

T H E

heart

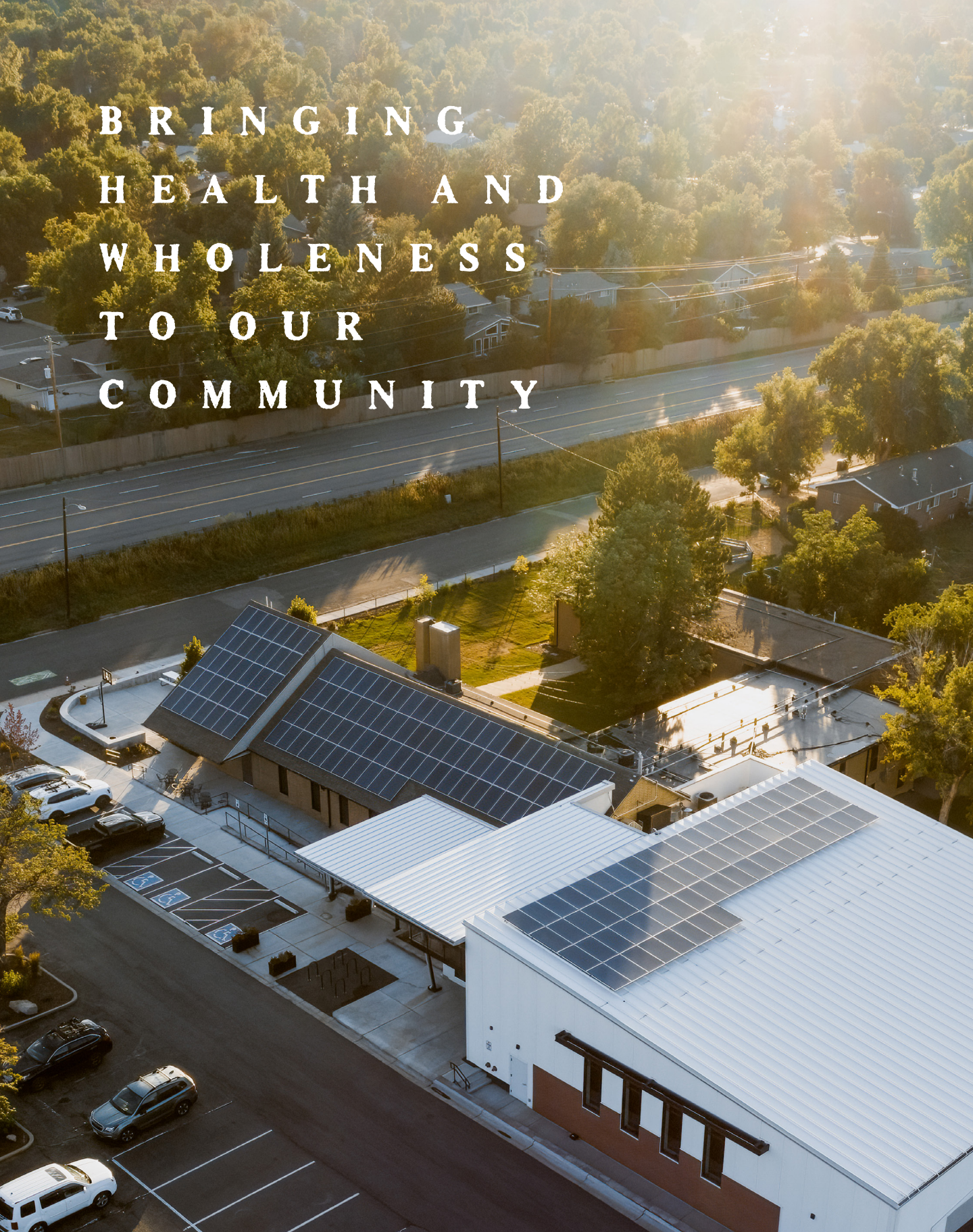


*soul*

P R O J E C T



BRINGING  
HEALTH AND  
WHOLENESS  
TO OUR  
COMMUNITY





Dear Cornerstone Family,

In 2018, our leadership team had a vision to expand Cornerstone's facility and position our community for twenty more years of impact. We called this vision Dream Boulder. While the project was more challenging and took much longer than we ever anticipated, the faithfulness of God was evident throughout the four-year process. It was incredible to watch a hole in the ground transform into a beautiful building that hosts encounters with Jesus and connection with others. It challenged me as a leader, but witnessing our church come together remains one of the greatest joys of my 20 years as a pastor.

I must confess that it is tempting to sit back and coast as we enjoy the new space we have been given. However, Dream Boulder was never just about a building. We believe that God wants us to use this place to reinforce and establish ministries that impact people in and around our community for generations to come. To connect people to what matters most.

For over 25 years helping people find health and wholeness has been at the core of our message. I believe the Lord has both prepared and uniquely positioned Cornerstone in Boulder to leverage our strengths and create new avenues of care that minister to the increasing and pressing needs of people in and around our city.

It is with conviction and excitement that I introduce you to The Heart & Soul Project. A two-year initiative to bring greater health and wholeness to our community. In the following pages you'll find an overview of the project, and what we will need for this to become a reality. We believe The Heart & Soul Project is "for such a time as this" and is an opportunity for Cornerstone Boulder to partner with God in releasing more of His Kingdom here and now.

A handwritten signature in black ink, appearing to read "Brian Carlucci". The signature is fluid and cursive, written in a professional style.

Brian Carlucci  
Lead Pastor

# *an overview*

01. ADDRESSING  
MENTAL HEALTH

02. SUPPORTING  
HEALTHY MARRIAGE

03. POSITIONING  
FOR FUTURE  
SUSTAINABILITY

04. STRENGTHENING  
OUR MINISTRIES







*addressing  
mental health*





## THE VISION

The need for support in mental health has dramatically increased in recent years. Sobering statistics, matched with personal testimonies of people in our community, reveal a crisis that cannot be ignored by the Church. We believe in the healing power of Jesus, and know there is hope for the hurting. Yet we are painfully aware that many people cannot get the care they need.

For this reason a major component of The Heart & Soul Project will be to address mental health. We seek to focus on four key areas that will provide support, care and resources to help individuals experience healing and wholeness in their lives.

*“There is no doubt about an increase in demand for mental health support for people of all ages. From teens to senior citizens, today’s issues and the uncertainty they cause have everyone less secure in the present and the future.”*

-Mary Howard, LPC



# THE DETAILS

## COUNSELING CENTER

Establish an off-site counseling center in Boulder County that will host a number of clinical counselors, life-coaches and care-givers.

## CARING FOR TEENS

Pioneer new programs for teens that integrate the best of Healing Care, counseling methods and recovery.

## HEALING CARE

Expand the Healing Care Ministry at Cornerstone to serve more people, provide leadership training and add administrative assistance.

## CARE COORDINATOR

Create a Care Coordinator position that provides guidance to help individuals find the type of care that best addresses their needs.





## STATISTICS

+ Since 2010, there has been a 145% increase in self-reported depression and anxiety among teen girls, and 161% increase among teen boys.

+ 60.3% of youth with major depression do not receive any mental health treatment. Even among the states with greatest access for youth, 1 in 3 are still not receiving the mental health services they need.

+ There is about 1 therapist for every 600 people with mental health disorders in the United States.

+ In a 2023 report regarding the prevalence of mental illness and access to care among adults, Colorado was ranked 45th worst in the nation.

+ 19.55% of Colorado residents are living with some kind of mental illness, the third-highest rate in the country.





*supporting  
healthy marriage*



## THE VISION

God has created marriage to be a source of love, healing, intimacy and joy. It is a beautiful reflection of the covenant between God and humanity.

The stories and statistics expose a different reality for the marital health of our culture. One filled with brokenness, pain and conflict. As hard and complex as marriage is, we believe there is hope. As followers of Jesus, we are called to redeem the beauty of marriage.

For this reason a major component of The Heart & Soul Project will be to support healthy marriages.



## STATISTICS

- + The average couple waits 6 years before seeking help for marital problems.
- + 90% of couples who complete counseling report an increase in their emotional well-being.
- + Studies have shown that people live longer, have less stress, and are more financially stable in a healthy family environment where both parents are present.

# THE DETAILS

## MARRIAGE MINISTRY

Develop a new marriage ministry along with a pastoral position.

## SUPPORT FOR ALL STAGES & SEASONS

Pioneer new programs and events that offer support for marriages of all stages: dating, newly engaged, young married, seasoned marriages.

## MARRIAGE MENTORS

Create a network of marriage mentors that can provide support for marriages.



*“Pre-marital and early marriage counseling is important to us because it can be such an abrupt transition in life without having a roadmap. We truly could not have done it without the wealth of knowledge throughout Cornerstone to encourage us and cheer us on.”*

-David & Kelly Wolf

*“Marriage - for us - takes commitment and intention, lots of laughter, and a community of people to learn from, share with, and pour into. We're grateful God has given us all of this here at Cornerstone.”*

-Chad & Erynn Seidel





*positioning for  
future sustainability*



## THE VISION

It's important to Cornerstone that the two-year Heart & Soul Project continues to flourish for years to come. We want to ensure we have what we need right now to create new ministry opportunities, and that we have the funding to keep them thriving.

This is why a major component of The Heart & Soul Project will be positioning us for future sustainability.

## THE DETAILS

### REDUCE BUILDING DEBT

Pay off our second loan and free up \$72,000 per year for ministry.

### FINISH BUILDING IMPROVEMENTS

Complete improvements around the building to prepare our space for increased use, further improve our kids area and increase safety and security.









*“As a member of the finance committee  
on the Church Council at Cornerstone,  
I see the paying down of debt as a huge  
benefit to the long term sustainability  
of our ministries.”*

-Steve Ward



*strengthening  
our ministries*





## **THE VISION**

**We continue to see growth at Cornerstone Boulder year after year. It is exciting to see so many people connecting to our ministries and joining what God is doing here. We believe God has blessed us with strengths and opportunities that we want to carefully steward and build upon.**

**For this reason, a major component of the Heart & Soul project will be to strengthen our ministries.**



## THE DETAILS

### WORSHIP

We will add additional leadership positions to our worship ministry to support Sunday services, mentor young emerging worship leaders and add to our A/V team.

### STUDENTS

We will expand our middle school pastor role to a full time position, and support the increasing emotional needs of students.

### FAMILY

We will dedicate resources to ministries including adoption, foster care, parenting and kids.

### LIVING BOLDER

We will develop new leadership and direction for our 55+ ministry.



*“Leading worship has stretched me in ways that I never would have imagined. It has given me clarity on my identity, strengthened my relationship with God, and has allowed me to pour into my community.”*

-Addi Wardle



## WHY NOW?

We've had one year to settle into our new space, and we know it is time for a fresh vision. One that brings health and wholeness to people's lives right now. A vision that cares for the influx of new individuals and families at Cornerstone and seizes the opportunity to build upon our strengths and resources. The needs in our community are great, and we believe that we are called and well positioned to step-in and impact the very heart & soul of Boulder County, and beyond.













## OUR TIMELINE

The initial focus on The Heart & Soul Project is a two-year generosity initiative. These initiatives will roll out through the course of these two years:

- + Expand our Healing Care Groups to care for adults and youth
- + Secure a location for a counseling center in Boulder County
- + Build a new ministry to support healthy marriages
- + Pay down debt to free up more funds for ministry
- + Increase the resources to many of our current ministries

While the financial aspect of The Heart & Soul Project will conclude after two years, the impact of your generosity will be felt for years to come.



# *our financial goal*

## **100% PARTICIPATION**

To meet this goal it will take 100% participation from our community, both in financial commitments and by stepping into these ministry opportunities. This is going to take a financial sacrifice. We are asking everyone to consider their current giving and prayerfully consider how you may increase that over the next two years to help us reach our goal.

## **FINANCIAL STABILITY**

If we meet our financial goal, we will be set up for years to come with fruitful ministry. These new ministries will become foundational to the heart & soul of our community. Our existing ministries will have everything they need to succeed and we will have financial stability to make sure they continue to thrive.






**\$ 1,970,000**  
**THE HEART & SOUL PROJECT GOAL**

| <b>GIFT AMOUNT</b> | <b># OF PEOPLE</b> |
|--------------------|--------------------|
| \$300,000          | 1                  |
| \$250,000          | 1                  |
| \$100,000          | 8                  |
| \$75,000           | 12                 |
| \$50,000           | 20                 |
| \$25,000           | 25                 |
| \$20,000           | 30                 |
| \$15,000           | 35                 |
| \$10,000           | 40                 |
| \$5,000            | 50                 |
| \$2,500            | MANY               |

**ONE FUND EXPLAINED**

Our church council believes that the best financial strategy to reach our goal with the Heart & Soul project is to use a "One Fund" approach. This means we would use a single budget that will handle all of our expenses over the next two years. This includes our annual ministry budget, outreach, fundraising (Advent Giving, Red Envelope, etc.) combined with our budget for the Heart & Soul Project. Our two-year one fund goal is \$5,600,000, which includes the Heart & Soul Project costs.

 **CORNERSTONE** boulder  
*Let us not become weary in doing good, for  
at the proper time we will reap a harvest  
if we do not give up. Therefore, as we have  
opportunity, let us do good to all people.  
-Galatians 6:9-10*