



FUMC Loveland

April 2023

Senior Newsletter

Sharing Our Stories

By Rev. Lee Anderson-Harris

When we tell our story and know someone else has heard it, we feel seen. When someone else helps us fill in the missing pieces of our story, or polish the rough edges, or help us find words where there weren't previously words, we feel more complete. We all have stories. In looking back at our life stories, especially when looking back with the help of a different perspective, we can see God in our stories where we may not have seen God before. We see how Christ has been at work redeeming us.

Life review is a normal process that occurs throughout one's life, but which peaks "during the fifth decade and remain[s] strong thereafter" (Magee, 2007, p. 27). It involves reminiscing about the past, and making meaning of memories. Magee (2007, p. 27) states that "It is a process in which reviewers gradually reconstruct and assess their past, using their current values to weigh behavior that their memory progressively returns to consciousness." In other words, we reminisce in order to try and integrate the past into who we are today. Our beliefs and values change over time, and past behaviors and actions may be incongruent with our current selves. Life review is an attempt to piece it all together. In addition, as someone nears the end of their life, they may participate in life review to make sense of their life. They want to know that their lives mattered; they want to leave a legacy.

Friends, family members, neighbors, peers, and others are an important part of this process. Life review often comes in the form of story-telling. You may find that you have "unofficially" been doing this for yourself, or have been bearing witness to someone else's life story. What an honor! Perhaps with a different perspective, you can help shape the meaning and God's fingerprints that are all over someone's life story. If you want to know more about how, turn the page and read on...



Reference: Magee, J.J. (2007). Life review, paradox, and self-esteem. In Doka, K. J. (Ed.) *Living with grief: Before and after the death* (27-43). Hospice Foundation of America.

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If you find yourself in the position of a life-review confidant, here are some things you can do to help:

- ◆ The reviewer may tell the same story over and over. This is a signal that this particular event had a large impact on that person's development over time. Having someone to tell the story to allows for feedback.
- ◆ It is natural to have a selective memory and overlook the positive aspects of an event. A confidant is more likely to draw out the strengths of character, or the positive outcomes the reviewer previously didn't associate with the event, and so on.
- ◆ If a reviewer is having trouble accepting his or her self in terms of their behaviors or decisions, there are a couple of ways to help:
 - 1) Together, uncover some of the details surrounding the incident or decision. There may have been extenuating circumstances or ambiguity of available information. Perhaps their behaviors were not in line with their intent; or someone else's behaviors were not in line with their own intent. When looking at these things that were previously overlooked, new meaning can be made, and a compassionate self-acceptance is possible.
 - 2) Remind him or her of God's unconditional acceptance of us. If we are a part of God the Creator, should we not also accept ourselves? In all cases, God forgives us, and nothing can separate us from God's love.
- ◆ A creative way to form a legacy for yourself or others is an autobiography. This doesn't have to be as daunting a task as it sounds! Some of you have already taken Clay Carter's class on writing your story, and if you haven't, stay tuned for upcoming opportunities. More on that in the next issue.



Methodist is My Name

By Rev. Lee Anderson-Harris

Speaking of looking back at one's life and the stories that stand out, long-time FUMC member Al Lowe can see themes that run throughout his. I sat down with him recently and asked about some of his memories, and while this is by no means his life story, it's neat to see some of those themes. Perhaps you can identify some themes in your own life.

Al has been a Methodist his whole life. He was born at home in Argonne, KS, a town of 400, and baptized into the Methodist church. He and Darlene were married in the Methodist church. He comes from a family of Methodist pastors. In fact, his great-uncle was Rev. Leon Sweetland, the pastor at FUMC Loveland from 1937-1943. It's fascinating that he ended up not only in the same town, but in the same church. He and Darlene have been a valuable part of this church ever since. Al said he is reminded of the song "Methodist is My Name"!

Al also says he should have been a musicologist. Apparently he can name any composer or symphony when hearing it. His knowledge about music is extensive, and he was a choir director for 20 years. He was in second grade when Pearl Harbor was attacked, and his father immediately went to work for Boeing 60 miles away. Eventually, the family moved into company housing in the appropriately-named town on Planeview, KS. There, Al learned to identify planes by their sound. Is this another manifestation of his gifted musical ear? I think so!

Thank You 5Ms!

At the Peaks Pikes Peak District Conference, held by Zoom on March 18, the names of each church's "Quiet Disciples" were read. This year, FUMC honored the work of the 5Ms. Here is what was read:

"The 5Ms (Monday Morning Men's Methodist Mechanics) is a group of volunteers who come to the church every Monday morning to conduct repairs and maintenance in and around the building. Thanks to their skills and expertise, they save the church thousands of dollars every year. They even respond to building emergencies. Truly quiet disciples, many in the church don't even know how much they do to keep the building running. Yet, they continue to show up with servant hearts and smiles, and are always a positive presence. We celebrate the friendships made in the group over the years of working together, and our gratitude for all that they do cannot be contained in this award alone!"

Thank you to Larry Jones, Dale Thurman, Garry Perry, Bob Link, Bob Crossman, Jerry Yoder, John Kindred, Rueben Wilbur, John Morgan, Rich Stiverson, Bill Boegli, Royal Ryser, Pete Shaw, Debra Tikka, and the late Guy Prevost. And thank you to all past 5M members! We look forward to celebrating you together in worship April 2!



A Tea to Celebrate Mother's Day

Women of all ages are invited to this celebration of having a mother, or being a mother, or the important women in your life! Come to Coy Hall for cake, tea and fellowship at 11:30 on Sunday, May 7.

1st Friday Lunch Bunch

Friday, May 5 at noon

Doors open at 11:30 \$5 per person

All are welcome to attend. Please sign up at the Ask Me Desk from April 2 through April 30 so we may have an accurate count for food preparation.

If you are unable to sign up at the church please call or email:

LOIS BEERS – 970-460-4346 OR lebeers@comcast.net
PAT COBB – 970-613-9625 OR anniepbody@yahoo.com

April/Early May Birthdays

April 2

Marilynn Addington
Jackie Gruber

April 3

Peggy Chitwood

April 4

Jerry Donnelly

April 5

Maribeth Cate
Ron Dahl
Susan Garcia

April 6

Phyllis Wehrle

April 8

Mary McCreary

April 9

Cathy Haines

April 12

Brian Peterson

April 13

Jon Thiede

April 14

Martha DiCicco

April 15

Pat Schaeffer

April 18

Mindy Stiverson

April 20

Roy Allen
Beth Bristol
John Kindred
Janet Knox

April 21

Keith Cox

April 24

Carole Ware

April 25

Joyce Abrams
Ann Frost

April 28

Barbara Peterson

April 29

Bob Eatman

April 30

Phil Ashcraft
Brian Fincham
Grace Haskins

May 2

Ed Frey

May 3

John DeMallie
Bill Eads

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

Contact Us

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*Pastor Leslie is on renewal
leave from April 14-July 31*