

CENTRAL FLORIDA PRESBYTERY OLDER ADULT MINISTRY NETWORK

By Anne Adams

[This is one of six segments in a Capstone Project that was designed by Anne Adams for completion of her Older Adult Ministry Certificate. This project ran the course of a year in the Central Florida Presbytery. Churches that participated met every other month for five hours (a total of 30 hours), to develop a success formula, for their congregation, that ministers spiritually, mentally and physically to their members and communities.]

TITLE OF SESSION ONE: Ministering To Older Adults

LED BY: Anne Adams, Director of Christian Education & Older Adult Ministry, First Presbyterian Church, Vero Beach, Florida

SESSION DESCRIPTION: Through the study of scripture, readings and discussions, this five hour session will explore the many facets of aging - benefits, challenges and opportunities - as they relate to the spirituality of our Church members.

OBJECTIVES: By the end of this session participants will:

- Explore how Reformed Theological topics - heaven, resurrection, forgiveness, eternity - relate to God's love, regardless of circumstances.
- Develop a better understanding of how to develop and implement strategies that support spiritual growth and educational awareness for their older adult members and their Church's role as a caring and supporting community.

RESOURCES:

- *Book of Confessions of the Presbyterian Church (USA)*, Louisville KY: Office of the General Assembly, PC (USA)
- *Catch The Age Wave: A Handbook for Effective Ministry With Senior Adults*, Arn, Win & Charles, Missouri: Beacon Hill Press of Kansas City.
- *Designing An Older Adult Ministry In The 21st Century*, Gallagher, David P., M.D., Oregon: Wiipf & Stock Publishers.
- *Life Application Study Bible, NIV*, Wheaton, IL: Tyndale House Publishers, Inc.
- *Pilgrimage Into the Last Third of Life: 7 Gateways to Spiritual Growth*, Thibault, Jane Marie and Morgan, Richard, L., Nashville, KY: Upper Room Books.
- *Soulful Aging: Ministry Through The Stages of Adulthood*, Simmons, Henry C. and Wilson, Jane, Macon, Georgia: Smyth & Helwys Publishing, Inc.
- *10 Gospel Promises For Later Life*, Thibault, Jane Marie, Nashville, KY: Upper Room Books.
- *Winter Grace: Spirituality and Aging*, Fischer, Kathleen, Nashville, KY: Upper Room Books.

SUPPLIES: Podium, Dry Ink Board and Table for display material & handouts

SETTING: Tables and chairs in a U-Shape with center open

LESSON OUTLINE

Introductions:

Opening Prayer: "Prayer for Aging", *Pilgrimage Into The Last Third Of Life*, page 7.

Scripture Reading: Isaiah 46:4 "Even to your old age and gray hairs, I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you."

- First Hour:

What we mean by "Reformed Theology"

Handouts: "Time Line of the Reformation"

Denominations from the Reformation

Protestant Reformation in 16th Century Europe

Martin Luther – 95 Theses

The Five Points of Calvinism

Breakout Session Question: "Using the Scots Confession of 1560

as a basis, where should your teaching emphasis be as a Church educator. How do you help your seniors "finish well"?

- Second Hour:

Sharing the Group Breakout Session Findings

Church's Goal in Helping Seniors To Accept Their Aging Process

Teaching God's Love and Protection Throughout Life

Showing How the Holy Spirit, Through The Church Family, Walks With Them To The End of Life.

The Concept of "Community Across Time" from the book *Winter Grace: Spirituality and Aging*, by Kathleen Fischer pg. 17

"now that we have come to view the spiritual life not as a static state of the soul, but as movement, growth and process, the end of the journey becomes an even more decisive influence on every stage of life what is planted in one season may not bear fruit until another".

- Third Hour:

Scripture Reading: Colossians 1:16 "For by him all things were created: things in heaven and on earth".

Man as a three part being:

The Body – the 5 senses

The Soul – the mind, will and emotions

The Spirit – the "you" that relates to God

Scripture Reading: 2 Corinthians 4:16-18

Handout: The Westminster Confession of Faith

Breakout Session Question: Using The Westminster Confession of Faith of 1647 as a guide, how would you explain to older adults the state of man after death, resurrection of the dead and the last judgement?

- Fourth Hour:
 - Sharing the Group Breakout Session Findings
 - Scripture Readings: 1 Thessalonians 4:13-17
1 Corinthians 15:1-19, 35-52
 - Discussion on the above scripture readings as they relate to:
 - Resurrection of Jesus
 - Resurrection of the dead
 - Resurrection of the body

- Fifth Hour:
 - Breakout Session Question: Using the Five Needs of Older Adults, how will you develop/improve your Church's current programs?
 - Spiritual Enrichment
 - Socialization
 - Learning
 - Service Opportunities
 - Services Needed

Sharing the Group Breakout Session Findings...points that should be incorporated are:

- Pastoral visits
- Member calling – “check in”
- Providing transportation for church events and worship
- Providing CD of Sunday worship
- Providing fellowship programs and events
- Identify a person's gifts/talents so they can participate as they are able.

Anne Adams is the Director of Christian Education and Older Adult Ministry at First Presbyterian Church in Vero Beach Florida. Born and educated in New York City, Anne lives in southern Florida, with her husband, Trell. She is a certified Precept Bible Leader and Stephen Minister. She serves on the Central Florida Presbytery Leadership Committee and has led many workshops for their educators and clergy. She also served on the World Mission Committee and on the Board of Our Turning Point Ranch for young girls. As a certified online missionary with Campus Crusade for Christ's "Global Mission Outreach" program, she has found a way to bring people to Christ without leaving Vero Beach!