



FUMC Loveland

April 2025

Senior Newsletter



Photo by Pisit Heng on Unsplash

New Life Coming!

By Rev. Lee Anderson-Harris

Coinciding with the Easter season, new life is coming to this newsletter. Instead of a Senior Newsletter, you will receive a monthly newsletter that captures stories and goes more in-depth about the goings-on at FUMC. This is not a drastic change from what you have already been receiving in the Senior Newsletter. I have already been writing articles about conversations church leadership are having and the future and direction of the Church universal. I have shared photos and recaps of events. I do not believe you will notice much difference, and may appreciate having even more information than what I have provided.

Why the change? Several months ago a seed was planted by one of you wise readers. She asked “Why do we have a senior newsletter when most of the people of this congregation are seniors?” This question stuck with me. Fast forward to a more recent conversation with a few church leaders. It was noted that with multiple newsletters, it can be hard to read everything that is published. It was also noted that with so many changes going on to the church building, it would be great to have a platform to keep people updated besides *The Window*, which can only fit snippets of information. An idea came forward: Combine information from the Senior Newsletter and Mission Memo with articles from committee chairs, staff, and pastors to create one monthly newsletter for all members of the congregation. Those of you who have been part of FUMC for more than a few years know that FUMC has had a monthly newsletter before!

Here are some of the questions that I have heard. If you have others, please ask me!

Will *The Window* go away? No, we still need to provide timely information and let you know about upcoming events. Both the weekly eblast and *The Window* will continue.

How will this newsletter be delivered? The same way that *The Senior Newsletter* and *The Window* are currently being delivered. A link will be provided in the weekly eblast, there will be some hard copies available at the church, and it will be delivered by volunteer or mail to those who are homebound or are unable to read it on their computer.

Will there still be material that is geared toward older adults? Yes! Each issue will highlight something that is relevant to seniors. Likewise, information that would normally be published in the quarterly Mission Memo will also be included.

Who can contribute to this newsletter? I still welcome contributions from people. As with the Senior Newsletter, I will fit in stories, poems, devotions, photos, etc. as room allows. Church leaders will be asked to submit updates on things they are working on, recaps of events that have happened, and pastors and staff can write reflections.

Do you have time to do this? Right now I spend more time writing each month than formatting the Senior Newsletter. With this change, I will spend more time formatting because it is a larger newsletter, but I will not be writing nearly as much. I anticipate the time will be the same.

Holy Saturday: The In-Between

By Rev. Lee Anderson-Harris

In all of the special days of Holy Week, Holy Saturday is often overlooked. There are no special services held that day, at least not in my own experience. But this is the day I want to focus on here. This is the day in between. Jesus has been crucified, sending the disciples into shock. And grief, of course. But sometimes the shock overpowers the grief, and the grief lies underneath the surface, waiting for the shock to subside before its full force is felt. A new shock is coming, the surprise of the Resurrection. This will be yet another thing for the disciples to grapple with, to try and understand, even though...well, how can it be truly understood? We still grapple with it today, 2,000 years later. But Holy Saturday is in between these shocking events. In this space, hope does not yet reside.

We live in the in between. Some would say that we are always in between, and I can't argue with that. But, here, now, in this time and place it seems like we are very, *very* in between. The nation as we know it is in the midst of change and upheaval. The Church as we know it is in the midst of change, with an uncertain future. FUMC specifically is as well. This is a time to let yourself feel whatever grief bubbles to the surface. You have earned your grief. Even if you are excited about what's happening and what the future holds, there are still losses that I bet you can name. Grief is a natural response to loss. So let it out.

But we do hope as well. It seems counterintuitive to hold both grief and hope at the same time, but it's real. Hopeful grieving (a term I just came up with because I don't know what else to call it) is a real experience. Have you felt it? If so, are you able to put it into words? I'd love to hear your description. There is a unique quality to hopeful grieving. I feel it in my chest, like a weight that's heavy but being held by God at the same time. At a recent First Sunday Alternative Worship service, I chose a "non-canonical" song to play as the gathering music: *Redemption Song*, by Bob Marley. The lyrics pierce my heart, and singing this song gives me that hopeful grieving feeling that I'm talking about. I hold the sorrow of what has happened, but I somehow know it's not the last word. Maybe it's the way Marley moves in and out of major and minor key. Maybe it's because he expresses the pain of the past but also asks people to help him sing songs of freedom. He's saying that he knows he's not alone, that God hears and is there, and more importantly, there is a future *and* a past to sing about.

When you find yourself in the in-between...that space where you are aware of the change and loss but don't yet see what is to become...think of it as fertile ground. It is a time of both stillness and waiting, *and* action. You are nurturing the soil in which the seeds that have been planted take root. This time requires care for yourself and tending to your prayer life. Care is needed because the grief, worry, and what-if scenarios that accompany such a tender time can take over and rob you of energy and life, like weeds that strangle the new plants. Prayer is important because it gets you in closer touch with God and prepares you to hear and see where the Holy Spirit is moving. Prayers that prepare you for listening take many forms: meditation, reading and reflecting on scripture, taking a walk, being in nature, and so on. This is certainly a good time to pray with words too! Voice your feelings and complaints to God! But, be sure to balance this with prayer practices that allow you to be still and listen.

As I mentioned though, this in-between time is also a time for action. Tending to yourself and your relationship with God comes first, otherwise the actions you take will be driven by your ego, desires, and fears. But all contemplation and no action keeps you in one place too long. Be curious about the nudges you feel; these might be there to stir you into action. Trust that even small actions make a difference when you are in partnership with God. Making steps and being *part* of a solution, in some way, adds to overall progress.

Join the disciples in the in-between. Jesus was there too, even if they didn't know it. And the risen and living Christ is with us in all of our in-betweens now. Hallelujah!

Quotes About Aging



- ◆ “The spirit never ages. It stays forever young.”
Lailah Gifty Akita
- ◆ “Aging is an extraordinary process where you become the person you always should have been.”
David Bowie
- ◆ “In the end, it’s not the years in your life that count. It’s the life in your years.”
Abraham Lincoln
- ◆ “The great thing about getting older is that you get a chance to tell the people in your life who matter what they mean to you.”
Mike Love
- ◆ “Old age is like everything else. To make a success of it, you’ve got to start young.”
Theodore Roosevelt

Betty Balderson shared this beautiful hymn, as she wants to share the words. It was sung for her friend’s funeral. Powerful words for this Easter season!

Others

Words copyright by C.D. Meigs

Lord, help me live from day to day in such a self-forgetful way
That even when I kneel to pray my prayer shall be for others.

Chorus:

Others, Lord, yes, others. Let this my motto be. Help me to live for others, that I may live like Thee.

Help me in all the work I do to ever be sincere and true
And know that all I’d do for You must needs be done for others.

Chorus

Let “Self” be crucified and slain and buried deep: and all in vain
May efforts be to rise again, unless to live for others.

Chorus

And when my work on earth is done, and my new work in heav’n’s begun
May I forget the crown I’ve won, while thinking still of others.

April/Early May Birthdays

April 1

Barb Franke

April 9

Cathy Haines

April 21

Keith Cox

May 2

Ed Frey

April 2

Jackie Gruber

April 10

Lynda Smith

April 24

Carole Ware

May 3

John DeMallie

Bill Eads

April 4

Mauro Losz

April 13

Martha DiCicco

April 25

Joyce Abrams

April 5

Maribeth Cate

Susan Garcia

April 18

Mindy Stiverson

April 29

Bob Eatman

April 6

Phyllis Wehrle

April 20

John Kindred

April 30

Grace Haskins

April 8

Mary McCreary

Resource for Aging Well

InnovAge PACE (Program of All-Inclusive Care for the Elderly) help seniors stay living independently and safely by providing healthcare, transportation, homecare for bathing, light housekeeping, etc., social activities at InnovAge centers nearby, and much more – commonly at no cost to them.

970-410-3469

Innovage.com/about-pace

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