

*Where faith  
and reason are  
compatible.*



**Pulse**  
of the Heart of Longmont

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## *Off to Puerto Rico*



***To fold the hands in prayer is well, to open them in charity is better.***  
~ French Proverb

by Sandi Austin

The Heart of Longmont UMC youth group is soon to embark on a special mission trip – their first outside the country.

“They’re so excited!” said their leader, Emily Farrenkopf. “We’re going to spend a week in Ponce, Puerto Rico, to help mostly with cleanup from the 2017 Hurricane Maria.”

In a Power Point presentation about the trip, Emily pointed out the town’s continuing struggle with poverty made worse by the devastating hurricane. “We’d been planning on this trip for a while,” she said. “In order to better afford this opportunity, we deliberately planned our last two trips to be less expensive, so we could save for this one.”

After searching opportunities online, Emily discovered TEAMeffort, a well-established Methodist group based out of Florida. After lining up housing, flights and rental vehicles, Emily held meetings with parents and team building

*...continued on next page*

sessions with the teens who are going on the trip. While in Ponce, they will stay at a Methodist church, where they will have meals, mattresses and access to showers. Passports and immunizations aren't required for this trip, but the matter of immunizations will be up to the teens' parents and doctor recommendations.

During the mission trip, the youth will be doing some form of hands-on projects such as painting, landscaping and possibly building with a TEAMEffort staff member present to help along the way. Emily added that there is a small chance they'll be working on one of the days with kids at a camp, adding that her group will have the opportunity to experience the local culture, where some families struggle with just the basic needs.

One of the challenges of this trip, according to Emily, will be to get her teens to give up their cell phones for the entire week, adding that they will be working hard while giving up their "security blankets." Another challenge is the language barrier in the predominantly Spanish-speaking country. One of the teens in the group, however, is a native speaker, and Emily is grateful that they will have their own built-in translator when needed.

With nearly everything completed to prepare for this out-of-country trip, the finalization of the funding will be the focus until the June 9 departure date. Each group member is paying \$300 out-of-pocket, and a single scholarship is available for use if needed.

"We don't want anyone to miss out because they can't afford it," Emily added. "We always have options for them. As a group, we're about \$3,000 short of what we're looking for. We have a Facebook fundraiser that garnered \$1,000 in just a week. We also have some upcoming fundraisers not yet finalized. We're looking at a silent auction, t-shirt sales or change jars, but we're still deciding what to do next."

And then there is the March Compassion Offering. As always, the youth are thankful for the support of their Heart of Longmont family, and that they are the beneficiaries of Compassion Offering next month. Emily reflected on the constant support shown by the church, adding that "it has always been a huge part of our mission successes."

## *Birthday Celebration*



Please join us for a birthday party honoring Bernice Gwin's 98th birthday on March 16 from 1 pm to 3 pm in the Gallery at Heart of Longmont.

## 2019 General Conference passes Traditional Plan



As many of you have heard, the United Methodist General Conference 2019 delegates passed The Traditional Plan 438 to 384.

### **From Pastor David:**

The Special General Conference is wrapping up and the One Church Plan was NOT adopted. The Traditionalist Plan seems to have garnered the most votes, though there are still some pieces of the legislation that needs to

be worked on in order that the plan is in line with the United Methodist Constitution. This is upsetting for many of us. The Heart of Longmont has made a stand that we are open and accepting of all. We will continue to be OPEN and LOVING. We wait to see how all of the pieces of what has happened in St. Louis will come together once the dust settles. But know this people of God. We will continue to be the church. We will continue to extend love to all. We will choose to be a place where all are welcome. Keep Faith my friends.

## Spring Concert Fundraiser



Join us for this amazing musical event, featuring Jubilate Sacred Singers, Flatirons Community Orchestra & our own Heart of Longmont musical groups! Reception to follow with desserts and coffee from the The Manna Cafe and Redemption Road Coffee.

**When:** Saturday, March 23 @ 7pm  
**Where:** Longs Peak United Methodist Church, 1421 Elmhurst Dr., Longmont, CO, 80503  
**Tickets:** Suggested donation is \$5/ ticket, with proceeds benefiting

Agape Safe Haven ([www.agapelongmont.org](http://www.agapelongmont.org)). You can purchase tickets here: <https://www.itickets.com/events/416579>

## Prayer Shawls Needed!

*“Shawls ... They wrap, enfold, comfort, cover, give solace, mother, hug, shelter and beautify.”*  
— Janet Severi Bristow, 1998



Prayer shawl. Peace shawl. Comfort shawl. Mantle. Whatever name you give them, they serve the same purpose. These are a wearable hug crafted with love and intent from maker to recipient. Whether it be personal words, verse, song, prayer, mantra, or something else, it is

these thoughts imbued in the shawl with each stitch that make them what they are.

Heart of Longmont is in need of more prayer shawls to give to those in need of comfort and to place in the Sanctuary. Calling on those who knit, crochet or sew!! Items can be dropped off at the church office or on Sundays. Grab a copy from the Hospitality Desk in the Gallery. Feel free to share!

Contact Kathy Bradley—[bradleyks@comcast.net](mailto:bradleyks@comcast.net) or [720-352-0757](tel:720-352-0757) with questions.



*Ash  
Wednesday*

SERVICE ON  
MARCH 6 - 7PM



## Volunteer Needed!

From Peg Howard:

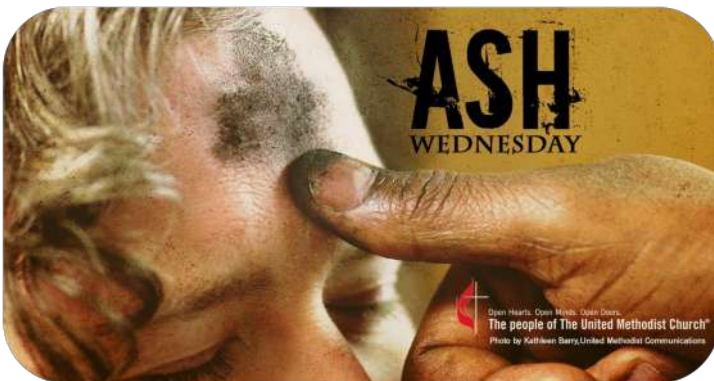
I am looking for a volunteer to ring chimes from the organ after worship one Sunday a month. It only takes about 15 minutes. If any of you took piano lessons, you will be able to do this. Only one hand is needed on one keyboard of the organ. The chimes are heard in the Sanctuary as well as throughout the neighborhood, and the chimer gets to pick their own hymns!

Easy to follow instructions will be provided. This is a great opportunity to share music with our neighbors.

If you are interested, or would like more information, contact Peg Howard, 303 772-7399 or email [peghoward49@gmail.com](mailto:peghoward49@gmail.com).



## Why ashes on Ash Wednesday?



Ash Wednesday marks the beginning of the season of Lent. Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline.

Ash Wednesday emphasizes two themes: our sinfulness before God and our human mortality. The service focuses on both themes, helping us to realize that both have been triumphed through the death and resurrection of Jesus Christ.

During some Ash Wednesday services, the minister will lightly rub the sign of the cross with ashes onto the foreheads of worshipers. The use of ashes as a sign of mortality and repentance has a long history in Jewish and Christian worship. Historically, ashes signified purification and sorrow for sins.

It is traditional to save the palm branches from the previous Palm Sunday service to burn to produce ashes for this service. Sometimes a small card or piece of paper is distributed on which each person writes a sin or hurtful or unjust characteristic. The cards are then brought to the altar to be burned with the palm branches. The ash cross on the forehead is an outward sign of our sorrow and repentance for sins.

Source: *The United Methodist Book of Worship*

*Mountain Sky Conference of The United Methodist Church*  
**DISTRICT GATHERING**

The event will take place from 9:30 am to 3:00 pm on **Saturday, March 30**, at various locations throughout the conference. We will welcome keynote speaker, Diana Butler Bass, who has a doctorate from Duke University. Diana is an award-winning author, internationally known public speaker and thought leader on issues of spirituality, religion, culture and politics.

In *Grateful: The Transformative Power of Giving Thanks*, her latest of ten books, Bass offers suggestions for reclaiming gratitude that can lead to greater connection with God, our loved ones, our world and even our souls. These themes will provide a helpful message we look forward to hearing in this time of deep anxiety and division.



Are you planning to attend this event? [Let us know on Facebook!](#)

**Peaks/Pikes Peak District Locations**

- Sunrise UMC, 2655 Briargate Blvd., Colorado Springs, CO 80920
  - Heart of Longmont UMC, 350 11th Ave., Longmont, CO 80501
- To register or view a tentative schedule, go to <https://www.mtnskyumc.org/districtgathering>.

*Empty Bowls is March 16!*

**MARK YOUR CALENDARS!** Our community favorite – the Empty Bowls event – is **Saturday, March 16, 2019** at Longmont High School.

For more information and to purchase tickets and sponsorships, go to <https://www.ourcenter.org/emptybowls/>.



## *United Methodist Ken Koome to Visit in March*

Missionary to East Angola Ken Koome will be at Heart of Longmont on **Monday March 18, 6:00 pm** to share about his work. Ken is one of several missionaries the Mountain Sky Conference supports. We will have a potluck dinner that evening and everyone is invited.

Ken serves as a Global Ministries missionary in the East Angola Conference of the United Methodist Church. He is the financial officer for Advance projects in the East Angola Conference, which means that he is key to all the work being done through the church in East Angola. He pays the pastors the salaries raised by churches across our conference, he facilitates the agricultural work being done at Quessual Methodist Mission, he assists in the rebuilding of churches, oversees Imagine No Malaria work, and helps with visiting UMVIM teams. Since he is key to so many projects, he can share about the many ways that the United Methodist Church is making a difference in the lives of our brothers and sisters in Angola. He is looking forward to being in the Mountain Sky Conference, the largest supporter of these projects.

He has served with Global Ministries for many years as a missionary in Nigeria and as a financial officer based in Nairobi, Kenya (his home) where he was sent all over Africa to assist conferences regarding financial matters. He has years of experience helping the United Methodist Church grow and develop.



*Ken and the truck the Mountain Sky Conference helped purchase for him.*

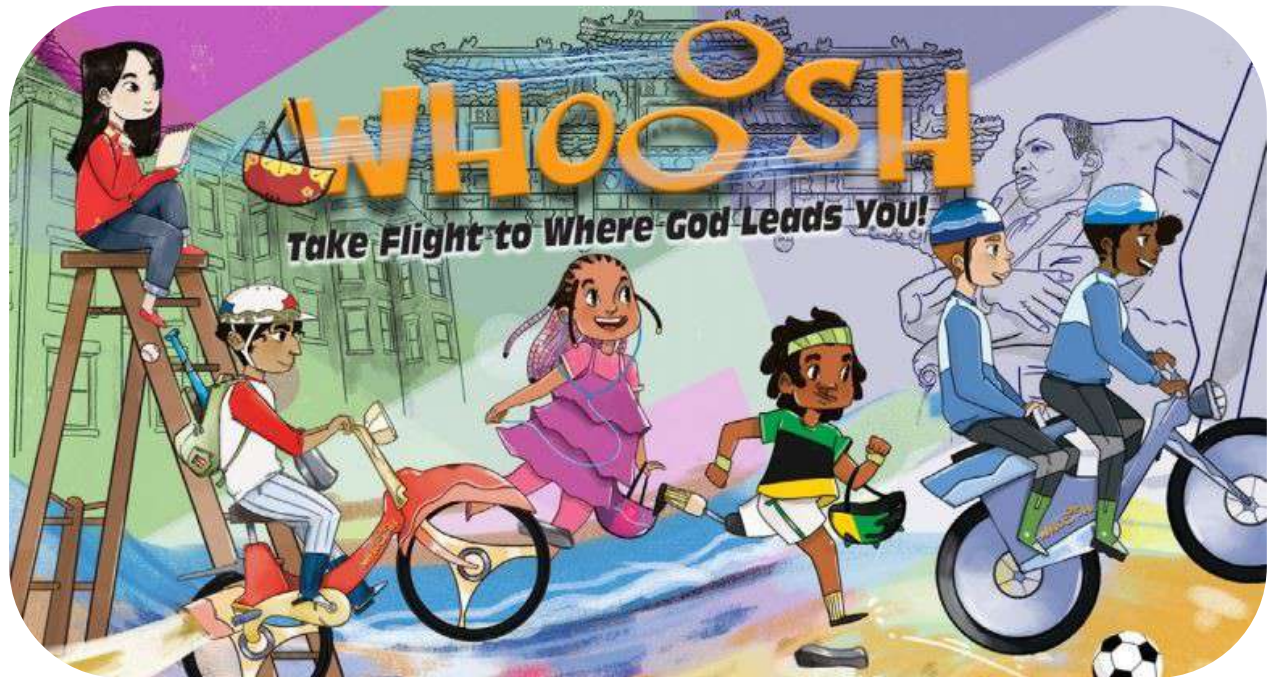
## *Heart of Longmont Orientation: Lunch with the Pastor*



**Sunday, March 3, right after worship**, you can have lunch with Pastor Burt and get a short orientation to our church. If you are new to Heart of Longmont, or just interested in what makes us who we are, you are invited! Learn some of this history of our denomination as well as this local church. Meet some of the leaders who work to make our vision of ministry tangible.

A sign-up sheet is on the Hospitality Desk in the Gallery. Sign up soon so we know how many to plan for!

## Register for Vacation Bible School Now!



Come join us for Whoosh Vacation Bible School, an exciting journey where everyone will experience God's power, presence, and steadfast love! This program celebrates how throughout the Bible, monuments are built to remember what God has done in the lives of God's people, from angels that go up and down a ladder-*WHOOOSH*—to a river whose water stands up—*WHOOOSH*—to let God's people cross over on dry land!

June 3-6 (Monday through Thursday) from 8:30 am – noon. Cost is \$15 per child, \$45 max per family. Ages pre-k through 5th grade, 6th graders and older are welcome to be helpers.

Join us to experience God's power, presence, and steadfast love, through pick-up games, spontaneous shows and interactive art, music and craft activities.

Contact Misty Bone with any questions at [720-628-7261](tel:720-628-7261) or [kidsofhol@hotmail.com](mailto:kidsofhol@hotmail.com).

*Register at [heartoflongmont.org/event/vbs-2019-whoosh](http://heartoflongmont.org/event/vbs-2019-whoosh)*



Heart of Longmont, 350 Eleventh Avenue, Longmont, CO 80501  
[heartoflongmont.org](http://heartoflongmont.org) / 303-776-3523 / WIFI Password HOL2016M