SAGACITY

NEWSLETTER OF S.A.G.E.S.SAINTS ALIVE, GROWING, EVER SERVING



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July, 2018

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.'

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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Rev. Todd Stocker, the presenter at the 2018 **GATHERING XXX** under the theme, "PEARLS OF WISDOM - ENTRUSTING THE TREASURE TO THE NEXT GENERATION," graciously agreed to provide one more Bible Study for this issue:

"Life According To Doris"

I've officiated at many funerals — hundreds maybe. The ages of the souls range from 2 weeks up into the 90's. Today, while I didn't officiate, I was observing the celebration of life service for one of our member's mom, Doris Garbe, who was even grander than that -101 years young! The pastor read an accounting of her life: the year she was born, Babe Ruth hit his first homer, the first stop sign in the nation was posted in Detroit MI, and WWI was in full swing.

Born and raised across the river, Doris claimed Woodbury, MN, as her home. The parcels of land that now house Kowalski's Grocery Store and the Correctional facility were once farmed by her husband and her.

Legacy after legacy was mentioned — as is the case in most funerals. Relatives spoke of her hidden stash of Lego's for the grandkids, playing piano, a fetish for popcorn, and massive amounts of world travel.

Yet, what struck me wasn't what she had done or the land mass she owned. It wasn't her job at the Hilex Company or being involved in the many women's clubs in the area. What made an impact was her approach to life.

The pastor recalled a conversation with Doris a few years back when funeral plans were being made for her.

"What do you want at your funeral?" the pastor offered.

Doris' response? "Why would I want to talk about that?!"

In her mind, she knew life was daily birth, not daily death. She knew that through her baptism, she was connected to Christ by faith as it says in Romans 6:1-5 — a key passage of scripture for her.

"Life is to be lived," she would say. Life is to be loved. Life is to be celebrated in all of its fullness. Life means handling what comes to us and seeing the good and the bad as a gift.

Recall Job. Having all of the most important people and possessions in his life stripped away, by faith he chose to still honor God for the good and the bad:

"Naked I came from my mother's womb, and naked I will depart.

The Lord gave and the Lord has taken away; may the name of the Lord be praised." Job 1:21

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CS T EN

In the slow ebbing wake of the Resurrection Celebration of Jesus, life according to Doris is a wonderful reminder. Jesus came to bring life, not death. Jesus came to bring 'win', not 'loss'. Jesus came to be light, not darkness. And in the recounting of Doris' life, it was obvious she lived in victory and not defeat. (1 Corinthians 15:54-57).

Oh to live life according to Doris! To be motivated by her faith, family, and friends (in that order) and to leave a legacy of the same. Because when it comes down to it, life according to Doris (and I think Jesus would agree) is about your Savior and the relationships into which you pour.

As Jesus said in Matthew 22, "Love the Lord ... love others as yourself." The full passage is Matthew 22:34-40.

True love is shown in that way, isn't it? Jesus did it by giving his life for you. Doris did it by living her life for him and making sacrifices and deposits of love into those around her.

Jesus has risen and now, so has Doris. Blessed be the name of the Lord.

*Rev. Stocker writes a blog to share his thoughts, experiences and learning's in the areas of leadership, personal development and the journey of a Godly disciple. Enter this link in your browser:

(https://www.goodreads.com/author/show/3848810.Todd S tocker) He can be reached at Trinity, Hudson WI.

C: 651-280-7937

W: 715-386-9313

"Serving is the best kind of Leading."

To many, music helps to convey the message we wish to share with the next and future generations. Hymn 571 in the Lutheran Service Book very aptly tells the story:

God loved the world so that He gave
 His only Son the lost to save
 That all who would in Him believe
 Should everlasting life receive.

The Scripture reference for Stanza 1 is John 3:16. Go to your hymn book and read the next 5 verses and relate to these Scripture references -

Stanza 2 Col. 1:22-23 Is. 28:16 1 Peter 2:6 Eph.2:20 1 Cor 3:11	Stanza 3 John 3:16 Rom 3:23-24 2 Tim 1:9 Titus 3:47 Ezek 18:31-32	Stanza 4 Matt 9:2 Titus 3:4-7 1 Peter 3:21 Matt 9:2 Rom 5:9
Ps 118:22 Zech. 10:4 Matt.21:42 Mark 12:10 Luke 20:17 Acts 4:11 Col 2:7	Ezek 33:11-15 Stanza 5 Matt 9:2 Heb 6:19	Stanza 6 Rev 4:8b (Used by permission)

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UNDER OBSERVATION



Entry one: Oh, yes, again! T.S.Eliot said "April is the cruelest month" and we got a fine demonstration this year. A lovely little group of juncos were the only birds enjoying the April 3 dumping of snow. Then my furnace decided to die on April 14 with 16 inches of snow falling and temperatures doing the same. Bless my plumber for sympathetic service and repair!

Entry two: It didn't take long for the threats to arrive — "Road Work Ahead" signs have appeared everywhere and all the time. We've always joked about "you can't get there from here" but this year it may be true. Not only major roads are involved but road crews can suddenly appear out of nowhere and go to work where you thought you were going. I know road repair is important, but the randomness is amazing.

Entry three: A headline in the paper reads "Bullying emerges among the elderly." It seems that these senior citizens are demonstrating the same traits usually associated with grammar school or teenagers. Of course, the source of the story was California.

Entry four: Thanks to Jim Vehling: "Be decisive. Right or wrong, make a decision. The road of life is paved with flat squirrels who couldn't make a decision."

Entry five: Earlier this spring I worried a bit about my supply of rainwater for my houseplants. No more. The porch loaded with 30 full jugs of nourishment.

Entry six: A health newsletter informs us that the risk of obesity jumps almost 25% with each two-hour increase in daily television watching. Just wondering how they arrived at that "figure."

Entry seven: After I cultivated my garden, Henry, my friendly rabbit, took the opportunity to take a dirt bath in the loose soil. He finished his afternoon by coming down the sidewalk and sitting near the step so he could watch the door until I gave in and fed him.

Entry eight: Great timing. Got a short summer haircut, and the next day the temperature reached 90° .

Entry nine: The convention at Concordia was a wonderful place for people-watching. A lot of people take themselves very seriously and others approach the days as an opportunity for fellowship and amicable enjoyment. Great ice cream sundaes! But the LWML ladies do a great job and make a delegate proud to be part of such a great organization.

Entry ten: The performance of the acrobatic squirrels in my yard has an audience in the shoppers at the new car lot across the way. The kids love them, and the squirrels return the admiration. Between the kids and the animals, who could not be entertained.

Entry eleven: Are they called cell
phones because people are prisoners of
them? Just a thought brought to my
attention.

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

Church sign:

WAITING FOR GOD? DO WHAT WAITERS DO - SERVE!

>>>A loaded minivan pulled into the only remaining campsite. Four children leaped from the vehicle and quickly began unloading gear and setting up the tent. The boys rushed to gather firewood, while the girls and their mother set up the camp stove and cooking utensils. A nearby camper marveled to the youngsters' father, "That, sir, is some display of teamwork."

The father replied, "I have a system. No one goes to the bathroom until the camp is set up."

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From the MN Symbols Quiz in the previous issue:

- 1. seal: Star of the North
- 2. flag: 1858: the year MN became a state; 1819: the year Fort Snelling was established

1893: the year the official flag was adopted.

3. bird: loon

4. flower: lady slipper5. mushroom: morel

6. fish: walleye7. soil: Lester loam

8. gemstone: Lake Superior agate

9. drink: milk

10. photograph: "Grace"11. muffin: blueberry

12. grain: wild rice

13. butterfly: monarch

sport: hockeytree: red pine

16. fruit: honeycrisp apple

17. song: "Hail, Minnesota"

Minnesota Facts and Trivia

- 1. Baseball commentator Halsey Hal was the first to say 'Holy Cow' during a baseball broadcast.
- 2. The Mall of America in Bloomington is the size of 78 football fields --- 9.5 million square feet.
- 3. The St. Lawrence Seaway opened in 1959 allowing oceangoing ships to reach Duluth.
- 4. Minneapolis is home to the oldest continuously running theater (Old Log Theater) and the largest dinner theater (Chanhassan Dinner Theater) in the country.
- The original name of the settlement that became St. Paul was Pig's Eye. Named for the French-Canadian whiskey trader, Pierre "Pig's Eye" Parrant, who had led squatters to the settlement.
- 6. The world's largest pelican stands at the base of the Mill Pond dam on the Pelican River, right in downtown Pelican Rapids. The 15 1/2 feet tall concrete statue was built in 1957.
- 7. The Minneapolis Sculpture Garden is the largest urban sculpture garden in the country.
- 8. The Guthrie Theater is the largest regional playhouse in the country.
- 9. Minneapolis' famed skyway system connecting 52 blocks (nearly five miles) of downtown

- makes it possible to live, eat, work and shop without going outside
- 10. Minnesota has 90,000 miles of shoreline, more than California, Florida and Hawaii combined.



Immanuel Lutheran Church - Fish Lake (Prior Lake). "The Fish Tale" is the newsletter for Immanuel Lutheran's Fish Lake Seniors, editor, Jerry Will. Some excerpts from the Jan/Feb 2018 issue:

Grandparents

- Nothing adds to the popularity of a grandparent around the house like an unexpected need for a reliable babysitter.
- Our younger generation is quite safe as long as they have grandparents to protect them.
- Nothing makes a boy smarter than being a grandson.
- Someone said a child is a person who is frequently spoiled because you can't spank the two grandmothers.
- Some of the modern grandmothers are so young and spry they help the Boy Scouts across the street.
- A grandmother is a baby sitter who watches the kids instead of the television (or her phone).
- Child's definition of grandmother: that white haired lady who keeps mommy from spanking me.

>>>An air force colonel routinely flew on different aircraft to familiarize himself with their capabilities.

One day he toured an intelligence aircraft where each crew member was surrounded by complex gear. A young major showed the colonel his computer screen. "That's a chat screen, sir," he said. "We use it to relay enemy information to the crew. It's like instant messaging."

Nodding, the colonel moved down the line. Flashing on an airman's screen several feet away was this warning: "Heads up! The colonel's on the way!"

Some people are kind, polite, and sweetspirited until you try to sit in their pews.



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

KEEP COOL - MN Dept of Health

Babe Ruth reportedly put a cabbage leaf under his hat to keep cool during the game. He changed it several times.

While storms and floods may get more attention, in a typical year extreme heat kills more people in the U.S. than any other weather phenomenon. With that in mind, health officials urge Minnesotans to take steps to avoid heat-related illness during the unusually hot and humid conditions forecast in the coming days.

Extreme heat can cause health problems ranging from heat rash and cramps to life-threatening conditions like heatstroke. Heat exhaustion is a common heat-related illness. Signs and symptoms of heat exhaustion include dizziness, thirst, fatigue, headache, nausea, vomiting, weakness and confusion. Untreated heat exhaustion can lead to heatstroke.

According to Infectious Disease Epidemi-ology, Prevention and Control Division Medical Director Dr. Raj Mody, athletes and people working outside face a higher risk for heat-related illness. "Extreme heat can be dangerous, especially for older adults and children and young adults playing sports like soccer and football," Dr. Mody said. "The heat can overwhelm the ability of the body to keep its temperature at 98 degrees Fahrenheit, and that can lead to serious problems. That's why it is so important to take precautions to avoid overheating."

MDH offers the following tips for staying cool and safe during extremely hot weather:

1. Stay cool.

- Electric fans will not prevent heat-related illness when temperatures are very hot, so use air conditioning or spend time in airconditioned locations during extremely hot weather
- If you plan to exercise outdoors, consider doing it in the morning before temperatures rise.
- Limit time outdoors, and take frequent breaks if you must be outside.
- Wear loose fitting, light-colored clothes.
- · Take a cool bath or shower.

 Don't leave kids or pets alone in cars, even for just a few minutes and with windows down.

2. Stay hydrated.

- · Drink plenty of fluids, especially water.
- Do not wait until you're thirsty before you drink fluids.
- Avoid excessive caffeine, alcohol, drinks high in sugar, and very cold drinks (they can cause stomach cramps).

3. Stay informed and connected.

- Listen to the local news for the weather forecast.
- Learn about the early warning signs of heatrelated illnesses, and help people showing those signs cool off, hydrate and get medical attention as needed.
- Check on your neighbors, friends and family especially older adults and people with underlying health issues.

"We urge people to plan ahead to stay cool and hydrated," said MDH Climate and Health Program Supervisor Kristin Raab. "Take care of yourself and take care of others, especially those who are at higher risk."

More information is available on the <u>MDH</u> website and in the <u>MDH Extreme Heat Toolkit</u> (PDF).

EYE HEALTH

Macular Degeneration Facts:

- ✓ Please don't smoke. Smoking impairs the body's circulation, decreasing the efficiency of retinal blood vessels and can increase the chances of having MD 300 percent
- ✓ Early detection is important to delay or reduce the severity of the disease.
- Eating fresh fruits and dark green, leafy vegetables delays or reduces the severity of MD.

>>>At a local bar, a young woman told her idea of the perfect mate to some friends.

"The man I marry must be a shining light among company. He must be musical, tell jokes, sing and stay home at night."

A cynical man overheard and spoke up. "Lady, what you really want is a television set."

"Start every day with a smile and get it over with."

W.C. Fields

HAPPY BIRTHDAY, SMOKEY THE BEAR

He's an American icon on par with Mickey Mouse and Batman. He's been in comic books, and on milk cartons and TV ads. But he's only uttered five words in his life: "Only you can prevent wildfires."

Well, maybe six words. Smokey Bear, who's turning a whopping 74 years old Aug. 9, began his career in 1944 with the slogan, "Only you can prevent forest fires." But other than that, the changing times have done little to change this symbol of fire safety.

Smokey Bear is the face of the longest-running public service campaign in the U.S. Smokey was created in 1944 by the U.S. Forest Service, the National Association of State Foresters and the Ad Council in response to public fears that enemy shelling during World War II would cause forest fires in the West while all the firefighters were overseas.

The Ad Council indicates that 96% of Americans today recognize Smokey and his message,

A spokesperson from the U.S. Forest Service in the Department of Agriculture said, "It's easy to forget that the majority of wildfires are started by humans. Nine out of 10 forest fires are started by people — either by leaving a campfire lit, throwing away matches or even using machinery in arid areas. We want to keep educating new generations." Find out more at www.smokeythebear.com

The Great Minnesota Get Together (MN State Fair, August 23-Sept 3) has announced that there will be 5 new food vendors and several new foods available this year. Which one(s) will you try? Find out more at www.mnstatefair.org, and click on Food tab.

>>>Torrential rainstorms had knocked down power lines all over the city, and the electric company was dispatching repairmen right and left. When one lineman called a long-time customer to ask her exact address, he was told, "I'm at Post Office Box 99."

The weary lineman replied, "Ma'am, I'll be coming to you in a truck not an envelope."

>>>If raising kids were easy, it wouldn't start with something called "labor."

For those who are NOT digital natives, it seems there is a new 'shorthand' language used by the younger generation in their texting communications. This list may help:

Seniors Texting Code

ATD: At The Doctors
BFF: Best Friend Fell
BTW: Bring the Wheelchair
BYOT: Bring Your Own Teeth
FWIW: Forgot Where I Was

GGPBL: Gotta Go Pacemaker Battery Low

GHA: Got Heartburn Again
IMHO: Is My Hearing-Aid On
LMDO: Laughing My Dentures Out
OMMR: On My Massage Recliner

OMSG: Oh My! Sorry, Gas

ROFLACGU: Rolling On Floor Laughing And

Can't Get Up

TTYL: Talk To You Louder

A few more:

GASOH: get a sense of humor

IMBASBIMI: I may be a senior but I made it

WTF: well that's fantastic OPH: on permanent holiday

WED: wine every day MLMO: my life's my own

Hmmm - is LOL laugh out loud or lots of love? or

maybe little old lady? lump of lard?

("Texting Dictionary of Acronyms" - www.textingdictionaryofacronyms.com)

>>>Near the end of a particularly trying round of golf, during which the golfer had hit numerous fat shots, he said in frustration to his caddy, "I'd move heaven and earth to break 100 on this course."

"Try heaven," the caddy replied. "You've already moved most of the earth."

>>>A police officer stops a young woman for speeding and politely asks to see her license.

She replies, in a huff, "I wish you guys would get your act together. Just yesterday you took away my license and today you expect me to show it to you!"

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AH-HA Moments – July 2018 MEDITATE ON THIS!

Breaking News: Did you know that meditation is linked to a positive effect on older adults' lives? Well, yea!

A recent article in U.S. News and World Report praises the many benefits of meditation for all ages, but especially for those over 60. Prayers, solitude, reflections, and devotional times have strong effects on attention, memory functions, and general cognition. Greater well-being and increased peace and gratitude toward life are also products of regular times of prayer, devotion, and "a time to remember who we are"!

It increases gratitude for what we have and allows us to become more grounded as we struggle through difficult situations. It improves our sense of resiliency, decreases our stress, and has a calming effect on all people, especially the older adults.

Besides all of this good news, we can make this happen without any more pills! We can do it anywhere. It works quite rapidly in our system, enhances our mood, and it even increases our energy!

Studies also show, if the above isn't enough evidence (!), that regular meditation brings greater well-being, increases peace, and makes us more aware of the abundance of blessings in our lives!

Perhaps you already knew about this gift that the Lord gives to us. Perhaps you are already very regular in your weekly worship, daily prayer times, and regular "timeouts" to just sit and thank the Lord for ALL of His gifts. Others, like me, may have sensed the need for these quiet times and reflective moments but still have not made them daily "Holy Habits". Well, what are we waiting for!

These daily meditation times can become tremendous "AH-HA" moments for all of us! They can refresh and renew us and help us to focus on who and Whose we are. As we age, these patterns of reflecting can change our mindset from DOING into a focus on BEING God's people, just because we are His! As Frank Cunningham states in his excellent book, "Vesper Time", "since we (older adults) are not so noticeable anymore, why not engage in the spiritual quest of abandoning our egos!" In other words, no need to do great things to be noticed and praised! Simply BE who we are as God's people as we meditate, mediate and model to the younger that we are human Beings first, instead

of human Doers. To meditate is to daily recall, remember, and rejoice in the Resurrection that is ours, always!

May we make our daily meditations, reflections, and devotions AH-HA Moments, not only to make us "feel" better, but to also continue to point us to THE Mediator, Christ the Lord!

As a final AH-HA Moment, isn't it affirming to realize that MEditate begins with ME? There must be a MEssage there somewhere!

Rich Bimler*

"Reprinted by permission

of www.RichandCharlieResources.com "
*Rich Bimler, Charlie Mueller Sr, and Dick
Koehneke have all been presenters at SAGES
Gatherings. The website features articles written
by each of them and others.

>>>Two men got out of their cars after they collided at an intersection. One took a bottle from his pocket and said to the other, "Here, maybe you'd like a sip to calm your nerves."

"Thanks," the second man said and took a long drink from the container. "Here, have some, too," he said, handing back the whiskey.

"Well, I'd rather not," the first man said. "At least not until after the police have been here."

Tradition is not the worship of ashes, but the preservation of fire.

Gustov Mahler

>>>A knight and his men return to the castle after a long hard day of fighting.

"Sire," the knight says, "I have been robbing and pillaging on your behalf all day, burning the towns of your enemies in the west."

"What?" the king shrieks, "I don't have any enemies to the west!"

"Well, you do now," the knight says.

ALOA

Adult Lutherans Organized for Action (ALOA) will host Ironwood Springs Lutherhostel, a 4-day Bible Study and Fellowship Retreat, Sept 24-28, 2018, to be held at Ironwood Springs Christian Ranch, Stewartville MN, Ermie & Kathy Freudenburg, Rochester, Directors, will host. Find out more on the website, ALOAserves.org, or Contact ALOA at 1-800-930-2562 or email: aloa4u@gmail.com

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.

United Way 2-1-1 Metro 2-1-1-Or (651) 291-0211

Free, confidential, multilingual information is offered 24 hours every day. United Way 2-1-1 is a unique community information and referral service. Call if you need to know where to turn for help.

>>>"The length of a film should be directly related to the endurance of the human bladder."

- Alfred Hitchcock

>>>The low self esteem support group will meet Thursday evenings. Please use the back door.



NOTICE: There are openings for board representatives in the southwest part of the state. Please pray that hearts will be open to this opportunity.

All board members are volunteers who enjoy serving together. The print edition of SAGACITY is in black and white. The online edition will have color. Go to: mnsdistrict.org, in the top bar, click on News and Events to get a dropdown box, click SAGES, scroll down to find the online version of SAGACITY.

Lutherans for Life:

"God's love edifies. It gives life. And you, my friend, are in the people business. You've been placed on this earth to share what people need most: enduring, true, life- edifying, divine love. You have been freed from a task-driven, striving-for-self-worth existence. God has called you His own. He has declared you precious in His sight and proven it by giving up His Only Son so you could be His own. Now you represent Him here on earth. You give what He has given you." Rev. Dr. Gregory Seltz, speaker on The Lutheran Hour

www.lutheransforlife.org

Travel with MN South DistrictSome items from the MN South District eNews:

- Sign up by August 15 for a <u>Germany tour</u> with Pastor Greg Heidorn in 2020.
- Pastor Jon Vollrath is leading a trip to the Holy Land in 2019.

You can receive a weekly information from the MN South District by subscribing to eNews. Go to mnsdistrict.org, click on <u>news and events</u>, click on <u>publications</u>, click on <u>here</u> and join the mailing list.

GATHERING XXX (May 7/8, 2018) was another joy-filled, grace-filled, inspiring event. Gathering XXXI (May 6/7, 2019) is already in the initial planning stage.

>>>There isn't much difference between an income tax return and a girdle. If you put the wrong figure in either you get pinched.

>>>The wife of a middle aged business executive met him at his office late one afternoon. As they were going down on the elevator, it stopped and a very attractive secretary got on. She smiled at the executive and said easily, "Hello, sweetie pie."

The executive's wife leaned over and said, "I'm Mrs. Pie."

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G.I. CCC CC CC	KNEE LIGHTS	CHAIR	STAND
DICE DICE	MIND MATTER	READING	DEATH/LIFE
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HE'S/HIMSELF	CU _A	YOU S ME	GROUND FEET FEET FEET FEET FEET FEET FEET