be thankful for God’s provision and the opportunity to enjoy it, and even to study scripture or other Christian writing. It is a time of meditation and communion.

Peace with self, an important aspect of shalom, is probably the central element of my rides. Perhaps most obviously, biking is one way to get physical exercise which is vital to good health. The health benefits of biking are well-known and numerous. Biking builds strength, increases muscle tone, builds stamina, improves cardiovascular fitness, burns calories, improves heart health and reduces stress. A 180 pound adult, riding at the rate of 10-12 mph, burns 245 calories in 30 minutes. The 10-12 mph rate is a moderate pace, easily achieved on a bike trail.

Beyond the obvious physical health benefits, biking, as noted, reduces stress. Biking at a moderate pace, fast enough to get the health benefit, but slow enough to enjoy the ride and the scenery, is therapeutic.

There are several ways in which biking provides peace with others. Biking with a friend, child, or spouse builds relationships through shared experience. But there is more: biking on a bike trail means that you are sharing space with others: walkers, other bikers, roller-bladers, people with dogs or strollers, children just learning to ride, serious riders going long distances or faster speeds. Each person must look out for the other, announce when passing from behind, slow down when necessary. There is the sense of a broader community. Meeting and taking time to talk with stranger enriches the experience and is a peacemaking activity.

Finally, wherever one bikes, there is an environment to be enjoyed and preserved. Bike trails constructed along disused railroad lines typically go through beautiful scenery and small villages. The pastoral beauty of the ride is inspiring and biking allows the rider to be a part of the environment, leaving it as it was. Peace with the creation is built into biking.

For many, biking is a healthy, fun activity. But, for peacemakers, biking can also be an opportunity to think about and engage in shalom: peace with God, self, others, and the creation.



Jeff Bontrager, Neckitecture



Jeff Bontrager always wondered why neckties looked the same. “I started thinking about why a tie had to be in that pointy shape or made of silk so I really started changing things up, adding hardware and playing with different shapes,” he said. “Ties are one of the only things that guys can really wear to spruce up their outfit.”

Jeff launched a tie business, Neckitecture, late last year, taking a new approach to ties and basing the business name on his love of architecture. “I thought why not create architecture for the neck. I’ve always had a passion for architecture; I think if I didn’t go into the social sciences field, I would be an architect,” he said. “Some of my upcoming designs were actually inspired by some of the architecture around Denver.”

Jeff also works in the public health sector, but in his free time, he’s focused on fashion. “I’m a big believer in a left and right brain balance – this is my creative work,” he said. “I came to the conclusion that I would regret it if I never launched the business. The other reason for the business is I can use it to support nonprofits. I plan to use Neckitecture to support Family Promise in 2016, possibly with an event.” Jeff has volunteered with Family Promise for more than 12 years, helping with overnight shifts, weekend activities, evening volunteer slots and other areas. “I was the coordinator for Glennon Heights Mennonite Church for eight years,” he said. “Volunteering keeps me grounded; it’s a growing opportunity for me.” Glennon Heights manages part of each host week at Lakewood Christian Church.

Jeff is currently working with local seamstresses to create each tie. He even rolled out the Centennial Collection, which Gov. Hickenlooper wore during last year’s Colorado Day! Eventually, Jeff hopes to grow Neckitecture nationally. “There are a lot more designs to come,” he said. “I’m a native of Colorado, and this state inspires me in so many ways. But some of the other designs I’ve created are not place-specific.”

Learn more at www.neckitecture.com.

July/August 2015 Calendar

July 5-12 Monday, July 6 Wednesday, July 8	Family Promise rotation Bipolar/Depression support group, 7:00 p.m. Elders meeting, 7:00 p.m.
Monday, July 13 Saturday, July 18	Facilities team meeting, 7:00 p.m. Men's breakfast, 9:00 a.m.
Monday, July 20 Tuesday, July 21	Bipolar/Depression support group, 7:00 p.m. Daytime Mennonite Women, 9:30 a.m.
Monday, August 3 August 7-9	Bipolar/Depression support group, 7:00 p.m. MSMC Annual Assembly, Ghost Ranch, NM
Saturday, August 15	Men's breakfast, 9:00 a.m.
Monday, August 17 Tuesday, August 18 Wednesday, August 19	Bipolar/Depression support group, 7:00 p.m. Daytime Mennonite Women, 9:30 a.m. Elders meeting, 7:00 p.m.

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Hours: Tuesday-Friday, 8:00 am - 4:00 pm

Kate Rempel

Administrative Assistant

Office Hours: Tuesday, 9:00 am – 1:00 pm

Thursday, 9:00 am – 1:00 pm



Our Mission

To be a faithful community of Jesus Christ

Our Vision

Empowered by the Holy Spirit,
We envision growth;
building a community of faith which practices
constructive responses to conflict;
and, in a world driven by fear, promoting a
Christian voice of love and nonviolence.

NEWS & NOTES

Compiled by Betsy Headrick McCrae and Kate Rempel

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