



# The Montrose Messenger

A Monthly Newsletter of the Montrose United Methodist Church

*“Joyfully to love all, Serve all*

*and to share Jesus Christ with the world!”*

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[www.montroseumc.org](http://www.montroseumc.org) [office@montroseumc.org](mailto:office@montroseumc.org)

**March 2020 Edition**

## Art Through Lent—(New Program!)

During Lent we are creating various art projects to help tell about the Journey to the Cross. Each week we will complete a different part of the story. As we enter Holy Week all art projects will be included in a series of prayer stations. The stations will be available for people to visit throughout Holy Week.

This event is open to anyone. We will meet for a quick meal before we start our art project each week. The cost pre week is \$5 per person or \$15 family. This cost will help cover dinner and supplies. You do not have to attend every week in order to participate. This program will be held in Baldrige Hall.

### **March 4th Journey to the Cross- “In the Garden”**

Dinner: Pizza & Salad

Craft: Shrinky Dink Drawings

### **March 11th Journey to the Cross- “Betrayed by Judas”**

Dinner: Spaghetti & Meatballs

Craft: Air Dry Clay

### **March 18th Journey to the Cross- “Denied by Peter”**

Dinner: Potluck—Please bring a main dish to share. Drinks & dessert will be provided.

Craft: Seed Mosaics

### **March 25th Journey to the Cross- “Whipped & Mocked”**

Dinner: Chicken Strips & Fries

Craft: Paper Crafts

**RSVP required to Sarah by Tuesday each week for food & art supply counts.**

**Please give Sarah a WRITTEN RSVP by email or a note left in her box. [familyministries@montroseumc.org](mailto:familyministries@montroseumc.org)**

# Pastor Lisa's Lines

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Lent has begun. We are officially in the season of seeking God in ways we maybe don't bother at other times. Finding five (more) minutes to spend in prayer each day, giving away things we don't want anymore, but others desperately need. Perhaps we have decided to take on a new study, devotion, or time in reflection.

However you are embarking on these 40 days ahead, know that you do not go alone and that your efforts are not in vain.

Just as God goes with Jesus into the wilderness for 40 days, God too goes with you on this journey. As for your efforts, the mere fact of recognizing there is more work to be done in your life: there is a new way of being, seeing and experiencing the world, is what I believe God desires. I believe God is pleased when we take something on or give something up in order to more closely model our lives after Jesus.

I hope you'll check out our upcoming Listening dinners for March and April, as we move closer to General conference 2020, and engage in discussion and dialogue about how we as a church can more closely model the love of Jesus Christ with our witness in this community.

Looking forward to this season with each of you.  
See you in worship,  
Pastor Lisa

## NEW ORGANIZATIONAL TEAM FORMED!



There is a new Organizational Team (OT) in place to help with all the calendar and building use requests. It is such a joy to have so many groups inside and outside the church interested in using our facility. However, this brings the need to make sure one central calendar that is updated in real-time online and in the office is kept.

If your group would like to use the building for a committee meeting, women's circle, breakfast meeting etc. make sure to swing by the office and fill out a building use request form. These can be found in the outer office on the wall and turned into the mail box titled: Calendar Task Force

All groups within the church and outside of the church will need to fill out a request for building space. (There is a longer form and a fee for outside groups—in order to help maintain our buildings.) These requests will be approved by the OT at our monthly meetings. **PLEASE TURN IN REQUESTS FOUR WEEKS PRIOR TO EVENT!** Thanks for helping us keep our building available for all as we seek to live out our mission!

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### **Palm Sunday Brunch**

When: April 5th

Time: 9:00– 11:30

What: Join us on April 5th as we host a Palm Sunday Brunch for the church! This is the one fundraiser a year for our Family Ministry Outreach Programs. Funds are used to host our monthly Family Celebrations at a low cost to all families participating.

Volunteer Sign Ups will be posted down in the Children's Area starting in March. We need volunteers to sign up to bring various egg casseroles, sausage, pancake toppings, pancake mix, etc. as well as sign up to work a shift in the kitchen either cooking, serving or cleaning up.

## Mission Trip to McCurdy Ministries Espanola, New Mexico

The church sponsored mission trip to McCurdy Ministries will be August 30<sup>th</sup> – September 4<sup>th</sup>, 2020. That is the week just before Labor Day weekend. We will finish up at noon on Friday Sept. 4<sup>th</sup> so team members can have a full Labor Day weekend getaway, if they choose.

If participants have a motor home/trailer, they can take them but McCurdy no longer has any hook-ups for them. Dorm rooms (two twin beds/room) cost \$30/night/person for a total of \$150 for the week.

Meals can be done in different ways. The team can purchase all of their own food and prepare all meals in the dorm kitchen or breakfast and lunch may be purchased at the cafeteria for a cost of \$4.50/breakfast and \$6.00/lunch.

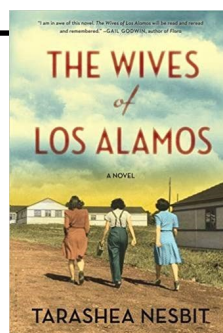
All team members, 15 years and older, will be required to take the Safe Sanctuary training provided by McCurdy Ministries. The cost is \$30/person, 19 years and older. Team members between 15-18 years old will pay \$15/person. This fee will also include the necessary background checks. This Safe Sanctuary certification is good for five years. The McCurdy Safe Sanctuary training can be found at [www.mccurdy.org](http://www.mccurdy.org) Team members between 12 and 15 years are not required to have the Safe Sanctuary certification.

The projects for the mission trip include maintenance of their campus buildings and landscaping. They have activities for all skill levels.

If you are interested in going on this church sponsored mission trip, please contact Connie Pittenger, Mission Trip Coordinator.

For your Labor Day weekend, you will be very close to Taos or Albuquerque, NM.

**The Brown Bag book Club** will be meeting in the alcove (back of the sanctuary). This month's meeting will be March 17, 11:45 a.m. This month's selection: *The Wives of Los Alamos* by Tarashea Nesbit



## *The Shepherd's Hand, Inc.*

### *2019 "Value to the Community" Summary*

The Shepherd's Hand Inc. is a 501c3, Colorado non-profit Corporation dedicated to providing for the physical, emotional and spiritual needs of the "homeless" and low income individuals in the Montrose community. Our goal is to provide individuals and families with housing, food, clothing, daytime and night time shelter and assistance in transitioning to employment and life "off the streets".

To accomplish our mission, we have established a hot lunch program at the United Methodist Church (UMC) serving an "all you can eat" lunch Monday through Friday. Separate food distribution points have been established at the Cedar Creek Church and First Presbyterian Church where food is given out on an "as needed basis". Shepherd's Hand is also providing food and supplies to the "House of Promise", a Teen Challenge program, in Olathe; Welcome Home Montrose, a Veterans Resource Center; Calgary Ranch, a program helping veterans with PTSD; Youth with a Mission (YWAM), a program supporting Christian Missionaries; Life Choices, a pregnancy support program and Oasis of Peace, a Christian Retreat. Food and supplies for the Lighthouse overnight homeless shelter is supported from November through April each year.

Enumerated below are the services and their estimated value to the community:

Food: Meals provided to the community: 57,425@ \$6/meal= \$344,550

MADA, UMC, CedarCreekChurch, FirstPresbyterianChurch, YWAM, HouseOfPromise, LighthouseShelter, Warrior Resource Cntr.

Miscellaneous: Showers: 290 @\$5/Shower= \$ 1,450

Laundry-loads wash & dry 220 @\$3.50/Load=\$

770 Financial Assistance

\$ 10,873

Bed Nights:

One person in a bed overnight/motel 327@\$30/  
night \$ 9,810

Lighthouse Shelter 2,705 @\$15/night \$40,575

***Value to the Community of Montrose:***

**\$408,025**

A total of \$62,323 was expensed during 2019 to provide this value to the community.

The Shepherd's Hand has partnered up collaboratively with the Montrose Lighthouse, Inc. to provide for temporary overnight housing for the homeless at the "Brown Center" in providing food, supplies and financial assistance. "Bed-nights" were provided to homeless men and women (including veterans) as well as families with children.

The Shepherd's Hand, Inc. can provide these many services because of the many volunteers and financial contributions of individuals, businesses, churches and foundations. The Shepherd's Hand, Inc. has no paid staff.

## **Listening Dinner Dates: March 12, April 2 & 29**

Come listen to each other! New dinner dates for us to talk about who we are as a church community and what we see our role in this community of Montrose. If you attended a dinner before, sign-up again! New questions! If you didn't attend a dinner, sign-up! Everyone's voice is welcome at this table! Check the breeze-way for sign-up sheets!

## **Walk to Emmaus**

What is it? Why should I do it? Come and ask your questions March 2, at 7:00 p.m. in Room 1. An orientation video will be shown, refreshments will be served and questions will be answered!

The walk to Emmaus for Men is scheduled for Thursday March 26 until Sunday March 29.

The walk to Emmaus for women is scheduled for Thursday April 2 to Sunday April 5.

You are invited and welcome!



Each year during the season of Lent our Missions Committee designates several organizations as recipients for special fundraising.

### **This year's Lenten offering:**

**Dolphin House, A Child Advocacy Center:** This is a child-focused, safe

place for abused children and their non-offending parents or caregivers to come to and receive help, hope, and healing from the traumas they have experienced.

**Black Canyon Boys & Girls Club:** Created in response to a lack of structured after-school and summer activities for youth in Montrose and Olathe, particularly those from lower income and underprivileged households. It is at the fore front of youth development, providing programming in area of Education & Career, Health & Life Skills, Character & Leadership, The Arts and Sports & Fitness.



With a humble heart, I thank my church family for all your love and support as my daughter-in-law, Lori Kastellic, struggled with cancer for these past 12 years. You responded with prayers, cards and a prayer shawl; and then celebrated with me at each of two remissions. You continued with love and support when the cancer reoccurred as you again prayed for Lori; my son, Roy; and my granddaughter, Samantha. I truly appreciated the many inquiries about her health and the reassuring hugs you gave me throughout her ordeal. Her battle is now over, and we, her family and friends are struggling with the loss of this valiant warrior. Once more, you've responded with prayers, cards, hugs and encouraging words. I thank you so very much.

Barbara Kastellic

A HUGE thank you to all those who have sent cards, thoughts and PRAYERS our way. You have no idea how much your thoughtfulness is appreciated. We are not out of the woods yet, but we are making progress. Thank you for being our friends, and remembering us in our time of need.

-Chuck and Judy Best

Thank you, thank you, thank you! Everybody is doing a great job saving pop, soup, etc. tabs for us. Every single tab adds up and helps someone.

We take them to a lady who takes them to the Ronald McDonald House in Denver. The money is used to help the families who have a child that is in the hospital up there.

If you cannot get the tab off, leave it on the lid and we will take it off.

Again, thank you so very much. You are doing a great job! Keep up your good work!

-Jerry & Shirley Lehl



Join us for **Parent's Night Out** on the 2nd & 4th Friday of the month. The price is as follows; \$15 per child or \$30 Family Max.

**March's Themes:**

3/13 **Potato Chips**

What's your favorite?

3/27 **National Hotdog & Tater Tot Day**

Join as we celebrate, dinner will be provided to honor the holiday!

**RSVP Required** by **THURSDAY** at **5 p.m.** to **Debby** (ONLY)

(if you do not RSVP you may be turned away due to lack of staff)

**Please feed your child(ren) dinner prior to attendance**

Call or Text Debby @ (714) 824-7475

The flyer for 'Parent's Night Out' has a dark blue background with white stars and yellow crescent moons. At the top, it says 'Drop Off Child Care- Babysitting' in white. Below that, 'Parent's Night Out' is written in large, white, bold letters. The event details are listed in white text: '2nd &amp; 4th Friday of Every Month', '6:00 p.m. to 9:00 p.m.', 'Ages: 6 Months- 10 Years Old', and 'Cost: \$15 per Child or \$30 per Family (Cash or Checks ONLY)'. At the bottom, it says 'RSVP Required for PNO by Thursday, 5:00 p.m.' and 'ALL RSVPs must be made to Debby @ (714) 824-7475'. A note at the very bottom says 'Please feed your child(ren) dinner prior to attendance' and 'Snack are provided'.





**Quick Care** runs every Tuesday and Thursday from 9:00 a.m. to noon. Drop your child(ren) off for developmentally appropriate activities while you run errands, attend doctor's appointments or enjoy a morning of relaxation.

**Price:** \$15 per child

**Ages:** 6 Months– 6 Year

### **Activities for March**

3/3 & 3/5	Dr. Seuss' Birthday
3/10 & 3/12	Blueberry Popover Week
3/17 & 3/19	St. Paddy & Earth Day
3/24 & 3/26	Spring!
3/31	National Hot Dog Day

### **No RSVP Required!**

Please feed your child(ren) breakfast prior to attendance

NO RSVP needed for this program.

Please share with a friend!

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>1 Holy Communion</b> 8:15 9:45 & 11:15worship 9:15 & 10:30 fellowship 9:45 all ages Sunday school 12:30-2:30UMYF/confirm 5:00 Community Sunday supper 3-6 Magic Circle practice	<b>2</b> 7:00 Men's Breakfast 9:00 Women's Executive Board 12:00 Shepherd's Lunch 2:00 Women's Emmaus 6:30 Magic Circle Practice	<b>3</b> 9:00 Quick Care 10:00 Pastor's Bible Study 11:15 Community Prayer 12:00 Shepherd's Lunch 1:00 Plarn 1:00 Prayer Shawls 4:15 Signing Choir	<b>4</b> 12:00 Shepherd's Lunch 3:00 Youth Board Game 5:00 Art thru the Lens 5:30 Handbell Choir 6:45 Sound by Sound 8:00 Celebration
<b>8 West Side Weekend</b> 8:15 9:45 & 11:15worship 9:15 & 10:30 fellowship 9:45 all ages Sunday school 5:00 Community Sunday supper 3-6 Magic Circle practice	<b>9</b> 12:00 Shepherd's Lunch 1:00 Caregiver support 2:00 Women's Emmaus 6:30 Magic Circle Practice	<b>10</b> 9:00 Quick Care 10:00 Pastor's Bible Study 11:15 Community Prayer 12:00 Shepherd's Lunch 1:00 Prayer Shawls 4:15 Signing Choir 7:00 Trustees Committee	<b>11</b> 11:30 Women's Bible Study 12:00 Shepherd's Lunch 3:00 Youth Board Game 5:00 Art thru the Lens 5:30 Handbell Choir 6:45 Sound by Sound 8:00 Celebration
<b>15</b> 8:15 9:45 & 11:15worship 9:15 & 10:30 fellowship 9:45 all ages Sunday school 12:30-2:30UMYF 5:00 Community Sunday supper 3-6 Magic Circle practice	<b>16</b> 7:00 Men's Breakfast 12:00 Shepherd's Lunch 1:00 Caregiver Support 2:00 Women's Emmaus 6:30 Magic Circle Practice	<b>17</b> 9:00 Quick Care 10:00 Pastor's Bible Study 11:15 Community Prayer 11:45 BBBook Club 12:00 Shepherd's Lunch 1:00 Prayer Shawls 4:15 Signing Choir	<b>18</b> 12:00 Shepherd's Lunch 3:00 Youth Board Game 5:00 Art thru the Lens 5:30 Handbell Choir 6:45 Sound by Sound 8:00 Celebration
<b>22</b> 8:15 9:45 & 11:15worship 9:15 & 10:30 fellowship 9:45 all ages Sunday school 12:30-2:30UMYF/confirm 5:00 Community Sunday supper 3-6 Magic Circle practice	<b>23</b> 12:00 Shepherd's Lunch 2:00 Women's Emmaus 6:30 Magic Circle Practice	<b>24</b> 9:00 Quick Care 10:00 Pastor's Bible Study 11:15 Community Prayer 12:00 Shepherd's Lunch 1:00 Prayer Shawls 4:15 Signing Choir	<b>25</b> 12:00 Shepherd's Lunch 3:00 Youth Board Game 5:00 Art thru the Lens 5:30 Handbell Choir 6:45 Sound by Sound 8:00 Celebration
<b>29</b> 8:15 9:45 & 11:15worship 9:15 & 10:30 fellowship 9:45 all ages Sunday school 12:30-2:30UMYF/confirm 5:00 Community Sunday supper 3-6 Magic Circle practice	<b>30</b> 12:00 Shepherd's Lunch 2:00 Women's Emmaus 6:30 Magic Circle Practice	<b>31</b> 9:00 Quick Care 10:00 Pastor's Bible Study 11:15 Community Prayer 12:00 Shepherd's Lunch 1:00 Prayer Shawls 4:15 Signing Choir	



# Birthdays

Elaine Baker	03/04	Kelly Reeder	03/16
Alicea Vigil	03/04	Jerry Lehl	03/17
Carol Erickson	03/05	Barrie Riddoch	03/19
Kianna Koeltzow	03/06	Sharon Hayes	03/22
Bob Shippy	03/06	Gwendolyn Carlile	03/23
Megan Waxler	03/09	Richard Hanna	03/24
Joan Dunham	03/10	Helen Wild	03/25
Stan Hayes	03/11	<i>(Helen passed 02/23)</i>	
John Lamb	03/11	Sue King	03/28
Vernon Dunham	03/13	Patrick Farley	03/30
Kevin Meiners	03/15		

# Anniversaries

A.L. & Anne Grant

03/29

Karen & Lee Elliott

03/30

Kenny & Sharon Jewell

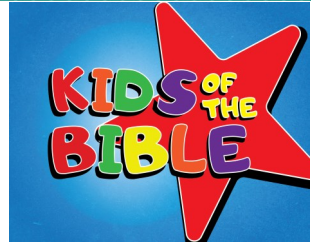
03/31

# Children's News

## Sunday School

### Lent- Holy Week

Join us as we learn all about Lent and more specifically what each day of Holy Week is about. Each lesson we will learn about Holy Week in different ways through art, food, games, storytelling and science.



March 1st- Art

March 8th- Bible Skills & Games

March 15th- Cooking

March 22nd- Creative Drama

March 29th- Science

**We will have classrooms for the following ages:**

Infants & Toddlers– Location: Nursery

Preschool (3 yrs. old) through Kindergarten– Location: Room 12

First Grade Through 4th Grade– Location: Room 10



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For complete information on the Children's Ministry please see the "March MUMC Kids Newsletter"



## UMYF (Youth Group)

12:30-2:30 Every Sunday Baldridge Hall

### **Play List—Bible Lessons Based on Popular Songs**

Using the lyrics from today's hits to examine what it means to find God's purpose & direction for your life.

### **Would you Rather?**

When faced with a choice, one option usually jumps out at us immediately, appealing to our need for safety, acceptance, and security. But a godly life often requires us to make a better choice.

March 1<sup>st</sup> Be Rich or Rewarded      \*\* Confirmation

March 8<sup>th</sup> – NO UMYF Westside Weekend

March 15<sup>th</sup> Play List– Take Me to Church

March 29<sup>th</sup> Be Safe or Free      \*\*Confirmation

During Spring 2020 UMYF will run a little different. When it is a confirmation week, we will host UMYF at the same time as Confirmation class. This means we will rely on parent help to make this happen. We will all start together, play a game or two, then split off into 2 groups. The regular UMYF group will have a pre-planned activity & a devotion, while the confirmation class works on that weeks lesson.



## Wild Truth Bible Lessons

### March's Lessons:

March 1st -Stay in Worship

March 8th -Wild Truth Bible Lessons Book II – Lesson 5- Andy & Sophie, the King and Queen of Lies

March 15th -Lent Lesson 1

March 22nd -Lent Lesson 2

March 29th -Lent Lesson 3

### **Summer Trip 2020**

Save the date for our summer mission/ youth leadership conference/ annual conference trip June 14th-22nd in Gillette Wyoming. Plans are coming together and more information will be available soon!

### **Local Mission Trip 2020**

Save the date for a local mission trip, up at Grand Mesa Camp August 10th-12th. This trip will be for youth and their families. More information will be available soon!

## Westside Weekend 2020

Westside Weekend annual western slope youth retreat is happening on March 6th-8th. **This event is for all youth!**

**(If your youth is in 5th grade and wants to attend, please let Sarah know)**

Cost is \$125 per youth and fundraiser money from youth accounts may be used to pay for this event. The theme for this years event is Vision 2020: Seeing Through God's Eyes.

Once you register, please let Sarah know.

Here is the web address to register:

(it is hyperlinked on the youth Facebook page for easier access)

[https://mtnsky-reg.brapp.com/WestSideWeekendYouthRetreat?fbclid=IwAR1QSmge2A6hWStgll-xMTvMm1l2r0Qa2pAcNiN5M4rQtK0mQ3zedFFf6\\_Q](https://mtnsky-reg.brapp.com/WestSideWeekendYouthRetreat?fbclid=IwAR1QSmge2A6hWStgll-xMTvMm1l2r0Qa2pAcNiN5M4rQtK0mQ3zedFFf6_Q)



## Bibles & Board Games

Who: All Youth

When: Every Wednesday from 3 p.m. to 4 p.m.

Where: Rotates Between Starbucks & Sonic

Join us on Wednesdays, when the youth get out of school early, for a yummy treat, short devotional and some board game fun! Due to popular demand, we will rotate between Starbucks and Sonic every other week. To keep drop off and pick up simple we will all meet at Starbucks each week. On weeks that we will go to Sonic, we will meet at Starbucks and walk over as a group, then walk back in time for pick up at Starbucks.

Please let Sarah know if your youth is planning to attend.

March 4th– Starbucks

March 11th– Sonic

March 18th—Starbucks

March 25th– Sonic



For complete information on the Youth Group please see the “March Youth Ministry Newsletter”





United  
Methodist  
Women

FAITH • HOPE • LOVE IN ACTION

## Upcoming Happenings

--**Monday, March 2:** Executive Board Meeting at 9:00 a.m. –  
Baldrige Hall

--**Wednesday, March 11:** Luncheon, 11:30 a.m. – Baldrige Hall  
Program: “Girls on the Run” by Emily Moen Eastham  
Hostesses: Hope Circle

**NO RESERVATIONS** are needed. Just come and join  
us. Cost of Luncheon is \$5.00. First time attendees are  
free.

At the April meeting, we will be having our “Call to Prayer  
and Self Denial” Program. At the March luncheon, we will be giv-  
ing you ideas for what you can do for “Self Denial” during Lent in  
order to give to the “Call to Prayer and Self Denial” offering.

Come join us as we learn to “Let Your Light Shine, (and be)  
Ignited for Justice”.

## Circle Meetings in March

**Mary and Elizabeth:** Thursday, March 5, 7:00 p.m.

Hostess: Sheila Reeves, Annex

**Mary Olive:** Thursday, March 26, 9:00 a.m.

Hostess: Karen Elliott

**Hope:** Thursday, March 26, 9:00 a.m.

Hostess: Shirley Lehl

**Faith:** Thursday, March 26, 1:30 p.m.

Hostess: Nancy Warnock

**The Purpose of United Methodist Women:** The orga-  
nized unit of United Methodist Women shall be a community  
of women whose purpose is: **To know God** and to experience  
freedom as whole persons through Jesus Christ; **To develop a  
creative** supportive fellowship; and **To expand concepts** of  
mission through participation in the global ministries of the  
church.

2ND THURSDAYS  
7:00 P.M.

March  
12

## Taizé Service

*Feeling stressed lately?*  
Participate in this calming worship service of meditation,  
songs, scripture & prayer



### Ray of Sunshine Sign Language Choir

New session begins March 3

Practice Tuesdays March 3-May 5,  
4:15 p.m.

All ages welcome. No experience or sign  
language knowledge needed.

## From Grocery Bags...

March  
2

“PLARN” workshop

First Tuesday of each month

1:00p.m.—3:00p.m.

Cross and Flame Café Space

Bring clean bags, scissors and  
sprit!



## To Sleeping Mats.

# Films Explore the Effects of Screen Time On Teens

## *How to Talk with “Screenagers”*

Teens spend more than six hours a day looking at electronic screens – and that does not include time spent in the classroom or doing homework. Boys spend, on average, 1.5 days every week on video games and girls are more preoccupied than boys with social media comments.

How does “screen time” affect young people and their relationships with their friends and families? How can teenagers deal with online bullying and negative comments? Is excessive screen time linked to depression, anxiety and addiction?

These statistics and questions along with strategies on how families can calmly talk about screen time are discussed in two films being shown free on Saturday, March 21 at Fox Theater, 27 S. Cascade in Montrose.

Presented by the United Methodist Church and The Center for Mental Health, other local sponsors include San Juan Healthcare Foundation, Montrose Boys & Girls Club, Montrose Recreation District, the Montrose Daily Press and Fox Theater.

“We all use electronic communication these days and it’s especially important for business, but it becomes a problem when a teen becomes anxious when they can’t check their instant messaging or social posts or when they would rather be gaming on their cell phone than talking with their friends,” said Sarah Seymour, Director of Family Ministries at Montrose United Methodist Church.

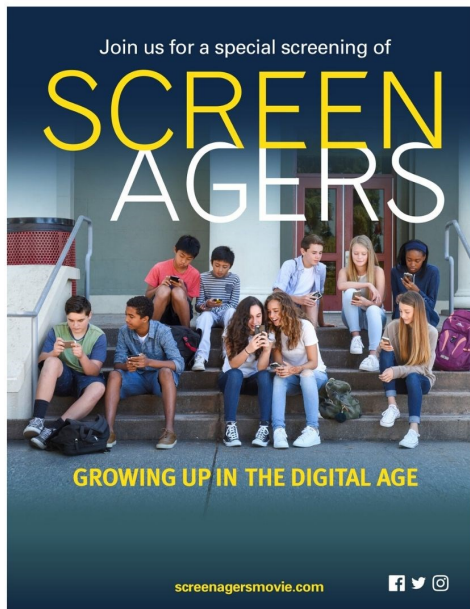
*Screenagers: Growing Up in The Digital World* probes into the vulnerable corners of family life and reveals messy struggles among teens and their families over social media and gaming. This film is appropriate for all ages and is especially important for families to see together.

The second film is *Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience* which deals with the high stress, anxiety and depression experienced by young people today through digital influences. This film is appropriate for 6<sup>th</sup> grade or higher and is especially important for parents, teachers and counselors.

For more information or to register go to  
[www.montroseumc.org](http://www.montroseumc.org)



MONTROSE  
UNITED METHODIST  
CHURCH



Are you or your friends  
being bullied  
online?  
Tagged with nasty  
comments or trolled?  
Do you spend more time  
messaging  
than talking with friends?  
Does your family yell at  
you about the time you  
spend watching videos or  
gaming?  
This movie may help you  
talk about it.

Doors open at 9:30 a.m.

Saturday, March 21, 2020 10:00 a.m. - 12:00 p.m.

Fox Theater, 27 S. Cascade Ave

Free Movie, Popcorn and Drink

Limited Seating Please Preregister for SCREENAGERS at:

[www.montroseumc.org](http://www.montroseumc.org)

Sponsored by:

**MONTROSE PRESS**



**San Juan  
Healthcare  
Foundation**



**April Newsletter Deadline is**

**Monday, March 16**

Submit a Publicity Form (found taped to Rachael's desk, or emailed upon request) with details of an upcoming event to Rachael in the church office via email to: [secretary@montroseumc.org](mailto:secretary@montroseumc.org)

