

# **2022 PROGRAM IDEAS AND RESOURCES**

**POAMN's PLANNING GUIDE  
FOR CELEBRATING OLDER ADULTS**





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## lder Adult Ministries Planning Guide Introduction

By Patricia Baker, POAMN President

The Older Adult Ministries (OAM) Planning guide is published in the spring of each year and suggests ministry program ideas and resources for the work of older adult ministry in small, medium, and large congregations in the PC(U.S.A.) and the ecumenical church community. The OAM Planning Guide provides a variety of models for ministry to develop, evaluate, and build up programs, services, and ministry opportunities to, for, and with older adults in a congregation or organization.

This valuable tool includes resources and ideas for planning an Older Adult Sunday Service. The PC(U.S.A.) has designated the first Sunday in May as the beginning of Older Adult Week (May 1, 2022). The Older Adult Sunday planning tool can also be used any Sunday of the year. POAMN welcomes Rev. Jae Kim from New Blessing Church in Duluth, Georgia as our guest writer for the 2022 Older Adult Sunday service. The service is written in both Korean and English. The Older Adult Sunday worship service is one that truly celebrates the contributions that all aging adults have made and are currently making in the life of congregations or organizations. If this years' service doesn't meet your needs please visit [www.poamn.org](http://www.poamn.org) for past and archived Older Adult Sunday Services in the OAM Planning guide publications.

Along with the Annual Planning guide POAMN offers a variety of resources and educational opportunities. On the POAMN website resources page you'll find a treasure trove of ideas to help start and maintain an older adult ministry with ideas from past POAMN Network News articles and Planning Guides and fifteen different resource categories. Don't forget to also look at POAMN grant opportunities to help fund some of your programs with/for older adults.

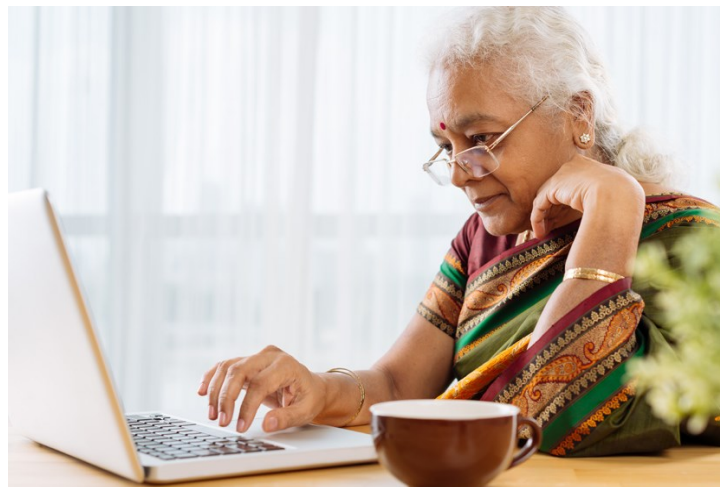


Throughout 2022 we plan to offer several webinars and online events. Early in the year we featured a webinar on the *Alter Program: A Dementia-friendly Congregation Program for African American Churches*. If you missed this webinar look for the recording in the Dementia category of the Resource Library at [www.poamn.org](http://www.poamn.org). We're also planning to offer an on-line worship service in celebration of Older Adult Month in May and yet another webinar in the fall of 2022.

POAMN's Annual Conference will be a Leadership Retreat to be held at Ferncliff Camp and Conference center in Little Rock, AR in early November. For more information on this conference and to register visit [www.poamn.org](http://www.poamn.org), events section.

Other great opportunities for learning include a partnership between POAMN and the Center for Lifelong Learning (CLL) at Columbia Theological Seminary. CLL offers a course of study in older adult ministries comprised of four core courses – The Process of Aging and Implications for Ministry, Teaching for Transformation with Older Adults, Theological Reflection in Older Adulthood and Spiritual Formation and Older Adulthood. A Certificate in Older Adult Ministry I will be awarded to all participants who successfully complete each of the four core courses, including the final assignment that is part of each course's design.

For more information on the certificate program visit [www.poamn.org](http://www.poamn.org), OAM courses section.



I hope you will find the contents of this Planning Guide to be helpful as you explore the many articles and incorporate the Older Adult Sunday materials. This guide is made possible through the support and sponsorship of our ministry partners. Their contributions make it possible for this valuable tool to be offered each year. These organizations are listed on pages 22-24. If you are interested in becoming a sponsor for future OAM Planning guides, please contact Rev. Doug Kurtz at [dkurtz@uam.org](mailto:dkurtz@uam.org). We'd love to partner with you!



**Patricia Baker** serves as POAMN President but has been involved with POAMN since its inception in the early 1980's. Her career in the field of aging and caregiving spans 5 decades working in public, private, and faith positions. Her love is doing older adult ministry and working with family caregivers. She retired from her government job in the summer of 2018 and is now tithing her time at her local church as the commissioned Director of Older Adult and Caregiver Ministries. She also facilitates three caregiver support groups and is staying active at the local, regional, state and national level serving on boards and as an advisor.

## Build Up Your Ministry with a POAMN Grant

### Opportunities in Older Adult Ministry Grants Now Available

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 2022". 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.

Examples: One grant has been awarded to the Center on the Hill in Philadelphia, Pennsylvania.

The Center is organizing week-long series of Ballroom Dance classes and workshops. The classes are planned for older adults in the community who live on modest and fixed incomes. Ballroom Dancing has been proven to benefit the mind, body, and spirit. Another grant has been awarded to the Rumble Memorial Presbyterian Church in Blowing Rock, North Carolina. The congregation is partnering with the Appalachian State University Music Therapy, regional health services, and 27 faith communities to organize a six month long ministry that aims to promote Older Adult Wellness through therapeutic music and strengthen community partnerships. Therapeutic music has been shown to stimulate brain and cognitive function, improve communication skills, improve mental health and well-being, inspire creativity, promote mobility, strengthen social and emotional connections, and relieve stress.



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Ideas: Build Intercultural Bridges, Plan Intergenerational Ministries, Organize Community Nutritional Workshops, Study a Topic like End of Life Decision-Making, Support Front-Line Workers, Plan a Mission Trip or Activity, Organize Retirement Workshops, Focus on a Timely Issue such as Dismantling Structural Racism, Supporting Caregivers, Teaching Seniors about Technology, Offer a Craft, Art or Religious Arts Course, Make Church Facilities Older Adult Friendly, Organize an Activity to Bridge the Racial Divide.



POAMN 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. For additional information contact Steve Aschmann (se43aschmann@gmail.com).



## Grant Guidelines and Qualifications

- Who May Apply: Individual and Affiliate members of POAMN, and designated Representatives of Organizations who are members of POAMN.
- Grant Range: \$250 - \$500
- Timelines: Projects should be completed within 1 year
- Deadline: Revolving, as funds remain available. Requests are due the 1<sup>st</sup> of any month and will be taken under consideration by the Grant Committee. Recipients will be notified (approved or not approved) by the 30<sup>th</sup> of that month.
- Requirements:
  - 1) Completion of Application including project budget, time frame, amount requested, description and purpose of program or ministry, target beneficiaries, purpose of grant
  - 2) Brief Description of Evaluation Plan
  - 3) Commitment to share info about your program through POAMN media platforms
  - 4) Plans, if any, for what will happen with the project after POAMN grant is finished.



**NOTE:** Ordinarily, grants will not be awarded for equipment and technology for individuals, but will be considered for equipment that congregation or faith community may use to specifically equip or benefit older adults. Funds may be awarded to obtain leadership, tutorials, curriculums, and study materials which will help train senior adults to use and understand equipment and technology.

Applications for Opportunities in Older Adult Ministry Grants may be found on the POAMN website: [www.poamn.org](http://www.poamn.org)

## The Art of Listening

By Helen Morrison (1927-2021)

Listening is an art. Most of us believe we are better listeners than we really are. You perhaps can name several situations and reasons for having not heard or been heard. This could be anything from distractions to actually not hearing. Listening is a skill for all ages. Barring some unusual circumstance everyone can improve their “art” of listening.

“Active Listening” is what we will focus upon in this piece. As its name suggests active listening requires using all the senses and concentrating on what is being said. These include: smile, eye contact, posture and mirroring. Sometimes these are easy to mimic. However, a bit more difficult is to mimic comprehension.

Listening is the first language mode children acquire; frequently used and the least studied communication skill. It is a skill that must be developed through practice. The first step in learning about listening is to understand the distinction between hearing and listening. Hearing is simply the act of receiving sound. Whereas listening is the active process of receiving, constructing meaning from, and responding to spoken and/or non verbal messages.\* (*\*Definition is from the International Listening Association which was formed in 1981*).



While most people take listening for granted, it is something that just happens. It is when you stop to think about listening and what it entails that realization sets in and one sees the need to nurture and develop this skill.

In a three panel cartoon Peanuts Classic, Charles M. Schultz captures the elements that illustrates what a conversations is all about. Picture this if you will. First panel: Lucy asks Charlie Brown, “*So what do you think?*” Charlie responds, “*What difference does it make? You never listen anyway.*” 2nd panel: Lucy: “*I was just making conversation.*” Charlie: “*When you make conversation, you have to listen too!!*” 3rd panel: Lucy: “*You Do?*” The look on Charlie’s face reads, I give up!

Effective listening is very often the foundation of strong relationships with others at home, socially, in education and in the workplace. A significant amount of research has been done and continues to be a strong area of interest in this topic (Wolvan & Coakley 1996).

In spite of all we know we so often hear it is the lack of communication that is responsible for what does/does not happen. Communication is a many faceted subject. It is said that we spend about



70% of our day using some form of communication; be it listening, talking, reading or writing.

How do we measure listening? Do we listen in phrases? Like we read? When we listen to a person just what influences what we hear? Do learning styles play a role in our listening ability? How do we respond to someone who says, "I hear you, but I am not listening..." It is said that most people do not listen with the intent to understand; they listen with the intent to reply. Do you agree with that statement? How do you listen?

As "Active Agers" many of us have learned to accommodate to changes, pace, loss of hearing and some physical changes. Joan Chittister in her book *The Gift of Years, Growing Old Gracefully*, says it this way. "Active Aging requires us to go on living life to the fullest no matter how differently." She then goes on to cite the Harvard University Longitudinal Study of Adult Development in which they said, "Lifelong learning makes the difference between healthy and unhealthy aging...it determines the degree to which we will be interesting, valuable, and life-giving to others."

Rachel Naomi Remen (*Kitchen Table Wisdom*) also notes, "The most basic and powerful way to connect to another person is to listen, just listen. Perhaps the best thing we give each other is our attention." (I met Rachel in 1998 when she spoke at Michigan State University and she exudes warmth - you want to spend a lot of time with her - she listened.)

If we truly take the International Listening Association's definition to heart which says, "Listening is the active process of receiving, constructing meaning from, and responding to spoken and/or non verbal messages" we will give it our all. Oh, how we will improve our relationships.

In these past years we've learned so much about how people learn and process information. Howard Gardiner's Multiple Intelligences ([www.niu.edu/facdev](http://www.niu.edu/facdev)) and Steven Covey's 5th Habit (*Seven Habits*) that listening is autobiographical, are two examples that add to our understanding of listening and processing information. The education profession has been designing curriculum to address the different learning styles. A number of our congregations are using "multiple intelligences curriculum" and found that children are more apt to listen.



Madelyn Burley-Allen adds another dimension to our listening. She suggests that we hear through filters. These include: values, memories, interests, strong feelings, images (past & future), beliefs, assumptions, attitudes, past experiences, expectations, physical environment and prejudices. Since research shows that the brain processes one thought at a time we can appreciate how difficult it is to keep an open mind. It takes work to listen.

There is more helpful information in her book which is listed in the bibliography.

May this article be a resource for continuing awareness about the art of listening in ways that are helpful for all ages. Listed below in the bibliography are a few books and websites that may provide resources.

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## Bibliography (selected items)

- *LISTENING IS A 10 PART SKILL*, Ralph Nichols [www.listen.org10 Part Skill](http://www.listen.org10_Part_Skill)
- *LISTENING: The Forgotten Skill*, Madely Burley-Allen. c1995 2nd ed John Wiley & Sons Publisher. A Self Teaching Guide with exercises helpful in work settings.
- *THE LOST ART OF LISTENING: How Learning to Listen Can Improve Relationships*, Michael P. Nichols PhD. c 2009 The Guilford Press, NY. Dr. Nichols, Professor of Psychology, College of Wm. Mary, is a therapist, author and speaker.
- *CONCEPTS OF LEADERSHIP*, Clark, D. R. (2004). Retrieved from <http://nwlink.com/-donclark/leader/leadcon.html>. Excellent piece on communication & leadership.
- Howard Gardiner's *Theory of Multiple Intelligences* published by Northern Illinois University Faculty Development and Instructional Design Center. Gardiner & colleagues at Project Zero introduced the Multiple Intelligences theory in the early 1980's that there are separate human capacities ranging from musical intelligences to the intelligence involved in understanding oneself. [www.niv.edu/facdev](http://www.niv.edu/facdev)



*LISTENING ISN'T A NEED WE HAVE, IT'S A GIFT WE GIVE*

- Michael P. Nichols

*[Editor's NOTE: In the 1980's **Helen Morrison** served as one of the original "Older Adult Enablers" whose mission was to establish and support older adult ministry in 16 Synods. By 1991 their group had grown to more than 225 "enablers" serving all of the Synods in PC(USA). Helen's passion for older adult ministry was infectious. She helped found what ended up being called Presbyterian Older Adult Ministries Network, and later served as POAMN's President from 2012-2014. Helen was a feisty individual who pioneered the way for women to serve in leadership roles in the Presbyterian Church. Helen Morrison passed away in 2021 at the age of 94.]*



# Meet the First Presbyterian Church ONEsies!

By Jean Kelly



*One for all.*

Our ONEsies group was founded by three FPC (Cleveland, GA), Deacons and one FPC Elder. All the founders are widows. The stated purpose of our group is to provide friendship, a sounding board and a support system for those who are alone. We started out as a group for church members and have begun to expand to friends and acquaintances in our community who would like to join. Like many things, the idea evolved out of COVID. The pandemic changed our lives. So many of us were forced to leave our jobs, social distance, stay at home, and live solitary lives apart from family, friends, and even the church. After a while, many of us didn't want to go out anymore. So, the ONEsies were born.

Mary Smith, one of our founders, named the group. Jean Kelly, another founder, worked with church member, Penny Murdoch, to develop the group's logo. Rachel Romfo and Adele Page, the other founding members, helped to chat it up and get the word out.



To promote and market the ONEsies, we did several things. First, we utilized our church bulletin, weekly updates, and took the opportunity to announce our plans during Sunday worship. We created a Facebook page and a distribution group in Realm for ONEsies' announcements. And, because some of our members aren't tech wizards, we did things the old fashioned way, by phone! We presently have about 20 members and the makeup of our group is predominantly female,



widows, plus two widowers who regularly participate. Our median age is somewhere near 70. We've all led interesting lives, still drive, although not so much at night, and a few of us still work or run businesses. We're a diverse group of personalities and individuals.

At our very first meeting, in July 2021, we set up a text buddy network to check in with each other every day and shared phone numbers to create a ONEsies contact sheet. We explored things we'd like to do together, settling on going out to lunch as a favorite activity. We currently meet the third Thursday of the month, unless we don't due to schedule conflicts, and

gradually we've expanded our activities. We try to be flexible, don't want to be too structured, but we need to be sure our meetings get on everyone's calendars!

In November this year (2021), instead of going out to eat, we brown bagged our lunches, collected donations for a local charity, met at the church and packed up boxes filled with toiletries, shampoo, soap, personal care items, and lots of goodwill. We were thankful for our blessings and were so happy to share with others.

In December, we had our first, annual ONEsies' Christmas party, starting with a live, matinee performance of Charles Dickens' "A Christmas Carol", at a local community theatre followed by a gathering at Mary Smith's house where we ate and laughed and had a wonderful time.



Although we don't yet have a formal Older Adult Ministry at First Presbyterian, Cleveland, our Pastor, Rev. Burnetta Armour, has been taking classes to become certified. She has shared some great ideas with us about possible future activities for the ONEsies. For our first out of the box event, we're tossing around the idea of holding a Coffee & Donuts seminar in 2022 featuring speakers on "How to avoid Internet Scams", truly one of the most prevalent forms of elder abuse, today. We'll continue to meet for lunch, look for new members, and love and support the members we have. After our first year, the FPC ONEsies are well on our way!

*A Connecticut native, **Jean Kelly** moved to Georgia in 2013 and has been a member of First Presbyterian Church (FPC) in Cleveland, GA since February 2017. In 2022 she continues her role of Communications Elder for FPC having served a one-year term plus a full three-year term on Session. Her professional background is in Advertising and Public Relations in New England, New York and Florida. In addition to Session, Jean is a founding member of the FPC ONEsies, sings in the choir, has served on the Nominating Committee and Regathering Team, and has just been elected Recording Secretary of this congregation's Presbyterian Women.*





## Older Adult Ministry Worship Service

By Rev. Jae Kim (Korean and English translation)

### 예배로의 부름

시편 100:1-3

온 땅이여 여호와께 즐거운 찬송을 부를지어다;  
기쁨으로 여호와를 섬기며 노래하면서 그의  
앞에 나아갈지어다; 여호와가 우리 하나님인  
줄 너희는 알지어다 그는 우리를 지으신 이요  
우리는 그의 것이니 그의 백성이요 그의  
기르시는 양이로다

### 찬송

만복의 근원 하나님

### 회개의 기도

시편 103:8-18

여호와께는 긍휼이 많으시고 은혜로우시며 노하기  
를 더디 하시고 인자하심이 풍부하시도다

자주 경책하지 아니하시며 노를 영원히 품지 아니  
하시리로다

우리의 죄를 따라 우리를 처벌하지는 아니하시며  
우리의 죄악을 따라 우리에게 그대로 갚지  
는 아니하셨으니

이는 하늘이 땅에서 높음 같이 그를 경외하는 자  
에게 그의 인자하심이 크심이로다

동이 서에서 먼 것 같이 우리의 죄과를 우리에게  
서 멀리 옮기셨으며

아버지가 자식을 긍휼히 여김 같이 여호와께서는  
자기를 경외하는 자를 긍휼히 여기시나니

이는 그가 우리의 체질을 아시며 우리가 단지 먼  
지뿐임을 기억하심이로다

인생은 그 날이 풀과 같으며 그 영화가 들의 꽃과  
같도다

그것은 바람이 지나가면 없어지나니 그 있던 자리  
도 다시 알지 못하거니와

여호와의 인자하심은 자기를 경외하는 자에게 영  
원부터 영원까지 이르며 그의 의는 자손의  
자손에게 이르리니

(다같이) 곧 그의 언약을 지키고 그의 법도를 기억  
하여 행하는 자에게로다

### Call to Worship

Psalms 100:1-3

Shout for joy to the LORD, all the earth.  
Worship the LORD with gladness; come before  
him with joyful songs. Know that the LORD is  
God. It is he who made us, and we are his; we  
are his people, the sheep of his pasture.

### Hymn

Praise God From Whom all Blessings Flow

### Confessions

Psalms 103:8-18

The LORD is compassionate and gracious, slow  
to anger, abounding in love.

**He will not always accuse, nor will he harbor  
his anger forever;**

he does not treat us as our sins deserve or repay  
us according to our iniquities.

**For as high as the heavens are above the  
earth, so great is his love for those who fear  
him;**

as far as the east is from the west, so far has he  
removed our transgressions from us.

**As a father has compassion on his children,  
so the LORD has compassion on those who  
fear him;**

for he knows how we are formed, he remembers  
that we are dust.

**As for man, his days are like grass, he  
flourishes like a flower of the field;**

the wind blows over it and it is gone, and its place  
remembers it no more.

**But from everlasting to everlasting the Lord's  
love is with those who fear him, and his right-  
eousness with their children's children-**

**(together) with those who keep his covenant  
and remember to obey his precepts.**

## 기도

하나님 아버지 감사합니다. 오늘도 하나님의 무한하신 은혜와 사랑 가운데 또 하루를 허락하심에 감사드립니다. 이 하루 동안도 하나님의 말씀을 따라 성령의 은혜 가운데 살아가는 믿음의 여정이 되게 하여 주옵소서. 또한 세월이 흐를수록 더욱 주님의 형상을 닮아가는 우리의 삶이 되기를 간구하며 우리 주 예수 그리스도의 이름으로 기도하옵나이다

## 찬송

복의 근원 강림하사

## 성경봉독

마 14:13-21

예수께서 들으시고 배를 타고 떠나사 따로 빈 들에 가시니 무리가 듣고 여러 고을로부터 걸어서 따라간지라; 예수께서 나오사 큰 무리를 보시고 불쌍히 여기사 그 중에 있는 병자를 고쳐 주시니라; 저녁이 되매 제자들이 나아와 이르되 이 곳은 빈 들이요 때도 이미 저물었으니 무리를 보내어 마을에 들어가 먹을 것을 사 먹게 하소서; 예수께서 이르시되 갈 것 없다 너희가 먹을 것을 주라; 제자들이 이르되 여기 우리에게 있는 것은 떡 다섯 개와 물고기 두 마리뿐이니이다; 이르시되 그것을 내게 가져오라 하시고; 무리를 명하여 잔디 위에 앉히시고 떡 다섯 개와 물고기 두 마리를 가지사 하늘을 우러러 축사 하시고 떡을 떼어 제자들에게 주시매 제자들이 무리에게 주니; 다 배불리 먹고 남은 조각을 열두 바구니에 차게 거두었으며; 먹은 사람은 여자와 어린이 외에 오천 명이나 되었더라



## Gathering Prayer

Gracious God! We give thanks for letting us have another day in your love and mercy. We want this day to be another day on our continuous pilgrimage to your word along the power of the Holy Spirit. As we get older, we look forward to fulfilling your image more vividly. We pray in the name of Jesus Christ. Amen.

## Hymn

Come, Thou Fount of Every Blessing

## Scripture Reading

Matthew 14:13-21

When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food." Jesus replied, "They do not need to go away. You give them something to eat." "We have here only five loaves of bread and two fish," they answered. "Bring them here to me," he said. And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. The number of those who ate was about five thousand men, besides women and children.



## 설교

저는 아틀란타 연합장로교회에서 2008년부터 2018년까지 10년 동안 시니어 사역을 맡게 되었습니다. 이때 제 나이는 45세였습니다. 시니어 사역을 감당하기에는 아직 젊은 나이여서 시니어분들을 이해하고 공감하기에 어려움이 있었습니다. 그런데 시니어 사역을 맡고 얼마 지나지 않아 손가락에 관절염이 오면서 사람들과 악수를 하기가 어려워졌습니다. 물병을 따는 일도 힘들어지게 되었습니다. 한 달 정도 그런 곤욕을 치르면서 얻은 게 있었습니다. 그것은 시니어들의 육체적인 연약함을 저 자신이 체험할 수 있었고, 그런 덕분에 시니어들의 라이프 스타일에 대한 이해와 공감의 폭이 커지게 되었고, 이러한 공감과 일체감은 이후 10년 동안의 시니어 사역에 소중한 자산이 되었습니다. 시니어 사역을 감당하는데 가장 중요한 태도와 출발점은 바로 시니어들에 대한 compassion이라고 저는 말씀드리겠습니다.

오늘 본문을 보면 예수님께서 그분을 따르는 무리들을 향해 이런 공감과 애정을 지니셨습니다. '불쌍히 여기는 마음'을 갖고 많은 치유의 역사를 베푸셨습니다. 그러던 어느 날 저녁 늦게까지 사역이 이어지면서 사람들 모두 저녁 한 끼 식사를 염려하는 상황이 되었습니다. 이때도 예수님의 접근법과 제자들의 접근법은 다른 것을 보게 됩니다. 제자들은 아주 분석적이고 현실적인 대안을 내어 놓습니다. 그런데 그들의 대처법에는 무리들을 불쌍히 여기는 따뜻한 마음을 느껴볼 수 없습니다. 건조한 수학적인 공식만이 남아 있을 따름입니다. 모두 굶주림의 육체적인 허기를 겪고 있는 상황에 대한 공감력을 느껴볼 수 없습니다. 더욱이 '때는 저물고 빈들'에 처한 무리들의 사정을 불쌍히 여기는 헤아림은 정말 느껴볼 수 없습니다.

저는 이 본문을 시니어 사역을 하는 가운데 새로운 시각으로 바라보게 되었습니다. 특별히 15절 '이 곳은 빈 들이요 때도 이미 저물었다'는 구절에 제 눈이 머무르는 것이었습니다. 빈 들과 저무는 석양의 모습, 이 두 낱말이야말로 '시니어의 모습'을 상징적으로 대변하는 모습이라는 생각이 들었습니다. 가장 왕성한 활력을 자랑하며 중심부에 있었던 삶을 지나 이제는 중심에서 멀리 떨어진 '빈들'과 같은 상황, 그리고 '때도 이미 저물었다'는 시간적인 흐름의 좌표가 시니어들의 상황을 대변하는 구절이라고 생각이 들었습니다. 이런 상황 속에 놓인 무리가 바로 대부분의 시니어 사역 상황이 될 것이라 생각합니다.

## Sermon

I ministered to older adults at Korean Community Presbyterian Church of Atlanta for ten years from 2008 to 2018. I was 45 years old when I was assigned to the ministry, quite young and premature to have understanding and sympathy for older adults. It was not long before I got arthritis to little finger, feeling so painful whenever I had handshakes with others. Even it hurt when opening bottle water. It was quite embarrassing and sore experience for me at that time, but, as I could have deeper understanding and sympathy to older adults, it turned into great resource and leadership element for my ministries to older adults. My thought is that having compassion toward older adults is the most important quality in older adults ministries.

In today's Scripture verse 14, when Jesus landed and saw a large crowd, he had compassion on them and healed their sick, you can find that Jesus had this sort of compassion and affection toward the crowd. Now the ministry lasted for long hours that they had to deal with dinner meal. You can see the difference between Jesus and his disciples in solving this issue. Disciples are very realistic and practical in resolution, but hardly showing warm heart and hospitality toward the crowd. It sounds like a mathematical formula. No sympathy is felt toward the people in hunger *who are in a remote place and getting late*.

I was drawn to this Scripture, particularly the verse 15, with new perspective while I ministered to older adults. The words, *remote place and getting late*, caught my eyes as a very symbolic phrase depicting senior moments. Older adults are receding into *remote place* away from the center of their heydays in terms of life phase, with their time *getting late* in terms of time lapse. I think that most of older adults are situated and found in this kind of context. That's why this Scripture points out a very inspiring message and direction in older adult ministries.

그런데 이 구절은 이렇듯 어렵고 외로운 상황에 놓인 시니어 사역의 나아갈 방향을 역설적으로 제시하고 있는 말씀 구절입니다. '빈들이요 때도 저물어 가는 시간'에 놓인 무리들을 주님께서 끝까지 '불쌍한 마음'을 갖고 돌보십니다. 각자 알아서 자기 밥은 챙겨 먹으라고 눈을 돌리지 않으시고, 제자들에게 '너희가 먹을 것을 주라'고 명령하십니다. 육체적으로 연약하고 재정적으로도 넉넉지 못한 시니어들을 외면하고 박대하지 않으시고, 그들을 섬기라고 제자들에게 말씀하십니다.

저는 이 말씀이 시니어 사역자들에게 주시는 주님의 위임 명령이라고 생각합니다. "우리가 감당하기에는 '빈들이요 때도 저물었으니' 시니어들은 각자 알아서 남은 삶을 살아가시오"라고 책임을 방기해서는 안됩니다. "우리 사역자들은 풍성한 들녘에서 한창 때를 보내고 있는 사람들을 돌아보겠소"라고 얘기할 수는 없을 것입니다. 혹시라도 그런 마음을 갖고 있는 사역자들이 있다면 오늘 주님께서 분명히 말씀하십니다. "너희가 먹을 것을 주라"

시니어 사역자들은 그런 주님의 명령을 따라 주어진 상황에서 우리가 가진 것: 오병이어를 발견해야 합니다. 작은 것이지만 드릴 수 있는 마음을 이끌어낼 수 있어야 합니다. '빈들이요 때도 저물어가는' 상황에 놓인 무리들 속에서 결국은 '오병이어'가 나왔고, 그것이 오천 명을 먹이고도 12 광주리가 남는 역사가 일어났습니다. 시니어들도 주님을 향해 나아가야 합니다. 자기들에게 남은 물고기 다섯 마리와 떡 두 덩이 밖에 없다 할지라도 그것을 주님 앞으로 들고 나아갈 수 있어야 합니다.

시니어 사역을 통해 오천 명이 함께 나눌 수 있게 됩니다. 시니어들의 작은 참여와 용기가 큰 믿음의 역사를 일으켜 냅니다. 시니어 사역은 '빈들이요 저무는 시간' 속에 이루어지는 사역입니다. 그렇기 때문에 가장 중요한 것은 주님의 마음, '불쌍히 여기는 마음'이 밑그림이 되어야 합니다. 그리고 그들의 영적 끼니를 공급하고자 하는 제자들의 열정, 그리고 연약한 오병이어를 드리는 믿음의 조화가 생겨난다면 시니어 사역은 우리들에게 놀라운 풍성한 역사를 가져다 줄 것입니다. 해가 뉘엿뉘엿 넘어가는 빈들에서 일어났던 놀라운 주님의 역사가 오늘 이 고령사회에서 새로운 역사를 이루게 되시길 주님의 이름으로 축원드립니다

Jesus has a great *compassion* toward the people in *remote place and getting late*: he never neglects the crowd by asking them to go away and purchase their own meals as the disciples imagined, but commands the disciples to give them something to eat. It sounds like that Jesus tells ministers and pastors not to turn away from and ignore but to serve older adults who are passing through the life stage in *remote place and getting late*.

I take these verses as the commitment of Jesus Christ for ministers and pastors to provide spiritual food and care for older adults.

Pastors in older adult ministries are requested, as Jesus commanded, to find something to eat for the people in *remote place and getting late*. And also we need to encourage them to participate and offer their own little things for themselves as the disciples found out some food among the crowd in accordance with Jesus' commandment. Eventually they collected five loaves of bread and two fish from the crowd and fed five thousand people fully with twelve basketfuls of left-over. Likewise, older adults need to be empowered to move toward and fulfill the word of Jesus Christ. Even though they have only two fish and five bread in *remote place and getting late*, they need to have spiritual eagerness to proceed toward Jesus Christ. Then, something amazing should happen with the thanksgiving of Jesus. As over five thousand people had took the meals in the bible, older adults will be able to bring about a great spiritual ministry among themselves.

The context of older adult ministry happens in *remote place and getting late*. Without compassion toward older adults, nothing will happen in that frail situation. However, as a great miracle happened when the crowd proceeds to offer their own to the disciples searching for food passionately, older adult ministries produce great biblical stories among the believers. I ask you to pray for this great story come to us in this super-aging society that we can glorify God's power. Amen.

## 찬송

오 신실하신 주

## 중보기도

하나님 아버지 이 시간 모든 시니어들을 위해 기도드립니다. 세월이 흘러 가며 겉사람은 날로 연약하여지지만 속사람은 더욱 새로워질 수 있도록 하옵소서. 세월이 가며 나무가 자라듯 지혜가 자라게 하여 주옵소서. 그리하여 끝까지 주님을 더욱 의지하고 살아가는 신실한 삶이 되게 하옵소서. 감사하며 우리 주 예수님의 이름으로 기도 하옵나이다.

## 축도

지금은 우리 주 예수 그리스도의 은혜와 하나님 아버지의 놀라우신 사랑과 성령님의 감동감화 교통하심이 새로운 결실을 향해 나아가는 이땅의 모든 시니어들과 그들의 가족들 위에 지금부터 영원히 함께 계시기를 축원하옵나이다

## Hymn

Great is Thy Faithfulness

## Intercessory Prayer

Heavenly Father! We pray for all of the older adults. We want to realize Apostle Paul's confession: *we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.* As the trees get higher along the years, please make us get wiser along the time, so that we trust your word more sincerely and live out more faithful lives to the end. With thanksgiving, we pray in the name of Jesus Christ.

## Benediction

The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit, be with you all now and always.  
Amen.



**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.



## **Finding Beauty in a Life Well Lived**

**‘A Celebration of People in Their 80S and 90S’ Photo Exhibit in Point Loma, California**

Submitted by Elaine Fotinos Burrell, (originally written by DAVE SCHWAB | The Peninsula Beacon, September 11, 2020, used with permission)

The personal characters of the living legends gracing Point Loma Community Presbyterian Church’s outdoor photography exhibit absolutely radiate from their spirited black-and-white portraits.

Elithe, 93, is Jewish, has spoken our languages fluently, and was a professional violinist who performed at the Hollywood Bowl, Copley Hall, and Tijuana Concert Hall. She was an athlete who played numerous sports and danced professionally at age 17. Her mother lived to be 105.

Bob, 85, born on a Texas farm, was “entrepreneurial.” He owned, along with four partners, a large gold mining company. He also sold aircraft in Europe, Africa, and Asia as well as building condos in South Carolina and establishing a yacht business and two large self-storage companies.

Then there is Fran, 93, a Marine; and Dean, 90, who looks like a senior model in a fashion ad.

These are just a few of the seniors showcased in *“Your Life Is a Work of Art: A Celebration of People in Their 80s and 90s,”* now showing at the Presbyterian Church at 2128

Chatsworth Blvd. A few of those depicted are natives of San Diego. Several are from the Midwest or rural backgrounds.



“I was inspired to do this project through my work with seniors here who are 80 and 90 years old and above,” said Elaine Fotinos Burrell, director of senior adult ministry at the church. “I would hear their wonderful life stories and learned so much from them. I felt that their stories needed to be told, and their beauty celebrated through a portrait.”

Added Fotinos Burrell: “Being blessed with a long life certainly has its challenges, but there is beauty in the faces of our precious octogenarians and nonagenarians that only comes from life experience. Each person’s story is valuable and important, whether they lived a worldly life full of exotic experiences, or a simple life of home and family.”

Of her exhibit subjects, Fotinos Burrell said, “There’s so much beauty in their life experiences and it all shines through their faces and their eyes.”

The church director was also inspired by church senior pastor Karla Shaw who exhorted her ministry directors to “do things in a creative way.” So Fotinos Burrell responded by “coming up with the idea to photograph them and feature their stories.”

The exhibit of 22 men and women ranging in age from 80 to 98 includes, besides their portraits, information revealing their life histories discussing their formative experiences and work and family lives, as well as answering questions regarding their favorite age and happiest and saddest days. The photographic and literary portraits include a discussion by seniors of their most profound life lessons.

The photographic exhibition was supposed to run in May (2020) but was delayed by the pandemic. Fotinos Burrell pointed out the changed exhibit timeline is “good especially now while our cherished seniors are most vulnerable and invisible due to the pandemic. Let us honor and celebrate these living examples of perseverance, strength, and hope.”

When the exhibit is through, Fotinos Burrell said she will give the portraits to each of the participants.

Will she do this again? “Maybe in a decade and have a fresh batch of octogenarians and nonagenarians,” replied Fotinos Burrell.



***Elaine Fotinos Burrell, MSW, is in her 5th year of serving as Director of Senior Adult Ministry at Point Loma Community Presbyterian Church in San Diego, California. Originally from Sonoma, California, she has always enjoyed being around older adults and learning from them. A hobby photographer, Elaine lives in Loma Portal with her husband and three sons.***

**ABOUT THE PROJECT:** The idea for this project came to me while looking into the faces and hearing the stories of the senior citizens whom I work with at the church. Being blessed with a long life certainly has its challenges, but there is beauty in the faces of our precious octogenarians and nonagenarians that only comes from life experience. Each person’s story is valuable and important, whether they lived a worldly life full of exotic experiences, or a simple life of home and family. I felt that their stories needed to be told, and their beauty celebrated through a portrait. God made us each perfect and beautiful at every stage in our life, and this is an opportunity to celebrate that and thank Him for our life, A Work of Art.

Special thanks to: Nelson Photography; John, George & James Burrell; the pastors and staff at PLCPC; and all the seniors who allowed me to photograph them and who trusted me with their stories.

## Mapping Your Exit

By Glenn M. Gordon, MD (1924-2018)

*[Editor's Note: Those of us who have lost a parent or dear friend, and served as executor of their estate know just how difficult and emotionally draining it is to settle the final affairs of a loved one. Back in 2010, Dr. Glenn Gordon taught a 6-week series at Central Presbyterian Church in Eugene, Oregon, on "Mapping Your Exit" which many of us found very useful to reduce the eventual, inevitable burden on our loved ones, and helped us experience the freedom of facing our own mortality.]*

Several years ago my wife, Sue, and I attended a workshop outlining how to prepare for one's passing. We found it to be quite helpful and chose to repeat the workshop for several groups - including our church home, Central Presbyterian in Eugene, Oregon.

This short essay is meant to convey the main points of that planning - things to do that make the transition easier for you - and more importantly for members of your family who will be involved with your affairs after you are gone! These are items you need to document in a notebook, and show to family members, so that your choices are carried out!



Monarch Butterfly – Migrating South across Lake Michigan

### 1. CHOSING A PERSONAL REPRESENTATIVE — TRUSTEE

This very important person should be someone well known to you, who will have the important decisions to make regarding handling the estate, and other personal matters. Your choice, and their acceptance, should be documented in a form letter. That letter does not need notarization.

### 2. WHOM TO NOTIFY

Make a list that includes your primary doctor, family kin, personal representatives, mortuary, church, attorney, professional and social organizations of interest.

### 3. ALL YOUR STUFF AND WHERE YOU WANT IT TO GO

This difficult process should be done before your departure. Make a list of major items that you possess, and with the help of family members determine their ultimate location. Clean out cupboards and drawers of non-essential clutter and dispose appropriately. Identifying old pictures will be very helpful. The list goes on - get rid of stuff now!

### 4. YOUR PAPER TRAIL, ASSETS, LIABILITIES, ETC.

Your important papers (your will, trust, property deeds, mortgage and other documents) may be in your home file, your attorney's office or in a safety deposit box. The locations of these



documents should be known to your personal representative and family members.



## 5. YOUR FINANCIAL MATTERS

Your CPA will have copies of your tax records, but you may have assets and liabilities known only to yourself. Family members should be made aware of where such papers are kept - personal files or safety deposit box.

## 6. MEMORIAL SERVICE PLANS AND WISHES

Your wishes regarding the kind of service to be observed after your death should be discussed ahead of time. This may be, however, beyond your control, since your family will have the last word! A variety of venues are possible, and the content of services varies considerably.

## 7. YOUR FINAL DISPOSITION

Burial or cremation - possible organ donation? Arrangements should be made before death. Choosing a mortuary well ahead of time is important.

## 8. YOUR HEALTH CARE AND MEDICAL DIRECTIVE

Perhaps the most important thing you should do, as soon as possible, is to document your choices about end-of-life care. By filling out a POLST form (Physician Orders for Life Sustaining Treatment), and being sure that your doctor and family are aware of your desires, you can be more at ease contemplating the future. A similar document, Advance Medical Directive, accomplishes the same thing. It states your medical treatment wishes, should you be unable to speak for yourself. An Advance Directive can be used to a) Appoint a Health Care Representative; b) Provide Health Care Instructions; or c) Both of these things - worth filling out and discussing with family. A document certifying your choice of a person as your Power of Attorney for Health Care Decisions needs to be notarized.

Those of us living in Oregon, and currently four other states, have the opportunity to utilize 'Death with Dignity' option at the end of life! Hospice care has improved markedly in the past couple of decades, and works cooperatively when patients request this option. The Compassion and Choice Organization is available when patients face a painful or difficult terminal condition. It is reassuring to know these options are available to us!

My wife, Sue, passed away in 2011. So I lived through the process described above. I found it extremely helpful, and commend it to your consideration. 'Getting rid of Stuff' was the most vexing - but ended up happily when all seven children got together on a weekend, and chose by lot among themselves, the items most important to each one!

Is it time to 'MAP YOUR EXIT?' Good Luck!

A useful website: [www.aarp.org/home-family/caregiving/end-of-life.html](http://www.aarp.org/home-family/caregiving/end-of-life.html)

## Great Older Adult Ministry Ideas

When it comes to older adult ministries, just as one shoe size does not fit all, one idea may not be right for all congregations. Every congregation has unique qualities. Also, the term "Older Adults" applies to a wide age range, from those in their 50's to those over 100. Obviously, the needs and challenges can be quite different, varying from church to church. Ideas presented here are offered as suggestions that can encourage our creativity and imagination. Here are some tried and proven ideas that you may want to consider, adapting them for your own situation.

- Annual Older Adult Picnic
- Exercise and Fitness Classes
- Field Trips
- Home Maintenance and Minor Repairs provided by skilled seniors
- Meal Preparation for Congregational Luncheons and Dinners
- Older Adult Newsletter
- Senior Bulletin Board
- Parish Nurse Ministry
- Social Networking with Seniors – Start a Blog or a Facebook page
- Senior Devotional Booklet – Pictures, Scriptures, prayers for congregational use
- Writing Letters and Cards
- Extended Travel from 1-3 days to a week
- Classes: Computer, Networking, Digital Camera, House Repairs, Defensive Driving, Pilates, Genealogy, Writing Memoirs, Home Repairs, Art, Pottery, Wills, Senior Finances, Bible Study
- Movie Day either at Church or Local Theatre
- Senior Adult Choir
- Senior Adult Handbells
- Senior Health Fair
- Senior Expo
- Older Adult Sunday Worship
- Intergenerational Events
- Video Remembrances of Senior Members of Congregation
- Highlight Senior of the Month in Newsletter or on Webpage
- Care Giving Teams check on and minister to Seniors with special and/or acute Needs
- Game Day
- Adopt a Mission Project



*Compiled by the New Hope Presbytery Older Adult Ministries Committee, Raleigh, NC.*

## Older Adult Visitation

By Rev. Mike Fonfara, HR, reprinted from POAMN Network News - Spring 2011

During thirty-seven years of PC(U.S.A.) ministry, I came to really enjoy visiting older adults. Most of my pastoral positions were in churches filled with these amazing and dedicated Christians. Home, retirement community, and hospital visitations were a very important part of my service over the years. I remember the time in Detroit when a shut-in, 106 year-old mother of a parishioner proclaimed, "My, you are a good lookin' man!" Home communion was especially sweet that day.

I believe that there are some visitation habits that enhanced my enjoyment of this pastoral duty. They are good for people of any age, but especially for visits with older adults:

1. **Am I healthy enough to visit?** (I never visit anyone, anywhere, if I have a fever, sore throat, or other ailment that I could pass on. No one needs exposure to a potentially uncomfortable or serious illness.)
2. **Why am I visiting?** (Different purposes for a visit mandate different demeanor, pastoral equipment, and dress.)
3. **When able, I telephone ahead and make an appointment for the visit.** (Older adults have busy schedules. I like to visit when they have no other time pressures.)
4. **During the time of the visit, I wear no intentional fragrances.** (Many people cannot tolerate fragrances. Soaps, shampoos, deodorants, and the like leave some odors. I try not to expose anyone I visit to some other intentional fragrance that might cause sneezing, headaches, or some other discomfort.)
5. **I am on time for the visit.** (This is basic courtesy and respect. Good manners are always appropriate. If I will be delayed, I telephone immediately and make other arrangements.)
6. **I always say a silent prayer before entering the house or room.** (I want the Holy Spirit to direct my thoughts and actions. In my visit, I represent the church to the older adult. I want to be the best pastor or friend that I can be!)
7. **I listen more than I talk.** (The parishioner is always the center of my attention. Compassionate listening serves as a special gift that I can bring to the conversation)
8. **Before leaving, I pray a short prayer asking a blessing upon the older adult as well as the home.** (A prayer brings a positive closure to the visit. This is appropriate and always appreciated.)
9. **I never promise to "visit again soon."** (Everyone's schedule is so hectic these days that it is unfair to make promises hard to keep. Still, I make a pencil appointment in my calendar at a future date that can be confirmed later.)

*Rev. Mike Fonfara is a retired Presbyterian Pastor, a POAMN Member, past POAMN Executive Committee member, and Advocate for church workers and others.*



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Prepared by the  
Presbyterian Older Adult Ministries Network (POAMN)  
[www.poamn.org](http://www.poamn.org)

Edited by Ginny Nyhuis  
Printed by C&R Graphics, Louisville KY  
Cover photo from Shutterstock.com



Presbyterian Older Adult Ministries Network

April 2022

Order from:

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ISBN# 23304-22-001

\$3.00 + S&H