



United Methodist Church of Eagle Valley

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Open Hearts.
Open Minds.
Open Doors.

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ReThink Church!
www.10thousanddoors.org



Women's Book Club

The women meet Wednesday evening, 1 March, beginning at 6:30. Join the group at the Parsonage at 211 Golden Eagle Drive in the Terrace. The plan this month is to enjoy a meal together, featuring a variety of dishes of Indian food. The book for March is *The Book of Joy: Lasting Happiness in a Changing World* by the Dalai Lam and Desmond Tutu.

Contact Robyn Spain if you have any questions, (303-903-8249).



United Methodist Women

The next *First Friday Lunch* will be on Friday, March 3 at Fiesta Jalisco, 701 Chambers in Eagle at 12:00 noon. Please sign up on the sheet at church or call Mary Arnold at 432-8454. Put a star in front of your name if you need a ride. This is a great Mexican restaurant. Hope to see you there!

There will be a *Ladies Night Out* on Wednesday, March 8 at Capitol Bar and Bistro, 303 Capitol in Eagle, at 6:30 P.M. This restaurant used to be called Paradigms. Please sign up on the sheet at church or call Mary Arnold at 432-8454. Put a star in front of your name if you need a ride. We had a great time there last year. Come and join us!

Men's Book Club

The men's book club will meet Wednesday evening, 15 March, beginning at 6:30 in the youth room at the church. The group will discuss *The Book of Joy: Lasting Happiness in a Changing World* by the Dalai Lama and Desmond Tutu.



United Methodist Men

Keep you eyes peeled for meeting announcements in the *Weekly Announcements* and Website.



The Board of Higher Education and Campus Ministries is again offering four \$2,500 scholarships to women in the Rocky Mountain Conference who will be attending an institution of higher education in the 2017/2018 school year.



Monday, February 20th, Eagle Valley High School Basketball team hosted Simple Supper and what a group of boys!

It was impressive that they followed direction and worked together nicely in the kitchen!

That's TEAM WORK!

There was help from one of the boy's parents and another family.

The meal was lasagna, salad, bread, cake and of course Pazzo's Pizza. Yum!

The church's doors to this amazing community dinner are still open every Monday evening, 6:00-7:00 p.m. The food pantry is open during this time too.



United Methodist Church of Eagle Valley

Serving Our Congregation and Community

Pastor's Corner

Pastor Sid Spain

March



- (1) Ash Wednesday (noon & 5:30)
- (1) Women's Book Club (Parsonage, 6:30)
- (3-4) Youth—High Schoolers lock in
- (3) UMW *First Friday Lunches* (Fiesta Jalisco, noon)
- (8) UMW *Ladies Night Out* (Capitol Bar & Bistro, 6:30)
- (11) *Happy Birthday Pastor Sid!*
- (12) Daylight Savings
- (15) Men's Book Club (Youth room, 6:30)
- (17) St. Patrick's



UMC
of Eagle Valley
(333 2nd Street)

Worship
(10:00 am - 11:00)

- Simple Supper Monday (6:00-7:00)

- Food Pantry

Monday (5:30 - 7:00)
Tuesday (10 - 12)
Thursday (12 - 2)

Several challenging questions were asked in a recent panel discussion of Atul Gawande's provocative book *Being Mortal: Medicine and What Matters in the End*. The book raises end-of-life issues everyone must face sooner or later—for loved ones and for themselves. A fundamental concern of the book is how do we prepare for dying and death, including how do we prepare to meet the probabilities (or inevitabilities) of the most precipitously declining months, weeks, days and hours of life. A more basic question for many in our society is not *how* we prepare, but *do* we prepare in any meaningful way for the death of those we love and for our own dying. I encourage you to read *Being Mortal* and take advantage of the many local and regional resources available. (See companion article).

Many of you already know the pain of caring or having cared for a parent as you watch them slip away physically and mentally. You know how difficult it is, how many issues arise as our parents lose their independence and face a myriad of questions about the medical options they must choose from. As the popularity of Dr. Gawande's book attests, more and more people are faced with confusing information and heartbreaking decisions.

Part of the problem is that we don't deal well with death as a society. Large portions of our culture live in denial when it comes to dying. We simply don't talk about death in any meaningful way. One of the first questions posed to the panel was, "Should we teach our children about death and dying?" I was the first panel member to offer my thoughts. Following is something akin to what I and others said.

"This is a thoroughly modern question. It was not the same issue in earlier generations where people declined and died at home. For centuries children knew about death because they saw their siblings die. Many lived on farms or in small communities where they had first-hand knowledge about how fried chicken showed up on the dinner table. Ours is a sanitized, death-avoiding culture. Our dead are quickly taken to the mortuary or funeral home where cosmetics mask the real face of death. Many families choose not to let their children go to a funeral, even of a grandparent, ostensibly because they don't want to upset them.

We speak in euphemisms and even nonreligious people offer platitudes about an afterlife. Somehow saying "Grandpa went to sleep, but he is watching over you," seems to fall short of a healthy way to talk about the reality of death and the hope of resurrection. We may choose to talk to our littlest ones in such a way, but isn't it disingenuous to treat our older children so shallowly? Part of the problem, of course, is that so many parents and vital grandparents choose childish denial over truth.

The short answer to the question is "Yes—we need to teach our children about death and dying," but it isn't enough to design a curriculum. We need a cultural shift in which the mystery of death is embraced as part of the full life we can live. Life becomes even more precious and energized when we know we are going to die—not in the abstract but existentially, (Continued next page).



Pastor's Corner cont.

Clearly, I didn't offer a definitive formula for this discussion. But we, as people of faith, are well equipped to look death in the eye and talk about it openly and meaningfully. It is such an essentially healthy thing to do. Let's talk. Lent is a great season to broach the dark and mysterious subjects of suffering, death and dying. Don't we begin the season with ashes and stark words? Remember you are dust, and to dust you will return.

Thought to Ponder—on Silence

There are few things that help so much for conversing with Christ as silence.

The silence I speak of is, obviously, the inner silence of the heart without which the voice of Christ will simply not be heard.

The inner silence is very hard to achieve for most of us;

close your eyes for a moment and observe what is going on within you.

The chances are you will be submerged in a sea of thoughts that you are powerless to stop—talk, talk, talk (for that is what thinking generally is, me talking to myself)—

noise, noise, noise: my own inner voice competing with the remembered voices and images of others, all clamoring for my attention.

What chances does the subtle voice of God stand in all this din and bustle?

Your tolerance of silence is a fairly good indicator of your spiritual (and even intellectual and emotional) depth.

~~Anthony de Mello

Community Resources on Aging and Dying

The Eagle library has many resources to help us discuss issues of aging. One of the most practical tools I've seen for maximizing the quality of regular medical care is a "Red Binder System" offered free to anyone over 60. Included in the binder are (1) a form for maintaining an up-to-date list of medications, (2) a section describing Advance Directives to share with medical providers and family members specifying the kind of intervention and care you desire in case of a life-threatening crisis, (3) a section for a personal health record, and (4) a form to record questions you want to ask your health provider when you visit, and to record his/her answers. The Red Binder is an easy and crucially important record to keep track of medical information and concerns—a record that is also invaluable to EMT personnel when they make an emergency visit. Truly an invaluable record and resource for every aging adult!

Other resources include two brochures provided by Hospice of the Valley entitled *Let's Talk Life: living well, dying well* and *When is the right time for hospice care?*

Specific questions about many of the issues associated with aging can be sent to Pat Nolan, coordinator of The Aging Well Initiative Healthcare Action Team (pat.nolan@eaglecounty.us or (970) 328-8831).

I encourage you to take full advantage of these excellent resources for you to use and to share with your children and your parents.

Scriptures for March

- (1) Ash Wednesday Joel 2:1-2, 12-17; 2 Corinthians 5:20b- 6:10; Matthew 6:1-6, 16-21
- (5) First Sunday in Lent Genesis 2:15-17; 3:1-7; Romans 5:12-19; Matthew 4:1-11
- (12) Genesis 12:1-4a; Romans 4:1-5, 13-17; Matthew 17:1-9
- (19) Exodus 17:1-7; Romans 5:1-11; John 4:5-42
- (26) 1 Samuel 16:1-13; Ephesians 5:8-14; John 9: 1-41



Ash Wednesday

Ash Wednesday is 1 March this year. We will have two brief services of worship with the distribution of ashes, one at noon and the other at 5:30. Take a few minutes to begin your Lenten journey with the traditional words that remind us that we are mortal. Remember you are dust, and to dust you shall return.

A Worship Service of Celebration in Gypsum

A date has not yet been set for the service of celebration and remembrance at the Gypsum church. We expect to have the service during March, and will notify the community by email, on the church website, and during regularly scheduled worship services during the month. We expect members of Iglesia Apostolica to join us as we remember and honor the faithfulness of generations of Methodists who worshipped and served God in and beyond the sanctuary of the Gypsum church.



Youth News: We have a youth group! Currently we are meeting several times a month with youth from First Lutheran of Gypsum and have invited those from Mt of the Holy Cross Lutheran to join us. Pastor Dan from First Lutheran and Cynthia from UMC are leading and learning a lot about favorite flavors of gatorade, what it takes to get 7 middle and high schoolers across a finish line at a benefit snowshoe race, who can and cannot bowl, and exactly how much Costco pizza to buy. Somewhere in there is something we leaders call spiritual development....What an amazing group of young people! We will be having a lock in for the high schoolers March 3-4th. Looking for more adult leaders to join us. Stay tuned for more details....email us at youth@umcofeaglevalley.org.



Rainbow Trail Day Camp Vacation Bible School!! Coming June 12-16!! Look for our registrations to begin on March 5th. We will be looking for volunteers and financial contributors to welcome children and counselors back for a great week. Mark your calendars!



- 03/03. Jillian Lee
- 03/07. Alessia Basso
- 03/07. Cole Harper
- 03/08. Denise Kipp
- 03/09. Jordyn Driver
- 03/09. Christina Hooper
- 03/10. Sandy Knuth
- 03/10. Stacey Horn
- 03/10. Sid Spain
- 03/12. Matt Barker
- 03/13. Salome Kuhn
- 03/14. Nolan Emerich
- 03/16. Kristen McCorvey
- 03/17. Jack Niswanger
- 03/18. Wayne Fischer
- 03/18. Don Galgan
- 03/19. Hailey Gifford
- 03/19. John Packer
- 03/20. Beth Nystrom
- 03/22. Anatole Arnold
- 03/26. Eva Martinez
- 03/29. Freya Metz
- 03/30. Charise Crabb
- 03/30. Ava Rose

