

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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Mark your calendar for this invitation to -

GATHERING XXXII



**FEATURING
PRESENTER**

REV. MARK JESKE
SENIOR PASTOR,
ST. MARCUS LUTHERAN,
MILWAUKEE WI

MAY 4 & 5, 2020

20/20 VISION



"...having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints..."
Ephesians 1:18

Presented by S.A.G.E.S. - MN South District Older Adult Ministry

MN S District Liason

*Dr. Phillip Johnson, Asst. to
President for Congregational
Mission Formation

Conf/Circuit Representatives

CAPITOL/Circuits 1,2

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St. Paul MN

LYNDALE/Circuits 3,4

*Marvin & Hazel Schumann
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*Jayne Combronne
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St. Paul Lutheran
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OWATONNA Circuits 14,15,16

*Len & Lois Marquardt
Grace Lutheran
Dodge Center MN

N. CROW RIVER Circuits 17,18

*Sharon Haberkamp
*Darlene Ave-Lallemant
Our Savior's Lutheran
Hutchinson MN

S. CROW RIVER Circuits 19, 20

*Trudy Wiechmann
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SOUTHWEST E/Circuits 21,22
(OPEN)

SOUTHWEST W/Circuits 23,24
(OPEN)

WHITEWATER/Circuits 11,12,13

*David & Margaret Hohenstein
Redeemer Lutheran
Winona MN
*Marshall Kunz
Grace Lutheran
Rochester MN



Our guest presenter for **GATHERING XXXII** is Dr. Mark Jeske who has served as senior pastor at St. Marcus Lutheran Church, Milwaukee, since 1980. Before serving at St. Marcus, Pastor Jeske spent a year in Colombia, South America, planting a mission church, and spent two years teaching at Northwestern Preparatory School in Watertown, WI.

Pastor Jeske has been bringing the Word of God to viewers of *Time of Grace* since the program began airing in November of 2001, on just one station in Milwaukee. By 2018 the broadcasts air on more than 125 stations, numerous cable networks, different satellite channels, Armed Forces television, and the internet.

A multi-talented individual, Pastor Jeske is an author, having written a Bible commentary, Bible studies, devotional booklets, and articles from his *Time of Grace* messages appear regularly in *Time of Grace* publications and is also an accomplished instrumentalist (piano, organ, harpsichord, guitar, mandolin, banjo, and others) who enjoys various forms of music.

A quote from Rev Fred Hinz, MN South District Public Policy Advocate:

"Pastor Mark Jeske and Time of Grace Ministries are a breath of fresh, gospel-filled air for people like us ... people struggling to breathe in a culture of stagnant and stifling secularism. To hear from him about the new and dynamic forms of outreach that they're engaged in is to be encouraged and energized as we seek to be the faithful witnesses to Christ we were called to be in our baptism."

Welcome to the S.A.G.E.S. GATHERING, Pastor Jeske!

BE THOU MY VISION

1. Be thou my vision, O Lord of my heart;
naught be all else to me, save that thou art:
thou my best thought both by day and by night,
waking or sleeping, thy presence my light.
2. Be thou my wisdom, and thou my true word;
I ever with thee and thou with me, Lord.
Thou my soul's shelter, and thou my high tow'r,
raise thou me heav'nward, O Pow'r of my pow'r.
3. Riches I heed not, nor vain, empty praise,
thou mine inheritance, now and always:
thou and thou only, the first in my heart,
great God of heaven, my treasure thou art.
4. Light of my soul, after victory won,
may I reach heaven's joys, O heaven's Sun!
Heart of my own heart, whatever befall,
still be my vision, O Ruler of all.

A Prayer for Vision – Strength for Today and Hope for Tomorrow
Ephesians 1:15-23

While Paul was under house arrest awaiting his trial in Rome, he enjoyed the freedom to receive visitors. Two such guests were Epaphras (Col 1:7; 4:12) and Tychicus. His letter to the Church in and around Ephesus was delivered by such men.

Like most of Paul's letters this one begins with a salutation (1:1-2). This is followed by an extended expression of praise (v. 3-14) culminating in his remembering the gift of faith granted to the believers in Ephesus along with the "guaranteeing deposit" of the Holy Spirit. Let's look more closely at Paul's prayer for the believers:

- **Thankfulness and Gratitude**

Vv. 15-16 Paul's prayer in verses 15-23 springs from an expression of praise "for this reason" which leads him to expressions of thanksgiving and gratitude.

Question: What is Paul thankful for? Who can you remember today before God with thanks and gratitude for their expressions of faith expressed in acts of love toward others?

- **Intercession for clear vision**

Vv. 17-19 What is the request that Paul makes above all others on behalf of his readers?

First Paul prays for his readers to have wisdom (*sophia*). Wisdom is most often understood in the Bible as the God-given ability to understand the deep truths of God as well as how to order one's life accordingly. This is the first part of good vision: **perception** or the ability to see this world with great clarity so we might make life choices that reflect the reality of God's work on behalf of His church.

Question: Do you wear glasses? How well are you able to perceive the world around you without your glasses? Do objects seem blurry or out of focus? Without your corrective lenses you don't have good vision. How does the ability to perceive things clearly aid in making good choices?

Paul is praying that every believer would be given the gift of seeing this world clearly – the good and the bad – through the corrective lens of God's Word. Good perception is the first step toward clear vision. A second aspect of good vision is **foresight** – the ability to see how things might be or one day will be. Good vision goes beyond perception, so Paul also prays for "revelation" (*apocalypsis*) or, as some translations read "vision" – the discernment to see how things can or will be in the future.

Question: What does Paul pray is the result of the believers receiving the "spirit of wisdom and revelation (vision)"?

- **The Heart of the matter**

V. 18 – Paul employs an unusual expression. The "heart" in scripture is understood as the seat of thought, moral judgment, and of feelings. Paul is asking that this new-found vision (perception + foresight) would impact the very core of their being – their relationship with the Father.

Three items are selected for attention:

1. **Calling** – This calling has already taken place (2 Tim 1:9) and, at the same time, it is a pledge of hope. (Titus 2:13-14)

Question: When were you first "called by the Gospel"? How does remembering your calling by God bring hope?

2. **Inheritance** – The recognition that what is really ours is all the wealth of God. (v. 5, 13b – 14).

Question: Read Romans 8:17. What do you think is the best part of being in the family of God? How does this promised inheritance bring you hope?

3. **Power of God** – the word for power here is *dynamis*. It is where we derive our word dynamite.

(Bible Study continues on next page)

Question: When did Jesus promise we would receive this power? (Acts 1:8) In this context what seems to be the focus of this gift of power? Is any believer exempt from this promise? Are you?

Paul wants us to believe in our heart His calling, inheritance, and power at work in the life of His people. As our vision clears and we exercise the power that has been promised to each believer we are able to perceive the operation (*energesen*) of the strength and might of God. (Eph 6:10)

• **A demonstration of the Power of God**

Vv. 20-23 – In these verses Paul reminds us of the clear demonstration of God’s power through the life, death, resurrection and ascension of Jesus, our Lord.

Question: What specifically do we learn about Christ in verses 20-22?

Eugene Peterson in “The Message” paraphrases these verses: “At the center of all this, Christ rules the church. The church, you see, is not peripheral to the world; the world is peripheral to the church”

Question: What does it mean to you to know that all things have been placed under the authority of Jesus “for the sake of the church”?

This really clears things up, doesn’t it? When we look at the world through the “eyes of our heart” we are able to perceive the reality of Christ’s rule over all things – for the sake of His people!

Question: How does “clear perception” give you strength, or power, to live for him today?

Question: How does your vision of God’s purpose and plan for your life, and the life of all who trust in Jesus, bring you hope for the days ahead? How can you share that hope with others?

(Bible Study prepared by Dr. Phillip Johnson, Assistant to the District President for Congregational Mission Formation)



Joshua 1:9--*Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.*



Romans 15:10--*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit*



Matthew 6:22 - *The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.*

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 to download.

SIX LITTLE STORIES WITH LOTS OF MEANINGS

- (1) Once all villagers decided to pray for rain. On the day of the prayer, all the people gathered but only one boy came with an umbrella. That is faith.
- (2) When you throw babies in the air, they laugh because they know you will catch them. That is trust.
- (3) Every night we go to bed without any assurance of being alive the next morning, but still we set the alarm to wake up. That is hope.
- (4) We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
- (5) We see the world suffering, but still, we get married and have children. That is love.
- (6) On an old man’s shirt was written a sentence, ‘I am not 80 years old; I am sweet 16 with 64 years of experience. That is attitude.

Have a happy day and live your life like these six stories. Remember - good friends are the rare jewels of life, difficult to find and impossible to replace!!

UNDER OBSERVATION



Entry one: It's always exhilarating to hear the British audience in full voice singing "Lord of Hope and Glory" at the last performance at the BBC Proms, and have the commentators say, "Parliament may quarrel ... but God Save the Queen" and then they sing even more enthusiastically.

Entry two: Who in the world would have bet on the Twins' season record! Some things are so unexpected that there is still a little ripple of glee that lingers on and on . . .

Entry three: A little unusual weather even for Minnesota - 78° on Monday, 38° on Friday. The predictors are puzzled, and we are enjoying every extra warm day. Besides, if the weather is upside down and backward to the forecasters, at least they have work.

Entry four: We ended the golf season for several rounds by just swinging and not keeping score. Didn't realize how free that would make us be and also how well we played (most of the time). Nostalgia will carry us till spring again.

Entry five: A fall weekend trip to the Amana colonies was a nice break from normal. I'm not a "crafty" person, but the food and wine choices were spectacular. And a kind gentleman ran a video of the area history for just the two of us. Who knew Iowa could be so interesting!

Entry six: Jim shared some puns with the board, but one turned out to be real in my neighborhood. "I am so old, that when I was a kid, we actually had to win to get a trophy." A lady who lives down my street showed me the trophy her kid got "just for breathing," she said. When I asked a teacher about the kid, he said "Don't ask." The wonderful world of modern education.

Entry seven: The snow came earlier this year, and it's staying. Look on the bright side: messes get covered, shoveling in moderation can be good exercise, fresh snow looks lovely - there must be others?

Entry eight: A simple word of advice - a closed mouth gathers no foot.

Entry nine: The annual town celebration of winter had cold weather but sunshine, nippy breezes but cheerful people, damp air but warm smiles, snow but variety outdoors and indoors. A good way to begin December.

Entry ten: Bits and pieces of food advice from the mail: apricots relieve joint pain; sniffing peppermint relieves fatigue; pumpkin seeds help wounds heal faster; skip apple cider vinegar.

Entry eleven: A pessimist is one who feels bad when he feels good for fear he'll feel worse when he feels better. Sure.

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



Congratulations to S.A.G.E.S. Board members, **Marvin and Hazel Schumann**, who celebrated their 70th wedding anniversary October 22, 2019.

WHAT DO WINNIE THE POOH AND KERMIT THE FROG HAVE IN COMMON? **THEY BOTH HAVE THE SAME MIDDLE NAME!**

IF YOU PUT A CROUTON ON YOUR SUNDAE INSTEAD OF A CHERRY, IT COUNTS AS A SALAD.

THE NIGHTLY NEWS ALWAYS BEGINS WITH "GOOD EVENING" AND PROCEEDS TO TELL YOU WHY IT ISN'T."

SWALLOWING ANGRY WORDS IS A LOT EASIER THAN HAVING TO EAT THEM.



GOOD RULE OF ETIQUETTE:

IF YOU CAN'T BE KIND, BE QUIET.

Bill checked into his hotel room and immediately noticed a dead cockroach on the floor. He called the front desk, asked for the manager, and raised a fuss.

"Sir, please calm down," the manager replied. "It's dead. It can't bother you now."

"The dead one doesn't bother me," said Bob. "It's his pallbearers that worry me."



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

January is Thyroid Awareness Month.

Did you know this little butterfly-shaped gland is extremely important to every cell in the body? A National Institute of Health reports that thyroid problems most likely occur in women or people over age 60. Having a family history of thyroid disorders also increases risk. Consult with your health professional about any concerns you have.

January is also **Sanctity of Human Life Month** with national observance Sunday, January 19.

February is American Heart Month

Women's National Wear Red Day for heart health is February 7, 2020. Be kind to your heart - cut back on red meat, exercise more, monitor salt intake, and try to reduce stress.



March is Save Your Vision Month

The National Eye Institute's website gives suggestions for eye health: get a comprehensive dilated eye exam and take care of your health. See an eye specialist when your vision is blurry or eyes are red, swollen or painful; when you are not seeing in focus even when wearing glasses or contacts; when you think you have a vision problem; when your doctor tells you to get a dilated eye exam. See an optometrist or ophthalmologist for all around eye care; see an ophthalmologist for serious eye problems. Ask your health care provider for recommendations.

A man and his little girl were on an overcrowded elevator. Suddenly a lady in front turned around, slapped him and left in a huff.



The little girl remarked, "I didn't like her either, Daddy. She stepped on my toe, so I pinched her."

On the Importance of Being a Spoon

One evening a little girl named Maggie was helping set the table for the family dinner. As she was placing the silverware next to the plates her father overheard her talking to herself. "The knife is too sharp. I don't want to be a knife," she said as she set the knife in its place. "Not a fork, either. I think I'd rather be a spoon."



The father was amused by Maggie's conversation with herself. But soon he got to thinking about what his daughter was saying and realized that she was right. People aren't meant to be knives or forks. They're meant to be spoons. Why? The answer is simple.

A knife is used to cut away and separate. Although people act like a knife in the living of their lives, it's not what they're called to do as children of God. Our ministry is not about cutting people off or creating separation; we are not meant to be knives. Neither are we to be forks. A fork is used to pick and choose what we want. When we're eating, we'll maneuver our fork so that we get the piece of steak, not the Brussels sprout sitting next to it. We choose what we consider to be best and leave behind whatever we don't want. Certainly that is not the model life for a Christian.

If we're not to be knife or fork, then we must be meant to be spoons. Think of how a spoon is used. Its primary function is to serve. Whether it's green beans out of a dish, gravy from a gravy boat, or sugar from a bowl, the spoon is used to serve. As children of God the comparison to us couldn't be more obvious.

Maggie was right: humans should be spoons.

A New Year's resolution is something that goes in one year and out the other.



Editor's Note: Pages 7-11 of this issue contain information about the GATHERING - program, titles and summary of breakout sessions, registration form and motel information, and a flyer. These pages and this document are **available in color** on the MN South District website, enter mnsdistrict.org in your browser, under the tab **News and Events**, scroll down to click on **SAGES**, scroll to **Publications**.



S.A.G.E.S.



(S.A.G.E.S. = Saints Alive, Growing, Ever Serving)

PROGRAM FOR GATHERING XXXII MAY 4 & 5, 2020

20/20 VISION: COURAGE TODAY; HOPE TOMORROW

MONDAY, MAY 4

12:00 – 1:15 p.m.	Registration
1:00 – 1:20 p.m.	Vocal Exercise
1:20 – 1:30 p.m.	Welcome and Opening Prayer Rev. James Vehling, S.A.G.E.S. President
1:30 – 2:30 p.m.	<u>20/20 VISION</u> Dr. Mark Jeske
2:30 – 2:40 P.M.	Physical Exercise Rev. Kurt Lehmkuhl
2:40 - 3:15 p.m.	Refreshments Visit Displays
3:20 – 4:20 p.m.	Sages WORKSHOP I
4:30 – 5:45 p.m.	Wine and Cheese Reception – LCEF and CSP
6:00 p.m.	SAGES Evening Dinner Entertainment: <i>The Gundermanns</i> Closing devotion – Rev. Dr. Lucas Woodford President, MN South District Choir rehearsal

TUESDAY, MAY 5

6:30 – 8:00 a.m.	Breakfast – complimentary for Hotel Guests only
7:30 – 8:00 a.m.	Choir rehearsal
8:00 – 8:15 a.m.	Vocal Exercise
8:15 – 8:30 a.m.	Business meeting
8:30 – 9:15 a.m.	<u>20/20 VISION</u> Dr. Mark Jeske
9:15 – 9:25 a.m.	Physical exercise Rev. Kurt Lehmkuhl
9:25 – 9:50 a.m.	Refreshments Visit Displays
9:55 – 10:55 a.m.	Sages WORKSHOP II
11:00 – 11:55 a.m.	Sages WORKSHOP III
12:00 – 12:45 p.m.	Lunch
1:00 – 2:00 p.m.	<u>20/20 VISION</u> Dr. Mark Jeske
2:00 – 2:15 p.m.	Installation of officers Rev. David Preuss, Chaplain
2:15 p.m.	Closing Devotion Rev. Adam Parvey, Hosanna Lutheran, Mankato

S. A. G. E. S. W O R K S H O P S
May 4 & 5, 2020 -- Country Inn & Suites – Mankato MN

Monday, May 4, S.A.G.E.S. WORKSHOP I, 3:20-4:20 p.m.

A. “JOHN’S 20/20 VISION”

This introduction to the Book of Revelation is intended to prepare the reader to view it not as a mysterious prediction of future doom and gloom but as a message of encouragement and hope for embattled believers in any age. Rev. Jim Vehling will lead this session.

B. “CARING FOR THE CAREGIVER”

A caregiver is someone who is dedicating their time to take care of someone else. Many think they can take on the task of caring for someone else but often leads to burnout. McKayla Kaardal, Director of Visiting Angels, will be discussing different techniques to avoid caregiver burnout.

C. “KEEP YOUR BALANCE”

This workshop will introduce a more modified exercise program, which can help improve strength and flexibility, reduce stress, and improve balance. A certified Christian yoga instructor, Nancy Cole has been teaching seniors in chair yoga at Vine Faith in Action, Mankato, for over 4 years. Chair yoga is beneficial to those who may have physical limitations, be recovering from injury, or have balance problems. Participants in this workshop will participate!

D. “MAKING MUSIC TOGETHER: CHANGING HEARTS, CHANGING MINDS.”

Music alone is a powerful tool. When purposefully harnessed in a goal driven environment, it has the power to create incredible change. Come and learn about the growing field of Music Therapy. Additionally, find out about how a very special choir, Singing Hills Chorus, is changing the lives of those living with dementia. Kristan Ziemke, presenter.

Tuesday, May 5, S.A.G.E.S. WORKSHOP II, 9:55 -10:55 a.m.

E. “HEALTHY EATING FOR ONE OR TWO”

Karen Gensmer RDN, LD will share some healthy eating tips that will assist with making the aging process a more enjoyable journey. An investigation of the newly revised Nutrition Facts Food label will also be included in the presentation. Of course recipes will be shared!

F. “THE GANGSTERS OF ST. PAUL”

Why were so many gangsters spending so much time in St. Paul in the 1920’s and ‘30’s? And who were they? In this session those questions and many more will be answered. We will also learn of their crimes, especially bank robberies, throughout Minnesota. Some attendees may have ancestral ties to events of those days and hopefully can tell us all about those connections. Tom Kuseske, retired teacher from Concordia Academy, leads this session.

G. “UNDERSTANDING VISION LOSS”

This interactive workshop will give you an opportunity to experience the world through the eyes of someone with vision loss. Through the use of vision simulators you will have a chance to walk in the shoes of someone with a visual impairment. Resources that are

available, helpful tips and best practices when working with someone with a vision loss will also be presented. Susan Anderson, Director, Vision Loss Resources, will present.

H. “FOR ALL THE WORLD TO SEE”

Mission Opportunities Short Term (MOST Ministries) is a Christian non-profit organization that connects, trains, and sends short-term mission teams throughout the world, in response to requests from missionaries and church bodies. MOST Ministries provides for the physical and spiritual needs of more than 10,000 people each year by connecting Goers, Senders and Receivers. It is a commitment to the Great Commission that has compelled MOST Ministries to go far and near for the sake of the Gospel since 1989.

Tuesday, May 5, S.A.G.E.S. WORKSHOP III, 11:00 - 11:55 a.m.

E1. “HEALTHY EATING FOR ONE OR TWO”

F1. “THE GANGSTERS OF ST. PAUL”

G1. “ UNDERSTANDING VISION LOSS”

H1. “ FOR ALL THE WORLD TO SEE”



Donation Opportunity: Bring used eye glasses to the GATHERING. The collection will be contributed to MOST Ministries for distribution through their missionaries.

Biographies of presenters are included in the GATHERING document on the Minnesota South district website, mnsdistrict.org.

COUNTRY INN AND SUITES

The hotel is located at the intersection of Highways 14 and 22.

MAKING HOTEL RESERVATIONS FOR THE GATHERING:

Contact the Country Inn & Suites, 1900 Premier Drive, Mankato, by calling 507-388-8555.

The block of rooms is under the name SAGES.

DEADLINE FOR RESERVATIONS IS SATURDAY, APRIL 4, 2020

The room rates are:

\$89.00 (non-smoking 2 Queen beds) plus 15% tax

\$94.00 (non-smoking King size bed and sofa) plus 15% tax.

Check in time is 3:00 P.M.

Your room may not be ready to move into until that time!

MEAL INFORMATION

The hotel has an on-site restaurant- Axel's Bonfire. A complimentary breakfast is served to overnight guests from 6-9:30 a.m.

S.A.G.E.S OLDER ADULT GATHERING XXXI

(Saints Alive! Growing, Ever Serving)

May 4 and 5, 2020

Country Inn & Suites, 1900 Premier Dr., Mankato, MN

REGISTRATION DEADLINE - APRIL 17, 2020

PRINT NAME(S) _____

ADDRESS _____ CITY _____ ZIP _____

TELEPHONE (____) _____ EMAIL _____

CONGREGATION _____ LOCATION _____

REGISTRATION - Monday & Tuesday
Includes BanquetIndividual
\$55.00 _____Couple
\$110.00 _____REGISTRATION - Monday only
Includes Banquet

\$40.00 _____

\$80.00 _____

REGISTRATION - Monday
Banquet only

\$30.00 _____

\$60.00 _____

REGISTRATION - Tuesday only
Includes Lunch

\$35.00 _____

\$70.00 _____

ANNUAL MEMBERSHIP

\$5.00 _____

\$10.00 _____

VOLUNTARY CONTRIBUTION

\$ _____

\$ _____

TOTAL REMITTED

\$ _____

\$ _____

Make checks payable to S.A.G.E.S. and send to Joyce Swedean

1535A Clemson Drive, Eagan, MN. 55122

___ I WOULD LIKE TO SHARE A HOTEL ROOM WITH SOMEONE

Pre-Registration for Workshops

NAME _____

NAME _____

Workshop I Monday May 4
Circle A B C DWorkshop I Monday May 4
Circle A B C DWorkshop II Tuesday May 5
Circle E F G HWorkshop II Tuesday May 5
Circle E F G HWorkshop III Tuesday May 5
Circle E1 F1 G1 H1Workshop III Tuesday May 5
Circle E1 F1 G1 H1

Mark your calendar for this invitation to

GATHERING XXXII

MAY 4 & 5, 2020

20/20 VISION



"... having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, . . ." Ephesians 1:18

With Dr. Mark Jeske, Featured Presenter

**THREE PRESENTATIONS, EIGHT WORKSHOPS, MUSIC, FELLOWSHIP,
BANQUET WITH ENTERTAINMENT BY The Gundermanns**

LOCATION: COUNTRY INN AND SUITES
1900 PREMIER DRIVE, MANKATO MN 56001 (507-388-8555)

**PRESENTED BY S.A.G.E.S. (SAINTS ALIVE, GROWING, EVER SERVING)
MINNESOTA SOUTH LCMS OLDER ADULT MINISTRY**

For more information, go to www.mnsdistrict.org, under 'News/Events' choose S.A.G.E.S.
- or- email minnesotasouthsages@gmail.com

Non-Profit Org
U.S. Postage
PAID'
Permit No. 32608
Twin Cities

Worth repeating: If you find yourself slipping, remember “tuck and roll.” If you feel yourself losing balance, tuck into a ball, make yourself as small as possible and keep your head and face away from the fall, experts say. Don't put out your hands to catch yourself, or you'll risk breaking your arms or wrists. Try to land on the fleshy part of your body rather than your knees or spine.



Or try this proven way avoid a painful splat on the ice: Walk like a penguin. The waddle keeps your center of gravity over your front leg and will help keep you upright. Spread your feet out slightly, to increase your center of gravity, and take small steps. Also, keep your hands out of your pockets while walking — that decreases your center of gravity and balance, according to the Centers for Disease Control and Prevention. You need your arms for balance.