

**StyiFirst United
Methodist Church
of Fort Lupton
306 Park Ave., Fort
Lupton, CO 80621
303-857-2257
9.17.26**

Staying in Touch

→
First United
Methodist Church
of Fort Lupton

Email - office@fumc-fortlupton.org

Website - www.fumc-fortlupton.org



Message “The Sound of Music” Mike Wilbur

Scripture: 2 Chronicles 5:11-14

The priests then withdrew from the Holy Place. All the priests who were there had consecrated themselves, regardless of their divisions. All the Levites who were musicians—Asaph, Heman, Jeduthun and their sons and relatives—stood on the east side of the altar, dressed in fine linen and playing cymbals, harps and lyres. They were accompanied by 120 priests sounding trumpets. The trumpeters and musicians joined in unison to give praise and thanks to the LORD. Accompanied by trumpets, cymbals and other instruments, the singers raised their voices in praise to the LORD and sang: “He is good; his love endures forever.” Then the temple of the LORD was filled with the cloud, and the priests could not perform their service because of the cloud, for the glory of the LORD filled the temple of God.

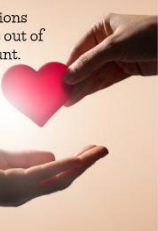


WAYS TO SUPPORT OUR CHURCH

NO HASSLE GIVING

Have your donations automatically come out of your bank account.

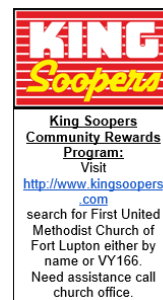
Contact Church Office or Church Treasurer for information



Safeway cards -available downstairs after worship



[DONATE TO THE CHURCH ONLINE.](#)



What's Happening

9.26.26 1:00 pm

Many Blessings Open House

9.27.26 7:00 pm

Administrative Board Meeting

Wednesdays

9:30 am

Wednesday Bible Study

7:00 pm

Choir

Fridays

5:30 – 6:30 pm

Youth Group



**We now have a lock on the dumpster.
The code is 2011.**

Jan. 1 - July 31, 2026 Financial Update	
Income	\$ 111,311.57
Expenses	\$ 116,178.84
Revenue/(Loss)	\$ (4,867.27)

*Income includes \$9000 interest from Endowment

Gwen Ceretto – so many to thank. Praises for our wonderful church family. What a truly celebratory weekend. Thank you to everyone who helped represent our church in the Trapper Days parade, from donating candy, to walking in the parade, driving the van, riding along, and waving as we passed by. Your participation made our presence joyful and meaningful.

On Sunday, we continued the celebration with a Luau. A heartfelt thank-you to the organizers, Mariann Johnston and Jennifer Norby, and to all the many hands who helped make it a special time for our church family to come together.

It was a beautiful way to honor our volunteers, staff, and all our brothers and sisters in Christ and I am so honored to be part of this church family. Thank you all.



ADULT SUNDAY SCHOOL STARTS SUNDAY, 10.4.26

ADULT SUNDAY SCHOOL
MEETS IN SMALL CONFERENCE
ROOM.

*Facilitator - Marty
McDermott*

YOUNG AT HEARTS
MEETS IN LARGE CONFERENCE
ROOM.

*Facilitator - Michelle
Bettger*



MARK YOUR
CALENDARS

First United Methodist Church of Fort Lupton

Ad Board Meeting

All are welcome.

meet in the dining
hall

Monday, 9.28.26
7:00 pm

MANY BLESSINGS CHILDCARE CENTER

*Join the
CELEBRATION!*

38 WONDERFUL YEARS

As of August 31st, Many Blessings Child Care Center will be closing its doors. Since 1988, this little center has been a place where children were loved, nurtured, encouraged, and celebrated. For OVER 30 years, Many Blessings has been a second home to countless families, a place filled with laughter, learning, and the kind of care that stays with you for a lifetime.

We would love to come together to celebrate this remarkable establishment and the legacy it leaves behind.

**WHEN:
SATURDAY, 9.26.26
TIME: 1:00 - 3:00 PM
WHERE: 306 PARK AVE.,
FORT LUPTON**



United Methodist Church Mission Team Fundraiser Made with AI

Cake Decorating

WORKSHOP



★ ★ ★ ★ **Fun for All Ages!** ★ ★ ★ ★

 Hands-On Decorating Tips

 All Supplies Included

 Take Home Your Own Cake!

Wear Clothes You Don't Mind Getting Dirty!

\$25 Per Person • Limited to 21 Spots!

 Sunday, October 18 • 3:00 PM

 306 S Park Ave, Fort Lupton, CO

Sign Up Today!

Call Amy Wilbur

 **303-931-1319**

 a.wilbur77@yahoo.com





Gwen will be working on a new directory. If you want to be included, please complete the form and return it to the church office by September 25th.

First United Methodist Church Contact Information

Name(s): _____

Household Members (optional): _____

Address: _____

City/State/ZIP: _____

Phone: _____ ☐ Mobile ☐ Home

☐ OK to include in directory ☐ Staff use only

Email: _____ ☐ OK to include in directory ☐ Staff use only

Photo

☐ I will upload/attach a photo

☐ No photo in directory, please

Celebrations (Optional)

Birthdays: _____

Anniversary: _____

☐ OK to include in newsletter ☐ Staff use only

Interests & Involvement (Optional)

Ministry interests: _____

Skills or gifts I'd like to share: _____

Care & Prayer (Optional)

Prayer requests: ☐ Public prayer list ☐ Pastoral staff only

Privacy & Permission

☐ I give permission for the information I selected to appear in:

☐ Printed directory, (Newsletter – Staying in Touch/Web page)

☐ Please do NOT share my information publicly; staff use only

Signature: _____ Date: _____



Fill Us with Laughter

Psalms 126 (NRSV)

¹ When the Lord restored the fortunes of Zion,^[a] we were like those who dream.

² Then our mouth was filled with laughter and our tongue with shouts of joy; then it was said among the nations,

"The Lord has done great things for them."

³ The Lord has done great things for us, and we rejoiced.

⁴ Restore our fortunes, O Lord, like the watercourses in the Negeb.

⁵ May those who sow in tears reap with shouts of joy.

⁶ Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.

John 12:1-8 (NRSV)

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. ² There they gave a dinner for him. Martha served, and Lazarus was one of those reclining with him. ³ Mary took a pound of costly perfume made of pure nard, anointed Jesus's feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. ⁴ But Judas Iscariot, one of his disciples (the one who was about to betray him), said, "Why was this perfume not sold for three hundred denarii and the money given to the poor?" ⁶ (He said this not because he cared about the poor but because he was a thief; he kept the common purse and used to steal what was put into it.) ⁷ Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial." ⁸ You always have the poor with you, but you do not always have me."

Author, speaker, and host of the beloved radio show *Prairie Home Companion*, Garrison Keillor, had a few things to say about Methodists. Here is some of what he wrote:

- * Methodists believe in prayer, but would practically die if asked to pray out loud.
- * Methodists like to sing, except when confronted with a new hymn or a hymn with more than four stanzas.
- * Methodists believe their pastors will visit them in the hospital, even if they don't notify them that they are there.
- * Methodists usually follow the official liturgy and will feel it is their way of suffering for their sins.
- * Methodists believe in miracles and even expect miracles, especially during their stewardship visitation programs or when passing the plate.
- * Methodists think that the Bible forbids them from crossing the aisle while passing the peace.
- * Methodists drink coffee as if it were the Third Sacrament.

It's good to laugh at ourselves. We can take ourselves too seriously. It's good to laugh, period. Laughter is the best medicine, as they say. And there might be truth to that...here is some information about the health benefits of laughter from the Mayo Clinic:

- * Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- * Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.
- * Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.

* Laughter may ease pain by causing the body to produce its own natural painkillers.

I wonder though if forced laughter has the same effects. Does your body know if you really mean it or not? It seems like when you need laughter the most is when you are having a hard time finding what there is to laugh about, right? Whether you are grieving the loss of someone, dealing with a difficult diagnosis and health issue, worried about the church and/or the nation...I know there are quite a few of you here who can relate to this. A desire to laugh, even if the current situation doesn't lend itself to laughter. What I hear in the scriptures today is permission to feel good even when things aren't okay.

Both of the scriptures speak about celebrating in the midst of difficulty. Not that the difficulty is over. In Psalm 126, the people have come through hard times but they are not over. The psalmist speaks about recalling the times God has been good to them so that they are filled with joy at the memories and celebrate with gratitude. When the psalmist cries "restore our fortune", perhaps this isn't about material fortune, or victory over enemies. But it's really about restoring our ability to hope and dream and laugh and enjoy life. And that can be done regardless of the circumstances. Perhaps what we are begging for, praying for, is the ability to laugh again, to hope again. Living as a person of hope and joy is claiming a fortune no lottery can award. Restore our fortunes, O Lord. Fill our mouths with laughter and our tongues with shouts of joy.

There is another part to this psalm though. There is a promise of a brighter tomorrow: those who go out to plant, even though they cry as they do so, will rejoice come harvest time. Sometimes we get so wrapped up in the seriousness of our situations, the struggle and brokenness that we are overwhelmed by the tears with which we sow and we can't imagine reaping, let alone shouting for joy as we do it. Sometimes we wonder if what we do will even make a difference. This is why I love the image of sowing seeds with tears of grief in my eyes, and the assurance that I will get to joyfully harvest the produce. But I might not be the one to harvest. The hymn Harvest Time, lovingly known as the Brother Van song in the Mountain Sky Conference, contains lyrics based on this Psalm. And one of the verses says, "another may reap what in springtime I've planted, another rejoice in the fruit of my pain." But the overall tone of the hymn is joyful, as the lyrics state that the tears of the sower and the joy of the reaper will mingle together. Even if we do not ourselves see the fruits of our labor, we can rejoice that God is tending to the seeds that we plant and that there will be fruit.

This psalm is not about stopping the work to wait for good times to return. The sowers still go into the field to sow seeds, even amidst the tears. They have to sow seeds, or there will not be a harvest. But the fact that there are seeds to sow is itself cause for gratitude. Today we are celebrating the volunteers and staff of this church. We are celebrating the work that has been done, the ministries of this church that have blessed people in this community and beyond. And later this month, there will be another celebration for Many Blessings. Yes, this ministry has closed, and this causes grief, certainly. But I think of how many years of ministry it has provided, how many children and families have been blessed by it. I also think of the servants who have given of themselves from what God has given to them to sustain Many Blessings over the years. And I can't help but give thanks to God! Like I talked about in the past few sermons, there is a season for everything, and there is an ending to all seasons. Ministries have a life cycle too. And it is okay to grieve when a ministry comes to an end, in fact that's how you know it was a fruitful one. But we can celebrate the fruit at the same time.

Serving alongside one another brings joy. At a recent Ad Board meeting, someone said "church should be fun." Yes! I know church can be hard work, and sometimes we cry together. But we also get to laugh together. There is still work to do in this church, and there are people to do it. There are people who have been working hard and preparing a way forward, and they would love help. And I am grateful to these servants, and would love for them to have more help. But more importantly than that reason, I also know that no church can go forward without the people of the church being invested in it. To work together for a common cause of building up a mission station that reaches people and gives them the body of Christ is work to celebrate. Thanks be to God that we have seeds to sow.

Pausing to remember where God has been and still is can refill our cups. What goodness is within reach? What testimony can we give to redemption, rescue, and hope? Recognizing the value, the worth of what is right in front of us is part of this testimony and remembering.

Judas couldn't recognize this. In the passage from John, Judas witnessed extravagant love, and he doesn't understand it. He dismisses it. He says he is concerned with the cost of the oil, he doesn't see the value of Jesus the way Mary does. Mary is at Jesus' feet once again, but this time rather than listening to his teachings she is showing extravagant, abundant love...anointing him with very rare and costly oil, humbling herself to wash his feet with her hair. Not long after this act of humility and love, Jesus washes his disciples' feet. Including Judas. But Judas walks away.

He receives the same abundant love as all the other disciples, but he betrays Jesus. It's another instance where Judas does not appreciate the value of what Jesus offers. He throws away what he has been given.

Sometimes you only recognize the value of someone or something when it is gone. It is a blessing to be able to see this in the moment. When hope seems lost, when the difficulty of the present overshadows all else, this is the time to embrace the gifts of the moment. Who else was at the table with Jesus? Lazarus. Not long before this scene, they were all grieving his death. His presence is cause for celebration. You can probably call to mind people in your life who seemed lost for good. Or maybe you yourself thought you were lost for good. And then, life was restored.

Shortly after this scene, they will all be grieving Jesus's death. And Jesus knows this. His enigmatic words "You will always have the poor but you will not always have me" are often taken to mean we can ignore the needs of the poor because they will always exist and there's nothing we can do about it. But does that thinking really line up with all of Jesus's teachings and ministry? No. Rather, what if Jesus here is saying that the work will always be there; we need to continue to care for the poor and the vulnerable. And to do so, we need to take a break from the work to rest, and we need to delight in Jesus as Mary does, and just spend time with him. Valuing, appreciating him. Appreciating the present moment and what is there in front of us.

So, what have you overcome for which you can give thanks today? How has God rescued you and given you the space and the breath to laugh again, to see beauty and wonder in the world around you? Suffering limits our vision; redemption raises our vision.

Anne Lamott is an author that I turn to when I realize that I have been too serious lately. She has written humorous books of her own memoirs and life lessons, weaving in reflections of her own Christian faith. I got to see her in person at the Tattered Cover in Denver that doesn't exist anymore, and she's as funny in person as she is in writing. She had a very hard young adult life, and found Christ in recovery from addiction. She has done a lot of work on herself in her lifetime, and fortunately for the rest of us she not only shares her testimony of redemption, she does so in very clever and funny words. I have noticed that people who have experienced things that many people can only imagine are sometimes the ones who live the most joyfully, because every day is an opportunity to remember God's redemption.

Here are some quotes of Anne Lamott's about laughter. First, she wrote that "Laughter is carbonated holiness." She also wrote, "I think joy and sweetness and affection are a spiritual path. We're here to know God, to love and serve God, and to be blown away by the beauty and miracle of nature. You just have to get rid of so much baggage to be light enough to dance, to sing, to play. You don't have time to carry grudges; you don't have time to cling to the need to be right." And lastly, she said "Rest and laughter are the most spiritual and subversive acts of all."

So, I will leave you with this...While teaching children about world religions, a teacher asked her students to bring a symbol of their family's faith to class.

The next day, she asked each student to come forward and share the symbol with the class.

The 1st child said, "I'm Muslim, and this is my prayer rug."

The 2nd child said, "I'm Jewish, and this is my family's menorah."

The 3rd child said, "I'm Roman Catholic, and this is my Mom's rosary."

The 4th child said, "I'm Greek Orthodox, and this is an icon of my patron saint." The 5th child said, "I'm a Methodist, and this is my casserole dish."

Prayer:

God of abundant life, fill us with laughter. Help us to, rest, slow down, and delight in you. When life fills us with tension, help us to see the goodness that is still there and the seeds we still have to sow. And when we roll up our sleeves again, may we get to work knowing that even if we don't see it now, there is cause to celebrate. Thank you, Christ, for being our hope and joy.

Carol's Corner
By Carol McDermott

I think this past week's weather was beautiful and Trappers (Tomato) Day was awesome. It was a great time for the parade that featured our own Mariann Johnston as the Grand Marshall. Members and friends of our church also walked the parade route to help get our church recognized. Thanks for all who participated! Today's service was a continuation of that positive feeling in the church family. Rebecca DeLaVega had the Children's sermon and asked the kids about cliques, if they've ever felt excluded from a group for one reason or another. Some of them even had the names of groups, like "Barbies", or "Jocks". She said how hurtful groups like that can be and encouraged them to be the friend everyone could count on. It was such a good reminder to all of us to be inclusionary and not exclusionary! Gwen Ceretto played a video of our church in action with beautiful music in the background. It was very sweet and a reminder of all the things different church family members do every day.

Pastor Lee's sermon was titled, "Fill Us With Laughter" and the scriptures were from Psalm 126 and John 12:1-8. She cited some quotes from Garrison Keillor's program "Prairie Home Companion". One of my favorites was "Methodists believe their pastors will visit them in the hospital, even if they don't notify them that they are there". Listen to the service on line to hear the rest! She went on to say that "Laughter is the best medicine." Mayo Clinic recognizes the health benefits of laughter, including "enhancing your intake of oxygen rich air, stimulating your heart, lungs, and muscles, and increasing the endorphins that are released in your brain". There are additional benefits that should help us appreciate the more comical side of life as we go along. She said the scripture passages speak about celebrating in the midst of difficulty, even when the difficulty is not over. I remember when my brother, Scott was dying in the hospital, we shared story after story of treasured memories, many funny and it was like a soothing balm on a painful wound. Pastor pointed out that in our Psalms passage, it speaks of sowing seeds with tears in our eyes as we anticipate a harvest eventually. The book of Habakkuk 3:17-18 says, "Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God, my Savior." What a testimony of acknowledging that where God has been and still is can refill our cups with joy. As we move through this season which leads to Thanksgiving, let's be mindful of God's grace and gifts to us each day in every way. Let's put a real smile on our faces as we greet those God puts in our paths and let them know that God is good all the time. Have a joyful week!

Pics to E njoy!

Sunday Worship



Praise Team warming up.

Rebecca delivering Children's Time.



Prayer:

God of abundant life, fill us with laughter. Help us to, rest, slow down, and delight in you. When life fills us with tension, help us to see the goodness that is still there and the seeds we still have to sow. And when we roll up our sleeves again, may we get to work knowing that even if we don't see it now, there is cause to celebrate. Thank you, Christ, for being our hope and joy

Thank you Norby's for yard clean-up at the parsonage.



Trapper Days Fun



**Mariann as the Grand Marshal
– congrats!**

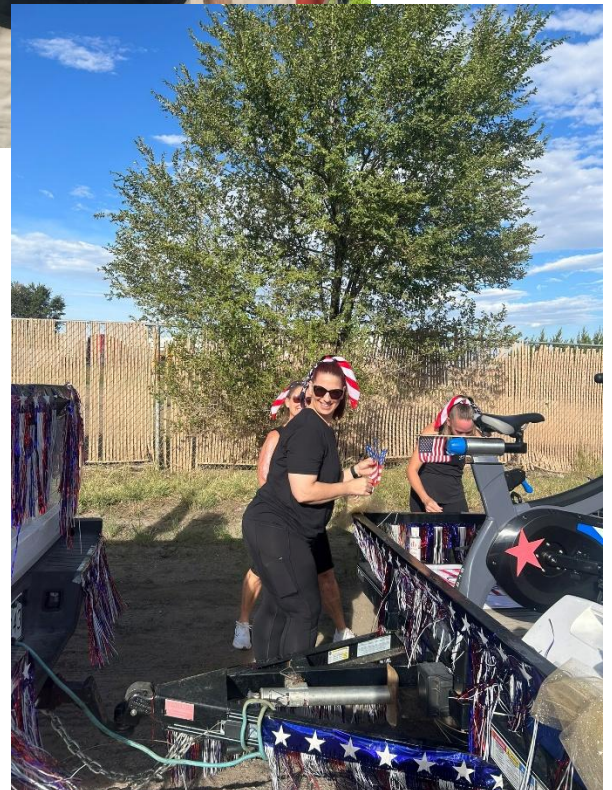




Some of our Youth



Community having fun!



Aloha Sunday

Thank you Mariann and Jennfier













