



# CONNECTIONS

**CLASSES, GROUPS & STUDIES**

P A R K E R U M C F A L L 2 0 2 5



## A Note from the Pastor

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New Year, New Opportunities!

We aren't in January, yet autumn's arrival begins a new school year and church activities resume. We strive at Parker UMC to be a Christ-centered community where all belong, grow, and make a difference. One way we do this is through our church's ministries, small groups, and community ministries.

We hope you will consider joining a small group to meet you where you are at – as an adult, for children and/or youth, for families of all shapes and sizes. Some of these groups are familiar and are on-going. Others are short-term in nature. Check out what interests you, what might be at a time and place that works for your schedule. These can be opportunities to connect with others as well as grow as a disciple of Jesus Christ.

I believe that we grow when we are in community with others. Following Jesus is not easy. We have questions. We may not know what steps to take. Or we need someone to help us as a supporter, an encourager, an accountability partner. And we must do the same for someone else. May one of these groups, classes, mission opportunities, or activities be a way to spark your faith and build connections with others.

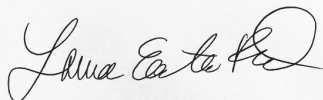
Community occurs in our various worship services. We offer two, distinct opportunities to worship. Our Sunday morning 9 am service will be the one familiar to most of you with our choir, hymns, and communion on the first Sunday of each month. We continue to offer this service via Livestream for when you need to stay home, you are traveling, or life just gets in the way.

Our Sunday morning 10:30 service, Spark!, is a different expression of worship that is intentionally multi-generational, and focuses on music, stories, and movement. Check out both services to find the one that meets your spiritual needs.

Keep up to date with worship, small groups, mission opportunities, and other events with our church-wide emails and our website, [www.parkerumc.org](http://www.parkerumc.org).

If you have any questions or if you wonder how you can grow in your faith, please contact us. Your staff and church leaders are available to help you in any way we can.

God's peace be with you!



Pastor Laura Rainwater

**To Be a Beacon of Christ-Centered Hope for Our Neighbors**

# Parker UMC Leadership Board

Dave Ambors

Kim Bimestefer

Kelly Evans, Vice Chair

Susan Gustin, Recording Secretary

Heidi Handel

Julie Kronbach, Lay Leader

Rev. Laura Rainwater, Sr. Minister

Li Roberson, Chair

Eric Ross

Emily Shaffer, Little Blessings Preschool Director

Elizabeth Gore Stanley

Ron Wyckoff, Co-Chair

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# Get the Whole Scoop The Midweek Message Weekly Email

Keep up with the latest events, worship opportunities, special programs, and ideas on how to give and serve.

Email [Sarah@ParkerUMC.org](mailto:Sarah@ParkerUMC.org) to sign up today!

Note: Childcare is provided for most of our groups and events. Please check with the church office to confirm. This helps us provide the appropriate number of childcare staff. This catalog reflects the current offerings. Please check your Midweek Message and the slides and screens on Sundays for updates and upcoming classes not included in this catalog.



# WE ARE THE CHURCH!

Gathering together for teaching, music, worship, prayer and fellowship

# CHILDREN'S MINISTRY

A P L A C E F O R F A M I L I E S



## We Are Happy to Offer

- Outstanding programming for children through elementary
- Opportunities for children and adults to grow in their faith
- Sunday School classes that appreciate varied learning styles
- Children's Choir for some musical fun
- Many ways for parents and children to get involved
- Preteen group, helps older elementary kids grow spiritually in a fun atmosphere

## Nursery and Childcare

- Recognizing the importance of high quality childcare, our church offers care during our 9 and 10:30 am services and most church activities and Bible Studies\*

## Special Events

- **1st and 3rd Grade Bibles** – Sept. 21 God's word given to our children
- **Trunk or Treat** – Oct. 26 from 2-3pm - Trunk-or-Treat brings trick-or-treating to the parking lot!
- **Chili and Mac-n-Cheese Cookoff** – Nov. 9 at 11:30 - Join us for a friendly competition that will result in some yummy Chili and Mac-n-Cheese dishes!
- **Visit Santa!** – All are welcome to come visit Santa and take a few pictures!
- **Christmas Potluck and Cookie Bake-Off** – All are welcome to participate and enjoy!
- **Journey with Jesus** – Easter event for the whole family.
- **Vacation Bible School** Jun. 29 - Jul. 2 for children ages 4 years old through 5th grade to grow in faith.

**Questions?** Contact Noelle Allison, Director of Children and Families  
noelle@parkerumc.org

# YOUTH MINISTRY

FOR MIDDLE & HIGH SCHOOL STUDENTS



## Youth Sunday School 9 am

Middle School Class (6th-8th grade) room 137; Senior High Class (9th-12th) room 144

## Youth Group Sunday Afternoon

Youth Group is a fun space for youth to get connected with others and consists of an age appropriate lesson where students are encouraged to grow in their relationship with Christ, as well as a lot of fun and games.

First Sunday all youth (6th-12th grade) from 3-5pm, followed by our Youth Family Dinner.

All other Sundays:

Middle School (6th-8th grade) 2-3:30 pm; High School (9th-12th grade) 3-5 pm

## Get Connected

Please email [cody@parkerumc.org](mailto:cody@parkerumc.org) to receive youth emails.

## Remind 101 for Youth & Parents

Stay up to date with times and events simply by subscribing to this FREE messaging tool.

## Youth Group

Text @youthdeets to 81010 to receive text updates

Email [youthdeets@remind.com](mailto:youthdeets@remind.com) to receive email updates

## Lock-Ins

Twice a year, we try to host a lock-in at the church, a night filled with games and fun. Details shared in youth emails.

## Mission Trips

We will offer two mission trips in the summer of 2026.

## Service Activities

Once a quarter, we have monthly service activities. Details will be shared in our youth emails.

## Family Meal

The first Sunday of each month (starting in October), families are invited to bring a potluck dish to share and join a night of connection from 5-6:30 pm. We'll eat together then split off. Youth and parents will have their own experience for the night.

## Confirmation

2nd Sunday of the Month (Sept. -Apr.) from 10:30-11:30, as well as have two mini retreats on Nov. 15 and Mar. 28 from 9-noon. Confirmation Sunday will be Apr. 19.

# MUSIC MINISTRY

MAKE A JOYFUL NOISE TO THE LORD!



Thank you to everyone who joined in singing with Show Up and Sing Choir during the Summer months! Our congregation and music ministry staff are so appreciative of you and your commitment to providing beautiful Sunday morning anthems for worship!

As we move into the Fall season we will be providing opportunities for Handbell, Choir and upcoming Seasonal Concert Rehearsals. We would like to thank everyone who has supported the Fine Arts Ministry with your time, prayers and financial contributions.

We look forward to an exciting Fall season of Handbells, Choirs and our seasonal Messiah Performance. Please consider joining us in some of our rehearsals listed below!

## Music Ministry Opportunities to Join

Handbell Rehearsal - Starting Sept. 25 at 6:45 pm - Skill Level: Ability to Ring and Learn Bell Technique

Chorale Rehearsal - Starting Sept. 24 at 7 pm - Skill Level: Desire for Singing and Community

Cambiata Rehearsal - Starting mid Oct. at 6 pm- Skill Level: Ability to Sing Acapella and Sight Read

Community Messiah Rehearsal and Performance - Rehearsal: Dec. 13, 9 - 11 am;  
Performance: Dec. 14, 9 am Service

## Solo & Instrumental Opportunities

There are many opportunities to minister to our congregation as a soloist during worship. If you feel comfortable with your art, we'll find a place for you to "sing or play the Spirit." Contact Paul Ijames or Kurt Bokenkamp.

**Music Director:** [Paul@parkerumc.org](mailto:Paul@parkerumc.org)

**Fine Arts Music Director Coordinator:** [KurtB@parkerumc.org](mailto:KurtB@parkerumc.org)

**Handbell Choir Director:** [Jon@parkerumc.org](mailto:Jon@parkerumc.org)

# Parker UMC Staff Team



**LAURA RAINWATER**  
Senior Pastor  
E: [laura@parkerumc.org](mailto:laura@parkerumc.org)  
O: 720-204-4430



**CODY ANDERSON**  
Associate Pastor  
E: [cody@parkerumc.org](mailto:cody@parkerumc.org)  
O: 720-204-4426



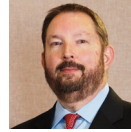
**NOELLE ALLISON**  
Director of  
Children & Families  
E: [noelle@parkerumc.org](mailto:noelle@parkerumc.org)  
Phone: 303-841-3979



**SARAH BLANKMAN**  
Director of Finance  
and Administration  
E: [sarah@parkerumc.org](mailto:sarah@parkerumc.org)  
O: 720-204-4428



**JASON ANDERSON**  
Director of Media  
E: [jason@parkerumc.org](mailto:jason@parkerumc.org)  
O: 720-204-4427



**KURT BOKENKAMP**  
Fine Arts Coordinator and  
Director of Audio Systems  
E: [kurtb@parkerumc.org](mailto:kurtb@parkerumc.org)



**PAUL IJAMES**  
Director of Music and Pianist  
E: [paul@parkerumc.org](mailto:paul@parkerumc.org)



**JON BRAY**  
Handbell Choir Director  
E: [jon@parkerumc.org](mailto:jon@parkerumc.org)



**EMILY SHAFFER**  
Little Blessings  
Preschool Director  
E: [emily@parkerumc.org](mailto:emily@parkerumc.org)  
O: 720-204-4420



**ERIN HOLZHAUSER**  
Nursery Coordinator  
E: [erin@parkerumc.org](mailto:erin@parkerumc.org)  
O: 720-204-4430



**JANELLE WELLING**  
Little Blessings Assistant Director  
E: [janelle@parkerumc.org](mailto:janelle@parkerumc.org)  
O: 720-204-4423



## Are You Caring for Someone with Memory Loss?

**Friends Together** is a faith-based support group for persons who have a loved one with memory loss. We are open to the entire community and all are welcome, no matter where they are on their journey. We can help with resources and support.

### You are not alone

Caring for someone with memory issues can be difficult. You don't need to go through this alone.

### Meeting location

Parker UMC Room 216  
First and Third Fridays at 10 am

### More information?

Leader: Sue Evans  
[sevans365@gmail.com](mailto:sevans365@gmail.com)  
Call the church office 303-841-3979

# FOR EVERYONE

## New Member Class

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This class is designed for people to explore membership with our church. Each class helps:

- New members exploring membership at Parker UMC.
- Introduce the Christian faith for those who are exploring.
- Remind long-time believers about the foundations of our faith and origins of the UMC.
- Classes are held at least quarterly and last 90 minutes. Lunch is provided. Topics include:
  - Introductions of our pastors
  - Introduction of the UMC
  - Introduction of the history of Parker UMC
  - John Wesley's (founder of the Methodist movement) understanding of God's grace and means of grace
  - Discipleship: prayers, presence, gifts, service and witness
  - Ways to get involved in our church's ministries.

Contact a pastor via email or via the church office for more information or to sign up for the next class.

Leaders: Rev. Laura Rainwater ([laura@parkerumc.org](mailto:laura@parkerumc.org)) & Pastor Cody Anderson ([cody@parkerumc.org](mailto:cody@parkerumc.org))

## At The Table, Join Us for a Meal and Conversation!

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At the Table is an opportunity to share a meal, share stories and reflections about life, celebrate with one another, create friendships, and do a mission project together. All are invited, from the youngest to the oldest and everywhere in-between! We gather the 2nd Wednesday of each month, from 5:30 - 7:00 pm. RSVP is recommended (in order to plan enough food for everyone) by emailing Pastor Cody. You can also email Pastor Cody if you'd like more information.

## Faith on Tap

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Pastor Cody leads this ministry the 3rd Tuesday of every month from 6-7:30 pm at Bodega Beer Company. It's a safe place to talk about life and faith, and to connect with others seeking the same thing.

## Adult Sunday School

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Sunday mornings, 10:30 am in room 144

Led by Susan Gustin and others, we allow for space to ask questions and dig deeper into scriptures. Discussion helps to figure out how our faith and study of scripture makes a difference in our lives.

Susan Gustin ([sjgustin139@gmail.com](mailto:sjgustin139@gmail.com))

## **Students of the Word**

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Tuesdays, 10:00 am - 12:00 pm in room 138 and via Zoom

This is a short-term Bible study group meeting September - May. This group enjoys conversations about the material and looks for ways to apply the Bible to their lives together. They will begin September 9, studying the Book of Acts. Study books will be available in the church office after August 15 for \$12.50. To learn more or sign up, contact Nancy Smith. She can also share the Zoom link for those who need to participate virtually.

Leader: Nancy Smith (nancys70@comcast.net)

## **Contemporary Christian Book Group**

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The Contemporary Christian Book Group meets the first Wednesday evening of the month (excluding January and July) in room 216. We read fiction and nonfiction, explicitly Christian and not. You are welcome to join us, even if it is just to take part in the discussion of one particular book that interests you.

Susan Gustin (sjgustin139@gmail.com)

## **Eden Gardeners**

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Time and frequency varies. We meet at Parker UMC and other locations.

Eden Gardeners is a group for anyone interested in plant care or landscaping. Meetings feature classes with demonstrations or slide shows, usually at Parker UMC, led by enthusiastic and knowledgeable speakers. Some members volunteer to care for the church plants. You can join anytime to enjoy the camaraderie and shared ideas with fellow gardeners.

Contact: Diana Hill (colohills@msn.com) for more information or to be added to the group email list.

## **Pastor Laura's Monday Classes**

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Mondays, 6-7:30 pm, September 15 in Room 138

Pastor Laura offers seasonal classes throughout the year. More information in our Midweek Message.

This Fall, Pastor Laura will lead a study through the Social Principles of The United Methodist Church. Meetings will be Monday evenings, 6 - 7:30 pm, September 15 - October 20. The Social Principles are statements about a variety of issues that United Methodists are encouraged (not required) to study and use as guides. Books are available for \$10 in the church office. Please contact Pastor Laura so she can order a book for you.

Leader: Pastor Laura (laura@parkerumc.org)

## Stephen Ministry

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Are you going through a tough time? Would you be open to considering a Stephen Minister to help you through this difficult time?

Stephen Ministry is a one-on-one ministry in which trained Stephen Ministers spend about an hour each week with people who are dealing with life's challenges. Sometimes these relationships can go on for a month or two; sometimes much longer. The main role of a Stephen Minister is to listen, pray, and provide encouragement. Stephen Ministers aren't counselors and don't try to "fix" things. They help by just being present and listening. Female Stephen Ministers are paired with women; male Stephen Ministers are paired with men. And everything that is shared with a Stephen Minister is confidential. Nothing is shared with church staff or anyone else— not even the fact that a specific person has a Stephen Minister.

If this is something you might be open to learning more about, please contact the church office (office@parkerumc.org) and someone will put you in touch with a Stephen Minister.

Leader: Sara Wahls (s\_wahls@hotmail.com)

## Dinner Groups

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Looking to get connected with others over dinner? Join one of our Dinner Groups!

This is a great way for people in our church to meet with others and get connected. We offer group options for dinners at restaurants, dinners in homes, and lunch groups. Groups are typically for 6 people.

These groups start up in September. Sign up by emailing the church office (office@parkerumc.org).

## Chili and Mac-n-Cheese Cookoff

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Join us for a friendly competition on Nov. 9, starting at 11:30 am. Cookers and judges are needed! For more information, speak with Noelle (noelle@parkerumc.org).

## Christmas Church Potluck and Cookie Bake-off

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Join us for a friendly competition. Bakers and judges are needed! For more information, speak with Noelle (noelle@parkerumc.org).

## FOR CHILDREN & FAMILIES

### Young Families Lunch

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On the Last Sunday of the Month, bring your family and a dish to share, and join us for our Young Families Lunch from 11:30am-1pm. Come meet other parents in an informal space to connect and support one another! For more information, reach out to Pastor Cody at cody@parkerumc.org

## **Nursery and Childcare**

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Recognizing the importance of high-quality care, our church offers a nursery during our 9 and 10:30 am services, and most church activities and Bible studies.

## **Children's Choir**

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Children's Choir starts in September. They sing in a worship service. Rehearsals are on Sundays from 10 - 10:20 am in the Choir Room. Grownups can enjoy coffee, donuts, and time with other grownups while the kids (of all ages) sing, learn about God's great big love, and enjoy donuts with friends. No need to RSVP – just show up! For more information, contact Noelle Allison (noelle@parkerumc.org).

## **1st and 3rd Grade Bibles**

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New this year! We love the Spark Picture Bibles so much that we would love for families to have them in their homes. This year first graders will be getting a Spark Storybook Bible and 3rd graders will take home the SPARK Bible NRSV Bible. Please email Noelle Allison (noelle@parkerumc.org) if you have a first or 3rd grader in your household.

## **Preteen Group**

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Do you have a child or know a child in 4th or 5th grade that needs a place to have fun and connect with kids their age while learning about God's great big love? Preteen group is for them! We meet once a month at the church for an energetic, interactive lesson. We laugh, play and sometimes get messy. Our first meeting is September 7th. We will meet the first Sunday of the month from 3–5 p.m. moving forward.

Volunteers needed to support this ministry! Please let Noelle know if you can have fun with this awesome group of kids for one hour a month. For more information contact Noelle (noelle@parkerumc.org).

## **Trunk or Treat**

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Come be part of this fun Halloween Event! Trunk-or-Treat brings trick-or-treating to the parking lot! You can even be part of the fun, decorate your car and pass candy out to the kids, or simply show up and have fun! This year's date is October 26th from 2-3pm. For more information contact Noelle (noelle@parkerumc.org).

## **Visit Santa!**

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Come visit Santa and take a few pictures! Be sure to bring your letter to Santa, we have an official North Pole Mailbox! Santa is scheduled to come visit us on Sunday, We will also have a church wide potluck and cookie Bake-Off. For more information contact Noelle (noelle@parkerumc.org).



## Little Blessings Preschool

A Ministry of Parker United  
Methodist Church

Our educational philosophy reflects the basic concept that God created each individual with unique gifts. It is our responsibility as teachers to help each child realize his/her potential through guidance, encouragement and Christian love.

Visit our website [www.littleblessingsparker.org](http://www.littleblessingsparker.org) for more information

## ADVENT WORSHIP

Nov. 30th - Dec. 21st

Messiah Presentation  
Dec. 14th @ 9 am

Visit Santa!

Little Blessings  
Preschool Christmas  
Program  
Dec. 11th afternoon

Christmas Eve  
Services  
Dec. 24th, 2 pm, 4 pm,  
6 pm, 8 pm

# Sanctuary

ROOM FOR ALL





It all happens

# AT THE TABLE

Dinner, conversation, community



The 2nd Wednesday of every month from 5:30-7 p.m.



# FOR YOUTH

## Get Connected

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To receive the Youth emails, please contact Pastor Cody ([cody@parkerumc.org](mailto:cody@parkerumc.org)) or contact the church office. You will hear about cool events and opportunities first!

## Youth Sunday School

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We offer two classes for Sunday School at 9 am.

Middle School Class (6th-8th grade) will meet downstairs in room 137.

Senior High Class (9th-12th) will meet downstairs in room 144.

## Youth Group Activities

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On the First Sunday of the month, all of our youth (6th-12th grade) will meet from 3-5pm, followed by our Youth Family Dinner.

Other Sundays, the schedule will be as follows:

The Middle School Youth Group (6th-8th grade) will meet from 2-3:30 on Sunday afternoons.

The High School Youth Group (9th-12th grade) will meet from 3-5 on Sunday afternoons.

There will be many different ways to learn, grow and have fun. Please sign up for youth emails and check your Midweek Message for schedule and details.

## Mission Trips

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Every summer our youth go on a mission trip to serve and deepen their faith and strengthen friendships. More information will be available at a later date.

## Confirmation

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Confirmation meets the 2nd Sunday of the Month (Sept. - Apr.) from 10:30-11:30, as well as have two mini retreats on Nov.15 and Mar. 28 from 9-noon. Confirmation Sunday will be Apr. 19.

Confirmation is a faith formation class specifically designed for 6th graders and up who are looking to dive deeper into their faith, ask their questions, wrestle with their doubts and learn more about what it means to be a Christian and a United Methodist. This class is an important step in the youth journey, and is a great way to get connected and grow. It also offers the opportunity to become members of the church.

To register, email Cody at [cody@parkerumc.org](mailto:cody@parkerumc.org)

# FOR WOMEN

## Open Hearts, Open Minds Women's Bible Study

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Every Thursday, beginning September 25, from 1 - 3 pm in room 138

This group of women uses scripture and Bible study books to share insights and discover new understandings of Christian living through reading and discussion.

Contact: Diana Hill (colohills@msn.com or 303-550-2940)

## Coffee Talk - A Group for Moms

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Wednesdays, 9:30 – 11:00 a.m., begins in September

This is a welcoming group for mothers who are looking for connection, support and growing deeper in their faith. We will meet each week at a local coffee shop. We will have toys and activities if you are bringing you kids, they are always welcome. Contact Noelle for more information.

Leaders: Pastor Cody Anderson (cody@parkerumc.org) and Noelle Allison (noelle@parkerumc.org)

## United Women in Faith (UWF)

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Our purpose is to know God, to experience freedom as whole persons through Jesus Christ, to develop a creative, supportive fellowship, and to expand concepts of mission through participation in the global ministries of the church.

Parker UWF typically holds four quarterly special events on Saturdays or Sundays throughout the year. The UWF leadership meetings are open to everyone and we are currently inviting women to join our team! The leadership team typically meets the 2nd Tuesday of the month at 6:30 pm via Zoom. This is a great opportunity to share and grow leadership skills while focusing on our vision of turning faith, hope, and love in action on behalf of women, children, and youth around the world.

Contact: Lauren Ross (lauren.ross@apgdata.com or 720-985-6186) for more information.

Within UWF we have several circle groups which meet monthly or weekly. The focus of each circle is different, but each one seeks to be involved in a mission of their choosing. Every circle is open to new

## Sarah's Circle

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Sarah meets on the third Tuesday of every month at 10 am in the church. Focus is reading the books from a published list by UWF. They support La Puente and supply items for school bags.

Contact: Dottie Rasmussen (303-840-9430)

## Neighbor to Neighbor

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2nd Monday of each month, 9:30 - 11:30 am, room 216

This group focuses on prayer and building connections with one another. A main mission is Youth into the World, offering care packages to our church youth in college.

Leader: Ruth Wills (303-693-7365)

## Clicking Needles

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Wednesdays, 1-3 pm

Our focus is knitting, crocheting, sharing and learning. Every year we choose a ministry area for what we make. We have made quilt squares for Native Americans, hats for the homeless, and various individual items of our own needs. We would love to have you join us.

Contact: Ruth Wills (303-693-7365)

## Knit One/Pray Two: Prayer Shawl Ministry

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Tuesdays, 1-2:30 pm

Calling all knitters and crocheters! Please join us for fellowship, handiwork and praying blessing on those who will receive the shawls. Want to learn how to knit or crochet? We will help you learn. If you would like to contribute but can't attend meetings, we would joyfully add your shawls (and hats, gloves, and scarves) to our table so they are able to bless the recipient.

Contact: Julie Kronbach (jkronbach@comcast.net)

## FOR MEN

### United Methodist Men (UMM)

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The Parker UMM meet on the second Saturday of each month to share an excellent breakfast and fellowship. The first brotherhood of fellowship was started by John Wesley in 1769 and we have continued that fellowship to help men grow in faith and in leadership at Parker UMC. We help with the support of the scouting program and have assisted as requested with those in need in our church family. We partner with the pastors, inviting spiritual growth opportunities to all men in our church.

Leader: Ron Wyckoff (rlwycko@comcast.net)

## Wednesday Men's Study Group

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Wednesdays, 8:30 - 9:45 am in room 138

Meet with other men for breakfast, Bible study and discussion on a range of topics. This group has rotating leadership. New members are welcome.

Leader: Ben Dieken (952-221-8568 or My1965dodge@gmail.com)

## Faith Walkers

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A Group for Men Building Authentic Relationships for Real Life

Most Thursdays, 6-7 am at Fika Coffee on Main Street

Faith Walkers is an opportunity for men to gather and grow their faith and love for God through weekly spiritual studies, fellowship activities, and service. The primary activity for the group happens each Thursday morning where we journey together through specific topics in the Bible (supported by a Bible App Plan) while enjoying each other's company and coffee. This is an ecumenical group of men from different churches.

Contact: Rich Blankman (rblankman@yahoo.com or 720-384-5495)

## OPPORTUNITIES TO SERVE

### Caring Ministry

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The members of our congregation have wide-ranging needs that can be met by the members of our congregation. This ministry hopes to address a number of needs. These might include: prayer, visitation, providing meals, sending cards, making phone calls, connecting people with support groups, and sharing resources for employment, child care, and counseling. Please let us know if you are interested in contributing your time and talent to help meet the needs of our congregation.

Contact: Rev. Laura Rainwater (laura@parkerumc.org)

### Parker Task Force & Food Bank

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The Parker Task Force is dedicated to providing individuals and families in our community with food, limited financial assistance, and other support services to help them become self-sufficient. Donations of non-perishable food items to support Parker Task Force can be left on the table by the Manna Bags outside the sanctuary.

Contact: Pastor Cody Anderson (cody@parkerumc.org)

## **SECOR Cares**

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SECOR Cares is also dedicated to providing individuals and families in our community with food, limited financial assistance and other support services to help them become self-sufficient. Donations of non-perishable food items to support the food bank may be donated directly to SECOR Cares, 17151 Pine Ln., Parker CO 80134. Volunteer opportunities are also available.

Contact: SECOR Cares (720-842-5621)

## **Feed My Starving Children (FMSC)**

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Mobile Pack Event in 2026!

Feed My Starving Children MobilePack events allow people across the United States to pack life-giving meals. Our church has hosted many events since 2014, and is planning to host one next year. Community groups as well as church groups and members will pack these meals.

Interested in serving as set up, packing, or clean up? Contact the church office ([church@parkerumc.org](mailto:church@parkerumc.org)).

We also are raising funds as each packer's food costs approximately \$50. Make any donations to the church (<https://pushpay.com/g/parkerumc>).

## **Missions Team**

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Our Mission Team works to identify opportunities and guide our members in supporting local, national and international neighbors in their needs. Past involvement has supported both local food banks, UMCOR, Easter and Mothers' Day and Father's Day baskets, toys, socks and underwear for children, a community event packing food for Feed My Starving Children, and other opportunities. Priorities are reviewed periodically to address critical needs. The team also seeks opportunities to offer "hands on" events for congregational participation.

Contact the church office ([office@parkerumc.org](mailto:office@parkerumc.org)).

## **Memorial Service Set Up and Clean Up**

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When things happen in life, we need help. It takes a village. We are looking for persons to help a few times a year setting up tables or putting out food for any memorial or funeral services at the church. Our team needs volunteers, both men and women, to do this important work for families during a difficult time. Help serve in this important role.

Contact: Judy Stephens ([stphju3@gmail.com](mailto:stphju3@gmail.com) or 303-478-3558)



**RAISE YOUR HAND  
IF YOU CAN**

# **VOLUNTEER**

We are in need of volunteers in every ministry area here at Parker UMC. If you can teach kids, greet people, build things, create art, talk to people, organize files, enter data, ring bells, use technology, pull weeds, serve communion, make meals, share a smile, read a book, and many, many other tasks, then you can volunteer!

**VISIT [WWW.PARKERUMC.ORG/VOLUNTEER](http://WWW.PARKERUMC.ORG/VOLUNTEER)  
TO FIND OUT HOW YOU CAN SERVE**

## Audio and Video Technician Volunteers Needed

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We are always looking for volunteers for our amazing tech team. Audio systems, camera operation, media, video and slides on Sunday mornings are an essential part of our services. We provide all of the training you need and you can sign up for once a month or more, depending on your availability.

Contact: Jason Anderson ([jason@parkerumc.org](mailto:jason@parkerumc.org)) or Kurt Bokenkamp

## COMMUNITY SUPPORT GROUPS

### Friends Together

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First and Third Fridays, 10 am - 12 pm in room 216

Friends Together is a faith-based support group for persons who have a loved one with memory loss. We are open to the entire community and all are welcome, no matter where they are on their journey. We can help with resources and support.

Leader: Sue Evans ([sevans365@gmail.com](mailto:sevans365@gmail.com))

### Parkinson's Support Group

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Second Tuesday 10am - 12 pm in room 144

There are many individuals in our community who are navigating the system of living with Parkinson's for themselves or for someone they love. There's no need to do this alone. Others have found a lifeline through the support of new friends, organizations and medical personnel – all of these people want to extend a helping hand to you too! Parkinson's Association of the Rockies leads this group in our church as a resource for all who are interested.

Contact: Church Office ([office@parkerumc](mailto:office@parkerumc)) for more information

### Alcoholics Anonymous (AA)

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Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multi-racial, and apolitical. There are no age or education requirements. Membership is open to anyone who wants to do something about their drinking problem.

Women's Group Tuesdays, 6:30 pm in room 144

Tuesdays, 8 pm in room 144

Thursdays, 6:30 pm in room 137

## Al-Anon

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Tuesdays, 8 pm in room 216

Al-Anon's purpose is to help friends and family members of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Our focus is on ourselves, not the alcoholic. The only requirement for membership is that there be a problem of alcoholism with a friend or relative.

## Narcotics Anonymous (NA)

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Mondays, 7 pm and Thursdays, 7 pm in room 144

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership: the desire to stop using.

## TOPS (Take Off Pounds Sensibly)

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Thursdays, 10:30 am - 12 pm in room 137

TOPS is an international organization dedicated to sensible weight loss. Men, women and teens from our church and community are invited to join us and learn to make healthier food choices. We give and receive lots of support as we progress toward our goals. Visit a "free" meeting and find our costs are reasonable.

Come at 10:30 am for weigh-in followed by the meeting, 11 am - 12 pm.



**JOIN NOW**

**NEXT CLASS COMING SOON!**

- New member class for those exploring membership at Parker UMC
- Introduction for those exploring the Christian faith for the first time
- Refresher for UMC members who want to better understand the foundations of faith and origins of the UMC

**NEW MEMBER CLASS**

**THIS CLASS IS FOR YOU!**

Lunch is provided and childcare is provided upon request

Email Pastor Laura ([laura@parkerumc.org](mailto:laura@parkerumc.org)) or Pastor Cody ([cody@parkerumc.org](mailto:cody@parkerumc.org)) or contact the church office to sign up.



# LEARN MORE ABOUT US

[WWW.PARKERUMC.ORG](http://WWW.PARKERUMC.ORG) OR SEARCH PARKER UMC ON SOCIAL MEDIA

