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and reason are
compatible.*



Pulse
of the Heart of Longmont

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Ensuring the “Pure Life” through mission

by Sandi Austin

With every mission trip comes a new sense of purpose, a motivation to connect you to meaningful achievements and a closeness to those you serve.

For Darcy Palmer, her recently-completed Guatemala Insight Trip was just that. It was her third trip to that country through Pura Vida – meaning “pure life” – a non-profit that promotes health and education in primarily rural villages.

“On this trip we celebrated the graduations of students and made plans for the new school year,” Darcy explained. “We observed local staff and pastors as they interviewed and photographed potential new students.”

She further explained that

Pura Vida supports children’s education, builds schools and helps students get the funding they need for education. Pastors, local teachers and the Guatemala staff identify those students they think will actually go through with their education, and who have the support of their families.

“Families have to be willing to support their children’s schooling rather than keeping them on the farm, providing manual labor,” Darcy said. “Both the potential students and their families must show the willingness to follow through and the ability to do well.”

Also on this trip, Darcy’s team checked out house building sites that were already completed.

“A family with eight children got the keys to their new house,” she said. “It was quite special.”



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When going out to look at future home building sites, it can sometimes be challenging, Darcy said. They are scattered and quite remote. Occasionally, the road conditions require pulling a stuck vehicle out of a muddy ditch, or leaving the mission team with the alternative of walking into a site. Once there, the team analyzes the difficulty of getting materials there, where the foundation will go, and how to get the water needed to make cement.

"The first teams that do the actual building of houses will start coming in the spring," Darcy said. "In the meantime, the local foreman will level the site and put in the foundation. Cement blocks and sand are delivered."

The families themselves will have a lot of work to do, too. They are responsible for transporting the cement blocks, sand and other things needed to the site before the building team gets there.

"They haul everything by hand, by wheelbarrow or on their backs," Darcy said. "They make a big commitment to have two small cinderblock rooms with a metal roof, a window and a door. But, it will be better than their old adobe house that won't fare well during a rainy season, or harbors insects and mold that cause illnesses."

Darcy and the team also revisited some of the houses that were built in the last two years to see how those families are doing. They were pleased to see that they took pride in their homes with their care and cleanliness.

Although Pura Vida is not officially associated with the Methodist Church, Darcy stated that most of the people on the mission trips are Methodist. She went on to say that Pura Vida works out wonderful relationships with the Guatemalan people and carefully selects where the teams stay. Pura Vida also knows and recommends the best restaurants, drivers and transportation.

"I feel strongly that this organization does charity really well," Darcy said. "They are doing what the local people need to have done. The needs are immense, and Pura Vida has great common sense, great contacts and works really, really smart to make a difference."

As was the case with Darcy's previous trips, the Guatemalan people show great gratitude toward the mission teams, treating them like royalty. The recipients of the 2018 Guatemala Insight Trip's mission efforts – and past years' recipients – burst into tears as they thank them over and over. Such a response makes the work of Pura Vida and its missions well worth it. Darcy extends an invitation for anyone who also wants to make a difference to join the teams in coming years.

"Some people are scared to travel to third world countries," she added. "but you are perfectly safe."

And the reward? Well, it's priceless.

To watch a video Pura Vida made of the trip, go to <https://vimeo.com/298705325>. Our own Darcy Palmer has a couple brief cameos in the video.

Safety Team Update



The Heart of Longmont has formed a Safety Team with the intent of helping make our church as prepared as possible in case of any emergency. Members of the Safety Team have taken CPR/First Aid and are willing to step up to make sure that our church surroundings are safe and secure. We have met with the fire department and will be meeting with the police department to discuss ways to continue our preparedness.

The members of the team are Bernie DeVault, Butch Howard, Kathy Bradley, Tricia Grafelman, Karl Scott, Clint Schahrer, Kerri Hickman and Bobbie Tabert.

You might begin to notice these safety team members wearing a RED lanyard around their neck. The lanyard is a way for anyone in the congregation to recognize a trained helper. If you need help during the service or notice anything out of the ordinary please do not hesitate to approach one of the Safety Team.

If you have any questions about the Safety Team or if you are interested in being a part of this team, please contact Tricia Grafelman at [303-774-8585](tel:303-774-8585) or email her at grafsanatomy@gmail.com.

Doug Palmer, called to speak Nov. 18



WELCOME
DOUG
PALMER

Sunday,
November 18,
10 am

Doug Palmer was elected as a delegate to the 2016 General Conference of the United Methodist Church that took place in Portland Oregon. Out of that conference, a special called General Conference has been designated for February 23-26 in St. Louis. Doug will be part of the delegation that will be voting at this special conference.

Doug, who is the son of Darcy and David Palmer will be with us in worship on Sunday, November 18 at 10:00 am to discuss what this special conference is all about, who is voting, what are the various plans that will be debated and voted on and the implications all this has for the local church.

Assistance with communion set-up is needed!

Our church is in need of volunteers willing to set up communion each Sunday. If we have two people/couples per month then your responsibility would only be about 6 times per year. I would be happy to train new people and the time involvement is minimal. Please prayerfully consider your willingness to help with this task. Call or text Edy-Kay Ward for more information at [303-882-9209](tel:303-882-9209). Thank you!



FEEDING OUR SOULS - Spaghetti Dinner

Please join us for our first **monthly** spaghetti dinner sponsored by UMW (United Methodist Women), **Wednesday, November 28, from 5 pm to 7 pm.** The menu will include:

- Spaghetti with a rich vegetarian tomato sauce
- Meatballs
- Fresh Salad
- Italian Bread
- Brownies with Peanut Butter Icing
- A gluten-free entree will also be available



Please stay after dinner to help decorate the Sanctuary and Gallery for Advent. Children are welcome to help with decorating, or there will be a fun Advent craft project for the kids.

Dinner is FREE!! – there will be a free-will offering to offset the cost of food and supplies. All are welcome, see you soon!

Decorating for the Holidays



Please consider helping for about 2 hours, on Wednesday, November 28, after the UMW “Feeding Our Souls” Spaghetti Dinner (around 7 pm) to decorate our church in preparation for Advent. This will be a unique way to

present your talents in helping to prepare for Jesus’s coming. Questions? Call Kathy Bradley at **720-352-0757**.

Children's Christmas Program



Come one, come all and be a part of our no fuss, no stress, Children's Christmas Program! During the service on **December 2** the children will lead you on an exploration of the history of some of our favorite Christmas tunes, and maybe introduce you to a few new ones. What better way to get into the holiday spirit than watching the fantastic kids of the Heart of Longmont explore the TRUE meaning of Christmas?

Don't forget, the Annual Chili Cook-off is after the Children's Christmas Program!

Contact Misty Bone with any questions at kidsofhol@hotmail.com or text/call at **720-628-7261**.

Annual Chili Cook-off



The year's most anticipated event is almost here! Heart of Longmont's Annual Chili Cook-Off is coming **December 2**. Get your best chili or homemade dessert to Wesley Hall by noon on Sunday, December 2, and prepare to enjoy food, friends and fun! Will anyone be able to oust last year's champions?

Winners receive trophies as well as bragging rights.

Prospective New Member Luncheon



On **Sunday, December 9**, right after the worship service, we will have an informational luncheon to learn more about the United Methodist Church and Heart of Longmont, up to and including membership. You will be able to meet some of our team leaders, and Pastor David will share his faith story and answer any questions. Pizza and salad from Abos will be served, and childcare will be provided. You may sign up at the Hospitality Center, or feel free to make last minute plans to attend.

Soul Singers Update



Soul Singers will now be meeting from 6:30 pm until 7:00 pm, keeping the rehearsal to just 30 minutes on Thursday nights. This fun group is open to new members at any time—Come join us in the Music Room! Contact Karen McIntosh with questions

at organist@heartoflongmont.org, or (303) 776-3523.

Two Signs, Different Results

A poor blind boy sat on the steps of a building with a hat by his feet. He held up a placard (sign) on display, which said: **"I am blind, please help."** There were only a few coins in his hat.

A gentleman, who was walking by, took few coins from his pocket and dropped them into the hat of that blind boy. He then took the placard, turned it around, and wrote some words. He put the placard back to its place so that everyone who walked by would see the new words.

Soon the hat began to fill up with coins. A lot more people were giving money to the blind boy. That afternoon the man who had changed the words of placard came to see, how things were. The boy recognized his footsteps and asked, "Are you the one who put changes in my placard this morning? What did you write?"



The man said, "I only wrote the truth. I said what you said but in a different way." I wrote:

"This world around you is so beautiful, you can see it, but I can't see."

Both signs told people that the boy was blind. But the first sign simply said the boy was blind

While the second sign told people that they are so lucky that they are not blind. The second sign was indeed impressive and effective!

Be thankful for what you have. Be innovative. Think differently and positively.

Enjoy the world with a heart of gratitude and be thankful to the God that He has gifted you all the sense faculties that are intact.

Housing Assistance Available for Veterans



No veteran should be homeless and since World War I, Volunteers of America has provided direct services to veterans and connected

them to other organizations that can help. Volunteers of America assists Veterans with their housing needs. If you are a Veteran who is currently homeless or are facing homelessness, or know someone who is, please call **(970) 515-5449** today and talk with a Veteran Specialist.



Longmont's OUR Center and the CraftWorks Foundation, a charity offshoot of CraftWorks Restaurants and Breweries, will provide their annual free Thanksgiving dinners, from 10:30 am to 2 pm Thursday at the Old Chicago Pizza and Taproom restaurant, 1805 Industrial Circle, Longmont. Free shuttle service to and from the restaurant and the OUR Center, 220 Collyer St., will be available from 10:30 am to 1:30 pm.

Boulder's First Presbyterian Church: will provide its annual free Thanksgiving dinners from 1 to 3 pm Thursday at the church, 1820 15th St., Boulder.

SERMON *videos*

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