



May, 2019 Volume 30, No. 5



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

from the church council...

On March 28, the Church Council approved a 6-week Sabbatical for Pastor Ron Bock. A Sabbatical is understood to be a time of release from normal duties in order that a person may devote time to study and renewal. The sabbatical offers distinct benefits: It has considerable potential for renewing a person's ministry in a congregation and can enhance the congregation's sense of its mission.

Ordinarily, a pastor is not to couple sabbatical time away with vacation time. However, because Pastor Ron is not taking a full sabbatical (normally 12 weeks), the Church Council has made an exception to this rule, and is also granting Pastor Ron two vacation weeks following the 6-week Sabbatical, for a total of 8 weeks away. Pastor Ron will be gone June 17-August 12, 2019. The Council has determined that it is in the best interest of the congregation to have one consistent supply Pastor to serve the congregation during these 8 weeks; and Pastor Claire Cassell will be filling in for seven of the eight Sundays he is away, plus for pastoral emergencies, etc. Additionally, Scott Moore has committed to being present and able to cover all Administrative duties with the support of Church Council. Also, while we are excited to have a Seminary Intern coming to Holy Cross, her primary role is learning, especially in her first few months. While she will certainly participate in worship leadership, it is not appropriate for us to expect her to be the primary Pastor for the 8 weeks Pastor Ron is gone.

Sabbaticals are supported by The Evangelical Lutheran Church in America (ELCA) and is a part of our Employee Handbook. "Sabbaticals for 12 weeks (three months) may be granted a member of the Rostered Staff with full pay after he/she has served at Holy Cross Lutheran Church for six years full time in a Program Staff position" (*from the Employee Handbook, P. 15*). Pastor Ron has served Holy Cross Lutheran Church for almost nine years and has not taken a Sabbatical in that time.

Sabbaticals contain three elements: one-part total rest and relaxation, one-part learning for the sake of learning, and one-part learning that will directly benefit the congregation.

For rest and relaxation, Pastor Ron and Nancy will be spending a portion of the vacation and rest time traveling. They will also travel to be with their daughter upon the birth of her first child (and Pastor Ron and Nancy's first grandchild) this summer.

For learning for the sake of personal learning, Pastor Ron plans to explore opportunities for spiritual growth, as well as do some long-range personal goal setting and planning.

For learning for the benefit of the congregation, Pastor Ron will do some study on the topic of *transformation*. From Pastor Ron's proposal: "*We all know that we are living in a time of disruptive change—including, and maybe especially, in the church. How do we be "church" in a*

society that has become and is becoming decidedly “unChristian?” Where is God already at work transforming the church? What does faith formation look like in the 21st century? How do we get from where we are now to a more hopeful future? What innovations will we need to consider to make the church more ‘light on its feet’ and responsive?” Pastor Ron will attend the *Faith Innovation Summit*, sponsored by Luther Seminary toward the end of July. What Pastor Ron hopes will result from this experience will be a plan for how needed transformation might occur at Holy Cross. Pastor Ron has committed to reporting on this learning to the Church Council upon his return in August; and to the congregation as plans unfold.

We invite you to pray, both for Pastor Ron and for Holy Cross, during this “adventure” that we may all grow in our faith and learning.

- The Church Council

YOUTH NEWS



May 5th:

- Youth Sunday; ALL are welcome!

May 19th:

- Senior Sunday! Come celebrate our graduating seniors in the fireside lounge during coffee hour. We are so proud of all they have accomplished; all are invited to celebrate!

June 7th-9th:

- Sky Ranch Work Weekend is open for all families who would like to participate. Please sign up on the youth and family ministry board in the Ministry Hall, if you are interested. More information to come!

Class of 2019



Congratulations to our 2019 High School Graduates!

Grace Piphó
Kira Bandimere
Derek Graves
Bryce Holden
Lacey Armenta

May God's blessing follow you all as you find new journeys to travel.
May you walk safely along the pathways of your dreams.
May his gentle hand guide the decisions you will make and the passions that you follow.
May your hearts and lives always reflect his love and truth.
And may hope be a light within you that you carry into each new day.

Have questions?

Contact:

Allison Schriver
allisons@holycrosswheatridge.org



Follow:

Facebook: Holy Cross Youth Group
Instagram: @holycrosswheatridgeyouth

BLOOD PRESSURE CHECKS

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

MAY 26th



HOLY CROSS SPRING GOLF OUTING

**Monday, May 20th
Noon**

Join us for a round of golf at Westwoods followed by a barbecue at Larry Fike's home (6659 Kendrick Dr. Arvada, CO). The cost (including the barbecue) is \$52; if you choose to attend the barbecue only, the cost is \$8 per person.

For more information please call Brian Rich at (303)421-0628.

Please return registration and payment to Brian, no later than noon on Sunday May 12th.

NAME: _____

PHONE: _____

REQUESTED CARD PARTNER: _____

NUMBER OF PEOPLE ATTENDING BBQ: _____

Please Make Checks Payable To Brian Rich

THANK YOU

I would like to thank all those in my Holy Cross family who prayed for me, sent cards, called and those who wished me well as I dealt with my recent bout with shingles. All were much appreciated.

-Martha Lydick



UPCOMING CROSSROADS

Just a quick reminder that there will only be **ONE** published Crossroads for June, July and August. If you have any submissions for those three months, please make sure to get them to Kamila at office@holycrosswheatridge.org, by **May 15th**.

Thank You!

ENVIRONMENTAL STEWARDSHIP TEAM



Approach to Earth Friendlier Lawn Care

Fertilizers are often used to maintain and improve landscape beauty and quality. However, use of lawn and garden fertilizers also causes concern about pollution of lakes and groundwater. Follow these tips to reduce the potential for water pollution from fertilizers:

- *Before fertilizing, have your soil tested.* If there is already a sufficient amount of phosphorus or nitrogen in the soil, any excess will be washed away by rain or sprinklers and ends up in streams, lakes and rivers through the sewer system.
- *Follow label instructions* carefully and apply the recommended amount.
- *Apply fertilizers at the right time.* Grass has a growth cycle - adding fertilizer during dormancy will not have any benefit. In general, fertilize in the spring and fall in cool climates, and early and late summer in warm climates.
- *Do not overwater lawns and garden.* Use a soaker hose to reduce overwatering that carries away fertilizers that would otherwise enrich lawns and gardens.
- Don't apply fertilizer before windy or rainy days or close to waterways.
- Consider using an *organic fertilizer or use other natural products* as fertilization or herbicides.

- Grow *native plants and grasses* that are adapted to the natural conditions in your yard.
- *Mow high*: Grass that is about 3 inches tall shades out weed seeds, grows deeper roots, and better absorbs and filters rainfall.
- *Mulch clippings*: For a naturally healthy lawn, try mulching your lawn clippings, either by using a mulching mower or by leaving the clippings on the lawn. The extra organic material helps your lawn retain moisture and provides nutrients back to the grass as free fertilizer. You can also mulch leaves that fall on your lawn using your lawn mower. Leaves will break down over the winter and enrich the soil, saving you money on fertilizer next year.

Submitted by Susan Walker

Holy Cross Lutheran Church Blessing of the Animals



Please join us at **3pm on Sunday May 19th** for a **Holy Cross Blessing of the Animals**. The congregation, friends, family and beloved pets will meet in the parking lot right outside of the church for a short service focusing on our love of God's animal kingdom and all the creatures in it. Bring your cats, dogs, guinea pigs, full sized pigs, bunnies, birds, ferrets, etc. to the blessing! No household pet? No problem – bring your favorite stuffed animal! Or just come and enjoy everyone else's animal friends.

All humans and animals are welcome!



Ladies Luncheon

Amicitia Circle cordially invites you to a
SPRING LUNCHEON
Saturday, May 18th
"With A Song In Your Heart"
Bev Fernald, daughter & granddaughter
will be singing.
Come and enjoy!
Please sign up in the Narthex .

Pay at the door:
\$10 for adults,
\$5 for ladies 12 and under.



ACTION CENTER FOOD DONATIONS

Although winter is past, hunger comes in every season. Please remember to continue to support The Action Center as they feed those in need, with food or monetary contributions.
THANK YOU!

HEALTH CABINET

Mental Health Awareness Month

May is Mental Health Awareness Month, the focus of which is a dream of a community in which people with mental illness are empowered to believe in themselves, a community in which there is no stigma, no lack of resources, and no barriers to mental health care and recovery.

Facts: 1 in 5 Coloradans need mental health services each year. Even though mental health disorders do respond to treatment, (our youngest son who has Schizophrenia and is doing well is a great example) 2/3 of all people with diagnosable mental disorders do not get treatment partially because of lack of resources and the stigma that's attached to having a mental illness.

Outside of professional help for those suffering with having a mental illness, there are some "tools" that individuals can use to foster well being for themselves.



Mary Ellen Copeland, PhD/author/educator/mental health advocate, in her publications that talk about WRAP (Wellness Recovery Action Plan) - "A self-designed prevention and wellness process that anyone can use to get well, stay well, and make their life the way they want it to be," shares tools that can be of help for all of us, some of which are:

- Get good rest as you are able
- Keep a journal
- Exercise
- Attend a support group
- Surround yourself with people who are positive, affirming, supportive, loving
- Make a list of your accomplishments
- Do something special for someone
- Do something that makes you laugh
- Take a warm, relaxing bath
- Repeat positive affirmations
- Pray, trusting in God's promises to always be with you

May together we envision a future when everyone with a mental illness will recover, a future when mental illnesses can and will be prevented or cured.

Submitted from the Health Cabinet by Voanne Bertelsen

FOREVER YOUNG



May Barbecue **Wednesday, May 8th** **Noon**

Please join us for a delicious BBQ to kick off the summer season fun! Our main dish will be provided from Dickie's Barbecue, however please bring your favorite BBQ/Picnic sides, salads or summer desserts to share and enjoy with everyone. Jim's Magic Traveling Show will be our entertainment and trust us, you don't want to miss any tricks that may be up those sleeves! Please sign up by Sunday, May 5th.

Tour of Budweiser

Date TBD (a week day the last half of June)

Join us as we travel to Fort Collins to tour the Budweiser brewery and enjoy lunch in their Bier Garten! Sign up ASAP to reserve your spots!



REMINDER: With the busy schedule of holidays, weddings and graduations in May we **DO NOT** have an activity scheduled.



YARN BANK

Thanks to all of the generous donations, the Yarn Bank at Holy Cross is full; over filled if you will! We are so thankful to all those who donated and we would like to share our donations with those who would like! Make sure to check out the Yarn Bank the next time you're at church, just in case you'd like some fresh supplies for your next, exciting knitting project!

MAY BIRTHDAYS

1st Mary Kellermann-Bryant, Martin Pipho
2nd Anne Holmstrom, Michelle Rana



3rd John Warbiany
4th Barbara Buecher, Rodney Holden,
Jonathan Narracci, Kylie Shepherd, Grant Wiemers,
Joseph Zwiener
5th Rick Skaflen, Rebecca Weiss
6th Betty Buerger, Lilaneah Root, Kathryn Ziemer
7th Taylor Foss, Peter Van Cleave
8th Craig Fisher, Derek Graves, Lynn Watson
9th Michael Massa, Kennan Narracci, Sarah Vaughn
11th Tom Guinn, Baily Jenkins, Jackson Jenkins,
Sean Montes
12th Keri Abegg, James Kerns
13th Karen DeJean
14th Daniel Letendre, Megan Patnott, Doug Sternberg
15th Jill Figurski, Will Robinson
16th Adam Huck, Danielle Russell
18th Connor Knutson, Janice Mulvany
20th John Eule, Richard Krebs
21st Roxie Pipho
22nd Annabelle McConnell
23rd Matt McGregor, Grace Pipho
24th Nancy Bock, Roger Kaspersen, Bonnie Peterson
25th Raymond Bjarnason, Duane Chesley, C.J. Hawk,
Faith Pelkey
26th Holly Denning, Lyndon Grell
28th Susan Hammermeister
29th Bryce Holden, Mickey Poppitz, Annette Stott

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

[Yearly Calendar](#)

HOLY CROSS LUTHERAN CHURCH

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