



Grace Notes

The Newsletter of Grace Church • PO Box 1559 • Buena Vista, CO 81211
719-395-8868 • gracechurchbvco.org

Happy Mother's Day

Persons, places, vistas we have seen



MAY 2020

From Our Pastors



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Mother's Day

It is a tradition at Grace that we give flowers to the mothers on Mother's Day. However, since we aren't going to be in church on Mother's Day, I am sending this bouquet of flowers to all the mothers in the congregation. Hope you have a wonderful Mother's Day.



Catherine's Commentary

In this extraordinary time in the life of Grace Church, we face some unique and confounding challenges. Who would ever have imagined that we could not gather in our church and be together to worship and be with each other through life's ups and downs? A few years ago, no one would have even thought about virtual worship. As a worshipping body, the situation in which we find ourselves is astounding and disorienting.

This is a time to pay attention to how we can stick together even when we are apart. Here are some things you can do:

- Attend to spiritual practices. Pray, read the

Psalms, walk, meditate, or do whatever spiritual practice appeals to you. This is critical to you personally and for the strength of our congregation.

- Please pray for our congregation through this season of being apart from each other. We have some unusual challenges right now and into the future. Thank you to all of you who have remembered your pledge.
- Remember that the church is the people, not the building. Even



Please pray for our congregation through this season of being apart from each other.

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David's Column -New Experiences



1 Corinthians 14:26 (NIV) - *What then shall we say brothers? When you come together, everyone has a hymn, or a word of instruction, a revelation, a tongue or an interpretation. All of these must be done for the strengthening of the church.*

How many of you have taken advantage of the opportunity to visit other churches in your travels or this time of virtual worship services? Often a trip to see friends or relatives or a vacation get-away places us in a location where there is no Episcopal or United Methodist Church to attend worship services. I would urge you to view this temporary displacement from your regular place of worship to experience a new way to celebrate your faith. If you are visiting relatives or friends and they invite you to worship with them, accept the offer with enthusiasm. While you may experience a little apprehension at first if the church conducts their worship services much differently than you are used to, you may well find that apprehension diminishing as the service progresses.

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Church Council Report

by Ray Stwalley, Chairman



Your council has been looking at the road ahead. The Virtual Worship Services have gone very well, at least I think so. Granted we are all looking forward to being able to be together for live worship, but in the interim, Virtual

Worship has been a decent substitute. Interestingly, attendance has been better at virtual church than it was at live church. I don't know if it has to do with the ease of getting your coffee and turning on the zoom meeting rather than getting dressed up and driving to church. Partially, it is the number of friends who can attend even though they are a distance away, Texas for instance. I really appreciate the fact that the members of this congregation have maintained their support of Grace Church even though Grace Church is not able to fully provide for its members.

Current guidance is that live(in person) services should not begin until at least June. Since most of our regular membership is in the most at-risk group, we may have to consider how we are to have safe, in person worship within the context of social distancing and attention to sanitary practice. The council will begin this effort with the May meeting. Any suggestions are welcome and may be sent to me at araystwalley@gmail.com, to any other council member or to either of our clergy persons.

Looking forward to seeing all of you at the worship service.

St. George's Church

By Bonnie Young

In April, Grace Church and its members supported St. George Episcopal Church in many ways. Ladies Bible Study donated funds toward a new vacuum so desperately needed.

Ladies Sewing Group had 10 pizzas delivered to support a community meal, Grace church donated funds from the minister's discretionary funds and Grace members gave financial donations to support the ongoing community meals.

Additional donations are still welcome; checks can be made to St. George Episcopal Church—community meals. They can be sent directly to St. George or sent to Grace and we mail them all together.

We will try to help them until we can participate physically with our monthly meal. Thank you everyone who is participating in this mission.

Social Distancing Funnies

by Margaret Butler

"I feel like I am 16 again. Gas is cheap and I am grounded."

Did you hear about the merger between FedEx and UPS. They will call it FedUp



David's Column

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We are all in the body of the church, and the differences in the details of how we worship God should not deter us from our worship experience. You may be surprised to find something in the new experience that moves you, that offers a new perspective to what you think you know about the scriptures. Perhaps a hymn that you sing at this church you are visiting is not in our hymnals, but you want to bring it back to share with others. Perhaps the sermon sheds new light on a passage of scripture that makes you re-evaluate how you view the content. You may experience an activity or event that others at Grace Church may find interesting and exciting. All of this is encouraged. Remember the Wesleyan Quadrilateral. Our faith is informed by scripture, tradition, reason and experience. At least two of these can be influenced by attending worship in a new setting, and you might well benefit greatly by the change of place.

God does not care where we worship, only that we do so sincerely.

Catherine's Column

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though we can't gather in our church building, we gather spiritually and emotionally. If you have not been able to join us on Sunday mornings, please do! Contact David if you need help with the technology.

- Communicate with each other. Check in with your church friends. Make a phone call or send a note. These connections are vital.
- Stay informed. Stay informed about what's going on in the BV community and about what's going on at the church.
- Reach out. We have already provided some guidance on how you can participate in food relief (see Bonnie's email about how Grace survives). And a group at Grace is making masks (contact Martha Bauman for information). There are so many ways to serve - just use your imagination!
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I know many of you are already doing these things and much more. If we can all participate in the life of the church in these ways, we will come through this time stronger and more united than ever. This curve ball in our life together is an opportunity to grow. Let's make the best of it!

TRANSITIONS

Our heartfelt sympathy and sincere prayers go out to Max and Sharon Robertson on the death of Max's father last week.

Please continue to pray for Mary Hallman recovering from shoulder surgery.

Also, keep Vi Hardy and Mary Lou Bouman in your prayers. The both continue to struggle with health issues.

Please keep praying for David's mother who is recovering from hip surgery.

Also remember Bishop Karen Oliveto and Robin Ridenour. Bishop Oliveto's mother died on April 20, 2020.

Junia Fitzgerald requests prayers for her step-niece, Meridith Zwicke, who is recovery from COVID-19.

Remember to pray for all the victims of COVID-19 and for all the families of the people who have died from this deadly virus.

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We ask you then to bring back bulletins and experiences from the other churches you attend this year and share them. Any ideas or suggestions you have for me in my ministry are always welcomed. You can give them to me when you see. This will help me to acquaint myself with new ideas and methods of worship that may be of help in our ministries here at Grace Church.

Coronavirus Masks by Bonnie Young

Ladies Sewing Group is making masks like mad and have completed over 200 masks so far. Project is be supported by sewers - Martha, Vi, Becky, Kathy, Evelyn, Judy and Bonnie.

They had an open day when they set up outside the Parish Hall so that members and friends could drive by and pick up masks. Then, they began making masks for both adult and children for the Heart of the Rockies Regional Medical Center.

Now they are making masks as requested by groups in the community. They will continue to make masks until they are no longer needed. Great Job. Wonderful response to the Coronavirus Pandemic. .

Catherine's Column continued from page 4

You are all in my thoughts and prayers. May we all be blessed in God's Love and our mutual affection.

Announcements

How Grace Survives Coronavirus is published weekly in the Grace Google Group. If you are not receiving it, please contact Judy Epperson, eppersonjudy51@gmail.com. I will continue to send a weekly update as long as I receive information. Any pictures, stories, humor bits, whatever are printed. Just e-mail me byoung81211@gmail.com and I will take it from there. Thanks. Bonnie

Grace church is printing a new directory. If you have not been contacted by Judy Epperson about being in the directory and would like to be, please contact her and she will make sure your information gets included. Her email is admin@gracechurchbvco.org.

Please continue to send in your monthly pledges to P.O. Box 1559, Buena Vista, CO 81211. Judy and Dorothy are working hard to make sure that all the monies are collected and deposited each week. Thanks.

If you have something of interest you would like to put in Grace Notes, please send it to Judy at admin@gracechurchbvco.org. Since there are no church activities to report, we need more contributions to the monthly newsletter. Thanks

Individual Prayer Guide for the Community by David Erickson

Below are some suggested prayers to pray individually, each day of the week over your community for several weeks or months. After a period, God will give you ways to tailor these prayers to your specific circumstances. Be sure to listen and keep a journal as God reveals ways for you to take action, and then share them with your pastor(s), prayer leaders and small groups. God may very well be saying the same thing to them.

Sunday: Your Church

- Your Pastor(s) – Pray that he/she spends time with God daily, reading His Word, seeking His face and worshiping Him to renew his/her mind with the mind of Christ (Romans 12:2).
- Church Leaders – Pray that they seek and cooperate with God's plan for the congregation and outreach to the community (Jeremiah 9:23-24).
- Your Congregation – Pray that each person will acknowledge, receive and use God-given gifts, abilities and talents for the glory of God (I Corinthians 12:4-6).
- Church Neighborhood – Pray that your church neighbors and community will be drawn by your winsome ways to the truth of the Gospel and into a relationship with God through Jesus (I Peter 3:15).

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Tuesday: Schools

- Administrators – Pray that they exercise authority with fairness and justice (Proverbs 2:6).
- Teachers – Pray that they will demonstrate love to students, even in difficult situations (I Corinthians 13:4).
- Support Staff – Whether a school psychologist or custodian, pray that their highest interest is the well-being of the children (Proverbs 16:3).
- Students – Pray that they will learn at their potential and gain wisdom as well as knowledge (Proverbs 4:7).
- Christians in the schools – Pray that they will demonstrate Christlikeness (James 1:22-25).

Wednesday: Leaders with civil authority

- Mayor/city administration – Pray that they will do what is right and honorable for the city or town (Matthew 5:14).
- Courts – Pray that judges, lawyers and juries will reflect God's justice and that honesty prevails in all court decisions (Micah 6:8).
- City or County Council Members – Pray that they will seek God's counsel before passing ordinances that affect the citizens they represent (Proverbs 3:5-6).
- Police Officers – Pray they will be protected from evil intent and enforce the law with integrity (Proverbs 10:9).
- Firefighters – Pray that they will have supernatural protection from fire and that they have success in rescuing people from all forms of danger (Daniel 3:27b).

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Prayer experience continued from page 6

Thursday: Economic life of your community

- Businesses – Pray that owners will prosper and use their businesses as a way to spread the Gospel and that managers and employees will honor God in their work ethic (Colossians 3:17).
- Industry – Pray for godly creativity to be unleashed in the workplace as more efficient and effective methods for production are employed (Exodus 35:30-33).
- Agriculture – Pray for all people connected with farming to exercise safety practices that will keep them from harm and for God's blessings to rest on their livestock, land and crops (Deuteronomy 16:15 and Psalm 144:13).
- Non-profit Organizations – Pray that they will have the resources to meet people's needs (Proverbs 11:25).

Friday: Outcasts and Needy

- Poor – Pray for God to establish the poor so that their spiritual and physical needs are met with dignity and stability (Psalm 140:12).
- Widows and orphans – Pray for every need of their bodies, minds and spirits to be met (Jeremiah 49:11).
- Prisoners – Pray for jail ministries to reach them with genuine conversion experiences and disciple them with love (Psalm 69:32-33).
- Mentally ill – Pray for the restoration of their minds for God's intended purposes (Isaiah 14:3).
- Physically ill – Pray that God will use any and all means to bring healing for the sick (Jeremiah 17:14).

Continued in next column

- Disabled – Pray that they will be filled with hope from God even when discouraged (Isaiah 40:31).

Saturday: Spiritually Lost

- Family Members – Pray for those whom you love and care deeply for to turn to God for Salvation; name a family member who needs a personal relationship with Jesus (Acts 2:38-39).
- Neighbors – Pray for those with whom you have regular contact to seek and find God; lift up a person by name (Acts 8:26-39).
- Unsaved of the community – Pray for the churches of your community to be filled with people hungry for the power of Jesus living in them and for the churches to disciple them with open arms and for your church to go to the people who have needs and meet them where they are (Acts 17:16-34).



Waiting for his mealworms

Photo by Sherry Thomas

Breakfast Shake for Two

by Kim and Kathy Prather

Nutritious Breakfast Shake for two.

4 tablespoons yogurt (we use low fat, but anything will work)

1 tablespoon of flax seed

2 cups frozen spinach or kale

1 finger of frozen ginger root

1 finger of frozen turmeric root or you can use powdered turmeric (both ginger and turmeric root are excellent for inflammation and joint aches)

A few cubes of frozen beets

1 3/4 cups of juice (we use unsweetened grape or cranberry, but anything you want is fine)

1 1/2 -2 cups of frozen mixed berries

We also add, but optional for everyone:

2 tablespoons liquid CoQ10 (great for heart health and also an antioxidant)

2 Tablespoons of MSM powder (excellent for inflammation of any kind)

1 tablespoon elderberry syrup (excellent antioxidant)

Pour into a blender and let sit for 30 minutes so the frozen stuff thaws. Then blend and enjoy!

You can add or delete anything you want from this shake, but it really is filling and very good for you.

Tips: We buy organic kale or spinach fresh and then just wash and freeze it. Same with the beets, cut them up and freeze them. The ginger root and turmeric root (Lettuce head or natural grocers usually has this) can be frozen right away. Just peel and cut up when you have time.

Birthdays and Anniversaries



Birthdays

5/8 Jennifer Wright

5/14 Martha Bauman

516 Maryanne Freed

5/23 Catherine Tran

5/28 Jim Finkowski

Anniversaries

5/5 Tom and Barbra Clark

5/25 Tom and Martha Bauman

5/29 Ed and Margaret Butler

5/30 Dan and Jo Rodeheffer

5/31 Bill and Junia Fitzgerald



Grace Notes is a publication of Grace Church in Buena Vista, Colorado

Grace is an Episcopal-United Methodist Ecumenical Fellowship where people of all Christian faith traditions are finding a spiritual home.

Please send articles and pictures to editor Judy Epperson at eppersonjudy51@gmail.com