



Christ United Methodist Church
Salt Lake City

Serving · Loving · Caring

2375 E. 3300 S. Salt Lake City, UT 84109
801-486-5473 • christumcutah.org



The Connection, March 2024

Christ UMC Concert Series Presents

Ringling into Spring

Sunday, March 17th
4:00 pm
Christ UMC Sanctuary



featuring apPRAISEation, The Wesley Bell Ringers,
& the Bingham High School Madrigal Choir
A Free Will Offering will be taken for our organ fund.
christumcutah.org/concert-series

2024 Easter Flowers

\$10 for each Spring Flower

**ORDER BY
FRIDAY, MARCH 22ND**

Forms in the church office
or use the QR code below



PALM SUNDAY

March 24th

8:00 am Service
10:00 am Service
Procession of
the Palms



Maundy
Thursday

Commemorate the Passover
Feast with a Communion
Service in the Chapel

March 28, 7:30 PM



Good Friday

March 29, 2024 - 7:30 PM in the Sanctuary



EASTER SUNDAY

MARCH 31, 2024

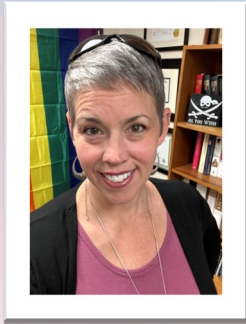
Christ is Risen!

Join us for a Celebration Worship with
The Wesley Bell Ringers, Chancel Choir,
Children's Time and a message of Hope!

Worship at 8:30 & 10:00 a.m.
in the Sanctuary

Easter Egg Hunt at 9:30 a.m.
(North Door Entrance, start in the Gym!)

Pastor Lisa's Lines



In just a few short weeks, Easter will arrive. A day to remember the resurrected Christ and the reminder of the call to life's work. Yes, our life's work. You may think that your life's work is your job, or what you earn a living doing. However, our collective life's work as United Methodists is "to make disciples of Jesus Christ for the transformation of the world." This is the mission statement of our world-wide denomination.

Just shy of one month from Easter, on April 23, clergy and lay delegates from the United Methodist Church across four continents will descend on Charlotte, North Carolina. More than a thousand people, plus spectators and support staff and volunteers, speaking 10 different languages and having various dietary needs, will gather to make decisions for the United Methodist denomination as a whole.

As the world continues to change, as our hearts continue to expand, and our brains continue to learn. We are not the same church, at a local level, or a conference level, or a denominational level, that we were even twenty years ago! Hallelujah, we can be taught!

The work that these delegates have before them is difficult. There are churches that chose to disaffiliate, legislation that seeks to change bylaws within the denomination, and over 994 pages to be read to be up to date on all the changes that different groups seek to make. This may feel like unholy work, but my friends, this is all sacred and holy. The ways we tell the world, as a church, that we love all people, for who they are created to be and who they are called to be in the world. So many people don't know this truth and are told they don't belong, or they have to conform to be a part of a church. As United Methodists we are constantly revising our Book of Discipline to make sure all people know their sacred worth and their call to meet the full promise of their life. This work is Holy.

I plan to be in Charlotte for the second week of this important work, to support our delegation, and be present to pray and love these people as they do this work. It is my hope that each of you will hold our delegation in prayer, and that if there are issues important to you and our congregation you would like to be mentioned and worked on, to let me know.

As we approach the empty tomb this Easter, is it my hope and prayer we will do so with a reminder to pray for our denomination and the decisions they will make, and that we will remember our life's work – to point all people to the love and grace of our Risen Christ! For in knowing the deep love of Jesus, acknowledging and accepting the grace of God, we in turn want everyone to experience this gift. Our life's work is to continue to point to the empty cross, the empty tomb, and our full hearts, that all may know the love of Jesus and their sacred worth.

See you in worship,

Pastor Lisa

revlisap@christumcutah.org

Christ UMC Family,

Thank you for your kind words, notes of sympathy, and for keeping our family in your thoughts and prayers. This has been such a difficult time with the passing of my Dad and having the support of you and everyone else has been a blessing.

With love,

~Kelly, Scott, Nolan, Barrett, & Travis Carpenter

FOOD FOR FELLOWSHIP

SIGN UP TO BRING FOOD AT FELLOWSHIP TIME AFTER THE 10:00 AM SERVICE ON SUNDAYS

SCAN THE QR CODE TO SIGN UP
Bring enough for 4 dozen people



“Would somebody help the little boy!”

A little boy—old enough to explore and climb to scary heights, but too young and inexperienced to find his way back down—suddenly finds himself stuck. He had found his way to the elevated platform of the flatbed trailer of a truck but could not get back down. He is overheard calling out in a determined voice, “Would somebody help the little boy!” He keeps repeating this plea, hoping someone will finally hear him and help him down. Sometimes we are like that. We find ourselves in situations where we are overwhelmed and trapped; stuck without knowing how to find relief; how to take the next step. Then we might experience the emotional equivalent of an atmospheric river.

We get caught in a deluge of overwhelming emotions. We can succumb (and drown?) or try to squelch and bury those scary feelings. The result can be confusion, isolation, and loneliness. Sometimes we might wish we were the rational equivalent of Spock on Star Trek with no emotions.

Our Care Team Training class on Sunday, February 18th, dealt with the topic of human emotions. Making peace with our emotions—learning how to “be at home in our own skin”—is part of finding emotional health. Yet sometimes we get stuck. We feel trapped and afraid. Fear, anger, grief, despair, guilt, and other emotions are frightening. We might be tempted to bury those feelings, to clamp them down more tightly so we don’t drown.

Emotions can make us feel weak and incompetent. Childish. We do not want to lose control! Yet when we have the courage to experience a broader range of emotions, we can discover light and fresh air rushing in, helping us feel more fully alive.

Emotions are neither good nor bad. They are not sinful. They just are. They are a normal part of being human. **Learning to recognize, accept and express our emotions can be life giving.** Sometimes we need mental health professionals to guide us through the process. Never be afraid of seeking professional help. Asking for help can be a courageous move toward health and wellbeing.

Sometimes talking with a friend over a cup of coffee provides the safe environment that helps us on our journey toward emotional healing. Finding a safe place to explore, talk and express our feelings is a part of what our Care Team is about. We do not fix each other. We are not mental health professionals. We can be tools in God’s hands by simply caring and listening. We are friends listening to friends. Friends caring for friends. Talk to us. We can help you find a safe place without judgement.



Care Team Training

**Sunday, March 17th
11:15 am - 12:15 pm
Youth Room**

Contact Pastor Bruce for more information

Our next Care Team Training Class will be after worship (11:15-12:15) on Sunday, March 17 in the Youth Room, Room 200 Our topic will be listening. Everyone can learn how to be a better listener. You do not have to become an active member of the Care Team to attend these helpful, informative classes. Just come.

Pastor Bruce Kolasch

Pastor of Congregational Care

406-891-0434, pastorbruce@christumcutah.org



Deepest Condolences Jackie and Rob Hibbard on the death of his sister on January 19th after being in hospice since December.

Deepest Condolences to Sally Loken on the death of her father, Jack Heslip, on February 15th in Minnesota. He was 97 years old.

Children and Young Family Ministries

Easter Eggstravaganza

The Children's Ministries committee is sponsoring our annual Easter Egg Hunt on Saturday, March 23rd at 10:00am. Join us in the gym for a fun opening, then we will have Easter Egg Hunts for ages 1 year old through 6th grade, followed by baked goods and activities in the gym.

Please bring a basket for your child(ren) to gather eggs in and a baked good to share. Invite your neighbors and friends!

If you would like to help with the hunts, you can sign up at the link below or contact Alicia Griffing and Alicia Simons at children@christumcutah.org.

Link: <https://www.signupgenius.com/go/10C0E44ADA72FA3F8C25-47894741-2024>

There will also be an Easter Egg Hunt on Easter morning at 9:30am for the children of the church to participate in.



Vacation Bible School: Scuba – Diving into Friendship with God

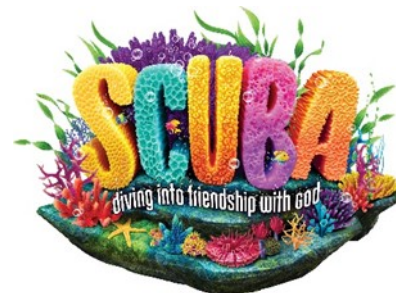
June 25th-28th, 9:00am to Noon

Registration opens April 12th at 9:00am. Cost is \$35 per child.

www.christumcutah.org/vbs

Volunteers are Needed!!

We are looking for adults and youth to help with VBS! We need volunteers to lead activity stations, be crew leaders, and help with preschool. Contact Alicia Simons and Alicia Griffing at children@christumcutah.org to sign up to help or for more information.



Save the Date

May 5th – Spring Family Event

June 25th-28th – Scuba VBS

Directors: Alicia Griffing and Alicia Simons

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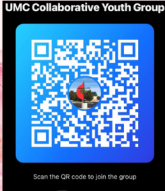
children@christumcutah.org, 801-486-5473 ext. 113

hello March

Youth Meetings at First UMC on 203 S 200 E.

March 3/1 - 3/3 - No class on Sunday
Westside Weekend, in Cedaredge Colorado
Saturday, March 9th,
Sandwich Service Project. CUMC @ 2pm
March 10th
EGG DROP Activity. & Easter Egg
preparation @ FUMC 12:30pm

UMC Collaborative Youth Group



Scan the QR code to join the group

MARCH 17TH
SMASH-IT RAGE ROOM
ON 1154 S 300 W. SUITE D.
SLC, UT. 84101
TIME: 12:30PM - 2:30 PM

March 24th - PALM SUNDAY
Church service @ 11:15am
This will be a Youth Service Sunday

Friday 3/29
Good Friday procession @ 6:30pm
meeting at the Cathedral
331 E S Temple St, Salt Lake City, UT 84111



The Wesley Bell Ringers

CELEBRATING

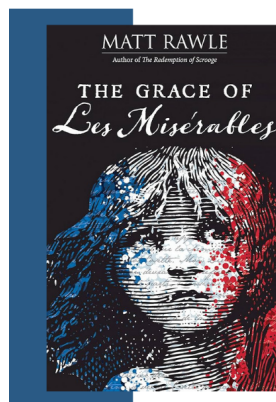
60

YEARS

REUNION WEEKEND

JUNE 28-30, 2024

Adult Small Group Opportunities



WEDNESDAY MORNING STUDY GROUP LENT STUDY

Starts Wednesday, February 7th by watching Les Misérables. The following 6-weeks will dive into the six ideals found in the story through Matt Rawle's The Grace of Les Misérables.



Wednesday Morning Study, 10:00am, Parlor. For information contact Evelyn Kasworm at 801-942-1383 or 801-712-0236.

Men's Breakfast Group, Thursdays, 8:00am This group is open to all men. For more information talk to Dale McCormick or Larry McGill. Call the church office for contact info. 801-486-5473

The Witty Knitters meet from 1:30 - 3:00pm on the second Monday of every month in the Parlor. We enjoy fellowship while working on our projects for the CUMC Prayer Shawl Ministry. **Newcomers are welcome!!!** Questions may be directed to Pat Linnebur at 385-237-9476.

Deborah Circle meets the third Thursday of every month at 10:00am in the Parlor. Questions may be directed to Bev Mittelstadt at bevjm4287@yahoo.com or 801-755-4115.

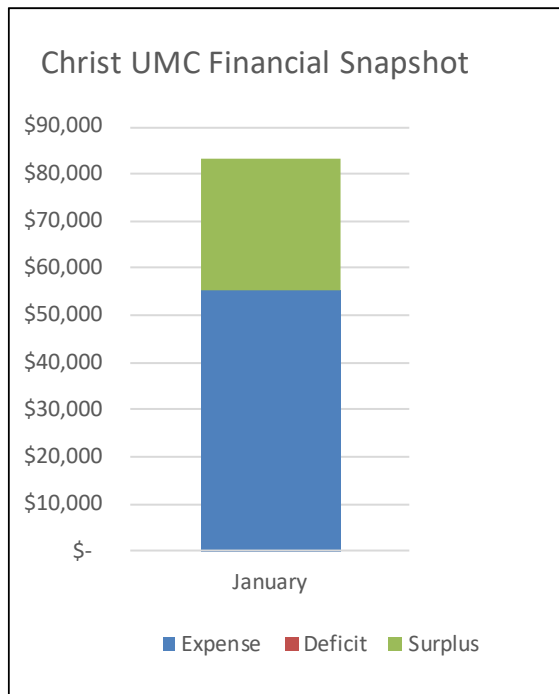
United Women in Faith Book Club meets Monday, March 25th at 1:00pm in the Parlor. The book for March is The Seed Keeper by Diane Wilson. For more information please contact Bev Mittelstadt at bevjm4287@yahoo.com or 801-755-4115.

Young Adults Our Young Adults participate in every aspect of the church. Twice a month there is a book discussion. Contact Dana at dana5320@gmail.com or ya@christumcutah.org for information.

Church Women United, A multi faith gathering of Christian Women. All women are invited to the **Human Rights Celebration 2024, Friday, March 15th** at Mountain Vista United Methodist Church, 8931 South 3200 West (West Jordan). Registration begins at 9:30 a.m. Program & Lunch: 10:00 - 1:00. The theme is **"What Does the Lord Require of CW-You? – Act Justly"** with keynote speaker, Moe Hickey, Executive Director, Voices for Utah Children. Award Recipients are Laura B. Eady-Popwell and Rev. Mirjam Haas-Melchior. Registration is \$2. Lunch is \$6.00. Make your lunch reservation by calling Mary Ann Allison at 801-278-9223 by Monday, March 11th.



Did you know that you could donate up to \$100,000 to the Church or other charity from your IRA tax-free if you are older than 70 ½? The Endowment Fund Committee can provide information on how you can do this. Contact Doug Hattery at douglashattery2937@comcast.net or (801) 268-9251 to find out more.



In Graph Information:

January Expenses	\$ (55,500)
January Pledges & Other Receipts	\$ 81,800
Actual Month Investment Gain	\$ 1,300
Actual Month Surplus	\$ 27,600

Other Information:

YTD Budgeted (Deficit)/Surplus	\$ (1,800)
Prior Yr Receipts in 2024	\$ -

Your Charitable Giving

Once again this year our church community gave generously to The Enchanted Tree.

You donated:

\$5,610 Good Samaritan

\$3,080 Crossroads

\$2,480 Family Promise

\$1,835 Voices for UT Children

The Baby Donations Drive was very successful. Crossroads was thankful for the timely donations as they had already used up the next 2 months of donations from their usual suppliers and were completely out of diapers.

Reminder

The 20th is the deadline to submit information for the next Connection newsletter to Sharon at communications@christumcutah.org. You can include a save the date if you have an event coming up in the next few months.

THE MORE YOU KNOW

by Terry Waite

Writing this column isn't in the Lay Leader job description. I asked Rev. Lisa if I could do it because I believe that there are committees, organizations and individual members of this church who do wonderful things, often without fanfare, who deserve attention. I also feel that there are things we do year after year that long time members are familiar with, but that mean nothing to newcomers without some explanation. I've enjoyed doing it, but as my time as Lay Leader ends, I think I'll call it a day as a writer, as well. I hope that those of you who have read these columns have had at least one "aha!" moment where you learned something new about the church and its members. There are many more stories still to be told, if someone would like to pick up where I've left off.

A few last tidbits:

FELLOWSHIP GOODIES: We were able to get the 11:00 Fellowship time moved back into the fellowship hall. That seems to have been a popular decision. However, there is no group or individual responsible for making sure that there is something there to eat. We are a big enough congregation that we should have something to eat every Sunday without anyone having to provide it more than a couple of times each year.

FAIR WARNING: If no one signs up for a particular Sunday, there won't be any food. You can find the QR Code on page two of this Connection, in the weekly email, in the Sunday happenings insert and on the coffee table on Sunday morning. You can sign up for a Sunday between now and the end of August.

SAVE THE GREAT SALT LAKE VIGIL: Last week eight CUMC members and friends met at the Capitol Building to participate in the Save the Great Salt Lake Vigil. Dressed in costumes and carrying pictures of birds, we marched around the building, accompanied by several elected officials, including Doug Owens. I will admit that it was not what I expected, and that it was a bit outside my comfort zone. As the hour went along, though, it proved to be a lot of fun and drew attention to a great cause. Standing on the west portico looking at a sunset over the lake was pretty cool. Maybe, I need to step outside my comfort zone more often to support a good cause? Maybe many of us need to do that.



ONE BOARD: At the church conference meeting on February 11th, the members in attendance voted to move to a church management model called One Board. In its purest sense it calls for 12 people to spend time in meetings while the other 300 of us spend time in ministry. Nothing, of course, is that simple and I'm sure there will be wrinkles to be ironed out as we make this transition.

This is change and change can be confusing and scary. If you find it confusing, if you have questions about decisions the board makes, or suggestions about how to broaden CUMC's ministry in the world, or make it more meaningful within our walls, you can attend the monthly board meeting. Everyone's attendance and input will be welcome.

Mostly, I hope that we can all give this a chance to work. The people we've put in place on the board are our church friends and family. They have the best interests of the entire congregation at heart.

March 2024 Green Team Corner

THANK YOU – To all of you who participated in the Vigils, The Save the Great Salt Lake Rally, HEAL Utah Great Salt Lake Lobby Days, or any other activities at the Utah State Capitol. Or if you joined or signed up for Grow the Flow, and/or The 4200 Project Pledge. If you took the time to write your legislators. Whatever YOU DID to get involved to help get water to the Great Salt Lake. YOU helped make a difference. AGAIN, THANK YOU SO MUCH!!!

GET INVOLVED - For more information, ways to get involved, and to continue helping save the Great Salt Lake go to <https://growtheflowutah.org/calendar>.

Vigils at the Capitol – Celebrating the Lake species – On January 25th, February 15th and February 29th we acknowledged and celebrated the land and the lake with brine shrimp puppets, joyfully carried flocks of birds and other lake species around the Capitol.



Creation Justice Bulletin Board - Remember to drop by our Bulletin Board in the Hallway by the Gym. You can find out about upcoming events, sign up to join our Green Team, find out how to take action by joining other groups in Utah to help save The Great Salt Lake and other important natural environment causes, or just read some information and interesting facts.



2024 Kenya Mission Trip

- June 2 - 17
- spots still available
- \$4500 per person plus taxes

Support a Team Member



For more info, contact Jeff Tiede at jeff@americanpackage.com

The poster features a map of Kenya and surrounding regions, with a red chili pepper graphic and a QR code for more information.

The Kenya Mission Trip Team would like to thank everyone for making the Chili Bowl a huge success!

Thank you! Thank you!



Christ UMC Helps



Rides to/from church
Rides to/from appointments
Meals after medical procedures

christumcutah.org/christumchelps

CUMC Helps is looking for someone in West Jordan area to give a gentleman rides to & from church. If you can help, contact Patsy Simons at help@christumcutah.org



Palmer Court Pet Food

HELP PET OWNERS IN NEED

Collecting donations to help purchase:

- Dog & Cat food
- Dog & Cat treats
- Dog & Cat supplies
- Other pet items



www.christumcutah.org/inthecommunity

February Palmer Court Service Project

Thank you to everyone who donated, re-bagged food, loaded and unloaded vehicles, drove, or helped in any way! Brenda Barta, Robin Hough, and the Timm family re-bagged donations. On February 9th, Mike Hampton, Joni Furlong, Robin Hough, and Patsy delivered 44 bags of dog food, 62 cans of dog food, 64 bags of dog treats, 43 bags of cat food, 4 cans of cat food, 30 bags of cat treats, and 33 jugs of cat litter. We also brought lots of harnesses, collars and leashes (thanks to Dianne Stewart), 3 water and food trays, 5 poop bag rolls, cat house, 10 brushes, 7 beds, sling, 30 cat toys, and 7 dog toys so case workers could distribute them the following week to the residents.

The next delivery will be in May. Donations may be placed in first bin by the kitchen door at church.



Foods of the Month

Canned fruit, vegetables & soup

Learn about other top donation needs at our emergency food pantries on our website:
www.crossroadsurbancenter.org/topneeds



Do you have eyeglasses, hearing aids, and hearing aid batteries you no longer need? You can donate to the Health and Welfare Committee and they will be given to those in need. We also have a foundation that takes C-pap machines that you no longer use.

The eyeglass bin and the hearing aid basket are above the mail slots next to the kitchen. Talk to me about the C-pap machines. Call the church office for contact info. Thanks so much to everyone who has made a contribution already.

Pat Hopkins, Health and Welfare
 Church office: 801-486-5473



YOUTH RESOURCE CENTER FOR HOMELESS & AT-RISK YOUTH (Ages 15 – 22)



2024 SPRING WISH LIST (March – June)



VOA's Youth Resource Center is a safe place where homeless and at-risk youth (ages 15-22) can go to shower, eat, do laundry, and sleep overnight (limited space for sleeping). In time, these youth will have opportunities to seek counseling for life events that led them into homelessness. When they are ready, the Youth Resource Center will assist these youth in receiving help dedicated to education assistance, job training, & other helpful programs that will guide them to self-sufficiency and to transforming their lives.

*All items can be gently used, except toiletries & underwear, which must be new.

*All clothing & underwear items are for YOUTH ages 15 – 22.

*All items should be clean, please

DONATION DROP-OFF LOCATIONS

*CUMC (2375 East 3300 South), designated yellow bin near the kitchen, any time.

*Youth Resource Center (888 South 400 West), by appointment only: <https://www.voaut.org/drop-off>

*****URGENT NEEDS*****

Male Jeans for teens, adult sizes 32 – 38
 Basketball shorts, adult sizes 32- 38
 Male Boxer Briefs, adult sizes S, M, L, XL, XXL (must be new)
 Men's Belts, sizes 32 – 42
 Women's Leggings, adult sizes M, L, XL, XXL, XXXL (style worn as pants)
 Female Casual Summer Tops (teen styles), young adult sizes M, L, XL, XXL
 Male Tank Tops, adult sizes M, L, XL, XXL, XXXL
 Male & Female Hoodies, adult sizes L, XL, XXL, XXXL
 Umbrellas, short to fit within a backpack

****OTHER IMPORTANT NEEDS****

Male T-Shirts for teens, assorted colors, adult sizes M -XXXL
 Male Summer Socks, adult sizes
 Female Summer Socks, adult sizes
 Twin and full size blankets (new or used)
 Towels (new or used)
 Male & Female Deodorant
 Toothbrushes (single/individually wrapped)
 Toothpaste (small)
 Body wash
 Hotel-size toiletries
 Male & Female Razors
 Lip Balm/Chapstick
 Playing Cards
 Individual Packaged Snacks: nuts, trail mix, cheese/crackers, peanut butter/crackers, jerky, etc.