



FUMC Loveland

March 2023

Senior Newsletter

A Guatemala Blessing

By Rev. Lee Anderson-Harris

February was the return of in-person work trips to Guatemala, and it was good to be back! This year we were delighted to join with Longs Peak UMC, as well as a few folks who don't attend either church. All together we had a large enough group to split into two work teams and work on two different houses. However, there was another plan for us: due to the passing of the mother of the recipient of one of the homes, we combined teams for a couple of days. While we shared in the grief of this family, we found that this unplanned combination of teams was just what we needed. Together we were able to accomplish far more work than we would have otherwise. We were able to form long chains to move building materials up the hill at both sites. As we traded spots to relieve one another from a difficult position, or chatted and laughed as we passed heavy objects to each other, I got the sense of how much we depended on one another. And not just us travelers; the construction crew, translators, drivers, families we were serving...I was struck by the true interdependence of all of us.

This theme carried out during our visit to the nutrition center to pass out milk and our visit to the Rosario School as well. I was moved to tears of joy by hugs, words of gratitude, children's performances, and the kids' eagerness to help or show off their school projects. It was a reminder of how much we need each other.

We worked hard on this trip, and we traveled hard. I was exhausted when I returned. But I made new friends, got to know people even better than before, and laughed a lot. Words are insufficient to describe the blessing of Guatemala and of a Pura Vida work trip.

Thank you to those who supported us by donating money, praying for us, and encouraging us. I believe we represented you well! It is a gift to be able to be the hands and feet of Christ in the world through our relationship with Pura Vida!



The work begins



Marlin Yoder



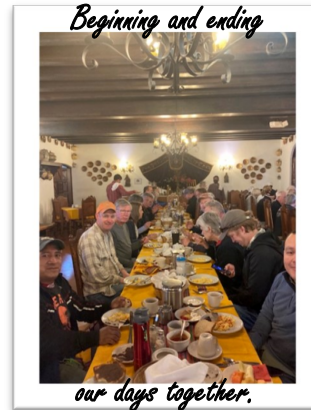
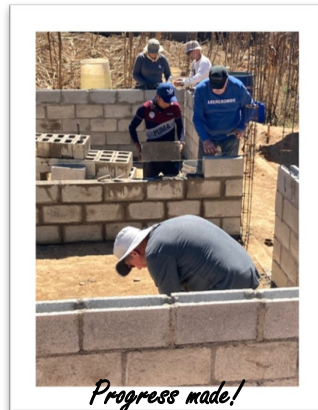
The very important chain!



Rob Proctor and Juan

Turn page for
more photos!

More Guatemala Work Trip Photos!



Women's Fellowship

FUMC Women's Fellowship will meet Thursday, March 23 at NOON in West Coy Hall. Any questions or comments, please contact Darlene Lowe at aldarlowe@gmail.com

Reflections for Lent

Written by Henri Nouwen, from *Eternal Seasons: A Spiritual Journey Through the Church's Year*

Intimate Absence

Precisely where we feel most present to each other we experience deeply the absence of those we love. And precisely at moments of great loss we can discover a new sense of closeness and intimacy. This is also what the Eucharist is about. We announce the presence of Christ among us until he comes again! There is both presence and absence, closeness and distance, an experience of at-homeness on the way home.

I was struck again by the paradox that loving someone deeply means opening yourself to the pain of her or his absence. Lent is a time to get in touch with our experience of absence, emptiness, unfulfillment, so that in the midst of our overcrowded lives we can remind ourselves that we are still waiting for the One who has promised to fulfill our deepest desires.

-Sabbatical Journey (p. 114)

Forgiving Yourself

Maybe someone will say to you, "You have to forgive yourself." But that isn't possible. What is possible is to open your hands without fear, so that the One who loves you can blow your sins away. Then the coins you considered indispensable for your life prove to be little more than light dust which a soft breeze will whirl away, leaving only a grin or a chuckle behind. Then you feel a bit of new freedom, and praying becomes a joy, a spontaneous reaction to the world, and the people around you. Praying then becomes effortless, inspired and lively, or peaceful and quiet. When you recognize the festive and the still moments as moments of prayer, then you gradually realize that to pray is to live.

-With Open Hands (p. 108)

Reference:

Nouwen, H. (2003). *Eternal seasons: A spiritual journey through the church's year* (M. Ford, Ed.). Ave Maria Press.

Valentine's Day Party

The Family Outreach & Events Committee brought to FUMC a Valentine's Day party for all ages last month. Thank you to those who joined the fun! Here are some photos of the event for you to enjoy!



Spring is in the air...

And that means more people are getting out and about again after staying home during this cold winter we've had. If you are having cabin fever and are looking for things to do, here are some ideas for free or low cost classes and activities for seniors and people of all ages. You might even call up someone you know who no longer drives and ask them to join you!

- ♦ **OLLI (Osher Lifelong Learning Institute) at CSU:** For the course catalog and instructions, go to <https://courses.online.colostate.edu/>. Online registration is encouraged but assistance with that is offered by visiting the website, and there is even a Zoom tutorial. Classes are offered in-person and online.
- ♦ **Chilson Senior Center:** Open everyday except Sunday for socializing, classes and more. Find more information by going to www.lovgov.org/services/parks-recreation/chilson-senior-center or call 970-962-2783. You can find the Spring 2023 Activity Guide online or have it mailed to you.
- ♦ **UCHealth Aspen Club** provides free classes that cover a variety of topics pertinent to aging and well-being. For a list of classes and to register, go to www.uchealth.org/events/?category=10&action=search_events
- ♦ **Loveland Public Library:** Ongoing events at the library and other locations. Go to www.lovelandpubliclibrary.org/events or call Adult Services at 970-962-2402.

March/Early April Birthdays

March 1

Judy Deal
Rusty Mathena

March 3

Julie Monroe

March 5

Lois Beers
Jerry Yoder

March 7

Bob Freeman

March 8

Kirk Martinson

March 9

Jeannine Gosso

March 10

Toni Perry

March 12

Marcia Yoder

March 14

Janeen Anderson
Judith Losz

March 16

Sue Cox
Phyllis (Phil) Geiss
Judy Pearson
Judy Siettmann

March 19

Paul Williamson

March 20

Kurt Adams
Lynn Hammond
Jane Wright

March 21

Quinton Kidd

March 22

Rick Tessean

March 23

Betsy Elliott
Jacci Mullison

March 24

Gwen Frommer

March 25

Jan Grotenhuis
Mark Shaffer

March 28

Sandy Ochs
Marjie Tessean

March 29

Cees Morgan

March 30

Bill Frost

March 31

Susan Williamson

April 2

Marilynn Addington
Jackie Gruber

April 3

Peggy Chitwood

Resource for Aging Well

Larimer County Office on Aging provides **Chore Vouchers** to anyone age 60 and over to provide financial assistance with household chores you are unable to do on your own. You find the provider, but the county will help with the cost. Contact the Larimer County Office on Aging at the contact information below for details and to begin the process, or visit

www.larimer.gov/humanservices/aging/ooa

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