

# The Lyons Community Church

## Mid-Week Message

Thursday, April 7, 2016



350 Main Street, PO Box 44  
Lyons, CO 80540

To contact Rev. Emily Flemming:  
[Emily@LyonsCommunityChurch.org](mailto:Emily@LyonsCommunityChurch.org)

To contact the office:  
[LCCOffice@LyonsCommunityChurch.org](mailto:LCCOffice@LyonsCommunityChurch.org)

Office Phone: 303.823.6245



### One foot in, one foot out

No, I am not inviting you to dance the Hokey Pokey with me... I am simply noticing that the week before vacation is always crazy-busy, exciting and a bit exhausting. It's like I still have one foot here while I try to tie up a million loose ends, but I already have one foot (or at least, a head full of day-dreams) on the beach in North Padre Island, Texas. Regis, Lillian and I will be there from April 8-18th, and one of my dearest friends from Germany is joining us for some R&R on the beach along with her toddler daughter. It will be great... but it will require LOTS of deep breaths, solid planning, and long hours of driving.

It's easy to get wrapped up in our thoughts - but as I discussed last Sunday, it's more difficult to stop, take a few breaths down to the very bottom of the lungs, and just sit and wait a while. Your guest preacher for the next two weeks, Rev. Amy Durfee West, the Associate Pastor at First UMC, Aurora (see page 2), also knows the importance of shifting our spirituality down from our heads and into the rest of our bodies. She will bring you messages about how to live out your faith in actionable, embodied ways... and also what a difference singing can make in your life (regardless of your skill, comfort level, or training). Amy is a bright, talented and courageous woman, and I hope you will enjoy her and her stories while we are away.

I pray that we all may continue to live into the Easter season spirit of resurrection, healing, reconciliation and new beginnings. As the flowers begin to show themselves in my garden, so I am reminded to let go of the old, cold, heavy things that hold me back, and get ready for some stunning spring growth...

Many blessings,

*Pastor Emily*



### Sunday, April 10, 2016

**Sermon:** Faith Practices #1:  
*Embodied Faith*- Rev. Amy Durfee West

**Scripture:** Acts 2:42 and  
1 Thessalonians 5:16-18 (NRSV)

**Reader and Greeter:** Vance French

**Refreshments:** Karen Schwenn  
and Ruth Wilson

**Children:**

### Sunday, April 17, 2016

**Sermon:** Faith Practices, #2:  
*Singing Our Lives* - Rev. Amy West

**Scripture:** Ephesians 5:15-20  
(NRSV)

**Reader:**

**Greeter:**

**Refreshments:**

**Flowers:** Given by Karen Schwenn  
in celebration of Jeanne's birthday

**Children:** Theresa Brighton

## Prayers

**Joys:** Upcoming birthdays of Jeanne Schwenn, Pam Browning, and Dana Curton, all on April 17 and Regis Schoedel on April 22, welcome to guest pastor Amy West, Debbie Tabor's birthday and family celebration last Sunday, lovely music from the Celtic Trio (Annie, Margot and Jessie), Pam's grandmother's 100th birthday on April 20th (and Pam traveling to be with her), Jean's friend Malou, a Brazilian young woman who earned a full volleyball scholarship to a junior college in TX (allowing her to remain safely in the US)

**Concerns:** Pam's great-aunt passed away at age 95 (but just missed the birthday celebration above), Steve's back pain, Mark's brother Russell, Tommy Walters, traveling mercies, our church leaders in Emily's absence, political dissension, global terrorist attacks and refugee crisis, all in need of healing and reconciliation

**Requests?** Kitty Keim, Chair:

[kathkeim@earthlink.net](mailto:kathkeim@earthlink.net), tel. 303-823-6586

**Prayer team:** Pastor Emily, Holly & Steve Beck, Mark Boys, Pam Browning, Sandi Fikes, Janet Freeman, Vance French, Alyssa Frideres, Ellen Hine, Jani Little, Steve Mikesell, Jerry & Jean Peila, Carol Pranschke, Richard & Deborah Salmon, Debbie Tabor, and Sandra Willis.

## Announcements

Amy Durfee West is a Denver native. In 2008, after practicing law in Denver for 28 years, she felt called to ministry and went off to seminary, starting at a Baptist seminary in Philadelphia and transferring to Boston University in 2010. After completing her M.Div. in 2012 she started working on a doctorate in social ethics. She was commissioned as a provisional elder in 2014, and she moved back to Denver last summer. She is still pursuing a PhD and is serving as Associate Pastor of First United Methodist Church of Aurora.



**The Lyons 9Health-Fair** will be Saturday **April 16th** at Lyons Middle/High School,



beginning, 8:00am-noon. It's time to own your health! Life-saving, professional health screenings, ranging from vision, hearing, and skin, to our popular Blood Chemistry screening are available at this year's fair. For more information contact Pam Browning or go online to [www.9Healthfair.org](http://www.9Healthfair.org). We could also use lots of non-medical volunteers to make this happen. If you can donate a few hours that Saturday morning, please contact Pam Browning.



Children's Message  
on Easter, 2016



# **Disaster Relief Training**

**April 22 - 23, 2016**

**East Boulder Baptist Church**

7690 Baseline Road, Boulder

303.499.3553

## **Friday, April 22**

Registration **6PM**

Introduction to SBDR **6:30 - 9PM** (required for new volunteers)

## **Saturday, April 23**

Registration **8AM**

Training Units **8:30 - 11:30AM** (See Below)

Lunch Provided

Training Units **12:30 - 3:30PM** (See Below)

## **Training Units Offered:** (subject to change)

1/2 day units: (choose 2)

- Mud Out
- Ash Out
- Shower/Laundry Unit
- Mass Feeding

Full day units (choose 1)

- Chain Saw

**Cost:** New volunteers, includes Background Check

non-SBC: \$30; SBC: \$40

**To Pre-register:** (pre-registration preferred)

1. <http://www.coloradodr.org> Here you can register pay by credit card and/or print off the registration forms
2. Or you can call Rhonda Nanney at 303.771.2480 x 250
3. Or email to [Rnanney@cbgc.org](mailto:Rnanney@cbgc.org) then
4. Come & register at the Friday Night training