



CA-NV UMC Conference
Older Adult Ministry Council



December 2008



Council's "Best Practices" Recognized

The Older Adult Ministry Council's Best Practices Guide is to be recognized at the 2009 America Society on Aging Conference, an international conference for older adults

Pat Sanborn, Judith Pruess-Mellow and Susan Harlan of the OAMC are to deliver a 90-minute talk entitled **Best Practices to Grow Older Adult Programs**. This focuses on Santa Rosa UMC's Best Practices programs presented through OAMC

Rev. Dr. Richard Gentzler is speaking on **Innovative Best Practices in Older Adult Ministries** in pre-Conference events. He is addressing the Interfaith Coalition on Aging on March 15, 2009 on Religion, Spirituality,

and Aging. This intensive session reflects a search for new service models of outreach to, for and with older adults.

There are signs that churches (parishes, synagogues and other faith communities) are changing and finding new vitality in outreach practices and laying groundwork for a new type of congregation.

What are some of the innovative models that are serving and invigorating older adults in faith communities? The session will support what OAMC is doing with its Best Practices outreach. For more information on the conference, go to the ASA website at <http://www.agingconference.org>.

Senior New Ways Receives UMC Funds

The Older Adult Ministry Council of the United Methodist California Nevada Conference funded SNW programs at seven sites in the past year, three (Clovis, St. Andrew's Sacramento, and Carson Valley Gardnerville UMC's) with Beulah Grant funds and four (Santa Rosa, Lower Lake, Walnut Creek, and New Vision Millbrae UMC's) with Board of Discipleship funds.

SNW returns to some sites to do sequels and expands to several new sites. Shasta District also awarded \$2500 for programs for that district, and San Leandro UMC received a Beulah grant for the second year, which

brings SNW back to do its five-session, Looking Forward, Looking Back. Salinas UMC also received a Beulah grant to bring SNW in to do a number of Brain Fitness half day workshops, beginning in January.

OAMC MISSION STATEMENT

HONOR AND ENRICH THE LIVES OF OLDER ADULTS BY SUPPORTING THE DEVELOPMENT OF MINISTRIES (AND SERVING AS A FOCAL POINT FOR INFORMATION AND GUIDANCE) BY, WITH AND FOR OLDER ADULTS.

Christmas Celebrations for Older Adults



Does your church have any Christmas activities for older adults? Or some that are intergenerational?

During the last meeting of the OAM Council, we did some brainstorming about activities being offered in this next month that include older adults and support those with grief or other needs.

Here's a list of activities, and if you have other programs or services, we'd like to hear from you so we can post them on our website this month!

- *Concert for older adults – young people bring their guitars and sing carols.*
- *Caroling for homebound – church members take cookies to shutins and sing carols.*
- *Santa Sitting for preschool and grade school aged children – parents drop off their kids to go shopping on a Saturday. VBS leaders provide lunch and do storytelling.*
- *Intergenerational ornament making – young and old gather to make ornaments and have a potluck lunch. The ornaments are the assigned to a needy child as a gift.*
- *Gratitude party for seniors – each person brings a poem to share that reminds them of the home they live in and who they are living with.*
- *Recognizing holiday grief – for people who've had a loss in the last year, each one brings a photograph to tell a story about the person and help them through the grief recovery process.*

Walking the Labyrinth



Something Different for New Year's Eve!

How about a Labyrinth walk on New Year's Eve? Grace UMC has a brand new labyrinth installed this year with a pathway and gardens. Grace UMC Pastor Rosemary Landry explains that the gold pathway is decomposed granite that shimmers in the full moon. A labyrinth for older adults needs to be wide with not too many turns, so it doesn't cause any panic attacks. If it's the right size and has special music made for the labyrinth, then it's a beautiful experience for people of all ages.

In Northern California there are lots of laybyriths, and we would like to collect a listing of them. If you know of any labyrinths please email Pastor Landry at landryros@netzero.net.

Coming Fully Alive Kits

The DVD kit for Senior New Way's popular "COMING FULLY ALIVE AS YOU AGE" program has released 50 copies to date and has a second printing. You can view snippets from each of the four presenters' talks on youtube by going to our website's homepage, and clicking on the DVD links.

A full-page ad for the DVD kit appeared in the September Center Sage, published by Nashville's Center on Aging and Older Adult Ministry (and compliments of the Center). You can also view this article by following that link from the SNW homepage.

In the next months, SNW will continue to refine its four class curriculum for EEA/PWY. The topics include 1-Elders as Earth Advocates and Partners with Youth; 2-What's Really Important? Slowing Down; 3-Simplifying Our Lives; 4-Where Do We Go from Here.

SNW has tried the series at two sites, Chadbourne Adult Ed at Millbrae's New Vision UMC, and Grace Yuba City UMC. Feedback has been very positive, and elders' intentions to follow up with actions in their own lives very sincere.

If you are interested in having this program at your church, email SNW: judithpm@seniornewways.org.

A Holiday Special! IMPOSSIBLE PIE

Impossible Pie That's what it was called! As I flipped through the new cookbook, naturally I just had to stop and read this recipe. And it did seem impossible--or at least highly unlikely.

All I had to do was toss nine ingredients into the blender, give it a whirl, place it in the oven for 60 minutes and Presto! I would have a pie with a crust on the bottom, custard filling and a yummy topping.

Of course I tried it. I have to admit that for a few minutes, I skeptically studied that blender full of ingredients. But then I poured them into the buttered pie plate. Would they really separate into a pie with crust on the bottom where it belonged and coconut on top? Amazingly, it worked!

I thought of my own life-- a jumble of obligations, ambitions, activities, goals. Sometimes they seem to get all mixed up and I lose all sense of purpose and order. Can God straighten it all out?

He had done so for other people. I remember reading about a man who had lost his business and family and was fast losing his health because of alcohol. One day he turned to Christ, asking for help to bring order and meaning out of the chaos of his life. The Savior did the "impossible," and in later

years he became an expert in Greek and Hebrew and authored a Bible.

When I lose perspective, when everything seems wrong and I feel like giving up, I think about that "Impossible Pie". I can't always see why things are the way they are, or how it will turn out, but God does. I can only put my trust in Him. Are you trying to run your own life-- and failing miserably? Then turn in faith to Jesus. He did the impossible in my life. And He's waiting to do it for you.

IMPOSSIBLE PIE RECIPE:

4 Eggs
¼ Cup Margarine
1 Cup Sugar
½ Cup Flour
¼ Teaspoon Salt
½ Teaspoon Baking Powder
2 Cups Milk
1 Cup Coconut
1 Teaspoon Vanilla

Place all ingredients in a Blender at one time and blend until mixed together. Pour into a 12 inch buttered pie pan. Bake in a 350 degree oven for one hour. When done, the crust will be on the bottom, custard in the middle and the coconut on the top -- right where they belong.

CNUMC

Older Adult Ministry Council

c/o Susan Harlan
Communications Coordinator
4747 Touchstone Terrace
Fremont, CA 94555-2602

To:



Honor and enrich the lives of Older Adults

The list below has names of churches and their locations from which we have received Best Practices information. If your church is not on this list, please email susan.harlan@pacbell.net and ask for the BP form.

Asbury Livermore	Asbury	Livermore-Asbury	Livermore	St. Mark's	Sacto
Calvary	San Jose	Loomis	Loomis	St. Paul's	Fremont
Cambrian Park	San Jose	Los Altos	LA	Sunnyvale-FUMC	Sunnyvale
Castro Valley	CV	Los Gatos	LG	Tice Valley	Walnut Creek
Central	Stockton	Lower Lake	Lower Lake	Valley Faith	Chico
Clovis	Clovis	Lynnewood	Pleasanton	Walnut Creek	Walnut Creek
Crescent City	CC	Modesto	Modesto	Wesley	Fresno
Crystal Springs	CS	Nevada City	NC	Wesley	Palo Alto
Downs	Oakland	New Vision	Millbrae	Wesley	San Jose
Epworth	Berkeley	Newcastle	Newcastle	Willow Glen	San Jose
Eureka	Eureka	Pine	San Francisco		
Fortuna	Fortuna	Placerville Fed.	Placerville		
Gardnerville	G, NV	Redding	Redding		
Gilroy	Gilroy	Redwood City	Redwood City		
Grace	Yuba City	Salinas	Salinas		
Grace	Fresno	San Leandro	SL		
Grass Valley	GV	San Ramon Valley	Alamo		
Jones	San Fran.	Santa Rosa-FUMC	Santa Rosa		
Korean Santa Clara	San Jose	Selma	Selma		
La Trinidad	San Jose	Sierra Pines UMC	Grass Valley		
Lincoln	Lincoln	Sonoma	Sonoma		
		St. Andrew's	Sacto		

**Please
Send Us
Your
Best Practices!**