

February 2020

Pastor Debbie

Volume 35 Issue 2

Center United Methodist Church

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Saguache United Methodist Church

6th & Christie, Saguache
Worship Service: 10:30 am

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I would like to thank Center for the very generous end of the year monetary gift. I would also like to thank Ms. Shirley for the beautiful butterfly cross which I will look forward to wearing on communion Sundays. I would also like to thank Ms. Isabel for the darling glass doggie figurine as well as Claudia and Jolene Robinson for the beautiful graduation card and generous graduation check. I truly appreciate the outpouring of love.

The Senior Fitness Center is officially open and we hope that our church and community will find this helpful especially during the winter months. There WILL NOT be breakfast with the Police Chief in February since that is the day of the pancake breakfast for the Wrestling Tournament sponsored by the Center Kiwanis Club, so it will hard for those of us involved being two places at once.

I would like to remind everyone of Souper Bowl Sunday, this Sunday. Bring in canned soup for our city food bank. Every can counts.

As we move into the Lenten season, I am encouraging those who are interested in participating in Lenten worship to attend the Lenten Friday Lunches at different churches in the Monte Vista area. This long- established Ecumenical Lenten Friday Lunch is a great opportunity to worship with folks across our area. A love offering is usually taken at each church for a mission effort of the hosting church, so we are helping different mission opportunities in our area. Saguache will undertake the Lenten Study *Les Miserables* written by my good friend Matt Rawle. The Lenten sermon series for both churches will come from the same study.

We would like to welcome Calvary Baptist's church ministry extension to Center. Rev. Bob Galey was given the Center Baptist Church deed this month and Calvary Baptist is excited and anxious to join their presence with our

faith communities in Center to fight the forces of evil. They are working out details and plan to have a soft opening on Palm Sunday with an official opening on Easter Sunday. We welcome our Baptist brothers and sisters, **"for the fields are white with harvest and the labors are few."**

On Ash Wednesday, Center will host the **"Healthy Brain and Body" potluck workshop** from 11:30 am -1:30 pm sponsored by the **Alzheimer's Association.** **There will be a simple Good Friday service at 6 pm.** Our annual Easter Egg Hunt is still in its planning stage, so we welcome anyone wishing to be part of that event the Saturday before Easter. **Center's Easter Sunrise service will be 7 am** Easter Sunday followed by the traditional Easter Brunch with regular worship at 8:30 **am. Saguache's Easter Service will be at 10:30 am.**

Center's Cookin' with Your Neighbor is February 6th and since no theme has been determined, we are asking folks to bring **whatever they would like. Let's get out there and invite folks to come.** **Saguache's Dinner with Your Neighbor** is February 13th and their theme is Make Your Own Waffles. Movie Night February 20th will be Overcomer @ 6 pm.

Hannah has been coming on Sunday mornings for Youth Fellowship at 8:30 am for any children who come. She has been gracious to continue for another month with the prayer that children will come.

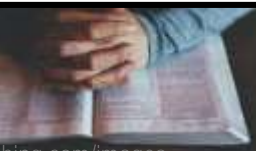
Traditionally, this time of the church calendar confirmation occurs. Confirmation is a time of study (either done in one day or spread over several weeks) where both adults and children confirm their Christian beliefs and service to Christ. If there is anyone, adult or child at either church interested in confirmation or would like more information about confirmation, please contact the church office.

Ash Wednesday

Ash Wednesday marks the first day of Lent, the six week fasting period which leads us to Easter. This day gets its name from the use of ashes which are a sign of mortality and repentance. The prayer below demonstrates the purpose of Ash Wednesday perfectly:

Almighty God, you have created us out of the dust of the earth. Grant that these ashes may be to us a sign of our mortality and penitence, so that we may remember that only by your gracious gift are we given everlasting life; through Jesus Christ our Savior. Amen.

During Lent many work on self-examination and intentional consideration through prayer, fasting, and abstinence. We do this so that we emerge after 40 days with a renewed understanding of **the significance of Jesus' sacrifice** for us and reaffirm our trust in God. We can then celebrate Easter.



Bible Study/Prayer group

Sunday February 9th in Saguache will be the last day of our four week study on *The Overcomer* bible study series. Center's Bible study ended last week. This study series also features a movie of the same name. We will be showing it as this **month's movie night film**. Please join us for this enlightening movie.

Who was St. Valentine?

In the interest of full disclosure, after about 1,700 years of history, it's kind of hard to know exactly who Valentine was and what he did. The truth is probably not as highly dramatized as we may wish. The truth is embedded somewhere in the depths of history, never to be known until we get to heaven.

The year was 270. The Roman Empire was engaged in a desperate attempt to retain the *Pax Romana* that had endured for centuries. Christianity was active during the 3rd century. Although Christ had died over two centuries prior, Christians were eagerly propagating their faith and churches were springing up everywhere. But the 3rd century was also the time of the Christian martyrs. Prior to Constantine, the empire was not friendly to Christianity. Claudius, the reigning emperor of the time, was a warlord, intent only upon preserving his empire and routing his enemies. His primary interests were military, and he would stoop to nothing to ensure that his mighty army remained loyal to him.

It was Claudius's maniacal grip on the military that led him to install a very foolish policy empire-wide. Claudius had a problem on his hands when it came to the army. Military recruiting was suffering because of the petulant affection between man and wife. Love was getting in the way of patriotism! Claudius then passed a law forbidding anyone to get married.

Living in this anti-Christian and anti-marriage climate, was Valentine. Valentine was a Christian priest in Rome. He knew from the Bible that marriage was good and honored by God so he took it upon himself to perform Christian marriages—contrary to the law.

Although he was being loyal to his faith, he was flying in the face of Roman law. The Roman government hunted him down and locked him up in prison.

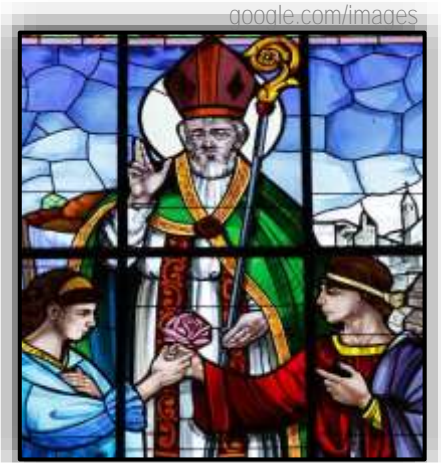
Valentine, true to his bold character, tried to convert Emperor Claudius to Christianity. Claudius demanded that Valentine recant his faith and submit to the cruel and godless tyranny of Rome. Valentine staunchly refused. The Roman Prefect condemned him to torture and death. He was beaten violently, then beheaded.

According to legend (and probably false), Valentine himself fell in love during his time of imprisonment. The daughter of the prison guard met Valentine and fell head over heels in love. As the story goes, their romance was the prototypical saga of steadfast love, broken only by the tragic death of Valentine. He wrote a note to her, allegedly penned on February 14, the day before he was beheaded. He signed the note, "Love from your Valentine."

Henceforth, we have the first Valentine's Day card.

Although the story of Valentine's Day is shrouded in mystery, buried in tradition, and (thanks to commercialism) stripped of its significance, we can bring some of the truth back. The truth is, love can't be squelched, outlawed, or stamped out. The significance of Valentine's life was not that he defended love and romance and performed secret marriages. Valentine—a day now besmirched by cupids, chocolate, and candlelit dinners—is a day founded upon the life of a martyr. Valentine died a bloody death, beaten and beheaded.

The truth is, Valentine was in love with his Savior, Jesus Christ. Love for Jesus trumped his love of self. Valentine nobly gave his life for the God he loved.



AA Meeting

The AA Group Meets Saturdays at 10am and we welcome anyone who wishes to be a part of this group. We are so grateful for this opportunity God has given us to host these AA Meetings.

Trinity District Conference

The Trinity District Conference will be held in March this year on the 28th in Alamosa from 9 to noon. All laity encouraged to attend. More details to follow in the March Newsletter.

OVERCOMER



Movie Night

This month's movie is linked to the Bible series we studied on Wednesdays last month. You do not need to have been a part of the bible study group to see this enlightening movie, and we hope many will attend.

Sunday Youth Fellowship

We will still be offering Youth fellowship this month in the hopes that this will allow parents of young children to come and worship without having to worry about the kids being disruptive during the service. They will be able to worship in their own way through engaging activities.



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This Holiday believe it or not, has its roots in Christianity like many other holidays we celebrate today. Groundhog day originates from Candlemas Day which was celebrated to bring blessings to their household for the rest of the winter. Families would take their candles to the church to have them blessed. As time went by the celebration turned into a way of predicting the weather the rest of winter would bring. There is a English folk song that highlights this transition:

*If Candlemas be fair and bright,
Come, Winter, have another flight;
If Candlemas bring clouds and rain,
Go Winter, and come not again.*

This new interpretation of Candlemas spread across all of Europe and when the tradition was brought to Germany they introduced an animal into the lore. In this case it was a Hedgehog who saw his shadow. Because there were no wild hedgehogs to be seen in the Americas, The colonists discovered the Groundhog also hibernates and thus the Holiday that we know of today was born.

Worshiping Lent

Those who will be participating in this coming Lenten season are encouraged to attend the Lenten Friday Lunches that are being hosted at different churches in the Monte Vista area. This long-established lunch is a wonderful opportunity to meet new people and worship with other locals. Each church typically takes a love offering for a mission effort of their choice, and so by attending you are helping the many different missions in the valley. In Saguache, there will be a Lenten study written by Matt Rawle called *Les Miserables*.



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Financial Report

The Financial report for January will be included in the March Newsletter combined with February.

Martha Circle Meetings

Martha Circle will meet the 3rd Wednesday of each month throughout the year. Meetings start at 9:30 am.

If you know of anyone that could use a greeting card please call Vickie Myers @ 754-3598. Vickie has a great selection of cards on hand. We welcome new members and invite all to attend meetings at any time. For more information of these events call Martha Circle President, Marilyn Eagles 754-3704.

Alzheimer's Association Pot-luck

On Wednesday, February 26th there will be a pot-luck and presentation put on by the Alzheimer's Association. It will be from 11:30 am — 1:30 pm and the presentation will cover not only the strategies around brain health and prevention, but also information about the disease itself, warning signs, how to work best with a doctor for a good diagnosis, and the services the Alzheimer's Association provides. This is an incredibly important event so please join us.



Senior Fitness Center

Our Fitness Gym is now open! We have a variety of workout equipment including a bike, an elliptical, and a Strider which is low intensity and helps build leg strength in a gentle and safe way. We also have a Bowflex unit that has a variety of exercises, all of which are posted on the walls next to the unit. All of the equipment have instructions on usage posted next to them and there are also some exercise suggestions in a folder in between the Bowflex and the Strider. We have included a TV unit in the room with a DVD player so that you may do yoga whenever you would like. If you are interested in using this gym, it is open Monday through Thursday from 9 to noon or if the signs are posted in the planters outside the church. Before you start using the gym please visit the office to fill out some forms for safety reasons.

Yoga

Yoga is still being offered every Tuesday and Friday at 9:30 am. On Tuesday the group follows a DVD exercise program and on Friday there is an actual instructor who comes and leads the group. This is a low intensity type of Yoga which anyone can do. Please come!

alzheimer's  association

Healthy Living for Your Brain and Body Center



**MARK YOUR
CALENDAR!**

*for Wednesday,
February 26th
11:30 am - 1:30 pm
(plus a pot-luck lunch)*

**Location: United Methodist Church
387 South Broadway
Center, CO 81125**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement.

Information on warning signs and other updates will also be provided.

**This free class will be presented by
Ann Carter, Regional Director
Alzheimer's Association, Southern Colorado
For more information, please call Jill at 719-372-5985.**

Alzheimer's Association
24/7 Helpline 1 800 272-3900 www.alz.org/co

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10 (ESV)



Registration is now open for Beaver Creek Christian Camps at www.bccyc.com
 Register by April 15, 2020 and pay at least a \$50 deposit to receive a \$30 discount.

BEAVER CREEK CHRISTIAN CAMP 2020



- Beaver Creek's Christian Camps 2020 Schedule and Fees**
- Staff development - June 26-29, 2020
 - Family/Grand Camp - July 1-3, 2020 - \$200 for one camper and one adult in the same family plus \$50 for each additional family member
 - 1st & 2nd Grade Camp - July 1-3 - \$150 per camper
 - 3rd & 4th Grade Camp - July 5-10, 2020 - \$365 per camper
 - 5th & 6th Grade Camp - July 12-17, 2020 - \$365 per camper
 - Middle School Camp - July 19-24, 2020 - \$365 per camper
 - High School Camp - July 26-31, 2020 - \$365 per camper

Scholarships are available for all camps.

Beaver Creek Christian Camp
 0885 County Road 20A
 P.O. Box 186
 South Fork, CO 81154
manager@beavercreekcamp.org
 (719) 879-5311



Beaver Creek Youth Camp is an equal opportunity service provider and employer and operates under special use permit from the USDA Forest Service, Rio Grande National Forest.

Confirmation

It's the time of year for Confirmation, a time of study where people of all ages confirm their Christian beliefs and service to Christ. If you are interested, please contact the church office for details.



Center

Sunrise Service 7 am
 Brunch after Sunrise Service
 Regular Service 8:30 am

Saguache

Regular Service 10:30 am

On April 10th there will be a
 Good Friday Service 6 pm

On April 11th we will have The Easter Egg Hunt. It

Joke of the Month

After she woke up, a woman told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?"

"You'll know tonight." he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams".

Souper Bowl!

Please bring
Food Bank
donations this
Sunday in
celebration of
the 54th Super
Bowl. All food
collected will
be donated to
the Center
Food Bank.
Please Donate!



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God's Valentine Gift

By Joanna Fuchs

God's Valentine gift of love to us
Was not a bunch of flowers;
It wasn't candy, or a book
To while away the hours.

His gift was to become a man,
So He could freely give
His sacrificial love for us,
So you and I could live.

He gave us sweet salvation, and
Instruction, good and true--
To love our friends and enemies
And love our Savior, too.

So as we give our Valentines,
Let's thank our Lord and King;
The reason we have love to give
Is that He gave everything.

Cooking With Your Neighbor

This month's Cookin' with Your Neighbor is on February 6th at 5:30 pm and since no theme was selected, please bring whatever food you would like to bring. Saguache's theme is Make Your Own Waffles and is on the 13th at 5:30 pm. Please bring your friends and family and some neighbors as well.



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Heart Shaped Mini Calzones

Ingredients

Recipe by: *SugarFreeMom (Allrecipes.com)*

- ◆ 1 1/2 cups white flour
- ◆ 1 1/2 cups pastry flour
- ◆ 2 tsps. Baking powder
- ◆ 1 tsp salt
- ◆ 1 1/4 cups warm water
- ◆ 1/4 cup extra virgin olive oil
- ◆ 2 tbsps. Honey
- ◆ 4 tsps. Active dry yeast
- ◆ 1 cup chopped broccoli
- ◆ 1 cup shredded cooked chicken breast
- ◆ 1 cup light cream cheese, softened

Directions

1. Combine white whole wheat flour, whole wheat pastry flour, baking powder, and salt together in the bowl of a stand mixer; make a well in the center of flour mixture.
2. Mix water, olive oil, and honey together in a separate bowl; sprinkle yeast over water mixture. Let stand without stirring until yeast softens and begins to form a creamy foam, about 10 minutes.
3. Pour yeast mixture into well of the flour mixture; mix on low setting using paddle beater until combined, 2 to 3 minutes. Replace paddle beater with dough hook and beat dough on low setting for 10 minutes.
4. Spray the inside of a large bowl with cooking spray.
5. Transfer dough to the prepared bowl; cover bowl with a towel and let rise in a warm area at least 30 minutes (1 hour for better texture).
6. Divide dough into two balls; knead each by hand for about 1 minute.
7. Roll each dough ball out with a rolling pin onto the prepared baking sheets about 1/4 inch thick. Cut dough into an even number of hearts using heart-shaped cookie cutters.
8. Preheat oven to 400 degrees F (200 degrees C).
9. Place broccoli in a microwave-safe bowl; cook on high in microwave until slightly tender, 1 to 2 minutes.
10. Mix cooked broccoli, chicken, and cream cheese together in a bowl. Spoon 1 to 2 tablespoons filling into the center of a heart; top with another heart. Seal edges together by pressing around the heart with a fork. Repeat with remaining filling and hearts.
11. Bake in the preheated oven until hearts are golden brown, about 20 minutes.



Things to Remember for February!

- ◆ **Our gym is now open! It's open Monday through Thursday from 9 to noon.**
- ◆ This Sunday is Groundhog day, so lets **hope Punxsutawney Phil doesn't see his shadow!**
- ◆ The *Overcomer* Bible study ends on the 5th with lunch provided, and is followed by the movie on the 20th. Please join!
- ◆ 50+ will be on Feb 8th this month at noon.
- ◆ Town & Country will be having their meeting on the 10th at 11 am.
- ◆ Worship and Admin Council Meetings will be on the 11th at their regular times.
- ◆ This is the Month of Presidents! We will **be celebrating Lincoln's birthday first on the 12th, followed by President's Day** celebrated in honor of all our presidents on the 17th. The month ends with **Washington's birthday on the 22nd.** God bless our forefathers and their freedom they gave us.
- ◆ **Don't forget Valentine's day on Friday the 14th!** Let those you love know you care, **whether it's through gifts or just saying I love you.**
- ◆ The Alzheimer's Association is hosting a potluck Feb 26th at 11:30-1:30 pm. There will also be an informative presentation so please attend.
- ◆ Ash Wednesday is on the 26th this year and marks the beginning of Lent and the 40 days of self-reflection.