



MARCH/APRIL 2025

NOTE FROM THE PASTOR



Lent is a time for soul-searching, meditation, and self-reflection. A time to reflect on the relevance of your relationship with God and what it means for YOU to live as the Beloved of God as

we embrace life with all its changes and uncertainties. When facing and dealing with these realities, few spiritual practices are more important than the practice of listening. Listening to ourselves, listening to others, and listening to God.

We will begin our 40-day journey of Lent, excluding Sundays, with Ash Wednesday (March 5). On Ash Wednesday, the chapel will be available from noon to 1:00 PM for self-guided stations ending with imposition of ashes. If you prefer to receive imposition of ashes in the evening, you are invited to Longs Peak UMC at 6:00 PM. This spiritual practice is a vivid and tangible reminder of our need for God, our mortality, our dependence on the grace and transforming love of God, and the realization and power of Jesus' resurrection.

Sunday worship during Lent will focus on the words of Jesus from the cross. The altar will be decorated

with purple tones, and images reminding us of our Lenten journey. In our sacred texts we will hear stories of people's lives completely transformed as they encounter Jesus in their everyday ordinary lives.

Each day during Lent, daily devotion cards will be available with this theme: Everything In Between - meeting God in the midst of extremes. It is my prayer that this daily practice will help deepen the Lenten experience. The devotions are offered as a daily spiritual practice and time of reflection as we journey through Lent.

However you choose to use the devotions and other spiritual offerings this Lent, my hope is that you feel supported in your desire to live more fully into your faith and identity as the Beloved of God, in a way that is transformative, inspirational, and deeply renewing.

One of my spiritual disciplines, that I intend to practice this lent, is listening. Ash Wednesday is the start to a season that invites us to set aside or stop whatever gets in the way of our listening well. The letters in the word "listen" can be rearranged to spell silent. I am not very good at silence. I don't think God yells, so if I want to hear God, I must get quiet. It is interesting and comforting to imagine that I might delight God by the way I listen.

Listening is essential for the development of intimacy, trust, healing, and wisdom. Listening to our loved ones

(heart), to our longings (soul), to our body (strength), and to our insight (mind) are all forms of prayer and listening to God. I find that God speaks to me most often through other people, but I also hear God's voice in my gut, in my peace and happiness, and in my ounce of common sense.

Listening with our heart, soul, strength, and mind has restorative and renewing powers. Some pain cannot be taken away, but hurt that is heard can be eased. When we listen with a desire to understand and appreciate, we open-up and expand. The woman who touched the hem of Jesus' garment was healed of her disease. She also got to tell Jesus "the whole truth". By the simple act of listening to her story, Jesus healed her soul, as well.

By being attentive, by learning to listen, or recovering the natural capacity to listen which cannot be learned any more than breathing, we can find ourselves engulfed in such happiness that it cannot be explained; the happiness of being at one with everything in that hidden ground of Love for which there can be no explanation. —Thomas Merton, The Hidden Ground of Love

Blessings for a joyous and meaningful Lent.

See you in church,

- PASTOR CLAIRE

IN THIS ISSUE

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- Remembering Mary Blue and her contributions to our church community
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- From Our Partners - information and updates from some of our community partners
- The Day After - A Poem by Rachel Dwiyer
- & many events coming up this March and April!

MEET REV. ANGIE DORNISCH



Dearest Heart of Longmont Family,

As the winter season settles around us, I find myself reflecting on the beauty of fresh starts.

Just as snow blankets the earth, creating a fresh, sparkly canvas, Jesus is always at work, offering us new beginnings—individually and as a church.

For the past six years, I have pastored the people of Hope UMC in Billings, Montana. And while I am filled with gratitude and excitement to become your next pastor, I will miss the congregation of Hope UMC deeply. This season of transition brings both joy and grief, but I trust that God will continue guiding us forward together. Heart of Longmont has a rich history of love, service, and commitment to making a difference in the community, and I am eager to step into this journey of discipleship with you.

I also want to share how meaningful it is for me to follow Pastor Claire in ministry. Claire has been a beloved mentor to me, and I know she's

led this congregation with wisdom, grace, and love. It is truly a gift to step into a congregation that has been shaped by such faithful leadership, and I pray that as we make this transition, we will continue to build on the strong foundation already in place.

Since we'll soon be doing life and ministry together, I'd love to share a little bit about myself. I was born and raised in Greeley, Colorado, so I consider this move "coming home" in many ways. My husband, Russ, and I have been married for six years and he is my best friend and favorite person. Russ and I have one precious dog named Cooper that's a German Shepherd Rottweiler mix.

I have a deep passion for justice and mercy ministries—walking alongside those in need and striving to embody



Christ's love in tangible ways. For the last five years, I've volunteered as a CASA (Court Appointed Special Advocate) for several children in foster care; advocating for their well being in the court

room. I also love traveling, experiencing new places, and witnessing how God is at work around the world. In my free time, I enjoy gardening, going to the gym, watching movies, frequenting coffee shops, and doing puzzles.

I look forward to getting to know each one of you, hearing your stories, and growing in Christ's transformational grace as individuals and as a church family.

As I prepare to join you, I humbly ask for your prayers—both for me to finish well at Hope UMC and for Pastor Claire as she completes her time with you at Heart of Longmont. Transitions are sacred seasons in ministry, and I know the Spirit is present with us all in this time. Please know that I am praying for you as well, and look forward for the relationships we'll build and the ministry we'll share in the years to come.

With Gratitude and Anticipation,

- REV. ANGIE DORNISCH
(SHE/HER)



FROM THE EDITOR'S DESK

Building and maintaining community are more important than ever. Many of our communities over time have been splintered by forces of division, exploitation, and oppression outside our direct control. This affects all of us, from those who have never had to worry about their own security before to the marginalized: queer, LGBTQIA+, trans, racialized, neurodivergent, immigrants, impoverished, unhoused, food insecure, and others beyond this list and those with intersectional identities.

The church historically has been one of the most important community building institutions, even from the very beginning. We are so distant in time from the earliest Christians, it's easy for us to forget what a radical message Jesus shared at that time, a message that matters just as much today. Paul wrote to the Galatians: "There is no longer Jew or Greek; there is no longer slave or free; there is no longer male and female, for all of you are one in Christ Jesus." (Galatians 3:28 NRSV) A message of unity, not division.

Despite the turmoil and upheaval, the uncertainty and fear, we in the church have the opportunity to be the loving and inclusive community builders we have always had it within ourselves to be. This work is a foundational part of Heart of Longmont, but only with continued work and love can we continue to be a safe harbor for others, not only for our own congregation and our sister congregations, but for the marginalized and unmoored, those without communities but in need of human connection and support.

In the pages of this edition of the Heart Newsletter,

you will see events and services shared between Heart of Longmont and other local UMCs. Pastor Claire (HOL), Pastor Jeremiah (Longs Peak UMC), and Pastor Josh (Hygiene UMC) share a commitment to pastoral ministry to the larger Longmont and surrounding communities. These connections and commitments, creating and strengthening bonds between our congregations and communities, are of the greatest importance as we navigate the tempest of the now. You will also see in these pages messages from our partners in our local community who are working harder than ever to bring support and comfort to the communities and populations they serve. Within these pages are messages of hope and hands offered in love and solidarity.

None of us, no matter who we are or where in life we find ourselves, asked to be a part of these proverbial "interesting" times. But we must remember that no matter how dark it looks, how distant the lights of the distant shore may seem, it will not be so forever. We have the opportunity and the power to join hands and weather the storm together.

I leave you with one of my favorite passages from J.R.R. Tolkien's *The Lord of the Rings: The Fellowship of the Ring*.

"I wish it need not have happened in my time," said Frodo.

"So do I," said Gandalf, "and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us."

ASKING A DIFFERENT QUESTION



by Joan Edmonds

On February 9, Hermine Ngnomire and Eric Hozempa led a thought-provoking session titled "Asking A Different

Question," shedding light on the rich diversity within the Longmont community and the impactful work of the Longmont Community Foundation.

Hermine shared her inspiring journey from immigrating to the U.S. from Cameroon, Africa, to becoming an entrepreneur. Eric introduced the "Local

Lives" documentary series, which features ten individuals sharing their personal stories, offering a window into the varied experiences of our neighbors.

Both speakers emphasized that through storytelling, we find connections and through these connections, we grow. Their insights resonated with Pastor Claire's message on friendship and the prevalent issue of loneliness in our communities.

These narratives highlight that we are indeed better together than apart.

To view more stories from Longmont Local Lives, go to <https://longmontfoundation.org/donor-story/local-lives/>

SHARE THE LOVE BREAKFAST

by Joan Edmonds

On the morning of February 7, the Heart of Longmont readers and Chef Hearty coordinators gathered to honor the dedicated teachers and staff of Wild Plum Center during our "Share The Love" breakfast. This event celebrated our growing partnership with Wild Plum Head Start, highlighted by initiatives such as the reading program and the involvement of Chef Hearty.

Reflecting on Jesus' words, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these" (Mark 10:14), we recognize the profound importance of educating young minds and supporting the educators who

guide them. The joyful smiles of these children continue to inspire and delight us whenever our paths cross.



We extend our heartfelt gratitude to the Wild Plum teachers and staff for their unwavering commitment to nurturing the children in our community. Together, we look forward to further strengthening our bond and making a lasting impact on these young lives.



A Message From the Children & Family Ministry Director...

Safety: Children's Church is a place for learning, friendship, and FUN! Part of making such an experience possible is creating and maintaining a safe space. To do this, church staff and families work together. [Behavioral & Safety Guidelines](#) are now posted on the [Children and Family Ministries page](#) on the Heart of Longmont website. In addition, we have a new [Registration and Permission form](#). It captures important information so we can best nurture and protect each child in our care. Please make sure you've read the guidelines and completed the form for all children in your family.

Programming: My goal each Sunday is to get children thinking about how they uniquely experience God—around them and within them. This spring, lessons will center on spiritual explorations of rebirth, renewal, and the inner discovery of spirit that cannot die.

Connecting: When we are children, our spiritual development is especially nurtured by family and community. Fostering a personal relationship with God in the children of HOL happens in collaboration with caregivers. Children's Church creates spiritual sparks that caregivers can fan into flames. In this way, each child can develop their own warm, glowing fire of God's love. I want to know, what does your family hope to fan in the spark? I invite all caregivers to schedule a meet and greet with me. Email me at cfm@heartoflongmont.org to set up.

"Where flowers bloom, so does hope," – Lady Bird Johnson

Wishing you all a beautiful, hope-filled spring.

- HOLLY, CFM DIRECTOR



FUNDRAISERS, MISSION TRIP, AND EXCITING UPDATES

by Emily Farrenkopf

Our youth group is gearing up for a season of meaningful service, exciting fundraisers, and continued fellowship. Here's a look at what's happening and how you can get involved.

Fundraising for a Purpose
To support our youth programs and mission trip, we have several fundraisers planned:

- **Easter Egging:** For a suggested donation, youth will hide candy-filled plastic eggs in yards the night before Easter—a fun surprise for families while supporting our mission.
- **Youth Group Sweatshirts:** A new design will be released in March, offering a stylish way to show support.
- **Butter Braid Sales:** A delicious opportunity to contribute to our cause—details coming soon.
- **Mission Trip Shareholders:** Supporters who purchase shares will receive a postcard from our trip and an invitation to a special luncheon where we'll share exclusive stories and pictures from our experience.

Mission Trip 2025: Serving in Kanawha County, West Virginia

At the end of July, our middle and high school youth will travel to Kanawha County, West Virginia, to serve communities in need. Home to the state capital, Charleston, this region is a mix of progress and struggle, with many families experiencing poverty, homelessness, and challenges related to unemployment and addiction.

Local churches and nonprofits work tirelessly to address these issues, but the demand for services remains high. Our team will assist with existing programming that focuses on food distribution, addiction education, and parenting support as well as partnering with church programming, hoping to provide relief and encouragement to those dedicated to helping their communities year-round.



Youth Group Highlights

Our youth have been active in both service and fellowship:

- **Building Community with Local Churches:** We recently hosted youth from other area Methodist churches for a night of food, games, and service. Together, we assembled Chef Hearty meal bags for Wild Plum families, with 36 people participating. We look forward to continuing this partnership.
- **A Special Gift to Enhance Gatherings:** Thanks to the generous donation from Daniel and Deanna Clink, our youth group now has a brand-new Xbox gaming system! We've already hosted a gaming night and look forward to incorporating this into future events. Thank you, Daniel and Deanna, for your kindness and generosity!

We are grateful for the ongoing support of our congregation and community. Whether through participation in fundraisers, mission trip donations, or simply encouraging our youth, your involvement makes a lasting impact. Thank you for being a vital part of our youth ministry!



Help Keep Our Church and Church Family Safe!

Church leadership would like to remind everyone of our safety policies regarding our doors and entering our church building. We have not always been on our A-Game when it comes to door safety, but we will be making an effort to ensure compliance with safety protocols for the security and safety of our congregation, Wild Plum staff and kids, and extended church family, including the groups that use our church building for meetings. Members and guests must comply with our safety procedures. Please read the below carefully. If you have any questions, please contact the church office.

When entering the building, do not allow anyone else to enter with you. Direct visitors to check in from the exterior door intercom with the church office during church hours. If outside of church hours, they will need to come back during church hours. If

church members need access outside of church hours, work with Virginia to check out an entry card. We are giving Wild Plum the authority to allow or turn away visitors who come during hours the church office is closed. We ask for grace if they choose to turn members away. Their job is to keep the children in our building safe while in their care.

NEVER prop doors open. Groups meeting in our building have propped doors open in the past to allow members to enter freely, but this will no longer be allowed. Groups using our building will be responsible for finding a solution to allow access for their members without propping doors. Refusal to comply with his policy may mean your group will no longer be allowed to use our church building.

Thank you for working with us to help keep our church and church family safe!

A GIFT THAT KEEPS ON GIVING



by Keith Watson

Mary Blue, who died December 31, 2023, chose to leave a bequest of over \$181,000 to the Heart of Longmont. Mary had been a member of our church community for many decades. She worked for social justice

and public education issues, not only in our church, but in the broader community. She served on Longmont City Council and as a representative in the Colorado General Assembly and often made her voice heard in newspaper letters and editorials.

A small task group was formed to make recommendations to the Leadership Council for how the bequest funds should be used. The committee wanted funds to be directed to areas that reflected Mary's core

values, in ways that would make a difference, and that would allow particular ministries to thrive rather than just survive.

In October 2024, Leadership Council approved the recommendations of the task group. These are the provisions approved:

- \$50,000 of the gift will be used to establish a fund to support **social justice and advocacy** beyond the normal budget of HOL. Over the next 10 years, resources, under the direction of the Mission Design Team, will be available to enable special programming on social justice issues of timely importance.
- \$10,000 will be earmarked to increase funds for **children's ministries** over the next 5 years.
- \$30,000 will be earmarked to increase funds for **youth ministries** for the next five years.
- \$5,000 will provide yearly contributions for five years to the **Reconciling Ministries Network**

to support the continuing work in advocacy for the LGBTQ+ community and for a more inclusive church.

- Another \$40,000 is designated as seed money for a Heart of Longmont **capital campaign** on the horizon.
- A small amount (\$500) is given to provide **altar flowers** each year for the next 10 years to honor Mary Blue's life.
- The use of the remainder of the gift (\$55,000) will be designated at a future time to reflect priorities determined through a long-range planning process.

The Heart of Longmont has been richly blessed by this wonderful gift put in place through Mary's planning. It perpetuates her gracious presence in our community of faith long beyond her years with us. It is truly a gift that keeps on giving, and it may provide guidance for your planning as well.

"HEART OF LONGMONT HAS BEEN RICHLY BLESSED BY THIS WONDERFUL GIFT PUT IN PLACE THROUGH MARY'S PLANNING. IT PERPETUATES HER GRACIOUS PRESENCE IN OUR COMMUNITY OF FAITH LONG BEYOND HER YEARS WITH US."

HEART OF LONGMONT FORMS COVENANT RELATIONSHIP WITH MISSIONARY

by Joan Edmonds

After several years without a dedicated missionary partnership, Heart of Longmont Mission Design Team is pleased to announce that we are entering into a covenant relationship with a missionary who embodies our mission and values. This step reflects our commitment to extending God's love beyond our local community and supporting the transformative work of global ministries.

Missionaries have been central to the Methodist Church since its earliest days. John Wesley, the founder of Methodism, emphasized the importance of loving God and our neighbors as an inseparable calling. Through sponsoring a missionary, we have the opportunity to live out this calling by supporting someone who works tirelessly to make a difference in the world.

Being in covenant with a missionary means more than financial support. It involves creating a relationship of mutual encouragement,



prayer, and communication. This relationship allows us to actively participate in their ministry and share in the impact of their work.

The Mission Design Team has selected Dr. Genilma Boehler, a dedicated missionary serving in Mexico. Dr. Boehler is a faculty member and theological researcher at the Theological Community of Mexico. Her areas of expertise include critical gender studies, decolonial and postcolonial theories, and queer

theory. Her work aligns closely with Heart of Longmont's values of inclusion, justice, and compassion.

Dr. Boehler's ministry focuses on empowering communities and fostering understanding through education and advocacy. As we journey alongside her, we will learn more about her work and how we can support her mission.

In the coming weeks, we will share more details about Dr. Boehler and her ministry. We will also outline specific ways for our congregation to engage with this partnership, including opportunities for prayer, communication, and support.

In the meantime, we invite you to join us in prayer as we embark on this new relationship. Pray for Dr. Boehler, her work in Mexico, and the lives she touches. Pray for our congregation as we discern how to best support her mission and live out our shared calling to be the hands and feet of Christ in the world.

Together, we can make a meaningful impact through this covenant relationship.

COMPASSION OFFERINGS MARCH AND APRIL



The March recipient for compassion giving will be the **United Methodist Commission on Relief (UMCOR)**. UMCOR, a unit of global ministries, assists the most vulnerable in their time of need without regard to race, religion, or status. They provide relief and assistance in response to natural and human-made disasters and support programs in the areas of migration, health, food security and environmental sustainability in the US and globally.

Learn more about UMCOR at <https://umcmmission.org/umcor/>

HOPE is the April compassion recipient. HOPE has been an advocate for the unhoused since 2007 when five people died from exposure in Boulder County. HOPE exists so the unhoused may have a home. Every person has a story. Every person deserves respect. Every person has a right to life filled with hope.



2024 YEAR-END FINANCIAL UPDATE

from Rod Edmonds, Treasurer

A Year of Generosity and Growth

As we close the books on 2024, we have much to celebrate! Thanks to your generosity, we finished the year well ahead of budget for income while keeping expenses right in line with expectations.

Your giving exceeded projections, growing **13.2% year over year**, while expenses increased 9.7%, reflecting strategic investments in **staff, programming, long-range planning, and facility upkeep**—all necessary to sustain and nurture our growing congregation.

Our financial health is further underscored by a **strong year-end cash position** and an **11.4% increase** in the value of our endowment funds held at the **Methodists Helping Methodists Foundation**.

Because of your faithful support, **we have expanded our ministry and mission, addressed critical facility needs, and begun implementing key recommendations from our long-range planning process.**

Looking Ahead to 2025

While we celebrate our progress, we also recognize the financial challenge ahead.

Our 2025 budget anticipates **income of \$461,200** and **expenses of \$546,200**, resulting in a planned deficit of **\$85,000**.

This budget continues our commitment to investing in our **staff and ministries**—especially in response to the **growth of our children, youth, and worship ministries**. These investments were key recommendations from our long-range planning efforts and are

2024 vs. 2023 Comparison

Category	2024 Actual	2024 Budget	2023 Actual
Income	\$483,804	\$401,400	\$452,730
Expenses	\$500,324	\$501,588	\$456,182
Deficit	\$(16,520)	\$(100,188)	\$(3,452)

vital to our church's continued growth and impact.

Based on the trends of the past four years, we remain confident that **income will outpace projections and expenses will be carefully managed**, as they have been in prior years.

Your Support Matters

Together, we are **building something extraordinary**—a faith community that **welcomes, nurtures, and serves**. Your generosity is what makes this possible.

As we step into 2025, we invite you to continue this journey with us. Every gift, every act of support, and every commitment strengthens **Heart of Longmont as a beacon of hope, love, and service**.

If you have any questions or would like to discuss ways to support our mission, **please don't hesitate to reach out**.

Thank you for being part of this incredible faith journey!

FACILITIES DESIGN TEAM UPDATE

by Rod Edmonds

Our church is a vibrant and active space, hosting worship services and adult learning classes, community events (like El Comité and films), and partner organizations like Wild Plum. With this activity comes significant demands on our infrastructure—everything from routine maintenance to urgent repairs and facility use requests. The Facilities Design Team (FDT), a small but dedicated group of five volunteers, has been working hard to address key issues such as heating concerns in the Education Wing, upcoming roof repairs and air conditioning issues, and security improvements. We are also reviewing long-term facility needs in support of the capital campaign.

Looking ahead, we have identified several key goals for 2025:

- **Support the capital campaign** by helping assess long-term facility needs and priorities.
- **Implement a maintenance log** to track issues and ensure

timely resolutions.

- **Expand our volunteer network** by recruiting more "handy persons" to assist with routine repairs and upkeep.
- **Develop response standards** to better manage facility use requests, urgent repairs, and general maintenance.
- **Complete and issue the Facilities Manual** to ensure consistency in building use and maintenance.

With so much happening, we need extra hands! If you have skills in general repairs, carpentry, or maintenance—or if you're simply willing to help with snow removal or small projects—we would love to hear from you. Many hands make light work, and even an occasional contribution can make a big difference in keeping our church safe, welcoming, and well-maintained.

We will provide updates on our progress toward these goals in future newsletters. If you're interested in lending a hand or learning more about our work, please reach out to the Facilities Design Team.

WESLEY TOWNHOMES: CONSTRUCTION PROGRESS

The Wesley Townhomes project is making great progress, thanks in part to the mild winter weather. Foundations have been laid and framing is well underway, keeping the project on track for a December 2025 completion. Tenant occupancy will commence once The Inn Between secures the city's certificate of occupancy, expected in December. We continue to explore ways to support The Inn Between in this effort, whether through painting, landscaping or assisting with the community garden. Many of these volunteer activities will likely arise in the fall as the project nears its final phases. Additionally The Inn Between is planning two public events to celebrate the project's completion and showcase the new homes. One will be in collaboration with the Longmont Chamber of Commerce in November, and another will be held with project donors (tentatively in December). More details will be shared as they become available.





FROM OUR PARTNERS

Heart of Longmont partners with many organizations in our local Longmont community as part of our mission to further social justice, support the marginalized and those in need in our community, and put more of God's love into the world. We would like to highlight messages from our partners not only to bring attention to their work, but to share

messages of hope in uncertain times. These messages are pulled from our partner newsletters and websites and we encourage you to check them out for more information and to stay up to date on their important work. —The Editor

FROM EL COMITÉ DE LONGMONT



Please forgive my silence. As you can imagine, there have been many things demanding my attention these past few weeks.

Going forward, I promise to do my best to show up in your inbox more regularly. I will warn you in advance though... because there is nothing normal about this year, I will consistently let you know what we at El Comité are up to and up against – and I will consistently and unapologetically request donations to

help us keep navigating it all.

In the past three weeks, heads have been spinning in response to 10 executive orders and myriad policy changes related to immigration. And last week, we also had the second raid in Colorado. And this was just the action on immigration. Even more happened in other agencies and on other issues.

It has been hard to absorb everything and hard to know what to pay attention to. The simultaneous changes are overwhelming. I believe this is intentional.

There are many shared characteristics among Spanish speaking cultures. One is that you don't focus on bad things. The underlying belief is that if you focus on bad things, you draw them to you. It is an adaptive strategy that I'm sure helped many generations survive bad times over which they had little control.

It's not just Latin cultures that know this trick. Positive psychology tells us that what one focuses on grows. These psychologists suggest that we notice and reward the behaviors that we want more of and ignore the ones we don't. Even mountain bikers live by this magic: if you don't want to hit the tree/rock, don't look at it!

But please, don't totally avert your eyes from this.

Former Colorado U.S. Rep. Pat Schroder used to say, "You can't wring your hands and roll up your sleeves at the same time!" While the firehose is brutal, and the chaos may be intentional, we must find a way to stay informed, keep life happening, and act.

Easier said than done, right? My personal strategy is to take in just as much information as I can track without losing focus, just enough to give me ample perspective to assess its impact on El Comité participants, prioritize, and then act.

It is more art than science, and I don't by any means have a long-range plan yet. But for now, I am certain of this: not one new or amended policy changes the essential work of El Comité in response to all of it. Our job is to keep our regular services going AND educate the community about their rights and how to protect their families and their assets.

A lot of people have asked how they can help us with this urgent mission. Here are a few ways that you can help us right now:

1. **Donate.** This is our number one need. People think it is unimportant but trust me this is everything! [You can use this link here!](#)
2. **Gather your friends** to support El Comité. Host a house party! [If you are interested, sign up here!](#)
3. **If you are a Spanish speaker, please help us teach people their rights.** [You can sign up here.](#)
4. **If you are an English speaker,** the Colorado Rapid Response Network needs people for the important role of verifying rumors of ICE activity. There is a training in Boulder next month. [Click here to sign up!](#)
5. **Support immigrant owned businesses.** As a climate of fear grows, people choose to stay home and immigrant owned businesses are suffering. [Here is a list](#) of Latino-owned business in downtown Longmont. Make a point to give them your business!
6. **Make some noise.** Write op-eds, letters to the editor, call the Colorado delegation, all of them. Not just in opposition to racist and anti-immigrant policies, but also in support of Trans rights, civil rights, the rule of law, good governance, and the constitution.

I appreciate your support and your outrage. Thank you for caring. The truth is that we are all in this together. Our way forward, once we figure it out, will be together too!

Warm regards,
Lisa Moreno

From El Comité's email newsletter. If you want to receive their newsletter and support their work, visit El Comité's website elcomitedelongmont.org to sign up. [Know your rights.](#)

FROM ROCKY MOUNTAIN EQUALITY



As we continue to make sense of the chaos created by the current administration's executive actions since taking office last month, Rocky Mountain Equality remains steadfast in our mission to protect and uplift our community. **Regardless of the political landscape, our work continues with urgency, focus, and a commitment to progress.**

We are actively working to expand protections for LGBTQ+ people at the state level to minimize the harm and protect our community as we come under attack from the federal government. We're also thrilled to announce that we've partnered with Adrian Shanker—an esteemed advocate and policy expert—bringing his leadership and vision to our work and helping us increase our reach and advocacy.

Our conversations with elected officials at every level remain ongoing and urgent. We are making it clear that LGBTQ+ rights and safety must be a priority, and we will continue to bring the

issues facing our community to the forefront.

At the same time, we continue to provide critical resources and services to the community, helping individuals navigate the challenges that arise from policy shifts and political rhetoric, including mental health support. We're here to ensure no one faces these obstacles alone.

Now more than ever, we need to come together. We're in this fight for the long haul, and we'll keep pushing forward—for equality, for safety, and for a future where every LGBTQ+ person is protected and empowered.

Stay engaged, stay resilient, and stay with us.

For Equality,
Bruce Parker
Chief Operating Officer
Rocky Mountain Equality

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

CRISIS RESOURCES

THE NATIONAL SUICIDE HOTLINE

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

TRANS LIFELINE

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

COLORADO CRISIS SERVICES

844-493-TALK (844-493-8255) or text HELLO to 7417
Available 24/7.
24/7 Walk-In Center at 3180 Airport Road Boulder, CO 80301
Find another walk-in crisis center: www.ColoradoCrisisServices.org

TREVORLIFELINE

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

TREVOREX

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

NATIONAL SUICIDE PREVENTION LIFELINE

Call 988
The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. También en español.

VETERANS HELPLINE

1-844-493-8255
You're not alone—the Veterans Crisis Line is here for you. You don't have to be enrolled in VA benefits or health care to call.



FROM RECOVERY CAFÉ LONGMONT

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

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

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



SAVE THE DATE

TAKE BACK THE NIGHT

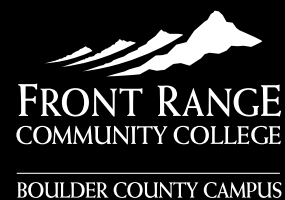
Shatter the silence, and end the violence.

Help us raise awareness against sexual assault.

April 17, 3-6PM

**Boulder County Campus Courtyard
+ Community Room**

**Speakers, Food, Vendors, Prizes,
Tee-Shirt Making, Open Mic and Live Music**



To request access accommodations due to a disability, please call 303.678.3643, at least five business days prior to this event.

CHEF HEARTY

SUNDAY, MARCH 2

SUNDAY, APRIL 6

Help build Chef Hearty meal kits after worship service!



CLIMATE CHANGE LUNCHEON & PRESENTATION

Coming Soon! A Luncheon followed by a presentation by our very own Dick Elder titled "A Brief History of Colorado's Climate Change". Dick worked with the National Weather Service for several years before retiring. Save the date and plan now to attend this June 15 presentation. Watch for more information to come. Sponsored by UWFaith.

ATTENTION: WOMEN OF HOL

Do you want to be part of a small supportive fellowship group that focuses on spiritual growth and mission with women, children, and youth? Contact any of the following through the church office at 303-776-3523: Jean Malchow, Linda McDaniels, Linda Morris, Nancy Swope, or Ann Yoder.

TAKE BACK THE NIGHT AT FRCC

Take Back the Night is an international event and non-profit organization with the mission of ending sexual, relationship, and domestic violence in all forms. Hundreds of events are held in over 30 countries annually. Events across the world often include marches, rallies, and vigils intended as a protest and direct action against rape and other forms of sexual, relationship, and domestic violence. April 17, 2025, at 3:00 PM to 6:00 PM marks Front Range Community College's 10th annual TBTN event. Vendors from the community including HOPE, MESA, Safe Shelter, and many more organizations and businesses participate and our very own Pastor Claire will be speaking there!

CPR, AED, & First Aid Training

**Monday, March 10
6:30 PM - 8:00 PM
in the HOL Chapel**

Online coursework and 1.5 hours of live skills training in person. \$65 per person to register.

Sign up at the Connection Center or contact Tricia

WestCPR, LLC



REALITY BASED
CPR • AED
FIRST AID TRAINING



INTERGENERATIONAL GAME NIGHT

**SUNDAY, MARCH 16
4:00 PM - 6:00 PM
AT HEART OF LONGMONT**

THE DAY AFTER

A POEM BY RACHEL DWIYER

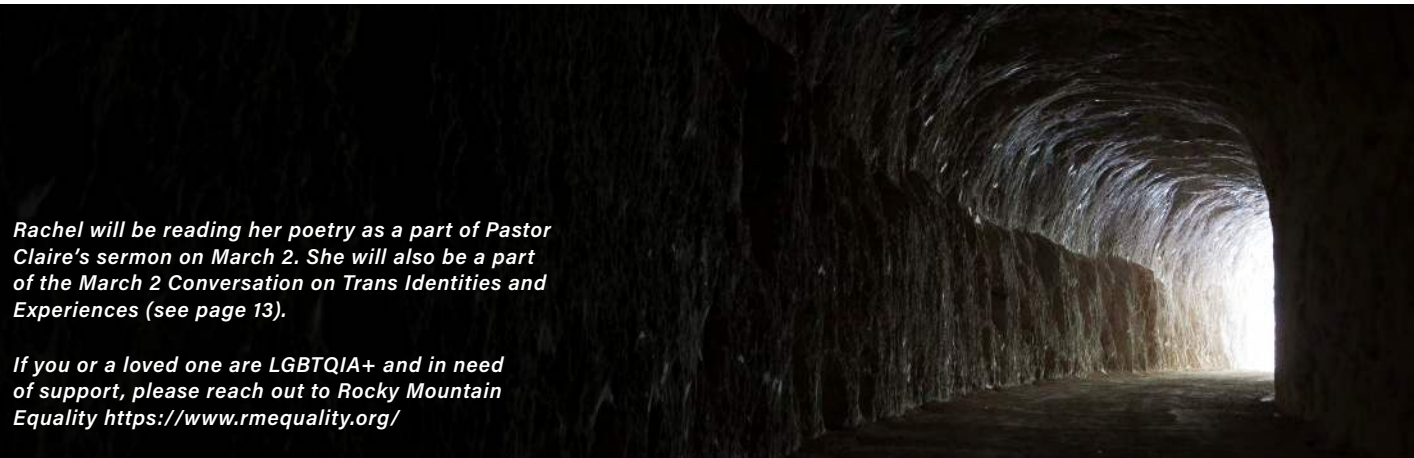
The day after I awoke with a feeling of accomplishment. The day after I was unstoppable. The day after I had a sense of wellbeing, **the day after becoming a Marine.**
 The day after I awoke, I was happy. The day after there was a song in my heart. The day after I was hopeful. The day after I felt alive, **the day after my daughter was born.**
 The day after I awoke and looked back and felt I had done the right thing. The day after I looked forward to a bright future. The day after I looked forward to taking that step down a new path, **the day after I retired from the Marines.**
 The day after I awoke and felt complete. The day after I felt like me for the first time. The day after I knew my life was bright, **the day after gender surgery.**
 The day after I awoke pain free. The day after I was able to move without falling to the ground in pain. The day after I knew my life was better, **the day after back surgery.**
 The day after I awoke, I felt a wholeness I had not felt since I was a child. The day after I knew I was among caring people. The day after I had a renewed hope for humanity, **the day after joining HOL.**

=====
 The day after I awoke to hate,
 I awoke to fear,
 I awoke to doubt,
 I awoke to loneliness and uncertainty.
 The day after I felt despair, hopelessness.
 The day after I felt **betrayed**, I felt angry,
 the day after the election.

The day after is no longer safe for me. The day after leaves me alone. The day after I have lost faith in humanity.
 The day after I fear for our Democracy, for the people's way of life. The day after I worry about the younger souls that do not have the experience of life and feel they have no future. I fear they will pull that trigger.
 The day after is tomorrow.
 Will tomorrow be better?
 Tomorrow, will I awake with a sense of comfort?
 Will tomorrow bring me happiness?
 Will tomorrow restore my faith in humanity?
 Will tomorrow allow me to be me again?
 When I awake tomorrow, will I awake from this nightmare?

I do not know what tomorrow will bring.
 I hope tomorrow will bring me peace.
 I hope tomorrow will be more comforting than the day before.
 I hope tomorrow will be more accepting.
 I hope tomorrow will have less hate in the world.
 I hope tomorrow I will not have this heavy heart.
 I hope tomorrow I do not have to question my existence.

Tomorrow, I HOPE,
 Can you as well?



Rachel will be reading her poetry as a part of Pastor Claire's sermon on March 2. She will also be a part of the March 2 Conversation on Trans Identities and Experiences (see page 13).

If you or a loved one are LGBTQIA+ and in need of support, please reach out to Rocky Mountain Equality <https://www.rmequality.org/>

A Conversation On Understanding Trans Identities and Experiences

March 2 and April 6
 11:15 AM in the Chapel



Join Bryn Long (he/him) and Rachel Dwyier (she/her) as they relate their personal stories and discuss challenges, terminology, misinformation and answer your questions. Food will be provided.

CELEBRATE EASTER & THE LENTEN SEASON WITH HEART OF LONGMONT

The Lenten Season is upon us once again! This is a special and important time in the church and our faith and we hope you will join us for the many services and special gatherings we have planned during this time. Heart of Longmont is partnering again this year with Longs Peak UMC and Hygiene UMC to bring our congregations together in worship and strengthen the bonds between our church families.

The following pages have information on our Lenten and Easter offerings for 2025. You can also find information about upcoming special services and events on the Events page on our website and in the weekly Pulse email blast. If you have any questions about our Lenten and Easter offerings, please contact the church office.

We look forward to coming together in worship and celebrating with you!

A CONVERSATION ON UNDERSTANDING TRANS IDENTITIES AND EXPERIENCES

In today's climate, confusion and misinformation about transgender individuals are prevalent. To foster understanding, the Heart of Longmont Mission Team is hosting a two-session Table Talk series aimed at informing and educating participants on transgender issues. Bryn Long (he/him) and Rachel Dwyier (she/her) will share their personal stories and discuss the challenges they've faced. The sessions will cover terminology, a Q&A segment, the intersection of transgender identities and faith, and practical steps toward allyship. The goal of this two-part series is to promote understanding, compassion and inclusion, aligning with our core values of love, justice, and acceptance.

The first session is scheduled for March 2, with the follow-up on April 6. The sessions will begin at 11:15 AM, and food will be provided for participants. If you're interested in attending, please RSVP by scanning the QR code at left or by calling the church office at 303-776-3523.

Lent & Easter Season

Join us during this special time in the life of the church!

March
5

Ash Wednesday
 Imposition of Ashes
12:00 PM at Heart of Longmont
 6:00 PM at Longs Peak UMC

April
13

Palm Sunday
 O Love Divine
 A Lenten Cantata
10:00 AM at Heart of Longmont

April
17

Holy Thursday
 Evening Service
7:00 PM at Heart of Longmont

April
18

Good Friday
 Evening Service
7:00 PM at Heart of Longmont

April
20

Easter Sunday
Worship service at 10:00 AM
 at Heart of Longmont
 Easter Egg Hunt after worship

heartoflongmont.org/hol-events

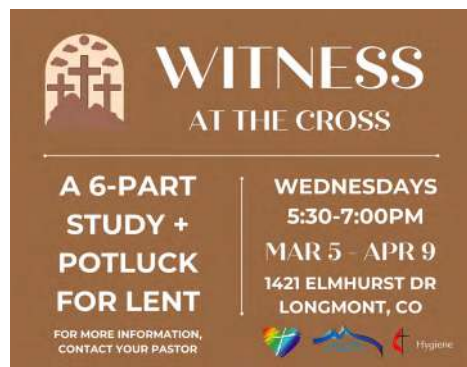
13

LENTEN & EASTER OFFERINGS



Ash Wednesday Imposition of Ashes
Wednesday, March 5
12:00 PM at Heart of Longmont
6:00 PM at Longs Peak UMC

The Lenten season begins March 5 with Ash Wednesday. Imposition of Ashes will be performed at 12:00 PM at Heart of Longmont and 7:00 PM at Longs Peak UMC.



Witness at the Cross Lenten Study
Wednesdays 5:30 - 7:00 PM, March 5 to April 9
at Longs Peak UMC

Join Heart of Longmont, Longs Peak UMC, and Hygiene UMC for a special 6-part Lenten study, *Witness at the Cross* by Amy-Jill Levine. HOL will be leading two nights of discussion and study. Order your book via your bookseller of choice or call Longs Peak UMC at 303-776-0399 to place an order. Don't let the cost of the book stop you from participating – a limited number of donated books are available.

This study will be potluck style and we strongly encouraged bringing something to share. If you can't bring a potluck dish, that's okay! but please help provide for the group to break bread together if you are able.



O Love Divine - A Lenten Cantata
Palm Sunday, April 13
10:00 AM during Worship Service

Join us for O Love Divine, a Lenten Cantata, presented by the Heart of Longmont Chancel Choir! On Palm Sunday, our musicians will lead the Heart of Longmont community in a musical exploration of Jesus' last days and words. From the Upper Room to the Cross, we honor His sacrificial gift through music. Any singers or instrumental musicians interested in joining for this service of special music email Music Director Ariel.



Holy Thursday Service
 April 17
 7:00 PM
 at
 Heart of Longmont

Holy Thursday Service
Thursday, April 17 at 7:00 PM at Heart of Longmont

Join us for an evening Holy Thursday service at Heart of Longmont at 7:00 PM on April 17.



Good Friday Service
Friday, April 18 at 7:00 PM at Heart of Longmont

Join Heart of Longmont, Longs Peak UMC, and Hygiene UMC for a joint evening Good Friday service on April 18 at 7:00 PM at Heart of Longmont.



Easter Sunday Worship Service
Sunday, April 20 10:00 AM in person at Heart of Longmont and livestreamed to our YouTube channel. An Easter Egg Hunt to follow service!

Join us to celebrate Easter in person at Heart of Longmont or online on our YouTube channel Sunday, April 20, at 10:00 AM. An Easter Egg Hunt in our courtyard will follow Worship Service.

BE THE CHURCH AS A NEIGHBOR IN SERVICE THIS BE SUNDAY

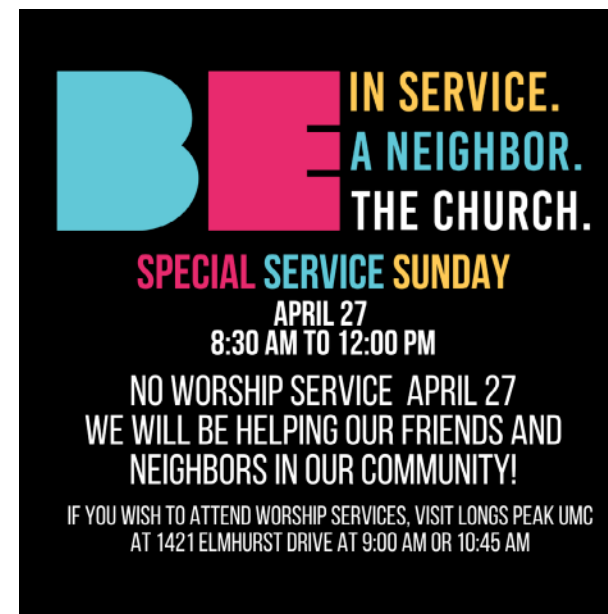
Our 3rd annual BE Sunday will give you the opportunity to reflect God's love by extending a helping hand within the Longmont community. Join us on Sunday, April 27 from 8:30 AM - 12:00 PM as we engage in a morning of serving others.

Last year, on the Sunday after Easter, approximately 90 of us from the Heart of Longmont went out to help six different non-profit organizations, eight individuals from our own congregation, the City of Longmont, as well as two teachers from Wild Plum Head Start Program that needed a helping hand. Volunteers worked on many different tasks to improve lives and spaces. No task was too difficult while serving side by side with others with open hearts and willing hands.

Do you like to cook, to paint, to garden, to organize, to build, to visit, to clean, to sand wood, or enjoy being in community with others while serving those in need? Please join us on Sunday, April 27, to go out and **BE the Church, BE a good neighbor and BE in Service!** We need your helping hands.

We will NOT be having a traditional worship service on that Sunday here at Heart of Longmont, but invite you to attend worship services at Longs Peak UMC at 1421 Elmhurst Drive at 9:00 AM or 10:45 AM if you would like to attend a Sunday morning worship service.

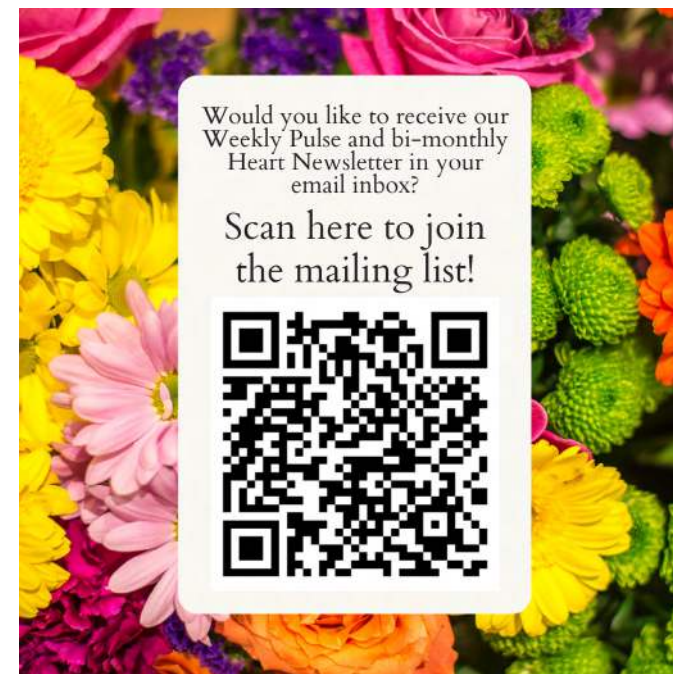
If you or anyone you know, whether a neighbor or friend, needs a little extra help with small home repairs, painting, yard work, gutter cleaning, or other light jobs, [contact Tricia Grafelman](mailto:Tricia.Grafelman@heartoflongmont.org) and she will arrange to have someone to help on BE Sunday.



GOD'S REFLECTION

May we reflect God's love
 So that others may know
 That we are Christians
 By the love we show.
 When we are actively
 Seeking God's will and plan
 May we reflect God's love
 In extending a helping hand.

—Teresa C. Hawes



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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