



SeniorFest gathers older adults, age fifty and above, for learning, devotions, and fellowship with the intent to reinvigorate their physical, spiritual, social, and mental well-being. This is the Dallas area's third annual SeniorFest.

ALOA, the Association of Lutheran Older Adults, is an inter-Lutheran movement that provides resources for older adult ministry of the ELCA and LC-MS. Committed to celebration and service, it embraces the gifts of aging.

#### The Day's Schedule

8:30-9:00	Registration and coffee
9:00-9:20	Opening devotions
9:30-10:40	Keynote Speaker
10:40-11:00	Break and view displays
11:00-12:00	First Workshop
12:00-1:00	Lunch
1:00-1:20	ALOA DVD
1:30-2:30	Keynote Speaker
2:30-2:50	Break and view displays
2:50-3:50	Second Workshop
3:50-4:00	Evaluation and closing

#### **"Living and Sharing Your Story"**



Keynote Speaker, Tom McDermott, has been a fulltime storyteller and musician since 1992. Accompanying himself on the guitar, hurdy-gurdy, ukulele, or drums, he blends wit, wisdom, and music with original and multi-cultural stories. He has been a featured performer in storytelling festivals across the nation as well as in Canada, Central America, and Ireland. He has won numerous awards including the Tejas Storytelling Association's John Henry Faulk Award in 2001. Tom is an ordained United Methodist minister and continues a music ministry in Fort Worth where he resides.

*A hot lunch will be provided as part of your registration.*

# SeniorFest 2010

March 6, 2010

9:00 am – 4:00 pm

Dallas, Texas

#### ***"Living and Sharing Your Story"***

*Keynoter: Tom McDermott*

King of Glory Lutheran Church

6411 LBJ Freeway (I-635)

Dallas, Texas

(Eastbound – exit Hillcrest)

(Westbound – exit Preston)



**SeniorFest 2010 is sponsored by:**

The Association of Lutheran Older Adults

**In cooperation with**

The Texas District of the LC-MS

The NTx/NLa Synod of the ELCA

**With financial support from**

Thrivent Financial for Lutherans

## WORKSHOPS

- 1. Healing through Stories:** Reflecting on and sharing your own life stories and memories can contribute to your physical and spiritual health and healing.
- 2. Fun in the Telling:** This workshop helps you discover your personal stories and how to tell (share) them in a way that entertains and passes on family history and traditions.
- 3. Everyone Has a Story—What's Yours?:** Using the same techniques we use to tell the stories of our lives, we'll learn to tell our faith stories.
- 4. Telling the Story of Three Dads:** Our shared stories merge as Craig tells the story of Dick Hoyt and his disabled son, the story of his own dad, and the story of his relationship with his "heavenly Dad."
- 5. The Shack, the Bible, and Me:** This workshop intersects the stories of Paul Young, Mack (the main character in The Shack), the biblical story, and our personal stories, and suggests ways these lend valuable perspectives to our lives.
- 6. Chasing Your Ancestors:** Telling the story of your ancestors brings their reality to life again; offers tips on finding and using genealogical search resources.
- 7. Reminiscence Writing:** Members of a memoir writing group in Denton will share their stories and give you ideas to get you started in the writing process. Is this memoir writing? Maybe. Fun? Certainly!
- 8. God's New "Yes" for You:** Through the transitions of growing older, God has significant things for you to do! Helpful insights will be offered for discovering, discerning, and incorporating God's call for you into this chapter in life.

## WORKSHOP PRESENTERS

**Tom McDermott** is our keynote speaker.

**Dalton Gregory** has been active in the Tejas Storytelling Assoc. for 20 years. He is a retired public school educator and administrator.

**Jane Mar** is Bishop Assistant for Mobility and Congregation Care in the NTx/NLa Synod of the ELCA.

**Craig Swanson** is high school principal at Prince of Peace Christian School in Carrollton.

**Joel Berthelsen** is pastor of Hope Lutheran Church in Cedar Hill.

**Mel Hammer** is a retired ELCA pastor, who has pursued the hobby of genealogy for nearly 20 years.

**Fritz Poppe** is a member of the "Reminiscence Writing Group" at the Denton Senior Center. They meet biweekly to reminisce and write.

**Wendy Berthelsen** is an ELCA pastor, author, seminar leader, and stay-at-home mom for four children.

## REGISTRATION FORM

(Deadline: Feb. 24, 2010)

Send with \$25 per person registration fee, payable to: "ALOA" at ALOA Senior Fest  
1320 Greenbriar St.  
Denton TX 76201-1788

(Please print)

Name/s: \_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_

Church name: \_\_\_\_\_  
\_\_\_\_\_

Please indicate workshop choices by session number for each time:

11:00 1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_

2:50 1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_