

WINTER 2026

THE PULSE

A Quarterly Publication of the Rocky Mountain District of the Evangelical Free Church

RMD ANNUAL CONFERENCE

APRIL 27-28 | LITTLETON, COLORADO

The "On Track" conference is designed to help churches and ministry leaders realign with the biblical rails that have always carried the mission of Jesus forward: health and multiplication. Like two parallel tracks, these priorities must run together; neither can stand alone, and both are essential for discipling momentum.

Join us Monday and Tuesday, April 27-28, at Southwest Community Church in Littleton, CO. We believe there is something valuable for your pastors, staff, and ministry leaders, so please invite them all.

Conference attendees will attend three plenary sessions and also select one track to attend during our breakout sessions:

- Building A Healthy Relational Ministry Culture
- Developing Leaders Together: Conversations and Tools for Aligning Theology, Culture, and Practice in Leader Formation
- Youth Ministry Roundtables
- Discipling in a Small Town/Rural Context

Register at RockyMountainDistrict.org or using the QR code on page 2.



**SERVING OUR CHURCHES & OUR PASTORS
TO MULTIPLY GOD'S KINGDOM**

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ON TRACK

HEALTH & MULTIPLICATION

RMD CONFERENCE 2026

APRIL 27-28, 2026

Southwest Community Church in Littleton, Colorado





ALIGNMENT

KEVIN BOAZ

ASSOCIATE OF MULTIPLICATION & LEADERSHIP DEVELOPMENT

Hello Rocky Mountain District!

As we head into our annual conference this April, I want to think about alignment. As you know, if a car is out of alignment, it will tend to drift left or right, causing uneven wear on the tires. If a church is out of alignment in its mission, ministries, or values, it can result in mission drift and strained relationships, just as tires wear unevenly when a car is out of alignment.

District Alignment

The RMD, at its heart, is an organization formed by local churches to serve local churches. Two years ago, we presented this diagram (pictured) to provide a visual of how the ministry of the district aligns with the mission of our churches. The purpose of the district is to strengthen leaders and churches to promote health and multiplication. As an organization and as churches, we are aligned around our shared convictions through the EFCA Statement of Faith, polity, positions, and practices.

Over the past two years, the District Leadership Team, selected from and by our churches, has done the important work of alignment. We have worked through our mission, values, and vision so that we can provide tools, training, and facilitated collaboration for kingdom purposes. We have also reviewed our policies, financial practices, and governing documents to refresh and sharpen our operations and stewardship.

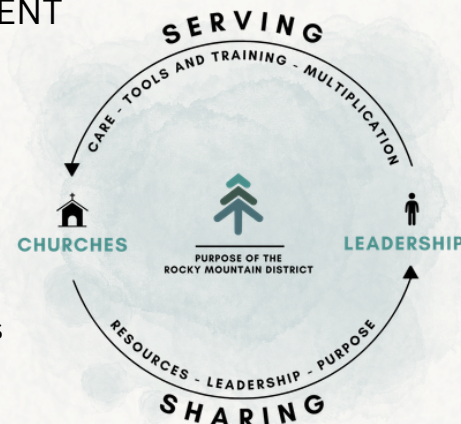
This spring, we will share our new bylaws at our HPGs and encourage pastors and delegates to review them so we can vote on them at the conference. If you are a delegate, please check with your leaders for opportunities to interact via Zoom or through your HPG.

Local Church Alignment

The theme of this year's conference, "On Track," is about aligning our discipleship along the vital tracks of health and multiplication. In our leadership development track, we will explore the importance of raising up leaders who are aligned with the mission, values, beliefs, and vision of the church. Our prayer is to develop churches and leaders who intentionally pursue a lifestyle of health and multiplication.

We praise God that our ultimate alignment as the church is anchored in Jesus:

"...Christ Jesus himself being the cornerstone, in whom the whole structure, being joined together, grows into a holy temple in the Lord. In him you also are being built together into a dwelling place for God by the Spirit." Ephesians 2:20-22



THREE IMPORTANT GRACES FOR LONG, FAITHFUL MINISTRY

PASTOR TOM SHIRK
CALVARY BIBLE EFC, BOULDER, CO



July 31, 2025, marked my last day as Senior Pastor at Calvary Bible Church, a beloved congregation of people who devoted themselves to loving God and loving others. For more than 33 years, I was privileged to lead—first as an associate pastor and then, beginning in 1993, as Senior Pastor. While it seems impossible that more than three decades have passed, filled with all the normal change and challenge, I can honestly say that the only sentiment I feel in reflection is joy—to have led and preached to this wonderful congregation. I step out of this chapter of ministry with the deepest gratitude to God for the privilege of being a pastor in Boulder, Colorado.

Having been asked to reflect on my tenure and transition, there are three important graces which, in the Lord's kindness, significantly contributed to longevity and fruitfulness.

First was the establishment of a single-elder board structure of governance. When I arrived in 1992, the church was led by a three-board structure consisting of thirty-six people elected annually by the congregation. It apparently worked well enough when the church numbered only a couple hundred people. But as we grew in size and complexity, it became unwieldy and ineffective in decision-making and accountability. The shift to a single elder board was monumental, though not without struggle.

After a few years, however, the elder leadership team became the steady, unifying body that ensured clear lines of authority and accountability for the staff and ministries. It established excellent governance policies and procedures, clarified the mission and vision of the church, and set forth shaping values (which may have initially been aspirational but eventually became the DNA of Calvary Bible Church). The elders studied theology so that they might remain faithful to the Scriptures. They prayed earnestly for the congregation in every meeting. They remained committed to the mission without personal agendas. They led by faith into new initiatives that had not yet been proven. They encouraged and supported a growing staff. They protected when criticism and attacks came. They resolved conflicts with gentleness and grace. They supported the Senior Pastor with both kindness and correction when necessary. The stable governance structure of humble, praying elders is the secret sauce for this pastor's longevity.



THREE GRACES CONTINUED...

Second was the church's commitment to empowering leaders, helping them grow in their giftings and rise to new roles and responsibilities. This created a deep bench of mature, talented, younger leaders who extended the reach of Calvary's mission deeper and broader as we expanded to three campuses. Their faithful progress over time became the foundation for a smooth transition when it was time for me to step aside. We told the church that effective succession is less about when the current leader is ready to leave and more about when the next generation is ready to lead. Thomas Milburn, an outstanding leader who served at our largest campus for more than ten years, was unanimously affirmed by the congregation in a seamless transition.

Effective succession is less about when the current leader is ready to leave and more about when the next generation is ready to lead.

A final grace over my decades at Calvary was a growing congregation committed to the exposition of Scripture and sound teaching. The Word of God, consistently taught, produces spiritually grounded and mature members who pray, love, and serve. The members of Calvary are remarkable followers of Christ who have remained faithful to Him and to the mission of His church through immense changes. I am so grateful to have pastored a congregation that lovingly supported us, prayed in faith for what God desired in His church, and remained flexible enough to stay united through changing expressions of ministry strategy.

Today, it is my privilege to serve in a lesser capacity as Pastor Emeritus, continuing to support the work God began in 1889 and believing that the best days are still ahead.



PASTORAL CARE TESTIMONIES WHO BENEFITED FROM DR. BOB EVANS' DISTRICT MINISTRY

DR. BOB EVANS IS THE RMD'S PASTORAL CARE & MINISTRY CONSULTANT

"As best I can, I try to hide it, but some congregants have recognized that I am not superhuman and that I am on the front lines of many stressful situations. One of the most common personal questions I get is, 'Who do you talk to when life hits you as it hits us?' For years, I didn't have an answer, and lots of things were building up under pressure. But for the last year, Bob has been able to step in with incredible, much-needed counsel. From church leadership transitions, ministry approaches, marriage and family stresses, and even personal depression, Bob was instrumental in helping me transform what felt like juggling four or five flaming blades (and I'm a terrible juggler), into dribbling a basketball. I was able to take his advice and apply it immediately in tangible ways that led my family and our church through turbulent waters effectively and faithfully."

"Dr. Evans has been exactly what my wife and I have needed through a discouraging and confusing season of ministry as a pastor. Dr. Evans listens exceptionally well, and his questions have helped me understand and work through grief and hurt. At the same time, Dr. Evans hasn't just sat back asking questions. He's spoken the words of wisdom, validation, and guidance we've needed to hear. He's been a faithful brother, bearing our burdens with us, and an absolute answer to prayer."

"I have greatly benefited from the ministry and availability of Dr. Robert Evans, and I strongly recommend him to you as a rich resource in our District. Last summer my path crossed with his during what I see now as a divinely appointed time. By then, I was already deep into marriage counseling with a couple whose struggles were beyond my depth. What was new was that just days before, our elder team was rocked with an accusation against one of our brothers on the team. Dr. Evans' help in both of these matters has been invaluable and fruitful. After I reached out, we began meeting by Zoom a couple times a month. He is a great listener, pastoral in his care, and insightful in his responses. His wealth of church ministry and counseling experience provide helpful understanding for a broad range of situations and concerns. He helped to refresh some of my counseling training and to close gaps in certain areas that were lacking in my approach - all of that while remaining encouraging, affirming, prayerful and considerate. I highly recommend Dr. Evans for collaboration, coaching and counsel. He has helped me to be a more effective, intentional and thoughtful counselor and shepherd."



TESTIMONIES CONTINUED...

“I was extremely thankful for the time I was able to spend with Pastor Bob as I prepared for a sabbatical. His insights and experiences with guiding others on sabbatical, as well as his practical experience on sabbatical himself, were really invaluable and empowering to make the most of my intentional time resting with Jesus. Thank you, Pastor Bob, for your prayerful intentionality and support!”

“My wife and I have benefited greatly from the time we’ve spent with Bob, as he has guided us through some truly transformational sessions. We are experiencing meaningful refinement in areas of personal maturity, marriage, and ministry. Bob brings his deep learning and experience to bear under the uncompromising framework of the authority of Scripture, the power of the Holy Spirit, and meaningful, directed prayer. His love for fellow pastors is evident in his winsome and encouraging spirit, and that mentoring influence makes us want to follow and serve our Lord more fully. I believe that Bob’s ministry within the Rocky Mountain District is timely and highly fruitful. In Bob, one truly feels they have found a friend walking the same path, familiar with the opportunities and challenges they face. I believe his godly presence and teaching will strengthen us as shepherds and ultimately result in greater preparation of the Bride for the Bridegroom’s coming. All glory to Christ our Lord!”

Dr. Bob Evans is a trained psychologist and theologian (PhD in Clinical Psychology; PhD in Systematic Theology), holds ordination in the EFCA, and has served for 20 years as a Senior Pastor. He brings over 45 years of education, training, and experience to the task of confidentially, graciously, and effectively “serving those who serve” through our RMD pastoral care ministry. He may be confidentially reached via phone, text, or email.



TRACING THE LORD'S LEADING

PASTOR FREDERICK SEAMAN

PHILIP & MILESVILLE, SOUTH DAKOTA



I was born into a strong Christian home with parents who faithfully modeled their beliefs. Although I was not a pastor's kid, I often felt like one because we were in church nearly as often as the doors were open. Even though my father's career with the Coast Guard moved us frequently, my parents continued to prioritize the things of God and the people of God. The vibrancy of their faith and the teaching of the gospel had an impact on me in those younger years. When I was about five, I came home from church one Sunday and prayed with my dad to receive Christ as my Savior. Although I do not think I realized at that point the full implications of such a choice, I believe God honored that initial commitment.

Over the years, I grew deeper in my belief, taking steps to make my faith my own. Through weekly sermons and Sunday School lessons, experiences at summer Bible camps, and the lives of my own parents, I continued to learn more of Who had saved me and what it meant to now live as His. Influenced by the consistent example of my father's morning devotions, I started daily reading and studying my Bible for myself. Practice of personal spiritual disciplines was supplemented by a great education at a South Dakota Christian High School (where my parents eventually came to teach after my father retired from the military), Northwestern College (in St. Paul, MN), and Dallas Theological Seminary. These institutions challenged me to engage culture from a biblical worldview and to take every thought captive to Christ.

My desire to be a pastor traces back to a particularly impactful pastor during my formative junior high years. He spoke the Word of God with incredible passion, contagious energy, and inspiring character. His exhortations were most influential in passing on a love for Scripture and for Him who spoke them to be. As my own faith grew under his teaching, he took me under his wing, mentored me, and let me shadow him to see what really comprises pastoral life and work. Over the years, this desire to serve as a pastor grew. In both personal and formal studies, my knowledge of and love for God and His Word have greatly increased. From high school to post-collegiate years, I received multiple opportunities to preach on a variety of occasions and serve in the church in various capacities. My continued enjoyment of these opportunities, combined with the overwhelming positive feedback made me think that I ought to pursue what I believe was instilled in me from a young age.

Between my upbringing as a Coastie kid and a few subsequent moves, I have resided in ten different states. When COVID disruptions complicated church placement post-graduation from DTS in the spring of 2021, I took a job transfer with my Dallas-based employer to cover a personnel shakeup at their Florida facilities. Although the stint was somewhat short, it was a blessing to assist the company that had been so supportive and flexible throughout my seminary studies. After training my replacement, I moved north to Missouri to be closer to extended family and to reacclimate to the phenomenon known as winter after nearly a decade in the southern climes. In 2025, I restarted the candidating process, eventually connecting with a pair of churches in Haakon County through a mutual missionary friend. The journey to my present placement in the Dakotas was a bit convoluted, but it was a most welcome development. It feels like home!

PRAYING TOGETHER

LET'S PRAY EARNESTLY FOR THE CHURCHES IN OUR DISTRICT.
USE THE CALENDAR BELOW TO LIFT UP EACH CHURCH ON ITS DESIGNATED DAY.

MARCH

1. Aurora, CO - New Life Community Church
2. Aurora, CO - Iglesia El Camino Church
3. Black Hawk, CO - Rocky Mountain EFC
4. Boulder, CO - Calvary Bible EFC
5. Boulder, CO - Chinese EFC
6. Broomfield, CO - Calvary EFC
7. Burlington, CO - Evangelical Free Church of Burlington
8. Cañon City, CO - Evangelical Free Church of Cañon City
9. Casper, WY - Cornerstone EFC
10. Castle Rock, CO - Ridgeline Community Church
11. Cedaredge, CO - New Hope EFC
12. Centennial, CO - Bethany EFC
13. Centennial, CO - Fellowship Community EFC
14. Centennial, CO - Vida Nueva Church
15. Cheyenne, WY - Cheyenne EFC
16. Colorado Springs, CO - Covenant Grace EFC
17. Colorado Springs, CO - Cross & Crown Church
18. Colorado Springs, CO - Faith EFC
19. Colorado Springs, CO - First EFC
20. Colorado Springs, CO - Magnify EFC
21. Cortez, CO - Grace Fellowship EFC
22. Crook, CO - United EFC
23. Custer, SD - Crossroads Church
24. Denver, CO - Chinese EFC
25. Denver, CO - Pilgrim Congregational Church
26. Divide, CO - Little Chapel of the Hills
27. Douglas, WY - Lighthouse Church
28. Eaton, CO - Evangelical Free Church of Eaton
29. Erie, CO - Calvary Bible EFC
30. Estes Park, CO - Rocky Mountain Church
31. Evergreen, CO - Bergen Park Church

APRIL

1. Florence, CO - The Pulse
2. Fort Collins, CO - Chinese EFC
3. Fort Collins, CO - Faith Church
4. Gillette, WY - Living Rock Church
5. Golden, CO - Whispering Pines EFC
6. Grand Junction, CO - Living Hope EFC
7. Greeley, CO - Christ Community EFC
8. Greeley, CO - Mountain View EFC
9. Hot Springs, SD - Southern Hills EFC
10. Johnstown, CO - Cornerstone EFC
11. Lander, WY - Lander Free Church
12. Laramie, WY - Snowy Range EFC
13. Littleton, CO - Red Rocks Fellowship EFC
14. Littleton, CO - Southwest Community Church
15. Longmont, CO - Grace EFC
16. Louviers, CO - Faith EFC
17. Loveland, CO - Pioneer Grove Church Plant
18. Mead, CO - Abundant Life Church
19. Milesville, SD - Hardingrove Community EFC
20. Montrose, CO - Cedar Creek Church
21. Monument, CO - Cathedral Rock Church
22. Newcastle, WY - Gateway Fellowship Church
23. Okaton, SD - Okaton EFC
24. Ouray, CO - Ouray Christian Fellowship
25. Pagosa Springs, CO - Grace in Pagosa
26. Palisade, CO - Central Orchard Mesa Comm. EFC
27. Philip, SD - Community EFC
28. Piedmont, SD - Hills View EFC
29. Pueblo, CO - Grace Life Church
30. Pueblo West, CO - The Peak EFC

PRAYING TOGETHER

MAY

1. Rapid City, SD - Parkview EFC
2. Rapid City, SD - Rimrock EFC
3. Rye, CO - Table Mountain Church
4. Steamboat Springs, CO - Steamboat Bible Church
5. Thornton, CO - Calvary Bible Church
6. Timnath, CO - Christ The Rock Community Church
7. Wall, SD - Evangelical Free Bible Church
8. Windsor, CO - Evangelical Free Church of Windsor
9. Rocky Mountain District (RMD) Superintendent
10. RMD Director, Multiplication & Leadership
11. RMD Staff
12. RMD Leadership Team (DLT)
13. RMD Finances
14. RMD Healthy Pastor Gatherings (HPGs)
15. EFCA Chaplain Director and Endorser
16. EFCA President & Vice President
17. RMD Student Ministries Consultant and Team
18. RMD Pastor's wives & children
19. RMD Board of Ministerial Standing Chairman
20. RMD Board of Ministerial Standing (Credential Team)
21. RMD Churches searching for pastors
22. EFCA ONE Gathering
23. RMD Church Planting Leadership Team
24. Regional Care Pastors in the RMD
25. Prayer saturation to take hold in the RMD
26. Caleb Haynes, Church Plant, Loveland, CO
27. Future church plants
28. EFCA District Superintendents (17 total)
29. Gospel opportunities in our communities
30. Those working on EFCA credentialing
31. Churches facing seasons of hardship or transition
32. Unity & encouragement among RMD ministry leaders

THE PULSE IS A QUARTERLY PUBLICATION OF THE ROCKY MOUNTAIN DISTRICT OF THE EVANGELICAL FREE CHURCH OF AMERICA SENT TO MEMBERS OF EFCA CHURCHES WITHIN THE ROCKY MOUNTAIN DISTRICT

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