

Patience

By Kay Ryan

Patience is
wider than one
once envisioned,
with ribbons
of rivers
and distant
ranges and
tasks undertaken
and finished
with modest
relish by
natives in their
native dress.
Who would
have guessed
it possible
that waiting
is sustainable—
a place with
its own harvests.
Or that in
time's fullness
the diamonds
of patience
couldn't be
distinguished
from the genuine
in brilliance
or hardness.



This month is “National Poetry Month.” The editors of Poets.org asked their readers to share poems from the website’s collection that helps to find courage, solace, and actionable energy. The project is called “Shelter in Poems.”

<https://poets.org/shelter-poems>



Instructions on Not Giving Up

By Ada Limón

More than the fuchsia funnels breaking out of the crabapple tree, more than the neighbor’s almost obscene display of cherry limbs showing their cotton candy-colored blossoms to the slate sky of Spring rains, it’s the greening of the trees that really gets to me. When all the shock of white and taffy, the world’s baubles and trinkets, leave the pavement strewn with the confetti of aftermath, the leaves come. Patient, plodding, a green skin growing over whatever winter did to us, a return to the strange idea of continuous living despite the mess of us, the hurt, the empty. Fine then, I’ll take it, the tree seems to say, a new slick leaf unfurling like a fist to an open palm, I’ll take it all.

The Days to Come

By Medora C. Addison



Now shall I store my soul with silent beauty,
Beauty of drifting clouds and mountain heights,
Beauty of sun-splashed hills and shadowed forests,
Beauty of dawn and dusk and star-swept nights.

Now shall I fill my heart with quiet music,
Song of the wind across the pine-clad hill,
Song of the rain and, fairer than all music,
Call of the thrush when twilight woods are still.

So shall the days to come be filled with beauty,
Bright with the promise caught from eastern skies;
So shall I see the stars when night is darkest,
Still hear the thrush’s song when music dies.

Medora C. Addison was born in 1891 in Concord, Massachusetts. Her book, *Dreams and a Sword*, was published through the Yale Series of Younger Poets in 1922.

Tips for Staying Sane during the Covid-19 “Stay at Home” duration.

- **Every day: Set goals, find joy and call a friend.**

For people who may be feeling down or afraid, psychologists Julia Hitch and Andrew Fleming recommend three things. 1. **Set a reachable goal** for the day, whether it’s practicing the piano for 20 minutes, trying a new recipe or exercising. 2. **Find an element of pleasure**: eating a delicious snack or taking a bath, for instance. 3. **Make a connection** by calling or video chatting with a friend or relative to take ourselves outside of isolation and into a circle of fellowship.

- **Take mental inventory of your well-being.**

When he feels anxiety seep in, Dr. Hanson says, to take a few slow, deep breaths and remind yourself of what is true in *this exact moment*. “**Our fear is about the future**. It’s what we anticipate,” he said. “But if you stop and say, ‘I am healthy in this moment,’ it pulls you out of rumination and anxious, helpless preoccupation. Your brain will come to this moment of quiet realization. ‘Things are not great, but they’re basically OK. I am still surviving.’ It gives you more of a sense of agency.”

- **Limit media intake.**

It’s important to find a line between educating yourself with information that helps guide your decisions and inundating yourself with information that simply increases anxiety. “**Turn off your notifications,**” said Dr. Amy Cirbus, the director of clinical content for [Talkspace](#), the online therapy platform, and check in at specific times a day with news platforms or cable TV. “It’s really hard to discern whether a news report is something you need to know to take action” or if it merely is providing more fodder to ruminate over, she said. “**If you’re just coming into the news bubble a few times a day and not getting inundated, then you are choosing the moments and this gives you back some power.**” Urgent news will almost certainly find its way to you, she added.

- **Turn panic into service.**

“**Every hand that we don’t shake must become a phone call that we place. Every embrace that we avoid must become a verbal expression of warmth and concern,**” Rabbi Yosef Kanefsky told his congregants last week. Feelings of helplessness come from the loss of power we have over the current situation, he explained in an interview. But we do have the power to provide support to others. “Write down people’s names, thinking of those most likely to be in need because of their age or medical situation or if they live alone. We ourselves are much less likely to feel panicked if we channel our anxiety into, ‘Who can I help right now and how can I help them?’”

Offerings and Attendance

Jan 5: \$ 2338.57 48
 Jan 12: \$ 1601.00 45
 Jan 19: \$ 5229.00 49
 Jan 26: \$ 2729.00 48
Jan Total \$11,897.57

Feb 2: \$ 3294.55 64
 Feb 9: \$ 895.00 34
 Feb 16: \$ 1,590.00 43
 Feb 23: \$ 2,191.80 30
Feb Total \$7971.35

Mar 1: \$6098.00 49
 Mar 8: \$2549.00 39
 Mar 15: \$1504.00 19 logons
 Mar 22: \$1124.50 21 logons
 Mar 29: \$ 925.00 31 logons
Mar Total \$12,200

The church needs about \$10,000 per month to cover our operating expenses.

Jan Average Attendance: 48

Feb Average Attendance: 43

Thank you, everyone, for helping us make our budget during these difficult times!



HOLY WEEK AND EASTER

- April 5 – Palm Sunday Service, 10:00 a.m.
- April 8 – Wednesday Meditation, 9:15 a.m.
- April 9 – Maundy Thursday Service, 7:00 p.m. Claudia will offer an on-line service of Communion. You will need to supply your own elements of bread/wine/juice.
- April 10 – Good Friday. Drop in on Zoom anytime from noon to 2 p.m. This will be a time of poetry, readings, and music.
- April 12 – Easter! Hallelujah! 10:00 a.m.



Anniversaries and Birthdays for March and April

March Birthdays

Bonnie Daly	1-Mar	Birthday
Gwen Pilcher	7-Mar	Birthday
Curt Daly	9-Mar	Birthday
Linda Warren	9-Mar	Birthday
Erika Kenney	14-Mar	Birthday
Jo Taylor	15-Mar	Birthday
Deb Johnson	19-Mar	Birthday
Bernie Joha	22-Mar	Birthday
Ron Jerman	26-Mar	Birthday

April Birthdays & Anniversaries

Zadie Nachtweih	3-Apr	Birthday
Nancy Lawrence	4-Apr	Birthday
Maylea Williams	6-Apr	Birthday
Becky Anderson	7-Apr	Birthday
Tyce Brozovich	7-Apr	Birthday
Zoe Brozovich	7-Apr	Birthday
Mark Anderson	8-Apr	Birthday
Bob Sherry	9-Apr	Birthday
Dan Williams	10-Apr	Birthday
Jim Thomson	10-Apr	Birthday
Mary Correll	13-Apr	Birthday
Melodie Myhre	14-Apr	Birthday
Rosanna Rains	15-Apr	Birthday
Nancy Conner	19-Apr	Birthday
Tom and Erika Kenney	25-Apr	Anniversary
Donilyn Thomson	30-Apr	Birthday
Kendall Johnson	30-Apr	Birthday

Due to the current outbreak of the COVID-19 virus, all of our worship, fellowship, and spiritual support activities are being held online.



Mouse Morsels

Greetings, everyone! We hope you have been holding up with all this separation and concerns about the virus. We mice are sorry to have been delayed getting the Mouse delivered, and some of the news is dated but we thought you would still like to know.

Congratulations and Happy Birthday to **Mary Todd**. Mary turned 100 years old on February 17. She had a wonderful birthday party and we definitely think she has earned her crown! She thanks you all for your sweet cards and thoughtful messages. Mary said,

"I am very proud to be a member of Wheat Ridge Congregational Church." **Ron Jerman** had a big birthday too! He turned 90 on March 26. No matter what is happening in the world there is much to celebrate in our church family. **Conner Anderson** is learning to read. He says going to church is better than going to school! Now that he is doing schoolwork at home he said, "This is as hard as real school." Back in February, **Isabella Anderson** competed at the Parr Elementary School spelling bee. She came in third and then went on to compete at Pomona High School. Super neat! **Georgia Meyer** also competed in the Wheat Ridge articulation area spelling bee. She made it to 7 out of 30 kids and was the only 3rd grader - yay, Georgia! Way cool! **Lucy Meyer** loves drawing and art. She is currently "a drawing a day" through YouTube tutorials. She loves illustrating female characters. **Levi Meyer** will be attending the Gifted and Talented program at Everett Middle School next year. He is also part of the Wheat Ridge Orchestra and is learning to play the cello. (Maybe compare notes with Grant Kenney?) **Tyce Brozovich** finished up basketball and he was looking forward to playing competitive baseball for North Jeffco. We guess he will have more time to practice guitar. He likes to play Good Riddance by Green Day. **Zoe Brozovich** also finished basketball in February and she was going to begin playing competitive soccer for Westminster. She is learning to play the ukulele. **Claire Kenney** participated in a mock trial at school. Now that she is home she has time to take her cat, Smokey, for walks. Erika and Grant Kenney are now taking karate lessons online! Super cool. **Ro Rains** and **Deana Carter** had a wonderful vacation in Hawaii. *Ahhhhh, the days of travel.* How we miss them. We have many belated thank you's to mention! Thank you to **Jenn Brozovich** for leading our Sunday school teacher training sessions. We heard it was excellent! We now have seven trained Sunday school teachers! Once we get back to church, the Sunday school will be ready to go. Thank you all! We also appreciate the WHI volunteers who faithfully go to Sixth Avenue UCC to set up cots for homeless women. You rock. We won't have WHI in April. Thank you to **Kendall Johnson**, who finished installing the rest of the smoke alarms throughout the church. Thank you also to **Deb Johnson** and **Marilyn Olson**, who updated the deacons' instructional manual. This will make it much easier for deacons to know their responsibilities. This is awesome! **David Conner** was very appreciative of his fabulous retirement party. It could not have been nicer! You are all so special. Please remember that you can still attend worship on Sundays online. We have sent out instructions on how to participate. We mice miss you all, but we are staying snug and safe in our little mouse house. We mice are very grateful for you, and we have heard from many of you that you are in prayer as the world copes with COVID-19. The psalmist reminds us, "God is our refuge and strength, a very present help in trouble." You all also are a great strength and help in times of trouble.

That's all for now.

We look forward to our reunion in the future!

