

# SAGACITY

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

SAINTS ALIVE, GROWING, EVER SERVING



VOL 32, No. 2

**April, 2022**

Downloadable information about S.A.G.E.S. and the GATHERING is available at [www.mnsdistrict.org](http://www.mnsdistrict.org) under "Get Involved" tab, S.A.G.E.S.

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**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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## ONE WAY OUT OF ALL THIS?

By Bob Sitze

"The times we're in...." Perhaps accompanied by a sad or anxious sigh, these words set in motion a parade of other thoughts. How easily any of us can be frozen by our contemplation of the dangers, sorrows or evils of our day. Inaction solves nothing, but it may feel like the only approach open to us. But perhaps there's another way out of all of this.

Previously I wrote about *kenosis*, (Feb 7, "*During Lent, one of the things we acknowledge and celebrate is Jesus' willingness to \*empty himself completely in order to take on human form. In the Greek, this is called kenosis, literally a "pouring out". \*Philippians 2:6-11 NRSV*) how Jesus emptied himself of everything as part of his redeeming life. Following his example, it's possible that we can move past what bedevils us now. Self-emptying—living for the sake of others—might be a most-promising societal change, one that older adults could lead.

The worrisome parts of our lives will not be solved by hedonism, egotistical thinking or disregard of those around us. Self-centeredness might be momentarily satisfying, but that lifestyle runs out of juice pretty quickly. Narrow-minded self-preservation eventually comes up short. Claiming our rights only fuels the self-idolatry that feeds any unworkable ways of achieving "the good life."

The way of Jesus—especially the *kenosis* part—seems like one way to move ourselves into a manageable future. It could take widespread lifestyle sacrifices to slow down the disaster of climate change. Consuming fewer things, fewer resources, fewer people's lives—could extend the reach of what's available. Sharing might counteract hoarding. Giving our precious time to others could rob hyper-entertainment and hyper-consumption of their power.

Most of us—including those who are older—already know and practice *kenosis* living. Our example is already soaking into the consciousness of the wider society. By naming Jesus as the source and motivation for this kind of living, we can extend God's redeeming love farther and deeper in these times.

This could be one way out....

(Used with permission) From Current Events, Lifestyle, Pleasure/Pain, Soul Searchings February 17, 2022. 2 Min Read

(BOB SITZE has filled the many years of his lifework in diverse settings around the United States. His calling has included careers as a teacher/principal, church musician, writer/author, denominational executive staff member and meat worker. Bob lives in Wheaton, IL.)

**To many, music helps to convey the message we wish to share with the next and future generations.**

## **Singing the Scripture**

1. Read the Hymn Text
2. Read the corresponding Scripture readings for each text
3. Answer these questions:
  - a. How does the scripture influence or relate to the text?
  - b. What did I learn about God? (After singing/reading this hymn, I know that God is \_\_\_\_\_.)
  - c. What is the message of this hymn?
  - d. Why is this hymn meaningful?
  - e. How can I use this hymn text or scripture in my life this week?

## **HYMN 430 LSB - My Song is Love Unknown**

Go to your hymn book and read the seven verses and relate to these Scripture references.

### Scripture readings:

#### Stanza 1

Is. 53  
Rom 5:6, 10  
1 John 3:16  
1 John 4:10  
1 Tim 1:15  
Phil. 2:5-8  
Ps. 22:1-6

#### Stanza 2

Phil. 2:5-11  
John 1:10-11  
Is. 52:13-53:3  
Ps. 22:12-18  
Rom. 5:6  
Luke 19:41-42

#### Stanza 3

Matt 21:8-9  
Matt. 27:21-22  
Acts 3:13-15  
Acts 13:27-28  
Mark 11:8-10  
Mark 15:12-14  
Luke 23:20-24  
John 12:12-13

#### Stanza 4

John 19:6-7  
John 19:15-16  
Acts 2:22-24  
Matt. 11:5  
Is. 35:4-6  
1 Peter 2:22-24  
Luke 4:16-19  
Luke 7:21-23  
Acts 20:37-38  
Is. 59:6

#### Stanza 5

Matt: 27:15-26  
Acts 3:13-15  
Matt. 16:21-23  
Heb. 12:2  
John 14:6  
John 10:17-18  
Acts 5:31

#### Stanza 6

Matt 8:20  
Luke 9:58  
Matt. 27:59  
Mark 15:43-46  
Luke 23:50-53  
John 19:38-42  
Acts 13:29-30

#### Stanza 7

Phil. 2:9-11  
Rev. 6:9-13  
Rev. 5:12-13  
Is. 43:21-21



(Used with permission)

## **MN S District Liason**

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

### **Conf/Circuit Representatives**

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\*Connie Petersen  
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#### **LYNDALE/Circuits 3,4**

#### **MINNEAPOLIS/Circuits 5,6,7**

\*Dick & Joyce Swedean  
Emanuel Lutheran  
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#### **WEST METRO Circuits 8,9,10 (N&S Carver)**

\*Jayne Combronne  
\*Katherine Bart  
St. Paul Lutheran  
Watertown MN

#### **OWATONNA Circuits 14,15,16**

\*Len & Lois Marquardt  
Grace Lutheran  
Dodge Center MN

#### **N. CROW RIVER Circuits 17,18**

\*Sharon Haberkamp  
\*Darlene Ave-Lallemant  
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#### **S. CROW RIVER Circuits 19, 20**

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Our Savior's Lutheran  
Mankato MN

\*Kay Stewart  
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N. Mankato MN

#### **SOUTHWEST E/Circuits 21,22 (OPEN)**

#### **SOUTHWEST W/Circuits 23,24 (OPEN)**

#### **WHITEWATER/Circuits 11,12,13 (OPEN)**

(Notice: there are openings for circuit representatives on the S.A.G.E.S. Board. This is a good opportunity to prayerfully consider volunteering to serve older adults in MN South District.)

## UNDER OBSERVATION



**Entry one:** Getting a haircut in early January wasn't too smart. Showed me something about being confined, and not thinking too well. A walk in a fresh breeze at 10° above zero newly shorn does certainly get your attention.

**Entry two:** The 500 Club was happy to welcome a few new members who were pleased to be in a group without being afraid. Socialization has suffered a blow, and it was good to eat, and after cards and bingo, to strike back with a shot at left-overs from lunch.

**Entry three:** Our new church organ got a spectacular recital by the lady who installed it earlier. Every device on the organ was used to our delight, and the normal stops got a good workout. What a great way to spend a miserably cold day in February.

**Entry four:** Boxes for our college students were filled to almost over-flowing cookies and candy. There was barely room for the popcorn. The people at the post office were delighted with the weight and therefore the cost of postage. The students were enthused with our interest in their appetites.

**Entry five:** It seems that the furnace has been using more fuel oil this winter, but it took the weather people to point out that February was cold, yea verily, top ten cold. The snow and cold have been continuous, so I was lulled into submission. This too shall pass.

**Entry six:** On the same very cold day the Culligan man came with salt, the Schwan man with a good supply of food, and the oil man filled the furnace oil tank. It was the most social day I've had in a long time.

**Entry seven:** One trip to the dentist to have a new tooth installed, and my mouth has returned to almost normal. It's learning to chew again--everything is back in place and food processing goes at a steady pace. Tooth brushing required a little re-training.

**Entry eight:** The Lenten supper challenge seems to have spread further throughout our area. With some restrictions still in place, it seems that imagination has caused a startling revival in the menus and quantities being offered. The full meal deal is alive and well.

**Entry nine:** Creativity is not entirely gone. Someone just invented plastic song sheets for people who sing in the shower. And people said new ideas are gone.

**Entry ten:** Fortunately for the country and my state of mind, the lady who does my tax return is great at her job. Therefore there's no need to take out a loan to pay for more government. Whoopee!

**Entry eleven:** A friend who doesn't care to be named found an old joke book at the library book sale, and he thinks some of the jokes are still funny. Now, not to sit in judgment, but the copyright date on the book is 1929. For example: "Siberian dogs are the fastest in the world because the trees are so far apart." Bad jokes live forever.



"A good sermon should be like a woman's skirt: short enough to arouse interest but long enough to cover the essentials."

Ronald Knox, priest, writer, broadcaster, born in Kibworth, England, 1888, died, 1957

### Things you need to know:

- ✦ The liquid inside young coconuts can be used as a substitute for Blood plasma.
- ✦ Oak trees do not produce acorns until they are fifty (50) years of age or older.
- ✦ You burn more calories sleeping than you do watching television.
- ✦ The first product to have a bar code was Wrigley's gum.
- ✦ Walt Disney was afraid OF MICE!
- ✦ No piece of paper can be folded in half more than seven (7) times. (Oh go ahead...I'll wait...)

**ALOA Lutherhostel**  
**October 3 – 7, 2022**  
**Ironwood Springs Christian Ranch,**  
**Stewartville, MN**

Featuring: Rev. David Buegler will lead attendees in *The Rest of the Story*. In a nod to Paul Harvey, he will bring a surprise with what we never knew about familiar Bible stories. And - Deaconess Jan and Pastor Frank Janzow will lead worship and music, where they will explore *The Lost Parables of Luke*.

**Questions?** Call us at 800-930-2562 - or email [aloa4u@gmail.com](mailto:aloa4u@gmail.com)



**ALOA**

ALOA: Adult Lutherans  
Organized for Action

CELEBRATING  
**30**  
*years of ministry*

~ ~ ~ ~ ~  
 >>**An old man** was grocery shopping with his grandson. The toddler was sobbing and screaming in the cart at the top of his lungs. As the grandpa walked up and down the aisles, people could hear him speaking softly, saying: "We are almost done, Albert ..."  
 As the grandpa approached the checkout stand, he carefully brushed the toddler's tears and gently tried to calm him. "Don't cry Albert ... we will be home soon, Albert, we're almost done ..."  
 As he was paying the cashier, a young woman behind him remarked, "Sir, I think it is wonderful how sweet you are being to your poor little Albert."  
**The grandpa looked confused for a second and then said: "My grandson's name is John. I am Albert."**

**Truth worth reading**

In Ancient Greece, Socrates had a great reputation of wisdom. One day, someone came to find the great philosopher and said to him: "Do you know what I just heard about your friend?"  
 "A moment", replied Socrates. "Before you tell me, I would like to test you the three sieves."  
 "The three sieves?"  
 "Yes," continued Socrates. "Before telling anything about the others, it's good to take the time to filter what you mean. I call it the test of the three sieves. The first sieve is the TRUTH. Have you checked if what you're going to tell me is true?"  
 "No, I just heard it."  
 "Very good! So, you don't know if it's true. We continue with the second sieve, that of KINDNESS. What you want to tell me about my friend, is it good?"  
 "Oh, no! On the contrary."  
 "So," questioned Socrates, "you want to tell me bad things about him and you're not even sure they're true? Maybe you can still pass the test of the third sieve, that of UTILITY. Is it useful that I know what you're going to tell me about this friend?"  
 "No, really."  
 "So," concluded Socrates, "what you were going to tell me is neither true, nor good, nor useful. Why, then, did you want to tell me this?"  
 No response.

"Gossip is a bad thing. In the beginning, it may seem enjoyable and fun, but in the end, it fills our hearts with bitterness and poisons us, too!" -

Pope Francis

(Disclaimer: Good story but can't determine validity.)

**BLESS OUR SENSE OF HUMOR!**

Lord, I need to laugh. Why did you make us able to laugh? What is the good of laughing? What if I could not laugh again? Lord, how can I use laughing in these times? What is laughing to the Gospel? Lord, how could I live without it? I laugh at what surprises me and makes me glad. I laugh when something is strange, and when I'm surprised. I laugh when I am surrounded by people who love me. I laugh when I am not able to cry. I laugh when something is ridiculous. Lord, bless my sense of humor. Increase my surprises and the times I am caught by surprise. Even the thought of the Resurrection can make me laugh. *It is such good news, and such a SURPRISE, Jesus!*

*[Used by permission] (Brokering and Bimler)*

**YOUR FACE THANKS YOU WHEN YOU SMILE! 😊**



## LINES TO MAKE YOU SMILE

I used to have a handle on life, but it broke.

I'm not a complete idiot – some parts are just missing.

The gene pool could use a little chlorine.

Consciousness: That annoying time between naps.

Ever stop to think, and forgot to start again?

Being “over the hill” is much better than being under it!

Wrinkled Was Not One of the Things I Wanted to Be When I Grew Up.

I Have a Degree in Liberal Arts; Do You Want Fries With That?

A hangover is the wrath of grapes.

A journey of a thousand miles begins with a cash advance.

The original point and click interface was a Smith Wesson.

Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

We never really grow up, we only learn how to act in public.

War does not determine who is right – only who is left.

The early bird might get the worm, but the second mouse gets the cheese.

Evening news is where they begin with ‘Good evening’, and then proceed to tell you why it isn't.

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

A clear conscience is usually the sign of a bad memory.

Hospitality: making your guests feel like they're at home, even if you wish they were.

Some cause happiness wherever they go. Others whenever they go.

I used to be indecisive. Now I'm not sure. 🤔

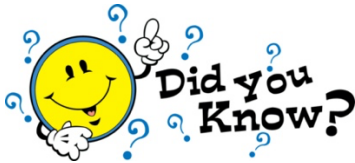


**Each Expression  
represents a  
Term in Baseball**

1. A summer pest \_\_\_\_\_
2. Inaccurate \_\_\_\_\_
3. Used for pancakes \_\_\_\_\_
4. Vessel for pouring \_\_\_\_\_
5. A good foundation \_\_\_\_\_
6. A dinner necessity \_\_\_\_\_
7. A disguise \_\_\_\_\_
8. Dispense judgment \_\_\_\_\_
9. A coveted jewel \_\_\_\_\_
10. Dangerous on highways \_\_\_\_\_
11. To multiply by two \_\_\_\_\_
12. Unmarried \_\_\_\_\_
13. Hosiery flaw \_\_\_\_\_
14. Holiday dinner meat \_\_\_\_\_
15. A successful effort \_\_\_\_\_
16. To take unlawfully \_\_\_\_\_
17. A fly-in visit \_\_\_\_\_
18. If you forget your door key \_\_\_\_\_
19. The number twenty \_\_\_\_\_
20. Proprietor of dog pound \_\_\_\_\_
21. Given for charity \_\_\_\_\_
22. An offering \_\_\_\_\_
23. Fly only at night \_\_\_\_\_

Two brothers, John and Mark, were baseball's greatest fans. As they approached old age, they made a plan. The first to die must somehow let the other know if heaven had baseball.

Soon after, John passed away. He sent a message to Mark, saying, “There's good news and bad news. The good news is there's baseball in heaven. The bad news is you're pitching Friday.”



Research from the Harvard Medical School found that, on average, taking 4,400 steps per day is enough to significantly lower the risk of premature death in women.

You can reduce the risk by walking even more. A 2020 study conducted by the National Institutes of Health found that those who took 8,000 steps a day (compared to those who walked 4,000 steps per day) had a 50% lower risk of dying early from any cause, and those who took 12,000 steps a day had a 65% lower risk of premature death. These benefits were consistent across age, sex, and race groups. Step intensity did not seem to influence the outcome. Only an increased number of steps per day was associated with a reduced risk of an early death.

It just happens that April is **National Foot Health Awareness Month** -- healthy feet, healthy walk.

- There are 26 bones in each foot, as well as 33 joints, 19 muscles, 10 tendons and 107 ligaments. The Achilles tendon is the strongest tendon in the body.
- Your feet may be the most ticklish part of your body - a good sign
- Your feet are natural shock absorbers
- Your two feet have 250,000 sweat glands that are capable of producing a half pint of sweat in a single day! (Keep'em clean!)

**I get most of my  
exercise these  
days from  
shaking my  
head in  
disbelief.**

## Food for Thought

Eating raisins and other dried fruits is an easy way to add potassium and fiber to your diet. Dried fruits can also help you reach your goal of eating at least two servings of fruit daily.

Dried fruits are fairly high in calories, so watch your serving size by keeping it to a quarter-cup. The good news is that the nutrients are also highly concentrated. Besides potassium and fiber, dried fruits are rich in antioxidants and several vitamins and minerals. Be sure to purchase dried fruits that don't contain added sugar to avoid additional empty calories.

## How common are smell disorders?

Our sense of smell helps us enjoy life. We delight in the aromas of our favorite foods or the fragrance of flowers. Our sense of smell also is a warning system, alerting us to danger signals such as a gas leak, spoiled food, or a fire. Any loss in our sense of smell can have a negative effect on our quality of life. It also can be a sign of more serious health problems.

Roughly 1–2 percent of people in North America say that they have a smell disorder. Problems with smell increase as people get older, and they are more common in men than women. In one study, nearly one-quarter of men ages 60–69 had a smell disorder, while about 11 percent of women in that age range reported a problem.

Many people who have smell disorders also notice problems with their sense of [taste](#). To learn more about your sense of taste, read the NIDCD fact sheet [Taste Disorders](#) available at the National Institute of Health website at <http://www.nidcd.nih.gov/health/smelltaste/pages/smell.aspx>.

>>Never go to a doctor whose office plants have died.

>>The older we get, the fewer things seem worth waiting in line for.

>>Seen in a John Deere sales office: "The only machine we don't stand behind is our manure spreader."

>>Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.

### Senior LinkAge Line

1-800-333-2433

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

(The Senior LinkAge Line is a service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging.)

### 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.

### AGE WELL

Aging is something we start to think about as we find things are more challenging. Some people want to stay in their home; others want to move to get services or other conveniences including social supports. Still others have more difficult challenges but want to remain at home with help from a caregiver such as a family member, neighbor or friend.

### Who is the Senior LinkAge Line and how can they help me?

- Statewide information, assistance and decision support provided through six Area Agencies on Aging in Minnesota
- Free, objective and comprehensive counseling provided by trained professionals
- Long-term care options counselors available Monday through Friday from 8:00 a.m.– 4:30 p.m. by calling one toll free number, 1-800-333-2433, or by chat at MinnesotaHelp.info®
- Expert options counselors are also available in-person

### Arbor Day ([www.arborday.org](http://www.arborday.org))



The last Friday in April is Arbor Day. The Arbor Day Foundation is celebrating 50 years of tree planting. Arbor Day has been celebrated for 150 years. Do you know:

- ▶ One acre of trees absorbs as much CO<sub>2</sub> as one car produces by driving 2,000 miles
- ▶ The net cooling effect of a young, healthy tree is equivalent to 10 room size air conditioners operating 20 hours per day.
- ▶ Carefully positioned trees can save up to 25% of a household's heating and cooling energy consumption.

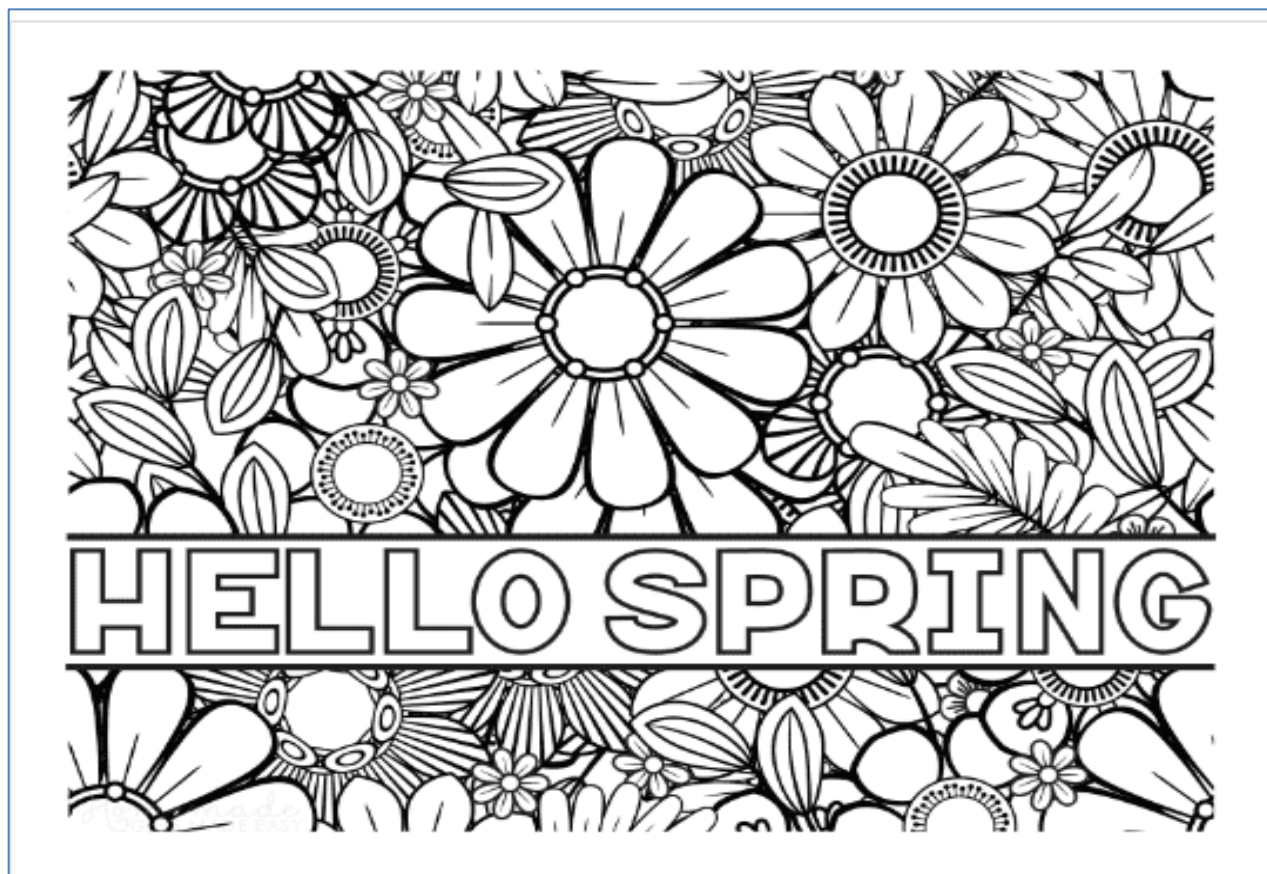
Find out how a loved one can be honored with a tree planted in one of our state forests:

Chippewa National Forest - Minnesota  
Superior National Forest - Minnesota

### *Now that I am older . . .*

1. A recent study has found women who carry a little extra weight live longer than men who mention it.
2. Kids today don't know how easy they have it. When I was young, I had to walk nine feet through shag carpet to change the TV channel.
3. Remember back when we were kids and every time it was below zero outside they closed the school? Yeah, me neither.
4. I may not be that funny, or athletic, or good looking, or smart, or talented...I forget where I was going with this.
5. Ate salad for dinner. Mostly, croutons and tomatoes. Really just one big round crouton covered with tomato sauce, and cheese. FINE, it was a pizza . . . OK?
6. I love aging. I learn something new everyday...and I forget five other things.





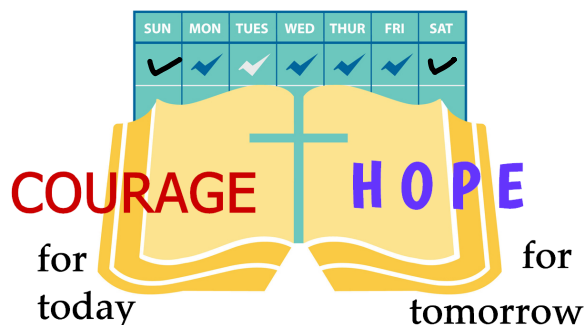
***Although the annual GATHERING, usually held on the first Monday and Tuesday in May has been cancelled, the S.A.G.E.S. Board is in the process of planning an alternative -- a Mini-GATHERING. It will be a one day event offered regionally on five different dates in five different locations in MN South District.***

The S.A.G.E.S. Board is thankful that Pastor Mark Jeske was agreeable to be our featured presenter in a video format with local facilitators and hosts.

Everyone is welcome to choose the date and site that works for them. Watch for more details as they become available - and pass the word!

## S.A.G.E.S.

Saints Alive, Growing, Ever Serving  
MN South Older Adult Ministry



Featuring a video Presentation with

**REV. MARK JESKE**

Pre-registration will be required,  
Cost: to be determined