



The Journey Shared

QUARTERLY NEWSLETTER
OF THE ROCKY MOUNTAIN REGION
OF THE ECUMENICAL CATHOLIC
COMMUNION

calling a local bishop

VICAR'S MUSINGS ON
OUR PROCESS MOVING FORWARD

On the weekend of the 8th and 9th of September 2018, the members of the Rocky Mountain Region of the ECC voted to support moving forward with the process to call a local bishop in 2019. Following guidelines in the ECC Constitution, we are not at a point of announcing an episcopal vacancy. We are developing a **process** toward that goal.

As the Regional Council is composed of lay and clergy representatives of each of our communities, we thought it most effective that its members form the initial Steering Committee tasked with outlining our process. We will then present it to our respective communities for their approval.

Part of our current groundwork is to research the history of other "households or regions" across the ECC. What are their origin and formation stories? How did they come up with their desired list of qualities/characteristics of a bishop? What was their process; what worked; what would they have done differently? →

CHURCH COPY

Another important issue we're discussing is whether or not the ECC Constitution's directive about calling a bishop before developing a Diocesan Constitution makes sense? Some think it only logical that our identity and polity should be articulated before asking a bishop candidate to buy into it. Equally valid is an acknowledgment that such an identity and polity can only be formed with input from all three legs of our synodal stool. An attractive suggestion is to first articulate together our communal identity as the local church and its mission—which would prove invaluable come Constitution-writing time. Such an articulation would also include our understanding of the unique roles of the laity, our deacons, priests and bishops—which would give us the fundamentals of a future bishop's job description.

As we move forward, we encourage everyone to review the educational materials that were made available for our discernment before the vote. (See relevant documents at www.coloradoecc.org under Council News.) While they served to educate us about bishops in the Ecumenical Catholic Communion and their role in our unique way of being church together, the materials also tried to honor some of the concerns and apprehensions about calling a bishop that some had expressed. Both those pros and cons will inform the Council as we attempt to draft a process for moving forward, leading us to broader consultation and further conversations about our future regional polity in the coming year—again, honoring our way of being church together, informed by our continued prayers for the Spirit's guidance.

As a reminder, before the voting we agreed that nominations for or discussion of candidates is not permitted until the process is developed and affirmed. ~ Fr. Michael

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For example, when you do bicep curls, at some point of the repetitions, your bicep ceases to respond. The muscle is fatigued. This is what occurred with my caring heart – my *want to* respond was intact; my capacity to respond in care and compassion was fatigued.

When I look back over the months preceding, there were many contributing factors, both personal and ministry-based, both quantitative and qualitative experiences of deep empathy, self-giving and stress. I am pretty self-aware and thought I was paying attention and restoring my self, and then quite suddenly I was not functioning well.

One who is experiencing compassion fatigue may notice that your ability to respond is less, your presence less, you are less effective, less able to concentrate, your irritability greater. You may have physical, emotional, spiritual and mental symptoms of distress.

Our leadership acted with compassion to grant me time off to heal and I overflow with gratitude. (And the ownership and competency of the members of the Leadership team was amazing, gifting me with a newfound healthy sense of what is mine to do and what over-functioning I may exercise.) The path toward restoration of health is also four-fold, addressing all aspects of wellness, and there is no quick and magic fix. There is hope: time and intentional self-care are required. We have many caregivers in our communities, both professional and personal. Recognizing the warning signs is key to early intervention. Here is a good article to get you started: <https://www.stress.org/military/for-practitionersleaders/compassion-fatigue/>

Thanks be to God, I am improving. Thank you for your prayers & support. ~ Mother Kae

Church of the Beloved

ON COMPASSION FATIGUE

What is Compassion Fatigue? You may have heard through the grapevine that I took a few weeks of leave from my pastor responsibilities in October. Over the past 3 months, I had been increasingly aware that I was fatigued and overwhelmed with sadness, and following a family emergency, I just hit a wall. This was not singularly grief or a depression or burnout. For me, I was experiencing *compassion fatigue*.

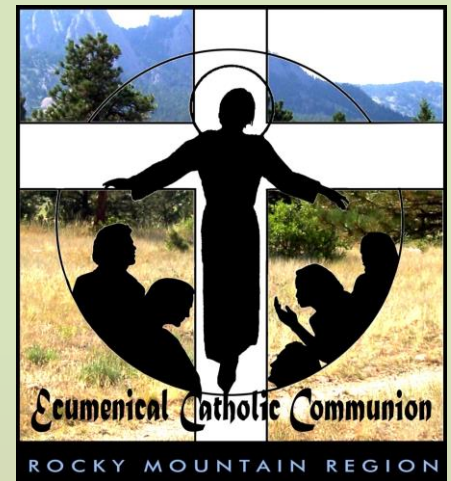


COB OUTREACH

Church of the Beloved hosted our annual **Just Bag It** rice and beans project on Friday, November 9th. Twenty-seven people of all ages joined together to re-package 850 bulk pounds of rice and 850 bulk pounds of pinto beans into two-pound packages for distribution through local food banks. The youth and leaders from Light of Christ as well as family member guests broadened the

experience for all. If common wisdom indicates that 1 pound of beans expands to 5 servings = 4250 servings—wow! One pound of rice feeds 4 people = 3400 servings! The food was blessed on its way out the doors to hungry people. May multiplication magnify: May we be filled to bursting!

Prayer from CRS on next page →



REGIONAL COUNCIL

www.coloradoecc.org

REGIONAL VICAR

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For more about the
**ECUMENICAL CATHOLIC
COMMUNION**, visit

<http://ecumenical-catholic-communion.org>



CHURCH OF THE HOLY FAMILY

www.churchofhollyfamily.org

Dcn. Cynthia Drew, Pastor
Mass: 10:00 am Sundays
16738 E. Iliff Avenue
Aurora CO 80013
(303) 369-9000

Moving after Christmas
to 5:00 pm Saturdays at
Christ the Savior Lutheran
1092 S. Nome Street
Aurora CO 80012

admin@hollyfamilyco.org



CHURCH OF THE BELOVED

www.churchofthebeloved-ecc.org

Mother Kae Madden, Pastor
Mass: 5:00 pm Saturdays
10500 Grant Drive
Northglenn CO 80233
303-489-7046

Mother Kae, 720-232-1562
pastor@churchofthebeloved-ecc.org
Fr. Paul Burson, 720-254-2083



LIGHT OF CHRIST ECUMENICAL CATHOLIC COMMUNITY

www.lightofchristecc.org

Fr. Teri Harroun, Pastor
Masses: 5:00 pm Saturdays.
9:00 am Wednesdays
1000 W. 15th Avenue
Longmont CO 80501
303-772-3785
churchoffice@lightofchristecc.org



MARY OF MAGDALA COMMUNITY

www.marymagdalaafc.org

Fr. Jim DeMuth, Pastoral Director
Mass: 5:00 pm Sundays
301 E Stuart Street
Fort Collins, CO 80525
970-493-9536
Fr. Jim 970-420-6230
Dcn. Rosean Amaral 970-692-4238
marymagdalaafc@gmail.com



ST. PAUL'S LUTHERAN AND CATHOLIC COMMUNITY

Rev. Barbara Berry-Bailey, Co-pastor
Fr. Don Sutton, Co-pastor
donaldsutton@gmail.com
Catholic Mass: 5:00 pm Saturdays
Lutheran Service: 10:30 am Sundays
1600 Grant St, Denver, CO 80203
303-839-1432
<http://saintpauldenver.com>

Also check out our friends of
**BOULDER COMMUNITY IN
DISCERNMENT**
Mass: 1:30 pm
every first and third Sunday
Community United Church of Christ
2650 Table Mesa Drive
Boulder CO 80305
Mthr. Sheila Dierks 303-449-4302
sheiladierks1@gmail.com

fill us to bursting

Loving and gracious God,
When the obedient widow had given her family's last bit of flour
to Elijah,
You fed them.
When you called your sons and daughters out of bondage,
You fed them.
When faced with the hunger of the 5,000,
With nothing save a few gracious handfuls offered up by a child,
You fed them.
Time and again, you have foreshadowed the bread of salvation
By nourishing us with the bread of this world.

Lord, you filled the fishermen's nets to bursting.
Fill us to bursting.
Fill us with compassion for our sisters and brothers.
Fill us with the grace that pours forth from your loving heart.
Fill us with obedience to your last commandments:
To go forth into the world
To do for others as you have done for us
To feed your sheep.

So many are hungry,
And we are hungry too.
In our weariness, our complacency, our cynicism,
We have grown hungry for your compassionate spirit.

Fill us to bursting.

Amen



COB CHRISTMAS EVE:

4PM Mass for All Ages
6:30PM Northglenn
United Church of Christ service
9PM Mass

COB CHRISTMAS DAY:

morning Mass is pending
—call our church office phone
303.489.7046 for the most up to
date info



ushering in a new era at Holy Family

**CYNTHIA'S ORDINATION
TO THE PRESBYTERATE
DECEMBER 9TH AT 10:00 AM**

On November 4th Dcn. Cynthia Drew was installed as Church of the Holy Family's Pastor. Cynthia was called by CHF in June after an eighteen-month search process. Cynthia is a cradle catholic from New Orleans. She completed her seminary work at Wake Forest Divinity School in Winston-Salem, NC. She was originally trained in the United Church of Christ. She was completing a year-long chaplaincy residency program at Moses Cone Medical Center in Greensboro, NC, when she applied for the Holy Family position.



Cynthia's diaconal ordination was on August 14th at Wake Forest University. It was live-streamed to the community and is available for viewing at



www.facebook.com/HolyFamilyColoradoECC/videos/268449370641245/. In accord with the Markan Gospel text preached on that joyous occasion, Cynthia came in for her installation wearing her dusty sandals and with her trusty walking stick, ready to join her new ministry partners on the journey. Holy Family hosted one of its famous potlucks after Mass to fully welcome Cynthia to her new home.

Cynthia will be ordained to the Presbyterate on Sunday, December 9th at 10AM. We invite all of our ECC kin to join our celebration of this joyous occasion. With Bishop Francis as the presider, we invite any visiting clergy to vest and join in the procession.

Holy Family will complete its almost two-year transition process when we move to Christ the Savior Lutheran Church next month. Our first mass at our new space will be 5PM Saturday evening, December 29th. Holy Family began its search for a compatible "nesting space" at the beginning of

2018. Christ the Savior was presented as an option early in the process. In every discussion we have had, Pastor Paul and his church have been very welcoming and excited to start a new Journey in ministry with us.

The past two years has been a bumpy road to say the least. Holy Family would like to thank the ECC for all of its support. We would especially like to thank Fr. Jim Demuth, Fr. Michael Nicosia, Mother Kae Madden, Fr. Teri Harroun, and Fr. Stan Manickam for helping us celebrate the Eucharist—and, of course, thanks to our own CHF member clergy, Rev. Kathleen Gorman and Fr. Jim McDonald, as well.

All of our prayers are answered. Holy Family will be moving to a new home led by our new pastor. What a Great Year! ~ Deacon Mike Weil

CHF CHRISTMAS EVE:
5PM Mass, current location

CHF CHRISTMAS DAY:
10AM morning Mass, current location



OFFERINGS FOR JANUARY 2019

Hosted by **Capital Tea**, 1450 South Broadway, Denver CO 80210, on the **Five Thursdays in January 6-8PM** (beginning with Soup and Fellowship until 6:30).

January 3rd ~ The Revealing: The Coming of the Magi Through a Celtic Lens. Our time will introduce the writings of Kenneth McIntosh, *The Winged Man: The Good News According to Matthew. Celtic Bible Commentary*; and *Reading the Bible the Celtic Way: The Peacock's Tail Feathers*. Together we will explore the themes of inclusivity and hospitality.

January 10th ~ Saint Francis of Assisi. In *Celtic Daily Prayer*, he is listed in his customary place in the calendar on October 4th. Though Francis is not technically part of the "Golden Age" of Celtic Christianity in the British Isles, both The Northumbria Community and

Celtic Way, like so many others, find our core values and beliefs within his life. This presentation will not be a romanticizing of Francis but a deep look into the impact one man can have upon the Church and the world.

January 17th ~ Saint Clare of Assisi (16 July 1194 – 11 August 1253) is an Italian saint and one of the first followers of Saint Francis of Assisi. She founded the Order of Poor Ladies, a monastic religious order for women in the Franciscan tradition. She wrote their Rule of Life, the first set of monastic guidelines known to have been written by a woman. Following her death, the order she founded was renamed in her honor as the Order of Saint Clare, commonly referred to today as the Poor Clares. Her feast day is on 11 August. This session will be presented by Shani Jones, M.Div.

January 24th ~ Tools to help you grow into your Celtic soul. This night we will shine a spotlight on the writings, both in print and online, of Christine Valters Paintner. She is a best-selling author and online abbess for Abbey of the Arts. She uses reflections, stories, guided activities, prayer experiences, and a wide variety of creative arts to help us to patiently and attentively listen to God's invitation. Her most recent book, *The Soul's Slow Ripening: 12 Celtic Practices for Seeking the Sacred*, will provide us practical ways to develop a Celtic spiritual practice. During the evening we will enter into a couple of these practices to experience them ourselves.

January 31st ~ Saint Brendan of Clonfert (c. AD 486 – c. 575), also known as Brendan the Navigator. Brendan is one of the best loved of all the Celtic Saints. The story of his sea voyages has held a special fascination for every generation. His life will both inspire and challenge us in our following Jesus, the Christ in today's U.S. culture!



St. Paul welcomes new ELCA co-pastor

THE REV. BARBARA BERRY-BAILEY

Pastor Barbara comes to St. Paul Lutheran and Catholic Community of Faith from Chicago, having served as one of the pastors of Diverse United Church in Norwood Park, a federated congregation made up of Norwood Park Lutheran Church, St. Albans Episcopal Church and New Hope United Methodist Church. Now she gets to partner with the ECC! We look forward to her experience leading covenanted communities; she's sure to bring new life and energy to our city parish and the people we serve.



STP CHRISTMAS EVE:

4:30PM Family Eucharist
7:00PM Festival Eucharist
10:30PM Musical Prelude
11:00PM Festival Eucharist

STP CHRISTMAS DAY:

10:30AM Christmas Day Eucharist

Light of Christ

In reflecting over the happenings at Light of Christ over the last three months, we realize that we've accomplished a lot to enrich the lives of our community members and others outside of our community.

During Mass on August 25th, Trinity, Addysen and Fr. Teri shared stories from their June trip to Wind River Reservation. As a gift to the community, bookmarks with the following poems written by the three of them were shared:

Poem 1

Wind River
Individuals
New things
Dreamy
Reservation
Interesting
Visiting
Exciting
Realization

Poem 2

Winding through earthen
stretchmarks

I

Notice God's breath, beauty
Dancing in every shade of
green.

Reservation:

Include me in your joy
Voice - laugh, mumble, bless
Engaging lives well lived,
abundance:

Reservation

Poem 3

Traveling to grow
Gathering many stories
Many lifetime's worth

To kick off September, Light of Christ, along with seven other local faith communities, participated in a "Reducing Gun Violence" discussion with Longmont community leaders. The World Cafe Discussion Model was used. A report that incorporates the conversation of the evening is in development and additional steps for moving forward are being considered. Our community will stay involved.

To wrap up September, we had a great turnout for the showing of the film "Two Rivers," a story of a Native American reconciliation process in a town in Washington State. Through open attitudes and honest dialogue, people from two very different cultures were able to create lasting friendships and profound connections. As a follow-up to this, some members from LOC attended a Show Up for Racial Justice event to promote ways of being in right relationship with all peoples.

Moving into October, Rose Chalifoux shared a powerful message with our community about forgiveness. Twenty years ago, her son Ben was killed by a drunk driver. We heard how despite the criticism of others who were focused on feeling angry, she and her family chose to respond with compassion as they forgave the young man who caused the accident. Rose reminded us how the act of forgiveness not only frees us from the negative bonds between us and our offender, but also from the heavy burden of being the offended one. →



The week of October 15th, 7 of our members traveled to Houston with eight members from Bethlehem Lutheran, our host community, to work with the St. Bernard Project to help restore the home of a 75 year old retiree who had been out of his home for over a year following the hurricane. One of the greatest blessings was the strengthening bonds among the group as they dealt with several unexpected challenges that they overcame during the week.

Meeting the needs of our youth is important to LOC. Members from our community are taking turns hosting events for our youth as a way to offer activities and allow adults in our community to get to know our youth even better. After Mass on October 27th, Chuck and Ellen Cooper and Mark and MaryLu Stenson organized and hosted a Halloween Party for our middle and high school youth group. The party was a success with lots of food, crafts, games and fellowship shared by all.



LOC ADVENT/CHRISTMAS

As we prepare to move into the Advent season, we are thankful for the relationships we continue to build and pleased with the spiritual growth and community building activities we have had to offer. Our theme for Advent will be Peace on Earth. For the first weekend of Advent, a reconciliation service is planned during 5:00 Mass on December 1st. Then, to wrap things up on Christmas Eve, we will share in a joint family-focused service with Bethlehem Lutheran at 4:00 and then we will be caroling at 8:15 followed by Mass at 8:45.



Joint liturgy procession and potluck



Mary of Magdala

A joint liturgy of Sacred Creation and the Feast of St. Francis was held on Sept. 30th. Mary of Magdala, Trinity Lutheran and St. Paul's Episcopal shared in the planning and presiding of this mass. People sent pictures of their pets for a slideshow, virtual blessing of the animals. The potluck following the liturgy was a good time of fellowship.

Stuffed animal blessing



SOCIAL JUSTICE PROJECTS

Mary of Magdala continues to support Faith, Family, Hospitality, a program for homeless families, by preparing food and hosting overnight. This ministry gives a hand to families working hard to get back on their feet. It is supported by many church communities in Fort Collins.

ADULT EDUCATION FOR ADVENT: IN SEARCH OF WHOLENESS— AN EXPLORATION OF OUR MYSTICAL ORIGINS

The adult education program will host two Advent soup suppers: Sunday Dec 2nd and Sun Dec 9th after our 5PM mass. Speaker Rick Klein will weave together the lives and teachings of four modern mystics to create a fabric upon which we can trace our unique spiritual paths within the common spiritual journey of all humanity.

Our journey will glean insights from the Native American mystic, Black Elk, contemplative and feminist mystic Beatrice Bruteau, Jewish mystic Etty Hillesum, and priest and environmental advocate Thomas Berry. All are welcome to join us for nourishment of body and soul.

MOM CHRISTMAS MASS will be held at 9AM on Dec 25th.

SOME OF MoM's PHOTOS FROM SYNOD 2018





Dear siblings in Christ,

This Thanksgiving and Advent, we are reminded of that well-known text from the Gospel according to John, Chapter 3 verse 16: *“For God so loved the world that God gave God’s only Son—that whosoever believed in Him should not perish but have everlasting life.”*

In Jesus Christ, we have the gift of God with us.

The Colorado Council of Churches desires to follow in the footsteps of the perfect Gift. We desire to live out God’s hope, peace, and justice in the state of Colorado, for the glory of God. Together, we make the vibrant Church visible.

The Rocky Mountain Region of the Ecumenical Catholic Communion’s commitment to the Colorado Council of Churches is a mere \$1 per parish member—might you help us contribute more?

Your gift to the CCC amplifies the ECC’s voice and unites it with others to make that hope, unity, and peace possible throughout the state.

As your representative on the CCC’s Judicatory Board and its Board of Directors, I give of my time and talent but lack the personal treasure to contribute to this important dimension of our corporate, ecumenical mission. As we have raised awareness of how the gospel dialogues with our world through the CCC’s newsletters and our Facebook, Instagram and Twitter posts, you have joined us in prayer and in public witness. You have shared your stories with and through us. You have helped us make homelessness a public policy priority in our communities. You have joined hands with us in our advocacy and social justice efforts. You know the important work that lies before us all. A year-in-review summary of our work follows on the next page of this newsletter.

This Advent, as we honor the precious Gift born from above who continues to work through his Body in the world, we invite you to consider the gifts you will give. With love for God’s good earth, and God’s children of many races and backgrounds, will you [give to support the mission of the Colorado Council of Churches](#) in this critical moment? **We cannot mobilize, make visible, or celebrate the extravagant love of God in our state without you.**

blessings,

Fr. Michael J. Nicosia
Vicar to the Rocky Mountain Region of the Ecumenical Catholic Communion

P.S.: Please consider becoming a monthly donor. Monthly donors sustain our work throughout the year. Sign up on our website at <https://tinyurl.com/cochurchesdonate>!



Colorado Council of Churches
Walking together in faith, working together for justice.

2018 Year-in-Review

Representing Statewide:
13 Christian Denominations
850 Churches
22 Covenanting Congregations
4 Affiliated Partners

2018 EASTER SUNRISE SERVICE



Despite inclement weather, 7,000 people came to our 71st Easter Sunrise Service at Red Rocks Amphitheatre in Morrison Colorado. Rev. Tawana Davis of the African Methodist Episcopal Church preached the sermon. Musical worship provided by Jubilate! Sacred Singers, Eric McEuen, and South Korean contemporary Christian singer Soo-Jin Kim.

ECUMENICAL ACTIVITY

Connecting the Body of Christ



- Member of Gov. Hickenlooper's Clergy Council
- 15 church visits around Colorado
- Co-hosted events on the Dead Sea Scrolls exhibit.
- Co-hosted a faith leader workshop on ministering to those with suicidal desperation

CLOSE TO HOME COLORADO CAMPAIGN

Raising Awareness on Homelessness



- An instrumental collaborator in a campaign to make homelessness a public policy priority in the Denver metro area.
- Created a speakers bureau of people with lived experience with homelessness who can share their stories with your congregation.

ADVOCACY

5 Ballot Measures PASSED in the 2018 Election Cycle



- Abolish slavery exemption in Colo. Constitution.
- Fairer redistricting process at the state and federal levels.
- Capping pay day loan interest rates.
- Increased funding for Denver mental health services.
- Increased funding for healthy food for Denver kids.

LEARN MORE AT WWW.COCHURCHES.ORG



ECC lapel pins available soon!

When Fr. Don attended his first ECC Synod, he saw Bishop Denise sporting an ECC pin made in the early years of our Communion, long since out of circulation. "I want one!"

That enthusiasm caused him to stand up before the HOP and query if others wanted one, too. Volunteering to research reproducing the original design, his flock at St. Paul Lutheran and Catholic Community of Faith would donate the cost and offer them as a national ECC fundraiser.

Last month, the Rocky Mountain Regional Council voiced their support and lent StP the seed money for the pin production. All that remains is negotiating a price and whether or not it should include the cost of shipping to interested communities around the country and Europe. Stay tuned!

To grease the wheels, we'll be sending a free pin to every ECC community! (Our Vicar is already sporting his!)