

Epworth United Methodist Church Newsletter

3401 High Street, Denver, CO 80205 Phone 303-296-6287

Rev. King H. Harris – Senior Pastor

Date: November 7, 2010

NO.049



Birthstone: Topaz
Flower: Chrysanthemum

Epworth United Methodist Church Mission Statement

To be a support at the beginning – **Birth**.
To be a support during the good times and the hard times.
To be a support at the end – **Death**.
To be a place of and for faith to bloom.

EPWORTH... A place for life:

To go from this place to love and serve the Lord,
Through service to mankind.

Amen.

**This is the year for Epworth to experience the miracle of God's power
"No Wind and no Rain; Yet the Valley will be filled with Water"**

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Lizzie Marie Allen Tomocik

Epworth members said goodbye to one of its long time members on October 23, 2010. Lizzie Marie Allen Tomocik, also known as "Ree" in her hometown of Jonesboro, Louisiana and "Liz" to us here in Denver, Colorado. She moved to Denver when she was a teenager.

Liz worked for Continental Airlines as a flight attendant and traveled the world for over seventeen years. She brought thousands of people brightness and adventure through her travels in business and pleasure.

She had a daughter, Joey Tomocik, during her second marriage to Joseph Tomocik. In mid-life, while still working full-

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time, she pursued college and eventually received her Masters Degree in Criminology from John Jay College in New York City, the top criminal Justice college in the nation.

Liz believed strongly in God and was active in Epworth UMC where she had assigned herself her own special seat upon every visit. She was a loving wife, mother, neighbor, friend, aunt, sister, niece, worker, volunteer and spirit. Liz was well-traveled, cultured, beautiful, educated, sweet, funny, elegant, and light-hearted soul who was always looking for the next challenge and adventure. She loved deeply, explored widely and shined brightly.

Liz went far and beyond anything her family and friends would have wished for her. She was extraordinary in every sense of the word. Her light continues to shine. May she rest in loving peace.

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This is my commandment, That ye

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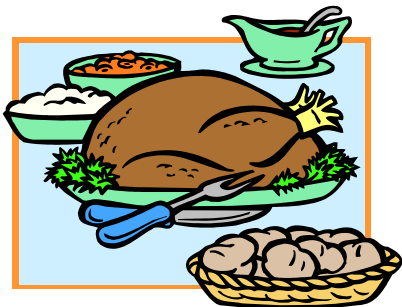
love one another, as I have loved you.

St. John 15:12



Spanish Speaking Worship Services

Epworth UMC has scheduled its Spanish Speaking Worship service on Saturday evenings starting at 6 p.m. Make plans to come out and join Rev. King Harris, Pastor Jeff Kanost and our Spanish speaking members every Saturday.



November 20th: Thanksgiving Food Basket Distribution

The Annual event to commemorate the spirit of Daddy Bruce is upon us once again! The 2010 Thanksgiving Program will be held November 20th, 9 a.m.- 2 p.m. We will need more than 1,000 volunteers to distribute 8,000 food baskets. Volunteer sign-up started on October 18th, 2010. Volunteers must be 13 years old.

On October 20th Church Computers were set-up in the Fellowship Hall at Epworth for people to start signing up for their Thanksgiving Food Baskets.

To sign up; go to www.epworthfoundation.org, click on the Thanksgiving Link. If you have any questions please call 303-296-6287; someone will be available to assist you.

If you want to purchase a Food Basket for \$29.00 and have it donated to a needy family you can do this on line or by calling the above phone number.

Metropolitan District News

Important Reminder

Charge Conference: All forms, including a Checklist, can be found at www.rmccumc.org. Look for the "Forms"

button on the left then go to "Church or Charge Conference Forms". Please do not hesitate to contact Cassy DePlato, Metro District Admin, with any questions or concerns by calling 303-325-7047 or 303-733-3736 X147.



Around Town and Epworth....

Let me begin by wishing everyone a wonderful Thanksgiving. I'm sure there are a gaggle of things we can be thankful for-- health, wealth and happiness--among others. And, of course, let us not forget those who are less fortunate. Also, hopefully I'll see you at the Thanksgiving basket distribution. That is always such an incredible experience--so many needs and so many grateful recipients.

One fairly recent national news story that stands out immediately is the fact that the 33 Chilean miners were

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successfully rescued! Somebody, or somebodies, were sending up some prayers. And, of course, we also pray that there will be no lasting mental or physical scars.

And before I forget, otherwise, my name will be "mud" or worse, is the graduation of Ms. Jacqueline Withers, with a master's degree from Argosy University on November 13th. Please pencil it in on your calendar. Just think, she came all the way from the BIG-G-G City Chicago, to little "po-dunk" Colorado to get something her "big" city apparently didn't offer. How 'bout that! Just a subtle reminder.

We welcome Rev. Felicia George as the new Youth Director. And we applaud her message this past Sunday about developing right relationships with the Lord above. Now that's one no one can go wrong on. And, to the women, we invite you to come to the Sunday morning class/ministry/study about the history of the Bible. Taught by ministers, Valerie Jackson and Andriette Fileds, it is a powerful and eve-

opening study. And the ladies are very well prepared. What a blessing to have this talent and this opportunity at Epworth.

Oh, a welcome is also in order for Pianist/Choir Director, Loretta Lovell. Listen up for the "Potters' House" on first Sunday. We'll "be" turning the place out! And, thanks to Joy Harris for her faithfulness in keeping the choir together even in light of her demanding job. God is certainly blessing Epworth with such tremendous talent.

Also, this is too incredible--I read a lot--most anything and everything and saw this: Kenyan polygamist Ancentus Akuku, who died Oct. 3rd, married 130 women and had more than 200 children. Over and out.

Amen.

Wallace Yvonne Tollette
303 830-1691
Shel-Vonne TS Gifts & Souvenirs

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Who's Ushering In

November:

- November 7th:

Sis. Myrtle Davis
Sis. Rudy Robinson.

- November 14th:
Sis. Sharon Davis
Sis. Kimberly Smith
- November 21st:
Brother Clarence Williams
Sis. Jessica Walters
- November 28th:
Sis. Myrtle Davis
Sis. Rudy Robinson



November Acolyte Schedule

Note: Sis. Myrtle Davis will need your help with names and who is available to serve in this position.

- November 7th:
Melissa Wilson & Kitana Aragon
- November 14th:
La'Renz Smith & La'Ronn Smith
- November 21st:
Melissa Wilson & Kitana Aragon
- November 28th:
La'Renz Smith & La'Ronn Smith

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Epworth's Anniversary & Birthdays for November 2010:

Congratulations to:

1. Allen Clark – 11/04
2. Tamisha Harris – 11/14
3. Alberta Lopez – 11/25
4. Robin Rice – 11/27
5. David Dunchew – 11/30
6. Rena Brown – 11/30

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Epworth's Calendar

- Morning Worship Services. Rev. King Harris will be conducting Morning Worship services M – Sun. starting at 6 a.m. in the Sanctuary.

- Youth & Children Sunday school classes. All classes start at 9:45 a.m.
- Epworth UMC Women's Ministry. Introduction to the Bible and Bible Study every Sunday morning at 9:30 a.m. For more information please call 303-296-6287.
- Adult Bible Study. Every Wednesday evening a meal is served starting at 5:45 p.m. in the Fellowship Hall. Bible study starts at 6:30 p.m. All activities end at 7:30 p.m. Rev. King Harris and Pastor Jeff Kanost heads this class.
- Epworth's Adult Choir Rehearsal. They rehearse every Friday evening from 6:30-8 p.m.
- Epworth's Children's Choir / Youth Rehearsal and Fellowship. They rehearse every Friday evening from 6:30 – 8 p.m.
- Epworth's UMW United Methodist Women the Hispanic Circle meet every Saturday evening in the Fellowship Hall at 5:00 pm on the 2nd and 4th Saturday of the month. For more information, please call Sis. Vicky Alvarado at 720-276- 9870
- Epworth's UMYF. (United Methodist Youth Fellowship) meet on

Sundays at 4 p.m. For more information, please call Pastor Jeff Kanost at 720-364-8417.

- The Barber Shop (The Fatherhood Initiative). A group of men meet every Tuesday evening to discuss fatherhood and how to become better fathers. An evening meal will be provided. Activities start at 6 p.m. and ends at 9 p.m. Please call Thom Foster at 303-296-6287 for more information.
- The Beauty Shop (The Motherhood Initiative). A group of women meet every Tuesday evening to discuss motherhood and how to become better mothers. An evening meal will be provided. Activities start at 6 p.m. and ends at 9 p.m. Please call Thom Foster at 303-296-6287 for more information.

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"Pray For Those In Need

/ Ore Por Los Necesitados"

- **Churches:** Parkhill UMC, Valley Vista UMC, Scott UMC and Redemption Fellowship.
- **Health:** Rev. Aaron Black, Pastor Manuel Jimenez, Joi Harker, Shirlene Sanders, Sandra Rodgers, Essie Collins, Ted White, Sherlyn Thomas, Rose Milon, Chris Davis, Lauren Watson, Jere' Procopio, Sabina Johnson, Kenneth Wells, Ronald Wells, Richard Shannon and Vera Castile and Rayford (Rashad) Tiller.
- **Guidance:** James Goss, Lisa Harker, Rose Milon, Robert Martinez, The Epworth Praise Team.
- **Our Missionaries:** Jose Orlando and Yolanda Rivera Argentina (Missionaries).
- **Protection:** For our Armed Forces serving here and in distant lands.

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The Poet's Corner

When I Am Gone

When I am gone, release me let me go I have so many things to see and do.

You must not tie yourself to me with tears Be happy that we had so many years.

I gave you love, you can only guess, how much you gave me in happiness.

I thank you for the love each have shown, but now it is time I traveled alone.

So grieve awhile for me if grieve you must, then let your grief be comforted by trust It is only for a while that we must part so bless those memories within your heart.

I will not be far away, for live goes on.

So if you need me, call and I will come.

Though you cannot see or touch me, I will be near And if you listen with your heart, you will hear All of my love around you, soft and clear.

Then when you must come this way alone, I will greet you with a smile and "Welcome Home"

This is from Lizzie Marie Allen Tomocik Celebration of Life Service held at Epworth UMC on October 23, 2010.

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What's Happening at Epworth in November?

1. **November 1st:** The first Monday of the month, Admin. Board Minutes, Agenda and reports turned in to Rev. King Harris for distribution on November 7th, 2010.
2. **November 1st:** All Saints Day.
3. **November 2nd:** Election Day.
4. **November 5th:** World Community Day.
5. **November 6th:** Epworth Housing Foundation Meeting. Start time at 9 a.m.
6. **November 6th:** Epworth's Committee Meetings. Start times maybe different for each committee. Please check with your Committee Chair.
7. **November 7th:** First Sunday Communion and Pot-Luck.
8. **November 7th:** Daylight saving time ends.
9. **November 9th:** National Young Reader's Day.
10. **November 11th:** Veterans Day.
11. **November 14th:** Organ and Tissue Donor Sunday.
12. **November 7th, 14th, 21st & 28th:** United Methodist Youth meeting at 4 p.m.
13. **November 7th, 14th, 21st & 28th:** United Methodist Women's

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Bible Study. Starts at 9:30 a.m.

- 14. **November 2nd, 9th, 16th, 23rd & 30th.** The Barber Shop (The Fatherhood Initiative) & The Beauty Shop (Motherhood Initiative) meetings from 6-9 p.m.
- 15. **November 3rd, 10th, 17th & 24th:** Adult Wednesday night Bible study and meal at 6 p.m.
- 16. **November 13th:** Admin. Board Meeting at 9 a.m. The Charge Conference package will be assembled.
- 17. **November 19th:** The following streets will be blocked off starting at 9 p.m. to position trucks and fork-lifts for Sat. William, High, Race and Vine.
- 18. **November 20th:** Thanksgiving Food Basket distribution. All day.
- 19. **November 21st—28th:** National Bible Week.
- 20. **November 25th:** Thanksgiving Day.
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Some Things To Remember

- Wallace Yvonne Tollette has a catalog, Internet and souvenirs business. “Shel-Vonne TS Gifts & Souvenirs” a variety of unique, quality, gifts and souvenirs primarily made in Colorado. Please call 303-830-1691 for more information or to place an order. Wallace also conducts walking tours of historic Five Points.
- The Kenyan Worship services will be held every Sunday in September. Their services are in English, so feel free to join them. Services start at 2:30 p.m. and ends at 4 p.m. Please call Epworth’s Office at 303-296-6287 for more information.
- **Epworth UMC & Family-To-Family Office Hours:**
Mon. – Thurs. – 9 a.m. – 5 p.m.
Friday – Noon – 5 p.m.
Office ph. # 303-296-6287 Office Fax # 303-296-7475
E-Mail address: www.epworthumcdenver.org
- **Every (Sunday) In November** Please bring your Non-Perishable foods to the Saturday, 6 p.m. Spanish speaking worship service. On Sundays, bring your items to the 11 a.m. Worship Service for Epworth’s Food Bank. All Food collected will provide more food to those who need it and eliminate the

need for Chris Davis to close the Food Bank early.

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Counseling

- Rev. King H. Harris
- Assistant Pastor, Jeff Kanost
- Assistant Pastor, MarvManuel Jimenez
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Epworth's Ministers of Music

- Joy Harris – Choir Director
- Loretta Lovell –Director of Choir and Music
- Jacqueline (Jackie) Perkins – Praise Music Leader
- Terry Jackson-Musician
- George Nelson-Musician
- Joshua Wilson-Musician
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From One Pumpkin to Another

A woman was asked by a

coworker, "What is it like to be a Christian?"

The coworker replied, "It is like being a pumpkin." God picks you from the patch, brings you in, and washes all the dirt off of you. Then He cuts off the top and scoops out all the yucky stuff.

He removes the seeds of doubt, hate, and greed.

Then He carves you a new smiling face and puts His light inside of you to shine for all the world to see."

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Refreshing the

Soul

Collection

Hello My Friend,

Since 1996 God has inspired me to write the "Refreshing the Soul" Collection. This article comes to you like a long drink of water on the road side of life, written and designed to inspire,

encourage and uplift you on your journey. God is truly amazing, the main source of my life and it is my heart felt desire to share with you what His word has given me through a reflection of life that inspires the soul.

My prayer is that you will be blessed with all of the love, joy and peace that are found in a personal relationship with Jesus Christ. For those of you who are not sure about a relationship with Jesus Christ may these monthly articles inspire and encourage you to seek Him.

Until next time.....

In Him,
Linda Rose

“Words Can Kill”

What do you think is the likelihood that a spoken word or words can take a human life? What is the likelihood that a spoken word against a person can bring about the slow, painful demise of that person—both physically and spiritually? These two powerful questions should cause us to think about the use of the tongue.

The Bible says, in the Book of James 3:7, "But no man can tame the tongue. It is

a **restless will** full of **deadly poison.**"

Interestingly, here, James says, man can't tame it, it is restless and deadly. However, because it is our **will**, we have the power to **choose** what we say and how we say it before we speak it.

Jeremiah 17:9 states, "**The heart** is deceitful above all things and beyond cure. Who can understand it?" Jesus says in Mark 7:17-18, "Don't you see that nothing that enters a man from the outside can make him unclean? For it doesn't go into **his heart** but into his stomach, and then out of his body." Jesus goes on to say in verse 21-23, "For from within, **out of men's hearts**, come evil thoughts ... malice, deceit ... envy, slander, arrogance, and folly. All these evils come from inside and make a man unclean." So, because what comes from the tongue is a result of what is in the heart, then in order to tame the tongue, one must have a "heart transplant." And the only one who can transform the heart is Jesus Christ.

Have you spoken about someone lately and your words were unflattering, belittling, judgmental, condemning, and "full of deadly poison"? Did you not know that a business, ministry, group, leader, family or individual could be utterly destroyed by the spoken word? One of the

root causes of destructive words is "opposition." There are many reasons for opposition, but the end result is to stop or to destroy.

Let us look at this concept as believers. In the Book of Acts 6:5-7, we are told the story of a man named Stephen, who was selected along with six others to minister the Word of God. As the new converts were added to the church, opposition increased. Arguments ensued by the opposition; however, because of Stephen being full of grace and the power of the Holy Spirit, the opposition could not stand against him.

But a plan was put into place by the opposition to persuade some men in secret to lie on Stephen by saying he was blaspheming Moses and God. Once this lie was put into play, it stirred the elders, the people, and the teachers of the law. The lie caused Stephen to be brought before the Sanhedrin Council, where he was asked to respond to questions. His response enraged the people, and he was dragged outside of the city and stoned to death.

I can imagine that among those who stoned Stephen that day were those who knew him, those who had a relationship with him, and even those who were led by him to the Lord. They were persuaded by

the words of those who chose to believe what they heard, to withdraw their support from him, to question his relationship with Christ, to question his character, and to condemn him for what *man* said about him instead of *God*.

We are just as guilty of killing with words the "Stephens" in our lives. In the secrecy of our private conversations, instead of building up and praying for those that we work, socialize, fellowship, and worship with, we cause a slow and painful death—both physically and spiritually—by the power of our words that derive from a *restless will* and a *deceitful heart*.

The solution to a *restless will* and a *deceitful heart* is Jesus Christ. To know that we have the power to choose what we say about others and choosing to use that power to build up—and not tear down; and to pray for—and not pray against. We need to be reminded to see others, whether we agree with them or not, as God sees us, through the eyes of His Son Jesus Christ. If we do this, then we will not be guilty of causing the slow and painful death of someone else; but rather, we will rejoice with a grateful heart—in love—the work that God will do in the lives that we touch with our words.

"I am just an Ordinary

*Woman, On an
Extraordinary Journey,
With an Awesome God"*
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www.refreshingthesoul.com

Ten Ways to Help Your Pastor, Your Church and Yourself

1. Treat him or her with the proper respect. Treat them the same way you would a doctor, a lawyer, or a politician. A pastor's role is more important than all of these because he is God's appointed leader for you and your family. Therefore esteem them very highly in love for their work's sake (I Thess. 5:12-13).
2. Follow your pastor as he follows Christ, 1 Cor. 11:1, Heb. 13:7. Never blindly follow anyone but always follow the man or women of God who is following Jesus Christ as set forth in the Word of God, Phil. 3:17-21.
3. Pray for him or her

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| <p>often (see Eph. 6:18-20; II Thess.3:1-2). You know how much opposition you receive from the world, the flesh, and the devil; your pastor receives even more, therefore, pray for them!</p> <ol style="list-style-type: none">4. Obey him or her as they admonish you and teach you the Word of God, see I Thess. 5:12 and Heb. 13:17. These verses teach that you should submit, obey, and follow.5. Do not speak against or listen to any gossip or slander about your pastor, I Tim. 5:19 reads, "Against an elder receive not an accusation..." and Eph. 4:29 reads, "Let no corrupt communication proceed out of your mouth..." and Prov. 6:16-19 teaches that God hates for us to hurt people with words. Listening to gossip and slander is just as much a sin as speaking it.6. Support him or her financially so they can keep their mind on the work of the ministry (see I Tim. 5:17, 18 and Phil. 4:10-19). The ministry of the Word | <p>of God is twice as important as just making a living. If a man or woman cannot properly care for their family, they will be distracted from the ministry. It costs your pastor just as much to live as it does you.</p> <ol style="list-style-type: none">7. Encourage your pastor. Tell him or her when they have helped you. Eph. 4:29 teaches that we should speak that which edifies. You minister grace to your pastor when you tell him or her how they have helped you. They will be a more effective, dedicated servant of God if you give them feedback on their ministry to you (see Prov. 3:27). It will also be very encouraging if you tell your Sunday School teacher, husband, or wife, and children how they have helped or been a blessing to you. Praise doesn't cost – it pays great dividends – in the home, in the church, in the school, and on the job.8. Be patient and understanding with your pastor your | <p>mate, and your children. Do not expect your pastor or his family to be perfect, they are human. John 1:5, and James 5:17 teach that a man of God has the same human weaknesses and temptations that we all face.</p> <ol style="list-style-type: none">9. Stay busy serving the Lord, this will bless your life and be a tremendous encouragement to your pastor. You have a spiritual gift, so use it. John 13:17 teaches, "If ye know these things, happy are ye if ye do them." Happiness doesn't come from knowing what is right, happiness comes from doing what is right. Therefore, serve the Lord.10. Be a blessing to your pastor, your family, and all who know you by being a soul winner. People all around us are lost in sin, dying and going to hell. Do all in your power to win them to Jesus Christ. Tell them what Christ has done for you and what He can do for them. Reflect on what your salvation means to |
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you and then realize
that those who are
lost in sin need the
same joy, peace,
assurance, and hope
that you have.

Written by Ron Hood
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These Definitions Should be in a Dictionary:

1. **Adult:** A person who has stopped growing at both ends and is now growing in the middle.
2. **Handkerchief:** Cold storage.
3. **Secret:** Something you tell to one person at a time.
4. **Skeleton:** A bunch of bones with the person scraped off.
5. **Tomorrow:** One of the greatest labor saving devices of today.