



FUMC Loveland

November 2023

Senior Newsletter



Gratitude in All Things

By Rev. Lee Anderson-Harris

In September I wrote about letting go. In October I wrote about remembering the saints. The newsletter went to press before we lost even more dear ones at FUMC. It has been a sorrowful autumn for several folks through loss, or nursing friends and family back to health, or praying over those who haven't yet found healing. I mentioned the process of helping my mother-in-law downsize and move from the home she's lived in for over 40 years...the home that Jeremiah grew up in. Now that process has ended and she has moved. We grieve the absence of both her and that precious home.

A line from a prayer I often use during memorial services has been playing in my mind: "So we seek to understand and accept as we are able, that living is losing those we love and eventually dying ourselves." Yes, if you dwell on this too long it can be depressing. However, when you recognize loss as a natural part of life, you find more reasons to be grateful.

Gratitude is not an antidote to feeling the very human feelings that accompany grief. And recognizing when you are grieving is important, whether the grief is due to the death of a loved one, a different type of loss, or all the little losses and changes that accumulate with time. Allowing yourself to grieve is important.

However, accepting loss as a part of life might make you more appreciative of what you have now. I don't think it's possible to not take *anything* for granted. No matter how hard you try, there will be things you didn't realize you would miss until they are gone! But there is so much to be grateful for, in all circumstances. Pausing to appreciate these things often makes life feel so much fuller.

"Rejoice always, pray without ceasing, give thanks in all circumstances..."

~1 Thessalonians 5:16-18a (NRSV)

This reflection comes from The Upper Room and was shared by Phyllis Wehrle:

A Cloud of Witnesses: those faithful saints who have gone before me. Abraham and Moses, my parents and grandparents, my aunts and uncles. A favorite childhood Sunday school teacher, longtime church members, neighbors, and friends. I close my eyes, wanting to focus my mind's eye on each person who helped mold my spiritual life. These spiritual ancestors did not abandon their faith when life was difficult. They felt the sharp pain of rejection and failure. They suffered illness and grieved the loss of loved ones. Still they faithfully embraced the hardships and uncertainties of life with courage and hope. Recalling their stories of faithfulness encourages me in the what-ifs of this season of life. I can hear them calling to me: "Finish well, dear one."

—Missy Buchanan, *Beach Calling: A Devotional Journal for the Middle Years and Beyond* (Upper Room Books, 2019)

Today's Scripture

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.
—Hebrews 12:1 (NIV)

I love getting your submissions! Send them my way to lee@fumcleveland.com.

Women's Fellowship

The Women's Fellowship will be held Thursday, November 16 at noon in West Coy. Please note this is a week earlier due to Thanksgiving.

There will be a salad luncheon, and Pastor Lee will share her life story.

Any questions or comments, please contact Darlene Lowe at aldarlowe@gmail.com.

Don't Miss It!

See the Window for more details...

Dementia Together seminar, November 11

Life Stories Class offered by Clay Carter

Game Days; next one is November 29

Volunteer needed to coordinate FUMC's Salvation Army bell ringers

Volunteers needed to set up coffee occasionally for fellowship

Clay Carter shared this article that shares valuable information for everyone, even though the original study focused on women.

THAT'S WHAT FRIENDS ARE FOR..." THE ROLE OF SATISFYING SOCIAL RELATIONSHIPS IN OLDER ADULT MORTALITY

By Ajla Basic, Mar 27, 2023 Retrieved from www.matherinstitute.com

Since the release of the results from the long-term happiness study that was started at Harvard University in 1938, a trending topic for aging has become relationships! Platonic or not, there seems to be some evidence that having healthy and supportive relationships in life results in adults feeling happier and more satisfied with their lives as they age. A study published in *General Psychiatry* is adding a new perspective to this research trend by doubling down on the results, especially for older *women*.

This study specifically set out to look at mortality and chronic conditions as related to social relationships, specifically amongst the demographic group of women. Data collection started in 1996, from 694 women aged 45-50, were analyzed. Their social relationship satisfaction was measured every three years. There were five types of social relationships that were specifically looked at: partner, family, friends, work, and social activities. The results after a 20-year period were promising; women that reported higher satisfaction in relationships had lower chances of accumulated multimorbidity conditions compared to women that reported lower satisfaction in relationships. These findings were stable across all five types of relationships. Other factors such as socioeconomic status were looked at as well, but those factors combined only explained about 22% of the association between social relationship satisfaction and multimorbidity accumulation.

The researchers behind this study believe this is solid evidence that social satisfaction with relationships is associated with mortality, and that having higher satisfaction in relationships (platonic or romantic) seems to have a real effect on women physically. They urge the notion that social connections be considered a public health priority as disease intervention or even prevention.

Source:

Xu, X., Mishra, G. D., Holt-Lunstad, J., & Jones, M. (2023). Social relationship satisfaction and accumulation of chronic conditions and multimorbidity: a national cohort of Australian women. *General Psychiatry*, 36(1), e100925. <https://gpsych.bmj.com/content/gpsych/36/1/e100925.full.pdf>

November/Early December Birthdays

November 2

Jim Willard

November 3

Shelley Tunesvick

November 5

John Morgan

November 10

Harvey Hirning

November 10

George Franke

November 11

Don Burton

November 12

Marv Morganti

Clara Stutzman

November 13

Dean Schwartz

November 15

Lyle Gilroy

Jean Reinhart

Ruth Van Voorhis

November 17

Pat Boegli

November 20

Alicia Mitchell

November 22

Sue Lussenhop

Cathy Trout

November 25

Bill McCreary

Debbie Schwartz

November 27

Bob Angelovic

November 30

Charles Bouchard

Harriette Eastman

December 3

Sarah Dill

December 5

Cindy Crawley

Pat Lutz

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

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