



FUMC Loveland

October 2024

# Senior Newsletter

## Pray without Ceasing

By Rev. Lee Anderson-Harris

A refrain I have heard from my time with some of the older adults I visit is a sense of despair about the state of the union. When you have lived close to a century (or in one case, more than a century...I'm looking at you, Harriett!), you have witnessed even more change than we have experienced in the past decade. The distress is not dependent on their political views. All are disappointed and worried for the future. And for those who are homebound and have little connection beyond the TV and phone, there is added to that a sense of helplessness. However, I think many of us can relate to that feeling, whether we are active in our communities or not.

I am currently reading a fiction novel that deals with several of the current political and cultural divides, and two of the characters in this book are a couple who live in fear of the outside world. Their college-age son reflects on how his parents were during his childhood. They did not watch a lot of TV during that time, but they since became glued to a 24-hour news channel where they get all of their information. He remembers his parents being kind-hearted and solid. He notes that before TV, no one told them to be afraid, so they weren't. No one told them who their enemies were, so they didn't have any. I had to read these sentences again and again. I wonder how many people have changed in this way?

However we get our information, there is a LOT coming at us, especially this month as we get close to the election. Voting is important, but prayer is just as...if not more than...important. *First*, prayer works. Maybe we won't see the results we hoped for, but prayer is heard by the One who holds the bigger picture. God hears and is active in the world. Especially when you are feeling like there is nothing you can do, prayer is something you can do to help. *Second*, prayer gets us out of our heads. Dwelling in our own thoughts can rob us of life and insights. We can get sucked into a spiral of blame and anger, or a spiral of trying to solve the world's problems, or get paralyzed from worry. Spending time in prayer takes us out of that. If you are able, take a walk or go outside to pray when you feel yourself getting caught in some spiral. *Finally*, prayer changes the pray-er. There are scientific studies that show how prayer and meditation can calm the nervous system and more. But there is also the mysterious side to prayer where God works within us in ways we may not even know we needed.

So turn off the TV or radio and pray. 1 Thessalonians 5: 16-24 tells us to "Rejoice always. Pray continually. Give thanks in every situation because this is God's will for you in Christ Jesus. Don't suppress the Spirit. Don't brush off Spirit-inspired messages, but examine everything carefully and hang on to what is good. Avoid every kind of evil. Now, may the God of peace himself cause you to be completely dedicated to him; and may your spirit, soul, and body be kept intact and blameless at our Lord Jesus Christ's coming. The one who is calling you is faithful and will do this."

# Olympic Inspiration

By Rev. Lee Anderson-Harris

In case you missed it or don't receive the Loveland Reporter-Herald, FUMC's Susan Harding was featured in the paper for her current work with students and her past experience in the 1984 Olympics! You know Susan Harding as the director of the bell choirs at FUMC as well as the children's music program director. Susan is also the music teacher at Garfield and Namaqua elementary schools. In fact, she is retiring from that position this year, so be sure to congratulate her! Fortunately, FUMC gets to keep her a while longer!

The Olympic Committee wanted to put together an All American Marching Band for the 1984 Olympics in Los Angeles. To do this, they sent applications to universities in each state. Susan was one of the students picked by the band director at CU to apply, and she did. The process to apply was quite involved, but she was selected! The band was comprised of about 800 members. Susan played the cymbals, and the music selected included compositions by American greats such as Aaron Copeland, George Gershwin and Benny Goodman. And of course, they played the *Olympic Fanfare and Theme* by John Williams, who the band got to meet!

Susan remembers the feeling of being honored to represent American during the opening ceremony and other performances, and the sense of patriotism as people cheered them on and waved flags as their buses rode into L.A. But she also remembers the pride she saw in the people representing other nations. These aren't just memories Susan keeps for herself. She is using her experience to encourage and build students as well. She has shared this experience with her students as a way of encouraging them to try things out because you never know what opportunities will arise. And, Namaqua Elementary's theme for this year is "Be a Champion," inspired by this summer's Olympic games. Susan is helping her students "Be a Champion for World Music." They have studied music from Canada, Mexico, and the U.S., and will explore music from other parts of the world.

My takeaway is that you never know what opportunities arise, and you also never know how your own experiences and the things that inspire you can inspire others!

Here are some **Election Day jokes from The Reader's Digest**, because if you don't laugh, you'll cry!

- ◆ The true winner of today's election is NASA's DART spacecraft as it travels away from Earth at an enviable four miles per second until it crashes blissfully into a comet.
- ◆ Waiting for results on election night is like waiting for your grade on a group project. I know I did my part right, but I'm worried the rest of you screwed it up.
- ◆ The only accurate statistic on Election Day: 100% of Americans think 50% of Americans have lost their dang minds.

## Save the Date: Grief & Loss Presentation and Luncheon

On Wednesday, November 6 at 11:00am, Rev. Lee will be talking about grief and loss to Trinity UMC's JOY Fellowship. FUMC folks are invited to attend. Mark your calendars if you are interested in attending, and look for how to sign up in The Window beginning October 10.

JOY Fellowship is TUMC's monthly gathering for people age 55+. Lunch is provided along with a program; it is similar to the Primetimers gatherings that were held at FUMC. JOY Fellowship leaders are warmly welcoming FUMC folks to join these monthly gatherings moving forward. Each month, a sign up sheet will be located on the Ask Me Desk to RSVP for the upcoming luncheon, or you can contact Pastor Lee to RSVP. There is no cost, but those who would like to make a donation to help with costs can let Pastor Lee know. And, if you would like to provide part of the meal, I am sure they would gladly accept! Talk with Lee to coordinate these details.

Please consider this opportunity, and let Pastor Lee know of your interest or if you have any questions at [lee@fumcloveland.com](mailto:lee@fumcloveland.com) or (970) 667-0876.



## 2024 CROP Walk

Sunday, September 29 was a warm sunny day, and the rabbit brush and trees around River's Edge Natural Area had a golden hue. What a perfect day to get out and walk together while raising money to fight hunger! 30 walkers of various ages participated. \$4,417 was raised, exceeding the goal of \$3,000.

Sarah Clegern organized this walk as she has done in years past, along with Ashley Kasprzak from First United Presbyterian. For Sarah, holding the walk is also a way to carry out her parents' legacy. They were long-time supporters of CROP Walk and long-time members of FUPC. Thank you to all those who supported this cause by donating or walking!

# 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

Joyce Hirning

## October 14

Julie Skeffington

## October 15

Pete Shaw

## October 16

Larry Carlson

Annette Combs

## October 18

Mike Carlson

Mark Elliott

Keith Flaming

Mary Yoder

## October 23

Bob Link

## October 24

Rose McQueen

Leighton Millar

Charlotte Schultz

## October 25

Bill Kuhling

## October 26

Barry Wehrle

## October 30

Barb Irelan

## October 31

Jerry Westbrook

## November 2

Jim Willard

## November 3

Shelley Tunesvick

## November 5

John Morgan

## November 9

Harvey Hirning

## Senior Resources-Volunteers of America Handyperson Program

Volunteers of America's Handyman Program in Northern CO focuses on home safety. Our primary goal is to help reduce the risk of injury from slips, trips and falls. We provide simple safety repairs and minor home maintenance for limited-income seniors and disabled adults. Volunteers provide the labor; clients cover the cost of materials.

### EXAMPLES OF THINGS WE DO

- Install grab bars and handrails
- Install smoke and carbon monoxide detectors
- Make minor repairs on stair treads
- Replace furnace filters and light bulbs
- Build risers for chairs, couches, and beds
- Build wheelchair ramps

### For more information, please contact

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## Contact Us

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