

Life at St. Andrew

Care

gostandrew.com/support

Our prayers are with Fred Van Tatenhove and Sheri and Larry Pennington.

Our sympathy is with Bonnie Davis on the death of her sister, Grace.

Coming Up

gostandrew.com/events

**Community Picnic in the Park
TODAY | 4–6 pm | Civic Green Park**

Special stage music by Crowded Table
gostandrew.com/life

Five Marks of a Methodist

Sundays, May 4 – June 15 | 10:30–11:30 am
gostandrew.com/studies

God Against the Gods

Sundays, May 4 – August 24 | 10:15–11:30 am
Content repeats Tuesdays 7–8 pm | Virtual
gostandrew.com/studies

All Brain and No Soul? – Webinar

Tuesdays, May 6 – 20 | 6:30–8:30 pm

Must register at gostandrew.com/studies

Prime Time

Friday, May 9 | 11:30 am – 1 pm

Register by May 6 at 303-351-0096.

gostandrew.com/seniors

Parkinson's Support Group

Second & Fourth Sundays monthly | 10:30 am – noon

For those with Parkinson's and care partner(s).

gostandrew.com/support

Church Council Meeting

Thursday, May 15 | 7–8 pm

Information about church business/operations.

gostandrew.com/events

May 4, 2025

Words for Meditation

"Pay attention to the liminal moments—the threshold experiences of your day—when it appears to you that the answers, certainties, and assumptions that have always worked in the past may now be inadequate, and you feel nudged, called, to cast your nets into new waters."

~ Rev. Mark Feldmeir

Scripture

John 21:1–19

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. God comes to us _____ as our _____.
2. When a _____ knocks on the door of your life, it's often no louder than _____.
3. By God's grace, this _____ shall _____.

Today's Notes

AT THE END OF THE DAY

7 Questions for Mindful Living

May 4, 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 All Things?*
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



Use this QR code to make your online contribution to support the many ministries of St. Andrew. Thank you for your efforts and generosity!

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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Highlands Ranch, CO 80126
info@gostandrew.com
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.