

# *The Epistle of St. Paul's*

**January 2024**

## **In This Issue**

*From the Pastor's Desk...page 1*

*Community News and Events...pages 2-3*

*Birthdays, Anniversaries, and Preaching Schedule...page 4*

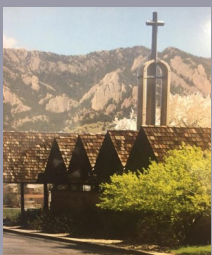
## **St. Paul's United Methodist Church**

**4215 Grinnell Avenue  
Boulder, CO 80305  
303.494.0615**

**[stpaulsboulder.com](http://stpaulsboulder.com)**

**[bolderstpauls.blogspot.com](http://bolderstpauls.blogspot.com)**

**[office@saintpaulsboulder.org](mailto:office@saintpaulsboulder.org)**



## *From The Pastor's Desk...*

I am no longer my own, but Thine.  
Put me to what Thou wilt, rank me with whom Thou wilt.  
Put me to doing, put me to suffering.  
Let me be employed by Thee or laid aside for Thee,  
exalted for Thee or brought low for Thee.  
Let me be full, let me be empty.  
Let me have all things, let me have nothing.  
I freely and heartily yield all things  
to Thy pleasure and disposal.  
And now, O glorious and blessed God,  
Father, Son, and Holy Spirit,  
Thou art mine, and I am Thine. So be it.  
And the covenant which I have made on earth,  
let it be ratified in heaven. Amen.

This prayer, taken from the Covenant Renewal Service, was adapted from the Puritan tradition by John Wesley and introduced to the Methodist Societies in 1775. Ever since then, the heirs of Wesley have offered themselves to God through this reminder that it is in God's name and service that we enter the year before us. It is in this spirit that I offer it for your consideration as we here at St. Paul's UMC enter into our 60th year as a faith community.

Read the words of the prayer. Then read them again. And again and again. Cut the prayer out of the newsletter and put it in your wallet or purse. Tape it to your bathroom mirror or next to the TV remote. Make it part of each and every day in 2024.

Wesley understood that it is easy to utter pious words in the safety and comfort of a worship service when surrounded by other like-minded souls. However, it is harder when making our way in the world, surrounded by voices telling us that there are other gods that we might enjoying serving through our words, actions, and desires.

It is my hope and prayer that, as we read this prayer, the dawn of the New Year might be made bright and clear in the light of Christ. It is my hope and prayer that as we make this prayer an integral part of our walk of faith, we will make our lives living witnesses to the life-affirming Spirit of God. It is my hope and prayer that as individuals affirming our being in the grace of Christ, we might turn to our friends, family, and neighbors and together create a community of faith that nurtures and supports our common ministry in the world around us.

Read the words of the prayer. Then read them again. And again and again. It's going to be an amazing year at St. Paul's UMC, and I am looking forward to experiencing God together with you in the coming months.

Every blessing, *Pastor Charles*

**Ladies Lunch Bunch** will meet on Thursday, January 4, at 11:45 a.m. at The Huckleberry (700 Main Street, Louisville). **Please R.S.V.P. by January 2** to Louise Cook (louisecook916@gmail.com / 303-859-9327).

**Breakfast Fellowship** will meet on **Saturday, January 13**, at 8:00 a.m. at Le Peep (2525 Arapahoe Ave, Boulder, next to McGuckin's hardware). No reservations necessary. All are welcome!

**Sew What** will resume on **Friday, January 19**, from 10:00 a.m. to 2:00 p.m. at Suzanne Polacek's home. Please R.S.V.P. by January 17 to Suzanne via text, email, or phone call (Suzanne.Polacek@gmail.com / 303-709-6676). Folks are encouraged to take 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.

**Prayer Shawl Ministry is seeking knitters/crocheters.** We present prayer shawls to anyone in need of these visible reminders of the love of God and that of the St. Paul's UMC community. Shawls are given for occasions including (but not limited to) births, illness, graduations, deaths, and weddings. If you are able and willing to create prayer shawls for this ministry, please contact Belinda Alkula (Belinda.Alkula@gmail.com / 303-916-2349).

### **New! Free Community Yoga Class at St. Paul's**

Beginning January 20, St. Paul's will offer a **FREE** community yoga class on Saturdays from 9:00 to 10:00 a.m. in Franz Hall. The class will be coordinated by Rebecca Glangcy and taught by Jovanka Jones. Both are certified and insured yoga instructors. This class is open to all people 16 years of age or older and is intended to bring people from the neighborhood and wider community into the church. The program will be supported by funds remaining from the Heart of SOBO grant. The class is designed for moderately fit to active practitioners; we will offer modifications for beginners and challenges for advanced students. Participants will need to complete a liability waiver but do not need to register for the class or reserve a spot in advance. Students should wear comfortable clothing and bring water and a yoga mat. We have a few mats, blocks, and straps available for use. Help spread the word! **Questions?** Contact the church office at office@saintpaulsboulder.org.

## Mitten Tree Donation Report

The 2023 Mitten Tree, for which St. Paul's UMC partnered with the Boulder Beautiful Korean Church, once again produced a bounty of offerings to share with the Boulder Homeless Shelter. As always, I contacted the shelter in the autumn to make sure they were still interested in receiving these donations, and indeed they were! We ended up with 121 pairs of socks, 36 hats, 38 pairs of warm winter gloves, 6 hat and mitten sets, 2 scarves, a box of 10 handwarmers, and 23 \$5 gift cards for coffee or meals. This ministry continues to be a blessing to Boulder's neediest. Thank you! —Claudia Mills

## From the Financial Secretaries

Remember that you will no longer be able to utilize online giving beginning January 1; this feature will be turned off in Breeze, and your payments will no longer be processed. Please revert to putting a paper check in the offering plate, mailing it to the church office, or making arrangements with your bank to have a check sent to the church on the same date each month. Most banks will do this for you for free, and it is easy to set up in your local branch or online. When we have found a safe, secure, and easy-to-use online payment option, we will let you know. Also, **donations for 2023 need to be in the church office by noon on December 31 in order for them to be credited in 2023.** Please contact Martha if you have any questions.

## Finding and Building Peace in Anxious Times

### Mission u Virtual Winter Adult Study (for men and women)

This study will meet on February 4, 11, 18, and 25 from 2:00 to 4:30 p.m. (MST). This study will offer spiritual tools and actions we can take to calm anxieties and employ our faith to serve as peacemakers in anxious times. It will be led by Rev. Su DeBree. Find the registration link in the E-pistle and News You Can Use. The Mountain Sky Conference United Women in Faith did not change its district name, so please register that you are in the Peaks Pikes Peak District. **Questions?** Contact Belinda Alkula (Belinda.Alkula@gmail.com / 303-916-2349.)

*Belinda and Pastor Charles would like to thank the congregation for the thoughtful Christmas remembrances. They are grateful for such a caring faith community with which to share this journey.*

### January Birthdays

1-4 Eric Franz

1-4 Melanie Muckle

1-5 Don Berlin

1-5 Gary Smith

1-11 Brenda Smith

1-14 Karen Richardson

1-17 Amy McWilliam

1-21 Joe Wright

1-22 Lylah Bishop

1-30 Dennis Hult

1-30 Sydney Richardson

### January Anniversaries

Dave and Jackie Bishop

1-15-1988

## **JANUARY PREACHING SCHEDULE**

**January 7 / Baptism of the Lord Sunday / Communion**

*"It doesn't have to be complicated"*

Genesis 1:1-5, Acts 19:1-7

**January 14**

*"Are you listening?"*

John 1:43-51, 1 Samuel 3:1-10

**January 21**

*"Listen up!"*

Mark 1:14-20, Jonah 3:1-5, 10

**January 28**

*"Could it be?"*

Psalms 111, Mark 1:21-28

St. Paul's United Methodist Church  
4215 Grinnell Avenue  
Boulder, CO 80305

*Follow us:*

*Our website at*

*[www.stpaulsboulder.com](http://www.stpaulsboulder.com)*

*Our blog at*

*[bolderstpauls.blogspot.com](http://bolderstpauls.blogspot.com)*

