



EncourAGING and Equipping Congregations for Older Adult Ministry

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

March 2021

Rules for Good Old Age

*In this issue, we are pleased to share some uplifting thoughts from **Dr. Gerald (Jerry) Kieschnick**. Dr. Kieschnick is Presidential Ambassador for Mission Advancement at Concordia Univ. Texas and previously served as president of the Lutheran Church-Missouri Synod. He shared this in the newsletter of Legacy Deo (previously Lutheran Foundation of Texas).*

Ten Rules for a Good Old Age—Adapted

1 Stop worrying about the financial situation of your children and grandchildren. You've taken care of them for many years, and you've taught them what you could. In case of an emergency, you'll be there to help. But you gave them an education, food, shelter, and support. The responsibility is now theirs to earn their way.

2 Maintain a healthy life with moderate exercise like walking every day. Eat well and get sufficient sleep. It's easy to become sick, and it gets harder to remain healthy. Stay in touch with your doctor. Get annual exams even when you're feeling well.

3 Always buy the best, most beautiful items for your wife or husband that you can afford. Enjoy your time and money with your spouse. Some day one of you will miss the

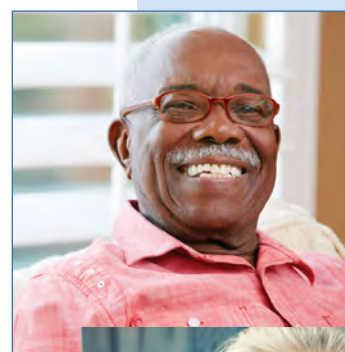
other, and the money will not provide any comfort then. Enjoy it while you can.

4 Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down. And don't let the future frighten you.

5 Keep love alive, regardless of your age. Love your spouse. Love life. Love your family. Love your neighbor. Love your surroundings. Love your country. Giving affection helps us stay young at heart.

6 Be humbly proud, both inside and out. Don't stop going to your hair salon or barber, unless you cut your own hair. Manicure your nails. Go to the dermatologist and the dentist. When you are well-maintained

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Don't miss our Lutherhostel in October! See pg. 6 for details.

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.

TAXING AND TAXES

We have been living through some very taxing times, perhaps even perilous days, and weeks. With the COVID-19 Pandemic continuing to disrupt so much of our lives I certainly applaud the availability of several vaccines. I have gotten my shots and hope you have had the opportunity to get yours. Hopefully soon our daily lives will become less taxing.



Hans Springer

This is also the time of year that taxes are on our mind. "Render unto Caesar" our

Lord tells us. I am amid the yearly exercise of gathering all the data and working on filing everything on time. As you work on yours, I want to remind those of you who may have appreciated stocks, that a donation of any appreciated value directly to ALOA can help you by thereby avoiding capital gains taxes. If you are interested and so inclined, give us a call and we will walk you through it.

As you are aware there is always an envelope attached to this ALOA newsletter. If you have not used it, I encourage you to do so today and send your gift in support of older adult ministry.

Finally, I want to wish you and your family a blessed Eastertide. Jesus paid the ultimate "tax" with His life, His death upon the cross, and His resurrection on Easter morn. Alleluia! He is risen!

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

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on the outside, it helps you feel confident and strong on the inside.

7 Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing sillier than an older person trying to wear what is currently fashionable among much younger people. You've developed your own sense of what looks good on you. Stick with it.

8 Keep informed about what's going on around you. Read a newspaper. Watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised which old friends you'll meet. Keeping in touch with what's going on and with the people you know is important at any age.

9 Respect younger people and their opinions. They may not have the same viewpoint as yours, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them of yesterday's wisdom that still applies today.

10 Trust in the LORD with all your heart, and lean not on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. (Proverbs 3:5-6)

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 Log into Amazon using [smile.amazon.com](https://www.amazon.com/smile) and designate Adult Lutherans Organized for Action as your charity. Amazon will donate .5% of each purchase you make to ALOA....and at no additional cost to you!

Upcoming Webinars

Our monthly webinars share insights of older adult ministry leaders and experts on aging. All are free and last about an hour. You'll find a whole library of topics to explore on our webinar archive, too. Check it out and register for these webinars at aloaserves.org/webinars/

Joyfully Aging Is NOT an Oxymoron!

Thursday, April 22, 2021 – Noon ET

Dr. Rich Bimler shares his positive outlook for the second half of life. Joyfully Aging is a gift that the Lord gives to all, younger and older, to celebrate life each day! In a culture that sees aging as a disease, it means changing the way we perceive older people, ourselves and others.

Thursday, April 29, 2021 – Noon ET

How Do I Want to be Remembered?

The final session in our *Living Life Fully* series. Deaconess and RN Penny Cedel will walk participants through the process of creating a gift for their family by thinking through and communicating final wishes. She'll introduce processes and formats to articulate and document wishes in a loving and lasting way. See previous sessions at aloaserves.org/webinars/

Thursday, May 20, 2021 – Noon ET

Everyday Spirituality: Ways you are Faithful in the Ordinary

Bishop James Hazelwood, New England Synod, ELCA, presents practical ideas to discover how seemingly ordinary activities such as walking, gardening, cooking or singing can be expressions of one's faith. We will learn, laugh and discover new ways God is present in our lives.

Grants in Support of Older Adult Ministry

Through the years ALOA has been the recipient of generous grants from various organizations and foundations. We are thankful for this funding, whether given for general support or for special projects. Here are three grants which ALOA has received during the past year.

Dankis Foundation - For a number of years ALOA has received annual grants from the Dankis Christian Foundation in New Jersey. Often unrestricted, these grants have usually been applied to special needs or projects that ALOA has undertaken. We are appreciative to the Dankis family for including ALOA in their stewardship.

Trinity Lutheran Church, Walnut Creek, California - The Legacy of Trinity Committee supported ALOA with an unrestricted gift which is being used to fund projects related to our upcoming 30th anniversary. This is enabling us to produce three short videos to tell the ALOA story, which will be used for specific audiences and purposes to increase our visibility with a wider audience, especially among congregations.

ELCA - We are grateful for the support of the ELCA and Lutheran Services for the Elderly Endowment in providing a three year grant to fund ALOA's Congregational Centers for Vital and Resilient Aging. ALOA's Older Adult Ministry Toolkit is the first component in this project. Initial work on the Toolkit was delayed due to COVID-19, but significant progress is now being made, and several sections are nearly complete.

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ALOA**

Your support helps us 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.

By Mary Manz Simon, ALOA Board

Veteran pastor Carl Greene is the Executive Director of a network of churches in the US and Canada and member of the Board of Directors of the National Association of Evangelicals. A doctoral candidate at Trinity International University, he is researching Faith Stories of older adults. After interviewing me about ALOA's initiative, I turned the tables and questioned him.

In your research, what motivated people to share their Faith Story? Did the rationale change with the age of the person?

Among many reasons offered, three motivations stand out. First, many wanted to share their story so it would benefit the next generation(s), whether that would be children, grandchildren, or future generations they are concerned about. Second, many have stories that contain deep losses and wounds, and despite the difficulty of telling their story, they hope that it will encourage those walking a similar path (something of a “wounded healer” approach as advocated by Henri Nouwen). Third, many share their story as a personal process of sense making—they are finally in a place in life and faith to be able to look back across their life and connect many of the dots to see how God has led, shaped, and redeemed their life story.

There tends to be a deepening of concern for future generations and a willingness to do the hard work of life review in later life.

How did people feel after sharing their Faith Story?

For many people, it was the first time that they had shared their cumulative Faith Story with someone. They were grateful to walk someone through how God has been at work in their life and the ways that God has fostered spiritual growth in their life.

What did people say was the most difficult aspect of sharing their Faith Story?

Concern about not having the story all

pulled together in a pretty package with a bow on top. Many shared a sense of felt pressure (both from peers as well as from themselves) to be able to tell a captivating story that others would find interesting while also accurately revealing the power of God.

What suggestions did research participants have for those who have yet to share their Faith Story?

God uses stories to change people. I am involved in this research because Faith Stories told by my grandfather, by ‘surrogate grandparents’, and by caring people in my life have shaped me. I hope others will be as blessed by hearing Faith Stories as I have been.

As a researcher, what surprised you the most?

The power of storytelling. My word choice of *storytelling* is important—the process of crafting a story is incredibly important. Storytelling requires life review. It necessitates slowing down to recall specific snapshots from life that God uses to draw us ever closer to Him. Time and again, I have been surprised by someone interrupting themselves when telling a story to pause and suddenly reflect on a long-forgotten memory or a new understanding of a memory that had been glossed over before. When that memory is uncovered and dusted off, there is a gem revealed of how God was at work during that time in their life—and a reminder of His active work today.

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Did you draw the conclusions you anticipated?

We will see when the dissertation is written! At this point, some conclusions are far stronger than anticipated. One conclusion surrounds the importance of sharing Faith Stories, specifically by those entering “early old age.” A second conclusion is that there are a number of baby boomers who have drifted from their childhood faith com-

mitment or never had established a faith commitment, and are just now expressing an interest in faith. A key opportunity for reaching these baby boomers with the hope of the gospel is through Faith Stories and invitations to ‘try out community’ through informal small groups.

COMING EVENTS

Ironwood Springs Lutherhostel October 4-8, 2021

We know that many are ready to relax, recharge and reconnect after the isolation of the past year. 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 measures to safely host this week of learning, worship, outdoor activities and fellowship.

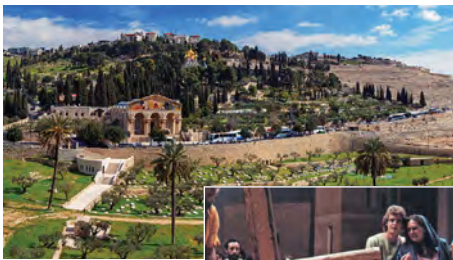
In addition to our study and music/devotions, the program includes topics of local interest and optional outdoor activities.

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 Christians. 11-day Tour covers 3 Continents + 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 more information, videos and how to register our website. Go to aloaserves.org/events/3-continents-tour-cruise/

Questions? Call 800-930-2562 or email George Algozzina at georgea@aloaserves.org

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

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

ALOA



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