

**First United
Methodist
Church**

The Carillon

Volume 14, Issue 2

February, 2008



Final Report on Stewardship 2008

At this writing, we have received pledges of support for the ministries and the mission of our church totaling \$775,000. This is a significant increase over the commitments for 2007 and will make possible some new aspects of ministry for our church. Some have not yet made an estimate of giving for this year. It could be that some have intended to do so and have simply put it off, forgotten, or even have turned in a commitment that for some reason has not reached the financial office. You

will know this is true of you if you have not yet received a letter of thanks from the Stewardship Committee. If you have an question about it, please call Karen Waldron, Don Richardson or Ray Miller at the church, 482-2436.

Thanks to the all the previous supporters of our mission and to the many new families who have joined in making this a record year for First UMC.

—The Stewardship Committee

Shrove Tuesday Pancake Supper— February 5th

We will have a Shrove Tuesday Pancake Supper on **Tuesday, February 5th at 6:00 p.m.** in the Fellowship Hall.

The word Shrove comes from the word Shriven. Shriven means to dry up. The night before you go into the Lenten period you celebrate it with a “party” or feasting

before the denial period. Our rendition of the celebration is a pancake supper.

Come enjoy pancakes, games, prizes and learn the history of Shrove Tuesday. For more info., contact Jo Ann Belk @ 482-2436 or joannbelk@fcfumc.net.

It's Already Lent; I Wonder Where Christmas Went

By Charles Schuster

I have a problem that is important to work through. It's a work related problem, and it's an existential dilemma as well. It has to do with the way things are and my concern about that. I don't like death. I have trouble with empathy; having too much. I care too deeply about the sadness created by death (You can't be a pastor if you don't care). Death often comes too soon and this year, especially, there is a liturgical component to the problem.

This year Lent comes early; too early. It seems just a few weeks ago we were gathered in the Sanctuary with our candles confronting the darkness with our light. It seems like yesterday we heard our adult choir singing the Hallelujah Chorus at the end of the worship time in which we proclaimed, once more, the "Word became flesh and dwelt among us".

I object to the fact that Lent will come so early. A few weeks ago we were celebrating Jesus' birth and now we're on a path that leads to mourning his death on the cross. There needs to be more time between the cross and the crèche. Ash Wednesday is February 6th and I've got to write a sermon entitled, "What's In a Name". And then the themes of Lent in the services will follow:

Ash Wednesday February 6th at 7:pm "What's in a Name?"

Theme: Jesus' Last Name

- Feb 10—"Jesus Davidson" (He is called 'Son of David)
- Feb 17—"Jesus Josephson" (Joseph was his father)
- Feb 24—"Jesus Manson" (He was called 'Son of Man')
- Mar 2—"Jesus Godson" (He was called 'Son of God')
- Mar 9—"Jesus Marison" (Mary was his mother)
- Mar 16—Palm Sunday "Jesus Mason" (His profession was a builder)
- Mar 20—Maundy Thursday (Joel will lead us in a Seder Meal)

- Mar 21—Good Friday (The Adult Choir will sing a Requiem)
- Mar 23—Easter 6:00 "Jesus Christ" (He Was Not "Christ")
- 8:00 – 9:30 – 11:00 "Jesus Christ (He Was "Christ")

I like the words of Fleming Rutledge who observed, Jesus' was a perfect life lived, a terrible death died, all for the sake of bringing you and me into the near presence of God forever. What is troubling about how early Lent comes in relation to Christmas is a much larger concern than our pastor and staff's work load. It is always problematic when birth and death are too close. It is an issue, repeated too frequently, when people we know and love die too soon; their birth and their death are too close together.

However, there is a final chapter to Lent and this is something we must remember when we are struggling with the early onset of death with friends and loved ones. Just as death follows birth too closely sometimes, so it is true that resurrection follows death always. If we remember how we lit candles to defy the darkness on Christmas Eve, we will also want to recall how God's light shone onto the earth at Easter and that light burns not just for one night; it shines forever.

To be faithful in little things
is a big thing.

Wil Willimon wrote, "There is no other way for us to get to this God other than the way this God ordains, through death and resurrection, life from death, death as a way to life. In the face of the horror of the cross, only God can redeem the bleakness and defeat. And God redeems defeat through a stunning, a surprising act of resurrection..."

This year, when Lent comes too soon, it is important to remember the Holy sequence: BIRTH ---- DEATH ----- RESURRECTION. It's all about God who cares about us. Let Lent come; bring it on.

Membership Memos

Baptisms:

In his name...we celebrate the baptism of...

- ♦ **Jacob Roy MacArthur**, son of Shannon Rohla and

grandson of Esther Rohla

- ♦ **Jaden Richmond Putman**, son of Matthew and Sarah Putman.

Deaths:

- † **John Duda**, 60
- † **Andrew Deming**
- † **William McKean**, 96

Clergy Report Charge Conference --First UMC

Submitted By: Rev. Pam Everhart, January 15, 2008

It is sometimes a good thing and sometimes not so good that I am new to the staff. I keep hearing people say things like “We have really gotten busy” and “this church is really on the move now.” I have the advantage of not knowing this place any other way, but sometimes I wonder how it felt to move to where this church is now. How does it feel to see the church so active and involved when, from what I hear people say, it wasn’t that way a few years ago?

The good thing is I have come on board at a most excellent time. The energy and enthusiasm here are palpable and it is fun to come here to work. I thought the commuting thing would be a real pain, but it is so much fun to be here that the drive hardly seems to matter at all. I have to be super organized about how I manage my time, especially on days when I have meetings at night: Do I come in later? Do I stay? Do I go home and come back? Pressures and stresses related to commuting are real, but much less complicated than I thought they might be.

The most amazing thing about FUMC is the energy and enthusiasm I see for moving beyond our walls. So many traditional churches are satisfied with the status quo; happy to rest on their laurels. This church seems to be looking for how it can make a difference in the world: not just at the corner of Stover and

Elizabeth, but around the globe. I was hoping to be able to work with a group of people who feel that way, so I’m elated to be appointed here at this time. Working with such a fine, talented staff and with four other phenomenal clergy is indeed a blessing for me. I can’t believe how lucky I am compared to some of my colleagues.

My training at Iliff was with a justice and peace concentration. That means all the electives I took were related to social justice issues. I have dreams of working for the general church one day, of moving the larger church forward on issues of social justice. This is a great place to begin that work, but I sometimes get frustrated that I get bogged down in the details of being on a large church staff. The mundane ordinary post-it note activities that are daily routine at a church frustrate me when I feel I can’t get away from them. It is my goal to organize my work in such a way that it IS possible for me to add mission work to my work schedule. To be in the world, rather than sitting at my computer contemplating it.

I have two and a half more years of what the church calls probationary membership left. This means I have to report to the Board of Ordained Ministry in March of every year, that I have paperwork to complete in January of every year, that I have to wait till June of 2010 to be officially ordained as an elder in full connection. So, this is a time of waiting for me, a time of Advent in my ministry. It is a time to be introspective and reflective. I am glad I am planted at FUMC during my Advent.

Our destiny is determined not by what we possess, but by what possesses us.

News from the Crawfords - FUMC's Covenant missionaries

Submitted by: Grace Harris-
Their entire Blog with photos
are in a binder behind library
desk..

12/4...Hallelujah—they're
here...our work visas! Our
flight will leave 12/22 after an
early Christmas with our
family - God's Christmas gift
to us this year.

12/27...Flight went well, only
negative is slight damage to
portable printer. Christmas
morning service at Luanda's
Mount Sinai UMC, then after-
noon with Bishop Quipungo
and family.

12/29...Truck we wanted for
our use at Quessua was
found by a former student - a
4-wheel drive double cab
pick-up, paid for by support-
ers contributions...met the
leadership of the Quessua
Association. They went out
of their way to welcome us
to Angola and
offer to help in
every way.
They were
blessed early
on by the work
at Quessua,

God's ways are behind the scenes,
but he moves all the scenes he is
behind.

and grateful for all the former
missionaries of "the old days".
They desire to see Quessua
reconstructed and improved
so that the church can influ-
ence a new generation of An-
golans.

1/5...We left at 8:20 a.m. and
spent hours in traffic as we
worked our way across
Luanda to pick up three dis-
trict superintendents, the
conference treasurer and
two bottles of cooking gas
for our new home in Qués-
sua.

The further we got , the
more relaxed we were...
Most of the highway was
good. We arrived at 7:30
p.m. in Malanje as darkness
was setting in, very tired and
hungry. The three district
superintendents and we stay
in a guest house used for
doctors coming to practice
medicine in the Malanje Pro-
vincial Hospital.
The water
pump was out
the first
day...then an
electrical prob-
lem at dusk

left us without lights for din-
ner and rendered the new
water pump useless...Found
the two cyber cafes in Ma-
lanje.

We entered the grounds of
Quéssua for the first time on
January 4, 2008. After a tour
of our home, still "under con-
struction", walked the main
roads to see all that has been
reconstructed and repaired,
met the director of the new
Government Agriculture
Technical School who imme-
diately invited Tim to teach at
the institute.

1/12 ...We are blessed to be
moving into the parsonage of
the Quéssua UMC...meeting
staff, neighbors, and learning
about Handball, an important
sport for Angola and hosting
the 18th Handball Champion-
ship of African Nations
(indoor soccer without kick-
ing the ball). The Angolan
women's team is undefeated!
As always, we appreciate e-
mail and your prayers, Tim
and Carol Crawford.

\$100.00 A Day for Expanding Our Ministry

December 25 — Given by the Brunswig family in celebration of Mildred
Brunswig and H.B.Allen at Christmas.

Communion Service Emphasizes Unity

Submitted by: Rev. Everhart

“One Bread, One Body, One Lord of All, One Cup of Blessing which we bless. And we, though many throughout the earth, we are one body in this one Lord.”

—United Methodist Hymnal #620

This song from our hymnal relates the theological symbolism of unity that is expressed in our service of Holy Communion—the emphasis we place on being One in Christ expressed outwardly and physically in our

sharing of the elements.

One way of expressing this unity in our Communion ritual is to use the method of intinction. During intinction, the person coming forward is given a piece of bread to dip into the cup of juice. Then, both elements are taken at one time. Theologically, intinction symbolizes our sharing of one broken bread and one cup together. It connects us to one another

symbolically.

Another important element of Holy Communion for many people is kneeling before the rail in prayer. To emphasize the prayerful nature of Holy Communion, participants will come to the rail to be served. After receiving the elements, persons should then feel free stay as long as they wish at the railing.

The greatest use of a life is to spend it on something that will outlast it.

New Apportionments (Wider Missions) Calculation

By: Karen Waldron

At the 2007 Rocky Mountain Annual Conference session, the delegates approved a new plan for calculating and paying our apportionments to the Conference. According to this new “Church Tithe” plan, the churches in the Rocky Mountain Conference will send to the conference office 11% of the previous month’s receipts on the 15th of each month, starting in February. The 11% figure is a biblical 10% tithe, plus 1% to help the Rocky Mountain Conference transition to the new system. The conference office has stated that they anticipate that the 1% transitional addition will drop away after the first year or two. The goal is “to make sharing our common work simple, straightforward, fair and transparent.”

Some church members ask what

benefit the church gets from paying apportionments to the conference. A study of United Methodist apportionments was recently conducted at a church in a nearby conference. “It showed that about 65% of the total apportioned amount paid for goods and services that would have cost a lot more if that local church had bought them on its own. Rather than calling them ‘apportionments’, that church called them ‘Shared Purchasing.’ The understanding was that we United Methodists purchased certain goods jointly to save cost.

The remaining 35% of that church’s apportionments were benevolences, payments to good causes around the world and at home. But we shared them to make them go farther. Each dollar in that 35% ‘bought’ more by

being spent jointly with others than it could have if the single local church had used it separately. So this portion of ‘apportionments’ did not use that term any more, either. It was now called, ‘Shared Benevolence.’”

In calculating the amount that our church will send to the conference, there are five deductions from the over-all receipts. These are:

- Capital campaign income
- Endowment donations
- Tuition paid for services
- Direct costs of fundraising

Pass-through or donor-designated donations

If you have questions about the new plan for apportionments, please call Karen Waldron at the church office, 482-2436, ext. 21.

Your Support Is Needed!



Camp Hope at Buckhorn Camp once again needs your sup-

port with your gifts and possible service (as counselors). Thank you for those who made contributions. We received over \$2500 last February for this camping ministry. Two week-long sessions of

up to 50 campers per week are planned this summer. Camp Hope has a need for scholarship funds for the campers; many families with developmentally disabled individuals have received some funds from the government to help send their disabled children to camp yet these funds have dried up recently and they are having a hard time coming up with the funds for disabled access camps like Camp Hope. Feb-

ruary will be the month for this special appeal.

A table will be set-up in Fellowship Hall on Sundays to help answer any questions or offer suggestions on the many needs at Buckhorn Camp. There will be a special presentation at the February 17th services. Also keep in mind that the Camp is in need of funding for staffing of the various youth camps which are offered each summer.

Walk the Labyrinth

Submitted by: Lisa Pere

Are you caught up in a hectic pace? Feel as though winter will never end? Tired of “running around in circles”? If so, a *real* circle—a labyrinth—might be just what you need.

What is a labyrinth? These circular or spiral paths have been used as spiritual tools for more than 4,000 years. Walking a labyrinth is a physical act that reflects a metaphysical journey: The willingness to follow a spiritual path in life. Unlike a maze, which requires you to find your way out, the labyrinth requires only that you choose to enter it and that you have the faith to follow its path.

Many people who have walked a labyrinth describe the experience as calming, healing, and inspiring. Similar to taking a walk to clear your head, a peaceful experience

that can help you quiet your mind and focus your thoughts and prayers.

FUMC is fortunate enough to have our own labyrinth, and it will be available to the public from 10 a.m.—7 p.m. Monday, March 17 thru Friday, March 21. COSROW will be setting up the labyrinth in Fellowship Hall We welcome you to participate in this transformative experience. Some suggestions for making the most of the experience:

Take your time. Use the labyrinth as a “physical meditation”, repeating prayers or healing thoughts with each step, counting steps, or pausing every so often to contemplate the journey. Reaching the center can be a moment to rest and consider the “true center”: God’s love for us and the divinity of the

spiritual path.

Be con-



siderate. Please honor the other people you meet on this journey. Allow room for others to pass, and avoid loud or rowdy behavior.

Follow the covenant. A labyrinth walk is a wonderful way to experience the “open heart, open mind” that lies at the center of being a loving child of God. Each person’s experience will be unique; open yourself to whatever God brings to your heart or mind during the walk.

Please find the time to experience this truly amazing spiritual event. For more info., contact Rev. Pam Everhart (482-2436) or Alyce Kaehler (484-1463).

Lay Ministry Training-“Leading Small Groups”

Rev., Dr. David Dalke will facilitate a special 10-hour class for all Peaks Sub-district leaders on Saturday, March 1 from 9 a.m.-5 p.m., and March 2 from 2-5 p.m. at FUMC, Ft. Collins. This course will assist present and future church leaders of small groups to better understand their role and the power their leadership can have in the success of the group and its mission. Class will include leader presentation, class discussion, and individual and small group work. It is open to all laity, and is an approved lay

speaking ministries advanced course.

An ordained UM clergy, David served local churches in Kansas as a staff member and senior pastor, and is currently serving part time as a staff member at FUMC. He is also in private practice as an individual and family counselor, and consultant a trainer to churches and businesses in the private and public sectors. His speaking and training experience includes team building/trust/leadership develop-

ment, creating an ethical work environment, stress management, positive communication skills, conflict resolution, improving work relationships, and managing priorities.

Registration forms are posted on church bulletin boards, or from Rae Batch, 224-0400, email rmlbatch@aol.com. The \$30 fee includes Saturday lunch, textbooks, and other take-home materials.

The Blog's the Thing

A Web log, or “blog”, is a popular way to take part in a community discussion. You don't need to leave the house or get on the phone to share your thoughts with other blog readers; you simply need access to a computer and the Internet. Participants read and respond to messages (known as “posts”) by the blog's authors and to comments from one another.

Now there's a blog for the women of FUMC. WomanSpeak ([http://womanspeakfumcwomen.](http://womanspeakfumcwomen.blogspot.com)

[blogspot.com](http://womanspeakfumcwomen.blogspot.com)) is a new place for you to share your opinions and fellowship with other women of our congregation.

Not sure how it works? Imagine a big white board. Someone writes a message on the board; everyone can read it. If you have something to say in response—an opinion, a related story, an answer, a concern—you can write

that response on a sticky note and slap it up underneath the original message. WomanSpeak works in the same way, only the white board is your computer screen and the sticky notes are comments that you type and submit. To participate in WomanSpeak:

1. Open an Internet Browser. In the URL address box, enter <http://womanspeak-fumc.women.blogspot.com>
2. Scroll down the screen to read current posts, or click the earlier dates on the left-hand side of the screen to read past posts.
3. Beneath each post is a line that indicates the time the post was written and how many comments people have left. Click the comments text (e.g., “2 comments”) to read these comments or to add your own.
4. Clicking the comments text will

Submitted by: Lisa Pere

open a window that lists existing comments on the left and an empty text box into which you can type your own comment on the right.

5. After you type in your comment, follow the instructions below the text box. You'll need to type a word that appears below the box (this is a protective mechanism to keep electronic junk mail from cluttering up the site) and enter your sign-in information (if you're already familiar with blogs and have your own) or choose “Anonymous”. (If you choose “Anonymous” and want other readers to know who left the comment, be sure to include your name in the comment box.)

We will be posting on numerous topics that we hope will be of interest and importance to the women of the church. So grab a cup of coffee, pull up a chair, and join the conversation!

United Methodist Women

A CALL TO PRAYER AND SELF DENIAL

We continue to unveil our new times for unit meetings. For this month's unit meeting our program will be for the Call to Prayer and Self Denial Offering, beginning with a coffee hosted by Circle Mary at 9:30 a.m. on Thursday, February 14. Cir-

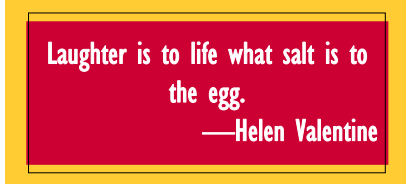
cle Lois will greet. All women 6th Grade and up are welcome in UMW. Please join us! The Executive Board will meet Thursday, February 7th, at 11:30 a.m. in the Village Commons.

SPIRITUAL RETREAT

The annual UMW Spiritual Retreat for our conference will be held at the YMCA of the Rockies in Estes Park, April 25-27, 2008. The theme this year is "Forming Our Spirits: Life as Prayer" and the Keynote Speakers

are two Rocky Mountain Conference leaders, Rev. Sharon McCormick, Spiritual Director and retired UM Minister, and Rev. Brenda Lear, Spiritual Leader and Dis-

trict Superintendent, Sunshine District. Please watch the bulletin board for registration forms and information.



UMW in MISSION

UMW members gave just more than \$18 million in 2006 (the last annual report available – see Response magazine June '07) of which \$16.62 million was given as basic support for the organization's mission outreach program and an additional \$1.54 million was designated to specific programs and mis-

sion projects. Women's Division mission reaches throughout the United States, Puerto Rico and the Virgin Islands with 74 Community Centers, 2 schools, 7 Women's Residences, 9 residential child care centers, 2 mission complexes and 7 student leadership development programs at 7 universities

and colleges. International mission projects are funded in Africa, Asia, the Pacific Islands, the Caribbean, the Middle East, Europe, Mexico, and Central & South America. (Response, Oct. '07) A sampling of these projects will be reported on in subsequent Carillon issues.

Circle Meetings in February



Circle	Date	Time	Location
Abigail	Tues: 12 th & 26 th	7:00 p.m.	Parlor
Hannah	Weds: 13 th & 27 th	7:00 p.m.	Conf. Room A
Kezia	Thurs: 28 th	9:30 a.m.	Kathy Schuster's
Lois	Thurs: 28 th	9:30 a.m.	Village Commons
Mary	Thurs: 28 th	9:30 a.m.	Parlor
Rebekah	Thurs: 28 th	1:30 p.m.	Parlor
Sarah	Weds: 6 th & 20 th	9:30 a.m.	Parlor
Vashti	Tues: 26 th	1:30 p.m.	Parlor
T.U.F. (Teen)	Sun: 18 th	4:00 p.m.	Library

Partnership with Putnam Elementary

By: Janet Kreach

So many good things have been happening in our partnership with Putnam Elementary this past year! We have 17 church members giving time on a regular basis in classrooms, the media center, and at special events like Putnam’s book fair, AR store, and 4th grade international festival. Church members have given more than \$200 for playground balls and other supplies. The Open Hearts and Samaritan Sunday

School classes have generously sponsored needy families a Putnam Christmas ‘07. Elaine Irwin donated board games to Putnam for her family’s charitable Christmas gift exchange. I recently was able to take in a church donation of notebooks and pencils to classrooms at Putnam. I sharpened 24 pencils to replace some stubby ones in a 4th grade class. The children were so excited! Half a dozen of them gathered around to thank me: “We’ve been waiting SO long for shiny pencils”.

“Thank you, lady!” and “You don’t know what this means to us!” This ministry of our church has absolutely taken flight in ‘07!

I am currently looking for someone to help me in my role as FUMC’s connection at Putnam, since I am still learning how to organize all the activity. If you know of other ways we have partnered with Putnam, or if you’d like to volunteer, please call Janet Kreach at 225-0330 or email ajkreach@mson.com.

Women of Worth (WOW)

Our group completed its study of Karen Armstrong’s Muhammad, A Prophet for Our Time in December. During our study of this book, we compared and contrasted Armstrong’s vision of the life and teachings of Muhammad with the Islam we recognize in our world today.

We are continuing on our journey toward interfaith understanding as we study the The Faith Club. Originally

planned as an interfaith children’s book written as a collaboration between a Jewish, a Christian, and a Muslim mother to highlight the connections between the Abrahamic faiths; it evolved into a frank and honest memoir of the authors’ reflections on and discussion of their religious beliefs, their concerns, their stereotypes, their misunderstandings, and their similarities.

The Faith Club has spawned

Submitted by: Vonna Kent
the creation of interfaith discussion groups all over the country.

WOW meets at noon on the second and fourth Wednesdays of the month from September through May in the Conference Room in the office wing. Many members bring a sack lunch to eat while we carry on our discussion.

If you would like information about joining our group, please contact Vonna Kent at 223-1693 or Pat Jungmeyer at 221-3990.

It is good to have an end to journey toward; but it is the journey that matters, in the end.
—Ursula K. Le Guin

February is Healthy Heart Month

Heart Center of the Rockies has prepared a Healthy Heart kit, come to Fellowship Hall during Sundays in February to get your informational kit.

Senior W Notes from the Senior Council (Wise)

A Church Committee With a Sweet Tooth?

The Senior Council gathers the 1st Thursday of every month at 1:00 p.m. in the Conference Room at church to share cake and celebrate the birthdays of its members. Laughter and fun emanate from the room as this group enjoys being together as much as the members enjoy planning and implementing activities to enrich the lives of the senior population in our church. This active energetic group sponsors a host of activities and projects and envisions even more...

Current projects include:

1. **Double Nickel Luncheon:** a monthly \$3.00 luncheon on the 2nd Friday at noon, complete with an entertaining program, and an opportunity for fellowship and blood pressure checks.
2. **Care and Share:** an outreach program supporting senior church friends confined in a hospital, nursing home, assisted living facility, or in their own home; seniors 80 years and older are recognized with birthday cards.
3. **Care Closet:** a lending library of medical equipment, such as walkers, canes, bed pans, etc.
4. **Transportation Worship:**
 - a. **Catch a Ride to Catch the Spirit:** vans transport seniors from area living facilities to the 10:45 worship ser-

vice.

b. **Offer a Ride to Share the Spirit:** volunteers pick up people in their vicinity who need a ride to worship.

4. **Adopt a Family:** in cooperation with the Salvation Army, we help provide a Christmas for local families in need.
5. **Senior Sunday & Hobby Sunday:** a Sunday set aside to honor Seniors in the congregation and an opportunity for Seniors to share their hobbies and talents.
6. **Bus Trips:** bi-annual day trips to places of interest in our area
7. **Cruising, Caroling & Cookies:** vans and cars join together for a car-a-van around town to see the Christmas lights, followed by refreshments and caroling at the church.

What other church committee do you know that has a sweet tooth? It's so appropriate that the Sr.

Council celebrates birthdays—we're all growing older and the Senior Council's role is to see that we're liking it! You are invited to join our committee. You need not have attained Senior status, but you must have a sweet tooth!

President's Day
February 18th, 2008

Double Nickel

Join us at Double Nickel on February 8th at noon as we learn how to improve our balance and flexibility, increase our physical energy and reduce stress. Our own Martha Conant will introduce us to Tai Chi, a form of meditative movement that can be done by people of any age and any degree of physical ability. During the program, we'll discuss the benefits of Tai Chi, briefly explore the philosophy of Taoism and learn some basic movements. No special equipment or clothing is required.

Thank You

Thanks from the Senior Council to all of those who helped make Christmas a reality through the Adopt-A-Family program. Members of our church provided Christmas for 29 needy families this year!

“Wrinkles should only indicate where a smile has been.” —Mark Twain

Alzheimer's

Here are some advice and safety techniques for caregivers to use for someone with Alzheimer who exhibits a common behavior of the dementia called "wandering". Most of us are aware of the stage called *wandering* if we have cared for or known someone with Alzheimer's. Most people wander a short distance and can be located by the local police or the facility from which they wandered.

Tips included for safety are:

1. Tell neighbors and relatives of the potential and keep on hand a recent picture of him/her to show around the area.
2. Sew or write his/her name into clothing likely to be

From John Hopkins Medical Letter, **Health After 50**, January 2008 worn often.

3. Join the Medic Alert + Safe Return program offered by Alzheimer's Association. Enrollment costs \$49.95 plus an annual fee of \$25. Members receive a medical alert ID bracelet or pendant engraved with their medical condition(s) and the program's phone number. Members are in national database and tracking system.
4. Project Lifesaver also provides tracking and works with local agencies. A wristband emits a tracking signal to alert the agency.
5. Less reliable are cellular phones set to track, and an expensive GPS system

which may not work depending on where the person lives.

Alzheimer's Assn. offers these safeguards to keep in mind at home: keep the person physically comfortable and engaged in some activity; seek medications for excessive restlessness; keep clocks in plain view to limit confusion about time; do not stop them in the midst of wandering, but follow and gently lead them home when ready.

Caution is given against bolting doors and safety locks in case of fire or other emergency. More info.: Alzheimer's Association Safe Return 888-572-8566 or Project Lifesaver International 877-580-5433.

Spiritually Literate New Year's Resolutions

By: Frederic and Mary Ann Brusat from *spiritualityandpractice.com*

1. I will live in the present moment. I will not obsess about the past or worry about the future.
2. I will cultivate the art of mak-

ing connections. I will pay attention to how my life is intimately related to all life on the planet.

3. I will practice hospitality in a world where too often strangers are feared, enemies are hated, and the "other" is

shunned. I will welcome guests and alien ideas with graciousness.

4. I will add to the planet's fund of good will by practicing little acts of kindness, brief words of encouragement and manifold expressions of courtesy.

American Dream Travel

Jim Chudd

(970) 224-5384



Packages or custom planning for your trips! Australia/New Zealand, Mexico, Europe, cruises...



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Creativity Contest for the Covenant!!!

By: Lynn Schwebach

Put on your *Technicolor Dream coat* and start creating!

Everyone has a creative side. In fact, many people believe that our souls require creative expression for spiritual growth. That's why C.O.S.R.O.W. is offering an exciting new art contest at FUMC.

The contest requires a graphic or piece of artwork to visually communicate the meaning of FUMC's Covenant.

What is the Covenant? A statement of belief by church members that ensures a welcoming and safe worship community. It reads:

We, as a Christ centered community, inspired by: Open Hearts, Open Minds, Open Doors, pledge to ensure a safe and respectful environment that transcends differences in our ministry with one another.

What is required? A logo, picture, symbol or any other kind of graphic or piece of artwork that visually conveys the meaning of the Covenant. You can use any artistic medium to complete the artwork. The artwork should be about poster size (27" x 41") or smaller.

When is it needed? Any time during the month of February. The final deadline is February 29th.

Where should the artwork be dropped off? In Rev. Pam Everhart's office. If you created the art using a computer, it can be e-mailed to: pameverhart@fcfumc.net. (Just ensure that the size of the computer art in megabytes doesn't exceed your e-mail program's limit. Many e-mail programs allow you to send documents up to 10MB in size.)

Who can participate: Any individual (ages 1 to 100+) or church groups,

such as Sunday School classes, Youth Groups, Women's' or Men's' Groups or Families. Individual members of a group or family can submit a group entry as well as an individual entry. There is no limit on the number of entries for individuals or groups. (The more the better!)

What is the prize? A \$25.00 gift certificate to the Reader's Cove Bookstore, located at 101 E. Harmony Rd. *plus* the placement of the graphic with the written Covenant throughout the church!

What is C.O.S.R.O.W.? The Commission On The Status and Role of Women.

For more info., contact Alyce Kaehler at afkae65@hotmail.com (484-1463) or Pam Everhart at pameverhart@fcfumc.net (482-2436).