

NEW DENVER MONTHLY

The official newsletter of New Denver Church

Trying Softer

BY ALLIE MARKS

Breath Prayer is not an uncommon practice for us at NDC. It's an ancient practice that combines slow, deep breathing with meditating on a simple truth from Scripture, repeating one phrase on each inhale and one on each exhale. It allows us to slow down and focus our minds on a single comforting truth. But it's not only effective for the mind; it cares for the body as well.

The more we've learned about our nervous system, the network that runs from our brains throughout the rest of our bodies, the more we understand how much our breath regulates our stress and rest. When our breath is quick and shallow, it tells the brain that our body is on high alert, ready to respond to danger that may or may not exist. Intentionally slowing and deepening our breath signals to the brain that the body can relax and be at peace.

As our brains receive these signals of safety, we can better recognize what our bodies need from us. We're more able to sense our needs, honor our limits, and respond to ourselves with gentleness. For me, I've found that pausing to notice, breathe, and care for my body is one of the simplest ways I can practice "trying softer."

As Norton has invited us to remember what it means to be human during this season of Lent, I'm remembering my limits as God does in Psalm 103:13-14, with a slow and simple refrain:

Inhale: You know my frame.

Exhale: And you are kind.

***As a father has compassion on his children, so the LORD has
compassion on those who fear him; for he knows how we are formed,
he remembers that we are dust.***

PSALM 103:13-14

Looking Ahead:

MAR 1 - MAR 31 REGISTER FOR NDC KIDS IN FEBRUARY

REGISTERING IN ADVANCE IS INCREDIBLY HELPFUL FOR OUR STAFF AND VOLUNTEERS
[REGISTER HERE](#)

MAR 1 & MAR 15 PRAYER DOWNSTAIRS

MAR 4 GUYS WEDNESDAY HANG AT NDC - 7 - 8:30 PM

MAR 13 & 27 MOMCO MEET-UPS 9:30 - 11:30 AM

A COMMUNITY FOR ALL MOMS - [REGISTER HERE](#)

MAR 15 GUYS BASKETBALL 7 - 9 PM

FRONT RANGE CHRISTIAN SCHOOL - 6657 W OTTAWA AVE, LITTLETON (EAST SIDE OF BUILDING)
TEXT MAX IF YOU HAVE QUESTIONS 9064582993

MAR 18 GUYS WEDNESDAY HANG 7 - 8:30 PM

LOCATION TBD

APR 3 GOOD FRIDAY GATHERING 7:30 PM

APR 5 EASTER!

SERVICES AT 8:30 AND 10 AM

APR 6 MISSION AND JUSTICE SOCIAL GROUP

7 - 8 PM AT NDC

MAY 1 - 3 NDC'S WOMEN'S RETREAT

[EARLY BIRD PRICING](#) THROUGH MARCH 31

Women's Retreat

MAY 1 -3 OPEN FOR REGISTRATION

New Denver Church offers a retreat for women once per year at Snow Mountain Ranch in Granby, Colorado. It's one of the best ways to engage community, get to know the other women in our church, get away from the city for a weekend, and allow space for God to work in your heart and soul in new ways.

This year, Katie Edwardson, a certified spiritual director, will be our weekend's facilitator and will guide us through some contemplative practices and new ways to engage with God.

If you're new to NDC or haven't been to a Women's Retreat before, we highly recommend you step outside of your comfort zone and just give it a shot. Worst case scenario, you're in the mountains for the weekend 😊.

If finances are an obstacle for you, please reach out to Emily at emily.schulz@newdenver.org about a full or partial scholarship.

[EARLY BIRD PRICING AND REGISTRATION HERE.](#)



NDC Staff Intentions for Lent

EMILY:

I have turned off my phone, COMPLETELY, for the entire month of March.

BRIAN:

I was really convicted by Norton's "try softer" idea. So my intention this Lent is to not be so hard on myself and listen less to my inner critic and more to the Spirit's leading in this season.

NORTON:

I am practicing something called Welcoming Prayer during Lent. It's a way of responding to emotions and welcoming God's presence in daily life. And I gave up YouTube. 😊

KENZIE:

I'm bricking my phone - basically, setting up tangible boundaries around unhealthy screen habits for Lent. And Isaac and I are reading to Harvey from his Bible every night.

SARA:

I have given up all social media for Lent (except for the occasional NDC Instagram post) and have added in some intentional time of silence and reflection daily, even if just for a few minutes. I'm also trying to reengage some creative rhythms, but being gentle and gracious with myself on that front.

SCOTT:

I am adding a time of quiet reflection to each day.

Beyond Our Walls

MISSION AND JUSTICE UPDATES AT NDC

**KIDS MISSION &
JUSTICE PRAYER
CALENDAR**

LOCAL MISSION

Locally, we've been deepening our partnership with Joshua Station, and we're excited to share new opportunities to get involved in the coming months.

We also launched our Mission and Justice Social Group last month. It was an encouraging first gathering and will continue to be a space for connection and collaboration for those passionate about justice and mission. If you're interested, join us:

**The first Monday of each month at 7 PM at NDC.
The next one is April 6!**

GLOBAL MISSION

Globally, this is a big time of year as we begin our student sponsorships with Vida Real School. These sponsorships make a huge difference as they help cover teachers' salaries, support building and classroom updates, meet administrative needs, and most importantly, provide students with a high-quality, biblical education. We'd love your support. [Give here.](#)

Help us sponsor 140 students this March!

GIVE HERE

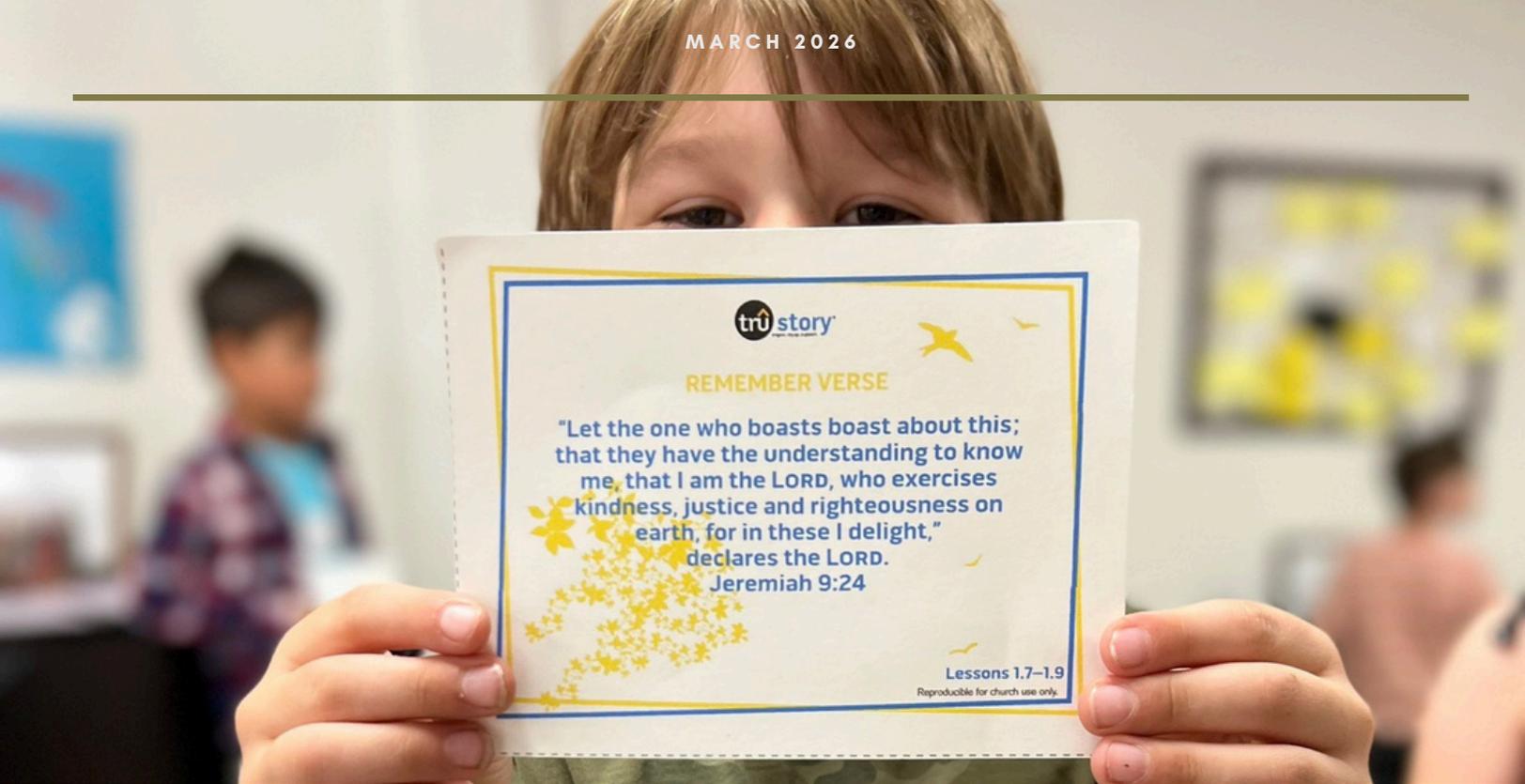
0 of 140 kids sponsored!

\$250/yr = one kid
 \$1,250/yr = half classroom (5 kids)
 \$2,500/yr = one classroom (10 kids)

Give at: newdenver.org/mission/vidarealsponsor
 Or Church Center App or text 250 Vida Real to **84321**

ndc en
GUATEMALA

questions about mission and justice at ndc?
email kenzie at kenzie.vanessen@newdenver.org



ndc kids **Remember** verses

ELEMENTARY

IF WE SAY THAT WE HAVE NO SIN, WE ARE FOOLING OURSELVES...
BUT IF WE CONFESS OUR SINS, GOD WILL FORGIVE US. WE CAN TRUST GOD TO DO THIS.
HE ALWAYS DOES WHAT IS RIGHT. HE WILL MAKE US CLEAN FROM ALL THE WRONG THINGS WE HAVE DONE.
1 JOHN 1:8-9 (ERV)

PRESCHOOL

I GIVE THANKS TO GOD WHO SAVES ME.
HE SAVES ME THROUGH JESUS CHRIST.
ROMANS 7:25 (NIRV)

ndc families **Lent + Easter** resources

FOR BABIES & TODDLERS:

- My First Easter Storybook* by Laura Richie
- Easter for Little Ones: God's Big Promises* by Carl Laferton

FOR PRESCHOOL & ELEMENTARY:

- The Easter Storybook: 40 Bible Stories Showing Who Jesus Is*
by Laura Richie

[MORE RESOURCES HERE](#)

[KIDS MISSION & JUSTICE
PRAYER CALENDAR](#)