

Resource Guide for Older Adult Ministries

ISSUE 65

2021 SPRING

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**A Publication of the
Presbyterian Older Adult
Ministries Network
(POAMN) a 501(c)(3)**

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A MESSAGE FROM THE EDITOR

Good Morning from Oregon,

The theme of this issue of *PNN* is, *Rejoice, I say again Rejoice*. Vaccinations against COVID-19 are being made available in substantial numbers, and hopefully everyone will soon be safer from the coronavirus.

Four articles in this issue of *PNN* share insights on rejoice:

- "President's Reflections" by Pat Baker
- "MEMO from Membership" by Linda Rauenbuehler
- "And Now it's Spring" – a poem
- "Rejoice, I say again, Rejoice!" by Quentin Holmes

Other articles in this issue include:

- "Celebrating Longevity Around The World – Three Webinars"
- "Peeling off the Bandages" by Janet Miller, PhD
- "Opportunities in Older Adult Ministry: POAMN 2021 Grants"
- "God-Hope" by Larry Warner
- "Two New Small Group Study Opportunities — POAMN Spring Cohorts"
- Book Review – "Light of Setting Suns" by Richard L. Morgan
- "Lara's Yummy Granola" – a recipe.

PNN is your newsletter. We need you to send us short notes about things you have done or ideas that your group has found to work. The theme of our summer issue will be, "*What's done with love is well done.*" Deadline for manuscripts is June 15th, 2021. Many older adults are in our congregations. By the power of God, plus our faithfulness and our warmth, we can reach out.

Thanks be to God!

Quentin A. Holmes

Quentin A. Holmes / Marcola, OR



Quentin & wife, Jane, Holmes

"The heart of the wise is in the house of mourning."
(Ecclesiastes 7:4)



Pat Baker
POAMN President

POAMN PRESIDENT'S REFLECTION

The theme of POAMN's Network News this spring is *Rejoice, I Say Rejoice*. It is taken from Philippians 4:4. My Bible of choice these days is the Common English Study Bible. As I look out my window on this beautiful spring day at the blooming bushes and trees, passages 4-7 of Philippians 4 sing to my heart:

"Be glad in the Lord Always! Again I say, be glad! Let your gentleness show in your treatment of all people. The Lord is near. Don't be anxious about anything; rather, bring up all your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus."

The place that I'm drawn to in older adult ministry is the care and support of individuals who have taken on the responsibility of caring for their spouse, parent, grandparent, or of raising a grandchild. I facilitate three caregiver support groups (virtually in this time of COVID-19) every month. I'm surrounded by many who, in their gentleness, show God's love to the people in their care. These caregivers are very aware of the closeness of the Lord in their lives and rejoice in the understanding that in Christ Jesus their hearts and minds are safe. I pray that when you read this passage you will think of caregivers in your lives and express heartfelt thanks to them.

By now you should have received information about our three free spring webinars in late April and early May. If not, please visit our website www.POAMN.org to read about them and register to attend virtually. The theme is **Celebrating Longevity Around the World**. You will be hearing from Rev. Fern Cloud, a citizen of the Sisseton-Wahpeton Dakota Oyate Tribe of South Dakota; Rev. Ida Rosario, minister of a multicultural church in partnership with a Hispanic congregation; and Rev. Jae Kim, who will share how Koreans celebrate longevity.

I was thrilled by the responses to my invitation in the Holiday PNN to reach out to me, so I'm going to offer that up again. How can POAMN strengthen our services to persons who are engaged in older adult ministry or want to hone their skills to serve older members of their congregation? I'd love to hear from you!

Pat Baker
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*"Life is an opportunity, benefit from it.
Life is beauty, admire it.
Life is a dream, realize it.
Life is a challenge, meet it.
Life is a duty, complete it.
Life is a game, play it.
Life is a promise, fulfill it.
Life is sorrow, overcome it.
Life is a song, sing it.
Life is a struggle, accept it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is luck, make it.
Life is life, fight for it."*

(Mother Teresa)



Linda Rauenbuehler
Membership Committee Chair

MEMO FROM MEMBERSHIP

This is not an easy time for our family. My father-in-law passed away just yesterday on April 10th. He was 96 years old, so he had a long and wonderful life. He was a WWII veteran who survived the Battle of the Bulge and came home with a Purple Heart. Later, he was an air traffic controller for the FAA. He worked with my father, who was an electronics technician, for many years before I met the family.

The theme of this issue of POAMN Network News is “Rejoice, I say rejoice!” Philippians 4:4 says, “Rejoice in the Lord always. I will say it again: Rejoice!”

2 Corinthians 6:10 begins, “sorrowful, yet always rejoicing”. This hardly seems like a time for me to be rejoicing, yet it is.

I rejoice that I had a chance to know my father-in-law over these past 47 years. I rejoice that he played a big role in raising his son to be the wonderful man that I have been married to for 40 years. I rejoice that he is no longer suffering from physical pain and the dementia that began taking over his life a number of years ago. I rejoice that he is in heaven with our Lord.

As the New Living Translation of 2 Corinthians 6:10 says, “Our hearts ache but we always have joy.” Rejoice, I say rejoice!

Membership Renewal for 2021

If you have not already done so, please renew your membership for 2021. An application for renewal is at the end of this newsletter, or you can print one off from our website at www.poamn.org and send it to our Treasurer, Lynne Trout, with your check. You may also apply online using PayPal. As we are a 501 C (3) organization, additional gifts are graciously accepted and are tax-deductible.

Upcoming Events - Celebrating Longevity Around the World

Please visit our website for information and registration for our three upcoming webinars: on April 22nd at 7 p.m. (EDT); on April 27th at 3 p.m. (EDT); and on May 7th at noon (EDT). The theme is “Celebrating Longevity Around the World.” I hope you will participate in some or all these special webinars.

Please also mark your calendar for POAMN’s Annual National Conference at Mo-Ranch, in Hunt, Texas, on October 26-28, 2021.

Certificate of Older Adult Ministry

POAMN collaborates with Columbia Seminary in Decatur, Georgia, on classes leading to a Certificate of Older Adult Ministry. Please check out this wonderful opportunity. Information can be found by going to Columbia Theological Seminary’s website and looking under Lifelong Learning.

Respectfully submitted,
Linda Rauenbuehler
POAMN Membership Chair

*“One generation shall commend your works to another
and shall declare your mighty acts.”*

(Psalm 145:40)



CELEBRATING LONGEVITY

• AROUND THE WORLD •

APRIL 22 | APRIL 27 | MAY 7

CELEBRATING LONGEVITY AROUND THE WORLD

Upcoming Webinar Information
from POAMN's Conference Planning Committee

[NOTE: POAMN is putting on these three webinars free of charge. However, in order to receive their access codes, you must explicitly register for each individual webinar. This can be done by going on the POAMN Website, POAMN.ORG, and clicking on "Events."]

POAMN's Conference Planning Committee organized a series of three Webinars during April-May. They will be offered on three different days and at different times in order to accommodate more folks. The overall theme of these webinars is, "Celebrating Longevity around the World." As an organization which focuses on serving our older adult population, POAMN looks at other cultures to learn more about changes we could adopt in the ways we honor, respect, and value older adults.

The webinar dates, times, and speakers are:

- On April 22nd, 2021, (Earth Day) at 7:00-8:00 PM (EDT).
- TOPIC: The Circle of Life – Speaker: Rev. Fern Cloud

In our culture we view life's journey as a circle. There are four stages in our life's journey, as there are four seasons, four directions. The circle of life is referred to as medicine wheel, in that there are many teachings for a good long life.

Rev. Fern Cloud: Fern Cloud is a citizen of the Sisseton-Wahpeton Dakota Oyate, on the Lake Traverse Reservation, Agency Village, SD. Since March 2004 Fern has been the pastor of Pejuhutazizi Presbyterian Church on the Upper Sioux Dakota Community, Granite Falls, MN. Currently Fern is the Stated Clerk of Dakota Presbytery and also serves as the Treasurer for Dakota Presbytery. Fern serves on many committee's and boards.



Rev. Fern Cloud

- On April 27th, 2021, at 3:00-4:00 PM (EDT).
- TOPIC: Older Adults of Hispanic Heritage – Speaker: Rev. Ida Rosario

Rev. Rosario will share some of the challenges that older adults of Hispanic heritage and others face within the cultural realities of adapting to life in our world. These challenges can arise from the differences between them and their children who have been socialized to the norms of America. They can also face cultural shock, lack resources, and encounter difficulties in obtaining the care that is needed, especially as they age. (NOTE: This Webinar will also be available in Spanish or Korean translation.)

Rev. Ida Rosario: Rev. Ida Rosario was born in Jersey City, New Jersey, on June 30, 1943. Ida and her mother moved in with Ida's maternal grandparents, who came to the United States from Cuba in 1900. When she was eleven years old, Ida left their home to follow her mother into a world of poverty and homelessness among the new migrants from Puerto Rico. Today, Rev. Ida serves as a minister of a multicultural church who is in partnership with a Hispanic congregation of more recent immigrants.



Rev. Ida Rosario

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- On May 7th, 2021, at Noon-1:00 PM (EDT).
- TOPIC: Korean-American Traditions – Speaker: Rev. Jae Kim

Koreans celebrate longevity with throwing big parties for older adults, particularly when they meet milestone birthdays like Hwangap (60) – Gohi (70) – Palsoon (80) – Gusoon (90). This session will show how Korean-Americans inherit the tradition in the context of immigrant communities and what the immigrant churches contribute to empowering older adults spiritually in their life stage.

Rev. Jae Kim: Rev. Jae Kim was born and raised in Korea and immigrated to the USA in 2003. After graduating from Columbia Theological Seminary in 2008, he ministered to older adults of Korean Community Presbyterian Church in Duluth, GA, until 2018. Now he serves as senior pastor at New Blessing Church in Duluth, GA.



Rev. Jae Kim

PEELING OFF THE BANDAGES — AN HONEST LIFE REVIEW

by Janet E. Miller, PhD, Session Elder
Bath Presbyterian Church, Dayton, Ohio

[Editor's NOTE: Janet Miller earned her Older Adult Ministry Certification from the Center for Lifelong Learning at Columbia Theological Seminary in March 2020. It was my privilege to serve as Janet's mentor during her Capstone Project.]

Hillbilly Elegy by J. D. Vance can be considered a rare honest review of a person's life. In this case, the author, J.D., willingly pokes fun at himself but also looks deeply under the covers of his Appalachian-values upbringing, all the while balancing the examination with positive outcomes.

For some, writing a life review seems to be a joyful trapeze through a charmed life. For many others, the pain and anguish of past embarrassments and failures provide almost more discomfort than can be faced. Is it not better to hide the ridicule endured decades ago when the small, close-knit school heard about your family's troubles or saw your shaved head in third grade because your mother was in a rage? What would be the advantage of peeling off the bandages that have been covering the still-unhealed wounds? Could an honest, brave life review offer an opportunity to systematically examine even tough life events to find understanding and meaning?

We often wonder about the meaning of life in general and about the meaning of our own lives, in particular. As we age, these contemplations about meaning often feel more urgent. In fact, concretely capturing what you have done with your life is an important exercise at any point in life. Socrates said, "The unexamined life is not worth living." That is, one should think about one's life and what one is doing with the gift of life rather than going by routinized patterns. Many people habitually go along day to day ---- wake up, coffee, exercise, shower, work, lunch, more work, chores, dinner, reading, bed, and repeat the next morning. You yourself may go through the motions of living, but what is the overall pattern, the highlights and especially the challenges that are making your life something special? Might you possibly find something so that you can say, "Thank God for the scars," as the Christian group 'I Am They' sings? Think about a tumbled river rock and the analogy to your life. Consider the rock, either real or imagined, and the rock's journey. How might the rock's journey relate to the bumps, twists, and turns of your life? Think about where the rock originated. What was it initially like? What did it go through to get to its present state? Stones are around for a long time, so where

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will it go from here and where will your life go? You can ask these same questions about your life. From your current age and perspective, you may be able to make progress on identifying how God has guided you and was there with you especially at tough times. This can, also, give you reassurance that God will continue to do so.

While there are many published journals to guide you in looking back over your life, an empty notebook serves the purpose as well. To start, do not worry about writing a concise, flowing, grammatically correct story, but begin by jotting down thoughts and memories. A good framework for starting is by dividing your life in quarters as shown below and separating positive and negatives memories.

Positive memories			Neutral Axis
Ages 0 - 18	Ages 19 - 40	Ages 41- 60	Ages 61 and up
Negative memories			

Questions and statements to jog your memory include:

- What were the variables in your life at that time, such as your age, your friends, where you lived, and anything that might have played into the scenario?
- What activities occurred during that timeframe?
- Who were the actors involved in your life at that time?
- What do you think the other actors were thinking and feeling?
- What were they doing?
- Describe the timeframe, including your feelings, your surroundings, and various activities.
- Work to identify both positive and negative events.
- How was the end of the timeframe different than the beginning of the timeframe?
- Looking back, can you see how God was working in your life?

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If you identify a particularly rough incident that is painful, thinking through the questions and statements may provide a new perspective. You may even begin to entertain the idea of forgiveness so that the bandage which has been covering but not healing the situation can be peeled off. (**Critical Note:** If you find the event too difficult to address by yourself, reach out to a professional, such as your pastor, to help you work through the tough areas.) You are not expected to forget the hurt, but you might be able to release the pain to the best of your ability to allow healing.

How would you define ‘forgive’? The Merriam-Webster definition is ‘to cease to feel resentment against an offender.’ Think about that. Just let go of the resentment. Allow yourself to cease rehashing that old hurt. Stop all the mental replaying of the situation. As Nelson Mandela has been credited with saying, “Resentment is like drinking poison and then hoping it will kill your enemies.” Carrying resentment causes the body to release stress hormones, such as adrenaline and cortisol, which have negative health benefits, while forgiveness provides positive health benefits, such as lowering the risk of high blood pressure and heart issues. Forgiving is not forgetting or ignoring the effects of wrongdoing. It is not brushing the misconduct under the rug, pretending it never happened. Rather, it is accepting the issue as part of your history and releasing the bitterness you have about the situation to move on, so that you can enjoy the life you were meant to have.

Now, usually when we think of forgiving, we think of actions done against us by other people. But forgiving and accepting ourselves is just as necessary as forgiving others. Perhaps you are the one who committed the action with which you are struggling. Perhaps you are discouraged because you did not react in a certain situation as you would have done ideally. Whatever situations come to mind when you think of forgiving, make sure you include situations where you might need to forgive yourself. You know all of your faults; you live with them every day. Your friends also know your faults, but they see your strengths and regard those as far outweighing your shortcomings. Work toward a balanced perspective.

Why is it so difficult to forgive? According to Anthony C. Lopez, PhD, forgiveness is difficult because self-preservation has wired us with the psychological motivation to react to being harmed or exploited. However, we can overcome our basic instincts by intentionally acknowledging the resentment, deciding to face the situation, working on seeing the offender from God’s viewpoint rather than our limited viewpoint, and then acting to mentally release the negative emotion. The last two steps, in particular, may need to be repeated until you feel you no longer harbor animosity or bad will. Hopefully, you will be able to embrace the phrase, “To err is human, to forgive, divine,” as was first stated by Alexander Pope in his 1711 “An Essay on Criticism.” This statement recognizes that anyone can make a mistake, but if we aspire to a higher level, we should work toward extending mercy to others.

Looking back on your past undoubtedly provides some pleasurable memories, but working through and facing the hurtful events is quite worthwhile. As in the refrain from TobyMac’s “Scars,” “You are not alone. We’ve all been there. Scars come with livin’.” Remember the beauty of a tumbled rock and its interesting features which were obtained from the journey. Your life reveals infinitely more beauty and the journey is what made you into the wonderful loved-by-God being that you are. So, consider peeling off the bandages covering hurts from decades ago, ask for assistance in working through the issues as necessary, and prepare to live the beautiful gift of life.

*“The days of our life are seventy years,
or perhaps eighty, if we are strong...
So teach us to count our days
that we may gain a wise heart.”*

(Psalm 90:10, 12)

THE LATEST BOOK BY RICHARD L. MORGAN

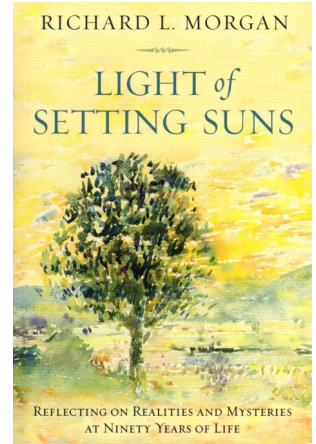
Reviewed by: Quentin Holmes and Jan McGilliard

LIGHT OF SETTING SUNS

Reflecting on Realities and Mysteries at Ninety Years of Life

Author: Richard L. Morgan

In his latest book, Richard L. Morgan presents an insider's look at the life and challenges of the oldest-old. This book is written in loving memory of his late wife, Alice Ann, and his daughter, Anna Sever, in recognition of their support and encouragement which made the book a reality. Each short chapter begins with a scripture reading, then has reflections by others and a meditation by the author, then closes with a heart-felt prayer. Always honest and explicit about the changes and challenges he has experienced since reaching the age of ninety, Richard Morgan also shares his deep faith, wisdom, and inner joy trusting in God.



The book's chapters thoughtfully carry the reader along on Dr. Morgan's multi-year journey:

- o From Independence to Dependence;
- o From Privacy to Interruptions;
- o From Community Life to a New Parish;
- o From Caregiving to Care Receiving.

Rather than fearing old age, as our modern culture would have us do, we are asked to remain open to its possibilities — always!

“Above all else, then be prepared at all times
for the gifts of God
and be ready for new ones.

For God is a thousand more times ready to give
than we are to receive”.

[Meister Eckhart (c. 1260 — c. 1328 CE)]

This book, with its thirty-two brief chapters, is truly a pearl of great value. We recommend it to anyone who is seeking insight into the years to come when they will personally face their own setting suns, and also to folks who are already doing so!

NOTE: This book is available from Upper Room Books / Nashville, TN. All of the author's royalties will go to the Benevolent Care Fund at Redstone Highlands, a leading aging services network partner in Pennsylvania within the communities the organization serves.

PRAYER OF PROTECTION

The light of God surrounds me.
The love and peace of God enfolds me.
The power of God protects me.
The presence Of God watches over me.
Where ever I am, God is, and all is well.
Amen

OPPORTUNITIES IN OLDER ADULT MINISTRY: POAMN 2021 GRANTS NOW AVAILABLE

By Steve Aschmann, POAMN Vice-President

If you are looking for funding to jump start a new older adult ministry or to strengthen an existing activity, POAMN members are invited to apply for funds from our new “Opportunities in Older Adult Ministry Grants”.

These \$250 to \$500 grants are designed to offer POAMN members an opportunity to initiate and build new older adult ministries, to re-imagine and re-shape existing programs, or to be innovative and experimental. Funds may be applied to a single event like a workshop or a recurring activity. These grants generate an opportunity to think about the word “if”. “If” there existed some extra funding, what would be a project or activity that would benefit older adults in your congregation or faith community? “If” there was seed funding available, could your older adult ministry make an impact on the greater community?



These grants recognize POAMN's commitment to support older adult ministry in congregations and faith communities. Individual, Affiliate, and designated representatives of organizations who are members of POAMN may apply. Grants are designed to encourage creative leaders and to inspire bold new ways of doing ministry. The applications are uncomplicated and will be processed in a timely fashion. Additional information and forms may be found on the POAMN website (poamn.org), or by contacting Steve Aschmann at se43aschmann@gmail.com.

GOD — HOPE

by Larry Warner

Solana Beach Community Senior Center / Solana Beach, California

Not a sentimental, fanciful, irrational
wishing-for, escaping-from notion,
but a life-infusing, future-focused certainty
flowing from the cross and empty tomb,
testified to by the love of God within,
rooted in the character and veracity
of a God-with-us-for-us-in-us.

This futuristic God-hope
boomerangs into the now,
anchoring our faith during
the storms and tribulations of life,
sustaining and stabilizing
igniting Kingdom of God understanding,
illumination Spirit of God awareness,
spurring us to live Jesus with
courage, boldness and
inspired creativity,
reminding us that today's reality
is not the end of the story —
the best is yet to come.

REJOICE, I SAY AGAIN REJOICE!

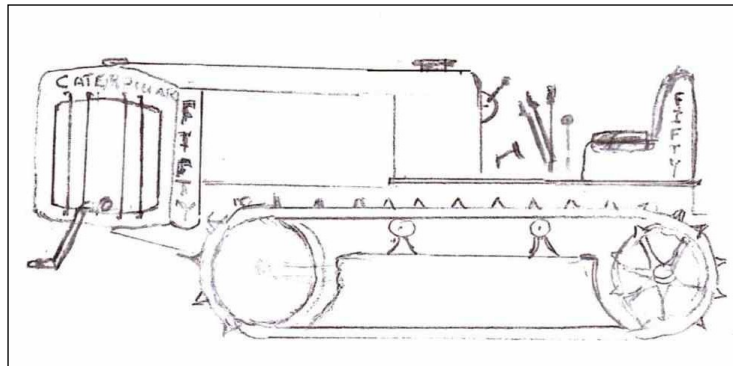
by Quentin A. Holmes, Deacon Central Presbyterian Church / Eugene, Oregon

In Philippians 4:4, we read Paul's words, "Rejoice in the Lord always; again I will say, Rejoice." Over the years, this scripture has been very helpful to many Christians that I know. Personally, these words have rung true throughout my eighty-one years of life. Key experiences in my life come to mind. They were not only a joyous time, but also strongly influenced the remainder of my life. Please bear with me as I share several of those experiences with you.

When I was 7 years old, a litter of puppies was born under our homestead cabin deep in the woods on the Mohawk River in western Oregon. My father told me that IF I would crawl underneath the cabin and bring them out, THEN I could keep one of the puppies to be my own. Crawling in under the cabin was hard, and it was very scary. Several times my clothes got stuck tight on knots jutting out of the logs. I named my dog "Boston Blackie." Many of the fondest memories of my childhood are of playing with him, hiking with him, and just being with him. In a phrase, the two of us rejoiced together for years.



When I was 14 years old, a 1914 Caterpillar Fifty tractor was dropped off at our house by a person I didn't know. That night I asked my father, "Who owns that old Caterpillar tractor?" His reply was, "Well, IF you can start that tractor, THEN it will belong to you." Oh my, what an opportunity for a mechanically-inclined young boy. The tractor was built years before batteries, electrical systems, and electric starters were invented. Starting the 800-cubic-inch engine involved: a) releasing the compression; b) priming each of the four cylinders with a teaspoon of gasoline; c) using a large steel crank and all your strength to rotate the engine through 45 degrees again and again and again until the impulse magneto fired, whereupon you either got kicked powerfully aside, or (if you were lucky) the huge engine lumbered into life. It took me all day, a lot of trial and error, and a number of bruises, but I did manage to get the engine started. Owning a caterpillar tractor was a joy. My brother, who is two years older, and I began logging – he used a chainsaw to fell Douglas Fir trees, and I yarded them with my Caterpillar Fifty. The two of us earned enough money that summer to buy a new Ford car, which we did, even though I wasn't yet old enough to legally drive a car.



The summer when I was 19 years old, I went to Air Force ROTC boot camp at McChord AFB in Washington state for two weeks. There I met a remarkable 22-year-old cadet named Marvin Harper from Provo, Utah. Both Harper and Yours Truly got into a lot of trouble and had to spend hours and hours "walking off demerits" on the weekend. My demerits were for not doing something correctly (e.g., saying, "You bet, Sir!" instead of "Yes, Sir!"). Harper's demerits were always for doing something to help out another person, for example, abandoning a 5-mile obstacle run to carry a cadet with a broken leg out to a highway, flagging down a passing car, and taking him to a hospital. Harper was a Mormon. He was in training to be an Air Force Chaplain. At the end of the two-week camp, I told Harper that I wanted to be a Mormon like him. He smiled and said, "Quentin, that won't work. Oregon is still a frontier. We don't have a single Mormon church in all of Oregon. You can't be a Christian alone. I will give you a Book of Mormon. When you get back to Oregon, go to the nearest Christian church and become an active member. Years from now, LDS will probably establish some churches in Oregon. Then, if you still want to be a Mormon, you can join one of our congregations." Upon returning home I went to the nearest church, Westminster Presbyterian Church in Eugene, Oregon, and became

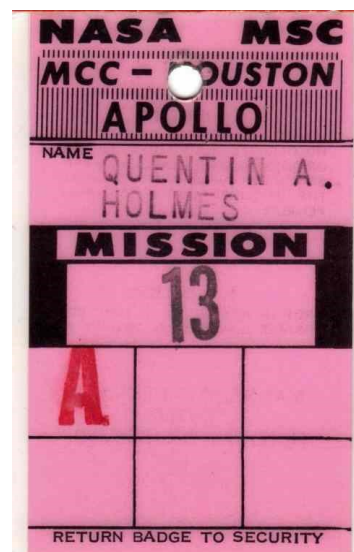
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a member, rejoicing in the Christian love that Harper had shared with cadets around him. At Westminster Presbyterian Church I met the love of my life, Jane Cirksena. Jane and I were married there in 1963.

During my graduate school years at the University of Oregon, Jane and I served as advisors to the Junior High Fellowship at Westminster Presbyterian Church. Jane and the choir director, Helen Lockyear, took care of the bible studies. My main role was teaching each of the young people how to waterski. Together the three of us shared God's love with the young people by spending each Sunday evening with them, listening to their questions, and accepting them just as they were. It sounds simplistic, but learning to waterski gave the junior high kids a sense of accomplishment and an inner confidence. Junior High Fellowship became the highlight of their week for they knew that God loved them. All of us rejoiced. During the following 30 years, wherever Jane & I were living, Yours Truly served as one of the advisors to our local congregation's Junior High Fellowship.

Upon completion of graduate school in 1967, I entered active duty in the U.S. Air Force. The Air Force loaned me to NASA/Houston, Texas, to help Project Apollo send American astronauts to the moon. There, I helped solve the mathematical equations that govern the trajectory of a spacecraft traveling from our earth to the moon. My expertise and that of my cohort, Ken Zeiler, in real-time computing of spacecraft trajectories was such that NASA used us as Trans-Lunar Midcourse Advisors to Mission Control during the earth-to-moon portion of each manned Apollo moon flight. Usually, an Apollo mission followed a free return trajectory, meaning that if the spacecraft didn't stop at the moon, then it would hook around the moon and return to the earth. However, a free return trajectory could only reach landing sites near the lunar equator. Apollo 13 was the first mission to use a hybrid trajectory. Doing so would allow the Lunar Module to land at Fra Mauro, far removed from the lunar equator. Alas, while Apollo 13 was in route to the moon on April 14, 1970, an explosion in the lower SIM Bay critically damaged the Command Service Module. Ken and I and a team that numbered in the tens of thousands helped the Apollo 13 spacecraft return to earth. When Astronauts Jim Lovell, Jack Swigert, and Fred Haise splashed down safely in the Pacific Ocean, the entire world rejoiced!



In 1995, I was elected a deacon at First Presbyterian Church in Ann Arbor, Michigan. With a membership role of over 2,000 people, First Presbyterian had some 40 deacons. As a rookie, Yours Truly was teamed with Mrs. Jean Seeley who had served many terms as a deacon. At age 75, Jean certainly didn't need to work; her husband was a very successful industrialist. But she chose to do so. Jean spent midnight to 8AM each weekday volunteering as a hospice worker, sitting with and comforting dying patients at St. Joseph's Hospital. Jean Seeley's deep trust in God and the loving care she gave to others during difficult times was an inspiration to all who knew her. She rejoiced whenever one of her patients made a peaceful transition into the nearer presence of God. Jean Seeley helped me grow into an effective deacon. And serving as a deacon became my new calling wherever Jane and I were living.

When I retired in 2000, Jane and I moved from Michigan back to Oregon. There, Jane helped teach Sunday School at Central Presbyterian Church and was soon elected an elder. In 2007, our Minister asked Jane to serve on a Presbytery Task Force for Older Adult Ministry. So, I drove Jane over to the Oregon Coast for the first meeting of that Task Force. Long story short, when the Task Force completed its task, Yours Truly ended up serving as the leader for Older Adult Ministry in Presbytery of the Cascades. Then, a couple of years later, I became involved at the national level with POAMN, rejoicing in the fact that old age is a blessing from God!

POAMN
Presbyterian Older Adult Ministries Network

TWO NEW SMALL GROUP STUDY OPPORTUNITIES: POAMN SPRING COHORTS

By Steve Aschmann, POAMN Vice-President

The Presbyterian Older Adult Ministries Network (POAMN) is very pleased to partner with the Presbyterian Mission Agency's Office of Christian Formation to offer online, coach-led cohorts centered on timely and trending topics in Older Adult Ministry. These cohorts focus on group sharing, encourage learning together, while providing a structure for goal setting and strategy planning. Each cohort will consist of 5 to 8 people and will meet for six 90-minute sessions. Cohorts are ecumenical and meant for educators, pastors, and volunteers serving older adults or interested in ministry with seniors. Those with experience working with older adults and those new to this area of ministry are encouraged to participate. While these cohorts are offered free of charge to POAMN members and non-members alike, a commitment to attendance is expected. Cohorts will begin in mid-May. Our spring 2021 cohort offerings are listed below.

Framing Your Older Adult Ministry in a Post COVID World: This cohort is for those seeking to shape and design their ministries with older adults in a landscape altered by the pandemic. Those new to working with senior adults and those with experience are invited to survey the challenges and opportunities of the new normal. Through the perspective of each person's own lens, participants will determine areas for close-up focus. Cohort members will support, encourage, and resource one another, compose goals for their own context and identify effective strategies.

Dates/Times: Wednesdays 3:00-4:30 PM Eastern Time on May 19, 26, June 2, 9, 16, 23

Coach: Sandy Safford.

Intercultural Considerations in Older Adult Ministry: This cohort is for leaders of older adult ministries who are awakening to the value and benefits of building authentic relationships and lasting connections with diverse racial and ethnic communities. The cohort will explore together how older adults can connect, bridge cultural divides, heal wounds, learn from others, and celebrate our partnership in Christ's redemptive work. Participants will be informed by POAMN produced webinars and resourced with ideas. Cohort members will encourage one another, and establish goals and strategies for their respective contexts.

Dates/Times: Thursdays 3:30-5:00 PM Eastern Time on May 20, 27, June 3, 10, 17, 24

Coach: Sarah Erickson.

For more information, dates, session schedules, and registration forms please check out the POAMN website (poamn.org). Registrations must be received by Tuesday, May 11. Email any questions or concerns to Stephanie Fritz (stephanie.fritz@pcusa.org)

*"There is no friend
like an old friend
Who has shared
our morning days,
No greeting
like his welcome,
No homage
like his praise."*

(Oliver Wendell Holmes)



(Photo by Pat Baker – April 2021)

AND NOW IT'S SPRING

© Lhtheake

The grass is green across the hill,
But yellow blooms the daffodil.
It's sunshine on a little stalk,
A friendly flower, I bet they talk...

Of little kids, too long inside
They burst outdoors to play and hide.
Tracking mud and bringing bugs.
Look, there's footprints on the rug!

Tiny whirlwinds, these little tykes,
They skin their knees while riding bikes.
They rip and roar, they're running wild!
What fun it is to be a child.

It grows warmer every day.
Shoo the children out to play!
Pick the flowers, play in mud.
Too much rain, here comes a flood!

My snowy, winter days are gone.
I mourn them, but I hear a song
Of birds in trees; wind chimes ring.
I guess it might as well be spring!

Lhtheaker. "And Now It's Spring." Family Friend Poems, Apr 2018.

<https://www.familyfriendpoems.com/poem/and-now-its-spring>

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Membership fees for 2021 are now being accepted.

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Indio, CA

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Tucker, GA

Thank you to those that have
joined POAMN for 2021!
Special thanks to those that
have made an extra donation!

2021 MEMBERSHIP APPLICATION
Presbyterian Older Adult Ministries Network (POAMN)
A 501(c)3 organization
(please print all information)

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Synod: _____ Presbytery: _____

Church: _____ Other/Organization: _____

*** I would like to receive future *PNN* issues by: ☐ email ☐ hard copy

Membership Type:

☐ \$50 Individual

☐ \$75 Couple

☐ \$35 Affiliate (non-voting)

☐ \$125 Institutional, Church & Judicatory Membership

To continue POAMN's ministry to older adults and those engaged in ministries for older adults, additional gifts are welcome including those in honor or memory of someone. All extra gifts are tax deductible. Gifts can also be given through the PC(USA) Extra Commitment Opportunity (ECO), to account E048101.

Extra gift of \$ _____ to POAMN a 501(c)3 organization

Extra gift of \$ _____ enclosed to the Miriam Dunson Legacy Fund

Gift of \$ _____ enclosed in honor / memory of: _____

(include address if you would like family notified of gift): _____

Gift to support membership of another person or church:
 (include all contact information of that person/church)

Make checks payable to:

POAMN

c/o Lynne Trout, Treasurer

410 Richard Avenue

Delanco, NJ 08075

RETURN SERVICE REQUESTED

LARA'S YUMMY GRANOLA RECIPE

by Lara Pauley / Solana Beach, California

- 4 cups old-fashioned rolled oats
- 1-1/2 cups raw nuts or seeds (I use a variety of nuts and pepitas)
- 1 tsp sea salt
- 1/2 tsp cinnamon
- 1/2 cup melted coconut oil
- 1/2 cup olive oil
- 1/2 cup pure maple syrup or honey (I use pure maple syrup)
- 1 tsp vanilla
- 2/3 cup drained cranberries or other dried fruit

[Optional add-ins to be added **after fully cooked**: 1/2 cup dark chocolate chips , 1/2 cup toasted coconut flakes]

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper
2. Combine oats, nuts and/or seeds, salt, and cinnamon in a large bowl.
3. Pour in the olive and the coconut oil, maple syrup and/or honey and vanilla. Mix well until every oat and nut is lightly coated.
4. Pour mixture on your prepared pan and use a large spoon to spread evenly.
5. Bake 20-25 minutes, stirring halfway (remember the granola will further crisp up when it cools)
6. Let granola cool completely undisturbed (at least 45 minutes)
7. Add in chocolate and toasted coconut, if desired
8. Store the granola in an airtight container at room temperature for up to 2 weeks or in a freezer bag in the freezer for up to 3 months.

ENJOY!