

**Light of Christ**  
 Ecumenical Catholic Community  
 All are Welcome



**Our Mission:** *Light of Christ Ecumenical Catholic Community is a vibrant, inclusive and welcoming community for all who, following the teachings and example of Jesus Christ, seek compassion, justice and peace in the world. We seek to live our faith through liturgy and prayer, community building and collaboration, study and service.*

**All Are Welcome!**

**18th Week in Ordinary**

**July 30, 2022**



1000 West 15th Ave.  
 Longmont, Colorado  
 80501  
 (303)-772-3785

**Office hours**  
 Tues. - Thurs.  
 9am-3pm

**Pastor: Father Teri Harroun, M. Div.**  
[pastor@lightofchristecc.org](mailto:pastor@lightofchristecc.org)

**Parish Council Members:** Chuck Cooper, Ann Hess, Rachel O'Neill, Rick Rogers, Irene Yap  
[parishcouncil@lightofchristecc.org](mailto:parishcouncil@lightofchristecc.org)

**Prayer Companions:**  
[prayercompanionteam@lightofchristecc.org](mailto:prayercompanionteam@lightofchristecc.org)

**Pastoral Care Assistant:** Tim Shead  
[locchurchoffice@gmail.com](mailto:locchurchoffice@gmail.com)

**Stephen Ministry:**  
[stephenministry@lightofchristecc.org](mailto:stephenministry@lightofchristecc.org)

**Events this Week**

Wednesday (Aug 3)

9 am - Mass (Hybrid/Zoom)

7:30 pm - Movie night (stable)

Thursday (Aug 4)

10 am - Reading Reflection (Pella Crossing)

7 pm - Men's meeting (Hybrid/Zoom)

Saturday (Aug 6)

5 pm - Mass (hybrid Sanctuary/ Facebook Live)

- **Neighborhood Movie Night:** Mark your calendars for National Night Out, where Light of Christ, Bethlehem Lutheran, and the new apartments, Fields on 15th, will host an outdoor neighborhood movie. It will be Tuesday **August 2nd from 7:30-9:30pm out back.**

Light of Christ is looking for snack donations, including **lemonade mix and movie candy** (in single-serving boxes). Please bring donations to Mass **this Saturday** and put them in the basket by the bulletin board. If you want to drop them off at the church office, please call ahead to make sure someone will be there. If you have questions, please contact Fr. Teri.

- **Parish Council Strategic Planning:** The Parish Council is engaging in an all-day strategic planning session on Friday, August 5th. Please hold them in prayer as they discern the best course for Light of Christ and its future.
- **OUR Center donations:** The OUR Center is phasing out plastic bags for their grocery distribution. To this end, they are looking for donations of reusable tote bags (medium or larger) to hold groceries. Donations are taken at the OUR Center 8-5 on weekdays and 11-1 on the weekends at the south entrance.
- **COVID 19 guidelines:** At this time, Boulder County is 'Orange'. This means social distancing is to be observed in the building and masks are to be worn indoors. **Small groups in the LoC office may decide if they are mask-optional and if they wish to have food or drink indoors.** Your patience and understanding is appreciated.

### Earth Corner: Taking Steps to Zero Waste

**During July, we're going to shine a light on the topic of food waste.**

These suggestions come from the World Wildlife Foundation (WWF):

#### Earth Corner Things to Consider

- ⇒ Aim for zero food waste
- ⇒ Share your abundance
- ⇒ Resist over buying store items
- ⇒ Embrace ugly produce
- ⇒ Label and date items for the freezer
- ⇒ Compost food scraps

- ◆ **Plan ahead and buy only what you need.** Going to the store without a plan or on an empty stomach can lead to buying more than we need. To keep your kitchen on track, try to eat leftovers, think of meals you might eat out, and avoid unnecessary purchases by planning your grocery list ahead of time.
- ◆ **Use your freezer.** While there are plenty of benefits to eating fresh food, frozen foods can be just as nutritious. They also stay edible for much longer. A lot of seafood, for example, is frozen before it reaches your supermarket and then thawed and put on display. That means it will only stay fresh for a few days. By buying frozen seafood, you can extend the shelf life of the product considerably. Cooking and freezing food—especially produce—before it goes bad is a great way to avoid having to toss it.
- ◆ **Be creative with leftovers.** Before you shop, use the food you already have. Websites like [Big Oven](#), [Supercook](#), and [MyFridgeFood](#) allow you to search for recipes based on ingredients already in your kitchen. You can also use apps like Epicurious and Allrecipes to make the most of what's in your fridge and pantry.
- ◆ **Blend, bake, or boil.** Fruits and vegetables that are beyond ripe may not look pretty, but that doesn't mean they can't still taste delicious in recipes. Try using your wilting, browning, or imperfect produce to make sweet smoothies, bread, jams, sauces, or soup stocks.
- ◆ **Talk it up.** Preventing food waste is the most effective way to shrink its impact on the planet. If we avoid producing food that we don't eat, we can save the land, water, and energy that would have been used to make it. And awareness is a good first step; according to ReFED, educating consumers about food waste could prevent 7.41 million tons of greenhouse gas emissions.

## PLEASE KEEP IN YOUR PRAYERS

Rita Duncan; Carol Conti;  
 Sharon Farnsworth;  
 Tom Glenn; Wes Evans;  
 Casey Shank; Sherry Shead



*We update our prayer corner monthly. If you or your loved one would like to be included on the corner, please contact the office and we'd be happy to add you.*

## DAILY READINGS

Please join us at Pelle Crossing at 10AM on Thursdays as we discuss 'Consider the Birds'.

Alternately, [this link](#) will take you to the US Conference of Roman Catholic Bishops website where you can view each day's reading.



Scott is John and Dibbie's son-in-law.

## STEWARDSHIP

June	End of Month	Year To Date
Donations	\$7,385.00	\$62,655.56
Grocery Cards	\$0.00	\$904.92
Advertising Revenue	\$0.00	100.00
Interest	\$0.96	\$921.30
Misc. Income (Includes designated)	\$1,000.00	\$2,039.92
Total Income	\$8,385.96	\$66,621.70
Expenses	\$11,086.38	\$69,924.33
Balance	\$ (2,700.42)	\$(3,302.63)

A printed copy of the Light of Christ Bylaws, policies and procedures is available in the Church Office for members to review.

Members of Light of Christ or their family members are invited to **purchase ad space here** on the weekly bulletins! Not only does it help out these businesses, but it also helps LOC by bringing in additional funds. For more information, please call the Church Office.



## ASSISTANCE

**Prayer Partners:** These prayer ministries welcome and invite you, in confidence, to share your concerns in more detail or depth, or even to pray for you when you can't find the words. You can email our Prayer Companion Team at [prayercompanionteam@lightofchristecc.org](mailto:prayercompanionteam@lightofchristecc.org) and someone will reach out to you.

**Home Eucharist Team:** If you need Eucharist brought to your home, for any reason, please contact Father Teri and she will coordinate one of our Home Eucharistic Ministers to visit you and bring you Communion.

**Rite of Reconciliation:** The Rite of Reconciliation is available after Mass or by Appointment. Please contact Father Teri or the Church office for more information.

If you need assistance during this time, there are several resources available in Longmont:

**HOPE Longmont**, located at:

804 Lincoln St.  
 Longmont, CO 80501

**THE OUR CENTER**, located at:

220 Collyer St.  
 Longmont, CO 80501

**THE ROUND PANTRY**, located at:

Westview Presbyterian Church  
 1500 Hover St.