First United Methodist Church of Fort Lupton
306 Park Ave., Fort Lupton, CO 80621
303-857-2257
10.15.26

Staying in Touch

→ First United Methodist Church of Fort Lupton

Email - office@fumc-fortlupton.org **Website -** www.fumc-fortlupton.org



Message "Cup of Hope"

Scripture:

Galatians 6:2 "Carry each other's burdens, and in this way, you will fulfill the law of Christ.







WAYS TO SUPPORT OUR CHURCH



Safeway cards -available downstairs after worship

SAFEWAY

Endowments

DONATE TO THE CHURCH ONLINE.

King Soopers Community Rewards Program:
Visit http://www.kingsoopers.com search for First United Methodist Church of Fort Lupton either by name or VY166. Need assistance call church office.

What's Happening

10.18.26	3:00 pm	Cake Decorating with Amy
10.25.26	9:00 am	Hallelujah Sunday
10.26.26	6:00 pm	Mission Congregational Care Meeting
	7:00 pm	Administrative Board Meeting
11.2.26	6:00 pm	UMW Meeting
11.3.26	12:00 pm	Worship Planning

Mondays
10:00 am Cup of Hope – small conference room

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 - Aug 31, 2026 Financial Update	
*Income	$ 149,113.18
Expenses	$ 127,865.37
Revenue/(Loss)	$ 21,247.81

*Income includes $9,000 interest from Endowment

* Income includes $30,000 principal from CD



THANK YOU

Dear church family, the surprise in worship on Sunday to celebrate my birthday and pastor appreciation month left me speechless. When I got home and read the cards, I still had no words. I am truly grateful for your care and support! You make it easy to love you all as a church. These first 3 months have been incredible, as I have gotten to work alongside you, share laughter and tears, and feel as though I have been here all along. Thank you for welcoming me in the ways that you have. God is good, and I look forward to what's ahead!
In Christ's love, Pastor Lee


United Methodist Church Mission Team Fu
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


Hallelujah Sunday
Sunday, October 25th
9:00 am
Followed by a Fellowship Feast with all the fixin's
Western attire if you choose, so dust off yer boots.


First United Methodit Church of Fort Lupton
Ad Board Meeting
All are welcome.
meet in the dining hall
Monday, 10.26.26
7:00 pm

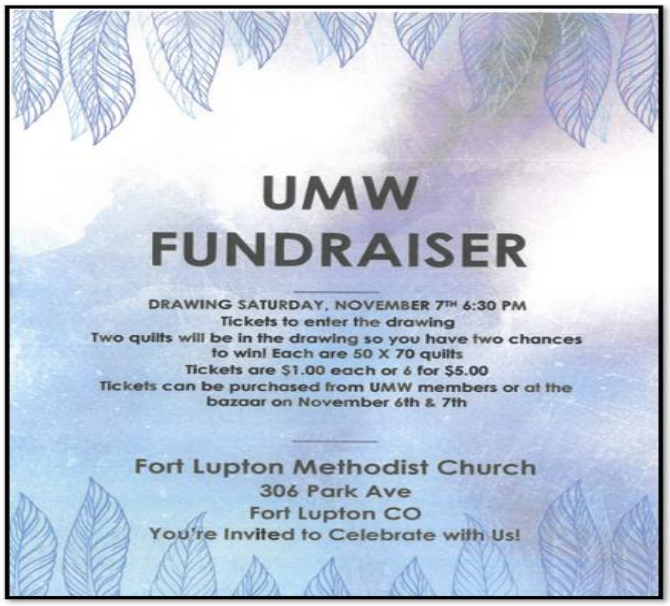


UMW Silent Auction and Bake Sale

Nov 6 & 7, 2026

We are in need of silent auction items

We are having a silent auction this year and would like to ask for donations. Gift baskets, homemade items, loved items that you would be willing to donate. We will also need baked goods and food items. Please call Kathy 303-229-2197 if you have items. I will pick them up! Or bring them to the church by the 1st. I will need all items by November 1st.



Two Chances for Two Quilts







Shoeboxes Available in Cry Room.

Dedication Sunday will be11.15.26.

Friday, October 16th, 2026
5:00 p.m. - 7:00 p.m.
St Williams Catholic Church
1025 Fulton Ave, Fort Lupton, CO 80621

Ft. Lupton Council 4732





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.

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: _____

Pastor's Page **Rev. Lee Anderson-Harris**



Back to School with Wesley: Practicum

Micah 6:8 (NRSV)

Galatians 5:22-26 (CEB)

In last week's sermon, I mentioned the 3 General Rules of the early Methodist movement: practice the ordinances of God, which is translated as stay in love with God by Bishop Rueben Job, Do No Harm and Do Good. It is these that guide Methodist thought in terms of what we do in the world as a result of our faith. And Wesley emphasized living out our faith, not just possessing faith. Engaging in spiritual disciplines or practices can keep you in love with God, a God who first loved you. And who, in this love for you, draws you in, offers free grace. And in return, we say thank you, from the heart and with our life.

For this final sermon in Back to School with Wesley, I will be talking about taking what we have received and putting faith into action. When earning a degree, this part of the education and training process is called practicum, or practicing, *doing* what you have learned to do. Wesley believed strongly that actions have a central place in the discipleship journey. Our deeds do not determine whether or not we receive God's grace and love. They are a response to receiving that grace and love. It is a show of gratitude. It is evidence that the Holy Spirit is at work within us. But even more than that, our own acts of mercy, kindness, and love open the door for God's continued work within us. Wesley wrote "God does not continue to act upon the soul unless the soul re-acts upon God….He first loves us, and manifests himself unto us…He will not continue to breathe into our soul unless our soul breathes toward him again." And while prayer and other personal practices are ways that we breathe back toward God, our actions toward others are also ways we do this. A good example of how we can be transformed by the Spirit through our works is similar to what I often hear from people who serve unhoused people in some way…and that is, that their life is richer for it. They first chose to give of themselves. But then they find that they receive as much as they give.

Wesley also said "…the gospel of Christ knows of no religion but social; no holiness but social holiness. 'Faith working by love' is the length and breadth and depth and height of Christian perfection." In Wesley's time, some Protestants made a sharp distinction between Old Testament law and the New Testament gospel. But Wesley saw no discontinuity between Old and New Testament. He felt that the good news of Jesus Christ and the free grace that Paul spoke of had definite ethical demands. He saw that Jesus's actions and teachings about love of neighbor was a direct link to the same teachings of the Hebrew Bible.

I have mentioned Bishop Rueben Job already, as he has written a lot about living the Wesleyan way. About "doing no harm," Job wrote "Each of us knows of groups that are locked in conflict, sometimes over profound issues and sometimes over issues that are just plain silly. But the conflict is real, the divisions deep, and the consequences can often be devastating. If, however, all who are involved can agree to do no harm, the *climate* in which the conflict is going on is immediately changed. How is it changed? Well, if I am to do no harm, I can no longer *gossip* about the conflict. I can no longer *speak disparagingly* about those involved in the conflict. I can no longer *manipulate the facts* of the conflict. I can no longer *diminish* those who do not agree with me and must honor each as a child of God."

He wrote this long before the current political climate in our nation, but imagine the difference in out our nation's political climate if everyone practiced this. We do harm with our words and our thoughts in so many ways, and we see this in pretty much any community, including in families and in churches. Our words and attitudes don't just do harm to others, but also to ourselves.

The change begins with each of us. Change doesn't happen when we wait for the other person to act differently, but when we look at our own actions and ask for God's help to be different, even in one small way. We need God's help because while this rule of do no harm is simple, it is difficult to practice. Why? Job writes "because it demands too much in the way of self-discipline and a very deep faith that God will empower and

lead the faithful….Practicing our faith in the world requires our deepest resolve, our greatest faith, our unwavering trust, and a very, very large measure of God's grace."

Doing no harm means having to be okay with not being right or leaving room for uncertainty. It means thinking about how your words or actions will impact someone else and choosing not to put yourself first in that situation. This requires emotional maturity; a verbal dumping on someone else might make you feel better or more superior, but all you have done is put more hurt and resentment out there. Doing no harm sometimes takes great restraint. It means truly trusting God above yourself or the ways of this world.

And to practice doing no harm, you will often have to take an honest examination of whether or not you have bound yourself to Jesus Christ, or if you are bound to other ideologies or theologies over Christ. A few years ago, I changed my voter registration to unaffiliated. And I did this because I realized that by aligning myself with a political party, I was more likely to align my thinking with others in the party, more likely to be in opposition to others who weren't part of the same party, and all of that meant I was not first and foremost aligning myself with Christ. Because I wasn't as free to think critically about things that did not seem to fit with what I knew Jesus to ask of me as a disciple. The allegiance to the cultural and political lines were too strong. And if you're wondering which party…that doesn't matter. And that's the point. It's a human tendency to do this, not a liberal or conservative tendency, or a Republican, or Democratic, or Libertarian, or Green party tendency. And more importantly to understand, this doesn't just happen when it comes to politics; there are many ways we can be bound to something other than Christ. But this is something I needed to do to unbind myself and find more freedom to follow Jesus as I tried to put my faith into action.

The second of these simple rules is Do Good. Again, simple, but what does it mean? What are the boundaries? Jesus responded to questions like this throughout his ministry; probably the most well-known response to such questions comes from the parable of the good Samaritan when he was asked "But who is my neighbor." And Wesley reiterated this as well. In his sermon "The Character of a Methodist" he wrote that we are to love every person with no exception, not just if we know that person or not, or like them, or agree with them…even enemies. He wrote "And if it be not in his power to 'do good to them that hate him,' yet he ceases not to pray for them." I'll use myself as an example again. A couple of years ago I saw a bumper sticker on someone's car that said "I hope something good happens to you today." It made me smile, so I thought "I need that. What a great way to brighten someone's day, to spread goodwill." So I bought one, and as I was about to put it on my car, I hesitated. I thought "I have no control over who receives this goodwill. The person who's tailgating me like they own the road will read it, the people who have bumper stickers that make me roll my eyes, maybe someone who is really not a nice person." And then I thought…that's exactly the point. These are all the people Jesus loves too, not just nice people. So I have been driving with this sticker on my car now for a couple of years, and it is still a spiritual discipline for me. I have thought about removing it for the same reasons. Plus now I wonder if there are people who think it's naïve and simple, like I'm just a do-gooder who has no clue about the real world. And so, I have to tell myself "It is not for me to care what people might think in my attempt to put more goodwill into the world." This is what I am called to do and I will do it. And people have other questions that arise when reflecting on the call to do good. Questions such as "Who will take care of *me*? If I give, will I have nothing left for myself?" "What if the person or people that I try to help do not deserve it?" Job writes "My desire to do good is not limited by the thoughts or actions of others. My desire to do good is in response to God's invitation to follow Jesus, and it is in my control." No, this rule is not easy to follow. Such is the path of Jesus. It takes reflection and prayer. And of course, God's grace.

I have referenced the fruits of the spirit passage that I read from Galatians in my last two sermons because again, it was an important passage to Wesley. Like Paul, he believed that these fruits are the evidence of the work of the Spirit within you. And so as individuals, and as a group, he very much desired for the Methodists to bear these fruits. It showed that God's spirit had not left them, that they were indeed growing more Christ-like, because they were able to do no harm and do good. But to receive these gifts of God's grace and bear fruit, we have to keep turning to God, keep practicing the faith, keep walking the discipleship path…keep breathing back toward God.

I think it's easy to be on the same page about what love in action looks like when we're talking about practicing forgiveness, being patient and kind with people, building houses, serving food to the hungry. These are safe things to talk about in church. But there's a point when communication about what it means to love your neighbor begins to break down. I read an article that was posted on the United Methodist Global Board of Higher Education and Ministry website on the 320th birthday of John Wesley; it stated that "As we remember and honor the founder of Methodism, we also reaffirm our renewed commitment to theology and human rights, mission and education, spirituality and social justice, innovative ministry and healthcare, wellbeing, and relief to the poor." And in the UM baptismal covenant, we are to "resist evil, injustice, and oppression in whatever forms they present themselves." Some of these words that I just read have become divisive. Terms like social justice and human rights conjure up all kinds of images in people's minds; for some these are positive, inspiring images while for others the connotations are negative. Even among people who are passionate about social justice, there is disagreement as to how to do it and what that looks like. And this creates tension when talking about these concepts in church, and the temptation is to shy away from talking about it altogether. But to do so means leaving out a big chunk of the Wesleyan tradition, as well as ignoring our Biblical call and heritage. Because scripture doesn't talk about just giving to the poor but also about changing how we live. So how can we talk about taking action in the world for the sake of others' lives and well-being? How can we all live this calling together even when we don't think alike?

Whenever you have an issue that churns up emotions; if it challenges a way of life; or if it calls people to share or give something they have, whether that be power or resources; well, there you are going to have politics. Therefore, it seems impossible to separate politics from church because our calling to put our faith into action often churns up emotions and challenges our way of life. Living out our faith means responding to the needs of the world. It means allowing your heart to be challenged by God's Spirit stirring within you. It means facing the things that make us uncomfortable. So maybe there's a different question we should be asking ourselves when we hear something that seems political in worship or a class or a meeting or in something we're reading. Maybe the question to ask ourselves when this comes up is why does this feel political to me? What does this issue churn up for me, and what is that really about? This is a good conversation to have with God. Maybe also with a trusted small group or a friend who is also seeking to live a life in Christ. It could be that it feels political because it is, but it could also be that it's just a different way of understanding some aspect of the Christian walk from someone who is genuinely trying to walk that walk. And this is why we need a faith community, and not just one that thinks exactly alike either. Following Jesus means that we have to ask how Jesus would respond to something going on in the world in which we live and then trying to do likewise.

Now, I will not tell people how to vote as a Christian or claim that I know the best policy based on Jesus's teachings. I have learned to admit that these things are not for me to decide for others, only for myself. But I will say that voting is a way we put our faith into action. There are many ways that religion and politics have become intertwined in unhealthy ways. But to say that the two are completely separate is to ignore that your walk with God should influence how you act in the world, how you see the world around you and see other people, and the decisions that you make. There is nothing and no one in this world that is outside of God's care. Therefore, anything that impacts us, impacts other people, or impacts any of creation matters to God and is to be considered prayerfully.

As we are seeking how to live, or what decision to make in a moment, we have not just Wesley's 3 rules but an older set of 3 rules as well. The passage from Micah is a familiar one but it can be pretty humbling. Or maybe that's just how I read it. The two verses leading up to the one that I read ask questions about how we are supposed to come before God and what does God want from us. Here's how it sounds in my head: "What can I do to make God happy? What should I do? Should I sacrifice my best herds? My firstborn?" and then "You've been told…mortal…what God wants from you. Do justice, love kindness, walk humbly with your God." And maybe it wasn't written in such a sarcastic way, but then again, the prophets were generally fed up with their people by a certain point. What's relatable about this conversation, however it takes place, is that we can get so caught up in something that we forget what it is that God asks of us. When

we're caught in a situation, wrestling with what to do, we can ask ourselves "Am I doing justice? Loving kindness? Walking humbly with God?" as well as "Am I doing harm? Doing the good that I can? Loving God?"

I hope this is not the end of the conversation about how the Wesleyan way of life and the UMC is still relevant for us and for the world today. We are far from reaching that Christian perfection John Wesley talked about. But this is powerful stuff all the same. A life in Christ does offer transformation, for ourselves and for the world. Remember that you are beloved, and you are needed. You are the light and salt, and you also need God's grace and the power of the Holy Spirit. Me too.

Carol's Corner

By Carol McDermott

It's been a beautiful week with cool mornings and evenings and warm days. The leaves on the trees are a reminder that summer is going to be a memory soon and we will be enjoying fall and winter, but spring is in the DNA of the trees and flowers and they will return in full bloom when the time is right. Today in church was just one of those days when you didn't want to miss a thing. I understand that the sound wasn't working on the live stream and it makes me so sad because it was one of those days when God truly showed up! Mariann Johnston had the Children's sermon and talked about the scripture passages for the day, Micah 6:8 and Galatians 5:22-26. Micah is in the Old Testament and he had a powerful challenge to those of his day and it applies as well to us today. Galatians 5:22-26 is special to our youth because it has been part of their curriculum in Youth Group and Sunday School over the years. Mariann asked them to recite the passage and they did great! What a great foundation on which to build their lives, especially with all the other voices they hear as they are growing up. Harley Norden sang a powerful song called "The Truth" by Megan Woods. It talks about the self-doubt that plagues most of us from time to time and the voices we hear telling us we aren't good enough. The song talks about how God sees us and loves and values us. It was powerful and Harley sang it with such strength and conviction. It brought many of us to tears.

October is Pastor Appreciation Month and Pastor was presented with a basket of cards from members and a gift, thanking her for her ministry. It was very touching. We have been blessed in this church. Pastor Lee's sermon was the last in her series on "Back to School with Wesley: Practicum". She reminded us of the ordinances of God practiced in the early Methodist movement: "Do No Harm, and Do Good". "Wesley emphasized living out our faith, not just possessing faith. Engaging in spiritual disciplines or practices can keep us in love with God, a God who first loved us, and who, in this love for us, draws us in and offers free grace." He said our deeds do not determine whether or not we receive God's grace and love. They are a response to receiving His grace and love. Think about that for a minute. It should be as natural as breathing, when we reflect on God's love that we have not had to earn, we just get to embrace it and pass it on to others. She addressed the need to live out Micah 6:8 – "What does the Lord require of me? To act justly, to love mercy, and to walk humbly with our God." And to practice the Fruits of the Spirit – "Love, joy, peace patience, kindness, goodness, faithfulness, gentleness, and self-control". There you have it – Christian love in action – not words – action. May it be so for us all.

Pic to Enjoy

Bringing in the Light of Christ





Special Music

Celebrating Pastor Appreiation and Pastor Lee's birthday.

















Thank you, Amy, for making the beautiful cakes.

