



EncourAGING and Equipping Congregations for Older Adult Ministry

CELEBRATING
30
years of ministry

November 2021

Celebrate Yourself

By Dr. Lydia K. Manning, Gerontologist and ALOA Board Member

We live in a culture of scarcity, according to well-respected researchers.¹ This concept is popularized in the media and is well represented in social media and blog posts everywhere. What is scarcity culture? Our everyday lives are permeated with messaging that we don't have enough or that we are not enough. In short, we live in a world where we concentrate more on what we are lacking rather than on what we have. This became exceptionally evident during the pandemic, and is problematic for many reasons.

The consequences of this "never enough" thinking can negatively impact our health, relationships, and everyday lived experiences. In addition to the negative consequences, this type of thinking stands in the way of our ability to celebrate each other and ourselves for who we are and the many wonderful gifts we have. In other words, "never enough" thinking creates barriers that prevent each of us from celebrating the fact that we are all imperfectly perfect

and are wonderfully enough! In short, each and every one of us deserves to be celebrated. This celebration starts with you celebrating yourself.

Celebrating yourself can (at first) seem indulgent, narcissistic, and rather self-absorbed. Don't worry – it's not. Being able to

celebrate yourself is fundamental to self-care and the key to well-being. After consulting the work of several experts on self-help, health, and wellness,² I offer ten simple strategies for celebrating the wonderful person that God made you to be.

- 1 Take A Moment to Say "Good For Me!"** – Congratulate yourself on a life well-lived and a job well done. Acknowledge your accomplishments in life (big and small) and praise yourself for making the milestones. You're a big deal. Don't

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Celebrate the fact that we are all imperfectly perfect and are wonderfully enough!

*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.*



Hans Springer

FUNERALS

It seems that lately I have been going to more funerals. At my church we had a dozen within a two-week period. The church staff told me that there will be 22

candles lit on this All-Saints Sunday. That is a record for our congregation. Funerals give us an opportunity to remember, grieve, and rejoice with the family and our greater congregational family. They also give us an opportunity to review our own path towards heaven.

ALOA has some great resources on our website related to end-of-life matters. In our [webinar archive](#), you'll find a series of three sessions that are quite comprehensive. Look under "Aging Resources" for a series of three sessions with the title "Living Life Fully." These were compiled and presented by Deaconess and ALOA board member Penny Cedel. I believe you will find them useful in planning out your later in life strategies.

The great lesson I continue to learn when I attend a funeral, is that I am reminded of my own mortality and that the day will come when my strife in this world will be over. Then, I will truly rejoice in the rest promised by Jesus to the glorious awakening in the heavenly mansions where there is a room prepared for me. Perhaps saddening, yet there is joy in participating in a funeral.

*"The strife is o'er, the battle done;
Now is the victor's triumph won;
Now be the song of
praise begun.
Alleluia!*

COVER STORY

Celebrate Yourself.....continued from page 1

be shy or modest. Write down those accomplishments and have a good long look at all you have experienced in this lifetime. Take inventory of all that you have done to make the world a better place.

2 **Grab a Friend and a Sweet Treat**

– Life is short and chances are that someone who you think is fabulous is stalling in efforts to celebrate themselves, too. Call this person and plan a mini-adventure for a sweet indulgence. Head to the nearest bakery, get a little box of bonbons and devour them. Do this while talking about how



wonderful it is to be alive, well and able to share in the sweetness of life, made even sweeter by the gift of great friends. If you're at a distance or limited due to COVID restrictions, send a treat, get one for yourself and enjoy time together by phone or online.

3 **Take Yourself to a Movie (even if it's at home)**

– Catching a matinee on a Monday is the best, and a great time to avoid crowds. Get some popcorn and a carbonated beverage and watch the film of your choice (a romantic comedy or a foreign film with subtitles). Enjoy it without feeling compelled to justify your choice and eat popcorn until your heart is content.

4 **Choose a Costume for the Day**

– Fashion is a great way to celebrate you and your creative spirit. Put together something eccentric, put it on, and flaunt it. Be unashamed and add a little flare to your day.

COVER STORY

5 Indulge in Some Pampering – Indulge yourself and head to the spa, or create your own at home. Get a massage, a manicure, a pedicure, or a paraffin wax treatment. The little things can do wonders for our self-esteem and mental health.

6 Make a List of Your Top Traits & Qualities – Don't be shy. I'm sure you have a lengthy list of qualities that people love about you (and you secretly appreciate and love about yourself). What are those qualities? Make a list and tape it to your bathroom mirror.

7 Leave Yourself "You're Wonderful" Messages – Grab a stack of Post-Its and go to town. Write affirming notes to yourself and leave them on the bathroom mirror, the coffee pot, or on the remote control. Use the power of positivity and write affirming thoughts about yourself. Allow yourself to be reminded of how wonderful you are.



8 Treat Yourself to Something Special – No, we don't really need another pair of shoes, golf clubs, or a jigsaw puzzle. Life is short and sometimes the best way to celebrate you is to treat yourself to something special. A little token of self-appreciation goes a long way.

9 Reach Out to An Old Friend & Celebrate Them – Stop for a moment

and think about some of the great people that pepper your life story. Is there a memorable moment that fills you with joy and makes you laugh out loud?



Grab your address book (the spiral bound or the electronic) and write an old friend a note. Share the memory and let them know you think they are special and worth celebrating.

10 Make a List of Your Greatest Accomplishments – Write down all the amazing things you've done in your life (big and small). Stand back and enjoy the full-body sensation of satisfaction.

Celebrating yourself is a protective strategy that promotes vitality and resilience and is also a way for us to deal with the less-than-ideal parts of ourselves. Celebrating ourselves (as well as celebrating those we love and care about) is a way to build self-confidence while cultivating a healthy and confident you. Stop, smell the roses, and enjoy in the art of self-celebration.

¹Dr. Brené Brown and Dr. Richard Beck

²Kirsten Mahoney at Insight Out Life Coaching and Anna Davies, magazine writer for Redbook

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FRONT LINES: An Interview with Shirley Carpenter

A continuing series of interviews with leaders in senior adult ministry.

By Dr. Mary Manz Simon, ALOA Board

NJ District Focuses on Ministry by, with and for Older Adults



Shirley Carpenter

Former ALOA Board President Shirley Carpenter continues to be a tireless and visible supporter of older adult ministry in her home region, the New Jersey District.

In this interview, Shirley shares key action steps that resulted in passage of a resolution at the District convention earlier this year. Her approach and model can be adapted for use in other Synods and Districts.

At the May 2021 convention, the New Jersey District passed a resolution in support of older adult ministry. What specific steps did you take to make that happen?

Carpenter: I used information from Ken Holdorf's materials* and prepared a draft of the proposed resolution. This was edited by our District President and Hans Springer, ALOA Executive Director, before being forwarded to the Convention Resolutions committee for consideration.

What is the benefit of having a district take this type of action?

Carpenter: This was an opportunity for District pastors and congregational delegates to expand their awareness of the talents/skills, time and valuable experiences reflected in the many "graying" folks in NJ. This district-level action provides a larger scope of interest, a stronger priority, and potentially more positive initiatives. The Adult Ministry Team/ALOA now has a platform from which we hope to support persons/congregations with resources and relational assistance.

You've been extremely successful in developing allies for older adult ministry

in the district office. In what ways have you worked with the leadership?

Carpenter: Working with the leadership is important. Respect their time; make requests in a timely manner. Accept suggestions, while being open and honest. Build on pre-existing relationships with these valuable, helpful and probably overworked persons.

What are the greatest challenges facing the growth of older adult advocacy in your district?

Carpenter: The people of New Jersey struggle with the "silo" concept. An idea may sound interesting and valuable; however, if an activity does not occur "on campus," i.e. at the local church, it is more difficult to get participation. Daytime travel is a necessity. Traffic is a huge challenge, so scheduling an activity at a realistic time is critical. Health and transportation issues that are a daily reality for older adults require providing a safe and handicapped accessible facility.

How would you describe the current state of older adult ministry in your district?

Carpenter: At present, Adult Ministry in NJ centers around six active churches.

Upcoming Webinar

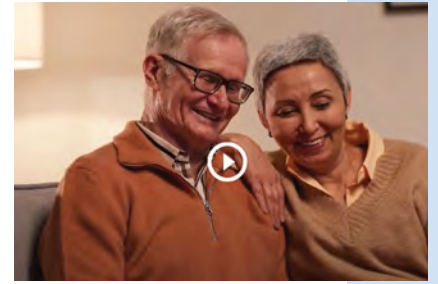
Register for webinars and view previous topics at aloaserves.org/webinars/

Thursday, January 27, 2021 – Noon ET How Your Church Can Become a Center of Long Life Learning & Faith Formation

Adults age 60 and over are engaged in all kinds of educational activities, so why aren't churches leading the way the way as centers of long life learning and faith formation? John Roberto, Founder of Life-Long Associates, presents approaches, examples and resources for addressing the spiritual and religious needs of older in your congregation. Discover how to engage this age group in meaningful, faith forming experiences that are easy to access and designed in multiple formats.

New ALOA Video

We're excited to have a new way to introduce ALOA. It's the first in a series of three short videos to tell ALOA's story. Thanks to Board members Penny Cedel and Dr. Mary Manz Simon, along with professional videographer Tim Ristow, for creating this video. It is intended to increase our visibility with a wider audience, especially among congregations. We appreciate the support of the Trinity Lutheran Foundation, Walnut Creek, California for the funding to make this project a reality. Take a look and share the video with someone who should be introduced to ALOA! It's on our Home page at <https://aloaserves.org>



Support ALOA

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More from Shirley Carpenter... from page 4

However, there is great potential. We pray that our many small and graying churches find a ministry appropriate for themselves, their friends, and their community.

What are your next steps?

Carpenter: Now that we have been blessed by overwhelming approval of the District, been encouraged by our new president, and with the guidance of the Holy Spirit, our team will pursue Adult Ministry by, with, and for the saints of the New Jersey District.

**ALOA Board member Pastor Ken Holdorf compiled tips, ideas and background information on best practices in older adult ministry. For information on availability of his materials, contact the ALOA office.*

NJ District Resolution adopted May, 2021

Resolution 21-03

To Create Greater Awareness, Emphasis and Effectiveness of Senior Adult Ministry in Congrega- tions of the New Jersey District

Resolved, that the congregations of the New Jersey District provide intentional ministries by, with, and for persons over 65 which may offer opportunities for adults to serve, have fellowship, provide leadership, share skills, show respect, become knowledgeable about aging issues; so that they might experience His well-being, and serve Christ and His kingdom in sharing the Gospel to unbelievers and believers, to the very last day of life on earth.

IN CHICAGO

Legacies of Faith & Belonging: Discipleship into Relationship

February 8, 2022

10:00 am to 4:00 pm

Chicago Marriott
Downtown Magnificent Mile

ALOA is collaborating with the Presbyterian Older Adult Ministries Network (POAMN) on a conference in conjunction with the next Association of Presbyterian Church Educators Conference in Chicago.



Rich Bimler and Roland Martinson and will focus on the role older adult ministry plays in providing a congregational culture legacy of belonging and hope. Participants will come away with an understanding of how best utilize storytelling and intergenerational relationship building for congregational members.



Pat Baker, President of POAMN, will discuss specific models of older adult ministry from around the country. Participants will work in groups to brainstorm and develop ideas based on the models that could be implemented in their own congregation.



Cost: \$65 per person. Lunch on your own. To register, click the events tab on our website and go to [Legacies of Faith & Belonging](#)

IN FLORIDA

Empowering Elders

Saturday, February 29, 2022

9:30 am to 3:30 pm

Tampa, Florida

Rescheduled from October, this joint conference of ALOA-FL Region and POAMN (Presbyterian Older Adult Ministry Network) will feature inspiring speakers, breakout sessions and lunch.



Join us at Christ Our Redeemer Lutheran Church in Temple Terrace.

Roland Martinson, author and Emeritus Dean of Luther Seminary will present *Elders Rising: An Unprecedented Era of Expanding Older Adulthood*. He'll also share ways our churches can be renewed and sustained through older adults. A POAMN speaker will also present vital information on challenges and opportunities we face as older adults. Breakout sessions include a deeper dive with speakers, plus sessions involving creativity, coping with dementia and more.

Cost: \$35 per person (includes lunch)
Livestream (main speakers only): \$20.00

Register online or with the registration form at: aloaserves.org/events/empowering-elders/

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.

TRAVEL WITH ALOA

Experience Italy & the Oberammergau Passion Play

September 20 - 30, 2022



11-day tour of Italy, followed by the Oberammergau Passion Play.

We'll take in Christian Rome, Vatican City, the tomb of Paul and the Sistine Chapel. Then travel to Assisi, Florence, Padua and Venice to marvel at cathedrals and the masterworks of Michelangelo & Giotto. Finally, it's off to Bavaria for the remarkable Oberammergau Passion Play.

Cost: \$4,872 per person/double occupancy from Tampa. Includes airfare, lodging, two meals daily, transfers and tours, along with tickets to experience the 2022 Passion Play.

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

Questions? Call us or email George Agozzina at georgea@aloeserves.org

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We are grateful to donors from August thru October, 2021

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Adult Lutherans Organized for Action
 PO Box 4367
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 letter is a
 publication
 of **Adult
 Lutherans
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 Executive Director
Carol Murphy
 Publications Editor
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Contact Us

1-800-930-ALOA (2562)
 Email: aloa4u@gmail.com
 Web: ALOserves.org
 Mail: PO Box 4367
 Clearwater, FL 33758

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

