

NEW DENVER MONTHLY

The official newsletter of New Denver Church

I Gave Up My Phone For Lent

BY EMILY SCHULZ

I gave up my phone for Lent, and I thought it would be frustrating. Turns out, it was freeing.

Do you remember back in the Generations series in early February when Clay shared the perspective and experience of Gen Z? He talked about what it's like to be a digital native and the effects technology has on all of us. Sitting in that worship service, I started to sense the Holy Spirit stirring my heart. I wondered, "What would it be like to turn my phone off for a month? To put it away completely and just take a break?" Maybe this idea sounds awful to you. Or stressful. Or overwhelming. But for me, it sounded like an invitation from the Lord. It sounded like an invitation to freedom and rest.

Then on Ash Wednesday, Norton encouraged us to "let go, linger, and listen," and that felt like confirmation of what God was inviting me to do. What if I let go of my phone for a month? Would that free me up to linger with Jesus? Would turning down the noise of notifications make space for me to listen to him? I decided to go for it.

I spent the next couple of weeks preparing. So I guess technically I didn't give up my phone for all of Lent, but I gave it up for March. During the second half of February, I made all the necessary preparations. I told my family not to freak out if they couldn't reach me right away. I printed out a paper calendar. I bought a watch.

The evening of February 28, I turned off my phone and put it in the drawer under my bed. My intention was to not touch it until the morning of April 1. (Well, except for a few days when I was going on a solo work trip across the country...I figured I'd bring it with me then for safety and to be able to Uber around.)

I lasted about three days before I hit a snag. I thought I'd still be able to message people on my laptop. Turns out, that only works for other Apple users. Bummer. Who knew? I was at a crossroads. Do I stick to my plan, or should I adapt? For the sake of the Android users in my life, I decided to be flexible. I turned my phone back on, but I kept it in the drawer under my bed and only got it out to charge it about once a week so that I could continue to send and receive messages from my laptop.

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I made a couple of other exceptions as well during the month, but for the most part, I was completely phone-free. And I had fun with it! Sure, it was inconvenient at times, but overall it felt like an adventure. When I was driving somewhere I wasn't familiar with, I had to look up directions beforehand and write them down. (Mapquest, anyone?) I wrote a lot of things down, actually, on a little notepad I started carrying in my purse. I was able to do pretty much everything I normally do, but I felt more in control of my attention. I could check things on my laptop at times of my choosing throughout the day, instead of being constantly bombarded with incoming messages or alerts. I was less distracted. I felt more present with myself, with the people around me, and absolutely more present with God.

There's so much more I could say (let's grab coffee and chat sometime, shall we??), but I think I'll end with this. At the time I'm writing this, it's now April 2nd, and my phone is still in my drawer under my bed. **END**

Looking Ahead:

APR 1 - APR 30 REGISTER FOR NDC KIDS IN APRIL

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

APR 19 PRAYER DOWNSTAIRS

APR 10 & 24 MOMCO MEET-UPS 9:30 - 11:30 AM

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

APR 12 DISCOVERING NDC - FOR THOSE WHO ARE NEW OR FEEL NEW TO NDC

AFTER BOTH SERVICES IN THE LOFT

APR 23 - 25 SILENT RETREAT AT SNOW MOUNTAIN RANCH

ORGANIZED BY PAM AND KEVIN GATES (DYLAN GATES AND BREANNA STEWART'S PARENTS)
DETAILS ON PAGE 4

APR 25 NDC WORK DAY

8 AM - 2 PM HELP MAKE NDC LOOK GREAT BY HELPING WITH SOME SMALL PROJECTS

MAY 1 - 3 NDC'S WOMEN'S RETREAT

SAVE THE DATE!

MAY 4 MISSION & JUSTICE SOCIAL GROUP - 7 - 8 PM AT NDC

JUNE 12 - 14 CAMPING! ORGANIZED BY LAURA JOHNSON

DETAILS ON PAGE 3

JUNE 19 - 21 WILDERNESS RETREAT

[DETAILS AND REGISTRATION HERE](#)

Camping for NDCers

PLUG-AND-PLAY CAMPING TRIP IN JUNE

Wanting to just show up, hang out, enjoy God's great earth with some other folks from church? Then come along to a group campsite north of Steamboat Springs for a weekend away. This will be loosely structured in that the goal is to hang out, but be empowered to go on day hikes, potentially explore the reservoir (pray for rain), and relax together in the evenings. If you do not have camping gear but want to attend, do not let that be a barrier! Reach out, and we'll see what we can do!

When: June 12-14th

Where: Stagecoach State Park (link at bottom)

Who: Anyone looking for a relaxed weekend to get to know more folks from church

Cost: \$15 per person Saturday dinner/group firewood included

Logistics: 6 cars / 36 people total can go, more logistics will be finalized with those who are interested closer to the event

Questions/Comments/Inquiries: Reach out to Laura Johnson (518) 366-5775



Luke's Candy Ministry

LEFTOVER EASTER CANDY FOR DENVER HEALTH STAFF

Hey NDC! I'm back to ask for more candy!

Many of you contributed to the huge 230lb candy donation after Halloween, which was incredible. This year, our staff support capacity increased at Denver Health to cover more floors and more nurses, and we are chugging through candy! If you have any leftover Easter candy or if you want to donate directly to the chaplain candy fund, both are very helpful and support frontline healthcare staff at Denver Health. Thank you for your generosity!

If you bring candy to church in the coming days or weeks, leave it in the Coffee Room (room with the green couch on your way to the bathrooms), and I will scoop it up.

LUKE HOWARD'S VENMO

NDC Work Day

APRIL 25 FROM 8 AM - 2 PM

Scott Harrison, NDC's dedicated Admin and Operations Director, organizes a workday each spring. He carefully selects small projects and housekeeping tasks around the building that have been neglected or require a team effort to complete within a morning.

If you have the capacity and wish to contribute, the Work Day is a fantastic opportunity to help maintain our shared space.

As a self-proclaimed donut enthusiast, Scott will treat the morning crew to donuts and provide pizza for those who stay through the early afternoon.

While registration for Work Day isn't required, it is extremely helpful for Scott to know how many participants to expect and to plan suitable projects accordingly.

REGISTER HERE.





Silent Retreat Opportunity

An awesome opportunity to participate in a silent retreat at Snow Mountain Ranch (where we hold our Men's and Women's Retreats) was brought to our attention by Dylan Gates - his parents organize one nearly every year - and we want to let all NDCers know about it! Read on for details and see if this is something you can work into your schedule.

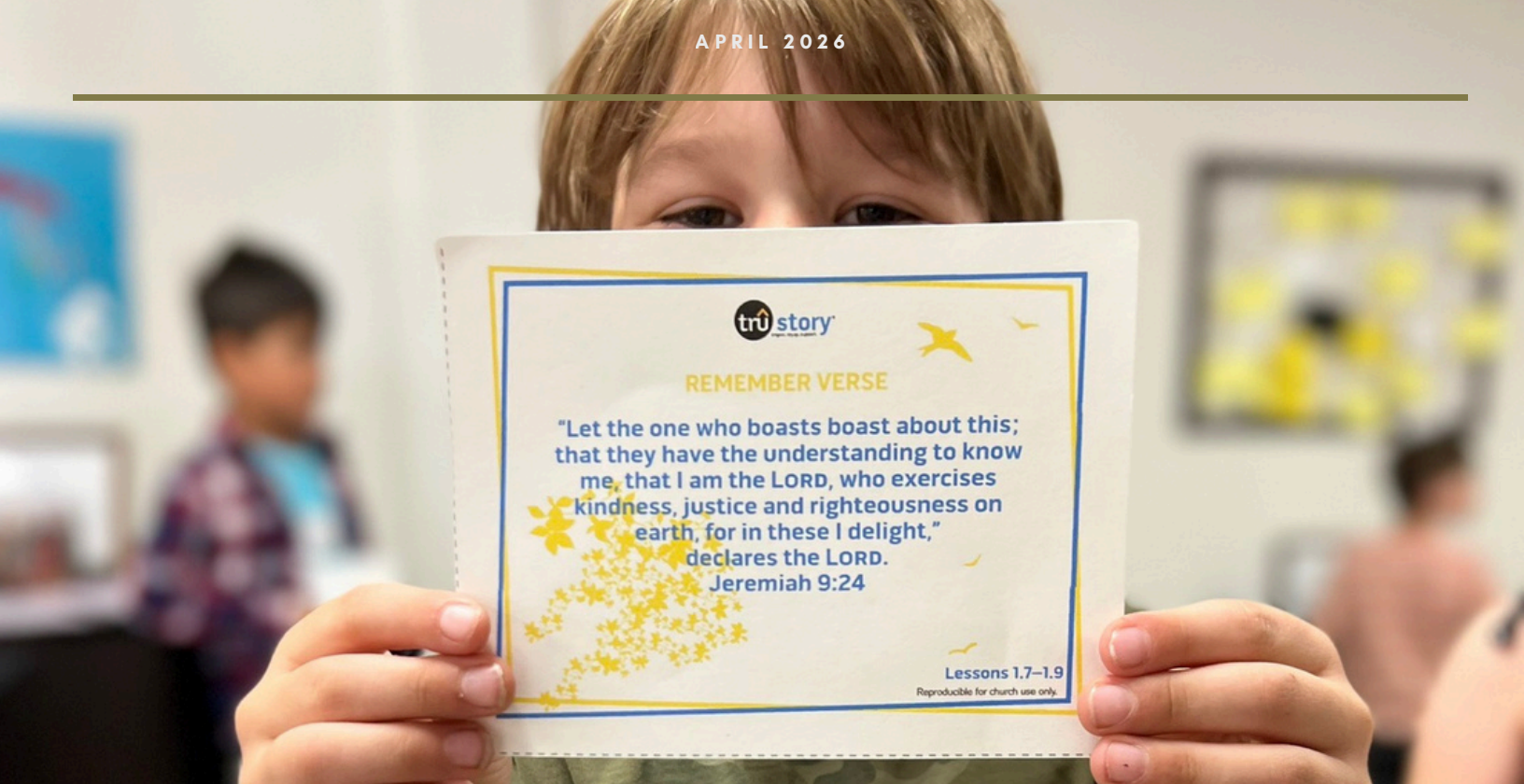
We, Kevin and Pam Gates, would like to invite you to a silent retreat beginning April 23 at 5 PM and ending April 25 (option to stay an extra day for a longer experience). The retreat will be held at YMCA of the Rockies - Snow Mountain Ranch, near Winter Park. All meals will be taken in the camp's cafeteria, a short walk from our lodging.

The retreat is guided by Dr. Jackie Halstead (see [Selah Spiritual | Executive Director](#) for a short biography). She is experienced and trained in spiritual direction, and is the author of a book focused on growing in intimacy with God ([Leaning Into God's Embrace: Jackie L. Halstead: 9781684260416: Amazon.com: Books](#)).

Dr. Halstead will share contemplative readings and methods, along with spiritual exercises to help us better engage with God. Many exercises will include times of personal introspection and listening to the Spirit. There will be several extended periods of silence, which may involve listening, focusing on His Presence, or "just wasting time" with God as you would with a friend. There are also times built into the weekend where we share our experiences in small groups.

Costs for the weekend (lodging and food) range from \$300 to \$500 depending on length of stay and if you share a room.

If interested, contact Kevin Gates - 720-397 1322, kevingates1@comcast.net



ndckids

Remember verses

ELEMENTARY

I FIND MY REST IN GOD. HE IS THE GOD WHO SAVES ME...
HE IS THE GOD WHO GIVES ME HOPE.
PSALM 62:1, 5 (NIRV, ADAPTED)

PRESCHOOL

EVERYONE WHO TRUSTS IN THE
LORD WILL BE SAVED.
ACTS 2:21 (ERV)

ndckids

Mission + Justice Prayer Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Families without homes – praying for shelter and stability	People who are sick – praying for healing and good care	Our own hearts – praying God helps us love others well	Joshua Station – praying God is with the residents and staff	People who don't feel safe expressing their faith – praying for safety and protection	Kids who don't have enough food – praying no one goes to bed hungry	People affected by racism – praying for equality and unity
Week 2	People with disabilities – praying for inclusion and respect	Kids who don't have adults to protect them – praying for safe caregivers	The earth and environment – praying we care for God's creation well	People trapped in exploitation – pray for freedom, restoration, and new beginnings	People in prison – praying for dignity, justice, and hope	People who don't have access to doctors or medicine – praying for care	Kids who feel lonely or left out – praying for friendship and belonging
Week 3	People who are grieving – praying for comfort and support	People in (insert country) – praying for peace and safety	Guatemala Church Partner – praying for the students at Vida Real Escuela	People working for justice and peace – praying for strength and wisdom	People who don't have clean water – praying for safe drinking water	Kids who don't have clean clothes or shoes – praying for basic needs	Our direct neighbors – praying they feel loved and welcomed by us
Week 4	People affected by war or violence – praying for peace and safety	Kids who can't go to school – praying for education and teachers	Our NDC community – praying God's hand over our friends at NDC	People experiencing poverty – praying for opportunity and provision	Workers who are treated unfairly – praying for dignity and just work	People who are refugees – praying for welcome and new beginnings	People who feel scared or anxious – praying for comfort and peace

**KIDS MISSION &
JUSTICE PRAYER
CALENDAR**