

SAGACITY

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

SAINTS ALIVE, GROWING, EVER SERVING



VOL 32, No. 4

October, 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.

SAGES OFFICERS*

PRESIDENT:

*Rev. James Vehling
St. John Lutheran, Woodbury

VICE PRESIDENT

*Rev. Don Taylor
New Creation, Shakopee

SECRETARY

*Jeanine Roth
St. Peter's Lutheran, Edina

TREASURER

*Dick Swedean
Emanuel Luth, Inver Gr Hgts

CHAPLAIN

*Rev. David Preuss
Our Savior's Lutheran, Eyota

SAGACITY EDITOR

*Delores McGillivray
Redeemer Lutheran, Rochester

Contributing columnist:

*Pauline Wiemann
Peace Lutheran, Arlington



A new older adult group was organized during the district's older adult gathering May 6-7 in Mankato. The name: "Saints Alive! Growing, Ever Serving." The first officers, from left, are Rev. Fred Geske (Minneapolis), president; Lee Priebe (East St. Paul), secretary; Pauline Wiemann (Arlington), vice president; and Lawrence Schile (Janesville), treasurer.

This picture appeared in the Lutheran Witness, Minnesota South District section, August, 1990, edition.

MN South District has supported Older Adult Ministry through S.A.G.E.S. (Saints Alive, Growing Ever Serving) for over 30 years. As readers know, the S.A.G.E.S. event, the GATHERING, held annually the first Monday and Tuesday in May was cancelled in 2020, 2021, and 2022 out of concern for health and safety of attendees.

Not to be deterred, this year the S.A.G.E.S. Board created an alternative format: a one day Mini-Gathering in different locations on different dates: Concordia Academy (Roseville, July 17), Mayer Lutheran High School (Mayer, August 7), Redeemer Lutheran Church (Rochester, August 17), and Camp Omega (Waterville, September 20).

The 2020 featured presenter, Rev. Dr. Mark Jeske, senior pastor at St. Marcus, Milwaukee, and 'Time of Grace' original broadcaster, 'hung in there' with us through three difficult years and willingly agreed to participate in the alternative format. He produced a three-part video series, "Ministry With, To, and By Seniors". At host locations, trained leaders introduced each video segment and facilitated large and small group discussions following viewings. Lunch and breaks were included.

PLEASE NOTE:

The three part video series at the mini-Gatherings is available to any congregation for use in their own settings, either as a whole series or individual video segments. Rev. Jeske is an encouraging presenter and provides helpful information and food for thought/discussion. For more information, contact S.A.G.E.S. at minnesotasouthsages@gmail.com.

Reformation Day, October 31, 2022

THE APOSTLES' CREED

Martin Luther once said, "The deplorable, miserable condition which I discovered is the people, especially in the villages, know nothing at all of Christian doctrine. This has forced and urged me to prepare this Catechism, or Christian doctrine in this small, plan, simple form."

What do you think the sainted reformer would say if he observed the condition of our times? The Bible says of God, "Oh the depths and the riches of [His] wisdom." In a sense, the same can be said of Luther's Small Catechism.

Read Psalm 19:1, Romans 1:19-20, Hebrews 3:4

- What do these three verses have in common?
- Why does God make himself known in this manner?
- Discuss how observing nature or man makes you think of God.

Read Romans 2:15

- What is written on our hearts?
- How does our conscience play a part and how does it accuse and defend?
- What situations in which God's Law has accused or defended some thought or action of yours.

Read John 20:31, Hebrews 1:1-2

- According to these verses, who is Jesus?
- How are we to understand "The Word was God"?

Read John 1:14

- Consider what Jesus coming as and being a Man means to you and your relationship with Him?

In Luther's meaning to the Third Article we read, "I believe I cannot by my own reason or strength believe in Jesus Christ, my Lord or come to Him."

Read 1 Corinthians 12:3, Ephesians 2:8-9, John 14:5-6

- What do these verses have in common with Luther's meaning?
- Why is the Holy Spirit so important to our lives?
- How our free will interacts with the work of the Holy Spirit and...His "still, small voice."

--Pastor Lyle Kath
(1950-2020)

MN S District Liason

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

Conf/Circuit Representatives**CAPITOL/Circuits 1,2**

*Connie Petersen
St. Stephanus Lutheran
St. Paul MN

LYNDALE/Circuits 3,4**MINNEAPOLIS/Circuits 5,6,7**

*Dick & Joyce Swedean
Emanuel Lutheran
Inver Grove Hts MN

**WEST METRO Circuits 8,9,10
(N&S Carver)**

*Jayne Combron
*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
Our Savior's Lutheran
Hutchinson MN

S. CROW RIVER Circuits 19, 20

*Trudy Wiechmann
Our Savior's Lutheran
Mankato MN
*Kay Stewart
Good Shepherd Lutheran
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: A new word for me that needs to be shared with the world: abibliophobia – the fear of running out of books to read.



Entry two: My African violets continue to amaze me by blooming not just regularly but constantly. What a delightful corner of my house that I can take no credit for but enjoy every day. And share with others whether they like it or not!

Entry three: Remarkably the summer has been pretty free of mosquitoes chasing us indoors. Those who find exercise and joy in swatting those critters are disappointed. The rest of the population mentions this quietly so the bugs don't hear us and return. Why didn't Noah swat the two mosquitoes?

Entry four: The garden club dinner with food from our gardens is a revelation to me every year – both from the gardeners and the fruit. But we must encourage variety, right?

Entry five: The SAGES area gathering I attended was well done and brought new people into our ministry. It was a real pleasure to be together with new and old friends, studying and visiting and eating, of course. My compliments to the organizers (yes, Don) and attendees.

Entry six: Life begins to return to small normals, but I question how much we learned from living through a pandemic. Although I must admit normal is a pretty good thing – golf, my seniors group, the crew at the nursing home, regular meetings, cheerful faces at church, normal irritations even seem better.

Entry seven: The primary election had probably the dullest choices we've faced for years. Fortunately, the crew that works is an interesting collection of people. That's not a great approval of democracy in action, but maybe we show that it can work.

Entry eight: Finally, after a two year wait, a new car entered my life. Everybody was happy, including the car dealer, his mechanics, my family and friends, the neighbors, and the man who bought the old car. It was quite a celebration.

Entry nine: A visit to the arboretum was delightful as usual, and the tour of gardens a joy. But we also saw the new areas being developed on the farm that was added to the facility. The work being done is amazing and making something good even better. Try it!

Entry ten: The squirrels are aerating the lawn as usual by burying sunflower seeds they can't find later therefore digging all over in the grass. To keep them company I am entertaining the parents of at least 50 small birds (sparrows and finches) as they feed the gang. This requires a new sack of bird seed every week.

Entry eleven: The class of 1962 of BEHS invited me to their reunion, and it was definitely my pleasure. They were good students, and they continue to be nice people. I needed to be reminded that teaching was a worthwhile occupation and sometimes fun experience.

Coming

May 1-2, 2023

S.A.G.E.S. GATHERING XXXIII

Featured Presenter:

Dr. Rich Bimler



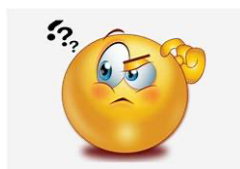
**Details coming soon
through
SAGACITY,
MN South District
website, church
bulletins and
newsletters**

ATTENTION: Note that there are Circuits which have no representation on the S.A.G.E.S. board. Volunteers are welcome to submit their own names for any position, including officer positions. S.A.G.E.S. will only be sustainable when individuals are open to sharing their gifts in older adult ministry. Voting for two officer positions will be done at the May GATHERING.

FORGETFUL? WHO, ME?

By Bob Sitze

(Reprinted with permission)



Forgetfulness is one of the most bothersome aspects of growing older—the assumption that absent-mindedness is the first sign of mental decline among older citizens. Let me offer a different perspective.

Many older adults are just a little slower on the uptake. When asked cognitive questions, codgers like me may take a split second longer to respond. Are my neurons firing at slower speeds, or is less blood available to my brain?

Here's another possibility: Given the decades of experience and knowledge crammed into my cranium, it may take me a bit longer to select from a very large store of interconnected memories to provide the best response. What appears to be a deficit might instead be a sign of cognitive depth! Or how about the niggling behavior of leaving items behind? In the minds of some folks, this kind of

forgetfulness is a sure sign that Old Dad is not as sharp as he used to be. Another possibility: When you're older, you have to be mindful of more items that are necessary for navigating modern society.

Heading out the door, I check my pockets for my cellphone, wallet, keys, pens and comb. It's also necessary for me to put in my hearing aids, take along the sunglasses that protect my eyes, find a baseball cap to keep the sun off my head, tuck away some facial tissues for allergies, fold up a spare mask and clean the COVID-mask fog off my glasses. If it's raining, I must also remember my umbrella and the protective case for those hearing aids.

It's possible that we who are older have *more* to remember than at any other time in our life except when we were trying to navigate first-child necessities! Here again, the number of mental transactions is greater, hence the greater possibility of error.

So.... Don't call me forgetful until you've walked a mile in my shoes.

(MY SHOES! I FORGOT TO PUT ON MY SHOES!)

Thank Offering for Thanksgiving Eve and Day

As you prepare yourselves to give your Thanksgiving offering this year, think of a creative way to respond to all of God's blessings. Here are some suggestions:

- >>> Add up the ages of family members
Multiply by \$1.00
- >>> Number of family members
Multiply by \$10.00
- >>> Number of years married.
Multiply by \$2.00 or \$5.00
- >>> Number of children.
Multiply by \$2.00.
- >>> Number of grandchildren.
Multiply by \$2.00
- >>> Number of years you have owned
your car. Multiply by \$10.00
- >>> Number of years you have been a
member of your congregation.
Multiply by \$2.00 or \$5.00

AUTUMN ATTITUDES FOR OLDER ADULTS

Matthew 5:12 *Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.*

Be ...There

Be...Joy-Filled

Be...Thanks-Filled

Be...Human

Be...Forgiving

Be...A Model

Be...Focused

Be...Humorous

Be...An Encourager

Be...Yourself

Be...A Storyteller

Be...Ready

**A FREE-BE ...Because of our
Baptism...Just BE!
Col. 3:12-17**

Do-BE-DO-BE-DO...

(Printed with permission from September
RichardCharlieResources.com)

A Hinky Pink is a pair of rhyming words that matches a silly definition.
For example: a black bird that does not fly fast = slow crow

1. paperback thief

2. lengthy tune

3. closet to keep a sweeping tool

4. light red beverage

5. small buzzing insect that is not wet

6. large group of people that is noisy

7. stinging insect that doesn't cost money

8. unhappy father

9. rabbit that tells jokes

10. fast elevator

Teacher: Give me a sentence which includes the words: defense, defeat, detail.

Student: When a horse jumps over defense, defeat go first and then detail.

Felt uncomfortable driving into the cemetery. The GPS blurted out "You have reached your final destination."

Me: Sobbing my heart out, "I can't see you anymore ... I'm not going to let you hurt me again."

Trainer: "It was one sit-up."

Sorry I haven't gotten anything done today. I've been in the Produce Department trying to open this stupid plastic bag.

Turns out that being a "senior" is mostly just googling how to do stuff.

Wise men talk because they have something to say. Fools talk because they have to say something.

Plato

My face in the mirror isn't so wrinkled or drawn.
 My house isn't dirty,
 and the dust is all gone.
 My garden looks lovely,
 and so does my lawn.
 I think I might never
 put my glasses back on.

A group of 40 year old girlfriends discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because the waiters there had tight pants and nice buns.

Ten years later, at 50 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because the food was very good and the wine selection was superb.

Ten years later, at 60 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.

Ten years later, at 70 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because the restaurant was wheelchair accessible.

Ten years later, at 80 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because they had never been there before.

The older you get the better
 you get - unless you are a
 banana. 🍌

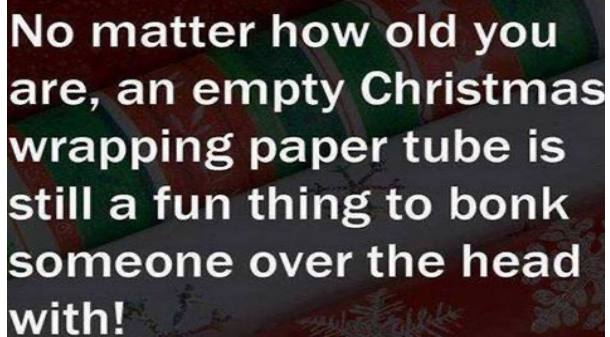


As the state's consumer protection agency, the Minnesota Department of Commerce is committed to empowering older adults and their families to protect themselves against financial fraud.

Hang Up on Fraud!

A reminder about quick tips to stop phone fraud:

- **End the call (or delete the email).** The phone is still the weapon of choice for fraudsters. When you receive a call from someone you don't know who is trying to pressure or sweet-talk you out of money, your response should be simple: **Hang up on fraud!** When it comes to protecting yourself, you are never being rude.
- **Phone a friend.** If you are confused or concerned by a call, contact a trusted friend or family member to share your experience and get their advice. Maybe they got a call just like yours.
- **Report fraud.** We can't stop fraud that we don't know about. Don't let embarrassment or fear keep you from reporting fraud or theft. To protect others from becoming victims, report suspected fraud to your local law enforcement, the Federal Trade Commission (1-877-382-4357) or the Minnesota Commerce Department (800-657-3602).



No matter how old you are, an empty Christmas wrapping paper tube is still a fun thing to bonk someone over the head with!

10 Commandments for Retirement

1. You shall spend time worshipping your God, personally and corporately.
2. You shall pray with the Psalmist "*Even when I am old and grey, do not forsake me O God, till I declare your power to the next generation, your might to all who are to come.*" (Psalm 71:18 NIV)
3. You shall keep physically and mentally fit.
4. You shall find a balance between leisure and service.
5. You shall accept change with a positive outlook on life.
6. You shall share your resources, stories, and traditions with others, especially family.
7. You shall savor the past, but not live in it.
8. You shall always be ready to forgive and seek peace.
9. You shall be grateful for these extra years of living.
10. You shall get your affairs in order.

THE VALUE OF TIME

- To realize the value of *one year* ... ask a student who has failed his final exam.
- To realize the value of *one month* ... ask a mother who has given birth to a premature baby.
- To realize the value of *one week* ... ask an editor of a weekly newspaper.
- To realize the value of *one day* ... ask a daily wage laborer who has ten kids to feed.
- To realize the value of *one hour* ... ask the lovers who are waiting to meet.
- To realize the value of *one minute* ... ask a person who has missed the train.
- To realize the value of *one second* ... ask a person who has survived an accident.
- To realize the value of *one millisecond* ... ask the person who has won a silver medal in the Olympics.

Treasure every moment that you have!

And treasure it more because you shared it with someone special ... special enough to have your time ... and remember, TIME waits for no one.

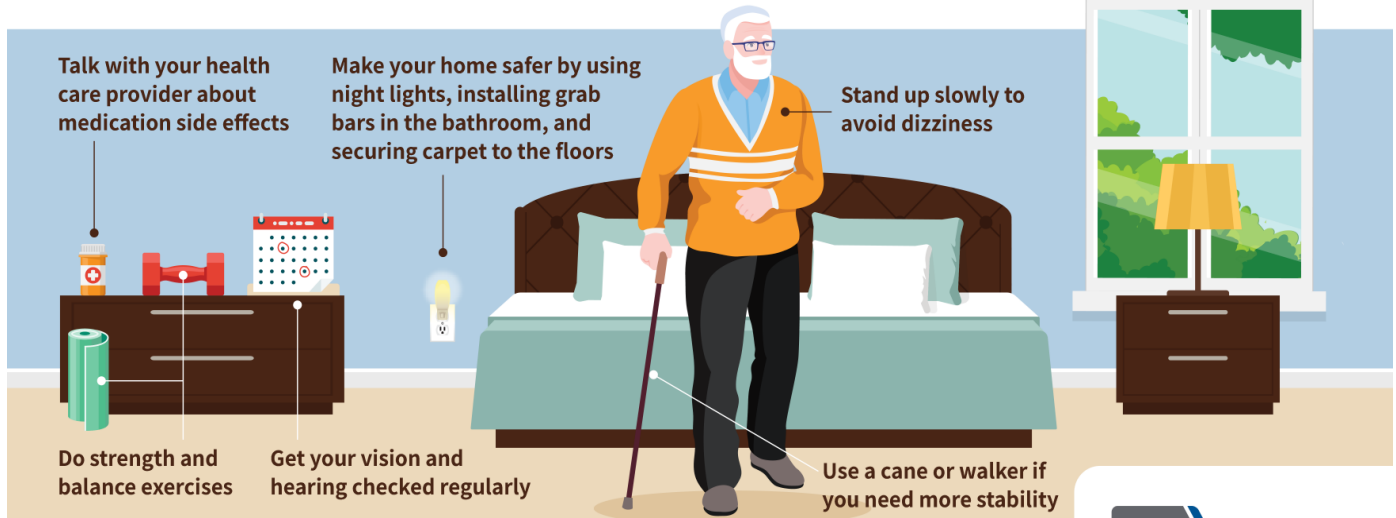


Disclaimer: In all health issues, consult your personal medical professional for diagnosis and treatment.

The National Institute of Health has resources such as this to help older adults keep healthy.
(nia.nih.gov/health/exercise)

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



Old age is golden, or so I've heard said,
But sometimes I wonder, as I crawl into bed,
With my ears in a drawer, my teeth in a cup,
My eyes on the table until I wake up.
As sleep dims my vision, I say to myself:
Is there anything else I should lay on the shelf?
But, though nations are warring,
and Congress is vexed,
We'll still stick around to see what happens next!
How do I know my youth is all spent?
My get-up-and-go has got up and went!
But, in spite of it all, I'm able to grin
And think of the places my getup has been!

When I was young, my slippers were red;
I could kick up my heels right over my head.
When I was older my slippers were blue,
But still I could dance the whole night through.
Now I am older, my slippers are black.
I huff to the store and puff my way back.
But never you laugh; I don't mind at all:
I'd rather be huffing than not puff at all!
How do I know my youth is all spent?
My get-up-and-go has got up and went!

But, in spite of it all, I'm able to grin
And think of the places my getup has been!

I get up each morning and dust off my wits,
Open the paper, and read the Obits.
If I'm not there, I know I'm not dead,
So I eat a good breakfast and go back to bed!
How do I know my youth is all spent?
My get-up-and-go has got up and went!
But, in spite of it all, I'm able to grin
And think of the places my getup has been!

Anonymous

Answers to
Hinky Pink:
book crook,
long song,
broom room,
pink drink,
dry fly, loud
crowd, free
bee, sad dad,
funny bunny,
swift lift.

"Whatever you do
always give 100%.
Unless you're
donating blood."

BILL MURRAY

**Savor our unique blends....
...support Lutheran ministries...
...and have some fun!**



**12 ounce bag
(ground)
\$10+ s/h**

Order today at www.thisismostcertainlybrew.com
An enterprise of Martin Luther High School, Northrop, Minnesota
Phone: 507-436-5249 We ship nationwide

C # O # F # F # E # E

Christ offers forgiveness for everyone everywhere

From Martin Luther Junior/Senior High School, Northrop MN, comes a gourmet coffee business, "This is Most Certainly Brew." The goal? To perpetually generate income to support the ministry.

A variety of very "Lutheran" blends are available in 12 oz bags for \$10 +s/h. They are Pastor's Study (deep, dark and intense), Bible Study and Church Basement Brew (medium roast), and Eternally Yours (decaffeinated). Flavors are: Christmas Joy, Sunrise Special, Garden of Eden and Katie's Kup.

"This is Most Certainly Brew" mugs are \$11. Available at Martin Luther Jr/Sr High School, 315 Martin Luther Drive, Northrop, MN. Phone 507-436-5249 or order online at www.thisismostcertainlybrew.com. Shipped nationwide. Orders and payment can be placed on their secure website. 'Like' them on Facebook. Gift ideas - Christmas, birthdays, Reformation celebrations, thank you or thinking of you, and remembering coffee-drinking pastors -- October is Pastor Appreciation Month!

October . . . November . . . December



Thanksgiving

