

NEW DENVER MONTHLY

The official newsletter of New Denver Church

A Women's Retreat Personal Recap

BY SARA KNOPP

2019 was my first NDC Women's Retreat. That officially makes seven straight years of attending this experience. Through the years of my involvement at NDC, from a regular attender to holding various leadership positions, and now on staff, I have often found it difficult to balance what I want my own experience to be at the Women's Retreat and the desire to make it a wonderful experience for others in whatever way I can. Sometimes the two desires go hand in hand and complement each other well. Other times, the two desires are in conflict with one another. For example, I'm an introvert (and becoming one more so with age), but I love to be present with people, learn others' stories and lived experiences, and laugh. A lot. And the Women's Retreat is all of those things to me: a time for personal reflection, getting in touch with God, and also enjoying being around all the wonderful women and growing relationships, both old and new. The tension is real for this introvert.

This year's retreat felt different for me. The tension wasn't as present as in past years, and I felt like I leaned more into the personal reflection side of things. Maybe that had something to do with the speaker, Katie Edwardson, who invited us into so many intentional contemplative practices. Maybe it was the tea ceremony that Jillian Watson led that felt grounding and experiential--an experience that, to enjoy fully, I could not be thinking about anyone else's experience at the same time. Or maybe it was the fact that I stayed in "the lodge" this year. We had SO many women sign up this year (amazing!), we had to take on a few extra rooms outside of the two main cabins to accommodate everyone. This particular rooming experience physically removed the access to fun late-evening hangs. Yes, I had major FOMO, but I embraced the blessed extra hours of sleep I got in its place.

I have a feeling this year's retreat was exactly what I needed. Psalm 23 is something God keeps putting in front of me. It started when Chris Hess spoke in April, and then again when Jennifer Coggins shared her message on community prayer. And Allie Mark's message on self-compassion really hit it home. When Katie Edwardson led our group through Psalm 23, I could barely get through the first line before getting stumped:

The LORD is my shepherd, I lack nothing.

I'm left with the resounding feeling that God has me exactly where I need to be--that God supplies precisely what is needed, when it is needed, resulting in deep, soul-satisfying contentment (even when things happening outside my control should bring something other than contentment). And I'll take that all day, every day. If you didn't attend the Women's Retreat and you're getting a little bit of FOMO reading this, we'll do it all again next year :)

SOCIAL GROUP DIRECTORY

Looking Ahead:

JUN 7 - JUN 30 REGISTER FOR NDC KIDS IN JUNE - IT'S VERY IMPORTANT

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

JUN 1 MISSION & JUSTICE SOCIAL GROUP - 7 - 8 PM AT NDC

JUN 5 PLAYGROUND MEET-UP FOR MOMS AND KIDS
MCWILLIAMS PARK 9:30 - 11:30 AM

JUN 4 CREATIVE WRITING SOCIAL GROUP - AT NDC FROM 6 - 8 PM

JUN 7 & JUN 21 PRAYER DOWNSTAIRS

JUN 7 SUMMER WORSHIP SCHEDULE BEGINS

ONE WORSHIP SERVICE AT 9:30 AM

JUN 13 TACO PARKO MEET UP 4 - 6 PM

AT WESTLANDS PARK. TEXT MELISSA FOR DETAILS OR QUESTIONS 7202243692

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

AFTER BOTH SERVICES IN THE LOFT

JUN 14 SECOND SUNDAY BRUNCH - AFTER SERVICE

A SOCIAL GROUP FOR WOMEN IN THEIR 20'S & 30'S WHO GRAB BRUNCH AFTER CHURCH

JUN 12 - 14 CAMPING! ORGANIZED BY LAURA JOHNSON

EMAIL LAURA IF YOU'RE INTERESTED laurajohnson627@gmail.com

JUN 12 PLAYGROUND MEET-UP FOR MOMS AND KIDS

BELLEVIEW PARK 9:30 - 11:30 AM. TEXT MELISSA WOODS AT 7202243692 WITH QUESTIONS

JUL 3 PLAYGROUND MEET-UP FOR MOMS AND KIDS

CHEYENNE-ARAPAHO PARK 9:30 - 11:30 AM

JUL 6 MISSION & JUSTICE SOCIAL GROUP - 7 - 8 PM AT NDC

OCT 2 - 4 MEN'S RETREAT

REGISTRATION IS OPEN [HERE](#)

Creative Writing Group

FIRST THURSDAY OF THE MONTH 6 - 8 PM AT NDC

This group meets once a month to share and discuss ways each person pursues creativity through writing. Whether you're into writing poetry, nonfiction, scientific research, or you're just curious about exploring what this all looks like, you're welcome to join this group! It's part workshop, part word-fueled therapy session, but without the pretension.

You don't need any prior experience in creative writing - just a curiosity and openness to try new things.

Ladies Game Night

NEXT ONE IS JULY 18

- Do you like food?
- Do you enjoy laughing?
- Do you like games to some degree?
- Do you like making new friends?

That's pretty much what the Ladies Game Night is all about! Join the Social Group to get updates and details on upcoming game nights.

Taco Parko

JUNE 13, 4 - 6 PM AT WESTLANDS PARK

"Taco Parko" is Spanglish for "let's meet up at the park and eat some food!"

For the folks and families who live south of the Denver Metro Area, there's a different park location each month. There is a SignUpGenius to coordinate food and a playground for littles to burn off their energy. Join the group to get plugged into the meetups in advance.

Guys Wednesday Hang

EVERY FIRST AND THIRD WEDNESDAY
(JUST JUNE 17 THIS MONTH)

If you heard Brady and Jessica Van Dyke do NDC Stories in service a couple of weeks ago, you know that the Guys Wednesday Hang was hugely pivotal for Brady and his relationship with other guys in our faith community.

Come check it out for yourself on June 17 from 7 - 8:30 PM, location TBD. Try it once, and if you don't like anything about it, you don't have to attend ever again 😊 No long-term commitment necessary.

Second Sunday Brunch

FOR WOMEN IN THEIR 20S AND 30S

For some, the best part of church is figuring out the best place to grab coffee, lunch, or brunch afterwards. If you're a lady in your 20's or 30's and brunch is your jam, then you need to join this Social Group. The group will then funnel you to a WhatsApp chat (like many of these Social Groups), to join the conversation on where to grab brunch after the second Sunday of each month.

They've done Ester's, The Cookery at Myrtle Hill, Olive & Finch, to name a few.

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.

Join other NDCers passionate about justice and mission for the Mission & Justice Social Group. If you're interested, join us:

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

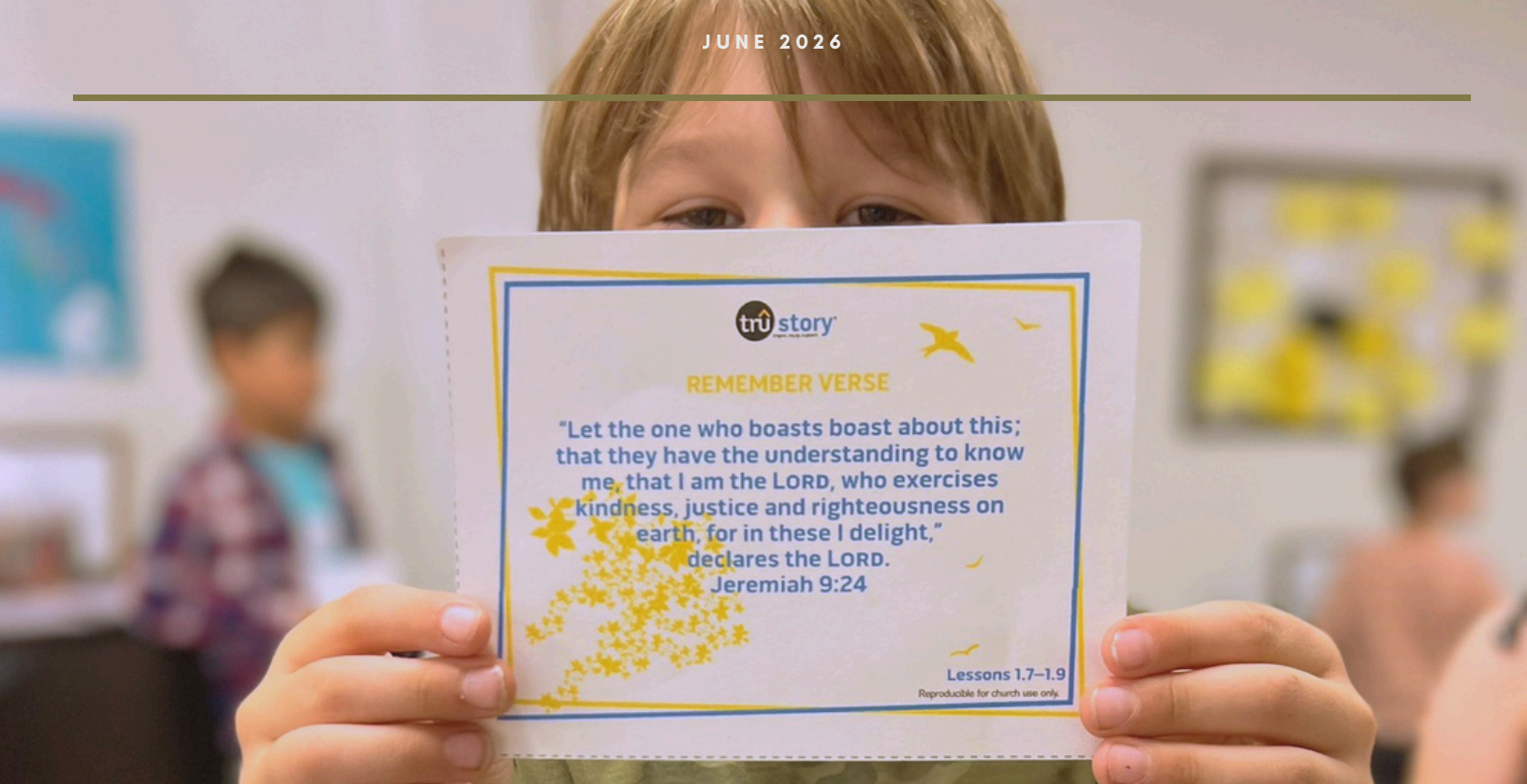
GLOBAL MISSION

At the beginning of May, our team of 8 had the joy of traveling to San Pablo La Laguna, Guatemala, to visit our beloved partner, Vida Real School. We were welcomed by Pastor Antonio and his family, who so clearly have a heart for their community. We had the privilege of walking the halls of the school, meeting the dedicated teachers who pour themselves into their students every day, and spending time with the kids whose eagerness reminded us exactly why this partnership matters so much.

Sharing a meal with the Vida Real Church leaders was a highlight in itself, where we got to deepen the friendships that make this work meaningful. This trip was such a rich time of relationship building, and we came home genuinely moved by the impact Vida Real School and Church have had in the community of San Pablo. We are so grateful to witness what God is doing through them in the kingdom, and we can't wait to see what this year holds!

--Kenzie
NDC's Mission and Justice Director





Environment transitions in **ndckids**

At New Denver Church and in NDC Kids, we typically see kids make two big transitions in our environments each year:

- from the Preschool environment to the Elementary environment**
- from the Elementary environment (or 5th grade) into our NDC Students program**

FOR ALL NDC KIDS PARENTS:

No need to do anything in Church Center to change your child's grade or age. We can do all that on our end, for everyone, at a specific time! Consider it one less thing for you to think about 😊

For more information on what these transitions look like, visit this [website](#).

Remember verses

ELEMENTARY

DON'T LET ANYONE LOOK DOWN ON YOU BECAUSE YOU ARE YOUNG. SET AN EXAMPLE FOR THE BELIEVERS IN WHAT YOU SAY AND IN HOW YOU LIVE. ALSO SET AN EXAMPLE IN HOW YOU LOVE AND IN WHAT YOU BELIEVE. SHOW THE BELIEVERS HOW TO BE PURE.

1 TIMOTHY 4:12 (NIRV)

PRESCHOOL

IN THE BEGINNING, GOD CREATED THE HEAVENS AND THE EARTH.
GENESIS 1:1 (NIV)

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