

SAGACITY

NEWSLETTER OF S.A.G.E.S.

SAINTS ALIVE, GROWING, EVER SERVING



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Downloadable information about S.A.G.E.S. and the GATHERING is available at www.mnsdistrict.org under 'News and Events', S.A.G.E.S.' Email address: minnesotasouthsages@gmail.com

SAGACITY, n. [OF, fro, Latin *sapiens*, fr, *sapere* to be wise]

Quality of being sagacious; keenness of discernment or judgment.

SAGE, n. [OF, fr. *sage*, fr. L *sapers* to be wise]

A profoundly wise man; a person of high repute for wisdom; often someone who is venerated for the store of wisdom that has been accumulated during a long life.

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AH-HA Moments

The Purpose

The Resurrection is the ultimate AH-HA Moment! All other AH-HA's flow from that world-changing Miracle!

The purpose of these AH-HA Moments will be to celebrate with you the AH-HA Moments that continue to happen around us each day, even in the midst of the OH-OH Moments in your life as well as mine. We will celebrate together the firm fact that after every Good Friday (OH-OH) in our lives, there is always an Easter (AH-HA!).

What are some AH-HA Moments that have happened to you recently? New births, new experiences, old friends re-connecting, nice affirming e-mails, a letter from a past friend, a delicious dinner shared with someone, a new "smart phone" (I just purchased an inexpensive device, called a "smart-aleck phone!"), your favorite sports team bringing home a victory, a refreshing sound of a favorite music selection, a quiet reflection from the Scriptures ...and on and on and on!

My sense is that AH-HA Moments can only be OH-OH moments in our daily lives. AH-HA Moments do not rid our lives of OH-OH moments but instead help us to deal with them because of Christ's OH-OH experience on the Cross. OH-OH moments move us from fear and despair from our own anxieties and failures to Christ's triumphant Resurrection – that stunning AH-HA Moment for all of us!

AH-HA is another way of shouting Hooray, Amen, Praise the Lord, You Betcha! We celebrate the AH-HA's of life, in the midst of our OH-OH's, because we know how it all turns out! We live on this side of the Resurrection. ...and that's good enough for me!

Watch for the AH-HA's in your own life today. Celebrate them. Share them. Savor them. Thank God for them. And then continue to work at dealing with your OH-OH's through the AH-HA's of the Resurrection.

Hey look, the Cross is Empty ...and so is the Tomb! May the Lord bless us all, through the AH-HA's and OH-OH's of life, as together with the women at that first Easter Party, we leave the empty tomb, "..... afraid yet filled with joy!"

Ready or not world, here we comeAH-HA and Amen!

Rich Bimler

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Capsule Sermons

- Experience is the hardest kind of teacher; it gives you the test first and the lesson afterward.
- Forget mistakes, forget failures, forget everything except what you're going to do now, and do it.
- You cannot do a kindness too soon because you never know how soon it will be too late.
- Swallowing angry words is much better than having to eat them.
- When opportunity knocks, don't get bogged down complaining about the noise.
- A lie has speed but the truth has endurance.
- The real measure of your worth is what you would be worth if you lost all your money
- Timely good deeds are better than after thoughts.
- The world would be wonderful if we all did what we expect to do tomorrow.
- If the going gets too easy, you may be going downhill.
- Good examples have twice the value of good advice.
- The best way to judge an individual is observing how he treats people who can do him absolutely no good.

Wisdom from Mother

My mother said I must always be intolerant of ignorance but understanding of illiteracy. That some people, unable to go to school, were more educated and more intelligent than college professors.
Maya Angelou

My mother always taught us that if people don't agree with you, the important thing is to listen to them. But if you've listened to them carefully and you still think that you're right, then you must have the courage of your convictions.
Jane Goodall

I ask people why they have deer heads on their walls. They always say because it's such a beautiful animal. There you go. I think my mother is attractive, but I have photographs of her.
Ellen DeGeneres

When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'
Fred Rogers

My mother told me to be a lady. And for her that meant to be your own person, be independent.
Ruth Bader Ginsberg

I think my mother ...made it clear that you have to live life by your own terms and you have to not worry about what other people think and you have to have the courage to do the unexpected.
Caroline Kennedy

Mothers Day, May 12, 2019

.First Corinthians Fifteen

Bible Study



The general theme of this chapter is the resurrection. Paul begins with the logical proof of Christ's resurrection, proceeds to our resurrection, and concludes with the triumphant resurrection hymn.

1. What might have prompted Paul to discuss this topic with the Corinthian Christians? See v. 12.
2. Read v.3. How did Paul receive the message which he preached? In v.3 and 4 he refers to the Scriptures. What Scriptures did he have? See Psalm 22;
Isaiah 53:1-9;
Daniel 9:24-26;
Zechariah 13:7;
Psalm 16:10, 11;
Isaiah 53:10-12;
Hosea 6:2.
3. Explain vv. 8 and 9. Compare Acts 9:1-17; Ephesians 3:8. In what respects should we be like Paul? See v. 10.
4. Read vv. 13-19. Paraphrase Paul's argument in your own words. If what Paul states in these verses is true, how should we feel?
5. Is Paul advocating baptism of the dead in v. 29? What philosophy mentioned in v. 32 is still accepted and practiced today?
6. Read vv. 20-28. What facts concerning the resurrection does Paul reveal by inspiration?
How is this comforting to us?
Who are the two men mentioned in v. 21?
See v. 22. When will death be destroyed?
Compare v. 26 with Hosea 13:14 and Revelation 20:14.
7. Why is the resurrection of Christ of such importance and comfort to us? See the Synodical Catechism, question 152.
8. What warning is contained also for us in vv. 33 and 34?

9. Why can man answer the question in v. 35 without the assistance of Scripture? In the remaining verses of the chapter the apostle Paul discusses the resurrection of the body, not merely immortality of the spirit. Scripture is very plain on the doctrine.

See Romans 8:23; 1 Thessalonians 5:23; 11 Corinthians 5:4,10.

10. Explain the very appropriate example that Paul uses in vv. 37-38.
11. What will the resurrected body be like? See vv.35-49. Why must our bodies be changed? See v. 50.
12. What will happen to the bodies of the dead on judgment day? To the bodies of the living? See v. 51-52.
13. Where is the saying written that is mentioned in v. 54?
14. Read vv. 55, 56. What is the sting of death? Compare Romans 6:23. Should Christians be afraid to die? Is fear necessarily evidence of a lack of faith? How do you feel about death?
15. How can we apply the consolation, encouragement and advice that Paul gives in vv. 57, 58 to our own lives?

Close your study with an Easter anthem, such as:

1. *I know that my Redeemer lives.
What comfort this sweet sentence gives!
He lives, he lives, who once was dead.
He lives, my ever-living Head.*
5. *He lives, my kind, wise heav'nly
Friend.
He lives and loves me to the end.
He lives, and while he lives, I'll sing.
He lives, my Prophet, Priest, and King.*
6. *He lives and grants me daily breath.
He lives, and I shall conquer death.
He lives my mansion to prepare.
He lives to bring me safely there.*
8. *He lives! All glory to his name!
He lives, my Savior, still the same.
Oh, sweet the joy this sentence gives:
"I know that my Redeemer lives!"*

UNDER OBSERVATION



Entry one: January has been spectacularly quiet in terms of weather changes. It's really like waiting for the other shoe to drop.

Entry two: With no snow to battle, my body rests but the mind turns to food - why not! The U of M Health people sent a letter recommending walnuts, olive oil, wild salmon, broccoli, red grapes, and dark chocolate. Not much to complain about there.

Entry three: SEE above. The next day a women's newsletter arrived with a list of foods to avoid - by manufacturer's name. Generalizing it amounted to: avoid Fettucini Alfredo, creamy Ceasar salad, cheese and pesto pizza, a sausage breakfast bowl, chicken pot pies, and apricot-mango yogurt. So much to cogitate over during a dull winter.

Entry four: Oh, my! Winter began to live up to its reputation. January is ending the way it used to do -- cold and windy. Actually kind of a relief to know something is normal.

Entry five: That other shoe dropped with 14 inches of that light, fluffy stuff called snow. But that wasn't enough -- two days later another 8 inches arrived as if it had just been waiting for a little encouragement..

Entry six: What was I thinking? It snows every other day with a couple of whoppers just to top it off. February must be determined to claim a record or two.

Entry seven: With all the snow there isn't much activity so it has led to introspection, contemplation, and over-eating. Our local library has been inundated with new customers and the book traffic is much heavier than vehicle traffic. Probably a good thing?

Entry eight: A survey about craft beer (?) also asked Minnesotans about a few other ideas as well. People would like the government to cut spending by eliminating waste and fraud (no argument from here); abolish the estate tax; limit the power of the Metropolitan Council; and lower personal income tax rates for all brackets. None of

those ideas is currently being considered by the legislature.

Entry nine: The press did it again with the kids in Washington. "Rush to judgment" seems to be the motto these days. And worse, the judgments are made on our basic prejudices rather than rational thought. Maybe thus hath it ever been, but it has captured the attention of too many thoughtless people. And followed by no apologies when proved wrong.

Entry ten: The robins returned - much too soon for them - but they find my food in clean places and chirp their thanks.

Entry eleven: It's March and the snow didn't stop. Seriously, it will melt, spring will come, the crocuses will rise, one day it will rain, and grass will appear!

Julie stormed up to the front desk of the library and said, "I have a complaint!"

"Yes, ma'am?"

"I borrowed a book last week and it was horrible!"

"What was wrong with it?"

"It had way too many characters, the printing was tiny, and there was no plot whatsoever!"

The Librarian nodded and said, "Ahh, So you must be the person who took out phone book."

An especially self-righteous member of the local church was telling the pastor that he was considering not attending church because he felt there were too many hypocrites in the congregation.

"That's okay," the minister replied. "There's always room for one more."

An invisible man marries an invisible woman. The kids were nothing to look at either.

NO ONE HAS DONE HIS BEST UNTIL HE HAS TRAINED SOMEONE ELSE TO TAKE HIS PLACE.

Planting Your Spring Garden

For the Garden of Your Daily Living

Plant Three Rows of peas

1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

Plant Four Rows of Squash

1. Squash Gossip
2. Squash Indifference
3. Squash Grumbling
4. Squash Selfishness

Plant Four Rows of Lettuce

1. Lettuce Be Faithful
2. Lettuce Be Kind
3. Lettuce Be Patient
4. Lettuce Really Love One Another

No Garden is Complete Without Turnips

1. Turnip for Meetings
2. Turnip for Service
3. Turnip to Help One Another

To Conclude Our Garden We Must Have Thyme

1. Thyme For Each Other
2. Thyme For Family
3. Thyme For Friends

Water Freely With Patience and Cultivate With Love. There Is Much Fruit In Your Garden Because You Reap What You Sow.

Pass It On

Youth looks ahead, old age looks back, and middle age, well, just looks tired.

When is the best time to take a Rottweiler for a walk? **Any time it wants to go.**

You can always spot a well-informed man. **His views coincide with yours.**

ARE YOU REGISTERED FOR THE GATHERING?

MAY 6 & 7, 2019

REGISTRATION DEADLINE:
APRIL 17

S.A.G.E.S.

MN So DISTRICT OLDER
ADULT MINISTRY

WITH

**MARK
SCHOEPP**

EXECUTIVE
DIRECTOR
ALOA
(ADULT
LUTHERANS
ORGANIZED FOR
ACTION)

**AS THE
FEATURED
PRESENTER**



Navigating Life's Changes

*"Trust in
the LORD with all your heart
and lean not on your own
understanding; in all your ways
submit to him, and he will make your
paths straight."*



Proverbs 3:5-6

from Mark: *The decisions wrapped up in the move from independence to dependence/interdependence in the late stages of life are among the biggest we make in our lifetime. This presentation will explore the various factors that are a part of this important decision phase and will give tools and encouragement to be proactive instead of reactive in the process.*

Registration forms, program and break out sessions descriptions are available for download on the MN South District website -- <http://mnsdistrict.org> - click on 'News and Events', choose S.A.G.E.S. in the dropdown box, scroll down and click on the black box which will bring up all documents.

Lutherans for Life:

“When we see the unborn ... vulnerable, helpless, destined for destruction—we are compelled to speak and defend and help. And not because it is the right thing to do or the moral thing to do, but because it is the Christ thing to do. His hands that were pierced and His body that died and rose again were formed in a womb, giving value to all who have resided there.” *Rev. Dr. James I. Lamb, former executive director of Lutherans For Life*

Senior LinkAge Line

1-800-333-2433

Free information and assistance service of the Minnesota Board on Aging – a State Agency

Helpful Telephone Numbers

Social Security Administration

1-800-772-1213

Service available from 7 a.m. to 7 p.m. on business days. Call to provide notification of death or to inquire about survivor benefits.

U. S. Dept. of Veterans Affairs (VA)

1-800-827-1000

Call for survivor benefits, burial benefits or to provide notification of death

Car Ads Explained:

- “Rough condition” - too bad to lie about
- “Parts car” - beyond repair
- “Immaculate” - recently washed.
- “Needs minor overhaul” - needs engine
- “Burns no oil” - it all leaks out.
- “Drive it away” - I live on a hill
- “Drive it anywhere” - within 10 miles
- “Desirable classic” - no one wants it.
- “Rare classic” - no one wanted it even when it was new.
- “Stored for 20 years” - in a farmer’s field

An Army private filling out a questionnaire for a correspondence course was puzzled by the question, “How long has your employer been in business?”

He thought for a moment, then wrote, “Since 1776.”

Sign in a Pet Store: **“Buy one dog, get one flea.”**

If ignorance is bliss, **why aren’t more people happy?**

The Name Game

Remember these famous advertising slogans? Read them or sing them and write the name of the product after the clue.

1. Mm-mm good, mm-mm good, that’s what _____ is, mm-mm good.
2. Snap, Crackle, Pop _____
3. Oh, I wish I were an _____
4. Melts in your mouth, not in your hand

5. Keeps the doctor away! _____
6. The Uncola _____
7. Double your pleasure, double your fun.

8. The other white meat _____
9. Pure cane sugar from Hawaii _____
10. Mountain grown _____
11. When it rains, it pours _____
12. Butter...margerine...butter...margerine

13. Pardon me, do you have any . . . ?

14. Plop, plop, fizz, fizz _____

A young fellow was looking at diamond rings in a jewelry store and said to the clerk, “How much is this one?”

The clerk said, “Five hundred dollars.”

The young man looked startled and gave a weak whistle.

He pointed to another one and said, “And this one?”

The jeweler replied, “That one is two whistles.”

A tomcat and his girlfriend were courting on the back fence when the tomcat leaned over to her and said, “I’d die for you, you beautiful creature.”

The girlfriend gazed at him longingly and asked, “How many times?”



Disclaimer: In all health issues, consult your personal medical professional for diagnosis and treatment.

Stay active as you get older: quick tips
healthfinder.gov

Physical activity is good for people of all ages.

Staying active can help:

- ✓ Lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer
- ✓ Improve your strength and balance so you can prevent injuries and stay independent
- ✓ Improve your mood
- ✓ Feel better about yourself
- ✓ Improve your ability to think, learn, and make decisions

Before you start...

If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about the types and amounts of physical activity that are right for you.

Aim for 2 hours and 30 minutes a week of moderate aerobic activities.

- ◆ If you were not exercising before, start slowly. Begin with 10 minutes of aerobic activity and gradually build up to doing 30 minutes at a time.
- ◆ Aim for 30 minutes of aerobic activity on most days of the week.
- ◆ Choose aerobic activities – activities that make your heart beat faster – like walking fast, dancing, swimming, or raking leaves.
- ◆ Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

Do strengthening activities 2 days a week.

- ◆ Try using exercise bands or lifting hand weights. You can also use bottles of water or cans of food as weights.
- ◆ Breathe out as you lift the weight, and breathe in as you lower it. Don't hold your breath – holding your breath can cause unsafe changes in your blood pressure.

Do balance activities 3 or more days a week.

- ◆ Practice standing on one foot (hold onto a chair if you need to at first).
- ◆ Stand up from a sitting position without using your hands.
- ◆ Learn tai chi (“ty chee”), a Chinese mind-body exercise that involves moving the body slowly and gently.
- ◆ Sign up for a yoga class, or try following a yoga video at home.

HEALTHY EATING

(choosemyplate.com)

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image - a place setting for a meal. Before you eat, think about what goes on your plate, in your cup, or in your bowl.



Are you providing your body with a variety of healthy foods? God has given you an amazing body – take care of it!

According to the USDA, when you fill your plate for a meal, half of your plate should be fruits and vegetables. Fresh fruits and vegetables are delicious way to accomplish this goal, but frozen, dried, and canned fruits and vegetables are great options as well! Try to purchase canned vegetables that are labeled “reduced sodium” or “no salt added”.

The USDA also recommends whole grains and a variety of proteins to finish off your meal. Beans, unsalted nuts, lean meats, poultry, and seafood are all excellent sources of protein.

A healthy meal is only part of a healthy lifestyle. Be sure to regularly incorporate physical activity into your busy life. Try to focus on drinking water instead of sugary drinks and sodas.

Therapy is expensive. **Popping bubble wrap is cheap.**

“My mother’s menu consisted of two choices: **‘Take it or leave it.’**” **Buddy Hackett**

STAY CONNECTED

to Combat Loneliness and Social Isolation



Feeling lonely and being isolated are bad for your health.

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and early death.*

Are you at risk?



Try to stay active and better connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

Ideas for staying connected

Find an activity that you enjoy or learn something new. You might have fun and meet people with similar interests.



Get moving! Exercise decreases stress, boosts your mood, and increases your energy.



Volunteer. You'll feel better by helping others.



Stay in touch with family, friends, and neighbors in person, online, or by phone.



Consider adopting a pet. Animals can be a source of comfort and may also lower stress and blood pressure.



Research Suggests a Positive Correlation between Social Interaction and Health

Several research studies have shown a strong correlation between social interaction and health and well-being among older adults and have suggested that social isolation may have significant adverse effects for older adults. For example, study results indicate that:

- Social relationships are consistently associated with biomarkers of health.
- Positive indicators of social well-being may be associated with lower levels of interleukin-6 in otherwise healthy people. Interleukin-6 is an inflammatory factor implicated in age-related disorders such as Alzheimer's disease, osteoporosis, rheumatoid arthritis, cardiovascular disease, and some forms of cancer.
- Some grandparents feel that caring for their grandchildren makes them healthier and more active. They experience a strong emotional bond and often lead a more active lifestyle, eat healthier meals, and may even reduce or stop smoking.
- Social isolation constitutes a major risk factor for morbidity and mortality, especially in older adults.
- Loneliness may have a physical as well as an emotional impact. For example, people who are lonely frequently have elevated systolic blood pressure.
- Loneliness is a unique risk factor for symptoms of depression, and loneliness and depression have a synergistic adverse effect on well-being in middle-aged and older adults.

More research is needed to understand the actual links to positive health and determine the importance of social interactions as they relate to disability, falls, memory, and overall health benefits for older adults.

from U.S. Dept of Health and Human Services, National Institute on Aging website