



EncourAGING and Equipping Congregations for Older Adult Ministry

An inter-Lutheran ministry by, with, and for adults age 65 and up

November 2020

Toolkit to Support Congregational Ministry

While personal contact and ALOA's work to encourage older adult ministry is currently constrained, we thank God that effective work is still being done! In this age of online connections, groups have still been able to meet and we've been able to maintain our regular schedule of enriching webinars. ALOA is even participating in LCMS District conferences as a virtual exhibitor (check it out online at virtualexhibithall.lea.org)!

Among the work being done is a focused effort to make progress on ALOA's **Congregational Centers for Vital and Resilient Aging** program. Initial work on the first component, the Older Adult Ministry Toolkit, is well underway.

Following on the heels of the Toolkit will be development of Congregational Consultations. These will be developed as video conferencing or in person sessions, depending on the needs and size of the congregation, as well as current health guidelines. The final component of the program is the creation of Congregational Cohort groups. These regional group-

ings aim to facilitate the sharing of experiences between congregations, enabling them to become a resource for each other.



We are grateful for the support of the ELCA and the Lutheran Services for the Elderly Endowment in providing financial support for this new and vital effort in support of congregations and the older adults they serve.

What's In the Toolkit?

A guide to congregations in the development or strengthening of intentional older adult ministries, the Older Adult Ministry Toolkit will cover four main areas for programming:

- Spiritual
- Educational
- Community building/Social
- Intergenerational

Background information to form a shared understanding of each area, along with listings and descriptions of trusted resources will be included.

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ALOA's purpose:
Equipping persons in the second half of life as disciples of Jesus Christ for their service to family, church, community and world.

LIVING HOPEFULLY

I heard a sermon recently based on a section of Romans 8. The message was all about hope. St. Paul writes about the one hope, “the redemption of our bodies,” for which we are earnestly waiting. He goes on in verses 24 and 25: ***For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.***



Hans Springer

I share these words with you as an encouragement as we continue to live through these challenging days. We continue to hope for a better future which we can not see, but as Paul encourages us, we wait with patience. So take heart; our hope is in the Lord Jesus and the *hopeful* and hope-filled future. As we continue to minister to adult Lutherans like you and your congregations, we do so for a bright future.

A final thought, there is always an envelope attached to this newsletter. If you haven't ever used it, I encourage you to do so today to send your gift in support of ALOA.

Blessings to all!

Do you shop on Amazon? **amazon smile**

Each purchase can benefit ALOA!

Log into your account at smile.amazon.com & designate Adult Lutherans Organized for Action as your charity. Amazon will donate .5% of each purchase you make to ALOA... and there's no additional cost to you!

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Spirituality

The concept of spirituality is expansive, multi-dimensional and runs deep. At its core, it is engaging the “sacred” to find **an enduring sense of meaning, purpose and hope.** Faith, a particular dimension of spirituality, utilizes religious communities, sacred practices and religious resources to engage certain understandings of God and God’s activity in one’s life and the life of the world.

Being grounded in faith, older adults become more resilient, visionary and resourceful. They rely on their faith communities as ongoing webs of sacred connections and trusted relationships as well as avenues for service. This section will cover a variety of spirituality and faith perspectives as well as sacred moments, vital faith practices and enduring hope.

Education

This area will address the unique health and lifestyle issues faced by older adults. We're working to develop a practical blueprint for programs within congregations that encourage collaboration between congregations and community organizations which can address the issues faced by older adults and empower them to age with confidence. Community partners can be excellent resources for programming in congregations on issues like:

- **Physical topics** like brain health or fall prevention
- **Social issues** such as end of life planning and communication between generations
- Help with **challenges of aging** such as depression and attitude/coping skills

The Toolkit will also feature presentations that congregations can use to get educational programs started, including Aging 101 and caregiver resource workshops.

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Community Building / Social

Many older adults experience social isolation and loneliness, which causes associated physical and mental health issues. Although topics like these are addressed in part by the Education section of the Toolkit, intentional community building within the congregation as well as the community engages and connects older adults in meaningful ways.

This is more than fellowship. The key is to create connections intentionally, whether physical or virtual, one-on-one or in small groups. Models for programming, activities and events will vary widely to serve the needs of congregations of all sizes.

Intergenerational

Passing on a legacy of belief to the next generations speaks to the very heart of the Christian faith. The inter-connectedness of faith communities nurtures reciprocal value across the generations in very natural ways. The importance of intergenerational connections can not be overlooked. We'll include a bank of ideas and activities that congregations can easily access in categories that include Grandparenthood, age integration and telling your Faith Story (click on the Faith Story button on our website to find tools to help with that now).

We are excited about development of the Older Adult Ministry Toolkit and will share more about its upcoming availability soon.

Eligible for Thrivent Choice® Dollars?

Support older adult ministry by making **ALOA** your organization of choice!

- Go to www.thrivent.com/thriventchoice/
- Or, call 1-800-847-4836

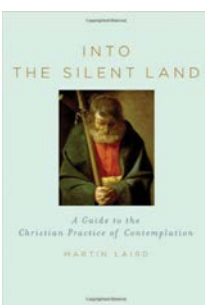
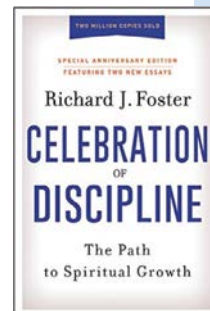
Resource Highlights

Here's a sample of the kinds of resources the Toolkit will include. These come from our section on Spirituality.

Celebration of Discipline: The Path to Spiritual Growth -

Richard J. Foster

Foster explores disciplines in three movements of the Spirit. Inward Disciplines (meditation, prayer, fasting and study) allow personal examination and change. Outward Disciplines of simplicity, solitude, submission and service help us to make the world a better place. Corporate Disciplines of confession, worship, guidance and celebration bring us closer to one another and to God.



Into the Silent Land - Martin Laird

A look at the Christian Practice of contemplation. The author invites one to move away from places of distraction into a silent place where God is waiting. This book is as a guide for those who desire to journey yet deeper into the silence of God.

What Would You Recommend?

Considerable resources for older adult ministry exist....we just need to make them known! Have you developed something that is working in your congregation? Read an excellent book that you'd recommend? Found a good website?

Let us know!! Use the contact us tab on our *website* or send us the information in an email to aloa4u@gmail.com

This issue, we are pleased to share a recent post by Ward Tanneberg. Ward is an author, speaker and retired pastor from the Seattle area who also served as Executive Director of the CASA 50+ Network. His Perspective blog is all about living, learning and leading in life's "third age" (60+) as a follower of Jesus. You can subscribe at wardtanneberg.com/blog/



Ward Tanneberg

I'm Here...

So Now What?

I heard the voice of the Lord saying, 'Whom shall I send, and who will go for us?'

Isaiah 6:8

What Does

A Holistic View

of life's third age (60+) mean to followers of Jesus? What should we understand about this amazing longevity era of which we are a part? Is it different when a follower of Jesus "retires" or are the expectations in retirement for us the same as for everybody else?

We live in a society, especially in the Western world, where Webster's Dictionary definition of "retirement" fits well on one hand and is completely outdated on the other. Webster says "retirement" means to "leave" or "withdraw," or "disappear." This may be true on one level when we wave "goodbye" to fellow business or professional colleagues and we are handed our final separation paycheck. We may have left, we may have withdrawn, but we didn't disappear.

So What Did Happen?

We went fishing. We traveled. We played more golf. We did something we'd always dreamed about doing. Pretty much like any retiree. Or maybe not. Maybe we don't do any of those things. Maybe the unexpected happens. Maybe we have health issues. Maybe we need extra income. Maybe

grandchildren become our responsibility. Maybe retirement is not anything like we dreamed it would be.

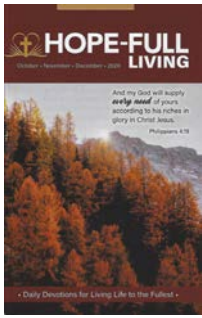
The Christian and non-Christian retiree enters a similar new era. Some are well enough financially to retire in their 50's. For others it may be in their 60's or even early 70's. Yet it is the same for all. At whatever age one retires, the follower of Jesus steps into new territory just like anyone else, often unprepared for what comes next.

How to prepare financially is covered by a plethora of books, advisors, and entities set up solely to enable our readiness to face life without the proverbial paycheck. Our hope for the future is that we all do well as good stewards of whatever our resources may be. Too much can be a burden. Too little a problem. "Enough" is the right amount. What constitutes enough's "right amount" is another conversation

Today We View Retirement

as a right, not a privilege. Yet a hundred years ago, most people did not retire. In the US, in 1935, Social Security was launched as a way out of the Great Depression. When 65-year-old, lifelong Republican, Ida Mae Fuller of Ludlow, Vermont, opened her mail in February, 1940, she found a check enclosed, dated January 31, for \$22.40. It was the first Social Security payout ever from the US government. Over her lifetime she received almost 1,000 times more than what she paid into the system.

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Hope-Full Living Still Available

The large print daily devotional, written by older adults for older adults, continues to be a blessing to many! Worship

Anew of Ft. Wayne, Indiana has taken over publication and you can still get it by mail or read it online. Call 800-779-0846 or go to HopeFullLiving.org to order a single copy or bulk subscription to enrich older adult ministry in your congregation.

On the Front Lines...

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My father was born in 1900. Life expectancy at that time was only 47. In the 1930's at the inception of Social Security, life expectancy in the US was 62. Today it is 79. But it's not just longevity that is impressive. Everyday another 10,000 American boomers retire. Think about it. There are more than a billion people in the world who make up life's third age. In 1900, only 122,000 people aged 85+ in the US. In 2020, there are nearly 6.7 million, a number more than the total population of the US in 1800.¹

In Other Words

"the times, they are a-changing." And changing fast. So as we try to catch our breath and celebrate our third life age birthdays, what is it that the One True God expects we will do with our longevity largess? Will freedom and fun be the end all? Or will modern Christian elders venture out on the growing edge of life's true meaning and purpose?

We're here...SO NOW WHAT?

Only you and I...and God know the answer.

¹What Retirees Expect by Ken Dychtwald and Robert Morison, 2020, John Wiley & Sons, Inc.

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Your support helps ALOA provide more consultation & resources for older adult ministry. Use the enclosed envelope or click the blue **Donate Now** button on our website to donate online.



ALO is a Recognized Service Organization (RSO) of the LCMS and an affiliated Social Ministry Organization of the ELCA.

COMING EVENTS

Ironwood Springs Lutherhostel May 10-14, 2021

Join us for our annual Lutherhostel, which was rescheduled from its original October, 2020 date. As previously planned, we will welcome Ben & Jennifer Freudenburg to lead a study of *Life in the*



Later Years, helping us to better impart God's love and grace to future generations. The Freudenburgs serve at Concordia Center for the Family in Ann Arbor, Michigan, where Ben is Executive Director. Pastor Frank and Deaconess Jan Janzow will lead devotions and music with a focus on *Kingdom Living: A Fresh Look at the Lord's Prayer*. The Janzows served at Ascension Lutheran in Waukesha, Wisconsin



for 37 years, and have been popular leaders with Lutherhostel participants.

Ironwood Springs Christian Ranch near Stewartville, Minnesota has developed appropriate protocols to safely host this week of learning, worship, outdoor activities and fellowship.

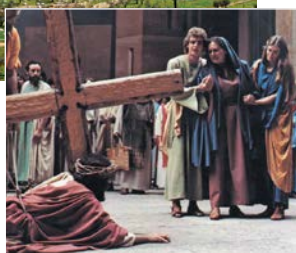
In addition to our study and music/devotions, the program includes topics of local interest and optional outdoor activities.

Enjoy the zip line, cornhole tournament, hiking and more. Lodging is in comfortable hotel-style rooms in the camp's Miracle Lodge.

Cost: \$575 per person/dbl occupancy includes program, lodging and meals. Camper sites: \$525 per person. Commuters: \$350 per person (no lodging or breakfast). For more information or to register, go to aloaserves.org/events/ironwood-springs-lutherhostel/

Holy Land & Passion Play Trip

June 18-30, 2022



ALOA Board member Rev. Dr. David Maack will lead a trip to the Holy Land, followed by travel to Germany for the Passion Play. The 13-day trip will include sites from Bethlehem to Jerusalem and to the Dead Sea Scrolls, then on to Innsbruck, Salzburg and Oberammergau. Cost from \$4,998 per person/dbl occupancy from Newark. Contact dmaack@lutheranmissionsociety.org for more information and a complete brochure.

IN 2021

3 Continents Tour & Cruise

November 18 – 28, 2021

Walk in the footsteps of early Christianity on an 11-day Tour that covers 3 Continents and an Aegean Cruise

Enjoy first class hotels and luxury cruise ship accommodations as you travel between Greece, Egypt, Israel and Turkey. Take in historic sites in Ancient Athens, Cairo, Jerusalem, Gethsemane and Bethlehem, Cyprus, Ephesus and Corinth.



Cost: \$4,872.00 per person/double occupancy from Tampa. Includes round-trip airfare, tours & sightseeing, lodging, selected meals; cruise lodging in outside cabin, plus meals and beverages.

Find information, videos and how to register under the Events tab on our website. Go to aloaserves.org/events/3-continents-tour-cruise/

Questions? Give us a call at 800-930-2562 email George Algozzina at georgea@aloaserves.org

IN 2022

Experience Italy & the Oberammergau Passion Play

September 20 - 30, 2022

11-day tour of Italy + the renowned Oberammergau Passion Play.

Take in Christian Rome, Vatican City, the tomb of Paul and the Sistine Chapel. Travel to Assisi, Florence and Venice. Marvel at the masterworks of Michelangelo & Giotto. Then, it's off to

Bavaria for the remarkable Oberammergau Passion Play.

Cost: \$4,872.00 per person/dbl occupancy from Tampa. Includes airfare, lodging, two meals daily, transfers and tours, along with tickets to experience the 2022 Passion Play.

Early Bird Savings: Save \$100 with a \$500 deposit received by Sept. 21, 2021.

Find information, videos and how to register [under the Events tab on our website.](#)

Questions? Call us or email George Algozzina at georgea@aloaserves.org





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