

SAGACITY

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

SAINTS ALIVE, GROWING, EVER SERVING



VOL 32, No. 1

January, 2022

Downloadable information about S.A.G.E.S. and the GATHERING is available at www.mnsdistrict.org under "Get Involved" tab, 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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VALENTINE'S DAY BIBLE STUDY

(written by Rev. Francis Lieb, Blue Springs, Missouri, used with permission)

INTRODUCTION

Valentine's day is a day of expressing love. However, the word "love" is open to many views. How would you complete this sentence: "Love is _____"

INTO SCRIPTURE

1. The Greek words used during Christ's time to convey the meaning of the word "Love."
 - *Eros* (ἔρως): Refers to romantic love felt towards one's spouse. This Greek term is where the word "erotic" is derived from. The word is not used in either the Old or New Testaments.
 - *Philia* (φιλία): Refers to feelings one has towards close friends "brotherly love" This word was used in the New Testament to describe Jesus' love for his disciples (John 20:2) and for Lazarus (John 11:3).
 - *Agape* (ἀγάπη): This is the kind of love that we should have for all men, and also for our enemies. It is a selfless kind of love that Christians must have in regard to acting in the best interest for all human beings. "But I say unto you, 'Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you.'" (Matthew 5:44).
 - *Storge* (στοργή): This Greek word refers to love we have for our parents, siblings, our children and other members of our family. Peter used this word in the negative in Romans 1:31 when he described the pagans that he was in contact with being without "natural affection."
2. Perhaps the simplest Biblical understanding of "love" is seen in 1 John 4:8: "God is love." John expands on this thought in 1 John 3:11-18. What is the central truth of these verses?
3. A brief study of the great love chapter, I Corinthians 13
In chapters 12-14, Paul deals with the issue of spiritual gifts. Rather than celebrating one another's gifts, the Corinthian Christians have become prideful concerning their particular gifts and dismissive of the gifts of others. Therefore, spiritual gifts have become a divisive influence among them (see especially 12:12-31). Paul concludes chapter 12 by saying, "Moreover, I show a most excellent way to you" (12:31b)—words that introduce what he has to say in chapter 13 about love.

Verses 1-3

- a) Paul is stating that nothing is more important than love as we live out our faith in Jesus! Why do you suppose he is stating this so strongly?
- b) Verse 3 points to the persecution that Christians sometimes suffered (“flames”). Does this mean that even as we face those who persecute us, we love them in return?
- c) At times, even the secular world might say that love is the most important thing! So how is this to be understood differently by Christians?

Verses 4-7

- a) Does this list of “love qualities” seem unrealistic? Why or why not?
- b) If you could select one quality that seems most difficult for you, what would it be?
- c) Select one quality that you would most appreciate from fellow Christians?
- d) Verse 7 implies that “love bears ... and endures all things.” Does that mean Christians ought to silently endure abusive treatment whether in a marriage or friendship or relationship? If not, what would be a proper Christian expression of love in this circumstance?

Verses 8-12

- a) In verses 8-10 Paul states: “*When the perfect comes, the partial will pass away.*” Try to put into your own words what a perfect relationship will be like, based on the perfect love of God.
- b) What is Paul saying in verses 11-12? How does this fit in with his description about love?

Verse 13

Paul insists that love is greater even than faith and hope. It will abide, in a sense, even after our faith has become sight and our hope in eternity has been fully realized. Paul’s bottom line in this chapter is that, of course, faith and hope are far more important than spiritual gifts and love is greater even than faith and hope. Spiritual gifts are essential for the church to grow, but the Corinthians had put too much emphasis on them as evidence of personal glory or achievement. The gifts must be applied with love, or they become meaningless or even destructive.

PRACTICAL APPLICATION OF CHRIST-LIKE LOVE

The Five Love Languages by Gary Chapman was written for spouses but can apply to most relationships. All five are expressions of love (which we see in Jesus’ earthly ministry).

1. Words of Affirmation (compliments, words of appreciation, verbal encouragement)
2. Quality Time (giving your undivided attention, meaningful conversations and activities)

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*David & Margaret Hohenstein
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(Notice to Circuits 21-24:

Volunteers needed to represent one or both circuits on the Board. Prayerfully consider this opportunity to be of service to older adults in MN S District.)

3. Physical Touch (basic need from childhood – hugs and touch bring a sense of security and well-being)
4. Receiving Gifts (it's not about the monetary value but the symbolic thought behind the item)
5. Acts of Service (doing smaller and bigger chores to make someone's life easier)
1. If you had to choose one, how would you most frequently express your care/love to someone you are close to in family or in friendship?
2. Think of examples in the New Testament where you find Jesus expressing his love for people in these five ways (not necessarily all at the same time).
3. In your opinion, why is love such a confusing and misunderstood term in our society?



HAPPY VALENTINE'S DAY

UNDER OBSERVATION

Entry one: The Historical Society acquired new shirts to wear for the annual picture in our report. The shirt is thin and lightweight, obviously meant for summer. The day was cold, but the picture was taken near one of our projects. Do goose bumps show up on film?



Entry two: Sadly, the final golf game of the year. 'Twas a beautiful day, the scores were usual, but the end-of-the season pies were luscious. The pros finish with lots of money, but they can't enjoy it more than we do with large, creamy, goey pieces of PIE!

Entry three: Finally after too long, the Orphan Grain Train clothing drive was packed. The efficiency of the sorting and folding crew was amazing. Of course, they were women doing it. Our drive filled 45 boxes to be shared wherever needed. No small feat for a small town.

Entry four: It took several trips, but I got four containers of seeds from the flowers in the church garden. They are shared cheerfully in the community. Most of the flowers grow high above me, so stretching exercises became a secondary benefit.

Entry five: Three days - the time it took to cut down and clean up the raspberry patch. Production this year was amazing, practically a miracle compared to other years. Surely

there are other reasons for the overwhelming supply, but the farmer in me says it was close to spectacular!

Entry six: Callers laugh when I tell them they've connected to a rotary dial phone. A young woman doing fund raising went even further--she wanted to know what that is. Is the world passing me by? Do I miss great things? Do I annoy other people who seemingly can't reach me? Is my life relatively peaceful? Is there a learning process I'm missing? Choose one.

Entry seven: This came from a friend whom I won't name: "You know you're growing old when you stop to think and forget to start again."

Entry eight: At least six of the suggested exercises for seniors begin "Lie on your back . . ." What a great way to begin! Other moves follow, but just consider the start: reasonable comfort, peace, time to think, a new view of the ceiling, an inability to leap up for the phone, etc. And the exercises end "Return to beginning position." Oh. . .

Entry nine: Helping with the schedule for the church directory was a good lesson in patience. The photographers dealt with everyone carefully, cheerfully, and well. Of course they sell, but how many salesmen treat a customer so carefully? How many times would you be able to say that these days?

Entry ten: In the midst of cold weather, a wonderful antidote to boredom is a visit to Bachman's greenhouse store. It was a Garden Club venture, so it was flowers and decorations and food and good company.

Entry eleven: The December meeting of Feeding the 500 group was well-attended by dutiful people with three Covid shots ready to devour chicken and dumplings soup and have good fellowship, as well as leftovers to take home for added pleasure.

In Memoriam:

Marvin Schumann, long time SAGES Board member, passed away December 23, 2021, at the age of 95. Our condolences to his wife, Hazel Schumann, and his family. Hazel and Marvin had been married 72 years.

Count every "F" in the following text:

**FINISHED FILES ARE THE RE
SULT OF YEARS OF SCIENTI
FIC STUDY COMBINED WITH
THE EXPERIENCE OF YEARS...
(SEE BELOW)**

HOW MANY? _____

WRONG, THERE ARE 6 -- no joke.

READ IT AGAIN

**(The reasoning behind this is explained
at bottom of next column*.)**



I have a pencil that used to be owned
by William Shakespeare.

But he chewed it a lot. Now I can't tell
if it's 2B or not 2B.



The AH-HA Experience of Aging GRATEfully, and GRACEfully

- from Rich Bimler

I like being older! As each of us grows older, together, day by day, we have so much to share and to offer those younger and even those older than we are. The Lord continues to give us each day as a gift to celebrate and to serve other people. We need to enable one another to deal both with aging and with dying. As Parker Palmer states, "One is a privilege and the other one is not up for negotiation!"

You and I no doubt have met older people who are not enjoying the aging process. "Old age is for Sissies", goes one quote. "Aging Sucks", is another

downer. We live in a culture that celebrates youth, disparages old age, and discourages us to face our mortality. How do we go about reframing aging to be seen as a passage of discovery and engagement of life rather than seeing aging as a decline in action and significance?

Let me suggest that one significant way is to continue to focus on the AH-HA's of living a life in the Lord! We live on "this side" of the Resurrection, and so we know how it all turns out! The Lord lives — in us! We are His, because of what He has already done for us! This means that for us, aging is all about knowing that even when there seems to be little or no hope in this world, we know, in faith, that there is hope...and His name is Jesus!

We can seek ways in our daily lives to "Grow B/Old Gratefully and Gracefully! We can see the gift of humor all around us if we only look and listen for it — in ourselves and in our own "Holy Huddles" called families, churches, and communities.

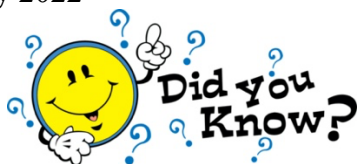
I like the quote, "Until further notice, celebrate everything!" The Lord has given us yet another day to share the joys and the hopes that are ours, because of His life, death, and resurrection!

Looking for that "perfect" medicine to heal our aches and breaks? Look no further — it's called "AH-HA" living a life in the Lord! This "medicine":

1. Helps to maintain a positive perspective on life;
2. Gives us a sense of Resurrection power;
3. Helps us to cope with the "oh-oh" of life;
4. Helps to establish communication and rapport with others;
5. Relieves tension;
6. Increases learning and retention;
7. Makes people wonder what you're up to;
8. Helps to make us take our lives "not so seriously" because the Lord has already done it all for us;
9. Is also called "carbonated holiness";
10. Shows us that Laughter is another way of "crossing ourselves" to remind one another that we ARE His!

As we age GRATEfully and GRACEfully, we learn that aging well, and also dying well, like everything else worth doing, takes practice. Let us join together, the younger and the older, to learn the AH-HA's of living and dying well, in the Lord!

*'Reasoning' from the "F" test:
The brain cannot process "OF".



The population of Earth is around 7.8 billion.

For most people, that is a large figure. However, if you condensed 7.8 billion into 100 persons, the resulting analysis is much easier to comprehend.

Out of 100:

- 11 are in Europe
- 5 are in North America
- 9 are in South America
- 15 are in Africa
- 60 are in Asia
- 49 live in the countryside
- 51 live in cities
- 75 have mobile phones
- 25 do not.
- 30 have internet access
- 70 do not have the availability to go online
- 7 received university education
- 93 did not attend college.
- 83 can read
- 17 are illiterate.
- 33 are Christians
- 22 are Muslims
- 14 are Hindus
- 7 are Buddhists
- 12 are other religions
- 12 have no religious beliefs.
- 26 live less than 14 years
- 66 died between 15 - 64 years of age
- 8 are over 65 years old.

If you have your own home,
Eat full meals and drink clean water,
Have a mobile phone,
Can surf the internet, and
have gone to college,
You are in the minuscule, privileged lot of less than 7%.

Amongst 100 persons in the world, only 8 live or exceed the age of 65.

If you are over 65 years old, be content and grateful. Cherish life, grasp the moment.

If you did not leave this world before the age of 64 like the 92 persons who have gone before you, you are already the blessed amongst mankind.

Take good care of your own health. Cherish every remaining moment.

If you think you are suffering memory loss - or Anosognosia - don't worry.

In the following analysis, the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals, addresses the subject in a rather reassuring way:

"If anyone is aware of their memory problems, they do not have Alzheimer's." It often happens that people 60 years and older complain that they lack memory. They...

1. Do forget the names of families.
 2. Do not remember where they put some things.
- "The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of the people 60 and older have some symptoms that are due to age rather than disease. The most common are:

- forgetting the name of a person,
- going to a room in the house and not remembering why
- a blank memory for a movie title, or actor, or actress,
- a waste of time searching where we left our glasses or keys.

After 60 years most people have such difficulty which indicates that it is not a disease but rather a characteristic due to the passage of years.

Many people are concerned about these oversights hence the importance of the following statements:

1. "Those who are conscious of being forgetful have no serious problem of memory."
2. "Those who suffer from a memory illness or Alzheimer's are not aware of what is happening."

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

1- Find the C in the table below!

[illegible][illegible][illegible]

- your brain is in perfect shape!

We are truly blessed to share this with your over-55 friends, it can reassure them.

OXYMORONS

1. Is it good if a vacuum really sucks?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why do “slow down” and “slow up” mean the same thing?
7. Why do “fat chance” and “slim chance” mean the same thing?
8. Why do “tug” boats push their barges?
9. Why do we sing “Take me out to the ball game” when we are already there?
10. Why are they called “stands” when they are made for sitting?
11. Why is it called “after dark” when it really is “after light?”
12. Doesn’t “expecting the unexpected” make the unexpected expected?
13. Why are a “wise man” and a “wise guy” opposites?
14. Why do “overlooked” and “oversee” mean opposite things
15. Why is “phonics” not spelled the way it sounds.
16. If work is so terrific, why do they have to pay you to do it?
17. If all the world is a stage, where is the audience sitting?
18. If love is blind, why is lingerie so popular?
19. If you are cross-eyed and have dyslexia, can you read all right?
20. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
21. Why do we put suits in garment bags and garments in a suitcase?
22. How come abbreviated is such a long word?
23. Why do we wash bath towels? Aren’t we clean when we use them?

24. Why doesn't glue stick to the inside of the bottle?
25. Why do they call it a TV set when you only have one?

ALPHABET SOUP FOR SAGES

- A** _____ was a traitor found hung by the hair. (2 Sam. 18:9)
- B** _____ was a tower built in the air (Gen. 11:9)
- C** _____ was a mountain rising into the skies. (1 Kings 18:42-43)
- D** _____ was a woman heroic and wise. (Gen. 35: 8)
- E** _____ was a firstborn, bad from his youth (Heb. 12:16)
- F** _____ was a Roman who trembled at truth (Acts 24:25)
- G** _____ was an angel sent with good word. (Dan 9:21)
- H** _____ was a mother who lent to the Lord. (1 Sam. 1:27-28)
- I** _____ was a name received at a ford. (Gen. 32:28)

- J** _____ was a preacher who fled from the Lord. (Jonah 1)
- K** _____'s son was taller than him by a head. (1 Sam 9:1-2)
- L** _____ was a pauper begging for bread. (Luke 16:20-21)
- M** _____ was a leader who wrote down the law. (Ex. 19:25)
- N** _____ made a large boat ages ago. (Gen 6:13)
- O** _____ was a slave acknowledged a brother. (Philemon v10)
- P** _____ was one Christian greeting another. (2 Tim. 1:1-2)
- Q** _____ was a Christian saluted by Paul (Rom. 16:23)
- R** _____ heard Peter's voice and ran and told all. (Acts 12:13)
- S** _____ was a judge exceeding strong. (Judges 14:5-6)
- T** _____ was a seaport where preaching was long. (Acts 20:6-7)
- U** _____ was a man whose widow became David's bride. (2 Sam. 11:27)
- V** _____ was a queen whom the king set aside. (Esther 1:9-16)
- Z** _____ was a place where a man wished to hide. (Gen. 19:22)

NO WIND

98.6°F
Average temperature of the human body

Under calm conditions, the body radiates heat, creating a layer of warmth between our skin and the cold surroundings.

The Science of Wind Chill

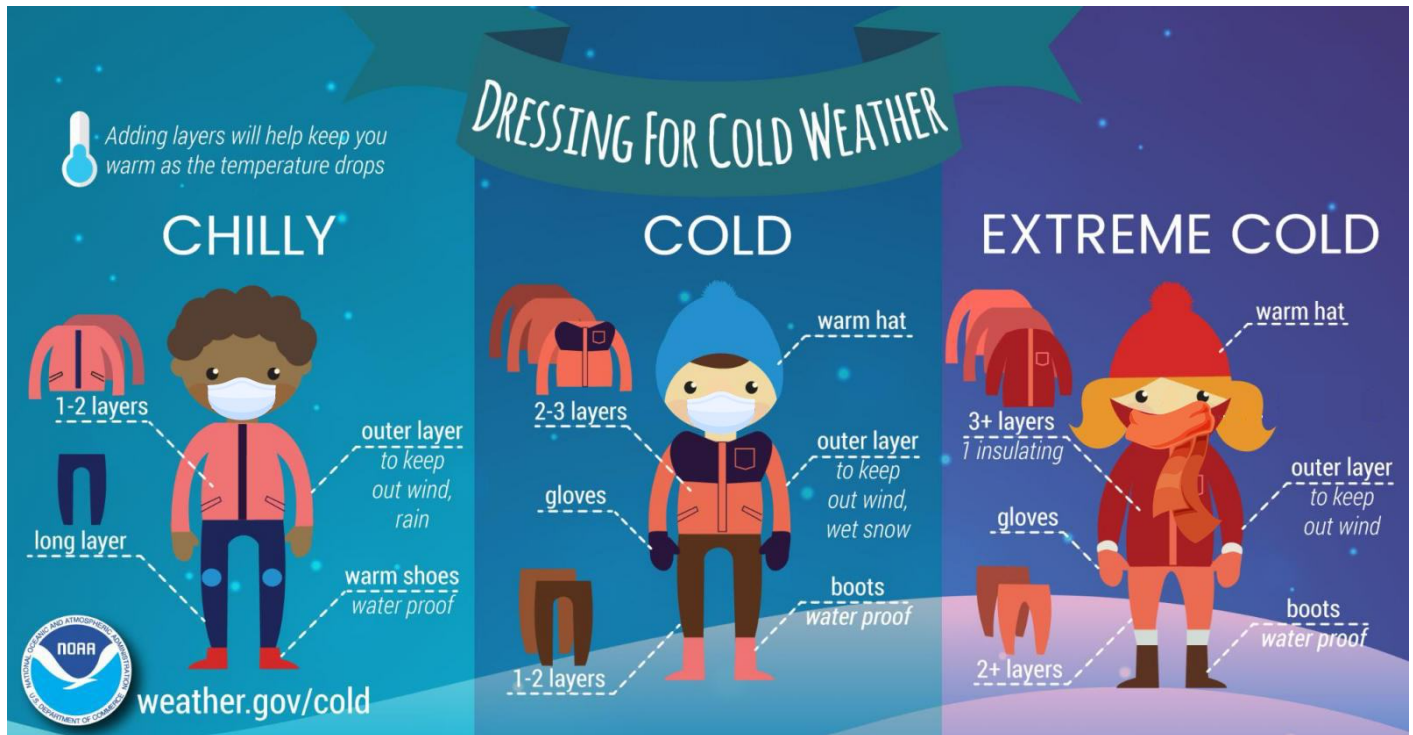
WINDY

95°F
Hypothermia begins when our body temperature drops two to four degrees

But when it's windy, the moving air breaks up this insulating layer. It speeds up heat loss by whisking away the warmth from our skin.

Heat is moved away from our bodies.

weather.gov/winter



Special announcement

from Rev. James Vehling, President,
S.A.G.E.S. Board of Directors:

On January 25 the Board of Directors of S.A.G.E.S. made the difficult decision to cancel **Gathering XXXII**, scheduled for May 2022, because of concern with the ongoing COVID epidemic. A two-day, overnight, indoor, in-person event for older adults at this time was deemed unwise, due

to the chance of transmission of the virus and possible consequences.

God-willing, there will be an in-person Gathering in 2024.

The S.A.G.E.S. Board has begun planning for an alternative delivery presentation of the featured speaker, Mark Jeske, and other participants. We ask for your prayers for the Planning Committee in this endeavor. Watch for more information in the next edition of SAGACITY.