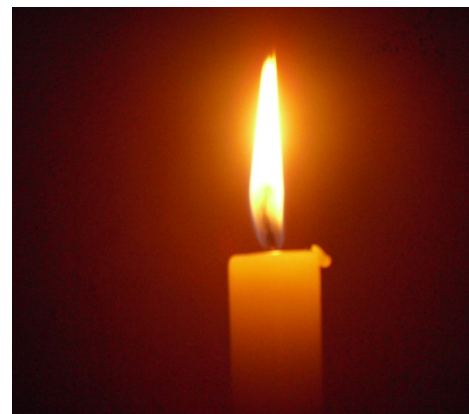




October 2023

Senior Newsletter



Remembering the Saints

By Rev. Lee Anderson-Harris

On October 29, we will once again observe All Saints Sunday at FUMC, where we name and remember those whom we have lost since last All Saints Day. It is important to remember, together as a community, those in our church who are no longer with us; those with whom we once shared a pew, or served meals, or sang, or served on a committee. And of course, there are the saints of our individual lives...spouses, parents, grandparents, children, grandchildren, friends, teachers, neighbors, relatives, pets, co-workers. The grief of these losses does not confine itself to any one day, and neither do the memories and moments of reflection. Even so, there is something sacred about holding these memories and dear ones in our hearts while everyone else who has experienced loss is doing the same.

Sometimes it takes looking backward in our lives to understand how much impact a saint has had on our life. Sometimes their true sainthood is not seen while they are alive. And sometimes, when we're fortunate, we can measure the impact and understand the gifts they have brought to us while they are still living. In all cases, remembering the saints is a gift that keeps giving. Henri Nouwen wrote, "It is very important to remember those who have loved us and those we have loved. Remembering them means letting their spirits inspire us in our daily lives. They can become part of our spiritual communities and gently help us as we make decisions on our journeys." *Our spiritual community!* We are surrounded by a great cloud of witnesses in the Church, in our families, and in other communities of this planet we call home, and in some way we remain connected. I find that remembering the saints helps my own vision for how I want to be remembered, what legacy I would like to leave. I can only hope that I live my life in such a way, but I trust that Christ is my constant companion as I try. May God bless your looking backward and forward this month.

Mark your calendar:

All Saints Sunday, October 29
at 10:00am

Camino de Santiago and Italy Journeys

Pastors Leslie & Lee want to thank you for joining us at the September 17 potluck and letting us share about our journeys this year. These trips show that travel can truly be a spiritual experience. If you missed it or would like to view the recording of the presentations, you can go to FUMC's YouTube channel, FUMC Loveland.



Dementia Together

Dementia Together is a nonprofit organization with a mission: No one has to walk the dementia journey alone. Come learn some about dementia in general and this organization's support for those living with dementia and their care partners.

When: Saturday, November 11 from 9:30-11:00am in Fellowship Hall

No cost to attend, but please RSVP by contacting Pastor Lee at 970-667-0876 or lee@fumcloveland.com (RSVP not required to attend).

Loneliness Book Study

Many people feel lonely, and this experience can be exacerbated by aging. Alan Wolfelt, Ph.D., author and teacher on grief and loss, has written a short book called *If You're Lonely: Finding Your Way*. This book explores the causes of loneliness, the grief that comes with it, and strategies to manage loneliness in your life. Participants in this 4-week study will work through the book on their own and come together for discussion.

When: November 1, 8, 15, and 22 from 5:30-6:30pm, by Zoom and in-person.

Cost: \$10 to purchase book

Contact: Pastor Lee to register and purchase book; 970-667-0876 or lee@fumcloveland.com

Listening When It's Hard to Hear

By Rev. Lee Anderson-Harris

In September I preached a sermon called Listen as part of our worship series on living a creative life with God. As I was writing this sermon, I kept thinking about hearing loss, believe it or not! So often we equate listening with our ears, while spiritual listening involves all of our senses and more. It made me think of how some people learn to listen more deeply to God when other senses fail. Well, this led me to look into some inspirational stories from people who have experienced hearing loss. Here are some of the stories I found!

Seventeen year old Annabelle created a YouTube series called “Hear for Hope” to help others and share a positive message about hearing loss. She says she’s now more confident and able to advocate for herself, including asking for accommodations like subtitles, or moving her seat to the front of the classroom. Her message to others is to never give up! “Everyone has something that affects them daily – something they struggle to overcome in their life. Just take it one step at a time!” (Read more: <https://www.hearingloss.org/news-media/annabelle-inspiring-others/>).

Alex Lacamoire is the musical director of Hamilton, In the Heights, and Wicked. He began studying classical piano at the age of 4, around the same time his family started speculating that he had hearing loss. At age 13, he performed at the largest concert hall in Mérida, at the Autonomous University of Yucatán in Mexico. By the time he was in high school, he had hearing aids but wouldn’t wear them (he eventually came around). He went on to earn Kennedy Center Honors and win multiple Tonys, several Grammys, and other notable awards. (Read more: <https://www.islandaudiology.com/blog/6-inspirational-latinos-and-hispanics-with-hearing-loss/>).

Stu Nunnery began experiencing hearing loss as an adult, after spending many years as a musician. Music was both his livelihood and inspiration for life. As he had to give up music, he also gave up hope. He turned to find inspiration from other musicians. He wrote: “Beethoven, it is reported, once said that ‘To play a wrong note is insignificant, but to play without passion is inexcusable.’ Here was the most famous of deaf musicians identifying the difference between perfection and performance.” He found inspiration in Miles Davis, who said “‘If you hit a wrong note, keep going. It’s the next note that determines if it’s right or wrong.’ Yes, of course, even the greats hit wrong notes. But keep going.” And finally, he found what he needed, and wrote “Most recently, I read a famous quote reputed to be from renowned violinist Itzhak Perlman. As the story goes, in the middle of a difficult violin concerto, one of the strings on his violin snapped. The orchestra stopped, but after a brief pause, Perlman signaled to the conductor to continue. He then played on with three strings to a standing ovation. Perlman smiled and raised the bow of his violin to quiet the audience and said simply, ‘You know, sometimes it’s the artist’s task to find out how much music you can still make with what you have left.’ Make music with what you have left. There it was. The summation of the inspiration I was looking for. If these reported and reputed remarks are not totally accurate or true, the messages are clear. Keep going, play with passion, find the notes you can find, and play with everything you have left.” (Read more: <https://www.hearinglikeme.com/finding-inspiration-after-hearing-loss/>).

I came across many blogs and stories about people who are advocating for and providing education about hearing loss, as well as highly accomplished people who didn’t let their hearing loss hold them back. This just affirms for me that listening and creating involve so much more of our being than we often realize!

October/Early November Birthdays

October 1

Shirley Beaver

October 2

Bobbie Douthit

Celia Frey

Rick West

October 4

Ellen Shepherd

October 9

Don Darnell

October 10

Jim Burns

Debra Guddeck

Joyce Hirning

October 14

Frank Balderson

Julie Skeffington

October 15

Pete Shaw

October 16

Larry Carlson

Annette Combs

October 18

Mike Carlson

Mark Elliott

Keith Flaming

Mary Yoder

October 22

John Lussenhop

October 23

Bob Link

October 24

Rose McQueen

Leighton Millar

Charlotte Schultz

October 25

Bill Kuhling

October 26

Ed Pringle

Barry Wehrle

October 30

Barb Irelan

October 31

Barbara Eckman

Jerry Westbrook

November 2

Jim Willard

November 3

Shelley Tunesvick

November 5

John Morgan

Need a cane?

Thanks to FUMC usher Jason Hettrick, there is a now a collection of canes that can be loaned or given away to those who need one. Please contact the office at (970) 667-0876, or locate them outside of the 1st floor elevator.

[Contact Us]

Pastor Leslie:

leslie@fumcloveland.com

Office: (970) 667-0876

Cell: (719) 650-9449

Pastor Lee:

lee@fumcloveland.com

Office: (970) 667-0876

Cell: (303) 506-6724