# EKKLESIA



We are halfway through our ten weeks small group discussion by the firepit! Please join us on Monday from 6-7 p.m. around the FLC Firepit on the north side of the Peel House. We will be gathering there for fellowship through August 18. Bring a beverage of your choice (margarita, beer, soda, etc.) while we discuss questions based on the previous day's sermon. Summer is busy! You can pick up a sheet of the sermon-based questions on your way into worship Sunday morning from an usher or at the Welcome Center Desk.

### FROM THE PASTOR



Summer is a great time for projects, and we've been making some progress on the First Lutheran campus—especially with some deferred maintenance items.

- Carriage House squirrel mitigation is now complete. We got rid of the squirrels, cleaned up their mess, re-ducted the area and will finish with some new insulation. The LFS staff had to be relocated for a few weeks, and we are grateful for their patience.
- HVAC repairs underway. We replaced one of the shafts for the air conditioning to the Sanctuary and are working on replacing another. We are also getting inspections on the entire system and estimates on what an overhaul of the system might cost should we include that in our next capital campaign.
- Peel House brick repair underway. The pillars on the walls between the carriage house and the Peel House were badly needed repair, and we have a great brick mason fixing them and keeping those historic walls intact for another hundred plus years!
- Internet network replacement. We have some in-house experts, members of the church, who have designed a new network and will work to replace our old network and get faster more reliable internet to every part of our campus. Their volunteer work is saving us over sixteen thousand dollars! Thank you!
- Roof inspection is complete, and we got great news that our roof has many years left on it and just needs some basic maintenance for which we are getting estimates.

Thank you to Yoshiko Anspach, Harry Mosco, and our maintenance sexton Robert for their leadership in making sure our campus continues to be an excellent tool for ministry!

#### Pastor Travis

Note: Pastor Travis will be accompanying the High School Youth group on their backpacking trip next Sunday. Pray for them!

July 20, 2025 Luke 10:38-42

Who does the chores in your house? Are they shared evenly? Do you ever get upset about others not pulling their weight? What about family dynamics? Are you the oldest child, always a little annoyed that you're doing more than your younger siblings? Do you ever feel called out by your siblings as they try to make you look bad for the choices you're making? How many of us have been victims of passive aggressive behavior? How many of us employ passive aggression to manipulate situations to our benefit? Have you ever been triangulated, someone trying to speak to you through someone else rather than talking to you directly? All of those dynamics and more are present in this short story of Mary, Martha and Jesus. I think that's why we lean in wondering how Jesus will respond to Martha's request for help in the kitchen. I'm sure all of us can think of Marthas in our life. Many of us recognize Martha in ourselves, hardworking, task oriented and playing the martyr.

I think of my wife's grandmother and the first Christmas dinner I experienced with her family when we were just dating. She was a good woman and recognized that I would marry Victoria before anyone else. She gave me an antique family catechism and welcomed me to the family over dinner, though we'd only been dating for a few months. But when it came to preparing Christmas dinner, Grandma was all Martha. She started early in the morning, baking and cooking and setting the table. The meal was prime rib with all the fixings and not a single item was allowed to be served out of the container it came in so there were dishes upon dishes. She had already spent days baking snacks and desserts. So, when it came time to sit down and eat the meal together, Grandma was so exhausted from all her work that she couldn't eat anything and couldn't enjoy the time with the family all together. I remember feeling bad for her knowing that the family wanted her presence and company more than the meal she had prepared. But we all do this all the time; we get distracted and focused on the wrong thing. We get busy and work hard with good hearts and motives but miss the important thing.

Today we start a new sermon series called Fix Your Focus. It's an invitation to consider our focus in life and turn our attention to what God is giving. Martha is not a bad person, no worse than any of us. She's doing a really good thing here, inviting Jesus into her house. being hospitable as any disciple should. Remember when Jesus sent out the 70, he praised those who would welcome them into their homes. I think everything would have been fine if Martha had kept her focus on serving Jesus and the disciples. But what happens is that she shifts her focus away from Jesus and fixates on herself and her sister instead. She fixates on herself, "look at all this work I'm doing, doesn't anyone care, doesn't anyone see me?" She fixates on her sister, "look at all this work my sister isn't doing, just sitting there with the men listening to Jesus." Maybe she's jealous of Mary taking advantage of the opportunity to learn from Jesus. Maybe she's angry at Mary for violating social norms and expectations or for getting out of work and responsibility. Have you ever had that thought about somebody, "they don't work as hard as I do but look, they still get rewarded." Have you ever asked the question, "who do they think they are taking what doesn't belong to them?" That's what Mary is doing when she plops down at Jesus' feet. She's taking a seat where she didn't belong, at least according to the standards of the day. I think of Rosa Parks taking a seat at the front of the bus in Montgomery, Alabama at the height of the Jim Crow laws that designated where black people could and couldn't sit. Whenever someone violates social Sermon, cont. p. 4

norms and pushes us to reconsider the boundaries, some of us will respond with anger and try to reinforce old boundaries. Mary sits in a place reserved for men, a woman in a man's spot and Martha calls her out for it. When Martha focuses her attention on Mary, she gets jealous and angry, and she gets distracted from what Jesus is doing. What is Jesus doing? Jesus is welcoming a woman to sit equally with men as their equal. And Martha is missing it. We behave badly when our focus moves away from Jesus to ourselves or to comparisons with others. Can you imagine what it felt like to be Mary listening to Jesus, pinching yourself at the opportunity? I imagine she wondered if she really belonged, felt

like maybe she was an imposter or intruder and then her sister called her out in front of everyone. And I wonder if she thought the jig was up and made a move to get up and get back in her place. Did she expect Jesus to affirm Martha and reaffirm the social boundaries she had

broken? And how embarrassed was she to be the cause of this scene, to interrupt the teachings of Jesus because she took a chance and sat at his feet? What will Jesus say? What will Jesus do? I wonder what Jesus was thinking in that moment. He has two sisters, both of whom are

pretty wonderful people; one is serving through her work of hospitality the other is learning and studying his teaching. It's hard to pit these two activities against each other. But it's Martha who needs correction, and Mary who needs protection and so Jesus gently provides both. "Martha, Martha, you are worried and distracted by many things, but few things are needed—indeed only one. Mary has chosen the better part, which will not be taken away from her".

I have a friend from my last congregation

(Stella, this is for you), who posted on our First thoughts about this passage suggesting that Mary should have helped Martha and then the two of them could have sat at Jesus' feet afterwards. And I thought about that because it's how we naturally think of things, do the work first, and then you can rest and study and learn. It's our American way or maybe the Protestant work ethic. For some reason we think that work is the most important thing, that getting the task done should always be the highest priority. Have you ever questioned that? Have you ever wondered why we don't gravitate to the exact opposite of that? What if Martha had sat down at Jesus' feet and learned with Mary, too, and then after the teaching the two of them could do the work along with others? What if we put learning first, spending time with Jesus first, resting and enjoying relationships first? Part of what Jesus is inviting here is to fix our focus, fix our priorities. It's an invitation to prioritize time with Jesus, to prioritize learning from Jesus and studying his ways.

What does it look like in your life to put your relationship with Jesus first, to focus on time with him? Today God invites us to remember our first love. Do you remember that time in your life when you first began learning about Jesus, when your eyes were opened to His teachings and Grace? I remember my Confirmation years when I devoured the Bible, reading from the gospel of John first and Romans and Galatians and the great adventure stories from 1<sup>st</sup> and 2<sup>nd</sup> Kings. I couldn't get enough. I remember my high school years listening to contemporary Christian music in my car especially my all-time favorite Rich Mullins and praying and seeking God's will and feeling God's presence in powerful ways. I remember my seminary years, taking theology for the first time and just feeling my mind come alive with the things of God. Learning that God was so much bigger than I had ever realized. I imagine that's what Mary was experiencing as she sat at the feet of Jesus and absorbed every word. But then we go through life and get distracted, and we get busy and our focus drifts. But Jesus is always inviting us back into Mary's seat, back to time with him to listen and learn and receive the life that he gives.

It's harder these days because the things that distract us are increasing exponentially. Sometimes I find myself binging television just trying to keep up with all the new shows. I don't want to miss out on anything new. But then there are kids' activities and work activities and travel and email and social media to keep up with. There are home projects and out-of-town guests and our own health to maintain. If that's not enough, we can be consumed with the problems of the world and the political parties trying to get or maintain our loyalty. We live in a world of distraction, and we end up feeling like Martha, working hard, feeling alone in the work and overburdened. If we're not careful we can get angry and jealous, blaming others for the situation we have chosen for ourselves. But what if we took Jesus up on his invitation and returned to him to learn from him? What if we remembered the joy of sitting at Jesus feet and returned to Mary's spot? Remember Jesus saying, "Come to me all you who are weary and carrying heavy burdens and I will give you rest. For my yoke is easy and my burden is light." Don't those words in and of themselves feel like water for thirsty souls? Or think of the Psalm that cries out, "Like a deer panting for the water so my soul longs for Thee." Or Saint Augustine's famous line, 'The soul is restless until it rests in thee."

Jesus knows what Martha needs, knows what we need, and he gives it freely. His words, his teaching, his life centering us, quenching our thirst, giving us rest. When we sit and learn, when we fix our focus on Him, then we can navigate the tasks of this world. Jesus sets us free to move more intentionally, to make choices, to know what matters most in each moment.

There is more than one way to do this, to sit at Jesus' feet. Some of us have daily devotional practice to help us focus. I have coffee with Jesus every morning, reading scripture and praying before I start my day. Some of us spend better time with Jesus by walking and praying. I think weekly worship is a vital way for all of us to spend time with Jesus and fix our focus. We need the songs, the scriptures, the prayers, and the sacrament of Holy communion. These are gifts from God to us to recenter ourselves and live life under Jesus' leadership. I would also encourage you to consider a small group, the Monday nights at the fire pit or Wednesday midweek pause or Thursday Bible and Brew. We will have new growth groups, too, and Bible studies and women's circles are all tools to help us spend quality time with Jesus. That's the point, time with Jesus; fix our focus.

He loves you and has exactly what you need. Sit at Jesus' feet and receive what He gives. Amen.

-Pastor Travis





### YOUNG ADULTS NIGHT AT THE ZOO

The best things come in threes.

September 25, 2025 6-9 p.m. Cheyenne Mountain Zoo Ages 21+ only



Buy your ticket through the zoo, then

use the QR code to connect with our group for meetup details and carpool options.



### VOLUNTEER

### Help with Veteran Ministry Event at the Florence Veterans Home

On August 6, First Lutheran is providing a concert and cookout for the residents at the McCandless Veteran Home in Florence. This event is a part of our ministry to local veterans and families supported through the RMS Veterans Service Project. Eric and the choir will provide the concert, and we need a few volunteers to grill and serve meals to the residents. We also need a few volunteers to provide a salad or dessert. The concert will begin at 3 p.m. and the meal will start at 4:30 p.m.. The person for coordination is Jeff Zust, zusthaus@gmail.com or 719.377.7598.



Twice upon a Time

Bring your gently used children's books to the red wagon in the Gathering Place, and they will be refurbished and given to those in need.



### **INVOLVEMENT OPPORTUNITIES**



### New Member Engagement Forms

Our old Time and Talent Survey covered many areas. We thought it would be wise to break the survey into three distinct areas of interest, so now we have three new forms. You will find these forms at the very top of the list under "Events" on your "Church" app or at the Welcome Center Desk iPad. I have also included the link here in the event you'd like to check them out on your computer

- •I'd Like to Help on Sundays! <u>https://bit.ly/4iLtxsA</u>
- •I'm Looking for Fellowship and Community <u>https://bit.ly/3F16MDb</u>
- •I'd Like to Get Involved in Community Outreach <u>https://bit.ly/3Z4Jp2m</u>

### Does First Lutheran Feel Like Home?

Cheryle A gentleman who just got back from vacation came up to me last Sunday and said, "It feels good to be home." He enjoyed his travels, he enjoyed worshiping other places, but he was glad to be home, "with my family!" (as he pointed to those of us surrounding him). If felt good to me to be included in "his family" and it made me smile.



If you've been worshiping with us for a while and First Lutheran feels like home, come and join us for New Member Orientation in August.

What does membership at FLC require? Nothing more than you are already doing, but you will be invited to attend our annual meeting in the fall and be able to vote on 2026 council members and the 2026 budget.

I'm in the military and will most likely be transferred sometime next year. No worries! We are happy to transfer your membership to wherever you land next when the time comes!

Why become a member? Being a member is about defining the relationship you have with the other people in the congregation, the staff and the pastors. It's a way for both the congregation and the individual to express commitment to care for each other and do God's work together.

New Member Orientation classes are not required to become a member of First Lutheran. Likewise, you can attend the classes and choose not to officially become a member. Here's the schedule:

- Sunday, August 10 at noon in the Fireside Room Introduction to First Lutheran meet other prospective members, learn more about the FLC staff and take a tour of our campus. Lunch provided.
- Sunday, August 17 at noon in the Fireside Room Lutheranism 101 learn what Lutherans believe and ask Pastor Travis any questions you might have. Lunch provided.
- Sunday, August 24 at your preferred worship service, you will be received as a new member of First Lutheran. You may also be received in absentia if you prefer or plan to be out of town.

Register for New Member Orientation here: https://bit.ly/3s2W5qN



Their next meeting will be on Tuesday, August 12 at 9:30 a.m. in the Peel House Lounge.

### **INVOLVEMENT OPPORTUNITIES**



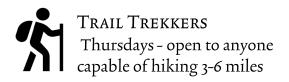
IN-GATHERING OF FOOD/HYGIENE ITEMS FOR ONE NATION WALKING TOGETHER BEGINNING AUGUST 1, 2025

Food Items Needed

Canned Meats (SPAM, Tuna, Chicken, Vienna Sausage, Corned Beef Hash, Chili) Broth-Chicken, Beef, Vegetable

Broth-Chicken, Beef, Vegetable Soup and Stews Shelf Stable Milk Cake Mixes Mac and Cheese Prepared Box Meals Rice Peanut Butter Jelly and Preserves Coffee Tea Hot Chocolate Juices Cereal Pancake Mix Pancake Syrup Legumes / Beans Pasta / Canned Pasta Pasta Sauce Canned Fruits **Canned Vegetables** Sugar Flour Baby Food & Formula Protein Bars Snack Foods

Hygiene Items Needed **Toilet** Paper **Diapers All Sizes** Baby & Adult Wipes Baby Shampoo Baby Powder Baby Diaper Cream Tampons / Sanitary Pads New or Gently Used Underwear & Socks New or Gently Used Bras Washcloths Towels Deodorant Toothpaste Toothbrushes Dental Floss Q-Tips First-Aid / Band-Aids Nail Clippers / Files Body Lotion Chapstick Soap / Shower Gel Shampoo Conditioner Combs / Brushes Razors Hand Sanitizer Paper Towels Hotel / Sample-Size Items Welcomed



#### Meet at 8:00 a.m.

JULY 24 –HORSETHIEF FALLS– south of Divide

Meet at the Safeway parking lot, 3275 W. Colorado Ave, se corner

This trail climbs along the stream gradually for the first mile; then levels out and soon you'll hear the welcoming sound of falling water. 2.8 miles; rated moderate. For a longer hike, we may include part of Horsethief Park. Bring a lunch to eat on the trail.

RSVP to Jane at <u>jclinnenburger@gmail.com</u> if you plan to join this hike.

 $\begin{array}{l} JULY \ {\tt 31-MULE} \ CREEK-north \ of \ Woodland \\ Park \end{array}$ 

Meet in the Safeway parking lot, 3275 W. Colo. Ave., southeast corner

This is a great hike with multiple shallow stream crossings through meadows, rocky canyons and aspens. Great flowers! This hike is a favorite! Bring a lunch to eat along the way. 4 -6 miles, moderately easy.

### BOOK GROUP

Meets the first Wednesday of the month in the Library, 7 p.m. New faces are always welcome, including men!

AUGUST 6 - Present and vote on books for the rest of 2025 and 2026

### DINING OUT WITH FLC

Do you love to dine out? This group, where all are welcome, meets at 5:30 p.m. on two Tuesdays of each month to enjoy various cuisines and fellowship. Reservations will be made two weeks in advance, so sign up early!

- August 19 Margarita at Pine Creek 7350 Pine Creek Rd
- September 9 BJ's Brewhouse 5150 N Nevada Ave
- September 23 Jack Quinn's Irish Pub and Restaurant – 21 S Tejon St
- October 7 Chaang Thai 7525 N Academy Blvd,

Keep this link to check as more restaurants are added! Register here: <u>https://bit.ly/41Rh4ff</u> or on the "Church" app.

#### FLC BUSINESS DIRECTORY

you the current copy.

We keep a list of members interested in serving other members of the congregation with their skills. If you are looking to share a skill and would like to be added to our FLC Business Directory, fill out this form: <u>https://bit.ly/3VkcbKN</u>. If you would like to have a copy of our current FLC Business Directory, email cheryl@flccs.net and she'll send

### WORSHIP & STUDY

### Worship Schedule

Sunday Sanctuary Worship: 8, 9:30, and 11 a.m.

Contemporary Worship Service: 10:15 a.m. in the Worship Center, 2nd floor

Online Worship is live streamed at 9:30 a.m.

Wednesday Night Light is on hiatus until fall.



Seek first the Kingdom of God in every part of your life.

July 20 - July 27 - August 3 - August 10



### SUNDAY ADULT SEMINAR

Meets 9:15 a.m., Sundays, in the Peel House Parlor.

## The Adult Seminar will not meet in July.

### Scripture Readings for This Coming Sunday

Genesis 18:20-32; Colossians 2:6-15 (16-19); Luke 11:1-13

### THE EMMAUS WAY BY LORI DUNCAN



"But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him." –Jesus (Luke 15:20)

This week we'll spend time with the lost sons and the father who loves them both. I'll ask you to read our passage, Luke 15:11-32, three times, the first time imagining yourself in the story as the younger son, the second time as the older son, and the last time as the father. Try to picture where all the various scenes would happen and what they would look and feel like.

#### Context:

To Jesus' audience, family legacy was everything. Asking for your inheritance from your father communicated that you wished he were dead. Leaving the family home and land would have been perceived as "thumbing your nose" at both your heritage and your responsibility to steward the family resources for future generations; it would have been seen as the ultimate—and utterly unforgivable—breaking of the fifth commandment. **First Reading:** 

You are the younger son. Is there any part of you that can relate to wanting to escape a situation where you've felt stuck? Where might "a distant country" be for you? What would "wild living" look like? Have you ever felt like you've lost everything and been abandoned? Have you ever been so in need that you "welded yourself" (the literal meaning of "hired himself") to a type of person you previously despised (i.e., a "Gentile")? Can you imagine being so desperate that you would serve a creature you saw as vile (pigs to a Jewish person)? What does it feel like to "come to your senses"? What emotions do you experience as you set out back to your father's home? What emotions rise in you as you see your father running towards you? How do his hugs and kind words of acceptance affect you? How do you feel towards your father now?

#### Second Reading:

You are the older son, and you understand its requirements. What is your response to your younger brother asking for his inheritance? It's possible that you hear rumors about how your brother is squandering his money; how else do you know he was hanging out with prostitutes? How does that knowledge affect your view of your brother? Have you ever struggled with feeling that something is utterly unfair, that you have been taken advantage of and overlooked by someone important to you? In that situation, has that person sought you out to assure you of your importance? Can you hear the voice of the father, even with you being so angry at him, assuring you that you've not lost your place, letting you know that he is for you and has always been for you? How will you respond? Third Reading:

[If you have children, consider picturing two of them as the "sons" in this story.]

Your youngest has broken your heart. His actions show that he does not grasp your love for him; you know he wishes you were dead. You decide to do the generous thing: you give him what he asks for and let him go. What is it like when he leaves your home? Once he's gone, do you daily scan the horizon, hoping to see him coming down the road? Can you imagine the day you finally do see him in the distance? Can you feel your heart explode with compassion and love? Can you feel your feet hitting the ground as you run to embrace him? Can you feel the joy during the party? Can you go out to your very angry older son to assure him of your love for him in the midst of his frustration?

Can you, today, see God running to you in compassion and love? Can you feel him assure you in the midst of any resentment you might hold? Can you feel God's heart towards all people, longing to embrace them? Let's walk with the God who runs toward us.

### BIRTHDAYS & WEDDING ANNIVERSARIES

**July 28** Emily Heavner Diane Heinemann Sam Norton

**July 29** Tana Beall Ursula Hosford Remi Sides

#### July 30

Jan Gregg Judy Haller Mary Peet Dave Rose Katelyn Scism **July 31** Jane Astor Michael Ellis

August 2 Sophia Massey Gaius Milberg Paul Steinke Brad Stokes Gene Warrington

**August 3** Tom Bogard Sarah Knox Mary Rose Don Wilkinson **July 28** Al Hassebrock & Jan Gregg - 18 years

**July 30** Jon & Beret Mangino - 5 years Dave & Kathy Peterson - 59 years Mike & Gigi Podczervinski - 20 years

**July 31** Chris & Lori England - 24 years

**August 2** Joe & Carol Anderson - 50 years Bill & Karen Busovsky - 45 years Horace & Jeanne Clark - 62 years

**August 3** Tom & Chris Crick - 23 years



### PRAYER REQUESTS

Please keep these members of First Lutheran, their family and friends, in your prayers this week. If you are requesting to have a member's name added to the prayer list, please consult with the member prior to making your request.

Lannette Abbey Cheri Anderson Colly Anderson Wanda Anderson Victor Babish Fred Bachmeier Desirae Backlund Dan Baker **Janice Baldwin** Elmer Bauman Tana Beall John & Hope Bergren Joan Boehm Susan Bolduc Family Bill & Barbara Brown **Justin Buck** Karl & Pam Cartwright Tanya Charbonneau John & Debbie Chlebus Nell Clowder Linda Collier Debi Deimling Rinda Dunson Alan Flinn Nathan Foorman Edna Fross Corinne Gibson Nola Gosch Doran Gotschall & Family Private Steven Harris Ginger Hipszky Jake Hodnett Bill & Dorene Hulka

Irene Bev James Josh Jones Shirley Jones Ann Junk Jonas Kagarise Kyong Kelley The Family of Carlin Kielcheski Gaye Lynn Kielcheski Cindy Koger Kyle and Family Jesse Lawrence & Family The Lopez Family Susan Lundmark Ellv Mahler The Family of Sarah Marsh **Jim Matthews** Nick McKibben & Family Hugh McNeely Rangelee Meza Brandon Miller & Family Gwyn Miller Marilyn Miller & Family Larry & Lucille Moe Paul Moe Wilma Nicholaisen Sam Norton

Owen & Family Carol Palmen Jack & Judy Peterson Nathanael Price Darlene Radke Jeff Rapp Rondi Robbins Tess Rodriguez Emma Rogers Steve & Laurie Ross Rev Dr Stanley Satre Randy Schacht Craig Steensma Dorothy Selleck Gwen Stein Becky Sternal Michael Taylor Aaron & Cindi Thorson Bob VanDuyn & Karen Henderson-VanDuyn Matthew Stark Christine Welch Anna Wiese Jody Wilbur Sherry Wilson Greg & Carolyn Young Zoe Zambo

#### LUTHERAN FAMILY REFUGEE SERVICES CONTACT INFORMATION

General Inquiries 719.227.8899 - Jessica

Volunteer Opportunities 719.257.3706 - Britton

For Donation Inquiries Britton britton.varn@lfsrm.org

LFS does not accept clothing donations. LFS accepts household items – limits apply.

\*Donations by appointment only – no onsite drop-off at Peel House or at FLC office, please. LFS storage unit is offsite. Neither the LFS office nor FLC have storage for donations.



1515 N. CASCADE AVE., Colorado Springs, CO 80907 719.632.8836 **flccs.net** 

Church Office Hours are from 9 a.m. - 3 p.m., Monday - Friday.



FORD AMPHITHEATER TOUR 95 Spectrum Loop Tuesday, July 29 Leave FLC: 9:45 a.m. Tour is at 10:30 a.m.; Cost: FREE Lunch: Mountain Mike's Pizza - Pizza and Salad Bar Lunch Buffet, \$14.99 +\$1.00 soda Sign Up Deadline: Thursday, July 24, 2025

Hey OWLs – we are heading north again this month to the Ford Amphitheater!!

#### https://www.fordamphitheater.live/

We will be the **FIRST** tour the venue has ever granted!! Ford Amphitheater is an 8,000 person capacity high-quality open-air music concert venue that opened August 6, 2024. We look forward to viewing the regular seating area, the firepit area, and hopefully the behind the scenes area unseen to regular concert goers. We will then head just down the street to Mountain Mike's Pizza for a lunch buffet and for fellowship. The pizza chain is a long standing one of 45 years but is new to Colorado Springs. Please sign up by using the following link: <a href="https://bit.ly/44x34K7">https://bit.ly/44x34K7</a> or by calling FLC at 719.632.8836.

