

LIVING LIFE FULLY

February 18, 2021

11:00-1:00

Seminar for ALOA

Living Life Fully

- ▣ Would like to invite Christ to be with us as we study....
- ▣ Six Best Doctors in the World:
 - ▣ Sunlight, Rest, Exercise, Diet, Self Confidence, Friends.
 - ▣ We are loved when we are born. We are loved when we die. In between, we each have to manage our own life!

Why this topic?

...Statistics show that people are retiring earlier, living longer & have a great wealth of information to share with their communities.

...this population is underserved.

...It was obvious that anxieties were related to growing old, physical emergencies related to the aging process, mobility, loneliness, isolation and personal needs of an emergency nature.

...I knew this to be my calling to serve.

...By addressing these concerns, and ultimately reducing anxieties, spiritual wellbeing can be achieved, thus freeing one to be able to serve self, family, church and community, .

Living life fully

We had 25 registered participants plus three who saw the advertisement and showed up...



Living Life Fully

- ▣ To address all aspects of Living Life Fully, we are using three parts to this seminar:
 - ▣ 1. Looking at where & how we can serve by looking at our Spiritual Gifts & Talents
 - ▣ 2. Asking the “Hard Questions” & Planning for Anything (Estate Planning Basics)
 - ▣ 3. How do I Want to be Remembered?
- ▣ Because I am a Deaconess, I looked at the process via diaconal images....
- ▣ A little bit about me...

Living Life Fully

A Bit of History...



Section 1

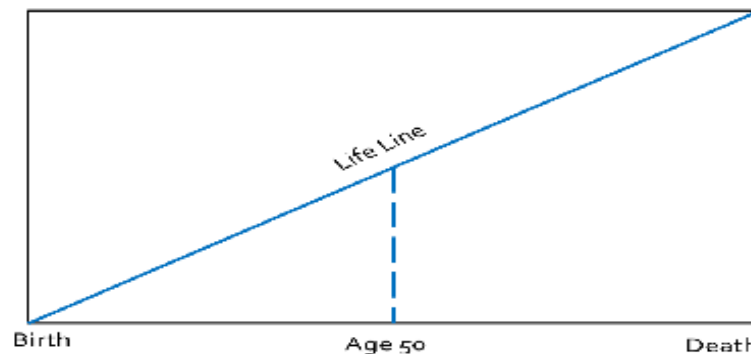
About Me and My Life...



LIFE-LINE GRAPH

A Lifetime Perspective Looking Back & Looking Ahead

1. Place a large X on the Life-Line to indicate your present age.
2. Let the topics on the left stimulate your memories.
3. Put a large Y on the Life-Line to indicate when you might die. (This is not binding.)
Note how much time you have left to enjoy life.
4. Let the list below help you plan future activities to increase your fulfillment in life.



RECOLLECTIONS

Accomplishments Deeds you're proud of
Deeds you're not so proud of
Meaningful relationships ... Regrets
Highlights, Important decisions
Words that describe your life -Turning points
Homes you lived in Childhood memories

FUTURE PLANS

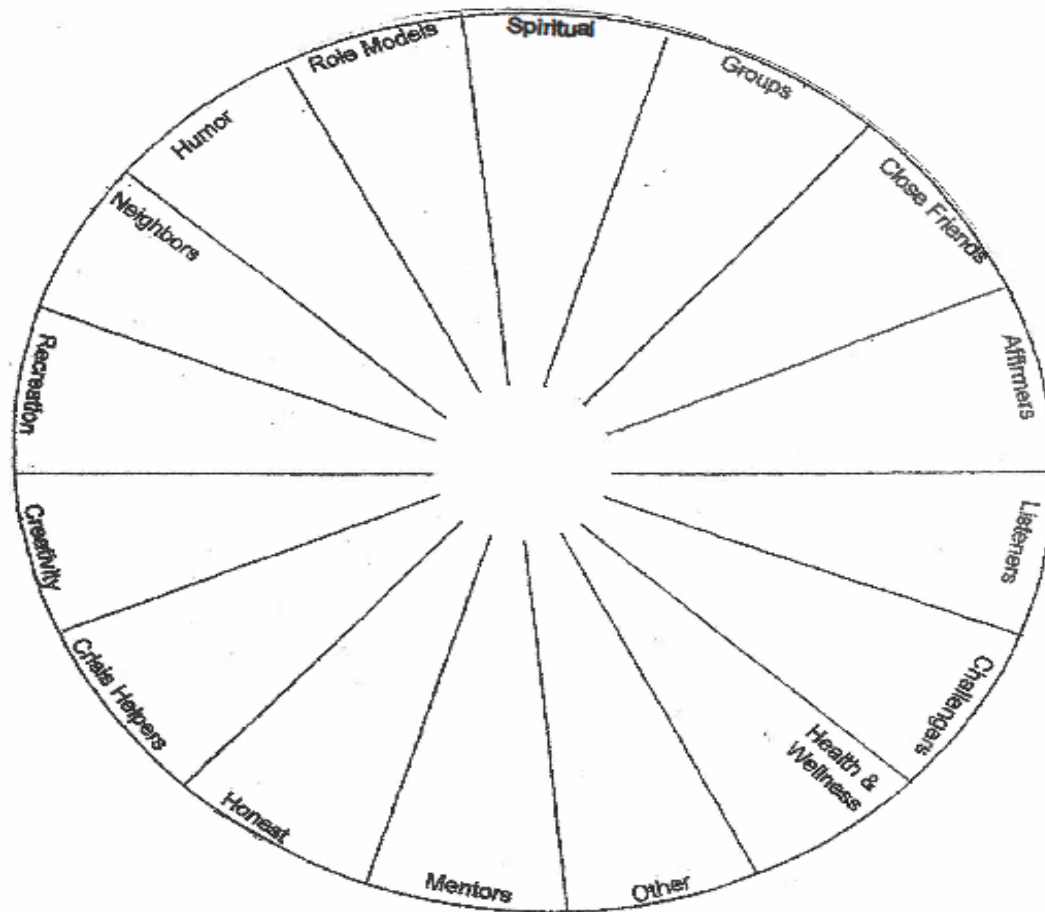
Letters, Possessions & Travel
New goals/ Re-dreams
Contributing/Helping
End of Life Plan
People to visit/ Reunions/ Places to go
More humor, fun & spirituality

Faith

Creative activities

Forgiveness

INSTRUCTIONS: Put your initials in the center circle. In each category, list the people you consider part of your support system. circle categories where you will add more support.



Spiritual Gifts Inventory, Short Form

This is a method to help you discover your gifts. Check the items which best describe you.

1. ___ I prefer ministering by myself rather than in a group. G
2. ___ People often say I am impulsive and direct. A
3. ___ My financial resources are above average. A
4. ___ I like to counsel people on a short-term basis. D
5. ___ I am a task-oriented person. G
6. ___ I love directing other people's work. B
7. ___ It's natural for me to show kindness to people. E
8. ___ People Learn easily from me. C
9. ___ I can be very persuasive. F
10. ___ More than 10 percent of my income goes for Christian causes. A
11. ___ People often follow my advice. D
12. ___ I normally use several books in lesson preparation C
13. ___ I like to recruit and lead people. B
14. ___ One-on-one relationships are important to me. E
15. ___ I possess a variety of talents and abilities. G
16. ___ I want to measure everything by God's Word. F
17. ___ Material possessions don't mean much to me. A
18. ___ Discouraged people are encouraged by my words. D
19. ___ Being accurate and truthful are important to me. C
20. ___ I love the challenge of accomplishing an organization goal. G
21. ___ Other people's spiritual welfare genuinely concerns me. D
22. ___ I usually make quick decisions. F
23. ___ I look for ways to help the unfortunate and downtrodden. E
24. ___ Criticism doesn't bother me. C
25. ___ I often volunteer my time and talents to worthwhile causes. G
26. ___ I am usually self-confident. B
27. ___ I don't expect repayment for favors I do for others. E
28. ___ I enjoy being responsible for the success of the group. B
29. ___ When a question about truth comes up, I am normally right. F
30. ___ Deadlines challenge me, and I usually meet them on time. B
31. ___ People in pain are comforted by my presence. D

Total your checks: (total all the A's, B's, etc.)

A. _____ B. _____ C. _____ D. _____ E. _____ F. _____ G. _____

Recording a 3, 4, or 5 after a letter indicates a Spiritual Gift,

Using the results from the previous page, rank your Spiritual Gifts on the line provided with the number 1 being your strongest gift/highest score.

GLOSSARY OF SELECTED SPIRITUAL GIFTS

—— **A. Giving**

Benevolence/caring
Worship
Clown squad
Hospitality
Operation Miracle
Samaritan Center

—— **B. Administration**

Christian education
Staff
Trustee
Finance
Staff parish
Planning

—— **C. Teaching**

Christian education
Speaking
Teaching
Worship
Youth work
Small group

—— **D. Exhortation**

Benevolence/caring
Counseling
Speaking
Staffing
Teaching
Worship

—— **E. Mercy**

Benevolence/caring
Hospitality team
Visitation/Care team

—— **F. Prophecy**

Bible study
Outreach
Speaking

—— **G. Service**

Benevolence/caring
Clerical
Communications
Hospitality
Scripture reader
Usher
Acolyte
Clown squad
Care team

In contrast to talents or strengths which are also marked by ease, competence or job, spiritual gifts are further characterized by serving one another as good stewards with God's strength and by glorifying God in Jesus Christ (1 Peter 4: 10, 11 NASB)

Definitions of Spiritual Gifts

APOSTLESHIP A New Testament office, represented today by the Spirit-given ability to minister cross culturally with the goal of planting churches. (Eph. 4:11, 1 Cor 12:28)

PROPHECY (F) The special ability to cause the authoritative word of God's truth to shine (II Peter 1: 19, 1 Cor. 14:3). It includes congregational preaching and lay utterances which explain and apply God's revelation for correction and edification. (Joel 2:28-30)

EVANGELISM The special ability to act as a productive instrument of God in soul- winning work (Eph. 4:11, Acts 1:8)

SHEPHERDING The special ability to effectively guide, feed, and protect a flock of followers in Christ - also known as pastoring. (Ps. 78:72)

TEACHING (C.) The special ability to give a detailed understanding of Biblical truths to those willing to learn. (Eph: 4:11-16)

EXHORTATION (D) The special ability to come alongside another in need of encouragement, challenge, or earnest advice. (Romans 12:8)

KNOWLEDGE The special ability to master God's revealed truths in Scripture (1 Cor. 12:8-10)

WISDOM A special ability to use knowledge effectively coupled with a reverential awe of God (1 Cor. 12:8)

HELP (G) The special ability to provide timely assistance that releases other Christian workers for direct spiritual ministry. (1Cor 12:28)

HOSPITALITY (G) The special ability to provide an open home to those in need of food, lodging and fellowship.... or a refuge to a bruised individual. (1 Peter 4:9-10)

GIVING (A) The special ability to earn money, manage it well and wisely give for the Lord's work. (Rom. 12:8)

ADMINISTRATION (B) The special ability of working with and through followers toward achieving Biblical goals and organizational objectives. (1 Cor. 12:28)

MERCY (E) The special ability to aid the suffering or undeserving and to spare them from punishment or penalties justly deserved. (Rom. 12:8+)

FAITH An unusual ability to trust in the presence and power of God and to act on this trust. (1 Cor. 12)

DISCERNMENT The special ability to distinguish between truth and error, good and evil, the Spirit of God and the spirit of Antichrist. (1 Cor. 12:10)

LEADERSHIP The special ability to set goals and to motivate others toward their accomplishment in the Body of Christ (Ps. 78:72, Rom 12: 8+)

SPRINGBOARDS TO LIVING LIFE FULLY IN SERVING OTHERS

Activities That Interest Me:

People I Want to Spend More Time With:

Some Things I Can Do to Improve Relationships:

Volunteer Activities I Will Explore:

Ways I Want to Increase My Spirituality:

Some Things I Want to Let Go Of:

Ways I Could Make Myself More Interesting, Less Irritating, and More Loveable:

Achievements I Am Going to Celebrate:

A List of Things That Will Make Help Live Life Fully includes:

One Thing I Will Do This Week to Live Life Fully Is:

RETIREMENT: NEW HORIZONS

ALOA February 18, 2021

BOOKS, RESOURCES

Embrace and Savor Your Next Chapter by Ron Pevny

Creative Aging: Rethinking Retirement and Non-Retirement in a Changing World by Marjory Zoet Bankson

Aging Matters: Finding your calling for the rest of your life by R. Paul Stevens

Refire Don't Retire: Make the Rest of Your Life the Best of Your Life (a parable of sorts) by Ken Blanchard and Morton Shaevitz

The Gift of Years: Growing Older Gracefully by Joan Chittister

ReFirement: A Boomer's Guide to Life after 50 by Dr James V. Gambone

Falling Upward: A Spirituality for the Two Halves of Life by Richard Rohr

Everyday Law for Seniors: Updated with the latest Federal Benefits by Linda Whitton and Lawrence Frolik

Your New Money Mindset by Brad Hewitt & James Moline (Thrivent)

The Smart Woman's Guide to Planning for Retirement: How to Save for Your Future Today by Mary Hunt

The Upward Spiral

Website: ethicalwill.com

Website: gu.org (generations united)

Thrivent

Other Retirees

OTHERS:

The Graceful Exit – A Pastor's Journey from Good-bye to Hello (Alban.org)

From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older (1997) by Zalman Schachter-Shalomi

Living Life Fully

- ▣ Thank You for joining me today...
- ▣ I pray that you will take the time to complete your homework...
- ▣ Make what you do a gift to others...
 - ▣ AND- Now that you are ready-
Go forth and serve others...
Make everyday count !

Blessings, Penny

