



Foot Prints

*Do not compare yourself with others for you are
a unique and wonderful creation. Make your
own beautiful footprints in the sand.*

B. Kimball

Vol 16

August, 2007

No.8

Senior Adult Luncheon

August 16, 2007

11:30am

Fellowship Hall

CAKE WALK

will follow the meal. Everyone bring at least one cake and
a pocket full of quarters. It will cost you a quarter to
walk for a chance of winning one of these cakes. I understand
that Gene Norman went home with several cakes last time.

The money collected will go toward a
mission project to be selected at the luncheon.

UPCOMING ACTIVITIES

- Aug 16 Senior Adult Luncheon
Program: Cake Walk
- Aug 23 Trip to the White Sands Missile
Range Museum
- Sept 5 Senior Adult Council
Activities Team Meeting
- Sept 20 Senior Adult Luncheon
Program: Dr Hollingsworth
“Philosophy of Senior Adult
Ministry”
- Sept 28 Trip: Mountain Annie’s Dinner
Theater in Ruidoso
- Oct 18 Senior Adult Luncheon
Program: El Paso Electric
(Recognition of Homebound)
- Oct 25 Trip: Bus tour of NMSU and
lunch
- Nov 3 Senior Adult Brunch
Encantada Mobile Home Park
Club House
- Dec 7 Senior Adult Council
Luncheon. Those retiring,
those staying and the new
members.

WELCOME

Ann & Steve Anderson
4216 E Winchester Rd
522-0973

Mildred and Bob Krull
230 Three Crosses Ave Ofc 58
523-0282

FROM THE LIBRARY

“When God Weeps”

by Joni Eareckson Tada

Why our suffering matters to the Almighty

“When God Doesn’t Make Sense”

by Dr. James Dobson

Dr Dobson deals with life’s most troubling
question: the awesome “why”

SENIOR ADULT OUTING WHITE SANDS MUSEUM & HISTORY TOUR

Thursday, August 23

Leave @ 9:00am

Lunch at the Frontier Club

(Lunch will cost between \$5 & \$10)

Each attendee must have a photo ID on their
person to be admitted.

WOMEN’S WEEKENDER RETREAT FOR WOMEN

September 14-15

First Baptist Church, Las Cruces

This state retreat, designed for women of all
ages, is a special time of Bible study,
fellowship, leadership development, praise,
worship and even some “just for fun” time
together.

Conference cost is \$35.00 (\$45.00 after
August 14). Friday evening meal is included.
You can register online at www.bcnm.com or
pick up a registration form in the church office.
A \$10.00 per person non-refundable deposit is
due at the time of registration.

AGING WITH GRACE

“Teach us to number our days aright, that we may gain a heart of wisdom.”
Psalm 90:12

In an episode of “Little House on the Prairie” Mrs Oleson was overheard criticizing old people. Daughter Nellie reminded her that she, too, would one day be old. “Of course I will get old,” her mother replied, “but I intend to grow old gracefully.”

That speaks for all of us. The question is, “How?” We are aware that aging is a lifelong process and one might well ask, “At what age are we old?” We might answer as Bernard Baruch did when he wrote, “Old age is always 15 years older than I am.” Or as Oliver Wendell Holmes did when he said, “To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old.” There is no set time to be old but these estimates will help us as we consider the aging process: Young senior adults, 55-69; Median senior adults, 70-84; Elderly senior adults, 85-100+.

“What will I be like when I get old?” a gerontologist was asked. His reply was, “Probably like you are now, only more so.” From time to time people need to take stock of who they are and seek to make changes that could enhance their later years. But we are already older, you say. Yes, we are; time waits for no man and the years take their toll. But there is good news! **While we can do nothing about the past, we can do a lot about the present and the future. We must recognize what we cannot change or control and focus on the things we can do something about.** Numerous self-help writers offer three suggestions that can help us age gracefully, with charm and dignity.

1. **Accept aging as a fact of life.**

Some adults buy into our culture’s obsession with youth, forgetting that trials also are experienced in the younger years. Every stage of life has its merits and its downside; contentment comes when we make the most of each day God gives us.

2. **Maintain a good attitude toward growing older.**

How can I do that, one may ask, when I suffer pain, hardship, loss of loved ones, and a gradual loss of independence? I was once told that it is not so much what happens to you that matters, but how you react to what happens. Counselors and ministers tell us to focus on the positive aspects of growing old and trust God to help us make life worthwhile in spite of difficulties. He can do that. We should praise Him for such blessings as increased wisdom, greater spiritual maturity, depth of character, a slower pace, and wonderful memories.

3. **Adopt a healthy lifestyle.**

Keep physically fit with proper diet, exercise, and sleep. To keep mentally alert, continue to learn, read, work puzzles, play games, or take a class. Safeguard emotional health with good thoughts, congeniality, a sense of humor and acceptance of change. An adequate social life requires time for family, friends, and fun. No longer active? Enjoy simple pleasures: phone or email a friend, invite someone to tea, enjoy music or a movie. A right relationship with God through prayer and Bible study can add purpose and meaning to our older years.

Bessie Kennedy

Senior Adult Council 2007

Betty Dixon
Jackie Harris
Judy James
Karen Jakeway
Robert Murphy
Annelle Neeley
John Ritchie
Roy Rolle
Bob Sanders

NON-PROFIT ORG
US POSTAGE
PAID
LAS CRUCES NM