



SEPTEMBER/OCTOBER 2024

NOTE FROM THE PASTOR



Prominent theologian and pastor Dallas Willard once asked a friend this question: "If you had one word to describe Jesus, what would it be?"

Many fit well: Courageous and loving, patient and kind. He

did the miraculous, loved the unlovable, stood up to the powerful and spoke truth to the influential. He was courageous and strong-willed, yet had a heart for those others overlooked. He believed in justice and radical love.

Willard offers this word for Jesus: relaxed.

There is a part of me that doesn't like the word "relaxed". Relaxed sounds inadequate and unhelpful in describing who Jesus was, yet others, such as Alan Fadling, describe Jesus as the "unhurried saviour".

The more that I think about it, though, the more it rings true.

After waiting thirty years for his ministry to begin, Jesus' first act was to follow the Spirit into the wilderness. He seems frustratingly unhurried on his way to heal the synagogue official's daughter (Mk 5:22-43) and to visit his sick friend Lazarus, who died during Jesus' two-day delay (John 11:1-43). On several occasions, Jesus retreated from the crowds and attention to spend time



one-on-one with God, to the point that the disciples even left him behind one day (John 6:16-21). His sense of timing often seems strange by our standards.

I have been reading a lot these days about our addiction to hurry. I have been hearing more and more about our

need to overwork. Overwork is heart-hardening—literally. People who are driven and work long hours are more prone to developing atherosclerosis (hardening of the arteries). Thomas Merton, a Trappist prophet in the early twentieth century had this to say about the effects of overwork: "The fact that our works are done in the service of God, is not, by itself, enough to prevent us from losing our interior life if we let them devour all our time and all our strength. Work is good and necessary, but too much of it renders the soul insensitive to spiritual values, hardens the heart against prayer and divine things. It requires serious effort and courageous sacrifice to resist this hardening of the heart."

In his book *The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World*, John Mark Comer writes: "Here's my point: the solution to an overbusy life is not more time. It's to slow down and simplify our lives around what really matters."

That is exactly the gift I was granted last December from our Leadership Council. In lieu of a raise, I was given the month of August to step away from the schedule and expectations of being a Pastor. I was given a month to be with my family, relish in the beauty of creation and just BE. I am fortunate that we have the resources that allowed me to do some

traveling. We went to Alaska, which has been on my bucket list. We attended my 35th high school reunion, giving me a chance to see many life-long friends as well as spend some time at my beloved cabin in Virginia. I visited my college best friend who recently opened a pub in New

York. We moved Wynn into his new life at Colorado School of Mines. And that's just to name a few of my adventures!

The month was filled with the things that need slowness: friendship, laughter, creative thought, long walks, and lunches. My heart is filled to the brim with the ones and things that matter the most.

One of my favorite parts of the gospel is when Jesus asks: "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." (Matthew 11:28-30, The Message)

There is something deeply appealing about those words. I believe that God's intention isn't for us to be perpetually burnt out, rushing from one activity to the next in the hope that our next action will be so glorious it will complete us. God instead invites us to rest, because that is where we will find our satisfaction, our joy and true contentment.

At Heart of Longmont we have accomplished beautiful and incredible revitalization over the past two years. Our list of accomplishments is endless. And the work is not over yet. We have much more to do, especially in this divisive political season, and yet I believe it to be critical to recognize the role of rest in our rhythm of faith.

My invitation to each of you this fall is to invite the spirit of rest into your life. Take time to recharge, renew, rest and relish, allowing for the spirit to move in even more profound ways.

- PASTOR CLAIRE

EL COMITÉ FOCUSES ON WELLNESS AT HEALTH FAIR

On Saturday, August 10, community members attended the El Comité Health Fair, held in the parking lot of Heart of Longmont. The event featured over 30 booths offering information on housing, banking, gun safety, and health and wellness, all presented in Spanish.

This was the first event of this scale specifically aimed at individuals who often face barriers to healthcare access. A vaccination tent provided 115 vaccinations to both children and adults, highlighting the importance of preventative care.

Vaccinations are a cost-effective measure for maintaining public health. The CDC estimates that childhood vaccinations have saved \$1.4 trillion in societal costs and nearly \$400 billion in direct medical costs between

1994 and 2018.

Heart of Longmont is committed to making a positive difference in our community, and we were pleased to partner with El Comité for this impactful event.



WHAT'S NEW?

October-November Enhanced Bible Study

We have heard requests for a more enhanced Bible study and are planning to start an evening small group Bible study Sunday evenings from 5:00 PM to 7:00 PM, October 6 through November 10. This will be a 6-week study (specific book of the Bible to be determined). Be on the look out for a sign-up sheet at the Connection Center in the Gallery!

Quiet Room Chapel

If you need a little quiet space for yourself or your children during worship service, our Chapel is available! The Chapel is located across the hall from the sanctuary. The worship service livestream is on a TV there, so you won't miss a thing while you are taking some quiet time.

IN THIS ISSUE

- Youth Update and Confirmation Information
- Fun Fall Events - including Sunday Funday and Fall Festival!
- Guest speakers and special presentations - including MOTUS Theatre, author Amber Wylde, author and Strong Homes founder Chuck Marohn
- HOL Scholarship Recipients
- Wesley Townhomes Groundbreaking celebration!



Thank you to Wild Plum for sponsoring our Coffee Hour on August 18!

Pictured: Jennifer Clark (Chief Development Officer, Donor and Corporate Relations) and Hilary King (Wild Plum Director, Heart of Longmont)

NEW SUNDAY MORNING COFFEE HOUR CONNECTIONS

Connecting with others over food and drink is a great way to meet new people and learn what's happening in our community. Our Coffee Hour after worship has always been an important part of Sunday mornings for this very reason!

Various committees and teams within our church rotate responsibilities for providing and serving drinks and snacks during Coffee Hour every week. Team leadership wanted to find a way to shake up our coffee hour routine, allowing our congregation and friends to get to know our non-profit partners and

the organizations who use our building. We invited them to consider sponsoring Coffee Hour on the third Sunday of each month.

So far, we've had a wonderful response! If you were here this summer, you might have met staff from The Inn Between in July and Wild Plum Head Start in August. This is a wonderful opportunity for you to learn more about the programs we serve and for them to get to know our congregation better, too. And all this over coffee and snacks—what a win-win!

**WESLEY TOWNHOMES
GROUNDBREAKING EVENT**

DATE: 09.26.2024

TIME: 4:00 PM

LOCATION: 350 11TH AVE, LONGMONT, CO 80501

THANK YOU HEART OF LONGMONT CHURCH AND KCI CONSTRUCTION!

AUTHOR AND STRONG TOWNS FOUNDER CHUCK MAROHN COMING TO SPEAK AT HEART OF LONGMONT



On Thursday, September 12, [LAUNCH Longmont Housing](#), a local housing advocacy group, will bring [Strong Towns' founder and author Chuck Marohn](#), to Heart of Longmont for Colorado's only stop on a national book tour promoting his newly released book, *Escaping the Housing Trap*. The book covers the tension between housing as a financial product and housing as a shelter and discusses the solutions to help resolve the housing crisis. Heart of Longmont was chosen as a venue for this talk because of the innovative collaboration project with The Inn Between to convert our parking lot into affordable family homes.

Chuck Marohn's talk will include direct applications of new planning concepts

in local communities, Q&A, as well as a book signing. Following the talk there will be a tabling event for local and regional nonprofits offering information and opportunities to get involved.

Some highlights of the discussion will include:

- How the tension between housing as an investment and housing as shelter impacts where and how people live;
- How regulations designed to facilitate the rapid growth of cities end up stagnating neighborhoods and creating artificial housing shortages; and
- Where cities can effectively intervene to make their housing market more locally responsive, broadly increasing affordability without participating in the boom and bust cycle of the broader housing market.

Doors open on September 12 at 6:00 PM with the program beginning at 6:30

PM at Heart of Longmont Church. Tickets are \$5 with proceeds benefiting the Wesley Townhomes project. [Purchase Tickets on EventBrite \(click here or contact the church office for the URL\).](#)

LAUNCH Longmont Housing is a grassroots organization based in Longmont advocating for policy changes that aim to reduce the cost of housing, strengthen public transit, create family-friendly neighborhoods, and foster a more inclusive and affordable place to live. LAUNCH's major role in its community is to educate the public regarding options, implications, and benefits of a more affordable community.

Strong Towns is a national nonprofit advocacy organization that analyzes the failures of the post-war North American development pattern while giving citizens the knowledge and tools to start making our places better today.



BY EMILY FARRENKOPF

Updates and Summer Summary

As cliché as it may sound, I can hardly believe that our school year has started once again. This past summer, we built relationships and bonded as a group mainly through activities. Along with our mission trip to Rapid City, we had a blast during our weekly gatherings, enjoying activities like swimming, laser tag, movies, and games.

Our youth group fall agenda is packed with retreats, lessons, and fundraising for our next mission trip (location still to be determined). Brant and I have set us up for success by revitalizing and reimagining our youth spaces. We are really looking forward to the addition of round tables and chairs as well as lockers to one of the rooms so that space can really be used as our teaching space. We have a strict no phones policy during youth group, so the lockers will provide a secure place for those to be! The lockers will also be a



Updated youth room!



A fun day during the youth mission trip.

place for the youth to keep their journals and Bibles. Brant's brother is graciously helping us update the fireplace mantle in that room as well. We are looking forward to that project being completed in the coming months.

There is an office space turned storage room in one of our youth rooms. We believe we've come up with a brilliant new idea for this underutilized space! After a deep clean-out and purge session, Brant and I have turned this space into our very own convenience store. One thing that we know for sure: kids love sugar and snacks! All proceeds from our store will go into our mission trip fund, creating an ongoing fundraiser supported by the youth themselves!

Confirmation Information

We invite all youth in 7th grade and above to join our Confirmation class this fall! Pastor Claire, Brant, and Emily

will be hosting monthly classes inviting the youth to take a deeper dive into the Methodist faith. Our confirmands will be expected to meet with church member mentors in addition to attending the monthly classes. Please reach out to Emily directly if you have any questions.

Confirmation Schedule:

- Sept 13, 14, 15 - Buckhorn Retreat Kickoff
- Oct 13 - Class
- Nov 17 - Class
- Jan 12 - Class
- Feb 16 - Class
- March 23 - Confirmation Fair
- April 13 - Class
- May 17 - Confirmation Dinner/Rehearsal
- May 18 - Confirmation Service

Mission Trip and Shareholder Luncheon

The mission trip to Rapid City was an amazing experience for all of us. Our group of 15 youth and 3 adults spent the



Mission trip feet washing.

week loving members of the community, working hard completing organization projects, cleaning up spaces, and spending a lot of time to begin to understand what it means to be rooted in Jesus' love. The mission trip experience is a transformational time for our youth and we are so incredibly grateful for the opportunity to provide these experiences each summer. One of our largest fundraisers for the trip was our Shareholders Luncheon. We raised just about \$2,300! I've included the letters Brant and I read at the luncheon.

Emily's Letter

First, I want to extend a heartfelt thank you to each of you for not only financially supporting our mission trip but also for coming to this luncheon and giving the gift of your time. Your presence here today is a testament to your commitment to our youth and their growth. Your support goes beyond just the financial aspect; it shows that you care about their experiences and the impact these trips have on their lives.

I am grateful to be here with all of you, reflecting on an incredible week we had during our mission trip. This year, our theme was "Rooted in Love," and we asked our youth to grow deeper in their relationship with Jesus through their work in the Rapid City community. We partnered with an amazing organization called Youth Works, which facilitated our service activities and provided us with meaningful experiences.

Of course, this trip wasn't without its challenges. We slept in hot rooms at a church with a group of over twenty people and had to shower in community showers at a middle school, wearing our swimsuits to maintain some sense of privacy. Despite these obstacles, our Heart of Longmont group of 18 divided into three work crews and worked tirelessly alongside kids from two other churches. It was amazing to see our youth interacting with peers from different places, learning, and growing together.

As a leader, the highlight of the week for me was watching just how much growth happens within our youth. Even though some kids were homesick and missed the comfort of their phones, which we don't allow them to bring, they all pushed themselves. I am so proud of them for their resilience and dedication.

One of the most memorable and impactful moments of the trip happened on the last night. The Youth Works staff members washed the adult leaders' feet, and then we, the adult leaders, washed the youth's feet while praying over them.



The Shareholder Luncheon presentation.



Mount Rushmore and ice cream!

This act is symbolic of the story of Jesus washing his disciples' feet. While it can be a bit uncomfortable, we all found it to be a beautiful and humbling experience. It was a powerful reminder of the love and service we are called to live out.

I wanted to take a moment to say a few thank you's. I am incredibly thankful for Brant Davis, my co-leader. He is always the calm to my crazy and is up for anything on these mission trips, even when it's outside of his normal character. His presence was invaluable throughout the trip. I am truly grateful for his willingness to exemplify the Father love of God in all he does.

A special thank you goes to Kelsey Brostrom, a former youth member who stepped in as an adult chaperone at the last minute. Just two days before we were set to leave, I was informed we needed another adult on the trip. Kelsey, who is a teacher and had the summer off, graciously gave up a week of her life to join us. Her willingness to help on such short notice was a true blessing.

I also want to express my deep appreciation to the youth. You bring so much joy to my life, and I love how much you make me laugh. Your energy and enthusiasm are truly infectious.

A special note of appreciation goes to my daughter, Charlotte. Thank you for being so gracious about being both the leader's kid and a participant. Your support and understanding mean the world to me.

I want to express my deep gratitude to the parents for trusting me with their kids for the week! I never take it lightly that you trust us with your little humans. What a privilege that you choose to share them with us.

I am so proud of the kids who were able to share today. I know how hard it can be to stand up and speak, and I appreciate their bravery and honesty. I also want to thank my co-leaders for keeping me grounded, the youth for keeping me humble and laughing at my jokes, and our church for trusting me to do this job for the last ten years and for your financial support. And, of course, I thank God for providing opportunities and open doors.

Thank you all for your continued support and for believing in the importance of these experiences for our youth. Your contributions make a lasting impact on their lives and their faith journeys.

Brant's Letter

Mission trips always start off as bittersweet, with sleeping and shower arrangements, and food being the bitter! It's always hard to leave the comforts of home and family. The unknown of what we're doing, interactions we're going to be subjected to and terrible food can cause significant anxiety.

But the sweet always prevails! The opportunity we have to meet new people, to help others, to strengthen our youth group, and to ignite our passion for Christ, that wins EVERY TIME.

The food is still terrible. I've said this many times, but it's worth saying again: Being a youth leader to these amazing kids is one of the greatest honors of my life. Getting to know who they are as people, their passions and fears and hearts for God. Getting to watch them grow into well rounded people makes every minute of discomfort worth it.

Something I witnessed and that I'm always fascinated by, is the resiliency and adaptability of the human spirit. There were so many things that tested us on this trip: Sleeping on the floor, sharing bathrooms with no doors on the stalls, showering in a communal middle school gym, and of course, REALLY awful food. The work was, at times, physically difficult, always mentally difficult and not always clear in how it was helping others.

Still, despite these things, the youth forged ahead and continued to find the good in the smallest details. As the days passed, it became "normal". The complaints tapered, and the awareness of our missing comforts faded. We found purpose and God's hand in what we were doing. I love seeing that happen.

When's it's all done, I sometimes think, "I never want to do that again, but I never want to stop doing that!" It's a confusing mental juxtaposition. But really, I never want to stop doing it.

I want to finish by saying thank you for all of your support! We couldn't do any of this without you. We are blessed to have a congregation that puts so much love into the youth and our program.



The youth going to the cinema.

ALL CHURCH PICNIC

SUNDAY FUNDAY

SUNDAY, SEPTEMBER 8 @ 11:30 AM

COLLYER PARK NORTH PICNIC SHELTER

Join us for a picnic to celebrate YOU—every person in our congregation!

Bring a camp chair and a side dish to share! We will be grilling a variety of brats, hotdogs and hamburgers.

- BINGO - FACE PAINTING
- HENNA TATTOOS -
- ICE CREAM SUNDAYS -
- BALLOON TWISTING -
- YARD GAMES -
- BOUNCY CASTLE

INVITE YOUR FRIENDS, FAMILY, AND NEIGHBORS!



JOIN US FOR SUNDAY FUNDAY!

Join us for a delightful day of fellowship and fun at our Sunday Funday All Church Picnic! It's a perfect opportunity to relax, enjoy good food, and connect with fellow members of our church community. Mark your calendars for Sunday, September 8 from 11:30 AM to 1:30 PM.

It's that time of year when we all gather at the North Picnic Shelter in Collyer Park (600 Collyer St.) to kick off another great year at Heart of Longmont. Bring a

blanket or lawn/camp chair to sit on and a side dish to share. We will be grilling hot dogs, brats, and burgers. Connect with old friends and make new ones in a warm and welcoming environment. We encourage you to bring friends and family but want YOU to come experience the joy of community and friendship!

Did you know? Friends play a significant role in promoting your overall health. Adults with strong social connections

have a reduced risk of many significant health problems. In fact, studies have found that adults who have meaningful relationships and social support are likely to live longer than their peers with fewer connections.

So come and play with us! There will be delicious food, yard games, a bouncy castle, face painting, Henna tattoos, Ice cream sundae's, and of course Bingo with some fun prizes.

CELEBRATING AUTUMN

The crisp air of fall is just around the corner. Imagine yourself on a working farm pushed up close to our Front Range, eating delicious food, enjoying the company of friends around a campfire, and mingling with horses and dogs (if you want to).

Join us for our 3rd annual Fall Festival at Pastor Claire's home on Saturday, October 19 from 4 PM to - 7 PM (open houseish). Join us for an afternoon/evening of fun, fellowship, and festive cheer as we celebrate the beauty of autumn with our community. Bring a side dish to share. Main course and drinks will be provided.



HEART AND SOUL SUPPERS

We will soon be kicking off our next round of Heart and Soul Suppers which consists of a group of 5-8 individuals who rotate eating at each other's homes. If you would like to get to know some other people in our congregation a little bit better and in a smaller group, we invite you to consider signing up for the Heart and Soul Suppers. Each group will get 3 months to rotate between homes. Generally it's pot luck style, but each group can decide what works best for them. We hope you find that eating together is a powerful way to build and strengthen relationships by sharing your experiences and learning each other's stories.



There is no better way to get to know someone than by sharing a meal together!

HABITAT PRIDE BUILD

We are proud to be in partnership with Habitat for Humanity and are excited to participate in their Pride Build on Saturday, September 21 from 8 AM to 4 PM. Sign up to serve with us via the QR code below. The Heart of Longmont takes seriously our commitment to not only do no more harm to our LGBTQIA+ siblings, but to embrace them and serve side by side doing God's amazing work.



PICKLEBALLING WITH THE HEART

In 1965 the game of pickleball was created by Joel Pritchard, a congressman from Washington State, and Bill Bell. It has [an interesting history that you can read at USApickleball.org](https://www.usapickleball.org/). In 2003 there were 39 places to play pickleball across the entire United States, but now there are probably that many places to play in Boulder County alone!

Here at the Heart of Longmont we love to get outside, have fun, be active, and make new friends. If you have been curious to learn how to play pickleball and would enjoy connecting with others from the Heart of Longmont, we invite you to join us for a 6 week beginners session starting September 14, every Saturday morning at 9 AM to 10 AM at Left Hand Park. Let Keith Watson or Tricia Grafelman know if you are interested.



JULY 2024 FINANCIAL UPDATE

Category	YTD 2024	YTD 2023
Income	\$277,322	\$229,835
Expenses	\$288,202	\$265,177
Income (less than) expenses	\$(10,879)	\$(35,342)

by Rod Edmonds

Overview

I am pleased to present the financial update for the first seven months of 2024, highlighting our commitment to transparency and stewardship. Your continued support and dedication are vital to the ongoing success of our church's mission.

Financial Highlights

Income Performance

- Through July, our income exceeded the budget by \$53,252—a remarkable achievement.
- As noted in the previous update, two significant one-time income items contributed to this favorable variance:
 - A grant from the Peaks New Ministry Council: \$16,658 (unexpected).
 - Annual distribution from our General Endowment Fund (budgeted).
- Even without these items, our income remains strong, surpassing both the budget and prior year levels by 7.8%, reflecting the generosity of our congregation.

Expense Management

- Expenses through July are slightly below budget by \$6,521, reflecting our careful management of church resources.
- Compared to the same period last year, expenses have increased by 8.7% (\$23,025), driven by investments in key areas such as:

- Music ministry
- Support for our nursery, children and family ministry programs
- HVAC loan interest
- Long-range planning consultant

Outlook

June and July have been stronger months than historical patterns suggested, with both income ahead of budget and prior year, and expenses well managed. As we move into the latter half of the year, I expect income to align with historical trends, but also anticipate that expenses may increase as church activities pick up.

While it's challenging to predict how the year will finish, I remain optimistic about our giving patterns and expense management. We are committed to prudent financial oversight and will continue to seek opportunities to optimize our resources.

Call to Action

Thank you for your unwavering support and dedication to Heart of Longmont. Together, we are making a positive difference in many lives and fulfilling our mission to spread more of God's love in the world. As we face financial challenges ahead, we encourage you to continue your generous contributions.

Consider participating in our upcoming events, increasing your regular giving, or simply keeping our financial health in your prayers. Every contribution helps us stay on course to meet our goals.

If you have any questions or need further details, please do not hesitate to contact me.

AUTUMN 2024 LONG-RANGE PLANNING UPDATE

We want to keep you informed about the progress of our long-range planning efforts. Since our last update, we've continued to move forward, if at a slower pace, during this busy summer season.

- July 28 Review: Paul Nixon met with our Leadership Council and the heads of our Ministry, Mission, and Facilities Design Teams to review the Readiness 360 Executive Report. This report highlights key findings from the survey results and provides "leader tips" and recommendations based on the survey inputs. This was a crucial step in refining our path forward.
- Looking Ahead: The Planning Team is now diligently preparing a set of detailed recommendations for the Leadership Council. These will be presented at their next meeting on August 28.

While it may seem like things have slowed down, please know that careful and thoughtful work is being done behind the scenes. We're laying the groundwork for the next phase of our church's journey, and we look forward to sharing more with you soon. Thank you for your continued support and prayers.

With faith and hope, The Long Range Planning Team
 Pastor Claire, Francine Berkey, Jeff Brown, Rod Edmonds, John Grafelman, Scott Greenhalge, and Edy-Kay Ward

CHEF HEARTY IS BACK!



Have you heard of HelloFresh or Blue Apron? These are meal kits that were created to help families spend less time preparing and planning meals with a goal of making healthy meals convenient and delicious. The catch with these meal programs is that they are very expensive.

Four years ago, our Adventurers Adult Ministry Class volunteered at the Rocky Mountain Food bank in Denver during fall of 2020. They were really struggling to find volunteers due to the pandemic. The task the Adventurers were assigned that day was to create healthy meal kits as a pilot program for one of the low income elementary schools in Denver. They filled the bags with food, included a recipe in both English and Spanish, and then the kits went to the school to be distributed to all students.

This inspired our own Chef Hearty program! We thought this would be a wonderful program to bring to our own Wild Plum Head Start families. 100% of the families in the Head start program qualify for free lunches based on their income. Many of these families work several jobs just to make ends that barely meet. Their families are also pressed for time and would never be able to afford something like HelloFresh. Chef Hearty attempts to bring a healthy meal to the table that families can make together without having to think about the cost.

We will build our first Chef Hearty meal of this school year on Sunday, September 1, after worship service in the gallery. Join us the first Sunday of every month to build a healthy meal kit for our Wild Plum families!



CONGRATULATIONS TO OUR SCHOLARSHIP RECIPIENTS!

Natalie Yoder is the recipient of the Margret Patterson Scholarship. She will be a sophomore attending Colorado State University in Ft. Collins and her major will be Chemistry. She feels she has much to contribute to the field of Chemistry. Natalie also enjoys dance and she is an accomplished artist.

Brayden Tate will be a sophomore at Colorado State University in Ft. Collins and he is the recipient of the Foundation Fund Scholarship. Brayden is pursuing a degree in business with a double concentration in Marketing and Supply Chain Management. He hopes to use these degrees to follow his passion of helping people with special needs and disabilities feel accepted.

COMPASSION OFFERINGS FOR SEPTEMBER AND OCTOBER

September Compassion Offering: Chef Hearty
 September's compassion offering will support Chef Hearty, a program dedicated to providing ingredients for a healthy and hearty meal once a month to our Wild Plum students and their families.

Each month, a recipe is selected, and the necessary ingredients are purchased. On the Sunday before the food is distributed, the congregation is invited to help assemble the recipe and ingredients into individual totes. These totes are then sent home with each student by the Wild Plum teachers the following day.

With rising food costs, your generosity is essential to sustaining this vital program. The Wild Plum families deeply appreciate this meaningful gesture of care and support.

October Compassion Offering: Crop Walk

Each year, a team from Heart of Longmont joins other congregational teams in Boulder County to walk a designated route and raise funds to end hunger. This year's walk will be on October 20. The route will go through Lafayette.

Funds raised will go to Church World Service, Community FoodShare, and Bread for the World.



AUTHOR AMBER CANTORNA-WYLDE COMES TO HEART OF LONGMONT

Amber Cantorna-Wylde will share her powerful and heart-wrenching story during church service on October 13.

Amber's father was a high-ranking executive within the conservative faith organization Focus on the Family, led by James Dobson. In 2012, when Amber came out as gay, her family rejected her, leaving her adrift in a sea of emotional turmoil.

Since then, she has become a voice for the LGBTQ+ community, helping individuals foster self-acceptance and reconcile their faith with their sexuality. Her message is one of strength and hope, offering guidance on how to live and thrive without shame. Amber speaks to the importance of diversity, hope, and self-acceptance, particularly for those who have been pushed to the margins.

Amber has authored three books:

Refocusing on My Family, Unashamed, and most recently, *Out of Focus.*

Following the church service, Amber will be available for a question and answer session, and attendees will have the opportunity to purchase her books *Unashamed* and *Out of Focus.*

Hosting Amber Cantorna-Wylde at Heart of Longmont is a testament to our commitment to fostering an inclusive and welcoming environment for all. Her story and message align with our values of compassion, acceptance, and the celebration of diversity.

The Mission Design Team encourages everyone to attend this meaningful event and engage in the conversation that follows, as we continue to support and uplift those in our community who seek to reconcile their faith with their identity.



UWF READING PROGRAM BOOK REVIEW



by Sharon Yonkees

WORTH IT by Brit Barron (Spiritual Growth)

This is a relatively short book

and a fairly easy read. It doesn't follow a straight line; the author jumps around talking about her life experiences with the goal of helping people have the courage and the insight to, as she puts it, "overcome our own fears—the kinds of fears that keep us from evolving beyond the narratives that have been handed to us by others."

Brit Barron grew up in a conservative Christian home. Her father was a pastor and they spent a good part of their lives in church and she was good with that. She went to a small conservative Christian college, became an associate pastor in a megachurch, and never let on that she was gay (something she really didn't come to terms with until her college years). Brit knew that if her secret got out she would lose everything important to her—perhaps not her family, but she

wasn't sure.

Finally, she met a young woman and they became very close friends and for a long time that was it—friends. But when they realized they wanted more, they knew it would mean the end of everything they had worked so hard for (they both worked at the megachurch). And it did, but it took several years before they stood up and said "we are a couple". Sami, Brit's girlfriend and now her wife, left the church and wanted to come out, but it took a long time before Brit faced her fears and admitted it to her closest friends, her church family where she worked, and her family.

The purpose of the book is to not only encourage people to face their fears and work to become their true selves but to be open to acceptance of others—regardless of race, sexuality, and nationality—and discover that there really isn't only "one right way."

This United Women in Faith Reading Program Book for 2024 is located on the library table in the Gallery. Please feel free to check it out when available. It is not necessary to participate in the Reading Program to check out Reading Program books!



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!

HOL CARES ABOUT YOUR HEALTH

A return to "normal" is a precarious place for many of our friends and neighbors, especially those 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 illness in order to curb the spread of disease. We still encourage you to wear a mask and practice social distancing.



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!

CONTACT US

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

The Heart of Longmont office is open 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.

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