

## Colorado Family Church November Local Highlights

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December 16, 2023



With November having come and gone, 2024 is right around the corner. We hope that we can all finish this year well. Please enjoy some highlights from our community from this past month and thank you all for being a part of it.

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## Celebrating True Children's Day



True Children's Day started off with a traditional Pledge Service and breakfast at the church. Afterwards, many people continued and joined us at the Golden Community Center, where we spent the rest of the day enjoying swimming, basketball, and overall spending quality time as a community all together. We are grateful to everyone that

came and that also helped out with the food, cleanup, and the offering table. Unfortunately, we didn't take very many pictures this year.



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## Ongoing Youth Ministry Activities



Every month, our dedicated youth ministry team is providing growth opportunities and experiences for your youth. This often takes various forms, such as one on one sharings, sleepovers, and much more. One highlight from November was that the older high school girls hosted a sleepover for the younger (9-12) girls. We heard glowing reviews from the girls, and the high schoolers are gaining valuable leadership experience.

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## Ongoing Interfaith Activities in Grand Junction



Some of the United Methodist Women of Faith have attended our Women's Federation for World Peace events, such as "Women Together Serving the Greater Good", "Racial Healing", and "Women's Self Defense." Antonio and Gale wanted to support them in turn by helping set up and serve at their annual Christmas Bazaar and Victorian Tea on November 3rd.

All of the women brought homemade tea cakes, tiny cupcakes, tasty cookies, scones and sweet breads. Gale served the coffee and tea to the patrons who loved the ambiance, sipping from pretty English bone china tea cups and enjoying the array of special treats. I washed a lot of dishes and platters and by doing so, was able to get to know more women of the United Methodist Church, especially the pastor's wife. Antonio lugged tables and chairs, the boxes of tea pots, cups and saucers from their basement two days before the event.

I made the determination to stay until the end because I was praying to finally be able to share the Blessing with the pastor and his wife.

They celebrated their 39th anniversary recently and, although the process was a little rocky, they were grateful to receive it once I explained that the Blessing was a gift from us to them. The pastor's wife is standing next to me in the photo.



On November 12th we finally got our Women's Self-Defense class back up and running after the instructor, a black belt who fought in the ring for 10 years using mixed martial arts, recovered from illness.

The woman in the forefront of the photo above is a regular and is the president of Women in Faith of the United Methodist Church.

We began our class with reading the points which WFWP stands for and a quote from True Mother:

"The world of the future can be a world of reconciliation and peace, but only if it is based on the maternal love and affection of women. This is the true power of womanhood. The time has come for the true power of womanhood to save the world."

We then all reviewed safety tips such as...

Be mindful of what is going on and who is around us at all times.  
Don't walk around spaced out on our cell phones.  
Don't be afraid to yell out if someone is threatening you. Practice screaming.  
And many more...

Finally, we reviewed maneuvers to escape one-handed and 2-handed grabs. And practiced yelling.

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Our second restarted Women's Self Defense Class was held in the basement of the Unitarian Universalist Church on Nov. 17th.

A chaplain of the United Methodist joined us. We began the class by reading the mission statement of WFWP and the quote from Mother Moon: "History is calling for reconciliation, compassion, love, service and sacrifice. Today's problems cannot be solved by the logic of power... Our present problems can only be solved by the logic of love."

This is the quote from the United Methodist Church founder John Wesley the chaplain shared: "Do all the good you can, by all the means you can, in all ways you can, at all times you can, to all people you can, as long as you can."

We reviewed basic arm grabs and escape tactics. We went on to breaking free from front, side and behind strangulation attempts. If one is being strangled, one has 6 seconds to get free before passing out and dying. Scary, sobering thought.

Our instructor told us to not let a perpetrator relocate us to another area, it will probably be secluded. Fight to the death if you have to. Stomp on their feet if they try to drag you into a car. Scream your head off.

Perpetrators will only go after people who seem weak and an easy target. They want to do harm and keep their anonymity. Never say, "Please don't hurt me!" And then cover in fear.

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## Grant News



We wanted to let you know that we applied for and have received a \$30,000 grant from the Department of Homeland Security to support safety and security improvements for our church building. A big thank you to Justino Alves for letting us know about the grant. The funds will be used to provide a better access system for all the doors in our building and to install a security system and some commercial quality cameras.

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## Continued Renovations and Improvements

With the onset of winter, renovation work has slowed down and has moved mostly indoors. There is always work ongoing, but we are taking a bit of a break this month after doing constant renovations since June. Most of the work happening in November was on the heating system and basement doors and bathroom at the new parsonage.





# Sunday Sermons

Through the Sunday services this month, we had messages on a variety of subjects that we hope were meaningful and inspirational. If you missed any of them, you can find them all on our [Facebook page](#) and [YouTube channel](#). For quick reference, this month's recordings are below.

- [Keep Planting Seeds](#)
- [The True Children of God](#)
- [Going Beyond Regrets](#)
- [Yongil Fleisher: Gratitude](#)

COMMUNITY CALENDAR

## Give back

