

The Epistle of St. Paul's

February 2023

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St. Paul's United Methodist Church

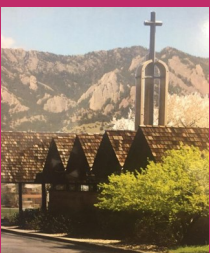
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From The Pastor's Desk...

Lent marks the beginning of the church's journey toward Easter. The significance of this time in the church's life is stated clearly and well in the "Invitation to the Observance of Lenten Discipline" in the Ash Wednesday liturgy in The United Methodist Book of Worship #322:

"Dear brothers and sisters in Christ: The early Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church that before the Easter celebration there should be a forty-day season of spiritual preparation. During this season converts to the faith were prepared for Holy Baptism. It was also a time when persons who had committed serious sins and had separated themselves from the community of faith were reconciled by penitence and forgiveness and restored to participation in the life of the Church.

"In this way the whole congregation was reminded of the mercy and forgiveness proclaimed in the gospel of Jesus Christ and the need we all have to renew our faith.

"I invite you, therefore, in the name of the Church, to observe a holy Lent: by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's Holy Word."

The theme for this year's Lenten devotional is the Psalms; the devotional will be shared for your use during the season of Lent. Starting on Transfiguration Sunday (February 17) and continuing through Easter Sunday (April 9), a reading from one of the Psalms will be shared each day. If you want to read the entire Psalter, two additional Psalms are also given each day so that come Easter, all 150 Psalms will have been read.

The devotional entries will be available in print form (available on the usher's table in the sanctuary). Daily online posts will be placed on the St. Paul's UMC blog (www.bolderstpauls.blogspot.com) and on our Facebook page (@boulderstpauls).

Reading the Psalms can be challenging as they cover the gamut of human emotions and of our engagement with God during the peaks and valleys of life. But I encourage you to stay the course and make this time of reading the Psalms a look into just how we may be present with God throughout the seasons of our life and how God may be present with us and we with God. In the days and weeks to come, take a moment from your day and consider, "What do the Psalms have to say to me today?"

Every blessing, *Pastor Charles*

Ladies Lunch Bunch will meet on Thursday, February 2, at 11:45 a.m. at Gondolier Italian Eatery (4800 Baseline Road, Boulder). THIS IS A CHANGE OF VENUE FROM PREVIOUS ANNOUNCEMENTS. **Please R.S.V.P. before February 1** to Marcia Hult (morandfar39@gmail.com / 307-761-0574).

Breakfast Fellowship will next meet on Saturday, February 11, at 8:00 a.m. at **Doug's Diner** (2574 Baseline Road, Basemar Shopping Center). No reservations necessary!

Sew What will meet on **Friday, February 17**, from 10:00 a.m. to 2:00 p.m. in the Blue Room at the church. Belinda Alkula and Michele Matthews will be co-hosts. Please R.S.V.P. by February 15 to Belinda via email, text, or phone call (Belinda.Alkula@gmail.com / 303-916-2349). Note: Folks are encouraged to bring their own lunches/preferred drinks. Some drinks will be provided. Sew What is for those who love to sew, knit, crochet, embroider, and/or enjoy visiting with one another.

An Invitation to the Fast Life During the Season of Lent

—*Author Unknown*

Fast from judging others;
Feast on Christ dwelling in them.
Fast from fear of illness;
Feast on the healing power of God.
Fast from words that pollute;
Feast on speech that purifies.
Fast from discontent;
Feast on gratitude.
Fast from anger;
Feast on patience.
Fast from pessimism;
Feast on hope.
Fast from negatives;
Feast on encouragement.
Fast from bitterness;
Feast on forgiveness.
Fast from self-concern;
Feast on compassion.
Fast from suspicion;
Feast on truth.
Fast from gossip;
Feast on purposeful silence.
Fast from problems that overwhelm;
Feast on prayer that sustains.
Fast from anxiety;
Feast on faith.

Hymn for Valentine's Day by Charles Wesley

O the depth of love divine,
the unfathomable grace!
Who shall say how bread and wine
God into us conveys!
How the bread His flesh imparts,
how the wine transmits His blood,
fills His faithful people's hearts
with all the life of God!
Let the wisest mortals show
how we the grace receive;
feeble elements bestow
a power not theirs to give.
Who explains the wondrous way,
how through these the virtue came?
These the virtue did convey,
yet still remain the same.
How can spirits heavenward rise,
by earthly matter fed,
drink herewith divine supplies
and eat immortal bread?
Ask the Father's wisdom how:
Christ who did the means ordain;
angels round our altars bow
to search it out, in vain.
Sure and real is the grace,
the manner be unknown;
only meet us in Thy ways
and perfect us in one.
Let us taste the heavenly powers,
Lord, we ask for nothing more.
Thine to bless, 'tis only ours
to wonder and adore.

Through the Wilderness of Gender: A 2023 Lenten Study

This Lenten season, you're invited on an 8-week journey through the wilderness of gender with NextGen & Inclusiveness Ministries! Beginning February 20, we'll be reading *How to Understand Your Gender: A practical guide for exploring who you are* by Alex Iantaffi and Meg-John Barker alongside the devotional series *Transfigured: A 40-day journey through scripture for genderqueer and transgender people* by Suzanne DeWitt Hall. This study will last from February 20 to April 10 via Zoom on Mondays from 6:00 PM-7:30 PM. We will also use Google Classroom for optional weekly discussions to connect outside of the Zoom room. The link to register for this study is in the E-pistle (online version). For more information or for questions, please visit mtnskyumc.org/nextgen or email Court VonLindern at nextgen@mtnskyumc.org.

Love is in the air! Claudia Mills will be leading a six-week Zoom course on love from a Christian perspective, focusing on C. S. Lewis's classic text *The Four Loves*. There, Lewis explores four kinds of love—affection, friendship, erotic love, and love of God—drawing on sources from both scripture and secular literature. In our discussion, we will also have the opportunity to encounter some dated attitudes regarding love that merit reexamination. The course will meet Thursday evenings, from 7:00-8:15, from February 16 (Valentine's Day week!) to March 23. To join the class, contact Claudia at 303-928-0649 or by email at cmills@colorado.edu.

Virtual Winter Mission u Adult Study will meet on Sunday afternoons in February 2023. This study is for adult women and men. We will meet on February 5, 12, 19, and 26 from 2:00 to 4:30 p.m. (MST). This study will provide a deeper understanding of Jesus's teachings in Luke 13 about what it means to be in community. The study book is *Who Can We Be Together?: A Biblical Exploration of Luke 13* by Candace Simpson. Online registration is open now: <https://mtnsky-reg.brtapp.com/MissionU2023> (Note: We are in the Peaks Pikes Peak District.) **Questions?** Contact Belinda Alkula (Belinda.Alkula@gmail.com / 303-916-2349).

St. Paul's fourth quarter King Soopers Rewards totaled \$287.29. Thank you, and keep shopping!

Directory Update: Dennis and Marcia Hult's home phone number has changed. The new number is 720-562-8200. Please make this change in your directory(ies).

Many, many thanks to Austen Cooper for his 47 years of service as an usher at St. Paul's.

St. Paul's UMC welcomes and affirms people of all sexual orientations, gender identities, and gender expressions.

February Birthdays

2-2 Nell Grindstaff
2-2 Ryan Sullivan
2-4 Benjamin Glancy
2-9 Carol Carbon
2-12 Bob Muckle
2-13 Diana Bett
2-15 Sally Owen
2-16 Cathy Adams
2-19 Joan Cooper
2-25 Katalaya "Kat" Wahl
2-26 Frank Richardson



FEBRUARY PREACHING SCHEDULE

February 5 / Communion

"What's the point?"
Matthew 5:13-20, Isaiah 58:1-9a

February 12

"Words to live by"
Matthew 5:21-26, Deuteronomy 30:15-20

February 19 / Transfiguration Sunday

"In the depths of glory"
Matthew 17:1-9, Exodus 14:12-18

February 26 / First Sunday in Lent

"The right stuff"
Matthew 4:1-11, Genesis 2:15-17, 3:1-7

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