

NEW DENVER MONTHLY

The official newsletter of New Denver Church

Returning to Prayer

BY SARA KNOPP

What if prayer didn't have to feel like something you get right, but something you simply return to? That's the invitation behind NDC's recent four-week series. It's an open door to explore prayer as a practice anyone can step into, no matter where you're starting.

Instead of offering a formula, each week the teachings create space: space to be honest, to try, to be unsure, and to keep showing up anyway. Prayer is reframed not as a polished performance, but as a relationship that grows over time, through small, intentional moments of connection.

If you've ever felt stuck, distracted, or unsure how to pray, this series meets you there. And if you've been practicing prayer for years, it offers a chance to slow down and re-engage with a fresh perspective.

Want to take a next step?

Consider revisiting one of the messages this week and trying one small practice it suggests—whether that's a few minutes of silence, a simple written prayer, or just naming what's real in your life right now. You don't have to overhaul your routine. Just start where you are and see what grows. Here are a few of the practices we've mentioned in the past few messages:

--**Try using someone else's words.** A liturgy. A psalm. The Lord's Prayer. Something from the Book of Common Prayer. These are tried and true.

--**Incorporate the Prayer of Examen at the end of the day or week.** It can be 5-15 minutes of prayer to help us sense God's presence through the day and to discern his desires for our days to come through the steps of Presence, Gratitude, Review, Confession, and Look Forward.

--**Give the Welcoming Prayer a go.** Chris Hess introduced us to it as a way to welcome all feelings and emotions and to let go of our desire to control, for affection, and security. And then to open to the love and presence of God. (page 6)

--**When you're done reading this issue, take 15 minutes to do a Park Bench Prayer.** A prayer that you prioritize God's presence with you instead of using words. Just hang out.

Looking Ahead:

MAY 3 - MAY 31 REGISTER FOR NDC KIDS IN MAY

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

MAY 3 & MAY 17 PRAYER DOWNSTAIRS

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

MAY 7 NDC TEAM GOES TO GUATEMALA

MAY 8 & 22 MOMCO MEET-UPS 9:30 - 11:30 AM

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

JUN 14 DISCOVERING NDC - FOR THOSE WHO ARE NEW OR FEEL NEW TO NDC

AFTER BOTH SERVICES IN THE LOFT

JUN 7 SUMMER WORSHIP SCHEDULE BEGINS

ONE WORSHIP SERVICE AT 9:30 AM

JUNE 12 - 14 CAMPING! ORGANIZED BY LAURA JOHNSON

DETAILS ON PAGE 3

OCT 2-4 MEN'S RETREAT

SAVE THE DATE

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

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

Summer Worship Schedule

STARTING JUNE 7

For the past few years, we have taken our usual two worship services and condensed them down to one in the summer as we see more folks in and out on vacation, enjoying the mountains, and a slight (and perhaps welcome!) disruption to the weekly rhythms.

Note that starting June 7, we will have ONE worship service starting at 9:30 on Sundays. We will resume two worship services on August 16.

Men's Retreat - Save the Date

OCTOBER 2 - 4

The ladies have come back RAVING about their time at Snow Mountain Ranch on the Women's Retreat and the guys are wondering, "When is it our turn?!"

Wait no further. The dates are locked in, so mark your calendars. And for good measure, ask your boss for a half day on Friday, October 2.



NDC Staff Updates

NDC students director

Steve Carlson is stepping in as our new NDC Students Director! Steve has been a key volunteer in NDC Students' new mentor model for the past two years, mentoring middle school students and organizing events.

*He and his wife, Amber, are really active in our faith community, serving in pretty much *all* areas – worship team, NDC Kids, and Students. Steve even co-leads the Creative Writing social group.*

Steve is looking forward to building upon the NDC Students mentor program that Clay Schultz started a couple of years ago.



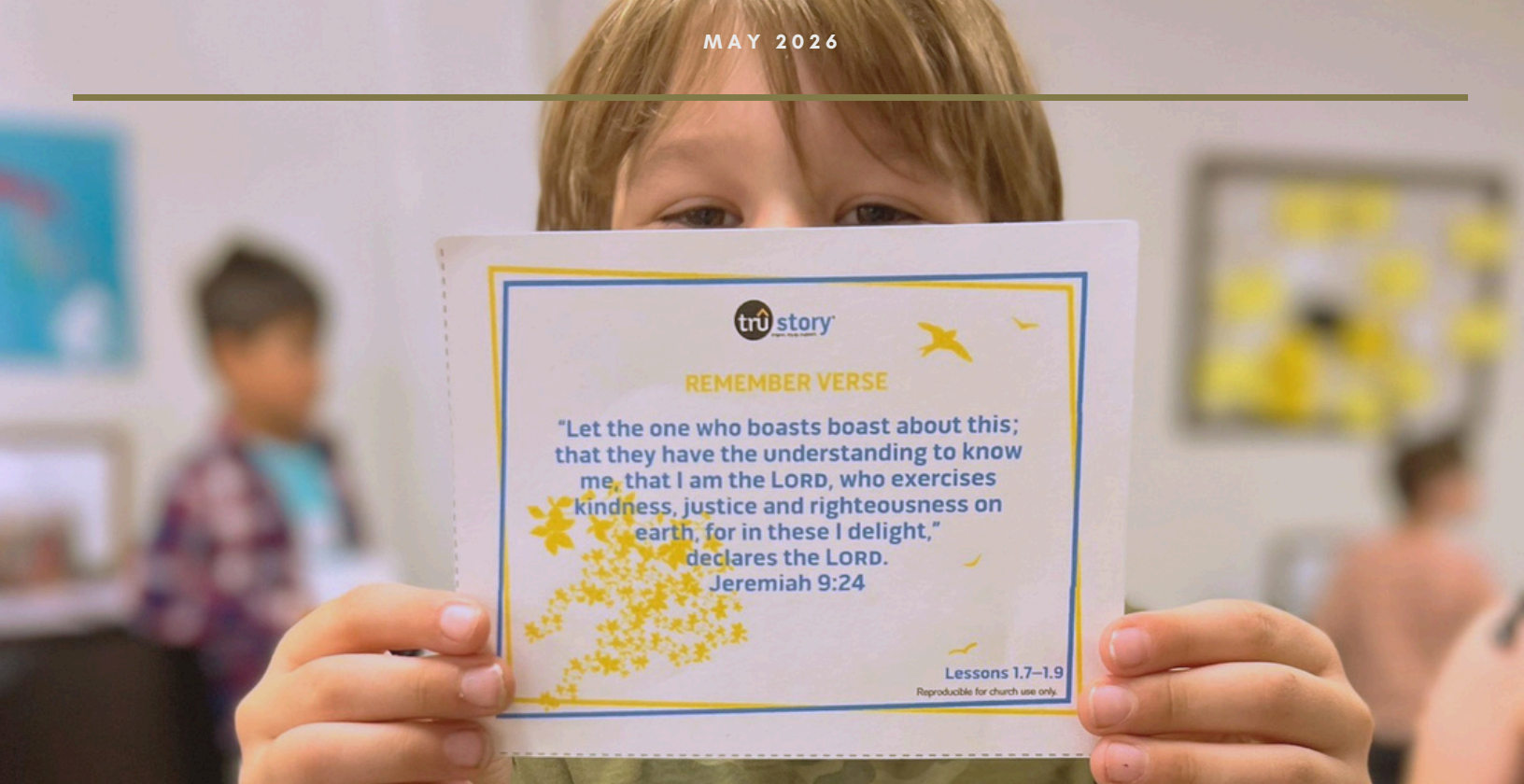
NDC kids director

We are thrilled to welcome Catherine Gates as our new NDC Kids Director! Catherine and her family have been a part of New Denver Church for the past three years. They have volunteered in various ministry areas, such as leading D-Groups, serving in NDC Kids environments, and you couldn't miss Dylan and his fashion on the Host Team.

*With a background in software engineering, Catherine brings a passion for spreadsheets to her new role, which ...*chef's kiss**

***Attention Volunteers and Parents:** Marin will be stepping down at the end of May, so look forward to Catherine taking over all her responsibilities at that time!*





ndc kids Remember verses

ELEMENTARY

THEREFORE, IF ANYONE IS IN CHRIST, THE NEW CREATION HAS COME:
THE OLD HAS GONE, THE NEW IS HERE!
2 CORINTHIANS 5:17 (NIV)

PRESCHOOL

GOD WILL BE WITH YOU EVERYWHERE YOU GO.
JOSHUA 1:9 (NIV)



Baptism guide for parents



Welcoming Prayer

Welcome, welcome, welcome.

*I welcome everything that comes to me today, because I
know it's for my healing.*

*I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.*

I let go of my desire for power and control.

*I let go of my desire for affection, esteem, approval,
and pleasure.*

I let go of my desire for survival and security.

*I let go of my desire to change any situation, condition,
person or myself.*

*I open to the love and presence of God and God's
action within.*

Amen.

--Father Thomas Keating