



NOVEMBER/DECEMBER 2023

NOTE FROM THE PASTOR



One of my favorite musicals to date is *Hamilton*. I especially love the closing song titled "Who Lives, Who Dies, Who Tells Your Story". One line repeats

throughout the song, asking: Who tells your story?

That is the question for all of us during this autumn season, with the coming of winter and Christmas. During the darkening of the year, we can pause and reflect on our story, the story that has been unfolding through our 150 years in our Longmont community, even as we reflect on the Christmas story. Our story is still being written, and will continue to be told as time rolls on.

Stories are a special way for us to share information by creating emotional connections and resonance. Why else do we revisit the story of Christ's birth every Advent and Christmas? It's not only a tradition, but we feel a special connection to the story! Stories help us to understand each other and what we want to share and makes that information more memorable than just a dry relating of facts or axioms. Because stories create an emotional connection, we can gain a deeper understanding of other people

and their experiences. Telling our story as the church—with all its challenges, mistakes, failures, pain, and setbacks as well as its joys, successes and victories—says something about what it means to be community in a world of division and individualism.

What has been your story through this past year? How do you want your story to continue and change in the coming year? As a church, our story was filled with putting God's love into our community and the world. Here are a few beats from this chapter in Heart of Longmont's story:

- We screened the film *This is [not] Who We Are* and hosted a Q&A about racial justice with Pedro Silva and Katrina Miller
- We helped with home repairs and maintenance for folks in our community on BE THE CHURCH Sunday
- We repaired and revitalized our Blessing Box
- We decorated and set up a Community Fridge in partnership with Longmont Food Rescue
- We hosted the Phoenix Trans Choir to lead us in song and worship
- We participated in Habitat for Humanity Build Days
- We completed the Outdoor Learning Center for Wild Plum students
- We promoted firearm safety in our community with Gun Safe Giveaways in partnership with Longmont United Church of Christ

- We participated in Longmont Pride Festival
- We supported the BASIC Youth Group middle schoolers and high schoolers on their two summer mission trips to Alamosa, CO, and Nassau, Bahamas, respectively
- We brought in a series of guest musicians to share their skill and gifts during worship services this summer
- We hosted a summer family movie series
- We supported our Sunday Kids with a monthly mission project to support those in our community experiencing homelessness
- We continued moving forward with the Wesley Homes affordable housing project in partnership with The Inn Between
- We continued support of HOPE, OUR Center, Agape Safe Haven, and other partner organizations
- We celebrated 10 years of being a reconciling congregation, and began a series of trainings and discussions to further our goals in being a welcoming and affirming church home for LGBTQ+ folks.

With Advent season approaching, we hope you will join us for our many holiday activities and help us write a new chapter in our story for the coming year.

See you in church,

- PASTOR CLAIRE

CELEBRATE WITH US SUNDAY NOV. 5!

November 5 is Celebration Sunday and we are inviting you to join us in person or online for a special worship service at 10AM! Nationally renowned Bluegrass band The Blue Canyon Boys will be playing for us and we will be hosting a potluck lunch after worship.

We invite you to return your pledge cards to church on Celebration Sunday, though you are welcome to bring them or mail them to the church office any time in the month of November.



HOLYOUTH PLAN FOR THE NEW YEAR

BY EMILY FARRENKOPF

After a summer filled with excitement and adventure, we have transitioned into a wonderful routine for our youth group this fall. It's been such a delight to see our regular weekly gatherings thrive, with an impressive attendance of 20-25 enthusiastic young people. Brant and I are truly thrilled with the momentum we've gathered.

This semester, we've chosen to teach on the theme: "Discovering God's Love as Father." We believe that understanding God's love on a personal level is a transformative journey for each of our youth. The discussions have been engaging, and the questions they've

raised have been both insightful and thought-provoking. We have high hopes that God will touch each of their hearts and meet them exactly where they are in their spiritual journey.

In addition to our rich spiritual exploration, we have some exciting news regarding our youth rooms. We've made some much-needed technology updates and reconfigured the furniture layout. This new setup not only enhances the aesthetic appeal but also creates a more conducive environment for focused learning. We believe this adjustment will foster even deeper engagement and growth in our youth.

At the beginning of October, we enjoyed spooky adventures at Anderson Farms' Terror in the Corn. It's a longstanding tradition in our group to face our fears and scream our way through haunted cornfields. This year, 21 brave souls joined in on the fun, and it was a night filled with unforgettable memories.

Looking ahead, November and December promise to be packed with holiday festivities, fundraisers, and fellowship. The highlight of the season is undoubtedly our annual Christmas party. Traditionally, we spice things up by traveling to different homes and enjoy a unique dining experience—starting with



dessert and ending with appetizers. It's a fun twist that we can't wait to share with our youth.

As we continue to grow and nurture our youth group, we also need your support. One way you can get involved is by helping us

with our weekly dinners. Your participation is highly appreciated and vital to our mission of providing a nurturing and supportive environment for our youth. If you're interested in lending a hand and contributing to this wonderful cause, [you can sign up to help here.](#)



Thank you for being a part of our youth group community. Together, we're making a positive impact on the lives of these young individuals, and we look forward to what the future holds.

SING TO HIM A NEW SONG;
PLAY SKILLFULLY, AND
SHOUT FOR JOY.
PSALM 33:3

SUNDAY KIDS
SINGING AND SERVICE

Joyful Noise Children's Choir
We are excited to be back and singing after a short break over the Summer. Joyful Noise Children's Choir is open to all children and youth, and meets each Sunday in the Chapel at 9:30 am. Come hear us sing in church on Nov. 5th and again during the Christmas Music Celebration!

Sunday Kids Children's Church
As we settle into the school year, Children's Church is doing an extended lesson, looking at the "Fruits of the Spirit": Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, and Gentleness. We are exploring together how each of these values show up in our lives and how they help us to live the way that God created us to. We will end this series with acts of service that we do in church. Children's Church meets each Sunday during service. Children will either go to the nursery or the library, depending on the age. If you haven't yet, come say hi to our new nursery worker, Roxy!



SETTING A GOOD EXAMPLE by Rod Edmonds

Setting a good example for our children—or I should say, we can learn a lot from them.

Over the past several months, it has been so heart-warming to see the children participating in Sunday morning worship, seeing them walk up to post their prayer requests, and listening to their responses to the questions Tricia asks during Young Disciples Time.

As Art Linkletter used to say, "Kids Say the Darndest Things"; in fact that was a cornerstone of his show for many years. Well, I think he had it right, but I also think some of those 'darndest things' provide us valuable lessons.

At the 'All Church Picnic,' I had the opportunity to watch an exchange between one of our youth and one of the children.

As the child was being escorted down the sidewalk by her Mom, she was holding hands with the youth. As Mom was trying to cajole the little girl to let go of the youth's hand, Mom said "It's ok, you will get to see her next Sunday!" At that, the little girl let go of the youth's hand and said "Ok, I will see you next Sunday."

What a powerful connection those two girls had...so powerful they committed to be in church the following Sunday.

These days, the question is often asked: "Why church?" The answer most often given is that church is a community where we find a connection to a faith community that values and nurtures relationships.

I think the connection these two girls had is a perfect example of "why church".

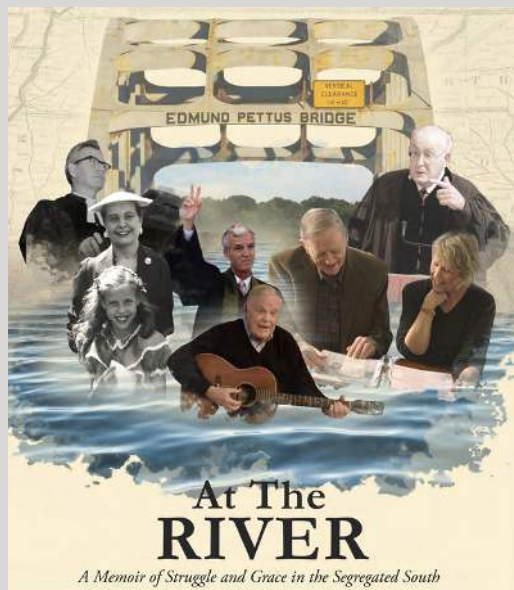


WE ARE BLESSED BEYOND MEASURE TO EMBRACE AND "CALL OUR OWN" THOSE WHO HAVE CHOSEN TO JOIN HOL BY SHARING THEIR GIFTS, THEIR PRAYERS, THEIR TALENTS, AND THEIR SERVICE.

It is wonderful to have 10 new members. Please give a huge welcome to:

- Roy and Rachel Turner, and sons Roy and Charlie
- Annaleigh Pfiffner and son Calvin and daughter Evelyn
- Dick and Diane Elder
- Francine Berkey
- Virgil and Sharon Gamber
- Cathy Beaty
- Megan Osbourne

AT THE RIVER



Central Presbyterian Church in Longmont, in conjunction with Longmont Museum, is hosting a screening of a new documentary that tells the story of a handful of white pastors in the deep south during the civil rights era who chose to stand with the African American community and the consequences of their decision. *At the River* is simultaneously the story of how the film's director, Carolyn Crowder, a child of the south, came to terms with the racism and white privilege with which she was raised.

You can learn more about the film and view the trailer on [Carolyn Crowder's website](#).

After the screening, we will be hosting a panel discussion at the museum, which will include Carolyn Crowder herself, and [Dr. Les Purce](#).

The screening takes place Saturday, November 4, 2023, at Stewart Auditorium at the Museum at 1:00 p.m. The panel discussion will begin around 3:00 and we anticipate it lasting about an hour. The screening and discussion are free and open to the public, although reservations will be required.

[Click here to register for this event](#), or contact the church office for the URL.



Come And Join Us At The Veteran's Day Parade

The Heart of Longmont wants you to be a part of the upcoming Veteran's Day parade, where people of all ages are encouraged to participate. Whether you're a child, a youth, or an adult, this event is a fantastic opportunity to express your gratitude to our veterans and to show your support for safe gun storage practices.

We will be crafting original posters to carry. Join us November 5th during our Celebration Sunday lunch and get creative making your own poster. Then, march alongside one another where we will appreciate those who have served in the military and encourage a safer community with responsible gun storage. You can make a difference!

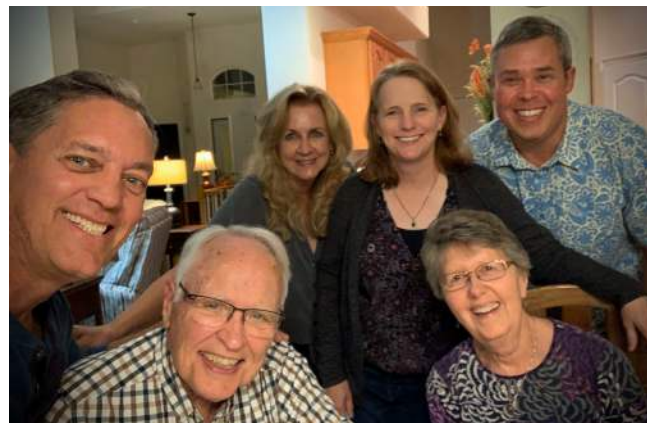
[Click here to register!](#)

Suppers for Six

Our Supper for 6 small groups are having a good time getting to know each other while sharing delicious food. If you missed this rotation we will be forming new groups starting in January. Contact Tricia Grafelman if you would like to join in the fun.



A supper for six with Carol Leonardo, Joe Brooks, Kathy and Tim Bradley and John and Tricia Grafelman.



Another supper for six with Kerri and Mike Hickman, Brad and Devon Cook and Keith and Mary Ann Watson



A Call To Promote Gun Safety And To Save Lives

Mark your calendars for November 11th, as we come together to make a significant impact on our community's safety. From 12:00 PM to 2:00 PM, the Heart of Longmont and United Church of Christ will be distributing free handgun safes at Roosevelt Park.

Gun violence has sadly become an all-too-common issue in our communities throughout the U.S. Our children are growing up in an environment where school shootings have become a terrifying reality.

According to a report from the Perelman School of Medicine at the University of PA, the simple act of safe firearm storage would result in a 32% decrease of lives lost due to gun-related incidents. A recent 2023 report by

Everytown for Gun Safety also highlights that in states with the most protective secure gun storage laws, the rate of suicide by guns was lower.

At our June event we distributed 406 safe storage devices to our community members. This included 139 auto lock boxes, 167 home safes and 100 cable locks. These numbers represent more than just statistics; they represent lives potentially saved! The importance of storing firearms safely can not be emphasized enough. We invite you to be a part of this crucial mission by volunteering at our upcoming gun safe giveaway on November 11th.

Together we can make a real difference in promoting gun safety and saving lives in our community.

[Click here to register!](#)



Crop Walk Success

The Heart of Longmont wants to thank all who walked and supported the Boulder County Crop Walk for Hunger this past Sunday. As of October 23, our total raised right now is approximately \$24,931! Big thanks to HOL's Crop Walk team and team captain, Paul Johnston!



2023 CHURCH/CHARGE CONFERENCE AGENDA

“Give Me Your Hand”
2 Kings 10:15

Annual meetings are important in the life of a church family. Paragraph 247.3 in the Book of Discipline requires each church to hold a conference annually to review and evaluate the ministry of the church, receive reports, and adopt goals recommended by the church council for next year. Working with the DS, each church can call a church or charge conference for this work. A *charge* conference is the basic governing body of the local church and is comprised of the church council (administrative board or leadership team) and all retired clergy within the local church, while a *church* conference invites broader participation with all members having the right to attend and vote. Pastors are invited to consult with their DS to determine the appropriate conference setting for each context (charge conference, church conference, multiple point charges in one unified or multiple meetings, or a circuit conference, etc.).

WELCOME AND GREETING District Superintendent/Presiding Elder

OPENING PRAYER Lay Leader

VIDEO DEVOTION Bishop Karen Oliveto
“Give Me Your Hand” ~ Scripture: 2 Kings 10:15

CHURCH VITALITY & LEADERSHIP DEVELOPMENT/COMMUNITY ENGAGEMENT VIDEO

SACRED BUSINESS District Superintendent/Presiding Elder
(All are public documents and should be available for review by congregational members)

- Election of Recording Secretary (please have someone designated before the meeting)
- Report of the Pastor (Elders and Local Pastors)
- 2023 Membership and Worship Attendance Report (including those who have died in the past year)
- Leadership Report (Nominations) for 2024
- Approval of 2024 Clergy Compensation
- 2024 Budget (if applicable)
- Approval of Lay Speakers (if applicable)
- Approval of Candidates for Ministry (if applicable)
- Commitment to Connectional Giving for 2024
- Other business as needed

CELEBRATION OF 2023 MINISTRY Pastor and Lay Leadership
Highlighting ways Christ has changed lives in your church and community this past year.

MISSION AND MINISTRY GOALS FOR 2024 Pastor and Lay Leadership
Priorities laid on the hearts of church leadership looking ahead to the next year.

OPEN DIALOGUE District Superintendent/Presiding Elder

CLOSING PRAYER District Superintendent/Presiding Elder

THE ALL CHURCH CONFERENCE WILL BE DECEMBER 3 AFTER WORSHIP SERVICE.

HOPE ORGANIZATION STRUGGLES TO KEEP UP WITH GROWING DEMAND

by Joan Edmonds

The dedicated team at HOPE (Homeless Outreach Providing Encouragement) is facing an increasing challenge as they continue their mission to provide stable housing and assistance to the homeless community. Director Alice Sueltenfuss recently shared that, in the month of August, they successfully placed six individuals in stable housing. Among them is Gary, who has now enjoyed the security of a home for the past four months. He spends his mornings sipping coffee with his newfound neighbors, gazing at the sunrise—a testament to the impact HOPE has on people’s lives.

Despite their unwavering commitment, the organization is grappling with an overwhelming demand for their services, with an average of 300 visits to their Outreach

Center each month. As they strive to meet this growing need, HOPE is urgently in need of various items to aid their efforts, including wet wipes (not cleaning wipes), individual shampoo and conditioner, razors, tall kitchen trash bags, paper towels, and men’s jeans in sizes 30 to 34. Those willing to support HOPE by donating these items are encouraged to place them in the designated cupboard in the west airlock.

Another group that plays a crucial role in HOPE’s work is the Heart of Longmont volunteers, who prepare and serve meals to those in need. If you’re interested in contributing by preparing a meal, the sign-up sheet can be found at the Hospitality Counter in the gallery.



For those looking to make another kind of substantial impact, volunteering to serve a meal offers a unique opportunity to connect with the HOPE community and make a meaningful difference. You can reach out to Joe Meggison at joe@hopeforlongmont.org for more information on how to get involved. Offering your support in this way is not only an act of kindness but a chance to experience the profound spiritual uplift that comes with helping those less fortunate. Your support can make a world of difference in the lives of those served by HOPE.

FACILITIES REPORT

by Clint Schahrer

The Facilities Team has been working on planning the activities for the Work Days on October 13 and 14 and securing the needed materials to complete planned projects. A few of the major projects slated to be worked on:

- Repairing Shed #2 and moving it from the asphalt to its final location next to the fence.
- Building a ramp for Shed #1 to get the lawn tractor in along with needed minor repairs.
- Replacing/Repairing gutters and downspouts Replacing the choir door.

We will also be completing the plethora of fall and semiannual items

that have to be done to keep the facility in good condition.

The planned makeover of the Wesley Hall Bathrooms has been pushed out a couple of weeks due to delivery issues. More information to follow in the weekly Pulse.

The team has been working on several things around the building:

- Winterization of various doors and windows
- Removing window AC units
- Scraping, priming, and painting
- Installing occupancy switches in several rooms
- Soliciting snow removal bids.

We will not be removing the snow from the north end of the parking lot (from the north parking lot lights to the fence). We will make sure that there is still access in and out of the north entrance.

Watch for the request for volunteers to do snow removal at the church doors and sidewalks. We will train you on running the lawn tractor and snowblower.

Several members of the team met with New Edison to review the cost to convert to LED lighting throughout the facility. We are very close to closing the project. Based on current grants and rebates, it appears that there will be little to no cost to the church. Watch the weekly Pulse for updates.

We are in the process of reviewing and updating the Building Use Policy.

We are researching/reviewing the replacement of thermostatic valves in the hot water heating system in the education wing.

The Facilities Team would like to thank:

- Rob Mcdaniels for his working on painting several areas of the building
- Scott Greenhalge for Installing occupancy switches

Please say thank you to these people and if you see someone filling one of our facilities needs thank them for taking care of our facilities.

If you have any questions or seek additional information, please contact any member of the Facilities Management Team.



SEPTEMBER YEAR-TO-DATE FINANCIAL UPDATE

by Rod Edmonds

	YTD 2023	YTD 2022
Income	\$ 284,261	\$ 267,913
Expenses	\$ 333,574	\$ 302,641
Income greater than (less than) expenses (deficit)	\$ (49,313)	\$ (34,728)

Income is higher than 2022 by 6.1%, primarily related to several significant contributions in January/February/July from longtime members. Expenses are higher than 2022 by 10.2% with the biggest increases in utilities, payroll, conference apportionment (due to higher income), and leadership training. As a reminder, for most of Q1 2022, we were still having 'virtual services' and we had an open position for the first six months; currently all positions are filled.

The year-to-date loss is 28% less than the budgeted loss through September. In setting the budget for 2023, we identified several opportunities to mitigate the budgeted loss. As noted previously, the two largest opportunities were to seek a grant from within the denomination to share in our investments in new ministries and missions, and to seek a 'second mile' contribution from some of our members. Thus far, these additional opportunities have not materialized.

However, thanks to a legacy gift from a former member, there is an opportunity to offset a large portion of the year to date loss. Strong giving in the last quarter of the year would allow some of the legacy gift to be used for new investments in ministry or additions to the general endowment fund.

If you would like more information about the church's finances, please contact Rod Edmonds, Treasurer.

LEGACY GIVING

Verb: To convey one's values through creation of a future gift to charity
Noun: A foresighted action to strengthen a favorite cause

The Heart of Longmont has been blessed for many decades by the legacy gifts of current and former members. The Church has several endowment funds at the Methodists Helping Methodists Foundation; a Permanent Endowment, a General Scholarship, the Paula Johnston Children's Fund, a Library endowment and the Margaret Patterson Scholarship fund. Distributions from these endowments have provided support to many of our capital improvement projects (flooring and roof to name a couple), and annually support our scholarship programs for youth members pursuing post-secondary education.

This year, Leadership Council approved a proposal to allocate

the distribution from the General Endowment fund to five grants (up to \$3,000 each). \$3,000 was allocated to Wesley Homes, and the Ministry and Mission Design teams are each working on proposals to invest their grant monies for the Chapel renovation and new mission initiatives.

Thanks go to those who felt the call to support in perpetuity the ministry and mission of our Church. Through their support we've been putting more of God's love into the world.

If you would like any information on legacy giving, there are numerous resources available to you from the Methodists Helping Methodists Foundation and from member's familiar with our endowment programs (Paul Johnston, Rod Edmonds, Keith Watson to name a few).



METHODISTS HELPING METHODISTS FOUNDATION

Through the Methodists Helping Methodists Foundation, you as an individual can invest your savings in accounts similar to CDs and Money Markets where you will earn above-average interest rates. The fund is called the Methodists Helping Methodists Fund. Your investments allow the Foundation to provide capital improvement loans to United Methodist churches throughout the region (like the loan HOL received to replace the HVAC system earlier this year).

Investment options include:

- Fixed-Rate Investments (six-month, one, two, three, four and five-year) are available for amounts \$1,000 and above. Interest is paid out quarterly or reinvested, depending on investor wishes.
- Variable-Rate Investments are available with a minimum investment of \$500. Withdrawals can be made at any time upon written notice.

Effective October 1, 2023, rates for fixed-rate investments range from 4.70% for a six-month term on deposits of \$1,000 to \$4,999 up to 3.09% for a 60-month term on deposits of \$10,000 and over. Variable-rate accounts starting at \$500 pay .50%.

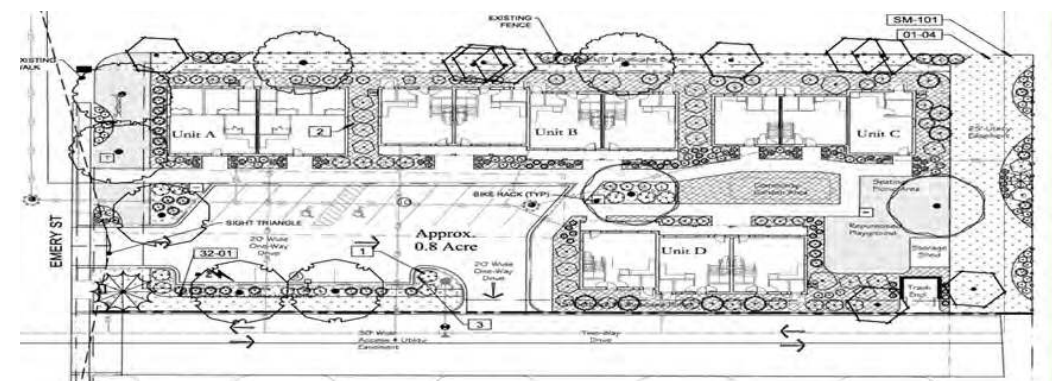
For more information, including access to the full rate schedule, go to info@mhmfnd.org.

WESLEY HOMES PROJECT UPDATE

On September 7, the Minor Subdivision Plat and Site Plan applications for Wesley Homes were submitted to the City. These documents will go through a thorough review by the various City of Longmont departments (planning, Fire, etc.) over the next four to six months. At the completion of the City's review, the project team (a Senior Planner with Tetra Tech, the architect, the designer, the contractor, the surveyors, The Inn Between, etc.) will respond to comments and questions before the City will move to a final acceptance of the plans.

The following renderings are included in the applications and provide a general idea on how the Wesley Homes development will look.

If you have any questions about the project feel free to reach out to Rod or Joan Edmonds, Clint Schahrer, Jean Malchow or Tricia Grafelman.



OUTDOOR LEARNING CENTER UPDATE

by Jean Malchow



Medaugh, Lynn Greenhalge, and Karl Scott moved the sheds from the basketball court to a new location and moved the Wild Plum blue shed from the old playground to the basketball court. Karl Scott painted the roadways and patched cement to limit potholes on the roadway. Rod Edmonds and Karl Scott placed foam tiles for fall surfaces as well as power washing tiles and play equipment. Karl Scott aligned the concrete blocks. Edy-Kay Ward, Jeff Brown, Rod Edmonds, Joan Edmonds, Sara Kerse and Opal, Andrea and Ethan Shipp painted the concrete bin blocks to look like Legos. Scott Greenhalge, Lynn Greenhalge, and Karl Scott moved the blue shed into the corner and up on pavers.

The Outdoor Learning Center is almost done. The artist is still working on the murals.

There have been so many volunteers that helped make this happen. The Wild Plum staff gave input on what the new playground should contain, safety recommendations, and answered many questions along the way. The youth painted the tires used for the sandbox. Karl Scott bolted the tires together to make the big sandbox as well as making a small one for the infant area. Scott Greenhalge, Lynn Greenhalge, Heather Harrington, Dave Perry, Rob McDaniel, Rod Edmonds, Peg Howard, Bruce Shaver, Eric Andrews Sharer, and Karl Scott spread the 10 yards of sand into the tires. Clint Schahrer and Scott Greenhalge arranged for the basketball goal to be taken down and the umbrella from the old playground put in its location. Scott Greenhalge, John Murphy, Rob McDaniel, Clint Schahrer, Chris

Kang Sam, Jeff Brown, Scott Greenhalge, Tim Bradley, Dave Kinzler, Don Graffis, Rob McDaniel, Lynn Greenhalge, Edy-Kay Ward, and Karl Scott core drilled through the concrete, dug holes to 31 inches, mixed concrete, set the supporting poles for the sunshades and filled the holes with concrete. Edy-Kay Ward helped fill in spaces in the bin blocks/Legos that could be future homes for wasps and painted them to match the bin blocks. Lynn Greenhalge, Scott Greenhalge, Dave Kinzler, Don Graffis, Edy-Kay Ward, and Karl Scott strung the cables and hung the sunshades. Darlene Seitz is the artist for the 80 feet of murals, yet to be installed.

Karl Scott made the music board, the water play board, the art board, the sand chutes, and fixed the canoe to fit in the sand box. Our vendors were Custom Fence, Colorado Materials, Next2Natural Turf, and Mountain View Welding. As you can see, this Outdoor Learning Center would not have happened without the contributions of many. The Wild Plum staff and children are extremely grateful to have a fun, inviting place for outdoor learning.

THE OUTDOOR LEARNING CENTER OPENS IN TIME FOR SCHOOL

by Joan Edmonds

Laughter and joyful exclamations fill the air as the Wild Plum infants and toddlers explore and play in the Outdoor Learning Center (OLC). From the germination of an idea to hours of cultivation and times of weeding thorns, Jean Malchow supervised the implementation of the OLC along with the labors of Karl Scott. Countless church people, including the youth, also devoted their time to shepherd this project through the various stages.

The OLC offers a variety of visual, auditory, tactile and kinesthetic stimulation to the youngest Wild Plum students. From a huge sandbox, to an imaginative play kitchen to a roadway for trikes and scooters among other learning centers, the infants and toddlers can explore, learn and create.

Data shows that outdoor play increases motor skill development, physical fitness, creativity, problem solving, social skills, calming effects, heightened attention span, sensory and nature exploration and better sleep.

Our words of praise go out to Jean and Karl for their unwavering efforts in seeing the OLC come to fruition. Also we give thanks to the many individuals who contributed both time and financial resources toward this vital mission project.



MEET THE NEW INDOOR LEARNING CENTER

The Library remodel is complete! (See photos at left.) There's only some touch up painting and some wall decorating to be finished.

The Indoor Learning Center now serves Wild Plum students with weekly Library reading and checking out books for the PreK classes.

Our Sunday Kids use the ILC weekly for Children's Church. There is also a new Quiet/Calm Sensory Corner that can be used for Wild Plum as well as our own Sunday Kids as needed. A small part of the old Library is still there, too.

A new bookbin (made from an old pew) holds the books for Sunday Kids and Children's Church to use so be sure to take a look when you are at the church!



UNITED WOMEN IN FAITH INFORMATIONAL MEETING

All women of the church are invited to an informational gathering about the United Women in Faith on Sunday, November 19 following church service. COVID did not allow us to have our regular unit meetings, but now we're trying again!

Join us to ask questions and help us discover ways to gather around specific needs, wants, etc.

Childcare/nursery will be provided during the meeting time.

More details will follow in the weekly Pulse but mark your calendars now!

For more information contact Catherine Murphy.



BISHOP OLIVETO JOINS HOL TO CELEBRATE RECONCILING MINISTRY



On November 19, Karen Oliveto will join us in preaching during our worship service to celebrate our 10 year anniversary as a reconciling congregation. She will be leading the Sunday morning adult classes from 8:45 AM to 9:45 AM that morning before she preaches. Please join us for a special morning of worship!

Bishop Karen P. Oliveto serves as the leader of the Mountain Sky Area of The United Methodist Church. It includes approximately 378 congregations in Colorado, Montana, Wyoming, Utah, and one church in Idaho.

Bishop Oliveto was elected to the area after serving as the first woman pastor of the 12,000-member Glide Memorial United Methodist Church in San Francisco, CA. She is the first woman to serve as senior pastor of one of The United Methodist Church's 100 largest congregations. She served Glide from 2008 until her election as bishop.

Born on Good Friday in 1958, in the aptly named community of Babylon, NY, Bishop Oliveto earned her Bachelor's in Psychology, cum laude, from Drew University in Madison, N.J., in 1980. She earned her Master's in Divinity from Pacific School of Religion

in Berkeley, CA, in 1983, a Master's in Philosophy from Drew University in 1991, and a PhD in Sociology of Religion from Drew University in 2002.

Bishop Oliveto has served in rural and urban settings as well as parish and campus settings in NY and California. She has also served as the Associate Dean of Academic Affairs at Pacific School of Religion and has been an adjunct professor of United Methodist Studies at the school from 2004 to 2016. She has also been an adjunct professor in Prophetic Leadership for the Doctor of Ministry program at Drew University and was adjunct professor in Evangelism and Mission at Brite Divinity School at Texas Christian University, Fort Worth, Texas.

Bishop Oliveto is the co-author of *Talking About Homosexuality: A Congregational Resource* (Pilgrim Press: 2004), and the author of *Our Strangely Warmed Hearts: Coming Out into God's Call* (Abingdon, 2018) and the newly released *Together at the Table: Diversity without Division in The United Methodist Church* (Westminster John Knox: 2018).

ENHANCING ALLYSHIP THROUGH LGBTQ+ TRAINING

by Joan Edmonds

Striving to foster inclusivity and support for the LGBTQ+ community, over twenty HOL people came together for a Zoom session led by Court VonLindern. VonLindern, who serves as the designer of NextGen and Inclusiveness Ministries with the Mountain Sky Conference, provided valuable information to empower Allyship.

During the session VonLindern introduced key terminology related to gender identity, gender expression, sex assigned at birth and sexuality. In addition, participants gained a deeper understanding of terms such as transgender, non-binary, cisgender, intersex and Two Spirit which fall under the LGBTQ+ umbrella. Two Spirit was highlighted as another gender that holds significance in indigenous cultures.

Attendees of the Zoom session learned about microaggressions. Microaggressions encompass everyday slights, indignities, put downs and insults directed at People of Color, women, LGTBQ+ folks or the marginalized. Understanding what microaggressions are is essential in creating a more inclusive environment within the church.

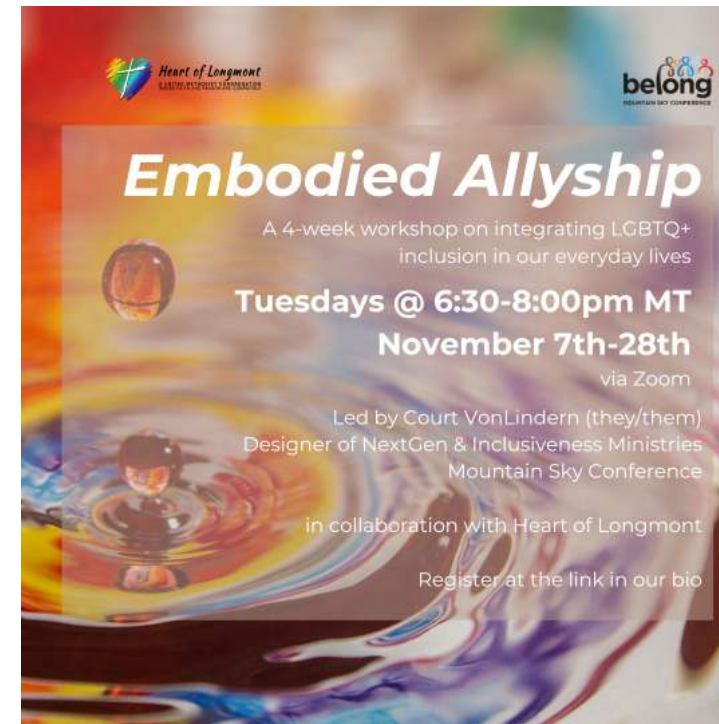
Affirming language emerged as a powerful tool for normalizing diverse experiences and identities, avoiding assumptions and encompassing active inclusivity. The session emphasized the profound impact words can have. Using the correct pronouns is one of the simplest yet most affirming ways to support LGBTQ+ people. Research has shown that using correct pronouns with teenagers can reduce suicides by half, highlighting the life saving potential of such a small gesture.

For those who were unable to attend the September 7 Zoom session, there is still an opportunity to expand your knowledge and support for the LGTBQ+ community.

[The session was recorded and is available for viewing on Vimeo \(click here or contact the church office for the URL\).](#) Please note the link will expire on December 8.

By embracing the principals and tools shared in this training we can all contribute to a more affirming and inclusive world for the LGTBQ+ individuals. Let's continue to educate ourselves and be allies in the fight for equality and acceptance.

The next training (Embodied Allyship) will be November 7 on Zoom. See page 15 for more information.



Embodied Allyship

"Embodied Allyship" is a 4-week workshop centered on integrating LGBTQ+ inclusive practices in our everyday lives. Using a Discipleship Pathway paired with contemplative spiritual practices and queer theory, we will move through the different phases of discipleship as LGBTQ+ allyship to embody LGBTQ+ inclusion in our everyday personal and spiritual lives.

This workshop is a pilot session hosted by Court VonLindern with the Mountain Sky Conference in collaboration with Heart of Longmont. The workshop will take place on Tuesdays, November 7th-28th from 6:30pm-8:00pm MT via Zoom.

[Click here to register for this workshop](#) or contact the church office for registration information.

It is recommended that participants have completed an LGBTQ+ allyship training and have a foundational knowledge of LGBTQ+ terminology.

For questions, please contact [Court](#) or [Rev. Claire McNulty Drewes](#).

Eye To Eye: Portraits of Pride, Strength, Beauty

The Heart of Longmont Mission Design Team is excited to announce a very special photo exhibit by Dr. Carey Candrian.

Dr. Candrian is an associate professor in the Division of General Internal Medicine at the University of CO School of Medicine.

Dr. Candrian's research examines how communication affects outcomes in healthcare and specifically how it impacts older lesbian, gay, bisexual, transgender and queer (LGBTQ) adults and those who care for them.

She is the creator of Eye To Eye: Portraits of Pride, Strength and Beauty. The portraits are an exhibit of older LGBTQ women.

These women are your neighbors, your friends, your relatives, your colleagues. You see them - and others like them - every day.

There are 2.4 million LGTBQ older adults living in the U.S. Many have been whispered about, shouted at, insulted, rejected and isolated. According to the Harvard Medical Magazine in 2020, the stress of living a lifetime of stigma and discrimination can take up to 12 years off of their lives.

You are invited to view this powerful collection of portraits in the chapel from November 5 through December 3. You can view the exhibit on Sunday mornings and during church office hours.

A catered reception with light refreshments to meet Dr. Candrian will be held in the HOL Chapel on November 10, 6:30 PM to 8:30 PM. We hope you will take advantage of this very special event that the Mission Design Team is honored to offer.





HEART OF LONGMONT FOR THE HOLIDAYS

ADVENT IS COMING AND CHRISTMAS IS AROUND THE CORNER!

It's that time of year and Heart of Longmont has a number of holiday activities planned! Check out the following pages for information on:

- UWF Holiday Fair (November 4)
- Thanksgiving for Recovery Cafe Members
- Caroling (December 3)
- Christmas Cantata (December 17)
- Holiday Baskets (December 11)
- Christmas Music
- Christmas Eve Services
- Santa's Workshop (December 11)

UNITED WOMEN IN FAITH
PRESENT

Holiday FAIR

JEWELRY, HOME DECOR, HOMEMADE
JELLIES, JAMS, BAKED GOODS, &
CANDIES, A TREASURE TROVE OF
COLLECTABLES AND GIFTS!

DOZENS OF LOCAL VENDORS!

LUNCHEON SERVED 11:30 AM TO 1 PM

NOVEMBER 4
9 AM - 2 PM

HEART OF LONGMONT
350 11TH AVE
LONGMONT, CO

RECOVERY CAFÉ THANKSGIVING

The Heart of Longmont is partnering with Recovery Cafe, an organization that creates community for those in recovery.

We have a special event planned in November. We will be providing an upscale dinner around Thanksgiving for the Recovery Cafe members. There will be volunteer opportunities so keep an eye out for the date and more information on helping make this event a reality!

CAROLERS NEEDED!

JOIN US TO SPREAD HOLIDAY CHEER AT ATRIA SENIOR LIVING DECEMBER 3 AT 2:30PM AND HOVER SENIOR LIVING COMMUNITY AT DECEMBER 3 AT 1:00PM. CONTACT MUSIC DIRECTOR JEFF DIXON FOR MORE INFORMATION!

HOLIDAY BASKETS FOR WILD PLUM FAMILIES



The holidays can be an incredibly stressful time for families who are financially struggling. The stress of holding multiple jobs, paying high rent, and managing a family while not making a fair living wage takes a toll on parents.

This Christmas, you can be the person or family that lightens the load and brings joy and laughter to the home by providing gifts for a family who has less than you.

The Wild Plum Head Start program will provide information about family needs and desires for gifts for their families in need. Watch for a sign up in the Gallery to participate.

Baskets will be due the week of December 11. Watch for more details in the weekly Pulse newsletter.

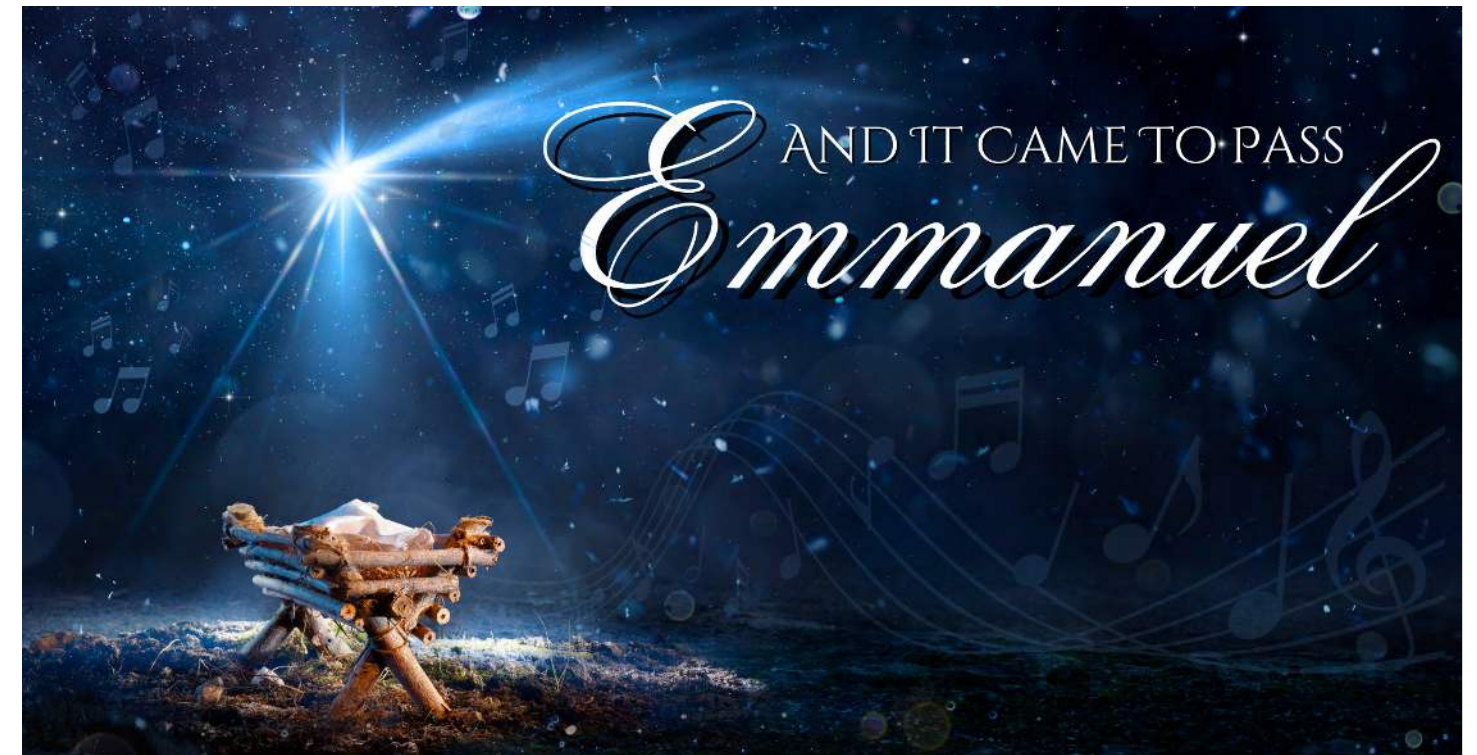
Thank you for helping make the season bright!

IT'S BEGINNING TO SOUND A LOT LIKE CHRISTMAS!

by Linda Patten

If you plan to visit our bell rehearsal within the next few weeks, you will need to bring your pre-holiday spirit with you. Yes, we have started rehearsing our Christmas music! You may have noticed that our bell choir is still growing. We have a new member, Diane Edler, joining us. She is an experienced ringer—wow!—and is a wonderful addition to our bell choir!

New Christmas music was ordered and because of our growth plus the rising cost of sheet music and shipping, we are grateful to have a Handbell Memorial Fund to help out our annual budget. We would especially like to thank the Bob Hand Memorial for picking up these additional costs. The bell choir is always excited to ring new music and we look forward to sharing our musical Christmas gift with you!



AND IT CAME TO PASS: EMMANUEL

BY JEFF DIXON

Heart of Longmont singers and musicians will join together this Christmas season to present a Musical Cantata, *And It Came to Pass, Emmanuel* by Jay Rouse and Rose Aspinall.

This multi-movement work for chorus and orchestra is a compelling musical triumph that invites the listener on a journey that ultimately leads to worship of the Christ Child. The text of the Christmas story blends seamlessly with new narrative and lyric writing from Rose Aspinall and Jay Rouse's clever crafting of new melodies blended in with Christmas favorites.

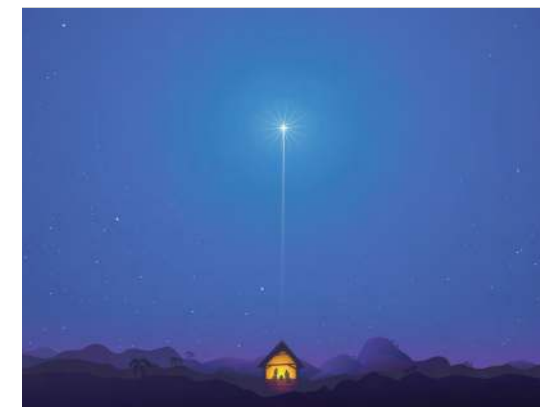
The musical opens with an ethereal underscore that leads effortlessly into a

waltz-like interpretation of "Adeste Fideles," followed directly by the theme song and anchor ballad for the musical, "And It Came to Pass." The third movement is an original song that gives voice to Joseph's fears and longings sung by a baritone soloist with a choral ensemble underscore. Next, the ensemble picks up the energy with a gospel piece, "Jesus, What a Wonderful Child." The timeless carol, "Away in a Manger" is deftly interwoven into the next movement, "Jesus, Prince of Peace." A slow, rhythmic beat grows into a powerful declaration of Gloria! in the praise song "Fire in the Sky." In a finale reprise of "And It Came To Pass" the ensemble closes in triumphant statement of hope and celebration in the coming of our Savior, Emmanuel.

Are you interested in participating in the cantata? If you play an instrument, sing, or are interested in speaking roles (we have over a dozen speaking roles) please talk to Jeff or send him an email at musicdirector@heartoflongmont.org.

Choir rehearsals will be Thursday nights, 7-8:30pm, and instrumental rehearsals will (tentatively) be after service on Sundays leading up to our performance.

Join us on December 17 in service for our presentation of the Christmas Cantata, *And It Came to Pass, Emmanuel*. With a little something for everyone, this creative new work is sure to be a memorable part of your Christmas season.



CHRISTMAS EVE SERVICES

December 24
4:00 PM - Children and Family Service
7:00 PM - Traditional

Carols and candlelighting during both services. Childcare provided for the 4:00 PM service.

There will be **no in-person Sunday morning worship, pre-recorded online worship only on Dec 24**. See the weekly Pulse this December for a link to our pre-recorded morning worship video!

SANTA IS COMING TO HEART OF LONGMONT!

Santa's back in town for the Second Annual Santa's Workshop event at Heart of Longmont December 10, 2:00 PM to 5:00 PM.!

Giving gifts warms the heart! You have almost certainly felt the joy of watching someone open a special gift chosen just for them. Do you remember how it was when you were a kid, giving your parents or siblings a special Christmas gift? Conjure that feeling, imagine being a child again and how you felt to do something special for your parents and siblings.

There are many children in our community who aren't able to experience that special kind of joy and make the holiday that much brighter for their families. Santa's Workshop gives these kids that magical opportunity!

Last year, during our first Santa's Workshop, we served over 80 families in the Longmont area! Children from Wild Plum Head Start came to our church, had a personal shopper (a volunteer from our church) to help them with their gift-finding, and got to pick a special gift for anyone in their family they wished to choose a gift for. Our fellowship hall was full of donated new and gently used gifts for them to choose from!

Once the child picked their gifts they went to the wrapping station where volunteers helped wrap each gift. The card station was next, where the kids could choose and sign a card for their gifts. Finally, after the gift-finding and wrapping and card-signing was done, they were able to meet Santa Claus and have some hot chocolate.

Santa's Workshop was able to give some help to the parents, too! While the children were shopping, their parents were choosing stocking stuffers for their families.

We are hoping for a repeat of Santa's Workshop success this year! We need your help to bring it all together. If you would love to be a part of this event by donating gifts or money towards purchasing gifts and supplies, or by donating your time, please reach out to Tricia Grafelman.

Registration links for volunteers and for families to attend will be coming soon! Keep an eye on the weekly Pulse!

From one of the participating mothers last year: "My husband lost his job last week, and without Santa's Workshop we would have no Christmas at all.....Thank you so so much."

Do you recognize this Santa and Mrs. Claus???

Celebrate the Christmas Season by giving and helping!



Looking for opportunities to serve at Heart of Longmont? There are many ways you can help out, all according to your interest and ability!

Help out with Sunday Kids - If you would be willing to be a helper either in the Nursery or Children's Church, please let Tricia Grafelman or Lynn Greenhalge know.

Sunday Kids in Mission - Sunday Kids do a mission project once a month. Help is needed for gathering supplies and organizing these mini-projects. Contact Lynn Greenhalge if this activity speaks to you.

Youth Group Dinners - BASIC Youth are meeting again! Dinners will be needed for 12-18 youth at 5:00 PM every Sunday they meet. It is helpful if you are able to stay to clean up. Please contact Emily Farrenkopf for dates and to sign up.

Prayer Shawls Ministry of Comfort and Prayer - Knitters and crocheters are called to help build our supply of prayer shawls for our members and community. Contact Peg Howard for more information.



Days for Girls Supplies Needed - Supplies are needed for building menstrual hygiene kits for African girls: dark, all-cotton materials (no flags, animals, people, or eyes in the design); dark flannel; hotel-sized soaps; new washcloths; cotton underpants (not white) in girl sizes 10/12/14 and women's sizes 5/6/7; grosgrain 3/4" ribbon; cash donations to buy waterproof material. There is a box near the west entrance in which to put these items. Donations can be given to Marty Allison.

Holiday Events - We have many holiday events coming up this November and December and will be looking for folks willing to donate their talents and time to making them a reality and brightening the season. Look for information on upcoming opportunities in the weekly Pulse.

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!

BUT THE ANGEL SAID TO THEM, "DO NOT BE AFRAID. I BRING YOU GOOD NEWS THAT WILL CAUSE GREAT JOY FOR ALL THE PEOPLE. TODAY IN THE TOWN OF DAVID A SAVIOR HAS BEEN BORN TO YOU; HE IS THE MESSIAH, THE LORD. THIS WILL BE A SIGN TO YOU: YOU WILL FIND A BABY WRAPPED IN CLOTHS AND LYING IN A MANGER."

SUDDENLY A GREAT COMPANY OF THE HEAVENLY HOST APPEARED WITH THE ANGEL, PRAISING GOD AND SAYING, "GLORY TO GOD IN THE HIGHEST HEAVEN, AND ON EARTH PEACE TO THOSE ON WHOM HIS FAVOR RESTS."

LUKE 2:10-14

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 Monday through Thursday, 10:00 AM to 3:00 PM.

www.heartoflongmont.org

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)

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.

For free and accessible local Longmont news, visit:

