



The Gregorian Chant

Newsletter of St. Gregory's Episcopal Church
June/July, 2011

Dear Brothers & Sisters in Christ,

In *Lord of the Rings*, Bilbo Baggins remarks at one point: "I feel thin, like jam spread on too much bread." Lately I think I know what that means in our family. Since returning from our wonderful trip to Ireland, I have been to Phoenix for my folks (they are OK), to New York City to help Andrew get settled for his internship at CBS News (he is loving it), Neil has been off on his missionary trip to El Salvador (he is sending me pictures for you), Barbara has been to Philly (work), and I am about to leave for New Orleans (mission trip). I still have a mission trip to Leadville, then --- nowhere!

Summer is the time for travel. Between sports and travel, it gets a bit empty in church. But we are still here. It is good to have what might be called "sabbatical time." If you recall, after six days of work creating, God took the seventh off for rest, and thought it would be a good practice for us. Orthodox Jews to this day still practice Sabbath rest. They are not allowed to drive, to cook (they prepare all their meals ahead of time), and the children aren't even allowed to play in the playground. They can only walk within a certain distance, which in Jerusalem is marked by a wire on poles, like a telephone line. The idea is that this is a day for rest and thinking about God. It is a holy time.

Our culture never takes a rest. It has been years since Sunday mornings were set aside for church only. Sports have found it a great time, and stores are open earlier on Sundays than in days past. It sometimes seems like the only time we slow down is on vacation, and for many that time is even busier, as they try to fit in as many experiences as possible—"get our money's worth." I have been on tours before, and one of the things I appreciated in our recent trip with a tour to Ireland was that there was plenty of time to just wander or relax. It is important to have time for re-creation.

If we only relax when we vacation, then not only is work a chore, but family becomes just another job, and we never slow down to appreciate and refresh and reconnect. Many years ago I met an interesting speaker & author, Tim Hansel, who spoke & wrote about this need. He told one story about an experience on one of the wilderness adventures he led for youth with various disabilities. Tim had suffered a fall once, and lived with constant back pain. On one morning he arose feeling pain and somewhat sorry for himself. He looked over at this boy, who took many minutes to crawl out from his sleeping bag & tent. After what was probably 15 minutes, he finally got to his feet, looked over and in his slow, labored speech, said, "Good morning! I am ready for anything today!" Good to notice and appreciate all we have.

Tim also wrote about making mini-sabbatical, or mini-sabbath times. He called them mini- or micro-vacations. The idea is to stop wherever we are and take a few moments or minutes to slow down, to look around, to re-connect with who we are & who our God is. We don't have to plan for and take elaborate vacations to find refreshment. We can creatively forge them anytime and place. It takes just the awareness to pause, to step aside from the busy-ness, to slow down, to appreciate, to breathe deeply and find our Sabbath holy moment.

Be careful then how you live, not as unwise people but as wise, making the most of the time. So do not be foolish, but understand what the will of the Lord is. Be filled with the Spirit, as you sing psalms and hymns and spiritual songs among

yourself, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ. Ephesians 5:15-20

Blessings in Christ,

Todd +

Community Garden

Things are growing! Go out and check it out. You are welcome any Sunday after church (or at any time) to come and help with our two communal plots, the two large ones located on the east end, to water & weed. It's also great fellowship. The produce from those plots will go to our local food bank. For questions call Cynthia Roberts 720-252-3967. highlandsprayer@yahoo.com



Faith Day at the Colorado Rockies

Get your tickets by signing up and dropping off a check to St. Gregory's (\$16 each, put Rockies in the memo) for the ball game on August 21, followed by a concert by the Christian group, Casting Crowns. Hurry! Seats are going fast!

Youth Group NEWS

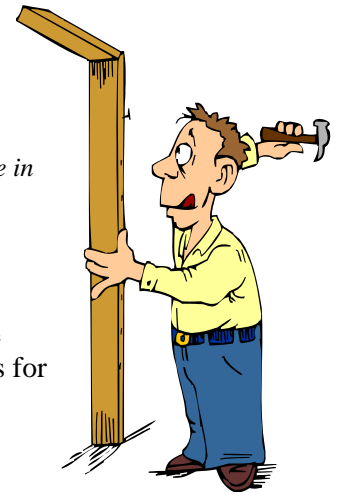


The senior High is off to New Orleans for their mission trip, and the Junior High group will soon go to Leadville for theirs. Extremes in elevation- but the needs of God's people are everywhere. The Youth Group is also planning other fun events over the summer. The next one is to go to Miner's Maze at Heritage Square on July 19th. Contact Brinda Pumphrey to be put on the Facebook page for our youth group and get the latest news. Her e-mail is: blane_pumphrey@hotmail.com

GRAB YOUR HAMMER

Young and old, experienced carpenters and novices all can be a part of Raising the Walls of a home here in the States to be shipped to the colonias of Mexico

The people of the colonias of Mexico are living in conditions unimaginable to us in the United States. Most of the population cannot afford a safe home and are forced to build shelters out of cardboard boxes, wooden pallets, blankets, and any other materials they can find. These people have been degraded, exploited, oppressed and driven to a life of despair. Government programs for the poor do not exist in Mexico as it does here in the U.S. Who will respond? Who will take action?



Missions Ministries has been building homes in Mexico for the past 20. In response to the present need and the current circumstances in Ciudad Juarez, Missions Ministries is starting a new campaign for 2011 to build as many homes as we can for our brothers and sisters across the border. “**Raising the Walls**” is a campaign to build the walls and roofs of homes here in the States and ship them to Mexico. You can transform a life right in your area.

They are hosting a “build” day at **Bandimere Speedway on August 13**. Volunteers show up with their tools and build the shell of the house. These shells are shipped to Juarez, where professionals place them and do the plumbing, electrical, and finish work.

St. Gregory’s would like to organize a group from our congregation to help another group with their build (if it works out we can). Please sign up at church if interested.

HEAVENLY HAPPENINGS

By
Kim Stephens

UPCOMING EVENT:

VACATION BIBLE CAMP - Please save the date:
Saturday, July 9th from 10-3:30. All Sunday school aged children invited to join us for a fun and faith filled day.

