

# Senior Moments

Celebrating the Gifts of Mature Christians

Fall 2022

## Soul Care

By Reverend Lee Hovel, Pastor Emeritus of Trinity Lutheran Church



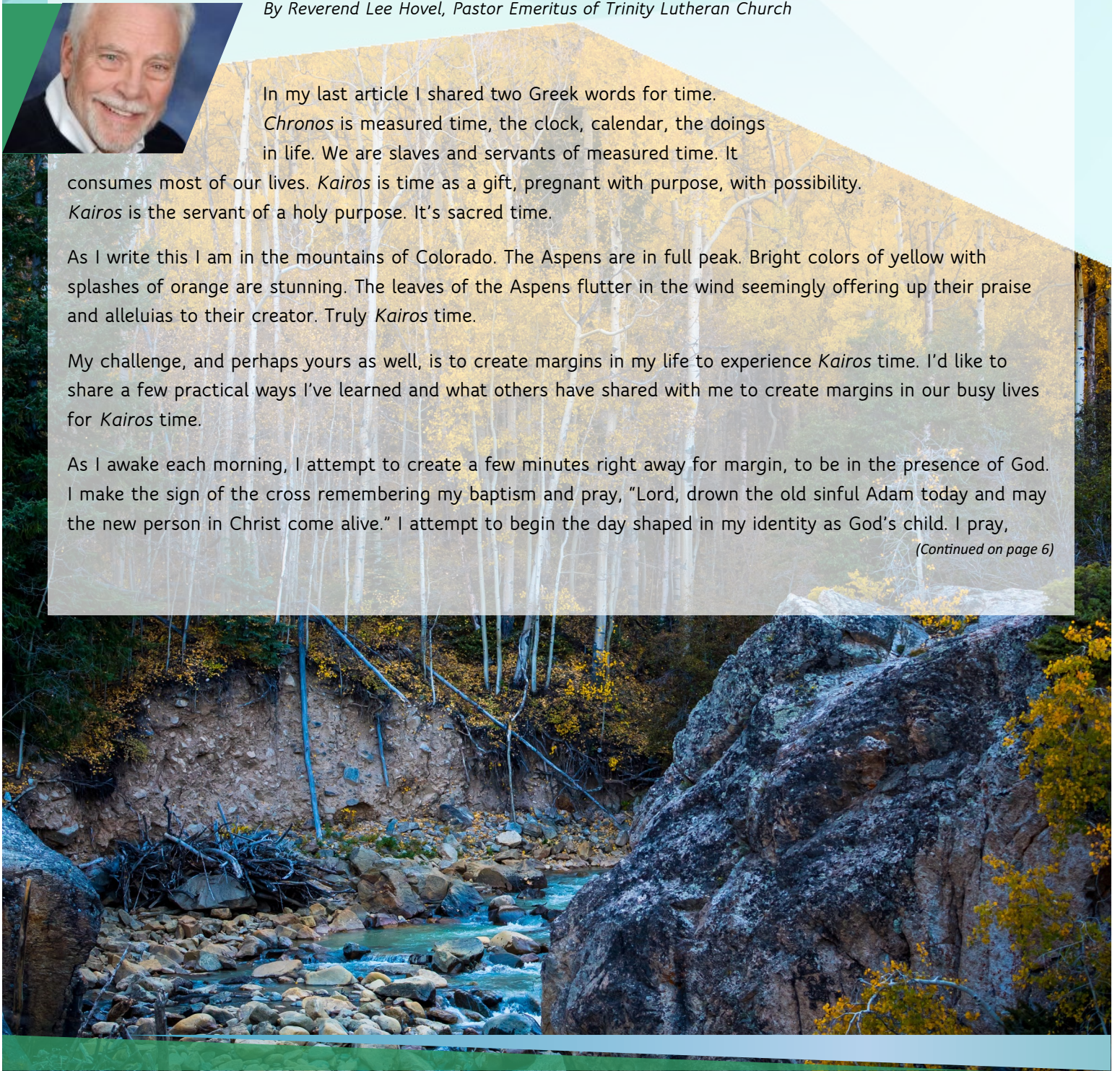
In my last article I shared two Greek words for time. *Chronos* is measured time, the clock, calendar, the doings in life. We are slaves and servants of measured time. It consumes most of our lives. *Kairos* is time as a gift, pregnant with purpose, with possibility. *Kairos* is the servant of a holy purpose. It's sacred time.

As I write this I am in the mountains of Colorado. The Aspens are in full peak. Bright colors of yellow with splashes of orange are stunning. The leaves of the Aspens flutter in the wind seemingly offering up their praise and alleluias to their creator. Truly *Kairos* time.

My challenge, and perhaps yours as well, is to create margins in my life to experience *Kairos* time. I'd like to share a few practical ways I've learned and what others have shared with me to create margins in our busy lives for *Kairos* time.

As I awake each morning, I attempt to create a few minutes right away for margin, to be in the presence of God. I make the sign of the cross remembering my baptism and pray, "Lord, drown the old sinful Adam today and may the new person in Christ come alive." I attempt to begin the day shaped in my identity as God's child. I pray,

(Continued on page 6)



# Senior Moments - Quarterly Newsletter

## Feedback Survey - fall 2022



By Jim Bradshaw, Assistant to the President for Education and Youth, Kansas District LCMS, and Advisor to the Older Adult Ministry Committee

As part of a larger district-wide effort to encourage and help establish dedicated and enhanced ministry to older adults, the LCMS Kansas District Older Adult Committee has sponsored a quarterly newsletter, *Senior Moments*, to district congregations. *Senior Moments* has had articles written by district- and synod-wide leaders, encouraging the forming and maintaining of an effective Older Adult ministry. It has included examples of what is working in other congregations, tips on organization, and samples of programs that have been effective elsewhere. It also has featured a schedule of events taking place across the Kansas District and opportunities to become involved synod wide.

The quarterly *Senior Moments* newsletters are primarily distributed digitally to each Kansas congregation and pastor for circulation among their older adults. Congregations have been encouraged to print several copies locally and make them available to their older adults. *Senior Moments* first appeared in 2021 and was mailed out in hard copies to each congregation. Special thanks to Tom Perry, Gretchen Hollman, and the members at Trinity Lutheran Church, Mission-Shawnee, for spearheading this effort!

So, how are we doing? It's now time to hear from you. Please give us feedback on the value of this newsletter and its effectiveness. Please be candid. It will only take a few moments to complete the survey. For the online survey, visit <https://forms.gle/WY7ehBx3ZkXD5LVj8> or scan the code below. For the paper survey, please fill out the following page.

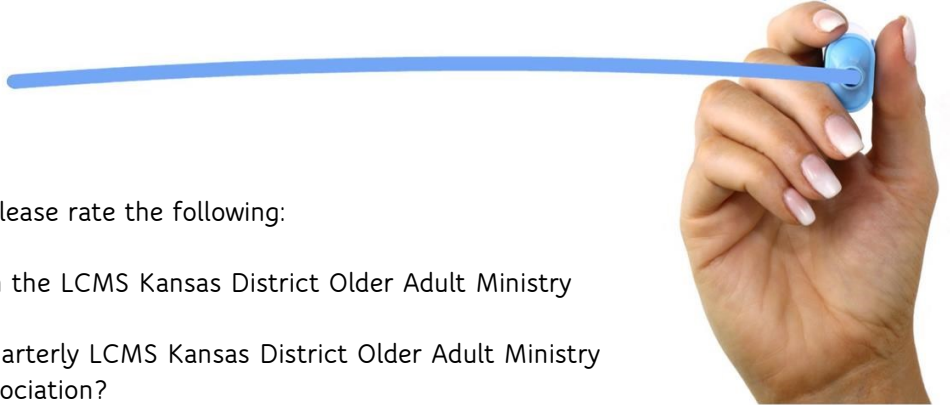


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**Survey deadline is  
Monday, November 14.**

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# SURVEY



On a scale of 1-5 (1 = Low; 5 = High), please rate the following:

- \_\_\_\_\_ What is your level of interest in the LCMS Kansas District Older Adult Ministry newsletter?
- \_\_\_\_\_ How important to you is the quarterly LCMS Kansas District Older Adult Ministry newsletter sent by the association?
- \_\_\_\_\_ How satisfied are you with the layout of the newsletter?
- \_\_\_\_\_ How satisfied are you with the quality of the writing?
- \_\_\_\_\_ How satisfied are you with the overall content?
- \_\_\_\_\_ How satisfied are you with the timeliness of the information presented in the newsletter?
- \_\_\_\_\_ How satisfied are you with the practicality and helpfulness of the information presented in the newsletter?
- \_\_\_\_\_ How much do you agree or disagree that the issues covered are important to the older adult members of your congregation?
- \_\_\_\_\_ Do you feel the newsletter effectively provides information important to the overall needs of older adults?
- \_\_\_\_\_ Overall, how satisfied are you with the regular newsletter?

Should the newsletter continue? Yes or No

If yes, what (if any) information would you like to see included in the newsletter in the future?

Please add additional comments:

**Please complete the survey no later than Monday, November 14,  
and submit to: [news@kslcms.org](mailto:news@kslcms.org)**

# Getting Started:

# Service Opportunities



By Tom Perry, Kansas District Older Adult Ministry Committee Member

In earlier articles we have written about Older Adults getting together for Spiritual Enrichment, through Bible study and events tailored around scriptural study. We have talked about making older adult get-togethers fun. We termed this as "Food, Fellowship, and Fun." Another wonderful way to bring Older Adults together is through service projects. When considering a service project there are several goals Important to reach.

I believe it is always important to consider first if the project is pleasing to God. This may seem obvious, but why we serve is more important than what we do or keeping score as to how much we did. When asked about the greatest commandment, Jesus answered that we are commanded to love God and our neighbor as ourselves. Service projects are not a contest to see who can do the most. Likewise, they are not about showing the world how wonderful we are. It is about helping our neighbor. I have found that Older Adults are very willing to help in projects that show God's love to others.

I consider who is receiving help from what is done. Is there a great need for school supplies? Then beginning a supply day at church could be helpful. Are the food pantries running low? Try a food drive. Is your church in need of repairs and upgrading of the facilities? Why not a workday? Make sure there is a real need for your church or community before deciding on a project.

Nothing puts a damper on a well-meaning service project than one that is not well organized. Get a group of people to figure out the date and place, gather the items needed to carry out your project, and communicate to your intended volunteers what is needed from them. Remember not to grade your project on the number of items collected or the number of volunteers. If God blesses your actions, that is the only sign of success you need.

Once the project has been completed, take time to reflect on what was done, what went well, and how you might do things differently the next time. Then start planning a new project down the road. Here is a short list of some of the service projects we have tried.

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## Prepare L.E.R.T. Buckets

*(Lutheran Early Response Team)*

## Collect School Supplies

### Clothing Drives

### Food Drives

### Quilters

*(Our quilters piece and tie)*

### Work Days

*(Property Management)*

## Easter Baskets for Shut-ins

## Carol at Nursing Facilities



# Saints Alive after 55

## ...and that's a wrap!

*By Barb Geuy, Older Adult Committee Member and Chair of Saints Alive After 55*

Saints Alive After 55, 2022, is now behind us and what a wonderful event it was! We were blessed to have two outstanding speakers that led us through a greater understanding of what it is to "Rejoice always!" and gave us much food for thought as we consider the choices we older adults need to make in the years to come.

Pastor Dan Myers, our Bible study leader, zeroed in on our theme verse, "Rejoice Always!" taken from 1 Thessalonians 5:16-24, and challenged us to consider "Mission Im-possible or Him-possible." His remarks centered around three points - rejoice always; pray constantly; and give thanks in everything. We learned the difference between worldly joy and Biblical joy and how happiness and joy are not the same. Session two focused on prayer: what it is and what it is not and how important prayer is in our daily lives. His last session led us to understand the significant difference between "FOR everything" and "IN everything" give thanks.

Mark Schoepp, our guest speaker, had us thinking about all of the important decisions that need to be made in our later years. He touched on many subjects, such as when we might need to move from our homes to a care facility or how to age gracefully in our own homes. He talked about making critical medical decisions early on, having a current will in place, and making our wishes known for our funeral, to name a few.

Monday evening was spent getting to know one another with a matching game that had us laughing and learning more about our friends at the event. Butch Amey led us in fun songs throughout the two days with the help of his guitar and ukulele—most enjoyable!

Our interest sessions were presented by Jim Bradshaw and Donna Williams. Jim gave a brief history of the KS District Older Adult Committee, how it came to be, and its primary purpose in continuing to include our older adults in our congregations' ministries. Donna spoke about the important work the Lutheran Early Response Team does when disaster strikes. A recent example of the care shown to those in need was sending 13 Lutheran comfort dogs to Uvalde, Texas, after the school shooting.

Another enjoyable aspect of our time together was the delicious food we were served at each meal. Those cooks certainly know how to please their visitors!

With another Saints Alive event behind us, we are looking to the future and beginning to plan for 2023. We will be making some changes, since we no longer have the option to stay at the Spiritual Life Center, but I am sure we will find a new venue and will be able to gather again to worship, learn, sing, and enjoy one another's company. Stay tuned for details on the time and place for Saints Alive After 55, 2023, and plan to join us!



# Soul Care (continued from page 1)

"help me to experience your presence throughout my day and reflect your love to others."

A friend of mine sets the alarm on his phone for 9am, noon, 3pm, 6pm, and 9pm reminding him to spend a few moments to be in God's presence to reflect on the day. He picks a Bible verse for the day to recite, memorize and reflect throughout these special moments.

I select a Psalm of the month to read and meditate upon each day. I started with Psalm 139. Other Psalms might be: Psalm 23, Psalm 1:1-3, Psalm 8, Psalm 19, or Psalm 25, These are just a few. I am sure you have many favorites.

If possible, take an hour Sabbath each day to enjoy creation, take a walk, listen to favorite music, call a friend, sit under a tree, just look at the clouds. Listen for God to speak to you. Perhaps once a month take an entire day for a mini retreat to be with God, read his word, enjoy being in His presence,

At the end of the day, take time to reflect on your day, perhaps a disappointment, a joy, a new insight into your relationship with your Lord. Something you might need to ask for forgiveness, or a change you need to make. Remember you are God's precious, baptized child, wrapped in his grace and mercy as you use His word as a soft pillow to sleep upon, in God's peace.

*How precious to me are  
your thoughts, O God!  
How vast is the sum of them!  
If I would count them,  
they are more than the sand.  
I awake, and I am still with you.*

*Psalm 139:17-18*

# Older Adult Ministry

## Kansas District Resources

By Sharon Kolanowski, Older Adult Ministry Committee Member

Have you ever thought that you had a need to find like-minded persons to spend time with? Check out what the Kansas District offers in their Older Adult Ministry. Their web postings will get you up-to-date, and publications such as this newsletter exists for you to begin an effective ministry in your area and congregations. The committees are preparing to facilitate several activities for you to be involved in during 2023. So, whether you are married, empty-nesters, single, or couples, and just want to have a good time and make new friends along the way, plan now to attend one of these events.

I took the time to travel to Messiah Lutheran Church in Hays in August. The scheduled speaker was Rev. Rocky Mease, of Fairmount Ministries, Wichita. He led an interesting discussion on aging. And Jim Bradshaw, from the LCMS Kansas District shared the origination and focus of this Ministry. Twelve attendees shared what is happening at their respective congregations in regard to Older Adult Ministry. The activity varied from Bible studies and card ministries, to caring services as part as their congregations outreach programs and involvement in all phases of church life. However, for the most part, many were looking for a place to start and where they can participate.

I invite you to start here and to start an intentional Older Adult Ministry in your area to be able to enjoy His grace in our aging population. "May the God of hope fill you with all joy and peace as you trust in Him so that you may overflow with hope by the power of the Holy Spirit" (Romans 15:13).

## Three New Leaders

By Rev. Cliff Winter, Older Adult Ministry Committee Chairman

The Older Adult Ministry Committee of our Kansas District has been blessed with three new members!

**Bill Evans** (Immanuel, Ellsworth), **Clayton Kinnett** (St. John's, Topeka), and **Sharon Kolanowski** (Our Redeemer, Herington) joined the Committee in Topeka on August 30, the initial meeting of the present triennium.

The Committee heard reports on the older adult gatherings held this summer in Wichita, Hays, and the Kansas City area. In all, 88 persons attended the events. Plans to continue this newsletter, *Senior Moments*, were considered.

Committee members serving their second term of three years are Betty Amey (Holy Cross, Wichita), Barb Geuy (Redeemer, Hutchinson), Tom Perry (Trinity, Mission-Shawnee), and Pastor Cliff Winter (Trinity, Wichita). Winter serves as chairman. Jim Bradshaw serves as District Advisor.

Appreciation was expressed for Pastor Dennis Fangmeyer (St. John, Nashville and Trinity, Medicine Lodge) for his work on the committee the past three years.

Enthusiasm and gratitude to God mark the Committee's spirit as more congregations of the Kansas District increase their service to, with, and for older adults in church and community.





## Older Adult Ministry Resources

The following is a small list of resources that may be helpful when building an enhanced older adult ministry. As the year progresses, we will add more to the list. If you have recommendations or needs, please feel free to contact us.

### **ALOA**

[aloaserves.org](http://aloaserves.org)

Adult Lutherans Organized for Action is a national Lutheran older adult organization with helpful resources.

### **Kansas District Website**

[kslcms.org/caring-ministry/older-adult-ministry](http://kslcms.org/caring-ministry/older-adult-ministry)

This is a webpage on the Kansas District website.

### **Older Adult Task Force Comprehensive Report**

Find it at: [kslcms.org/caring-ministry/older-adult-ministry](http://kslcms.org/caring-ministry/older-adult-ministry)

### **Tom Perry**

[Tom@TLCMS.org](mailto:Tom@TLCMS.org)

Contact me with any questions, suggestions, or helpful tips.

# What Is a Connector?

Our Kansas District Older Adult Ministry Committee is seeking a lay person from each congregation:

1) to advocate for older adult activities in their own congregation, 2) to receive and distribute this newsletter in their congregation, and 3) to publicize the annual Saints Alive gatherings.

We call these important people "Connectors." Their "connections" with their congregation's seniors, pastors, church staff, and with the District's gatherings and communications will glorify God as fellowship, service, and education for and by seniors flourish.

Tell your pastor you'll serve as a "Connector." Then inform Pastor Cliff Winter of your commitment at [cliffwinter@yahoo.com](mailto:cliffwinter@yahoo.com).

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**Send name and email address of  
Congregation Connector to  
[CliffWinter@yahoo.com](mailto:CliffWinter@yahoo.com).**

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# Senior Moments

## **Celebrating the Gifts of Mature Christians**

A publication of the Older Adult Ministry Committee of the  
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