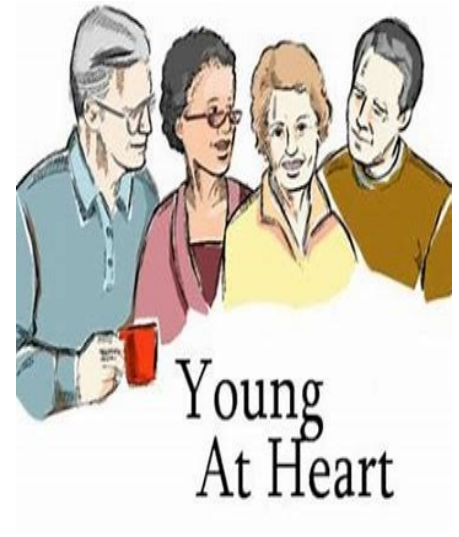


YOUNG AT HEART NEWSLETTER



This New Year...

2022 is here and what will we do with it. As Christians, we all have a responsibility to use this time wisely. I am reminded of the Biblical story of Abraham and Sarah and how they spent their golden years. At the age of 75 Abram heard the call of God on his life to “Leave your native country, your relatives, and your father’s family, and go to the land that I will show you.” Abram obeyed and God blessed him and his wife in many ways and blessed the whole world through His descendant, our Lord Jesus Christ.

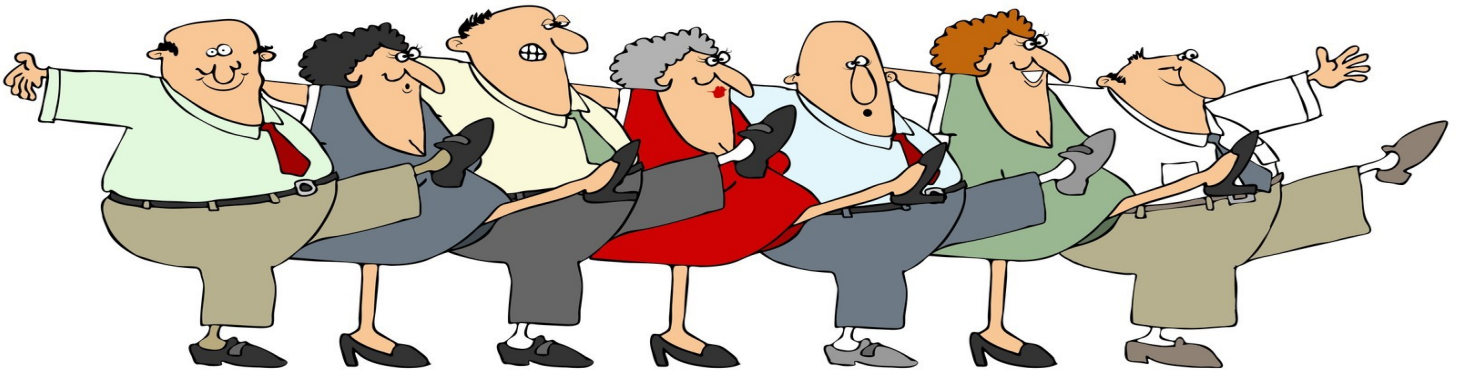
What is God calling you to do in this new year? I can assure you He is not calling you to enjoy a rocking chair throughout 2022; He is calling you to deepen your relationship with Him and to obey his direction for your life in this new year. Do you know your neighbors? If not, bake a plate of cookies and get to know them. Do you know the people who live around your church? Take a walk in your neighborhood or drive your car down a country road and stop and pray for those living in the homes around your church. Ask God to open a door for you to share your faith with them and invite them to church. Let 2022 be a legacy year, where you make a difference in peoples’ lives and set an example for others to share their lives by pouring them out for others. Pastor Sue

A Prayer for the New Year

Lord,
Whether I leave behind
a year of joy or of trials and difficulties,
I pause to *give thanks*.
Thank you for being with me
every day of every year.
Thank you for making all things *new*
and for giving me the grace of
fresh starts
and *new beginnings*.
Remind me of your presence in the days to
come,
even when I feel pushed and rushed by
busyness.
Be glorified in my life this year.

-Anna-

heathercking.org



DOES YOUR MINISTRY FOR THOSE IN THE SECOND HALF OF LIFE NEED A FRESH START???

I know I put this article in the December newsletter but I am not sure that my timing was right. Everyone was in the middle of Christmas preparations and wasn't even thinking about what happens after Christmas. I know that we are all tired of Covid and ready for things to return to normal. But until then, let's think about how we can minister to those in the second half of life during this time of waiting and what we will do when the time is right to begin anew.

This is a free service to you and your church that can be done in person or over ZOOM, whatever is most convenient for you. During this meeting, we will:

- **Review your church's existing older adult ministry (if applicable)**
- **Assess your older adult ministry needs**
- **Suggest and develop older adult ministry plans for now and after Covid**
- **Share resource ideas**
- **Offer program models to help you start and/or sustain intentional ministry by, with, and for older adults.**

To take advantage of this offer, please email me at: sueeaton@bellsouth.net. I look forward to hearing from you and to helping your church capture a new vision for older adult ministry.

Pastor Sue



Are there others in your church who would benefit from receiving the S.A.G.E. Newsletter directly. S.A.G.E. stands for Seasoned Adults Growing Everyday and is produced by the Older Adult Team for the KY Conference for those in the second half of life (50+). I can add as many email addresses to our mailing list as you send me. Just send them to: sueeaton@bellsouth.net and they will be added to the mailing list before the next newsletter is sent out. Thank you for reading and sharing this newsletter with those in your congregation.

Pastor Sue

TIRED OF WAITING???? WISHING COVID WAS OVER???

I think we are all tired of waiting for Covid to be finished, behind us, in our rear view mirror, a bad memory, and much loss that will never totally go away. The day will come, I believe, when it will be over or we have just learned to live with it and will go back to our ordinary lives. Now, don't take the word "ordinary" in a negative way; God uses ordinary people in their ordinary lives to bring about the transformation of the world. What can you do in the meantime to minister to people and to get ready for life to return to normal?



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NOW:

- Start or continue a ministry to those who rarely get to church these days. Send a monthly encouragement card with a personal note so they know they haven't been forgotten.
- Ask people to pray for your church, for your Pastor, and those who are sick and those who are leaders in the Church. Give them specific requests, such as business meetings, worship services, needs in the church or community.

TO DO NOW FOR LATER:

- Take the 5-part Seminar on the KY Conference Website for Older Adults on Ministry to the Forgotten. Learn more about Dementia and Alzheimers and how to assist families and provide ministry. This is a free workshop open to anyone to use in your home or in the church.
- Do some research on where your church can get involved in the community. What non-profits are there near your church? Call people in charge of non-profits and ask what your church could do to help them. You are not making a commitment by calling them; you are merely asking for information.
- Take a drive around your community and look for things that need to get done and no one is doing them. Is there a park that needs racking or trash removed? Could flowers be planted there in the spring?
- Look at what your church is doing specifically for those in the second half of life. Are people lonely—what can your church do to prevent this? Would a monthly luncheon help meet that need? Make a list of possible speakers at such a luncheon to use when the time is right. Are they growing spiritually — does your church have adequate Bible studies for older adults to attend? What sort of activities for those in the second half of life are available in or near your community — do some research on this and make a list for the time that we can meet again in groups and travel. You will be glad you went ahead and thought about these things before you could actually do them.
- **Check out the Older Adult page on the KY Conference website for more ideas. Feel free to call me at 502-315-9394 or email at sueeaton@bellsouth.net for help.**

PLANNING YOUR CELEBRATION OF LIFE SERVICE

Have you ever thought about what you would like shared at your Memorial or Celebration of Life Service? What music you would like the congregation to sing, Special music to be shared, who would speak and any life stories you want to be remembered for?

If you go to the KY Conference UMC web page and look for Age Level Ministries, then scroll down to Older Adult Ministries and click on that link you will find under “Ideas” a file called: “Celebration of Life Worksheet.” You can print this off the website or ask someone else to do it for you. It gives you the ability to share your desires and have a voice in what happens for your family, your pastor and your friends.

Filling this out and sharing it with a family member and your pastor will be a tremendous help to everyone at a time of great loss. It will also give you peace of mind that your wishes have been shared and you have taken care of this for your spouse and/or children. It is one less thing for them to worry about.

NEW ARTICLES ON THE KY CONFERENCE UMC WEBSITE

The following articles have been loaded onto the KY Conference website for you to read, download and use, or share for other interested adults in the second half of life. I am always open to suggestions of subjects that would be helpful so don't hesitate to email me at sueeaton@bellsouth.net.

- Programs that Work — Tried and true programs for those in the second half of life that other United Methodist Churches have done.
 - Tell Me Your Story—Have you ever sat down and look at your spiritual biography so that you can share how God has been active in your life with someone else? Here's an opportunity to do this.
 - Young at Heart: the monthly newsletter sent to almost all the local churches in the KY Conference.
 - Celebration of Life Worksheet—to aid you in planning your Celebration of Life Worship Service.
 - 10 Ways to Minister to those with Dementia
 - Intergenerational Questions—a list of questions for youth/young adults and those over 50 to ask each other in order to get to know each other.
 - The Ways Inequality Affects Black Americans at the End-of-Life
 - Dementia and Wandering
 - Community Outreach
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Feel free to contact me at sueeaton@bellsouth.net with comments or questions. Let me know if your Church or group is doing something we can celebrate with you about.

