



MAY 2026

A NOTE FROM THE PASTOR

Dearest Heart of Longmont Family,

I want to start by thanking you for the wonderful celebration on Sunday, April 19. Russ and I loved introducing everyone to Micah at the Sip and See, and our collective joy was palpable in Wesley Hall. I'm so grateful to Debbie Howard and Tricia Grafelman for hosting such a beautiful gathering and want to thank everyone who brought gifts and delicious food.

As we enter the month of May, we find ourselves in the liturgical season of Eastertide. Eastertide is the 50 days between Easter and Pentecost (not including Sundays) where we celebrate all the ways Christ's resurrection changes our lives and the world around us. During this season of Eastertide, we are invited to live in the Good News of the Gospel. God loved us so much that He couldn't stay away. He came to earth to bring restoration, reconciliation, and resurrection into every area of our lives.

Our Eastertide series comes from the makers of A Sanctified Art and is entitled, "Tell Me Something Good."

Each week in this series, we'll explore a different aspect of the Gospel message. In a world that's inundated with constant bad news, we are called to share the Good News with those around us and be the Good News to our wider community.

So much of our culture has been shaped by win/lose thinking: good people versus bad people, reward versus punishment. But the Gospel tells a different story. It is not a story of scarcity or competition but of abundant grace. A grace that doesn't divide the world into winners and losers, but invites all of us into healing, wholeness, and transformation.

Father Richard Rohr reminds us that when we truly experience Christ's grace at the core of our being, it begins to change the way we see everything. Instead of living out of fear, judgment, or duty, we begin to live out of love, abundance, and delight. This is Good News worth focusing on.

During this series, you'll find "conversation cards" scattered throughout the Gallery of the church to reflect on. You're invited to share your answers with

folks around you or simply take a moment and thank Jesus for the goodness you're currently experiencing.

As I conclude this pastoral letter, I want to ask for your grace and patience in this first month back after parental leave. Micah is in daycare, I'm back to work, and Russ and I are finding our rhythm in this "new normal" with a three-month-old. I'm doing my best to balance life as a pastor and a mother, but this is uncharted territory, and I'm learning as I go. Thank you for your love and prayers as I grow in this new season of motherhood and pastoral ministry.

I am deeply grateful to be back with you all. Walking alongside you as your pastor brings me great joy and fulfillment, and it's a privilege I do not take lightly. May God continue to do abundantly more than we could ever ask for or imagine in this upcoming season of life and ministry.

With Gratitude and Joy,

—REV. ANGIE DORNISCH



LAST CALL: HOL SCHOLARSHIP APPLICATIONS

Scholarship applications are available from the Foundation Fund, the Roger and Gloria Hinz Scholarship and the Margret Patterson Scholarship. For those interested, please contact Edy-Kay Ward at scholarships@heartoflongmont.org, and an application will be sent to you. If you are currently receiving a scholarship from the above, please submit an updated essay describing your past year along with your current goals and activities. You do not need additional letters of recommendation. **The application and/or update must be submitted to Edy-Kay by Sunday, May 10, 2026.**

OUR BLESSING BOX THANKS YOU!

Sincerest thanks to ALL donors to the Blessing Box! Twice each week, we are able fill the Blessing Box full to bursting which is such a gift to our hungry neighbors! With the warm months coming, it would be very helpful to have drinks (water, sports drinks, other low sugar choices) put in the refrigerator. We have limited storage space, so putting drinks right into the fridge would be great. Also, we have enough canned vegetables for the time being, so a switch to something like packets of dry milk or one-pound bags of dry beans would be most appreciated.

Your Blessing Box Team,

— SANDY RABENHORST & JO LLOYD

CARENOTES

CareNotes are booklets written for people dealing with intensely emotional situations who are looking for concise, easy-to-read guidance and support. We live in a world full of challenges and unknowns. Stress, grief, and uncertainty can weigh us down and impact our health and quality of life. This day more than ever, emotional and mental support are fundamental to navigating life's many challenges.

Heart of Longmont is here to provide you tools of support for the mental wellbeing, recovery, health, grief, and eldercare challenges that families experience. Each CARENOTES booklet offers strength, help, and healing for those who are hurting.

The CARENOTES display is located across the Narthex from the Chapel door.

Take one – and take heart. Give one – and give hope.



IN THIS ISSUE

- Worshipful Moments - BE SUNDAY and SIP & SEE Photos!
- A message from Leonard the Alligator about supporting CFM
- Summer events around the corner!
- Sign up your kids for Kingdom Quest Vacation Bible Camp this June!
- HOL Youth are preparing for summer
- Finance update from our Treasurer
- Heart of Community Update

WORSHIPFUL MOMENTS BE SUNDAY - APRIL 12

Our 4th Annual BE Sunday is behind us, and it was amazing to watch 99 volunteers going out to make a difference by doing garden prep, painting walls, preparing food, fixing what's broken, sanding, staining, raking, clipping, hoisting, hanging sun shades, sweeping sand,

cleaning vans, cleaning a refrigerator, folding clothes, and connecting with one another. When we serve others, when we show up for people who need help, we are meeting Christ there. So, a huge thank you to every single person that showed up when it could

have been easier to sleep in or head for the mountains. Your contribution of time and talent matters, and we are so blessed to be a part of a church that consistently puts love into the world through action, not just words.

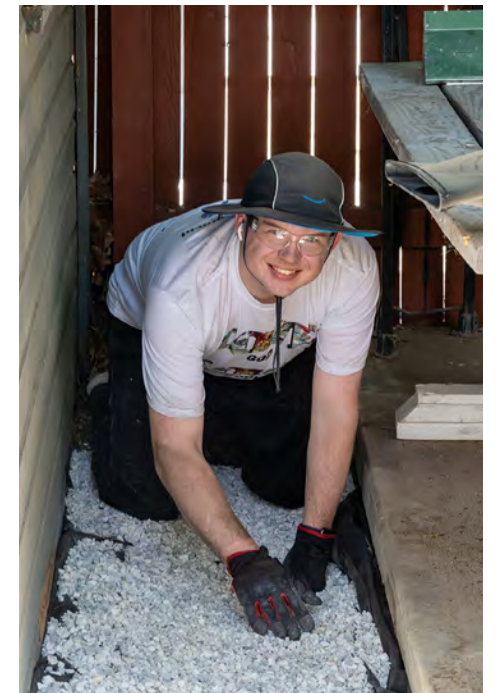
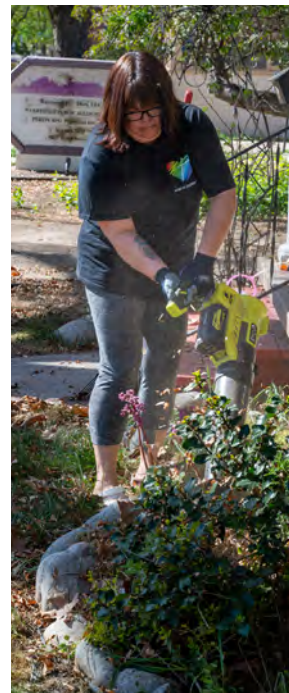
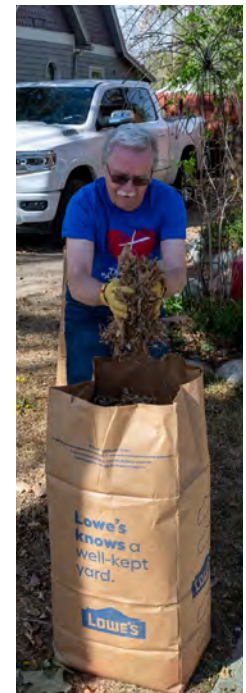
~Tricia Grafelman



Huge thanks to Tim Bradley for the incredible photos!



BE SUNDAY WORSHIPFUL MOMENTS



WORSHIPFUL MOMENTS BE SUNDAY

BE SUNDAY WORSHIPFUL MOMENTS



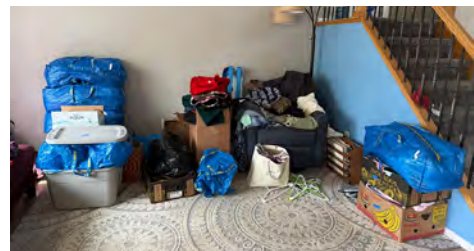
WORSHIPFUL MOMENTS

BE SUNDAY

BE SUNDAY WORSHIPFUL MOMENTS



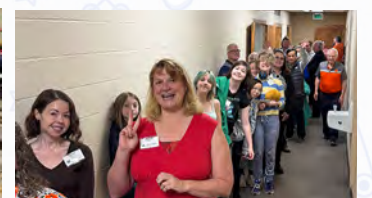
Thank you to Tricia Grafelman for sharing even more photos!



SIP & SEE WITH THE DORNISCH FAMILY WORSHIPFUL MOMENTS

Thank you to Debbie Howard for helping to organize and decorating for the Sip & See! If you didn't get a chance to meet sweet Micah John on April 19, don't you worry— He will be around a lot!

Great job HOL for all the wonderful brunch food that you shared to welcome Angie, Russ, and Micah Dornisch back to their church home.



CFM UPDATES

Hello, Heart of Longmont family,

Happy end of the school year! Hooray for summer break!

In May, our Children's Church focus will be faith in God's Son and perseverance. The Bible verse for the month is Galatians 6:9. Do not tire of doing good!

Our nursery kids will learn that Jesus cares about everyone, and we will continue talking about how Jesus wants to be our friend.

UPCOMING EVENTS

May 14, 2026 at 4:30 - 6:30 - Pizza Playtime
Open to parents with children ages 0-8. We provide pizza and snacks

Thursdays at 10:00 am - 12:00 pm - Parents and Tots
LAST MEETING FOR THE SCHOOL YEAR: MAY 14
A playdate for parents and children 0-4. Our last meeting for the school year will be May 14. Keep an eye on this space and the Weekly Pulse for when we'll be meeting again.

IMPORTANT!

WE WILL NOT HAVE CHILDREN'S CHURCH ON MAY 31 AT HOL. We will hold it at Buckhorn Camp during our Family Weekend. The Nursery at HOL will still be open for children 0-5 on May 31.

LEONARD WANTS TO HELP SUPPORT OUR MINISTRY!

Would you like to send a short video message to that special someone who is a big fan of our friend Leonard (not Lenny—Leonard!) the Alligator? Leonard will record a personalized message and text or email it to them for a small donation to CFM. To learn more, email leonard@heartoflongmont.org.



SUMMER FUN IS AROUND THE CORNER!
CONTINUE TO THE NEXT PAGE



Register your children for Vacation Bible camp [here](#), by scanning the QR code at left or by picking up a registration form in the Gallery!

Scan above to register your children for Vacation Bible Camp!

We need people of different talents!

Before the event, flexible time

- Builders, painters, and designers- to help with the space realm, cardboard castle, light lab, and others. We need ideas as well as people who can execute them
- Planners and organizers - help with registration forms, gathering supplies, etc.
- Prayers

Before the event, June 6-7

- Decorate the classrooms, set up the

- main stage
- Lot of last minute tasks as they pop up
- Prayers

During the event, June 8-12

- Prayers!



Mornings 8:30-12:30

Safe Gatherings training required (we will

provide)

- Group Leaders
- Backup

All the lesson plans are provided. All you need to do is be there, follow the lesson and have fun!

Afternoons - flexible, after 12:30

- Clean up, next day set up, and prep as needed

Please let me know which one of these roles will bring you the most joy! You can sign up [here](#) or by contacting Jana at CFM@heartoflongmont.org.

You can support our VBC with donations as well. Click [here](#) or scan the QR code at right to visit our Amazon registry.



Scan here for the VBC Amazon Registry!

INTERGENERATIONAL VBS AT LONGS PEAK UMC

Join us for a week of fun, friends, and adventure as we explore the nature of God.

Learn more about VBS for All and register for Rainforest Falls at <https://www.lpumc.org/vbs>.

Rainforest Falls is a completely free, 5-day evening camp with activities for children, teens, and adults that every member of the family will want to experience. Each day starts with a full family meal followed by time for games, crafts, music, Bible stories, and more. We can't wait to see what God is going to do June 15-19, 6-9pm.

Questions? Contact Jase at Jase@LPUMC.org.



WHO:

Everyone of all ages!

WHEN:

June 15-19 | 6-9pm

WHERE:

Longs Peak UMC

WONDERFULLY MADE Faith, Nature, and Us Family Camp

Two nights of fun, fellowship, and connecting in the great outdoors just west of Fort Collins! Families will be staying in fun cabins. Food is included.

Cost will be approx. \$200 per family (scholarships available)

May 29 - May 31
Buckhorn UMC Camp

"So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up."
Galatians 6:9



WONDERFULLY MADE FAMILY CAMP

We will be hosting a Family Camp at Buckhorn UMC Camp May 29 through May 31. We will be in the great outdoors, staying in fun cabins, from Friday dinner through Sunday morning worship. Meals, lodging, devotion, free time, family activities, kids crafts, and campfire worship complete with s'mores will all be included.

The theme for the camp is WONDERFULLY MADE, based on Galatians 6:9. The cost will be approximately \$200 per family (scholarships will be available). The cabins are arranged with a bathroom between two sides with six beds on each side. It will really feel like a true summer camp experience with getting to know others and "bunking up" with our HOL friends in true overnight camp fashion.

Please contact Tricia Grafelman if you have any questions.

WORTHY WOMEN'S RETREAT

This summer, we're inviting the women of our church to step away from the noise of daily life and into sacred space together at Buckhorn Camp for a one night retreat, June 19 to June 20.

Rooted in the story of Esther, this retreat will explore what it means to live with courage, hope, and purpose as women of faith. This retreat is for women of all ages and stages of life. Whether you're longing for renewal, craving connection, or simply needing time to breathe and listen for God's still, small voice, we invite you to join us.

If you're interested in attending or would like more information, please let us know. We'd love to help you take part in this meaningful time of retreat, rest, and renewal. Come away with us to the mountains, to community, and to the deep truth that you are worthy for such a time as this.

WORTHY Living Into Our Calling for Such a Time as This

WOMEN'S RETREAT
June 19 — June 20
at Buckhorn UMC Camp

A ONE NIGHT GETAWAY WITH A FULL DAY OF
WORSHIP, CONVERSATION, REFLECTION, AND
REST. FOOD IS PROVIDED.
"HOTEL LIKE" ROOMS.

**ALL WOMEN OF ALL AGES AND
ALL STAGES OF LIFE ARE INVITED!**



THE YOUTH PREPARE FOR SUMMER

Spring has been full of energy and excitement in our youth ministry, and we are so grateful for the continued support of our church community. Our Easter Egg Hiding Fundraiser was a huge success! Thanks to the enthusiasm and hard work of our youth (and the generosity of those who participated), we hid over 1,500 candy-filled plastic eggs throughout our community. It was a joy to help create a little Easter joy for so many families while also raising important funds for our upcoming summer mission trip. Speaking of summer, it's approaching quickly! Preparations for

our Alaska mission trip are already in full swing. Right now, most of the preparation is happening behind the scenes as I work through the many details that go into the trip, and we're all starting to look ahead with excitement for the experience. We are also looking ahead to another incredible summer opportunity: camp! Our youth are invited to attend a week at Buckhorn Methodist Camp, a place filled with fun, faith, and meaningful connection. The cost to attend camp is \$600 per participant. If you feel called to support a student and help make this experience

possible, we would love your partnership. Please reach out to Emily if you are interested in sponsoring a Heart of Longmont youth for this unforgettable week. Thank you, as always, for your prayers, encouragement, and support. We can't wait to share more as summer draws closer!

—EMILY FARRENKOPF
YOUTH DIRECTOR

GUATEMALA REFLECTIONS



What does doing mission work mean to me?
I actually prefer the term service work. Our time with ODIM, serving alongside the Mayan people, has opened my heart to the beauty of Guatemala and its

communities. What I love about ODIM is that they don't see service as simply donating money and walking away. Their model is rooted in walking with the people of San Juan and San Pablo. There is support before, during, and after we leave—thanks to the promoters and the ODIM staff, who offer education, training, and encouragement every step of the way. It's not charity from a distance; it's partnership, respect, and accompaniment.

Why is serving ODIM important to me?
Because ODIM meets residents right where they are, through community engagement and trust. Their programs address real needs: from the stove-building project (our beloved "HiHi" initiative!) to adolescent health, prenatal and postnatal support for moms and babies, and diabetes care. Being part of an organization that

truly listens to the community and works collaboratively to create solutions feels deeply meaningful.

Why do I serve?
I serve because there is a need—and because we've been given this incredible opportunity to make a difference, thanks to Pastor Clair, who first connected our church with ODIM. That invitation lit a spark in Tricia and the whole group who went previously, and now that spirit of service has been embraced by Pastor Angie as well.

Another motivation for me is the fellowship. Serving alongside other church members—and some wonderful new friends—has been such a gift. I genuinely feel like we've grown into a family. I'm so grateful for the community that took shape on this trip.

This year, Joan Edmonds, Ann Noonan, and I went early to attend Spanish school in Antigua before the rest of the group arrived. It was such an incredible experience and helped us communicate more fully with the people we served. I highly recommend it to anyone who has a little extra time next year!

—DAWN DESAI



CHEF HEARTY BUILD DAY

Sunday, May 10
after worship service



CHEF HEARTY

May is the last Chef Hearty meal kit that we will be preparing for our Wild Plum families this school year.

It's been our tradition for May to be Pizza making month! In the last 4 years it's been a huge hit. April's meal was a Spring Chicken Wrap.

If you have a recipe you think would work well for Chef Hearty or if you would like to donate time or money towards this important ministry, please reach out to Tricia Grafelman.





COMPASSION OFFERINGS FOR 2026

- May**
HOPE
- June**
Rocky Mountain Equality
- July**
Be the Source
- August**
Chef Hearty
- September**
El Comité
- October**
Habitat for Humanity
- November**
Recovery Café
- December**
Casa De Paz



MISSION DESIGN UPDATE

from Amy Mann

Be the Source Lunch May 2, 2026 After Worship

Please join us for lunch on May 2 after worship to learn more about Be the Source (formerly Foster Source), a Colorado nonprofit supporting children and families impacted by the child welfare system. Representatives will share ways to support, volunteer, and partner.

Founded in 2016 by former foster parents, the organization provides trauma-informed training, advocacy, and resources for foster, kinship, and birth families. As Colorado's foster care system has shifted to private agencies, Be the Source continues to play a vital role in supporting both caregivers and children across the community.

In September 2025, Boulder County phased out its county-run foster care program, having already stopped certifying new foster parents prior to that date. Afterward, the county no longer managed the day-to-day supervision of foster cases. This shift makes it especially important for our community to connect with organizations like Be the Source, which provide critical support, training, and resources to foster, kinship, and birth families navigating this new system.

May's Compassion offering is HOPE (Homeless Outreach Providing Encouragement)

HOPE is a nonprofit based in Longmont dedicated to supporting individuals experiencing homelessness and housing instability in our community. Through outreach, meals, essential resources, and connection to services, HOPE works to meet immediate needs while also helping

people move toward greater stability. Their work is rooted in compassion, dignity, and relationship-building, offering not just assistance, but encouragement and a sense of belonging to some of Longmont's most vulnerable neighbors.

If you're interested in getting involved, you can learn more and sign up to volunteer by [clicking here](#) (or contact the church office for the link).

Pride is Coming!

Mark your calendars for Pride on June 6 from 11 AM to 4 PM in Roosevelt Park and consider helping share about HOL with attendees. Watch the bulletin for sign-up opportunities. We will also host a Pride Ice Cream Social on Father's Day for the whole community—more details coming soon!

Don't forget the Our Center Monthly Meal Partnership

Heart of Longmont's Leadership and Mission Design Team has partnered with Longs Peak UMC to support a monthly meal at the OUR Center through both financial contributions and volunteer service. Heart of Longmont will contribute approximately \$150 each month, matching Longs Peak UMC, to help provide meals for the 80-100 individuals typically served. The OUR Center depends on community partners to provide weekend meals when staffing is limited, making this support especially meaningful. You can join this mission by sponsoring a meal (full or partial) with a gift card or donation, or by volunteering for a two-hour shift on the second Saturday of each month. To get involved, please contact the Heart of Longmont office, email Amy Mann, or [click here](#) to sign up!

HEART OF COMMUNITY CAMPAIGN UPDATE

Thank you for the continued generosity supporting our Heart of Community capital campaign. As of this month, **94 households have committed \$1,177,858, and we have received \$671,722 in collections (57%)**. Your faithful giving continues to turn vision into visible progress.

Over the next several weeks, we will begin to see meaningful movement across multiple projects. Installation of the **new A/C units serving the Ed Wing was scheduled for April 17**, ensuring a more comfortable and reliable space as we head into the summer months. In addition, we now have a contract in place for parking lot improvements, with work expected to begin May 11.

At the same time, we anticipate receiving **updated contractor cost estimates by May 1** for both interior and exterior work. These estimates will help shape final decisions and confirm the scope of the larger refresh planned for later this year.

As we move from planning into implementation, we will continue to keep the congregation informed and engaged. We are planning our **next congregational update for Sunday, May 17**, where we will share progress, review updated plans, and outline next steps.

Thank you for the many ways you continue to invest in spaces that support worship, hospitality, the ministry we share together, and our wider community.

The new Education Wing A/C units being installed during the snow storm.



OFFERINGS UP 9% AS HEART OF LONGMONT INVESTS IN GROWING FAMILIES

Overview

The year is off to a typical seasonal start, with income slightly behind budget and expenses coming in better than expected.

The first quarter is historically a slower giving period following year-end contributions, so this timing difference is not unusual. Encouragingly, congregational giving is up 9.2% compared to Q1 2025, reflecting continued generosity and strong engagement across the congregation.

Expenses are running below budget, even as we continue to invest in our growing Children's and Family Ministry (CFM) programs. Compared to last year, expenses are modestly higher due to:

- Additional staffing hours for CFM and Nursery
- Expanded programming such as Parents and Tots and Pizza Playtime

These investments are already helping us better serve young families and strengthen connections within our church community.

Our year-to-date deficit of \$22,504 is slightly higher than budget,

driven primarily by the seasonal timing of income rather than any underlying concern in giving patterns.

Looking Ahead

We remain confident in the financial health and trajectory of Heart of Longmont. As in prior years, we expect giving to build as the year progresses, while continuing to manage expenses carefully.

The investments we are making today—especially in children, families, and community engagement—are helping shape a vibrant and growing church for the future.

Thank You

Thank you for your continued faithfulness and generosity. Your support makes a meaningful difference in the life of our church and the people we serve.

If you have any questions or would like more details, please don't hesitate to reach out.

Blessings,

ROD EDMONDS, TREASURER

March 2026 Financial Update

Category	YTD 2026 Actual	YTD 2026 Budget	YTD 2025 Actual
Income	\$128,227	\$136,285	\$117,456
Expenses	\$150,731	\$153,655	\$148,233
Income less than Expenses (Deficit)	(\$22,504)	(\$17,370)	(\$30,777)



From Rocky Mountain Equality



The following is from Rocky Mountain Equality's newsletter and blog. If you want to receive their newsletter, visit RMEQ's website rmequality.org to sign up. If you or loved one are LGBTQIA+ and need resources, visit <https://www.rmequality.org/resources> and reach out.



In recent years, Colorado has seen a wave of policy proposals that don't come from our communities, but from national groups looking to use our state as a testing ground. These outside interests bring misleading initiatives designed to advance their own agendas that don't reflect the values that Coloradans hold dear: fairness, freedom, and the belief that everyone should have the chance to live their lives without government interference. You can learn more about these initiatives at handsoffco.org.

Rocky Mountain Equality Responds to Supreme Court Decision Putting Children at Risk

Representatives of Rocky Mountain Equality respond to the U.S. Supreme Court's decision announced in Chiles v. Salazar.

Mardi Moore, CEO of Rocky Mountain Equality, said:

"Today's United States Supreme Court Ruling in Chiles v. Salazar is another dangerous blow to the safety and wellbeing of LGBTQ+ youth in Colorado. This decision is a part of the hateful coordinated attacks we continue to see on vulnerable young people and their families, just like the two anti-trans measures that were recently approved for Colorado ballots in November.

"This decision, just like these overreaching and invasive policies on the Colorado ballot, is not about protecting children. It's about making sure that life is as challenging as possible for a small

group of kids that extremists are trying to use as a political wedge issue. Our kids deserve better. Rocky Mountain Equality is committed to fighting alongside these kids, their families, and ethical mental health providers to protect our youth and help them survive and thrive."

Tamora Tanniehill, Director of Programs and Services of Rocky Mountain Equality, said:

"As a licensed professional counselor and licensed addictions counselor, I am sickened by this decision. Holding state regulations on pseudoscientific practices such as conversion therapy to a strict scrutiny standard is far reaching, unethical, and poses meaningful risks to the ability of state governments and professional associations to regulate dangerous and disproven medical practices. This decision is another strategic

step to further dismantle and undermine life-saving professional and healthcare standards that protect privacy and families' abilities to make healthcare decisions.

"This decision is also an affront to therapists and counselors who are upholding ethical standards and keeping their commitment to do no harm to their clients, among many other commitments.

"Despite what the media is saying, today's ruling is not narrow. The implications go beyond LGBTQ+ youth and conversion therapy. It puts every family who trusts their providers to deliver medically sound treatment and advice at risk. This is shameful."

See ICE activity?
Call 844-864-8341
 Colorado Rapid Response Network

From OUR Center



Empty Bowls 2026: A Day Full of Community

Hundreds showed up to make a difference, All made possible with your support.

Our 23rd Annual Empty Bowls brought together more than 800 people for a day centered on

community, connection, and shared purpose—and we are incredibly grateful for everyone who showed up to be part of it.

This year's event was made possible by the generosity of our community. More than 1,200 hand-painted bowls were donated, over 100 volunteers

gave their time and energy, and together, we netted over \$56,000 to support OUR Center's Community Café. That \$56,000 alone will provide at least four months of meals through our Community Café!

Throughout the event, there was so much to take in—from the incredible artwork on every bowl to the different silent auction items donated by our

generous community. With delicious food from over 16 restaurants and vendors, there was something for everyone to enjoy, and you could feel how much this event means to our community.

It's what makes Empty Bowls such a meaningful tradition each year—people coming together, showing up, and supporting one another in a way that truly

makes a difference. Because of you, that impact extends far beyond a single day.

From OUR Center's newsletter. If you want to receive their newsletter and support their work, visit their website: <https://www.ourcenter.org/>. You can also volunteer to help serve a meal for OUR Center through Heart of Longmont.

From Longmont Food Rescue

Free Food, No Questions Asked



Produce in the Park
 Collyer Park
 1st, 3rd, 5th Sundays @ 1pm

PRODUCE IN THE PARK Collyer Park Free walk-up distribution 1 - 2 PM on the odd (1st, 3rd, and 5th) Sundays of each month.

PRODUCE IN THE PARKING LOT Longmont YMCA Free drive-up food distribution 1 - 2 pm on the even (2nd and 4th) Sundays of each month.

SENIOR CENTER FREE FOOD DISTRIBUTION Longmont Senior Center Free, indoor walk-up food distribution on the 2nd Saturday of each month 10 - 11:30 AM at the Longmont Senior Center.

Updates to our Programs

In an effort to make our Produce in the Park distributions more equitable, we are instituting a number system, much like we have used at our Senior Center distributions. At 12:15, the site host will distribute a number to everyone physically present in the line and will continue to distribute numbers until the distribution ends at 2pm. In number order, recipients will receive a basket to fill with food of their choice. A

volunteer will be present to help recipients transfer their shopping from their basket to their bag at the end of the tables. If recipients would like an additional basket of food, they are welcome to rejoin the end of the line.



Community Fridge Guidelines

- Take what you need, while respecting other neighbors who also need this food resource
- Please give our volunteers space to unload donations before shopping
- Only donate whole produce or unopened packaged food, no home prepared meals
- Help keep the fridges clean by disposing of any spoiled food

Spring planting season is here!

As you're planning what you'll grow this season, plant a little extra to support hunger relief in our community. Whether you're starting seeds indoors, buying transplants, or direct seeding into the ground, now is the perfect time to make a plan to Grow A Row for Longmont Food Rescue!

- **DOWNLOAD** the Fresh Food Connect app and sign up as a gardener. <https://www.freshfoodconnect.org/>
- **PLANT** extra seeds, or set aside a portion of your garden for donation.
- **SHARE** your homegrown produce - use the app to schedule and track donations. A Longmont Food Rescue volunteer can pick up right from your porch or you can drop off your donation at a Longmont Community Fridge anytime! <https://www.longmontcommunityfridges.org/>

Not a gardener yourself? Please share this info with any gardening friends.

From Longmont Food Rescue's email newsletter. If you want to receive their newsletter and support their work, visit their website: <https://www.longmontfoodrescue.org>

From HOPE Longmont



From HOPE Longmont's newsletter. If you want to receive their newsletter and support their work, visit their website: <https://hopeforlongmont.org/>. You can also volunteer to help serve meals through HOPE at Heart of Longmont. See the Opportunities to Serve section below.

Items needed and how clothing "fits" into the picture

Many who visit HOPE have spent months or even years experiencing homelessness and food insecurity. Because of these factors, a majority of those we serve initially can only comfortably wear small sizes. In order to provide appropriate protection from the elements, we strive to provide the right fit for

those sleeping outside who are awaiting the next steps on their journey to housing. Most needed items at HOPE:
 Mens 32x32 jeans
 Women's size 0-2 jeans
 Womens XS-S shirts and undergarments
 Men's size 10+ sneakers
 Thank you to our amazing community for providing warmth and security to those in need of hope.

February Update

In February, HOPE housed 7 individuals across both programs, provided 1,968 Meals, and assisted in regaining 13 Vital Documents, such as IDs and Birth Certificates. Additionally, our Soup Angel, Shelter Service, and Outreach Volunteers provided 525 total hours of service!





Recovery Café Longmont Announces New Executive Director: Dr. Waltrina DeFrantz-Dufor

Dear Friends and Colleagues,

The Board of Directors for Recovery Café Longmont is delighted to announce the appointment of Dr. Waltrina DeFrantz-Dufor as its new Executive Director. A nationally recognized recovery advocate, research scientist, and servant leader, Dr. DeFrantz-Dufor brings more than 30 years of experience in higher education and nonprofit leadership to this role.

Most recently, Dr. DeFrantz-Dufor served as Director of the Collegiate Recovery Program at the University of Denver's Health and Wellness Counseling Center, where she led initiatives to support students in recovery and advance equity and access across the wellness continuum. Her distinguished career also includes serving as Associate Dean of Students, Interim Dean of Academic Affairs, assistant professor, and chair of a doctoral program in higher education. At the University of Denver's Morgridge College of Education and other institutions of higher education, she has taught courses in program evaluation, strategic planning, and organizational finance—core skills she now brings to steward Recovery Café Longmont into its next chapter of growth.

Throughout her career, Dr. DeFrantz-Dufor has championed access, equity, and empowerment for individuals navigating recovery and wellness. Her research and publications examine recovery identity, workplace culture, and

From Recovery Café

systemic inequities that affect health outcomes. She has held leadership roles with the Association for Recovery in Higher Education (ARHE), the Colorado Black Health Coalition, FREE Recovery Community Center, and the Colorado Consortium for Prescription Drug Abuse Prevention at the University of Colorado Anschutz Medical Campus.

Waltrina's broad expertise and deep compassion for those in recovery uniquely position her to guide Recovery Café Longmont during this exciting time of growth. While the campaign for our future home at 801 Main Street, in the heart of Longmont, has already secured \$3.1 million toward its \$5.5 million goal; under Dr. DeFrantz-Dufor's leadership, the organization will complete this campaign, oversee renovation of the new space, expand programs, and strengthen community partnerships—all while deepening its commitment to recovery, connection, and hope.

"I am excited to join the Recovery Café Longmont team as we enter a new phase of growth and impact on the community of Longmont and beyond," said Dr. DeFrantz-Dufor. "Leading this organization is an opportunity to help others find the courage and strength to create new, authentic lives of recovery—without shame."

Dr. DeFrantz-Dufor holds a Ph.D. in Higher Education with a specialization in Leadership from Indiana State University, an M.S. in Organizational Management from Misericordia University, and a B.A. in Communications from The Pennsylvania State University. She enjoys tennis, chess, yoga, and, most of all, spending time with

her family.

Importantly, we'd also like to express deep gratitude to Beth Shipp, our Interim Executive Director. For the past three months, she has skillfully and professionally guided the Café through this transition – supporting Staff, our Members, and the Board with heart and passion for our work.

Please join us in welcoming Dr. Waltrina DeFrantz-Dufor to Recovery Café Longmont as we embark on a new era of opportunity, service, and community healing. She will begin with us in early March.

With appreciation for your continued support,

Claire Clurman
Board Chair, Recovery Café Longmont

Recovery Café Longmont is a community of refuge and healing for people in recovery. Recovery Café Longmont supports adults as they rebuild their lives and recover from substance and/or alcohol use disorder, mental health challenges, trauma, and other life challenges. They strive to stand in the gap between crisis and stability by fostering community-building and life-empowerment.

If you or a loved one need help and support in recovery, contact Recovery Café at info@recoverycafelongmont.org or 720-815-2885

Visit Recovery Café's website recoverycafelongmont.org for information on how to support their work, information on becoming a member, and other resources.

CRISIS RESOURCES

THE NATIONAL SUICIDE HOTLINE

1-800-SUICIDE (1-800-784-2433) or visit suicide.org

TRANS LIFELINE

877-565-8860
Peer support service run by trans people, for trans and questioning callers. Available 7am – 1am PT / 10am – 4am ET

988 COLORADO MENTAL HEALTH LINE

Call or text 988 for free, immediate, human support for emotional, mental health, or substance use concerns 24/7. Live chat also available. English and español. 988colorado.com Find a walk-in crisis center: 988colorado.com/en/walk-in-centers

TREVORLIFELINE

866-488-7386
A crisis intervention and suicide prevention phone service for LGBTQ+ young people under 25, available 24/7.

TREVOREX

Text "START" to 678678. Standard text messaging rates apply.
A crisis intervention and suicide prevention phone service for LGBTQ young people under 25. Available Monday through Friday between 3pm –10pm ET / Noon – 7pm PT

NATIONAL SUICIDE PREVENTION LIFELINE

Call 988

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. También en español.

VETERANS HELPLINE

Call 988 and press 1
You're not alone—the Veterans Crisis Line is here for you. You don't have to be enrolled in VA benefits or health care to call.

FIND A HELPLINE

If you need help in any state or country, you can use findahelpline.com to find a help or crisis line that serves your area.

UW FAITH CIRCLES

Lydia Circle

Jean Malchow and Linda McDaniel (co-chairs)
Second Monday of the month at 6:00pm in the Gallery.

Sarah Circle

Ann Yoder (chair)
3rd Thursday of the month at 9:30am in various homes.

Elizabeth Circle

Linda Morris (chair)
3rd Monday of the month at 1pm in Room 104.

Deborah Circle

Sara Morgan
Contact the church office for dates! Little ones are welcome! Child care will be provided.

HOL GROUPS

Faith and Reason Adult Study Group

We watch videos and discuss topics like Comparative Religion, the New Testament, and Early Christianities. Sundays from 8:30 AM to 9:30 AM in person and via Zoom. Contact Sandy Rabenhorst for more information.

Adventurers Adult Ministry

Talk about tough and meaningful topics in a safe environment while at the same time growing in your faith journey! Members in this group range from 40 to 90 years old. Sunday mornings 8:45 AM to 9:45 AM. Contact Tricia Grafelman for more information.

Men's Fellowship Group

Men of all ages are invited to join this discussion group. Meetings are typically at the organizer's home. A meal is provided followed by a time of discussion. Contact the church office for more information.

Monthly Meditation Class

Join the Meditation Class on Friday, May 8 and Friday, May 22 at 12PM in the Chapel. No experience necessary!

Pack and UnPack

Join Pastor Angie to discuss last Sunday's sermon or other special topics Tuesdays at 12:00 PM. Bring your lunch!

Brotherhood and Brews

A relaxed space for guys in their 20s through 50s to connect over conversation, life, and a cold drink. We meet once a month. Contact the church office for more information.

Parents & Tots Group

For parents and their kids ages 0-4. Thursdays, 10:00 AM to 12:00 PM at Heart of Longmont. Last meeting of the school year is May 14.

Biblical Greek Study Group

Join us for a lively study of Biblical Greek! We meet at 11:20 AM on Sundays in classroom 104.



OPPORTUNITIES TO SERVE

Meals for Youth Group Meetings

If you can help provide, serve, and clean up meals for the youth group on Sunday evenings this year, sign up at the Connection Center or contact the church office!

Blessing Box

The Heart of Longmont's food pantry, the Blessing Box, would be happy to receive any of your non-perishable, still in date food items! You can drop them off just inside the side door of the church in the "Blessing Box" cabinet.

Days for Girls

For our continuing project of providing

menstrual health kits for girls in developing countries, we are in need of Girls' Underpants in sizes 10, 12, and 14. Brief style and 100% cotton only! Please put them in the Days for Girls drawer in the Gallery. Thanks for helping us keep the girls in school!

Are You Interested in Helping Out on Sunday Mornings?

There are opportunities to serve Sunday mornings during and after worship! We need greeters and folks to help out with hospitality and coffee hour/fellowship time. Contact the church office if you are able to help!

Serving HOPE Meals

Help serve meals to HOPE's clients! Meals are served at The Journey on Pike Road. Sometimes we need substitute meal servers on the second and fourth Fridays from 5:30 to 7:00pm. If you are interested in being on the sub-list, please contact Marty Allison.

Serving Meals at the OUR Center

To serve a meal shift at the Our Center with our friends from Longs Peak UMC on the second Saturday of the month, please sign up by [clicking here](#) or contact Amy Mann.

WE ARE A COMMUNITY THAT PRAYS
Send your prayer requests to prayers@heartoflongmont.org

SUBMISSIONS?
Do you have a worshipful moment, memorable experience, story, photo, or other interesting Heart of Longmont tale you'd like to share with our community? Send them to digitalcontent@heartoflongmont.org!

Give Online



Scan here to give to HOL programs and compassion offering.
Thank you for your generosity!

Worship With Us!

Join us for worship every Sunday at 10:00 AM in person or online on our YouTube channel! We look forward to seeing you there!

Follow Us on Social Media!



www.youtube.com/HeartofLongmont



www.facebook.com/HeartofLongmont



[@heartoflongmont](https://www.instagram.com/heartoflongmont)



[@heartoflongmont](https://twitter.com/heartoflongmont)



[@heartoflongmont](https://www.tiktok.com/@heartoflongmont)

HOL Cares About Your Health

This is a precarious time for public health, especially for our friends and neighbors who are immunocompromised, disabled, or otherwise at risk.

Please continue to show love and respect for all our friends, neighbors, and siblings in Christ and stay home if you are experiencing symptoms of respiratory or other illness in order to curb the spread of disease. We still encourage you to wear a mask and practice social distancing.



CONTACT US

Heart of Longmont
350 11th Ave
Longmont, CO 80501
303-776-3523
office@heartoflongmont.org

The Heart of Longmont office is open
Monday, Tuesday, Thursday, and Friday, 9:00 AM - 3:00 PM.

www.heartoflongmont.org

OUR MISSION

Putting More of God's Love Into The World; Helping all persons find deeper meaning and God's purpose for their lives as committed Christ-followers.

Serving as the Heart of Longmont means:

We will welcome all persons, without reservation or judgment, just as Jesus Christ would do.

We will work tirelessly by entering into intentional acts of compassion and social justice to make our community a place where God's love is known by all, where poverty and deprivation are unknown by any, and where respect for the worth and dignity of each person is the norm.

We will respect and honor other religious traditions while choosing Christ as our way of knowing God best.

We will emphasize life-long learning so that we may engage our world from a dynamic and creative perspective.

We will work to protect God's creation.

We will practice stewardship of all aspects of our lives, including time, talent, financial resources, and spiritual gifts.