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# CROSSROADS

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April, 2019 Volume 30, No. 4



Holy Cross Lutheran Church, 4500 Wadsworth Blvd. Wheat Ridge, CO 80033

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## Lent to Easter—and Beyond...

### The Week of the Fifth Sunday in Lent

April 7

Worship—8:15 & 10:45 a.m.

CrossWords Sermon Series: "It Is Finished!"

April 10—Mid-Week

Simple Supper (served 5:30-6:45 p.m.)

Soul Detox: Adult Lenten Study—6:00 p.m.

Mid-Week Worship: "Convicted"—7:00 p.m.  
(*"Obstruction of Justice"*)

### Holy Week

April 14—The Sunday of Palms & Passion

Worship—8:15 & 10:45 a.m.

(with Sunday School Kids Singing)

April 18—Maundy Thursday

Worship—7:00 p.m.

CrossWords Sermon Series: *"Into Your Hands"*

April 19—Good Friday

Worship—12:00 & 7:00 p.m.

April 21—Easter!

The Vigil of Easter/Sunrise—6:30 a.m.

Easter Continental Breakfast—7:00-9:30 a.m.

Worship—9:00 a.m.

Easter Egg Hunt—10:00 a.m.

Worship—10:30 a.m.

## EASTER BREAKFAST 2019

Please join us for Easter Breakfast at Holy Cross! A delicious continental breakfast will be served in Asel Hall on **Easter Sunday, April 21<sup>st</sup>** from **7:00 a.m.-9:30 a.m.**

No time to eat a bite before you leave home on Easter morning? No worries, come and enjoy some sweet treats and the fellowship of our Holy Cross members!



## ADULT EDUCATION

### April 7

- Session 15 of *Living the Questions: A Kingdom without Walls*. Facilitators are Steve & Ellen Robinson.
- Parent Forum; **ALL ARE WELCOME**. A speaker will be joining us from Ralston House Child Advocacy Center

### April 14

- Session 16 of *Living the Questions: Social Justice - Realizing God's Mission*. Facilitators are Steve & Janet Iona.

### April 21

- Enjoy one of the three Easter services! **NO** Sunday School or Adult Education

### April 28

- *EST Presents*: Laurie Daumeran "**Spaceship Earth: What Can We Do?**" Come and experience a fun, multi-media presentation of the environment using live music, powerful images and great storytelling. We've got one planet and it is experiencing unprecedented difficulties. This presentation reminds us of what we need to do to get back on course.

## YOUTH NEWS



- Youth Group Gathering- Service Project TBD - 4:00 p.m.-6:00 p.m.

**April 21st:**

- Easter Sunday: Egg Hunt - Come and help hide the eggs! - 9:00 a.m.-10:00 a.m.

**May 5th:**

- Youth Sunday - 7:45 a.m.-12:00 p.m.

**May 11th:**

- End of School Celebration - Boondocks in Parker, CO - 11:00 a.m.-4:00 p.m.

Have questions?

**Contact:**

Allison Schriver  
allisons@holycrosswheatridge.org



**Follow:**

Facebook: Holy Cross Youth Group  
Instagram: @holycrosswheatridgeyouth



**LENTEN SIMPLE SUPPERS**

Once again this year, ministry teams at Holy Cross will be hosting simple suppers on Wednesday nights during Lent. Suppers will begin on March 13th and will be served/hosted by a different group of ministry teams each week. We will begin serving at 5:30 and will continue food service until 6:45. Pastor will be offering a Lenten devotion from 6 to 7 with the Lenten service beginning at 7:15 p.m.

Please refer to the schedule below for the teams that will be hosting. There is a Simple Supper Notebook in the Narthex where you can sign up to bring a crock pot of soup, sandwiches for 15 people and/or to help with set-up and clean up. We need approximately 6 crocks of soup and 6 plates of sandwiches each week. It's always good to have at least one crock pot of chicken noodle soup for the kids.

**April 3:** Church Council, Council Ministry Team Members, and Staff

**Contacts:** Janet Iona, Joe Siemens, Scott Moore

**April 10:** All Worship and Music Groups

**Contacts:** Jeannine Bjarnason, Martha Lydick, Beth Lentendre, Nancy Bock and Susan Cicirello

**BLOOD PRESSURE CHECKS**

Blood pressure checks will occur on the following Sundays from 9:15-9:45 a.m.

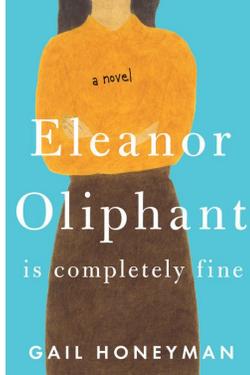
**April 14th**

**April 28th**



**HOLY CROSS BOOK GROUP**

The book group is reading *Eleanor Oliphant is Completely Fine* by Gail Honeyman for discussion on **May 5 after second service (at 11:45) in the Fireside Lounge**. This is the story of a quirky tightly-controlled fictional woman's journey from insecurity and social isolation to warm friendships and healing as she interacts with "the bumbling and deeply unhygienic IT guy from her office" and an elderly man they save on the street. All are welcome to join us on May 5. Our book for June is *The Day the World Came to Town: 9/11 in Gander, New*



*Foundland*" by Jim DeFede based on a true story.

Questions?

Contact [Annette.stott@gmail.com](mailto:Annette.stott@gmail.com) or [pat.siemens@gmail.com](mailto:pat.siemens@gmail.com)

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## PRAYER CHAIN GUIDELINES

Here at HolyCross we are so blessed to have a large, caring, loving and faithful church family.

We also have a Prayer Chain that gets sent out to those who have opted to receive information in order to provide extra prayers, strength and support for those in need. With that being said; there are a few guidelines to be followed in order to make the most of this wonderful example of the power of prayer:

- If sending a prayer request for someone other than yourself; **ALWAYS** make sure to have that individual's consent in regards to their name being submitted to the prayer chain and what information they would like to include.
- To respect all members of the prayer chain; any prayer chain requests will be sent out during week days from 8 a.m. to 8 p.m. and on weekends on a case to case basis.
- In order to protect privacy a prayer request may be published without a description or name. **NO** additional information shall be shared, unless that individual grants permission.
- Clear communication is key: Before submitting a prayer request please make sure to have any information clear and correct. We do not want to provide and information or details that may not be clear or correct.

Remember that there is no right or wrong way to pray! If you are interested in joining the Prayer Chain and receiving requests, please contact Kamila Hosaja at [office@holycrosswheatridge.org](mailto:office@holycrosswheatridge.org) or (303)423-5654



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## ENVIRONMENTAL STEWARDSHIP TEAM



### Earth Day 2019

*"In Nature, Nothing Exists Alone"*

Rachel Carson, 1962

By the early 1960's Americans were becoming aware of the effects of pollution on the environment. Rachel Carson's 1962 bestseller *"Silent Spring"* raised the specter of the dangerous effects of pesticides on America's countryside. Later in the decade, a 1969 fire on Cleveland's Cuyahoga River shed light on the problem of chemical waste disposal. Until that time protecting the planet's natural resources was not part of the national political agenda and the numbers of activists devoted to large-scale issues was minimal.

Earth Day was originally conceived by environmental activist John McConnell in 1969, but it was U.S. Senator Gaylord Nelson who founded it as an environmental teach-in on April 22, 1970. Many people consider this even the birth of the **"Going Green"** movement. Earth Day 1970 achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, city slickers and farmers, tycoons and labor leaders. Earth Day is credited with making the 1970's the "Environmental

Decade” by establishing the bulk of today’s environmental regulations through the passage of 28 pieces of legislation, including The Endangered Species Act, The Clean Air and Clean Water Acts, The Toxic Substances Control Act, The Establishment of the Environmental Protection Agency and more laws to protect natural resources and expand protections of the public lands. Earth Day is now a global event each year and it is believed that more than 1 billion people in 192 countries now take part in what is the largest civic-focused day of action in the world. Faith leaders connect Earth Day with protecting all of God’s creations. The Eco-Justice Ministries ([www.eco-justice.org](http://www.eco-justice.org)) has issued a statement titled “God’s Earth is Sacred: An Open Letter to Church and Society in the United States” saying that we are obliged to relate to Earth as God’s creation in ways that sustain life on the planet, provide for the basic needs of all human kind and increase justice. We are challenged to understand our responsibilities as a part of the human family that represents 5% of the world’s population and consumes 25% of the Earth’s riches; to integrate that understanding into our core beliefs and practices of what it means to be “church”, to be children of god and to advocate boldly with our leaders for the preservation of our planet and its inhabitants. Remember **“God so loved the world” (John 3:16)** – What did he give?

## GLOBAL HEALTH MINISTRIES LUNCHEON

The GHM Luncheon was a wonderful success, thank you to all of those who participated and a special thanks to Scott Lien for joining us and providing us with some wonderful information!





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## FOREVER YOUNG



**Wednesday, April 10th**  
**Noon**

You are invited to join us for some delicious Wishbone chicken! Please make sure to bring a hot side dish, salad or dessert for all to share! Enjoy a presentation on how to get your "ducks in a row". Natalie DeVille from Lutheran Family Services will be presenting information on how to make your own decision for care and support!

**Monday, April 29th**  
**9:45 am-3:30 pm**

**Cost: \$25-\$35**

**(depending on the number of participants)**

Join us in taking a five hour tour of the History of Colfax Avenue, the longest street in America (recorded at 36 miles). This tour includes a professional tour guide, restroom equipped bus and a stop for lunch (at your own expense). This tour is limited to 35 people so make sure you sign up ASAP! **Payment deadline is Sunday, April 21<sup>st</sup>.**



## **One Year To Live Men's Retreat Friday, April 26th-Sunday April 28th**

***Lutheran Men in Mission will hold the next One Year To Live retreat April 26-28 at Camp Santa Maria in Grant, Colorado.***

This is an opportunity to band together with other men and reflect on what has made you the person you are today, and where you want to be going forward. This has been a life changing experience for many participants, who then return to help staff future retreats and share the gift they have received. Please join us and invite someone along on this journey. [See Flyer Here](#). Curious?

**Contact Randy McNitt at [randymcnitt@comcast.net](mailto:randymcnitt@comcast.net)**

## **HEALTH CABINET**

### **SUNBURN**

Although the sun provides a welcome change from gray winter months, it can damage your skin and increase your risk of skin cancer. Symptoms of sunburn usually appear within a few hours after exposure, bringing pain, redness, swelling and occasional blistering. Because a large area is often exposed, a sunburn can cause headache, fever and fatigue.

#### **Prevention:**

- If you plan to be outside, avoid the hours of 10 a.m. to 3 p.m., when the sun's ultraviolet (UV) radiation is at its peak. Cover exposed areas, wear a broad-brimmed hat and use a sunscreen with a sun protection factor (SPF) of at least 15.
- Protect your eyes. Sunglasses that block 95 percent of UV radiation are adequate. But you may need lenses that block 99 percent if you spend long hours in the sun, have had cataract surgery or are taking a prescription medication that increases your sensitivity to UV radiation.



#### **Medical Help:**

If your sunburn begins to blister or you feel ill, see your physician. Oral cortisone such as prednisone is occasionally helpful.

#### **Caution:**

Sunburn many not slow you down too much, but a lifetime of overexposure to the sun's UV radiation can damage your skin and increase your risk for skin cancer. If you have severe sunburn or immediate complications (rash, itching or fever), contact your physician.

*From The Mayo Clinic - Guide To Self Care. Submitted by Ginny Hindley*

## **NOTES FROM THE LIBRARY Books, Movies and More Books!**

**Calling All Book Lovers and Movie Watchers - Become a Library Helper Today!**

Here's your chance to be the first one to see all the new materials as they come in, as well as being treated to a behind-the-scenes look at how a



library operates. If you would like to become a Library Helper, please let any of our Current Library Helpers know that you are interested. The time commitment for any of the positions is about an hour a month or less. Some of the many ways you can help out at the library are as follows:

**Adult Items Purchaser** (purchase adult books and media items)

**Cataloger** (input information about the new materials into the computer catalog)

**New Materials Preparer** (add spine tags, card pockets and HCLC stamp to each new item)

**Library Shelves Display Servicer** (change display books on the shelves and the magazines on the periodicals rack in the library)

**Narthex Display Cart Servicer** (change display on the cart in the Narthex

and write a short paragraph about it for the Crossroads newsletter)

**Personalized Position** (If none of the above positions or only parts of a position interest you, we would still love your help. Just let us know what you would like to do and we will help you create your very own position!)

### Our Current Library Helpers

We are very thankful for the assistance provided by our Current Library Helpers. If you would like to become a Library Helper, have any display ideas or book suggestions, are interested in helping with a possible book fair, or have any questions about the Library, please let any of the Current Library Helpers know.

**Coordinator:** Kerryn Francis, 303-423-8590 or [afkd79@hotmail.com](mailto:afkd79@hotmail.com)

**Shelvers:** Karen Knight and Paula Bunge

**Overdue Items Reminder:** Paula Bunge

**Children's Items Purchaser:** Alissa Plumley

### Narthex Cart and Library Displays

As you enter or leave church, be sure to check out the display on the cart in the Narthex as it is changed regularly throughout the year. Also, there are various books on display in the Library, as well as specific subject displays such as the current one for Caregivers. If you have any ideas for a display or book suggestions to include in a display, please let any of the Current Library Helpers know, so that your ideas and suggestions will be included in an upcoming display.

### How to Check Out/Return Items

If you see something on the Narthex Display Cart or in the Library itself that you simply can't put down, please take it home with you, but be sure to check it out by printing your name, phone number, and the date you're taking the item onto the card located in the pocket attached to the item. Once you've completed the card, please place the card in the holder on the side of the Display Cart or in the box located in the Library. When you are finished with the item, please return it to the red plastic container in the Library. You can check out 3 items at a time; books can be checked out for a month and movies for two weeks.

### Donations of Materials

The Library always welcomes any and all donations, particularly those with Christian, moral, and/or ethical themes. Some will be cataloged and added to the collection (currently over 3,000 items with over 300 DVDS) and others will be saved for a possible book fair. Simply leave all donations in the Library and we will make sure to utilize them in some way or other. Just be sure to check your donations for any keepsakes that you don't want donated by mistake!



## APRIL BIRTHDAYS

**1st** Rebecca Demers

**2nd** Doris Bensen, Stephani Hunter, Jaden List

**3rd** Brynn Dangerfield, Edward Fogle, Andrea Foss, Pamela Koerner

**4th** Georgia Kinning, Mary Kvamme, Hazel Rex

**6th** Martha Lydick, Kelsey Sheats

**7th** Janet Iona

**8th** Lucille Jones, Doris Swanson

**9th** Bill Fleming, Siena Gieck, Charles Lane

**10th** Kathy Chisholm, Karen Knight, Toni Newbill

**11th** Robyn Fisher, Isabel Osbahr, Daniel Ward

**12th** Susan Mernitz

**13th** Thea Hunter

**15th** Collin Evans, Allan Horton  
**16th** Dennis Draper, Sharon England, Wendell Lynch  
**17th** Luke Foss, Nick Hassman  
**18th** Allison Farr, Melissa Figurski, Chris Meza,  
Charles Powell  
**19th** James Mulvany, Quenton Sonnenfeld  
**20th** Eric Weichselbaumer  
**22nd** John Whisenand  
**23rd** Janice Ladd-Horkey, Amber McConnell,  
Esther Stacey  
**25th** Laura Aderman, Anne Kaspersen  
**26th** Ronald Foster, Claudia Harris, Evelyn Nelson  
**28th** Allison Siegel  
**29th** Michaela Armenta, Thomas Hemler, Nancy Jaegle  
**30th** Steve Josephy, Gail Lydick, Arlan Nimrod

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[Click Here For A Printable April Calendar](#)

[Yearly Calendar](#)

HOLY CROSS LUTHERAN CHURCH

*Rejoice* **Renew Reach Out**   
**Joining in God's Story**  
*As told by members of Holy Cross*