



Visiting my homeland....

I was in Nagaland recently for a few weeks. Although I was there in 2013, the last time I visited during Christmas was ten years ago. My son Nako and I had a wonderful time (other than the long journey, which is the most difficult part. At one point, I “seriously” thought, if I’m going to go home again, I better buy a private jet!).

Visiting my homeland is always bittersweet. Perhaps, most people would find it that way when visiting their homeland. First, it’s sweet because there are many blessings and surprises. I didn’t realize that there were plenty to eat in winter than in summer. Not only were there plenty to eat, but also the taste is different, because everything is much fresher and natural. No doubt, we have many things in abundance here, but they are not fresh or in some cases not naturally grown.

Getting to meet friends and family members after several years is another huge blessing. For instance, for the first time, I got to meet my only nephew who is three years old. I also met some relatives by marriage for the first time. Although most of the meetings with my friends were brief and simply an exchange of pleasantries, I met some of them after thirty years or so. Above all, having a quality time with my mom and siblings is always precious.

Additionally, I’m always touched and amazed by the generosity of my people. Many of them want to give the best they have. Some give cash; others bring chicken or some kind of meat, while others bring fruits and/or vegetables or traditional attires. As such, I always return feeling very blessed but also feeling deeply indebted.

Second, it’s also always bitter, because every visit comes to an end so quickly. And as I say good-bye, I know for sure that I’m saying my goodbyes for one last time to some of them, as they will no longer be there in my next visit. This is, in fact, one of the tragedies of living very far away from home. Not knowing what lies ahead or in some cases, knowing fully well that this is the last goodbye, we shake hands or hug and shed tears as I leave home for home.

On a lighter note, some of them said to me, “You don’t look old” or “You look younger this time.” To which, I later said to my son, “There are some liars in my village.” Also, it makes me to realize that I’m old when I meet some of the young men and women now in their twenties who were christened by me when I was their pastor.

Life is, indeed, bittersweet. “When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow.”

Shalom – Be Well Always!

We all have a part to play as we restore a broken nation

On this inauguration day of the 45th president of the United States, may we pause in prayer for President Donald Trump. The mantle of leadership has been placed upon him. Our success as a nation rests on his success as a leader. May God's spirit be with him, giving him wisdom to lead in difficult times, compassion to lead so the most vulnerable are cared for, grace to withstand conflict and criticism, and vision to bring us together as a country so we live into the highest of values we hold most dear.

We all have a part to play as we restore a broken nation to wholeness. I believe we in the Mountain Sky Area have a unique gift to offer in this moment. In 1992, a group gathered in Aspen, Colorado, in the recognition that the purpose of education is not only to impart knowledge, but also to impart character. The Aspen Declaration says, in part: "... *The present and future well-being of our society requires an involved, caring citizenry with good moral character ... People do not automatically develop good moral character; therefore, conscientious efforts must be made to help young people develop the values and abilities necessary for moral decision making and conduct ... Effective character education is based on core ethical values which form the foundation of democratic society, in particular, respect, responsibility, trustworthiness, caring, justice and fairness, and civic virtue and citizenship.*"

I believe these values can help us in the living of these days.

Respect: We must have respect for our leaders, even when we disagree with them; we must respect others, even when we don't understand their lives;

Responsibility: We must exhibit responsibility in how we live our lives, knowing that our choices impact the well-being of other people, and creation itself;

Trustworthiness: We must live in ways that communicate to others that they are safe with us; we will protect their dignity and work shoulder-to-shoulder when their lives are threatened;

Caring: We must let love guide all we do;

Justice and Fairness: We must seek to ensure that "justice for all" is not just a slogan, but ingrained in the way we treat each other and make laws;

Civic virtue: We must live in a way that all we do in our personal life enhances community, its well-being and the well-being of others;

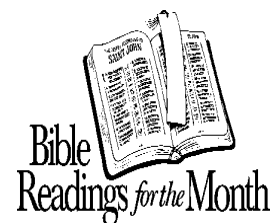
Citizenship: We must remain engaged even when we want to walk away. A democracy requires the participation of everyone.

As United Methodists, may we who follow Jesus commit ourselves not only to these values, but to extending the love of God in all we do.

Blessings,
Bishop Karen Oliveto

LECTIONARY READINGS FOR FEBRUARY

We invite you to read and study these passages in preparation for our Worship Services.



- February 5 Isaiah 58:1-12; Psalm 112: 1-10; 1 Corinthians 2:1-12;
Matthew 5:13-20
- February 12 Deuteronomy 30:15-20; Psalm 119:1-8; 1 Corinthians 3:1-9; Matthew 5:21-37
- February 19 Leviticus 19:1-2, 9-18; Psalm 119:33:40; 1 Corinthians 3:10-11, 16-23;
Matthew 5:38-48
- February 26 Exodus 24:12-18; Psalm 99; 2 Peter 1:16-21; Matthew 17:1-9

MONTHLY NEWSLETTER

For your information: Articles are always welcome for the monthly newsletter. The newsletter is prepared the third week of the month and copied and then prepared for mailing on the fourth Tuesday of the month. Thanks to those of you that consistently send in articles.

Thank you.

Simpson United Methodist Church

6001 Wolff St., Arvada, CO 80003-6833

Main Office Phone: 303-428-7963

Email: simpsonumc@comcast.net Website: www.simpsonumc.com

Senior Pastor: Rev. Tezenlo Thong Email: PastorSUMC@gmail.com

Japanese Language Instructor: Miwa Steuben

Church Pianist: Chen Wu Choir Director: Debbie Willeford

Administrative Assistant: Mari Welch Bookkeeper: Lilly Quirk

Director, Youth & Children: Scott Pelletier Children's Sunday School Teacher: Brenda Schroder



Scan this QR code on left with a QR code reader on your smartphone or tablet and the device will take you right to our new website.

Amazon Smile Link:

Purchases through this link on Amazon benefit our church.

<https://smile.amazon.com/ch/84-0507792>

VISION 2017-2019

SIMPSON UNITED METHODIST CHURCH

The focus of our ministry for the next three years, 2017-2019, will be on youth and children. In a way, this is a continuing effort to rejuvenate our church, and we could call the proposed vision *Rejuvenation II*.


We often refer to our children as “the future of our church” or “future leaders.” If it is true, it is also obvious that we don’t have a viable future, because we do not have a sustainable number of children, youth and young parents in our church. Our future is now, and what we do now will determine the future existence of our church. An active and vibrant presence of children, youth and young families will ensure the continued existence of our church beyond us. If we want the church to continue and carry on our legacy, we need to invest in this particular area of ministry now. Therefore, it is with this ministerial concern and urgency, we will focus on engaging in ministry to the youth, children and their families for the next three years. Below you will find the details for 2017.

THEME:

“The Future Begins Today”

ANTICIPATED EXPENSES FOR 2017:

DATE	EVENT/PROJECT	LEAD ORGANIZER
January 29, 2017 (2nd choice: 01/15, 2017)	AfterHours Ministries	Scott
February 12, 2017	Scout Sunday/Spread the Love Sunday	Brenda
March 19, 2017	Talent Show and Crockpot Cook-off	Scott
April 15, 2017	Easter Egg Hunt and Pancake Breakfast	Brenda
May 7, 2017	May Day Basket	Brenda
June 10, 2017	Sushi Extravaganza!	Scott
July 17-20, 2017	Vacation Bible School	Brenda
August 6, 2017	UMC Water World	Scott
September 3, 2016	Rally Sunday	Brenda
October 27, 2017	Trunk-Or-Treat & Spooktacular!	Brenda: Trunk-Or-Treat Scott: Spooktacular!
November 19, 2017	Thanksgiving Mission Trip (DenUM)	Scott
December 10, 2017	Christmas Pageant	Brenda
Youth & Children Summer Lock-in		Brenda & Scott



You are
Appreciated!

A big THANK
YOU to our faithful volunteers Esther Hashiba, Eileen Mayeda, Mary Nishiyama, and Yoshie Tanita for preparing the January Newsletter for mailing on December 28, 2016. Could NOT do it without your help!

SAVE THE DATES
Saturday, September 16th and
Sunday September 17th, 2017.
Simpson's All Church Retreat

**“Reconnect,
Reinvent,
Rediscover”**

GROCERY GIFT CARDS

Don't forget to purchase new cards or reload your already existing cards! Simpson receives 5% of all reloads which will go towards helping those in need. We will be waiting in the foyer right after worship on the 1st Sunday of the month to sell these gift cards. If you need a gift card any other time of the month, please call Bob Fujioka at 303-233-8179 or Charlotte Namba at 303-425-7318.

Thank you.



YOUTH MISSION TRIP TO DOWNTOWN DENVER

We are planning a mission trip to Civic Center Park (downtown) in partnership with *AfterHours* (Rev. Jerry Hershops) on January 29, 2017, immediately after church. We would like to involve as many church members as possible, especially children and youth. Also, for this trip, we are in need of **scarves, gloves, socks, hats, towels and other hygiene kits** to hand out to the homeless members of the community. You can drop off your donations any time on or before the 4th Sunday, January 22, 2017. As always, thank you for your support.

IN MEMORY OF:

Hatsuko & Banji Menda
 Miyako Smith
 Miyako Smith
 Julius Otsuki
 Tom Shioji, Parents, Siblings & Spouses
 George Oye
 Marge Ota

BY:

Pete Menda
 Catheryn & Gloria Smith
 M/M Masami Nonaka
 Roger Pearce
 Josephine Shioji
 Aster Oye
 Evelyn Hayashida

***THANK YOU!***

Boiler: Robin Miyahara

Christmas: Masaji Akiyama, Janeal Bailey, John Bast, Bruce Fukui, Masako Furuiye, Dorothy Gorai, Daniel Goto, Sachi Goto, Ruby Hada, Esther Hashiba, Clara Hashimoto, Evelyn Hayashida, Harry Hishinuma, Ben Ichikawa, Mary K. Ida, Betty & Martha Inouye, Alan Ito, Grace Ito, Bess Joko, Julia Kamura, Akira Kasahara, Aki Kawakami, George Kawamura, Mitchi Kishiyama, Kazuko Mizoue, Ida Mae, Pete Menda, Thomas Nakai, Donald Nakama, Mary Nishiyama, M/M Masami Nonaka, Roger Pearce, Asako Oka, Jean Okagawa, Dorothy Okita, Julie Onsager, Sumiko Osuga, Sam Owada, Aster Oye, Alben Sakaguchi, Paul Sasa, James Shinto, Ruth Shinto, Josephine Shioji, Teddy Shiohita, Catheryn Smith, Gloria Smith, M/M Isami Terada, Ruth Terada, Charles Yamaguchi, Carol Yamamoto, June Yokooji, Chizuru Yoshino

Newsletter: Sam Owada, Aster Oye, Gloria Smith

Scholarship: Keith Hora

Thanksgiving: Aki Doi Akiyama, Esther Hashiba, Pete Menda, Russell Ota, Charles Yamaguchi, Chizuru Yoshino

***OUR CARE CORNER***

Those Experiencing Health Issues:

Masa Nishimura, Miyoko Wells, & Helen Goto

JAPANESE ELDER WELLNESS GROUP

We will meet on the 4th Wednesday of February (February 22) at Simpson from 11:00 am –1:00 pm. Our time together consists of a light lunch, exercise, music, games and a time for community. It is always fun to see old friends and to meet new ones, Please invite your friends to come join us. **Hope to see you there!**

A HEARTFELT THANK YOU

On behalf of our Chancel Choir and myself, I thank you all for supporting our Christmas cantata with your presence, your prayers and your attendance on December 18th. It is a long, difficult journey to prepare a major work. Our choir and instrumentalists devote many hours in rehearsals and on their own to make sure the cantatas we prepare and perform for SUMC congregation are meaningful and uplifting. It is not just “our job”. It is “our pleasure” to lift your spirit and fill your heart!

We are about to start our new cantata “Come Walk with Me”. We will journey through the Passion and Resurrection of Christ. This new cantata will be presented to our congregation and friends on Easter Sunday, April 16, 2017.

WHERE IS DEBBIE?

You will notice that Debbie and the choir are missing from our Sunday services (1/22, 29 and 2/5). Debbie had more shoulder surgery on Thursday, January 19. As you have no doubt noticed, Debbie's right shoulder does NOT allow her to raise her arm past the T-Rex level! For some reason, her initial shoulder surgery (you remember Debbie's BIG FALL on Easter Sunday last year) has not healed correctly and not allowed her to actually use the right arm and shoulder. Hopefully, this reverse shoulder surgery will allow her to use her right arm and shoulder again. As always, your prayers are needed. We are ALL hoping for Debbie's quick recovery.

CALLING ALL HANDS, Hina Matsuri is just around the corner, March 4th and 5th. We will need to get our house in order. So, we are having our annual “ALL CHURCH CLEAN UP” on February 25th from 9am to noon. We are inviting all to come help. It will be chance to really show off our church. Thanks and see you there.

The Hina Matsuri and Trustee Committees



**CELEBRATING THE 49TH ANNIVERSARY OF
HINA MATSURI DOLL FESTIVAL
1968—2017**

Our annual Hina Matsuri, the Doll Festival is fast approaching! Mark your calendar for Saturday, March 4th and Sunday, March 5th.

Make certain you invite your relatives, friends and neighbors—especially if they know nothing about Japanese Culture. This is a great way for them to get a sample of what the culture of Japan is all about. The event is free, but donations are gratefully accepted.

We will have a display of Dolls, Arts & Craft, Origami, demonstrations, Kimono Exhibit, Ikebana, Bonsai, Calligraphy, Judo, Karate, Kendo and Aikido. Tea Ceremony will be performed and explained. We will have performances in Japanese Dance, Children's Songs, Koto, Samishen, Violin, Sakahachi, Ukulele and Taiko (Japanese Drum & Percussion). Box lunch will be sold.

This is one of the few opportunities and an especially fun time to wear your beautiful Kimono Yukata or Hoppi Coat you have packed away and we would like to have lots of people wearing them! We can have some one dress you in the kimono if you have forgotten how or never knew.

Please call Kazuko Dishong (303.234. 0555) or Jacqueline Cornish (303.594.3501) if you have something you would like to exhibit or volunteer to help! Thank you.

The Hina Matsuri Committee.

“To the world
You may be
But one,
But to one,
You may be the world.”

Join us Sunday February 12 for Scout Sunday and help us to share the love.
Thanks,

Dear Simpson Members,

On behalf of the ONE Committee we would like to share with you our vision for the year and ask for your input. First of all, we will be starting a group called "Reflections" which will meet weekly, alternately once during the week and once on the weekend. This group will be open to all church members and friends and will focus on spiritual as well as fun and fellowship. We will likely find a curriculum that any of us can facilitate with support from Reverend Thong when needed. Gradually we hope this will grow into a separate men's and women's group. The dates of our first two meetings will be February 14, Tuesday at 9am at church and February 18, Saturday at 9 am. Please come and have a voice in what direction you want this group to go so you can benefit from it. RSVP to either Charlotte or Ann if you are interested and can come to one of the scheduled meetings.

Secondly, we would like to know what events you would like to assist with. This is not a commitment, however, just an inquiry to know whether we can call you when the time comes. The events are:

Hinamatsuri

Bazaar

Arts and Craft

Kiero no Hi

Help lead a "Reflections" group

Social events – (ie. shows and plays, game night, etc)

Workshops – (ie. Personal growth, retirement planning, cooking classes, etc)

Please let Charlotte or Ann know what you might be interested in.

Lastly, we are dedicated to taking care of our members and want to make sure everyone is supported and receiving what they need. Please submit your ideas and let us know how we can nurture you.

Gratefully,

Ann Kitayama and Charlotte Namba

BISHOP OLIVETO'S WHISTLE STOP VISIT RESCHEDULED

The Bishop's Whistle Stop visit has been rescheduled to Thursday, February 9th at 9:00 am. She will only be able to visit for 15-20 minutes as she is on a tight schedule trying to visit and meet with as many lay and pastors. It would be great to have a good turn out to welcome her at Simpson.

METRO DISTRICT ANNUAL CELEBRATION PLANNING COMMITTEE

Saturday, February 25, 2017

Arvada United Methodist Church

6750 Carr Street

Arvada, CO 80004

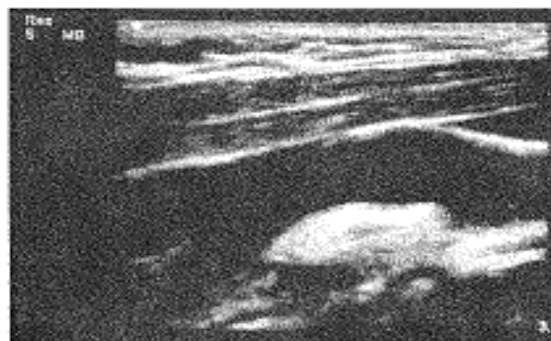
All Pastors and lay leaders of the Metropolitan District are Welcome to Attend.

Take a step toward staying

Healthy & Active

Be Smart: Do More For Your Cardiovascular Health

No Plaque Buildup



Plaque Buildup



Advanced ultrasound technology looks inside your arteries for signs of plaque buildup. That's why **9 out of 10 cardiovascular doctors** support preventive screenings for those with key risk factors*

*Key Risk Factors include Age 55+, High Blood Pressure, High Cholesterol, Diabetes, Obesity, tobacco usage, family history of CVD or stroke

We are coming to your neighborhood.

Where: Arvada - Simpson United Methodist Church

When: Friday, February 24, 2017

Pre-registration is required. Call: 1-888-653-6450

To register for your appointment and to receive a special \$10 discount, please call 1-888-653-6450 or visit www.lifelinescreening.com/community-partners



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Life Line Screening has partnered with over **100 hospitals** across the country and has conducted **8 million** screenings since 1993.



Carotid Artery (Plaque) Screening —

Ultrasound scan of the carotid arteries that screens for buildup of fatty plaque — a leading cause of strokes.



Heart Rhythm Screening (Atrial Fibrillation) —

A quick and easy test using EKG electrodes placed on the arms and legs to identify the presence or absence of an irregular heartbeat.



Abdominal Aortic Aneurysm Screening —

Ultrasound screening for an abdominal aneurysm (enlargement) that could lead to a ruptured aorta.



Peripheral Arterial Disease Screening —

Evaluates for peripheral arterial disease (PAD) in the lower extremities, which increases the risk of heart disease.



Osteoporosis Risk Assessment —

Ultrasound screens the heel for bone mass density. Osteoporosis is painless and silent in its early stages.

PACKAGE 1

Plaque, Vascular Disease and Heart Rhythm Package — 4 tests for only \$139!

PACKAGE 2

Add an Osteoporosis Screening for only \$10 more — 5 tests for only \$149!

A \$181 savings!

Screening results are provided to you in 21 days. We expect all participants with abnormal results to take the report to their physician. Carotid Artery and PAD screenings help spot the presence of Atherosclerosis, and if found, can be an early warning for higher risks of stroke and coronary artery disease. Such early warning information can help you and your doctor take important steps to reduce your risk for more serious health issues. If necessary, steps may include lifestyle and diet, medical therapies, and even more thorough follow-up testing and evaluation of your heart function. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. Screenings in California are provided by Life Line Mobile Screening, a physician-owned practice. Screenings in Kansas are performed by Life Line Screening of America, LTD on behalf of Life Line Screening Physicians, P.A. Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Mangano, 70 Niagara Street, Buffalo, NY, 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical service. Texas residents: Physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. Cancellation Policy: A full refund is issued if you call to cancel at least two days prior to your appointment. If less than two days notice is given, we will issue a Gift card for the full amount to be used by you, or anyone you choose, to purchase future screening services.

Simpson United Methodist Church

FEBRUARY

2017

Arvada CO 80003-6833

Telephone: 303/428-7963, Fax: 303/427-1577

www.simpsonumc.com

Worship Service 10:00 a.m.

Children Sunday School 10:00 a.m.

Email: simpsonumc@comcast.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 10:00 am Staff Mtg.	4 9:00 am Japanese Language Class Talko
5 10:00 WORSHIP SERVICE/COMMUNION SS/Youth Coffee Hr hosted by Nichigo	6	7	8	9 9:00 am Bishop Whistle Stop Visit 6:30 pm Choir Rehearsal	10 10:00 am Staff Mtg.	11 9:00 am Japanese Language Class Talko
12 9:00 am – Choir Rehearsal 10:00 WORSHIP SERVICE/SS Scout/Share the Love Sunday Trustee Mtg	13 10:00 am Ukulele	14	15	16 6:30 pm Choir Rehearsal	17 10:00 am Staff Mtg. Bridge game day	18 9:00 am Japanese Language Class Talko
19 9:00 am – Choir Rehearsal 10:00 WORSHIP SERVICE 11:00 am – Knit & Crochet Retreat Com. in Sanctuary	20	21	22 11:00 am – 1:00 pm Japanese Elder Wellness 6:00 pm – Finance Committee 7:00 pm – Ad Council	23 6:30 pm Choir Rehearsal	24 10:00 am Staff Mtg. Ukulele Screening	25 8:30 am Metro District Annual Celebration @ Arvada UMC 9:00 am Japanese Language Class Talko
26 9:00 am – Choir Rehearsal 10:00 WORSHIP SERVICE/SS S.P.R.C.	27 10:00 am Ukulele	28 9:00 am – Assemble Newsletter				

LITURGISTS

February 5 David Powell
February 12 February 19
February 19 Kathy Fujita February 26

Carol FitzSimons
Terry Hall

GROCERY CERTIFICATES

Charlotta Namba

USHERS

Tim Cleary

Simpson United Methodist Church
6001 Wolff St
Arvada. Co. 80003-6833

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FEBRUARY 2017

Phone: 303 428 7963
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WWW.SIMPSONUMC.COM

Or Current Resident



***HAPPY
VALENTINES
DAY***

Tuesday, February 14, 2017