

Life at St. Andrew

gostandrew.com

Care

gostandrew.com/support

Our prayers this week are with all those who suffer, grieve, and are in pain.

Coming Up

gostandrew.com/events

Coffee with the Pastors for New Guests Today | 10–10:30 am | Harmon Library

Ken Caryl Art Guild Reception Today | 10 am – 12 pm

gostandrew.com/arts

Understanding 2024 UMC Legislation Today | 11:45 am Lunch • 12 pm Presentation
Revs. Amy Stapleton and Jerry Butler present.

Exploring Baptism Today | 11:45 am – 12:45 pm | Chapel
gostandrew.com/explore

Exploring St. Andrew – Virtual class Today | 6:30–8 pm | Register for link
gostandrew.com/explore

Five Marks of a Methodist Sundays through June 8 | 10:30–11:30 am
gostandrew.com/studies

God Against the Gods Sundays through August 24 | 10:30–11:30 am
Content repeats Tuesdays 7–8 pm | Virtual
gostandrew.com/studies

All Brain and No Soul? – Webinar Tuesday May 20 | 6:30–8:30 pm
Must register at gostandrew.com/studies

UK Choir Send-off Concert and Potluck Wednesday, May 21 | 6:30–9 pm
Bring a dish to share; hear full tour concert!
gostandrew.com/music

May 18, 2025

Words for Meditation

“The question is not whether we will be extremists, but what kind of extremists we will be. Will we be extremists for hate or for love?”
– Martin Luther King, Jr.

Scripture

John 13:31–35

Guidelines for *The Examen*:

1. Ground yourself in God’s presence, giving thanks for God’s love for you.
2. Ask for grace to understand how God is acting in your life.
3. Review your day recalling specific moments and your emotions at the time.
4. Reflect on what you did, said, thought, or felt in those moments.
5. Looking toward tomorrow, reflect on how you might collaborate with God’s work in your life.
6. Conclude with “The Lord’s Prayer.”

Today’s Takeaways

1. Did I remember that the _____ is found in the _____?
2. Did I _____ as I would have them _____?
3. Did I _____ as Jesus has _____?

Today’s Notes

AT THE END OF THE DAY

7 Questions for Mindful Living

May 18, 2025

St. Andrew

Our Vision: Bringing more love, justice and community into the world.
Our Mission: To love God with our heart, soul, mind and strength, and to love our neighbors as ourselves.

Sermon Series

At the End of the Day: 7 Questions for Mindful Living

The Apostle Paul once wrote, “Test yourselves to make sure you are solid in the faith. Don’t drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence... that Christ is in you. Test it out” (2 Corinthians 13:5, The Message).

With those words, Paul urges us to take inventory of our lives daily—to “review the tapes” to see where we might have lived up to our faith, and where we might have fallen short. In this series, we’ll put a new twist on an old form of prayer called “The Examen” which gives us a formula for intentional self-examination at the end of each day. How can we yield our own will to God’s purposes if we are not conscious of our own shortcomings? How can we see where God has shown up in our lives if we do not reflect on the experiences and encounters of our day? Join us as we explore 7 questions for honest self-examination at the end of our day.

May 4 • *Have the Ears of My Heart Opened to the Voice of God?*
May 11 • *Have the Ears of My Heart Opened to the Needs of Others?*
May 18 • *Have the Eyes of My Heart Beheld the Divine Image in Others Today?*
May 25 • Break in sermon series – Rev. Chris Jorgensen, guest preacher
June 1 • *Is There Anyone, Including Myself, Whom I Need to Forgive?*
June 8 • *What Do I Know, but Live as Though I Do Not Know?*
June 15 • *When Did I Experience My Heart Opening Wide Today?*
June 22 • *What Is the One Thing in My Life that Needs My Attention?*

Sign In & Give



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Sign in online to let us know you’re worshipping with us today.
gostandrew.com/maincampus



You Belong *Here.*

St. Andrew is an open, affirming, inclusive congregation that welcomes saints and sinners, believers and skeptics, the lost and the found, the wonderers and the wanderers, families of all shapes and sizes, and people from every point along life’s journey.

No matter who you are, where you’ve been, what you believe, or whether you even believe at all, you are welcome here.

We embrace the message of Jesus that everyone is loved by God and affirm that all persons are of sacred worth. Regardless of your age, race, ethnicity, sexual orientation, gender identity, education, marital status, physical and mental capacities, or faith history—you belong here. Just as you are.

Welcome home.

Worship Team

Rev. Mark Feldmeir – Senior Pastor
Rev. Amy Stapleton – Executive Pastor
Rev. Jerry Butler – Pastor of Education and Formation
Rev. Barb Sholis – Pastor of Senior Adult Ministries | Wind Crest
Mark Zwilling – Director of Music and Arts
Larry Scalfari – Associate Director of Music
Justin Bullis – Director of Modern Music
Carlee Andrus – Director of Hospitality and Community Life
Micah Besaw – Production

Connect with Us

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Church Office: (303) 794-2683

Worship Gatherings

Sundays:

Chapel Service 8 am
Sanctuary 9 & 10:30 am
and Livestream

Digital Connection

Website: gostandrew.com



@gostandrew

Online Worship:

gostandrew.com/online

Podcast: StAndrewUMC

Contact Us: gostandrew.com/contact



Scan to receive emails about what’s happening around St. Andrew.

Today’s service is available on YouTube at gostandrew.com/online.