



# Ministries

Spirit of Christ Catholic Community  
7400 W. 80th Ave. Arvada, Colorado 80003  
303-422-9173 [www.spiritofchrist.org](http://www.spiritofchrist.org)

*Welcome*

*Fellowship and Support*

*Outreach*

*2025-2026*



## **Our Stewardship Statement**

**W**e, the family of Spirit of Christ Catholic Community, believe stewardship is our grateful and obedient response to God's redeeming love. We recognize that all creation is placed in our trust by God. We acknowledge that our ability to respond faithfully to God's love is empowered by the Holy Spirit. Stewardship is the responsible offering to God from our resources of time, talent and treasure. We further acknowledge that we are called to live out this response individually and in community.

Spirit of Christ Catholic Community relies on your faithful response to prayer and worship (Time), joyful participation in community activities and programs (Talent) and grateful contribution to the offertory (Treasure) through the Offertory at Mass. Your active participation in what it means to be a Steward of God's gifts is what makes us a community; we are incomplete without you.

Please use this guide as a tool to further assist you in your relationships with God and answering His invitation to Stewardship in your life.



TIME · TALENT · TREASURE

## Welcome Ministries

All are welcome to the Eucharistic Table and the community.

**The Welcome Table** is staffed by volunteers before and after Mass to welcome visitors and new members.

**New Parishioner Dinners** are hosted once a year in the fall. Parishioners who have registered within the past year are invited to attend to learn more about their new parish. Volunteers help in planning, serving and welcoming of our new parishioners.

**Anniversary Cards** are sent for one year anniversaries of baptisms, weddings, and funerals held here at Spirit of Christ. The cards are personally addressed by volunteers and signed by our priests.

Contact for all above: email [susan@spiritofchrist.org](mailto:susan@spiritofchrist.org)

**Crypt of All Souls Prayer Team** accompanies the presiding deacon with our prayers at the monthly committal service. Mt. Olivet offers, at no charge, the placement of cremated remains in the Crypt of All Souls. This service is available to anyone of any faith who has cremated remains they want permanently interred at Mt. Olivet Catholic Cemetery. Many of those interred have no one but us to pray for them.

Join the Crypt of All Souls group in Flocknote to begin receiving the notices of the monthly Committal dates.

**Healing from Divorce Ministry** presents a program based on Catholic teaching and the grief process offering compassion, understanding, and healing to rebuild the hope and faith of those who are separated, and going through or have been divorced. It is not a social or dating group. The group meets weekly, except holidays, and begins in September. Contact Deacon Charlie at 303-867-9178 Ext. 265 or [deaconcharlie@spiritofchrist.org](mailto:deaconcharlie@spiritofchrist.org)

**Annulment process** inquiries please contact an Advocate: Deacon Charlie at 303-867-9178 Ext. 265 or [deaconcharlie@spiritofchrist.org](mailto:deaconcharlie@spiritofchrist.org) and Becky Palmeri at [becky@spiritofchrist.org](mailto:becky@spiritofchrist.org)

**Adult Children of Divorce** (out of High School and older), rebuilding the lives of adult children in the aftermath of their parent's divorce. Contact Deacon Charlie, or <https://archden.org/eflm/family/acod/>

## Fellowship and Support Ministries

**A.A. Love and Unity** meets here Tuesday nights at 7:30 p.m. This 12 step program follows the disciplines of all Alcoholic Anonymous Meetings.  
Contact: [aa@spiritofchrist.org](mailto:aa@spiritofchrist.org)

**Al-Anon** is a support group for those with alcohol issues in the family. This highly confidential group meets at 7 PM each Monday. If you are a beginner with this ministry, please come at 6:30 p.m. for an orientation meeting.  
Contact: [alanon@spiritofchrist.org](mailto:alanon@spiritofchrist.org)

**Blood Drives** are held several times a year. We offer blood drives to benefit Vitalant. There will be an opportunity to sign-up for the blood drive a few weeks prior to Vitalant being here. Watch the bulletin for dates.  
Contact: Jeannine Koontz at (303) 887-9953  
or [jeaninekoontz@hotmail.com](mailto:jeaninekoontz@hotmail.com)

**Centering Prayer Groups** "Centering Prayer is a method that prepares our faculties to awaken to the gift of contemplation. It leads to an intimate relationship with Christ." Thomas Keating  
There are 2 prayer groups here at Spirit of Christ:

- 1st and 3rd Weds. 10—11:30 AM in the Cana room, contact Claire Marie at 720-908-5745 [clairemarie\\_3@hotmail.com](mailto:clairemarie_3@hotmail.com)
- Thursdays 7—8:30 PM on a conference call. Please contact Theresa Keating at 303-250-0654 for details.

**Exercise in the Spirit** always welcomes new participants. We offer aerobics and light weights on Monday, Wednesday and Friday mornings from 8:30 a.m. to 9:30 a.m. Just show up in the Spirit Center.  
Contact: Bette Guinn at (303) 915-4091  
or [exercise@spiritofchrist.org](mailto:exercise@spiritofchrist.org)

**Food Co-op** is a food buying cooperative, part of the North Arvada Food Co-op that has been active for more than two decades. We buy wholesale from the suppliers and our members receive substantial savings. Examples: all natural meats, fresh organic produce, fresh eggs, fresh nuts, dried fruit, cheeses and honey. As a co-op member you will share the tasks for obtaining and dividing the food. The membership fee is \$4 per month and covers supply costs. Wholesale prices are passed directly to our members plus sales tax.  
Contact: Ginny Trumpolt at (303) 423-4015  
or [foodcoop@spiritofchrist.org](mailto:foodcoop@spiritofchrist.org)

**Funeral Receptions (TOUCH)** provide luncheons after funerals held at Spirit of Christ at no charge to the immediate families of active, registered parishioners. This entails a group of volunteers who work the event by setting up, serving the food and drinks, and cleaning up afterward. The second part of this ministry is for those who donate salads, side dishes and desserts. We have volunteer callers who call parishioners willing to donate the food for these luncheons.

To serve Contact: Lorraine Pello at 303-829-6015 or [jlrello@aol.com](mailto:jlrello@aol.com)

To donate food Contact: Judy Matthews at (303) 423-9365 or [judymatt01@centurylink.net](mailto:judymatt01@centurylink.net)

**Funeral Preparation** is offered to families whose loved one has died as well as to those who would like to plan a funeral in advance.

Contact: Deacon Kimberly Juge at (303) 867-9165  
or kimberly@spiritofchrist.org

**Grieving with Great Hope** is a five week grief support workshop that offers a prayerful, practical and personal approach for anyone who is mourning a loss of a loved one. If you have lost a spouse, a child (including pregnancy loss), a grandchild, a parent, a sibling, another family member or a friend, you are encouraged to attend.

Contact: griefsupport@spiritofchrist.org

**Knights of Columbus Council 12979** is a Catholic, Family, Fraternal Service organization based on the principles of charity, unity, fraternity, and patriotism. To this end, the Knights share their talents and time in vigorous programs of service in the areas of Church, Council, Youth, Family, Community, and Pro-Life. Council 12979 seeks to first serve the pastor with any of his needs within the parish. The council also serves the needs of the parish's other priests and deacons along with the interests of the many Spirit of Christ committees.

Contact: koc@spiritofchrist.org

**Ladies Auxiliary** is a charitable, service and social organization. We offer hospitality assistance to SOC parish as requested, assist the Knights of Columbus with their events and programs, as well as have our own projects. The Auxiliary is open to all adult women of the parish. Although we work closely with the Knights of Columbus, no affiliation with a Knight is necessary.

Contact: Ginny Trumpolt at (303) 423-4015  
or ladiesaux@spiritofchrist.org

**Magnificat Moms** is a Mom's group who foster a community of faith, friendship and support in our vocation as mothers of young children in the imitation of our Blessed Mother. Childcare is provided. We meet the first and third Wednesday of every month from 9:15 - 11:15 AM, with special events posted on our website and in the church bulletin.

Contact: Sarah Zielinski at magmoms@spiritofchrist.org or 303-475-5105

**Multiple Sclerosis Support Group** meets the second Saturday of the month at 10:00 a.m. This is a support group for those living with M.S., as well as their family & friends.

Contact: Sonja Kingsbury 303-513-5437 or  
spydersonja15@gmail.com

**Rosary Prayer Group "Mary Star of Hope"** is a group that meets on the first and third Mondays of the month from 4-5 PM in the Chapel to pray the rosary, for the parish intentions and for the list of the sick. Dates will be announced in the bulletin.

Contact: Pam Cortney at (303) 260-8457  
or marystarofhope@spiritofchrist.org

**The Tribe, Young Adult Ministry**, is a program for those out of high school and older. We celebrate the sacraments and do many types of social and spiritually renewing activities. The Tribe meets monthly. COME JOIN THE TRIBE! You may call the office and leave a message for Katherine O. or Colleen L.

Contact: the office at 303-422-9173  
or youngadults@spiritofchrist.org

**That Man Is You (TMIY)** honestly addresses the pressures and temptations that men face in our modern culture, especially those relating to their roles as husbands and fathers. The program harmonizes current social and medical science with the teachings of the Church and the wisdom of the saints to develop the vision of man fully alive! They meet Sept. till May.

Contact: Welcome@spiritofchrist.org

**Trail Life USA** is a Christ-centered outdoor character development adventure program open to boys and young men aged 5-17. Boys will love the fun and adventure! Parents will love the commitment to a Christian worldview and moral consistency. Our Mission is to guide generations of courageous young men to honor God, lead with integrity, serve others, and experience outdoor adventure. We meet at 5:30 on Monday evenings in the John XXIII room (K-5 every other week, grades 6-12 weekly). Contact Mike Fesl for more information (224-805-7490 or Michael.Fesl@gmail.com).

**Young at Heart (YAH)** is for those 55 years or older to gather for a wide range of functions from lunches, dinners, cards & games, crafts for a cause, rosary makers, trips to historical sights and to "the hill" for gambling, caring hearts (send cards & visit homebound), monthly book club, 1st Friday breakfasts, and more. Watch the bulletin for their monthly schedule with contact numbers for each activity.

Contact: Marsha Edwards at 620-874-0670  
or yah@spiritofchrist.org

**7:00 Morning Prayer Community** is a prayer group that meets Fridays from 7:00 AM to 7:30 AM in the Chapel. Join us for our daily Catholic readings, community led prayer and reflection. All are welcome. Regular attendance is not required, drop-ins welcome. Come as the Lord leads and as you may need.

Contact: susan@spiritofchrist.org

**WINGS** is a support group for widows who meet monthly to assist in the ongoing process of living independently by praying, sharing and caring for one another. They come together to share, heal, laugh, grow and offer emotional and social support.

Contact: Please call the parish office

## Outreach Ministries

**Birthright** is a group of volunteers who sew, knit and crochet various items for babies, children, adolescents and pregnant mothers. Including: clothing, bibs, hats, crib sheets, blankets, quilts, diaper bags, and other items. We meet every other month to select fabric, patterns, and notions, and then take these items home to make at their convenience. Twice a year we get together to share, sort and distribute completed items to organizations in need.

Contact: Thelma Lucci at (303) 422-8873  
or [birthright@spiritofchrist.org](mailto:birthright@spiritofchrist.org)

**Blankets For Babies** makes afghans, quilts and receiving blankets for newborns for Birthline, an abortion alternative organization. Some members purchase their own materials, some use donated materials and some use materials purchased with our budget. Would you like to sew at home for little ones who need a "new blanket" or have materials to donate?

Contact: Robin Strand at (303) 913-7381  
or [blankets@spiritofchrist.org](mailto:blankets@spiritofchrist.org)

**Fair Trade Products** Your purchases can have a powerful impact on equality and justice in the global market place. Our Fair Trade products come from small farmer cooperatives which engage in democratic practices, equality for women and they receive a fair price for their products. We sell our coffee, tea, chocolate, cocoa, olive oil and other items at cost. Premium products at a lower cost! Through Fair Trade, small farmers can feed their families, send their children to school and improve their communities. Products are available at SOC, see bulletin for details.

Contact: Judy McEvitt at (303) 424-8042  
or [fairtrade@spiritofchrist.org](mailto:fairtrade@spiritofchrist.org)

**HOPE (Help Our People Eat)** provides well-balanced meals to individuals and families as well as organizations which offer free food to those requesting assistance. We provide nutritional food to our parishioners through the "Holiday food baskets," and stock local non-profit organization's pantries.

Contact: Katie Cassady [hope@spiritofchrist.org](mailto:hope@spiritofchrist.org)

**Koats 4 Kids** Purchases coats, hats and mittens from thrift stores and accepts donations of new and gently used kids coats. They are washed, as needed, and donated to low income schools. We welcome your help.

Contact: Susanne Hickman [Koats4kids@spiritofchrist.org](mailto:Koats4kids@spiritofchrist.org)

**Migrant Ministry** is an outreach to Colorado migrants to help meet basic human needs and change structures that deny them the dignity and rights due all human beings. We collaborate with other parishes and organizations interested in furthering the cause of the plight of the migrants.

Contact: [migrantministry@spiritofchrist.org](mailto:migrantministry@spiritofchrist.org)

**Helping the Homeless** seeks to perform the corporal works of mercy of feeding, clothing and sheltering our local homeless population, especially during severe weather. We cooperate with the Severe Weather Shelter Network (SWSN), in partnership with Cornerstone Church of God and St. Joan of Arc parishioners.

Contact: Diane Hildebrand at (360) 903-2891 (leave a message)  
Contact: [Homelessministry@spiritofchrist.org](mailto:Homelessministry@spiritofchrist.org)

**Prison Ministry Mission** (Keep Moving Forward) is to improve the lives of all people affected by incarceration, with the vision and hope of making an everyday difference in the quality of life for all prisoners, ex-prisoners, and families of prisoners.

Contact: Jim Gumpert at (720) 370-4159  
or [prisonministry@spiritofchrist.org](mailto:prisonministry@spiritofchrist.org)

**Respect Life** Our goal is to share information regarding resources for pregnant women, create awareness about Pro-Life issues and provide opportunities for our Catholic Community to defend and protect life from conception to natural death so that we may bear witness to the gift of life! We provide support for infant loss and miscarriages. Through Footprints ministry, we support women through the journey of an unexpected pregnancy.

Contact: Brenda Juhasz at [respectlife@spiritofchrist.org](mailto:respectlife@spiritofchrist.org)

**Reverse Collection** works with 16 non-profit organizations to help provide Christmas presents for children and families that they service who would otherwise do without. Spirit of Christ parishioners generously provide those children and families with Christmas presents.

Contact: Mary Coquillard at (303) 428-3428  
or [reversecollection@spiritofchrist.org](mailto:reversecollection@spiritofchrist.org)

**Fran's Rosary Makers** create countless rosaries to send to many areas of our country as well as international. We meet the second Monday of each month from 1:00 pm to 3:30 pm. The rosaries are easy to make and, if you are interested, we are prepared to teach anyone how to become a rosary maker and answer Our Lady's request at Fatima to pray many rosaries.

Contact: [rosaries@spiritofchrist.org](mailto:rosaries@spiritofchrist.org)

**Soup Kitchen** volunteers prepare and serve meals to those in need. We work with Catholic Workers Soup Kitchen, New Genesis, St. Francis Center or with The Rising Church in Arvada. Soon, we will assist in preparing sandwiches or hot meals at home and deliver to the organizations.

Contact: Becky Diaz at 303-428-2509, Karen Alderman at 303-431-5808 (June to Dec.), Eileen Weinert (for Rising Church only) at [ebweinert@hotmail.com](mailto:ebweinert@hotmail.com) or for all of them at [soupkitchen@spiritofchrist.org](mailto:soupkitchen@spiritofchrist.org)

**Women's Prison Ministry** shares God's love, truth, forgiveness, healing and hope to women in prison through Kairos Prison Ministry. We meet the first Sunday of each month at the Denver Women's Correctional Facility to pray, share with, and encourage residents to continue in their faith Trusting in God. We are incredibly blessed to also bring our 4-day program to the facilities twice a year which creates a community with a desire to become Christian, or continue their spiritual growth. contact: Sandy Miller at [womensprisonministry@spiritofchrist.org](mailto:womensprisonministry@spiritofchrist.org)

## Other

**The Gifts of the Spirit** is the Spirit of Christ gift store. Visit on Saturday before Mass and Sunday from 8:15 AM to 11:00 AM. We carry many religious items, rosaries, candles and gifts that are very appropriate for Confirmation, First Communion, Baptisms, etc. We are always in need of volunteers. Please stop by our store to leave your name and number if you can help out once a month.

Contact: Debbie McCarty at (303) 929-3908  
or [giftsofthespirit@spiritofchrist.org](mailto:giftsofthespirit@spiritofchrist.org)

**The Library** provides a collection of religious and value-based materials for the use of our Spirit of Christ Catholic Community. There are over 5,000 books, DVDs and CDs for children, young people, and adults. Volunteers staff the library Tuesday and Wednesday, 9:30 to 11:30 a.m.; Sunday, 8:00 a.m. to 12:00 p.m.

Contact: Randy Hergenreder 303-495-0966 .  
or [soclibrary@spiritofchrist.org](mailto:soclibrary@spiritofchrist.org)