



January 2023

# Senior Newsletter



## Life Through the Eyes of Gratitude

By Rev. Lee Anderson-Harris

I learned about the idea of a chronological gratitude journal from someone who lost his wife to cancer in 2022. He doesn't just write down the things that happened that day or week for which he is grateful. He looks back over his life, and especially his marriage to his dear departed wife, for moments of gratitude. It does not take away the loss, but it's helpful in his healing. It struck me that this is a wonderful way to review one's lifetime.

Gratitude journaling is an enduring tool for living a more positive life. Each year I see the practice listed as a suggestion for finding more contentment and joy. Recording the things for which you are grateful each day can train you to look for the positive things, *especially* when life takes a difficult turn or in seasons of great stress. In the same way that we humans have a tendency to focus on the things that aren't going so well in our days, we can also focus on the mistakes, losses, and unfulfilled hopes in our lives. I'm always inspired by the folks nearing the end of their life who say "I've lived a good life" and seem truly content. While I think it's important to name the grief and disappointments in our life, a chronological gratitude journal might be a good way to put the spotlight back on the good moments.

See page 2 for a list of journaling prompts to get you started or take your existing practice to a new level. If you would like to learn more about gratitude journaling and its benefits, I like this article: <https://positivepsychology.com/gratitude-journal/>

This year, may you take in the good moments and see God even more clearly in your days!

Send me your seasonal photos! I'll include a different photo for the month, like this picture of Jeremiah and I snowshoeing in the Indian Peaks Wilderness!

## Gratitude Journaling Prompts (cont. from page 1)

Here are some ideas to help you notice more things to be grateful for. You may not be able to relate to all of these areas, but I bet it will get you started thinking of even more questions to add to this list!

- List five small ways that you can share your gratitude today.
- Write about a person in your life that you're especially grateful for and why.
- What skills or abilities are you thankful to have?
- What is there about a challenge you're experiencing right now that you can be thankful for?
- How is where you are in life today different than a year ago—and what positive changes are you thankful for?
- What activities and hobbies would you miss if you were unable to do them?
- List five body parts that you're grateful for and why.
- What about the city you live in are you grateful for?
- What are you taking for granted about your day-to-day that you can be thankful for?
- List 5 people in your life who are hard to get along with—and write down at least one quality for each that you are grateful for.
- What materialistic items are you most grateful for?
- Write about the music you're thankful to be able to listen to and why.
- Who has done something this week to help you or make your life easier and how can you thank them?
- What foods or meals are you most thankful for?
- What elements of nature are you grateful for and why?
- What part of your morning routine are you most thankful for?
- Write a letter to someone who has positively impacted your life, however big or small.
- What is something you're grateful to have learned this week?
- When was the last time you laughed uncontrollably—relive the memory.
- What aspects of your work environment are you thankful for?

*These prompts came from the article found here: <https://positivepsychology.com/gratitude-journal/>*

Here's an appropriate verse contributed by Betty Balderson!

*Baby helped me snap peas today  
She saved the bad, threw good away.  
I think how patient God must be  
when I help Him like Baby helps me.*

## Reflecting on December

As I look back at December 2022 in the life of FUMC, I find many things for which I am grateful. We celebrated together during our Sunday morning, Hanging of the Greens and Christmas Eve services. We spent meaningful time together during the Blue Christmas service. We enjoyed each other's company during fellowship times. We worked hard to create a hospitable space for Truscott Elementary's posole dinner fundraiser. We gave presents, supplies, and financial gifts to individuals and organizations in need. And perhaps I am most grateful for the fact that none of this ends when the Christmas decorations are packed away!

Here's to a new year of being the church together!  
With gratitude, Rev. Lee



Carolyn Bouchard and Pastor Lee at the Truscott Elementary annual posole dinner



Mark Your  
Calendars!

### Women's Fellowship

FUMC Women's Fellowship will meet Thursday, January 26th at NOON in West Coy Hall. Any questions or comments, please contact Darlene Lowe at [aldarlowe@gmail.com](mailto:aldarlowe@gmail.com)

### 1st Friday Lunch Bunch

Friday, February 3 at noon  
Doors open at 11:30      \$5 per person

All are welcome to attend. Please sign up at the Ask Me Desk from January 7 through January 29 so we may have an accurate count for food preparation.

If you are unable to sign up at the church please call or email:

LOIS BEERS – 970-460-4346 OR [lebeers@comcast.net](mailto:lebeers@comcast.net)  
PAT COBB – 970-613-9625 OR [anniebody@yahoo.com](mailto:anniebody@yahoo.com)

## January/Early February Birthdays

January 1

Nancy Weber

January 12

Georgia Chenoweth

January 20

Jan Coffey

January 28

Jeff Beemer

January 4

Art Grotenhuis

January 13

Nancy Westbrook

January 21

Sally Allen

January 29

Doug Burns

January 5

Karen Lumpkin

January 14

Mary Kelman

January 23

Steve Farnham

January 30

Mary Willard

January 6

Kathryn Peiffer

January 18

Diana Anderson

January 25

Bill Boegli

February 1

Al Lowe

Bob Bostwick

Steve Tunesvick

January 7

Larry Jones

Nola Marrs

January 26

Lynnette Mannering

February 3

Rev. Leslie Wood

January 19

Deb Pringle

January 27

Betty Balderson

February 5

January 10

Jack White

Lester Marcinkowski

Terry Gindlesparger

### Resource for Aging Well

Snow is here: are you wondering how you will manage the shoveling? Do you need help with transportation? **A Little Help** is a nationwide program that is still somewhat new to Northern Colorado. Volunteers help with indoor and outdoor chores, transportation, technology assistance, and more.

**970-412-9396**

**[alittlehelp.org/NorthernColorado](http://alittlehelp.org/NorthernColorado)**

### Contact Us

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