

The Monitor

September/October 2025

First United Methodist Church of Salida

“Love, Live, Give As You Have Received”

4th & D Streets (P.O. Box 945)

Salida, CO 81201 (719) 539-2755

Ministers: Everyone; Pastor: Rev. Laura Blackstone 719-539-2755 (O), 720-635-9172 (C)

Office Administrator: Licia Iverson

Lay Leader/One Board Chair: Debbie Jackson 719-221-2181 SPRC Chair: Jim Oberheide: 970-485-1027

Treasurer: Randy Bergstrom 719-539-5305; Finance Secretary: Paul Wilson 630-730-8590

Pastor's e-mail: revlaurabeth@outlook.com

Church website: www.salidaumc.org

Church e-mail: office@salidaumc.org



Reverend's Reflections

The word “amazing” has two parts: “*amaze*” (WOW) and “*zing*” (POW)! Of course, we’re not talking about actual linguistics, but merely the feeling behind the word and your experience of being the amazing congregation you are, on the move in the world. And yes, you are moving! You move hearts, minds, and souls in the love and light of God; and you move among one another to *act* and *do* God’s good work here on this earth at any given moment, both inside and outside the walls of the sanctuary as we, together, live to BE the church wherever we go, and with whomever we see and know.

In all this moving and doing, we are taking this moment in our Salida UMC congregation to focus our vital energies on opening wide the spiritual gifts God has placed inside our souls to spread God’s love to and through the life around us.

I invite you to consider the gifts God has placed in you—who are uniquely and intentionally made—which will benefit the souls around you in putting to good use (and sometimes good trouble!) your talents and abilities **by joining up with one of the following groups in action:**



***FUN COMMITTEE** (y’all can rename yourselves when we gather—this is just the essence of the group) 😊 These folks will get together to plan fun activities and outings, like movie nights, game nights, bowling, hiking, camping retreats, dinner gatherings, etc.

***NURTURE and OUTREACH**
This group creatively imagines the different ways we can *reach out* to our wider Salida community to provide aid to those in need (ie organizing clothing drives, gifts for hospitalized children, scheduled visits to Columbine Manor nursing home, care response to community struggles as they arise, etc) as well as *nurture* those requiring care already in our congregation (through cards, hospital visits, meal-trains, hug-visits, etc). This group works also to spread awareness of our Salida UMC Church Family by creating different ways we might connect with those who are not yet a part of the church but might benefit from belonging to this community of Christ’s care and love (whether that be through spreading signage in fruitful locations, setting up booths at local community events, gathering together for fellowship in heavily frequented spaces outside our church walls, etc).

[Reverend's Reflections continued on pg. 2....](#)

***TRUSTEES** This group works together to maintain the buildings and properties of the church by being attentive to the ever-changing needs of our historic sanctuary, assuring our sidewalks and ramps are safe and accessible (+checking light bulbs, eye-balling roof shingles, standing on ladders, etc).

***SHOWER MINISTRY** We are looking for at least three more volunteers for this vital act of care toward the most vulnerable in our Salida community. Our congregation lives well into God's call to serve the homeless and thankfully has the resources to help folks clean up so they can regain their sense of self as well as reintegrate with the community with greater potential for future work opportunities while receiving the respect they deserve as God's children and as human beings.

***Other Opportunities Include** volunteering to help with: Women's Winter Shelter for the Homeless, front office administrative needs, hosting fellowship, ushering, serving communion, joining chimes/choir, fundraising, etc.

As you discern which of these is the best fit for you, **please reach out to Rev. Laura Blackstone by phone (720) 635-9172 (text/call) or e-mail RevLauraBeth@outlook.com**; or you can contact the front office by phone (719) 539-2755 (call) or e-mail office@salidaumc.org, and we can get you ready for some good moments of sharing your purpose and putting your gifts into action!

Remember *you* are the Body of Christ on the move in this world; so let's do some amazing things while we're blessed to be, and put the ZING back into the WOW that makes this House of God a special place of spirit and love for any and all searching for the heart of God here at Salida UMC. Amen

Peace and Blessings,
Rev. Laura

WE LOVE
OUR VOLUNTEERS

Welcome to Salida United Methodist Church

Come and see what we offer...

Sunday Morning Service 10:30AM

Women's Bible Study – Wednesdays 9:30AM

Contact Person: Ginny Biglow

Book Study – Wednesdays 12:00-1:00PM

Contact Person: Rev. Laura Blackstone

Fellowship – Following Worship on Sundays

Contact Person: Allison Groom

Shower Ministry – Thursdays 12:00-3:00pm

Contact Person: Mike Orrill

Safeway Gift Card Program

Contact Person: Allison Groom

Samaritan Fund – Assisting those in need

Contact Person: Rev. Laura Blackstone

Summer Raft Guide Dinner Program – June/July

Contact People: Licia Iverson, Rev. Laura Blackstone

Host Home for Women's Winter Shelter

Contact Person: Rev. Laura Blackstone

The Lunch Club (TLC)

Contact Person: Sue Glasgow

Additional Areas to Get Involved!

Trustees – Care of our church property

Contact People: Bart Smith, Rev. Laura Blackstone

Nurture & Outreach

Contact Person: Rev. Laura Blackstone

Fun Committee

Contact Person: Rev. Laura Blackstone

Worship Committee

Contact Person: Rev. Laura Blackstone

Liturgists - Contact Person: Virginia Imig

Ushers - Contact Person: Debbie Jackson

Communion Volunteer

Contact Person: Rev. Laura Blackstone

Chancel Choir - Contact: Rosie Bacun

Chime Choir - Contact: Sue Glasgow

Audio Visual Needs - Contact: Bob Campbell

Fundraising - Contact: Rev. Laura Blackstone

*Any questions... please call: 719-539-2755
or email us at: office@salidaumc.org*

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## September / October 2025 CELEBRATIONS

### Birthdays

|              |                   |
|--------------|-------------------|
| September 3  | Jeff Campbell     |
| September 5  | Allison Groom     |
| September 9  | Rich Little       |
| September 11 | Jeannie Coe       |
| September 11 | Maggie Sandell    |
| September 13 | Ginny Biglow      |
| September 16 | Mary Lou McCausey |
| September 19 | Cindy Wilson      |
| October 4    | Jack Gordon       |
| October 5    | Thomas Sandell    |
| October 8    | Barb Zechman      |
| October 15   | Cindy Tietz       |
| October 16   | Norma Ricketts    |
| October 22   | Rhonda Plinske    |
| October 24   | Kay Goble         |

### Anniversaries

|              |                          |
|--------------|--------------------------|
| September 17 | Barbara & Larry Williams |
| September 18 | Ginny & Jerry Cunningham |
| September 25 | Randy & Linda Bergstrom  |
| October 7    | Allison & Brad Groom     |

**ONE BOARD WILL MEET  
IN OCTOBER ON:  
THURSDAY, OCTOBER 23  
AT 3:30 IN CENTURY HALL  
IN-PERSON AND BY ZOOM**



*Ever wondered how you might be of service to the church? Please consider being on the volunteer rotations for one of these three areas of service!*

*Sign up to usher or provide refreshments for Fellowship Time on the sign-up sheet on the bulletin board in Century Hall.*

*For more information, please contact the following coordinators:*

|            |                                         |                |
|------------|-----------------------------------------|----------------|
| Liturgists | Virginia Imig                           | (719) 203-0203 |
| Ushers     | Usher Volunteer Coordinator Needed      |                |
| Fellowship | Fellowship Volunteer Coordinator Needed |                |

### **THANK YOU TO ALL OUR VOLUNTEERS**

#### September / October – Liturgists

Liturgist Coordinator: Virginia Imig

|              |                |
|--------------|----------------|
| September 7  | Mike Orrill    |
| September 14 | Jeff Stuyt     |
| September 21 | Karen Yerkey   |
| September 28 | Sue Glasgow    |
| October 5    | Paul Wilson    |
| October 12   | Tina Oberheide |
| October 19   | Rosie Bacun    |
| October 26   | Jim Oberheide  |

#### September / October – Ushers

Usher Coordinator Needed - (2 ushers each Sunday)

|              |                   |
|--------------|-------------------|
| September 7  | (2 ushers needed) |
| September 14 | (2 ushers needed) |
| September 21 | (2 ushers needed) |
| September 28 | (2 ushers needed) |
| October 5    | (2 ushers needed) |
| October 12   | (2 ushers needed) |
| October 19   | (2 ushers needed) |
| October 26   | (2 ushers needed) |

#### September / October – Fellowship Host(s)

Fellowship Coordinator Needed

Sign up with a friend. We have volunteers to help in the kitchen.

|              |                             |
|--------------|-----------------------------|
| September 7  | Salida UMC / Allison Groom  |
| September 14 | Licia Iverson /             |
| September 21 | Rosie Bacun / Terry Andrews |
| September 28 | Suzy Krosche /              |
| October 5    | Salida UMC / Allison Groom  |
| October 12   | Available                   |
| October 19   | Suzy Krosche /              |
| October 26   | Available                   |

#### September / October – Communion Volunteer

Provide Bread & Assist Rev. Laura with Communion

|             |             |
|-------------|-------------|
| September 7 | Mike Orrill |
| October 5   | Rosie Bacun |



## ***A Delicious Fundraiser for SUMC***



***Remember ...*** Using our Safeway cards, raises money for our church. Get your cards today.

This a year-round fundraising program for our church. But especially as we approach this time of the year, when many of us are planning delicious meals for family and friends, please consider using our Safeway gift cards for your purchases at Safeway.

You may pick up a reloadable gift card for **FREE**. Take it to Safeway, and then, **before scanning your items**, have the cashier add your desired amount to the gift card and you're ready to go! **You can also do this at the Customer Service desk before shopping!**

We also have Safeway Gift Cards in denominations of \$25, \$50 or \$100, which make fabulous gifts!

Your Safeway card can also be used at the Safeway pharmacy and their gas stations at stores that provide that service.

**Our church receives 5% of your purchases.** This is a very convenient fundraiser for our church, and your participation is greatly appreciated!

**If you have any questions, please see Allison Groom, or Licia in the office.**

**Thank you for using our Safeway Gift Card program.**

***Your gift cards are waiting for you....***



## ***MEND IT MONDAY***

*Bring your clean garments in need of light mending to the Salida UMC Basement on **Monday, September 15<sup>th</sup>**  
**1-3pm***

*for this **FREE** service.*

*No alterations.--*

*Donations Appreciated.*



## ***NEED A LITTLE T.L.C.?***

*Join us for*

## ***THE LUNCH CLUB***

*Once a month, there will be an informal gathering of friends at a local restaurant or other named location, for a midday meal and fellowship. Join us for the next T.L.C. gathering on:*

***Friday, September 19 at  
11:30AM***

***at***

***Little Cambodia***

***RSVP by September 16<sup>th</sup> to  
Sue Glasgow 815-600-1917  
(call or text) or to Licia Iverson at the  
church office at: 719-539-2755***



## Sharing Our Prayers, Praise, Needs & Celebrations

Please continue to hold these prayer requests deep within your heart. We will keep you posted, as we know more:

**Linda Bergstrom** - On September 9<sup>th</sup>, Linda had a knee replacement of her right knee. The surgery went well and she is home recovering. Please pray for her as she navigates her pain management and physical therapy schedule on her journey to complete recovery. Prayers for Randy as he cares for Linda. If you would like to send Linda a card or reach out to her, here is her contact information: **Linda Bergstrom 33 Rex Circle Salida, CO 81201** [landerbergstrom@gmail.com](mailto:landerbergstrom@gmail.com)

**Mary Lou McCausey's new address** – Mary Lou has moved to Colorado Springs and is very happy in her new home and community. Here is her new address and phone number...

**MARY LOU MC CAUSEY**  
**ABERDEEN RIDGE**  
**2744 GRAND VISTA CIRCLE, APT. 1212**  
**COLORADO SPRINGS, CO 80904**  
**PHONE: 719-207-1165**

**Bob Campbell Update** – It has been quite the journey for Bob this year. Bob is doing much better following endless doctor appointments and exploratory procedures. Fortunately the specific issue was found and addressed and his health has continued to improve over these last few months. We give thanks for that. In the midst of all this Bob learned that he needed to move from his apartment by the end of September. During a difficult time, he had to embark on the search to find a new place to live. We are happy to say that Bob is moving into his new apartment, here in Salida, in mid-September. May his new home be a place for continued healing!

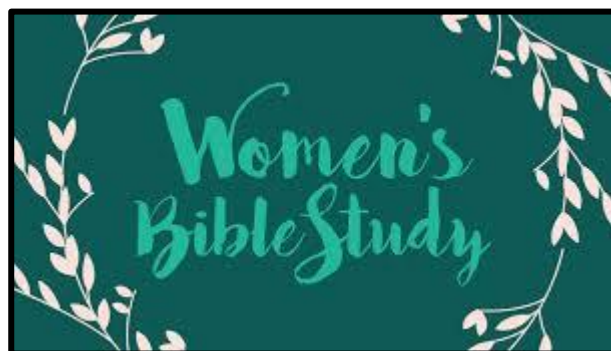
**Patti Sloan** is recovering from ankle surgery. She had a fall several weeks ago and broke her ankle in 3 places. She had surgery in Denver and has been recovering at her daughter's home where her infant granddaughter is assisting her healing! Please pray for her complete recovery.

**Amy Ellzey** – Please pray for Amy, as she has been dealing with terrible headaches and back pain. May she experience relief from pain and restored health as she works with her doctors.

**Licia Iverson** – is excited to be participating in the Salida Studio Tour on September 27 & 28<sup>th</sup>, 10:00 – 5:00, both days. Licia is listed as one of the participating artists at Community Arts, location #12 (at the T-Rex Building across from the Library) in the Salida Studio Tour brochure. Opening Reception is Friday night, September 26<sup>th</sup> 5:00-7:00pm at Pinon Realty. Please come by and see all the artists and their artwork. Here is the link to the Salida Studio Tour website: [www.salidastudiotour.com](http://www.salidastudiotour.com). Brochures available in Century Hall.



**OUR WORSHIP TIME CHANGED  
TO 10:30AM ON  
SUNDAY, SEPTEMBER 7<sup>th</sup>  
AND WILL REMAIN  
SO, THROUGH MAY 2026.  
PLEASE PLAN ACCORDINGLY!**



**Our Women's Bible Study meets on  
Wednesday at 9:30am. This is an open  
group and you can attend anytime.  
Any questions, please speak with  
Ginny Biglow.**



**Our Worship Time changed to  
10:30AM on September 7<sup>th</sup> and  
will remain at that time  
through May 2026.**



# Raft Guide Dinners 2025 Season 13 Overview

On August 31<sup>st</sup> we dedicated the Sunday Morning Worship Service to celebrating this summer's Raft Guide Dinner Season and acknowledging the volunteers who make it happen! Below is some of the information that was shared regarding this season.

One of the highlights of that morning was watching a video message from Luke Pinneo. Luke was the raft guide who came to our church and soon after proposed that we consider offering a meal and access to our showers to the raft guide community. We started the dinners in June 2012. And the rest is ongoing history!

**Here is a link to Luke's video message:**

<https://youtu.be/PAi4ByEMC7s>

During this summer's 6 weeks of dinners, we had **241 DIFFERENT GUIDES** attend with the support of **56 DIFFERENT VOLUNTEERS** from the church and the community. **We served 700 meals to the guides and volunteers.**

The guides came to us from **21 DIFFERENT RAFTING COMPANIES**, representing **44 DIFFERENT STATES** and **4 countries: CHILE, AUSTRALIA, ZIMBABWAI AND THE UNITED STATES.**

THANK YOU TO ALL THE VOLUNTEERS WHO HELPED IN SO MANY WAYS... DURING THE DAYS PRIOR TO THE DINNER AND ON THE DAY OF THE DINNER. We had volunteers who planned, shopped, chopped, cooked, cleaned, organized, restocked supplies, washed dishes, took pictures, played music and reminded me to eat lunch.

Special thank you to those who donated financially to support the Raft Guide Dinners....none of this is possible without your financial support. Thank you to those who offered the matching grants and to those who

donated to meet those grants. Thank you to the Arkansas River Outfitters Association for their financial support this year and a very special thank you to Luke Pinneo (the guide who started this labor of love) and his parents for their ongoing financial support through the National Christian Foundation – Pacific Northwest.

Thank you to those who sponsored the hygiene table. This resource is a highlight for the guides.

Thank you to those who set-up and took down tents, tables and chairs for each dinner (including gratitude for the guides themselves who helped with take down each night); to those who served the food, cleaned up and a HUGE thank you to Jeri Swann who washed dishes during the day and Jim Oberheide who washed dishes during the dinners!!!

Special thanks to our community service partners & meal partners: Chaffee Community Clinic, Chaffee County Acuwellness, Moonlight Pizza and Pizza Rio, The Swindlers Golf Group who sponsored Grill Night, Las Camelinas, Andre' Harris, Beck Cerone with Sober Bar Salida, and the Blue Ice Cream Truck. Special thank you to Bill Volz for providing fun activities for Tropical Night!

Each week we offered a themed meal with food for varied dietary needs including meat eaters, vegetarians, vegan and gluten free guests; available showers; a free hygiene table; thought provoking and spiritually evoking books for the taking.... all in a non-judgmental community environment.

Each week we ask the guides to give us written feedback to let us know what worked and what didn't work and how these dinners are meaningful to them. Their comments are so inspiring and steeped in gratitude. When I recently shared some of the quotes with Luke, who lives in Washington state, he replied, *"Amazing ~ those comments could bring tears to a glass eye. Bravo team!"*

I say thank you to everyone for an amazing season and we'll be planning for next year before you know it! So please plan to join us in a way that you feel called to do so.

[Raft Guide Dinners continued on page 7....](#)



I will close with expressing my deep love for serving these young people and all those who attend these dinners. My personal philosophy is, *"the Guest is God"*. And each one of these guides, and each volunteer, is a divine reflection of Christ. It is a privilege to be part of the hands and feet of Christ's Love. With Gratitude, Licia

**Here are a few of the many written comments we received this season:**

- *"Everything has been so lovely and delicious! We appreciate everything you all do and the way you do it. Every time I come it's just a shower of love and kindness; makes me believe in humanity a little more every week"*
- *"Thank you all so much for providing so much food, conversation and love. You all do a wonderful job of embodying the true teaching of Christ."*
- *"These dinners are such a great space for this community to interact & come together. We are all so grateful for you all and everything you do. Thank you for filling our bellies and warming our hearts."*
- *"I really appreciate these dinners. They allow me to relax at the end of a stressful day by not worrying about cooking a hot meal. It's also a great place to connect with other guides in a substance-free environment. So much love, thank you!"*
- *"I love guide dinner! It brings together our whole company and I always meet someone new from another company! It also makes our lives easier because we have a day we don't have to cook. Thank you guys for everything that you do!"*
- *"Thank you so much for these dinners. I've worked on a ton of rivers and no where else do companies get along like they do here. I think a ton of that is because of these dinners. Coming together in a communal environment creates so much comradery and makes this community so close! Not only is this great for feeling connected but it makes me feel safe on the river knowing everyone is looking out for me. 😊 Thanks again."*

**OUR CURRENT BOOK STUDY WITH REV. LAURA HAPPENS ON WEDNESDAYS, 12:00-1:00PM IN THE PARLOR. BOOKS ARE AVAILABLE FOR PURCHASE AT SALIDA UMC.**

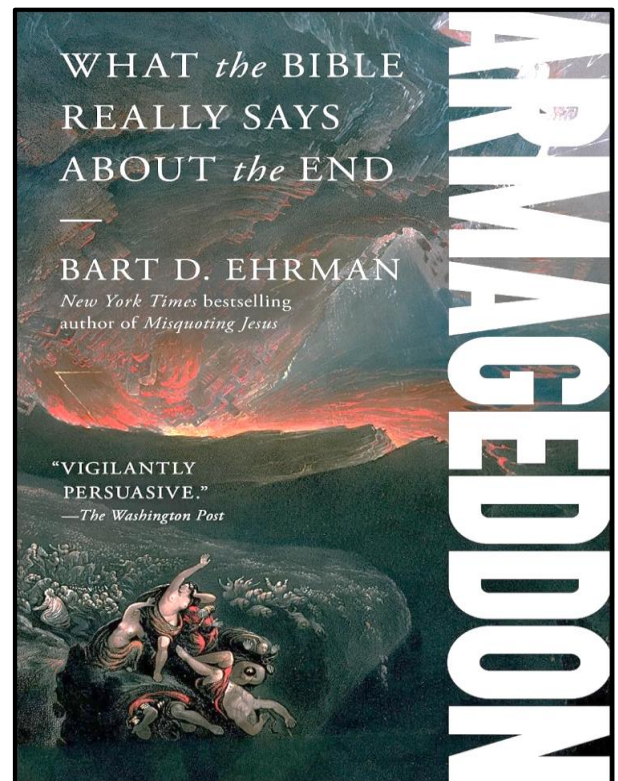
A *"humane, thoughtful, and intelligent"* (The New York Times Book Review) bestselling Biblical scholar reveals why our popular understanding of the Apocalypse is all wrong—and why that matters.

You'll find nearly everything the Bible says about the end in the Book of Revelation: a mystifying prophecy filled with bizarre symbolism, violent imagery, mangled syntax, confounding contradictions, and very firm ideas about the horrors that await us all. But no matter what you think Revelation reveals—whether you read it as a literal description of what will soon come to pass, interpret it as a metaphorical expression of hope for those suffering now, or only recognize its highlights from pop culture—you're almost certainly wrong.

In *Armageddon*, acclaimed New Testament authority Bart D. Ehrman delves into the most misunderstood—and possibly most dangerous—book of the Bible, on a *"vigilantly persuasive"* (The Washington Post) tour through three millennia of Judeo-Christian thinking about how our world will end. With wit and verve, he explores the alarming social and political consequences of expecting an imminent apocalypse, considers whether the message of Revelation may be at odds with the teachings of Jesus, and offers inspiring insight into how to live in the face of an uncertain future.

By turns hilarious, moving, troubling, and provocative, *Armageddon* is nothing short of revelatory in its account of what the Bible really says about the end.

**ANY QUESTIONS, PLEASE SEE REV. LAURA!**



# **FREE AcuDetox/AcuWellness**

## **for Stress, Anxiety & Trauma Relief**



**United Methodist Church, 228 E 4<sup>th</sup> Street, Salida, Colorado**

**First Thursdays of the month 12 Noon to 1:30 pm (ending at 2 pm)**

**Third Wednesdays of the month 4pm to 5:30 pm (ending at 6 pm)**

AcuDetox/AcuWellness, is a specific standardized acupuncture protocol that is used as an adjunctive treatment to help people recover from addictive substances as well as after trauma to reduce mental health symptoms. It can help reduce problems with anxiety & depression, sleep problems, stress, PTSD, trauma and to support general well-being. This protocol is used as a crisis intervention treatment following disasters world-wide to help prevent PTSD and to support resilience. The standardized 5NP (needle protocol) using the NADA (National Acupuncture Detoxification Association) ear points involves the placement of 5 sterile needles in each ear, which are retained for approximately 20-40 minutes. For more information & research: [About – POCA](#) ([pocacoop.com](http://pocacoop.com)) or [www.acudetox.com](http://www.acudetox.com)

Possible benefits include General feeling of well-being, improved sleep, sense of relaxation, decreased cravings for addictive substances.

Youth age 12y/o and older with the ability to sit still for 30min are welcome to participate. Youth under the age of 16 require a parent or guardian to sign the consent form. Anyone with children who are not able to sit still for 30 min can see if a practitioner would like to work with them individually.

For more info:

Libby Stuyt, MD – 719-671-1611 (text is best)

**PLEASE NOTE: IN OCTOBER, THE MONTHLY 3<sup>RD</sup> WEDNESDAY**  
**EVENT TIME WILL CHANGE TO 4:30 – 6:30PM**