



Grace Notes

The Newsletter of Grace Church • PO Box 1559 • Buena Vista, CO 81211
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Enjoying a Fall Day

Persons, places, vistas we have seen



Mary and Curry enjoy a hike on a fall day. Not pictured is Sherry Thomas who accompanied them.

Picture by Sherry Thomas

OCTOBER 2020

From Our Pastors



Rev. Tran writes about ways to ease strain during COVID-19.



Rev. Erickson talks about the importance of friendship.

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National Fluffernutter Day

National Fluffernutter Day is October 8, when we fondly pay homage to the childhood sandwich of peanut butter and Marshmallow Fluff squished between two slices of bread. Fluffernutter holds a special place in the childhood memories of many New Englanders and is memorialized by its own special day on the calendar. So, sit back and relax and have a Fluffernutter and remember special memories from your childhood.

Catherine's Commentary

2020 has been a year of losses. Not only have many of us lost friends or family members, but we have lost other things as well. So many things are different or gone. We have all lost our daily routines due to Covid19. We no longer attend in-person meetings. We don't casually run errands. There are no leisurely meals with friends in restaurants. We can't even go to church! The list of changes and losses is long. And the national and global crises of this year seem to keep going and going. And won't we all be so glad when the elections are over!

So, what do we do at times like this? There are plenty of wellness practices that you all

know about and probably do, such as getting plenty of rest, spending time with spiritual practices, getting out into nature, and eating well. These things are all critical to our physical, emotional, and spiritual well-being.

A few other things you could try including allowing yourself to grieve your losses. You could try reconnecting with someone you don't see any more – exchanging letters might be nice. Stay off of screens as much as possible. Turn off the news! Be aware of when things are getting to you and be gentle with yourself. Give yourself a break

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Perhaps a Covid19 rule of life might be helpful in these difficult times. I encourage you to give it a try!

David's Column – Friendship



When we count our friends, we should count ourselves lucky. To have a true friend has infinite value. C.S. Lewis said, "Friendship is unnecessary, like philosophy, like art... It has no survival value; rather it is one of those things that give value to survival." This is so true friendships enhance our lives.

There are different kinds of friendships. Some are casual; some really close: where you can bear your true self and feel safe in doing so; some out of utility – like moms with young kids getting together. They have a commonality that brings them together – young children. Work friendships can be another example of a utilitarian friendship as could being part a Christian group. Some casual and utilitarian friendships become close friendships and sometimes friendships of all types do not last. What we need in friendships might also change as we age, and this might be why some friendships stall while others flourish.

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Church Council Report

by Ray Stwalley, Chairman



Fall is a busy time for both the council and the church. We all are looking forward to fall and winter, Thanksgiving and Christmas then the new year. For the church, fall brings the Methodist

Conference, the Stewardship drive, and Advent followed by Christmas. We are all wondering what these seasons will be like without the traditional group events, the greening of the church for advent, Christmas Eve services in the Sanctuary.

While there will undoubtedly be many differences from past years, the real meaning of these seasons has nothing to do with large dinners, decorating both the Church and our homes, Candlelight services at the church and anything else you can list. It is still about responding to the call to love one another, caring for the sick, the poor, our neighbors and even our enemies.

Additionally, the day to day tasks keeping Grace Church a functioning organization have not stopped because of the pandemic, rather they have been made more complicated.

Examples: Stewardship campaign. Instead of having a pledge Sunday when everyone can bring their pledge card to the service and deposit it in the basket, we will be asking that you return your card by mail to the church.

Methodist Conference: Rather than staying after the Sunday service, having the meeting, and

Community Meals

By Bonnie Young

George St. George Episcopal Church is now serving noon meals in their dining area for a limited number of people, Mondays through Fridays. On Saturday, sack lunches are available as take-out, so we are not needed to provide a 1st Saturday meal right now.

They still, however, need our financial assistance. If anyone would like to donate to St. George Episcopal Church, Community Meal program, send a check to Grace Church stating so or send a check directly to them at P.O. Box 243, Leadville, CO 80461.

Rev. Ali Lufkin is officiating Tuesday night services and is doing well. In addition, Carol Slater and I are taking up the knitted hats and scarves she has made for their Christmas present drive. If anyone has been knitting over the year, we will take any items when we go. Contact Bonnie Young 395-8414 or byoung81211@gmail.com



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Friends are so important for our well-being. Jesus knew the value of friendship. In John 15:12-15, Jesus said, "This is my commandment, that you love one another as I have loved you. Greater love has no one than this that someone lay down his life for his friends. You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you." Jesus is the pure example of a true friend - he gave his life for his friends, which means all of us who choose to believe in Him as our savior.

When we are lonely and think we have no friends, remember the one true friend that matters is Jesus. A better friend you could not find. When I am doing something that is hard for me. I often picture Jesus along for the ride, and as it happens, things often are easier for me when I picture him there!

In Colossians 3:12-14 it says, "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one
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from things that are not life-giving!

A few weeks ago, when it became apparent that we are in this at least until next spring or summer, I decided to create a Covid19 rule of life. My rule of life includes wellness practices such as a weekly hike with friends, regular visits with family, regularly engaging in creative work (refinishing furniture and sewing for example), daily exercise, meditation, a regular gratitude check-in with myself, and attending to any feelings of anxiety or depression that might begin to build. I got my physical and dental checkups. Tam and I also bought new toys - two ebikes, which we have been enjoying!

Perhaps a Covid19 rule of life might be helpful in these difficult times. I encourage you to give it a try!



TRANSITIONS

Please pray for Max and Sharon's friend Kay. She is in the ICU and not doing very well after surgery.

Prayers are again requested for Judy and John's granddaughter, Courtney. She is having trouble getting her thyroid regulated.

Please pray for Barbara O'Donnell's son-in-law.

He is having more intensive chemotherapy for his cancer.

Continue to pray for Sherry's brother, Ken and his wife Pat. He is recovering from a broken spine.

Prayers are needed for David's mother and his family. His mother is in hospice.

Please pray for peace in our country as we approach the election. Pray that people will vote thoughtfully for the good of the country and not emotionally out of spite.

David's Column

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another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these, put-on love, which binds everything together in perfect harmony." What a wonderful passage - it is really a guide on being a friend. It tells us to be kind, compassionate, forgiving, and loving. We should try to do these things as best as we can.

The following is a prayer for friendship.

Lord, thank you for being my friend - thank you for sending your son Jesus down to earth to die for me, his friend, just so that I may know you and spend eternal life with you. There is no greater gift. While I am here on this earth, Lord, please help me to make friends and help me to be willing to let my wall down so I might have a few true friends. This can sometimes be hard for me, Lord - but I know you are there to help me. Also, I desire to be the kind of friend to others that I would like to have. Please help in these things, Lord. In Jesus' name, Amen.

Tragic News

by Judy Epperson

Jeff Deardorff, a former member of Grace Church was killed in a tragic accident on September 28, 2020, while climbing the Crestone Needle.

Jeff and his wife, Judy, joined Grace after moving to Buena Vista in 2014 and were active members of the congregation for several years. Jeff served on the Church Council and was chair of the SPRC, now the Personel Committee. Judy was in the Ladies Sewing Group and helped with many of the activities of the church.

Jeff's Memorial Service was held on Thursday, October 2, 2020 at the Ranch of the Rockies Pavilion.

Please keep Judy and her family in your prayers as they face this difficult time of transition.

Cards may be sent to Judy Deardorff, 124 Stacker Drive, Harzel, CO. 80449.



Jeff Deardorff

Christmas Boxes

by Bonnie Young

Spirit Lake Ministry Christmas Shoebox program.

Starting October 1, shoeboxes, that will be going to children on reservations in North and South Dakota and Minnesota, will be available in the Parish Hall. Each box will have the instructions of what to fill the boxes with.

Also, there will be school supplies, purchased by the Grace Ladies Sewing, and knitted caps and scarves from Carol Slater. Please feel free to take what you need for the box. All boxes need to be returned by the end of October. For more information contact Bonnie Young at 395-8414 or byoung81211@gmail.com.

Afternoon Church Service

There will be an afternoon church service on October 18, 2020 on the lawn at Grace Church. Please bring your lawn chairs and join us for this time of worship and fellowship. Masks will be required.

This will be an additional in person service and doesn't replace the usual Sunday morning Zoom service. If you have questions, please contact Judy Epperson at 719-395-6380 or admin@gracechurchbvco.org.

Council Report

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then adjourning to the Parish hall for the traditional potluck, we will be reassembling on Zoom after drive by communion

Drive by communion: Rather than kneeling at the altar, we drive to the church after the Zoom service and take communion on the sidewalk in front to the church.

Committees will soon be asked for their estimates of financial needs for next year so a budget can be prepared. Members of the church will be asked to serve the community in various ways for the coming year.

Pandemic or no pandemic, the life of the church continues and so must our role in its life. If you are asked to serve in some way, please give it prayerful consideration. If you feel the desire to serve in a specific way, contact one of our pastors or a member of the council and make yourself known.

The council and our clergy are preparing for a future where even after we may resume in person worship and or study in the church buildings, we will still be providing our services and classes online either as a livestream, or an interactive event. If an of you have thoughts on what you would like that to look like, or have experience in the area, please contact either Ray or David as we can always use more input.

Picnic With Max and Sharon by Judy Epperson

Max and Sharon left the heat of central Texas a couple of weeks ago and returned to the cool mountains of Colorado for a few days. While they were here, a few members of the church got together for lunch on the patio.

It was really great to have them back with us even for a little while. We tried to convince them to stay but were not successful. It was a fun afternoon. Pictures are courtesy of Ray Stwalley.



Living Dangerously by Judy Epperson

Most of you may not be aware, but there are some members of the congregation that like to live dangerously.

This was brought to light last week when several members of the congregation went on an e-bike trip with Rick and Nancy Fox, who provided the e-bikes.

They took off on what was otherwise a normal Thursday afternoon, these dare devils met at Rick and Nancy's and were instructed in how to ride the bikes, then turned loose to terrorize the neighborhood.

More experienced people who own their own bikes rode with Rick and Nancy on a longer trail ride. Most of the participants really enjoyed themselves. However, I am told that some had wounds in places that couldn't be shown.

Thanks to Rick and Nancy for organizing this fun outing and giving the congregation a chance to get together. Masks were worn, of course.



Announcements

Grace Cookbooks

Get them while they're still available! This book has reached the top of the Grace Notes best seller list and won't be topped for at least a decade.! Get them for your family and friends for Christmas. I know each of you must have a relative that can't cook. This book is the answer. There are only 18 cookbooks left for the ridiculously low price of \$15.00 per book. Get them while they last. If you would like to order a cookbook, contact Judy Epperson as admin@gracechurchbvco.org. to get your name on the list.

Prayer Vigil

The sanctuary is open for prayer on Saturday afternoons from 1:00 pm to 4:00 pm in 20-minute increments. You may com pray by yourself or with a family member. Social distancing protocols are in place and masks are required. If you would like to make a reservation to come pray, please contact David on first and third Saturdays, and Catherine on second and fourth Saturdays.

Stewardship Campaign

The annual Stewardship Campaign will begin this month. Stewardship letters will be going out next week. Since we won't have a Pledge Sunday as such, please remember to mail in your pledge cards by October 25, 2020. We will have a dedication of the pledges the first week in November. If you have questions, please contact me at 719-395-6380 or at admin@gracechurchbvco.org.

Birthdays and Anniversaries



Birthdays & Anniversaries

Birthdays

10/1 Vi Hardy
10/3 Mary Lou Bouman
10/24 Sue Knippa

Anniversaries

10/4 Kurt and Dorothy Miller



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