

# POAMN Network News

## Resource Guide for Older Adult Ministries

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Presbyterian  
Older Adult  
Ministries



NETWORK

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(POAMN)

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### EDITOR'S COMMENTS

Dear POAMN family,

How have you been affected by the economic recession? It seems that every individual, every family and every organization is adjusting finances to a "tight budget reality."

This issue of *POAMN Network News: resource guide for older adult ministries* focuses upon "tight budget ministry with older adults." Included are book reviews that prove useful for inexpensive group discussions. Members of the POAMN family have sent in ideas for small budget programming. The "Ideas That Work" section reports practical suggestions that could be useful for your ministry. In short, this issue has a wealth of tried and true program suggestions for your inspection and they do not cost a lot of money.

In addition, this newsletter reports on the progress of many POAMN continuing events and offerings. Information about the Tucson Annual Conference, certification courses, Nominating Committee work, membership application, and other matters of interest fill the following pages.

Please enjoy this *PNN* issue. Also, please think about becoming a contributor. If you have read a book that other older adult ministry leaders would enjoy, send me the title, author, publisher, a few paragraphs for publication. If you have program ideas, send them, too. Let me know of any good websites informing your spiritual life or ministry. Share your information with our readers! POAMN wants your participation!

Looking ahead, the Spring, 2009 issue is all about "Evangelism, Older Adult Style." Many seniors seek a vibrant faith for many reasons. If you have some good ideas about this topic, let *PNN* people know. The deadline for submitting material for the next newsletter is April 24<sup>th</sup> with publication targeted for May 1<sup>st</sup>.

Please remember that May is National Older Adult Month! Make plans now to honor the aging loved ones in your life and congregation. Thank you for your support and readership.

Blessings upon you during the Lent and Easter seasons,

Rev. Mike Fonfara

Editor

mikefonfara@tampabay.rr.com

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## Tight Budget Ministry Suggestions

*PNN Editor, Rev. Mike Fonfara, has found that these ideas have been helpful when program money is tight:*

1. Develop a working relationship with your presbytery's Resource Center. The staffs are friendly and knowledgeable about available curriculums. Some resources might even be in the Resource Centers for you to borrow at no cost except for postage and handling.
2. Be prepared to create your own program curriculum. In fact, engage the older adults in developing the issues, questions, entertainments, travels, and foci of their association. Aging Christians have a wealth of experiences and knowledge from which to draw upon for their edification. There would be minimal cost for these volunteer efforts.
3. Develop a file cabinet full of program ideas and resources similar to the way that the choir director fills the used music cabinet so that the sheet music can be used again in the future.
4. Share programs with a neighboring congregation, retirement community, or community center. It is always nice to meet new friends and get some different perspectives on the topic, trip, or experience as well as share expenses.

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*Active Executive Committee member Darlene Shepherd reminds readers that everyone in the congregation can do inexpensive ministries based upon their God-given gifts and graces.*

Keep a watchful eye - You will see members whose main contact with their church is the spot they fill on Sunday mornings. What ministry could they do? Someone with decreased hearing could send out emails, two people could work together and keep the candelabra polished, or a classroom straightened up, or sharpen pencils in the church pews, - or most important, hold the church/pastor/teachers/etc. in prayer either during the church hour or another specific time. Etc., Etc.

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## Ideas That Work

*Executive committee Secretary Beth Ann Force recommends this Tailgate Sale to provide a good older adult ministry activity that raises a few dollars for the program:*

One of the things that our choir did to raise money was have a "tailgate sale." It could also be called a "trunk sale." We participated in it to try to get rid of some stuff, which we did. Of course, there has to be a rain date!

We rented a space in the parking lot of the church, which can be any amount, say \$15. A part of that was used to put an ad in the local papers. The parking spots are planned out so that you can get in the a.m. and get parked. Some people brought a card table to put small things out for display. It is a great way for older adults to get rid of some things, if they are downsizing. Depending how big the sale is, some church members can do a bake sale at the same time to also raise some money. It can go on from say 9:00 to noon or 10:00 to 1:00 p.m. so that there is time to clean up afterwards, but most people don't really make a mess because everything that isn't sold is put back in the trunks and carted away.

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*Rev. Lynn Fonfara has experienced a healing service as a needed and effective ministry tool.*

There are a large number of older adults in the congregation I currently serve. Repeatedly, I heard how long it took for those older bodies to get moving in the morning; how long it took to take all the medicines and eye drops; how Sunday morning worship upset the accustomed schedule. It made sense to offer a worship service once a month on a Wednesday afternoon. It also made sense that the service offered prayers and anointing for healing for any who wished to be anointed.

With an opening prayer, 3 very familiar hymns, a Scripture reading (usually from the previous Sunday), a 4-minute sermon, prayers and anointing for healing, and Holy Communion, the service lasts about 30 minutes. It's long enough, and complete enough, without being hard to sit through.

*(Continued on page 3)*

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The service attracts about a dozen people, mostly members, but also some invited friends and neighbors. Older folks and younger folks looking for a mid-week worship experience attend faithfully. The best part of the service is the fellowship time following, which usually lasts longer than the worship.

On a shoestring: The organist's salary covers this service, but music could be provided with CDs or *a capella* singing if needed. More able-bodied attendees take turns signing up to provide the snacks each month.

Pastor Lynn Fonfara  
Hope Evangelical Lutheran Church  
Citrus Springs, Florida

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*POAMN ExCom Member Ginger Broussard sends these grand ideas for low budget for older adult programming in the parish, retirement community, or neighborhood center.*

1. With Minister's help and session permission plan a worship service for Older Adult Week led by older adults from the congregation.
2. Plan a luncheon following the service for the congregation.
3. Health Fair at the church, with booths on Good Nutrition, Importance of Exercise, Taking Charge and Managing Your Health Matters, Information on Services Available in the Community for Older Persons, Retirement Community and Care Facility Representatives and Volunteer Opportunities in the Community, as well as the usual health monitoring services (blood pressure, weight, and others)
4. Homebound members and those in nursing homes are visited and given gifts and encouragement. This could be an intergenerational activity including children and youth. Consider beginning a movement for a telephone "buddy system" so that someone from the church calls each person at least once a week.
5. Consider beginning a support group for caregivers, and providing, respite care once a month so the caregiver can attend the support group.
6. Set up a prayer plan, and mail out to all members of the church, so that each person in the church is prayed for by some other member every day. The schedule could be arranged to last for a month, or a quarter, and then change the names for the next praying period. Include those who are homebound, in nursing homes or other care facilities.
7. Sponsor a grandparents and grandchildren arts activity, in which they work together on creating some kind of arts and crafts. Sculpture, face painting, flower arrangement, pottery, needlework, story telling, stained-glass window, dancing, picture painting and framing, woodworking, bird house building.
8. Have a luncheon after church with youth and older adults. Play games like Chicken Foot or other board games.
9. Have a Dance with older adults and youth. Have music from 40's, 50's, 90's and 2009. Have the youth teach the adults to dance to their music, and the adults teach the youth to Waltz or Fox Trot.
10. Plan an intergenerational, intercultural event with churches of other cultures, to share food, rituals, favorite hymns and liturgies, and faith stories.
11. Create banners and posters announcing to congregation special events in the churches life.
12. Choose one older adult or couple who has made significant contributions to the church through the years in service, teaching ministry, elder who has been ordained the longest, etc., recognize the person/couple and present them with a plaque or certificate of appreciation. Do this monthly, quarterly, or a couple times a year.

*(Continued on page 4)*

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13. Plan a Celebration of Driving Careers for persons who no longer drive.
14. Plan a series of lectures or workshops.
15. Use bulletin board to honor older members of the congregation, highlighting their careers, interests and hobbies, involvement in the church, and major achievements.
16. Identify community resources and area agencies on aging.
17. Put on a musical production by children's choir and older adult choir.
18. Develop a mentoring program whereby teenagers can teach older adults how to use modern technologies, computers, etc.
19. Plan a work project.
20. Plan a Grief Program to focus on specialized ministries with older adults facing problems such as: loss of spouse, serious and lingering illnesses, retirement, relocation, loss of job, marital problems coping with dependents.
21. Lunch one Sunday a month at the church or at a restaurant.
22. Hold a Hymn Sing.
23. Invite experts to speak about: fire safety, crime prevention, financial aspects of aging, health care insurance and nursing homes, CPR, first aid, living wills, senior substance abuse, elder abuse, environmental issues, current events, and classic and recent books.
24. Have a program on volunteer opportunities, start a clown troupe, hold a Vacation Church School for seniors of the area, participate in a work camp or mission project, have secret pals, and serve as tutors.
25. Take trips together: Go to the ballgame, day at the zoo, sightseeing boat ride, mystery bus trip, and train ride.
26. Plan a picnic.

## **Don't forget!**

### **May is National Older Adult Month**

May is National Older Adult Month. Make plans now to celebrate the presence of those loved ones in your life.

Here are a few practical suggestions for letting the aging know they are appreciated. These ideas come from the St. Andrew's Resources for Seniors ([www.standrews1.com](http://www.standrews1.com)).

Here are some general tips on how to honor our loved ones.

1. "Thank the older adult for something they have said to you or done for you in the past and how much it meant to you.
2. Tell the older adult about how they have inspired you, either in the past or something they are doing now.
3. Share your love for that person and how much they mean to you.
4. Bring the older adult a small gift of something you know they will enjoy for example a small plant or flowers, a photo, a food item that they love to eat (and are able to eat).
5. Give the person a personal inspirational card or quote that has significance or gives them hope.
6. Listen to the older adult, really listen and empathize with them. You don't always have to fix them and make it all better.
7. Laugh with the older adult. Have fun and be playful, believe it or not the older adult has a playful inner child."

Remember to love and respect the older adult throughout the whole year, and not just in May.

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Don't just grow old, learn something.

-- Native American Elders

*Here's an interesting statement about older adult lifestyles*

### **A New Vision of Aging: Helping Older Adults Make Healthier Choices**

"It is clear that if older adults increase physical activity, improve eating habits and take some relatively simple steps to minimize the risk of falling, they could live longer and healthier lives. However, there are real environmental, organizational, social and personal barriers to adopting healthier behaviors.

It is not only the organized provision of care that maintains the health of older people but the kind of care they take themselves. As documented in this report -- the Center for the Advancement of Health's second issues briefing -- medical care is not necessarily the only, most effective or cost efficient method of promoting health and longevity. Prevention and adoption of healthy habits, supported by resources in each local community, is essential and do-able.

By strengthening the capacity of agencies and services outside the sphere of medicine to help older adults eat better, remain active and avoid falls, support becomes more readily available and less passive than customary health care.

Supporting older adults in their efforts to maintain their independence, their functioning and their quality of life is a responsibility that should not be limited by the interest or capacity of health care institutions but should be a common goal of all Americans. The public investment in making sure this happens should reach into the neighborhoods, the senior centers, the YMCAs and local health clubs of every community, unconstricted by the interest or capacity of health care institutions."

(Center for the Advancement of Health, see the full report at [www.cfah.org/programs/aging.cfm](http://www.cfah.org/programs/aging.cfm))

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### **Certification News**

2009 courses are in the final planning stages for early fall. Theology and Christian Education courses may "bookend" the Tucson annual conference. Information will follow in the next *PNN*.

The Certification Committee, chaired by Rev. Carla Gentry ([clgentry@kc.rr.com](mailto:clgentry@kc.rr.com)), invites interested persons to join in the process towards earning a Certificate in Older Adult Ministries. If you think that you might be interested, contact Rev. Gentry for further information or have your questions answered.

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### **Starting the Spring Issue**

Believe it or not, work on the Spring, 2009 *PNN* issue has already started. We need your expertise, book reviews, poems, ideas that wok, quotes, quips, and anything else you would like to share! Now is the time to send in your contributions. The theme is "Evangelism, Older Adult Style."

Remember: "Evangelism, Older Adult Style"  
 Contribution Deadline: April 24<sup>th</sup>  
 Publication Date: (Around) May 1<sup>st</sup>

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### **Members Wanted, No Experience Necessary**

How much is it worth for you, your congregation, your presbytery, and the General Assembly to have a dynamic ministry to older adults. The Presbyterian Older Adult Ministries Network (POAMN) provides individual Presbyterians and Presbyterian related organizations with resources for such a ministry.

Please consider joining POAMN. The investment is minimal. The reward is great.

Take a look at the membership application in this newsletter, complete it, and mail it to Rev. Linda Kelly to become a member of this dynamic ministry. Start reaping the benefits today!

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## Tucson, Here We Come!

*Joy for the Journey: Equipping the Saints*  
(A Joint Conference with POAMN and ARMSS)  
September 29 – October 2, 2009  
Tucson, Arizona

All annual conference plans are buzzing with activity! Keynote speakers and workshop leaders are recruited and excited about their participation. A brochure is in the final planning stages. Executive Committee members are talking about all the sites to be seen in Tucson and ideas to be shared among attendees. Wow! This is going to be a great conference because the leaders are ready, the price is right, and when POAMN joins ARMSS for a gathering – well, there's just good Christian celebrating ahead! Look for further information in the coming weeks and plan on being a part of the chorus that shouts, "Tucson, here we come!"

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### CONFERENCE SAMPLER:

#### SSSS

By Ann Hayman

***Reality is a leading cause of stress for those in touch with it.***

-- Jack Wagner

Most clergy (and their spouses) will recognize SSSS: Saturday Sermon Stress Syndrome. The onset of this dreaded condition is usually the direct result of having not planned the previous week well. It can also be induced by moderate to severe writers block. There have even been cases reported resulting from a fundamental shortage of inspiration.

The symptoms range from mild sweat and pencil chewing, to frantically surfing the web looking for any crumb of content that could possibly be incorporated into the pending homily without causing a total re-write of the entire message. Nail biting and a cranky response to an interruption by a loved one have also been noted. There are no drugs to treat this malady and therapy has reportedly been only mildly successful.

According to Natalie Goldberg, "Stress is an ignorant state. It believes that everything is an emergency." She adds, "Nothing is that important." Did you at some point in time finishing a sermon on the way to church on Sunday morning? Did you once decide that replacing sleep with sermon preparation actually made sense? Did you ever borrow heavily from the content of a sermon preached last year in the hopes that no one sitting before you would remember that you had already used that story before?

Sermon preparation notwithstanding we are living in stressful, crazy making times. Knitter Stephanie Pearl-McPhee tells the story of her crazy aunt:

*I had a crazy aunt. This crazy aunt used to spend the whole year knitting wonderful, intricate pairs of mittens for me, my siblings, and my cousins. She made blue ones, red striped ones, ones with reindeer on them. . . there really was no end to the wonderment of mittens. Then she would box them up; half went to my cousins far away, and half to our family. There were so many in the box that during my entire childhood I never wore a mitten that came from anyone else.*

*It would have been a perfect thing, if only she weren't crazy. When she divided up the mitten, she would mail all the left ones to my cousins, and all the right ones to us.*

("At Knits End", pg. 242)

Stephanie concludes, "I will remember, should I get a little weird in my old age, that this strategy does not (as she had hoped) promote family unity. Nobody will drive 400 miles to swap mittens." Perhaps not, but how do we cope with the craziness the world sets upon us in this age?

***I just thought of something funny. . . your mother.***

-- Cheech Marin

Maintaining our capacity to find humor in day to day settings and keeping our ability to laugh at the foibles and challenges we face is critical. As the

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“primary care giver” (her term, not mine) to a very bright 13 year old girl I have learned that there is no escaping it. This child who once thought of me as clever, attractive, and fun-loving has reached the age where I am under her constant scrutiny, especially my behavior in public. She often asks, “Why are you wearing *that*?” or “Could you please not talk to my friends?” She doesn’t like my laugh and my shoes are considered ugly. My showing up in her life, whether at the school bus stop or on her magnet school campus is an instant cause of stress. She can point out the spilled coffee stains on my shirt even before they are there. But most bothersome is my knitting in public. She refuses to sit next to me in the movies.

***The future belongs to those who believe in their dreams.***

-- Marie Curie

It must be faith alone that drives us. Through the good times and the difficult ones, we are faithful. This may come as a bit of a shock to some of you, but being faithful can be a bit of a gamble. It is possible that when the stock market takes a dip we will see that realized in our pension payments. It may be that we know very dear friends in their 70’s who are presently looking for employment to supplement depleted savings and retirement accounts. And those friends who used to staff the food bank at First Presbyterian Church as volunteers are now standing in line to receive food. Our faith tells us that each encounter and every path serves a purpose. It may not always be real evident what the purpose is, but we know that God has a plan. We also know that God never suffers from SSSS.

*Ann is one of the Keynote Speakers lined up for our ARMSS / POAMN Conference. To hear more from Ann and other exceptional conference speakers, join us in Tucson.*

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When you’re down to nothing,  
God is up to something.

-- Anonymous

## POAMN Legacy Awards

### ***Legacy Awards Definition and Guidelines:***

It’s up to each of us to leave a living legacy for future generations, to leave a burning ember for those who come after us, pointing the way toward the kingdom of God. Legacy Awards are presented at the annual POAMN conference to both an individual and to a group or organization. Awardees may be nominated by their peers, congregation or organization. Legacy award winners will be honored at the annual conference’s banquet and will be highlighted in the *POAMN Network News* for all to appreciate.

### ***Individual Award:***

This award is presented to a person who is actively leaving a living legacy for future generations through word and deed in ways affiliated with the Presbyterian Church. This legacy leaving work should be unique or special in some way, positive in nature, kingdom building and done by an individual aged 60+.

### ***Group or Organization Award:***

This award is presented to a group of individuals or an organization actively leaving a living legacy through their words and deeds in ways affiliated with the Presbyterian Church. This legacy leaving work should be unique or special in some way, positive in nature, kingdom building and done by individuals aged 60+.

Do you know an individual, group or organization that is deserving of a PAOMN Legacy Award? We want to hear from you! Send your nomination(s) to Cindy Wright at 120 Stevens Avenue, Solana Beach, CA 92075 or [wright@solanapres.org](mailto:wright@solanapres.org). Tell us about your nominee(s): Name(s), Contact information, and how he/she/they are leaving a living legacy in the Presbyterian Church (300 word limit). Deadline for nomination submission is August 1, 2009.

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How many lives will I touch today?  
How many neighbors will pass my way?  
I can bless so many and help so much,  
If I meet each one with a Christ-like touch.

-- Jones



## Books Worth Reading

- From Editor Mike:

Cymbala, Jim (with Dean Merrill), *Fresh Faith: what happens when real faith ignites God's people*. Grand Rapids, MI: Zondervan, 1999.

Author Rev. Jim Cymbala teams with Dean Merrill to publish *Fresh Faith: what happens when real faith ignites God's people* (Grand Rapids: Zondervan Publishing House, 1999) as a "how-to-book" for Christians seeking a renewed and revitalized faith.

When describing what ignites faith, Pastor Cymbala asserts: "Real faith is produced when our hearts draw near to God himself and receive his promises deep within us. There, by its own divine power, his Word will work supernaturally [p. 193]." The author provides plenty of Scripture, real-life illustrations, and pastoral wisdom to back-up this assertion.

Would you like a more vibrant faith? Read *Fresh Faith* and treat yourself to some valuable lessons in Christian growth.

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- From Lake Michigan Presbytery's Karen Knottelmann:

*Karen Knottelmann of Lake Michigan Presbytery sent me this interesting collection of older adult ministry resources all in one attachment to her e-mail. [Editor]*

As a short-term study with lasting benefits, I would really like to recommend *Living Till We Die: a journey of faith practices* by Nancy Blakely. I know, I know. It sounds like a bummer for seniors. It really is not. It is about living well. It is uplifting and reflective. This study is really for all ages too, not just seniors.

*[Candace C. Hill, General Assembly Council's Coordinator of Educational Ministries, Theology, Worship, and Education (502) 569-5166 and (888) 728-7228, ext. 5166, candace.hill@pcusa.org]*

*[Madelyn Mitchell of Austin Resource Center of Mission Presbytery sends this book suggestion.]*

I have often recommended *A Very Present Help: Psalm Studies for Older Adults* by Miriam Dunson. I have purchased two of the resources from Autumn Saints, and think that they might be appropriate for your situation. Take a look at their offerings at [www.autumnsaints.com](http://www.autumnsaints.com)

*[Ginger Stemme, Director, Resource Center for Churches (122 W Franklin Ave #2, Mpls., MN 55404, 612-870-0861, [ginger@resourcesforthejourney.org](mailto:ginger@resourcesforthejourney.org)) provides this suggestion.]*

RE: Curriculum for Senior Citizens

*Present Word* is good, as is *Favorite Bible Passages* (Abingdon) There are two volumes with Leader/Student Guides.

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## Planning for Older Adults' Week? Get the 2009 OAM Planning Guide

Every year, the General Assembly encourages congregations to celebrate Older Adult Sunday on the first Sunday of May. This day of worship initiates Older Adult Week. If congregations cannot set aside May 3, 2009 for this purpose, then another Sunday should be chosen for this purpose.

Why set aside a Sunday to emphasize older adulthood? As with youth, early adulthood, adulthood, and midlife, older adulthood holds many treasures that appear only with age and living a full life. It's true! God blesses with special joys those creatures that advance to older ages. Ask a mature adult and they will spend lots of time telling you about the benefits of aging. Let's remember and celebrate these blessings of mature life in our church ministries.

Need ideas for your older adult worship service and other programs? Please refer to the *2009 Older Adult Ministries Planning Guide* for great ideas. This booklet is available by contacting Ginny Nyhuis at [gnyhuis@verizon.net](mailto:gnyhuis@verizon.net) or POAMN, P.O. Box 700311, Oostburg, WI 53070. You can also order your Planning Guides through the Presbyterian Distribution Service (PDS). Item # 12112-09-917. The cost is \$2 per booklet.

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**Nominations Sought**

The Nominations Committee begins work soon to recruit persons for nomination at the Business Meeting in September’s annual conference.

We are asking for suggestions of names to fill two vacancies, Treasurer and Convention Coordinator. Please email me any suggestions you have, or complete the included form.

Please remember that POAMN leaders must meet certain requirements. Here are the Presbyterian Older Adult Ministries Network officers’ nomination qualifications:

1. Member of Presbyterian Church USA
2. A POAMN member for at least 2 years
3. Have attended at least 2 POAMN conferences
4. Shown an interest in Older Adult Ministries
5. Shown desire and availability to actively serve God through the Executive Committee

In filling offices POAMN will seek to reflect the rich diversity of the Presbyterian Church USA.

Please include name, address, phone, Presbytery & Synod, experience in Older Adult Ministry, Office or Committee interested in serving.

Thank you for your help.

Ginger Broussard,  
 Nominations Chair  
 2341 Huey Drive  
 Orange, TX 77632  
 409-579-2333  
 Gin1paul@AOL.com

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**The Butterfly**

Here within this tight cocoon,  
 I quietly heal my heartfelt wounds.

Through winter cold and winter nights,  
 I feel my anger, pain, or fright.

But now beneath God’s glorious sky,  
 By His grace and love, I’m the butterfly.

-- Rev. Joseph C. Whitner

**POAMN Nomination Form**

If you are interested in serving on the POAMN Executive Committee or in serving on one of the appointed committees (Conference Planning Committee, Long Range Planning Committee, Financial Planning Committee, or Communications Committee), or wish to nominate a POAMN member to serve, please complete this form and return it to the Nominating Committee Chair at the address below.

Nominee: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Presbytery: \_\_\_\_\_

Synod: \_\_\_\_\_

Experience in Older Adult Ministries: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Office or Committee interested in serving: \_\_\_\_\_  
 \_\_\_\_\_

Nominated by: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please return completed form to:**  
 Ginger Broussard  
 2341 Huey Drive  
 Orange, TX 77632

**Thanks to all of you that have renewed your POAMN memberships for 2009!** (listed below)  
Your membership fees support the continuation of the Presbyterian Older Adult Ministries Network. There is still time to renew your membership or become a new member for 2009. See page 11 for more information.

<b>Marshall Alford</b> Mesquite TX	<b>Helen R. Cole</b> Southern Pines NC	<b>Richard L. Huggins</b> Lakeland FL	<b>Marvin Simmers</b> Avondale Estates GA
<b>Edward Atkinson</b> Oak Ridge TN	<b>Mrs. Walter Cottingham</b> Kingstree SC	<b>Alan Hutchison</b> Youngstown OH	<b>Charles E. Sutton</b> Richmond VA
<b>Barbara Baker</b> Blue Bell PA	<b>Paul T. DeCamp</b> New Orleans LA	<b>Beecher Mathes</b> Athens GA	<b>Kiki Swanson</b> Scottsdale AZ
<b>Judith Baker</b> Kettering OH	<b>Donald Drew</b> Watertown NY	<b>Agnes Peebles</b> Cranberry Twp. PA	<b>Anne Tarbutton</b> Newman GA
<b>Barbara Barnes</b> Oxford OH	<b>Miriam Dunson</b> Commerce GA	<b>Douglas R. Potter</b> Albertville MN	<b>Richard Wylie</b> Sacramento CA
<b>Nancy Williams-Berry</b> Colfax NC	<b>Juanita I. Eldridge</b> Winston-Salem NC	<b>Gloria Pyne</b> Katy TX	
<b>Dwane T. Bell</b> Louisville TN	<b>Ralph G. Fogal</b> Zelienople PA	<b>Richard A. Ridge</b> Fredericksburg VA	If your name was left off this membership listing in error please contact Ginny at <a href="mailto:gnyhuis@verizon.net">gnyhuis@verizon.net</a> or by calling 615-426-1545.
<b>Ginger Broussard</b> Orange TX	<b>Lynn Fonfara</b> Beverly Hills FL	<b>Glenn N. Rogers</b> Cincinnati OH	
<b>Donald G. Carlin</b> Philadelphia PA	<b>Mike Fonfara</b> Beverly Hills FL	<b>Darlene Shepherd</b> Oskaloosa IA	
<b>David B. Castrodale</b> Keokuk IA	<b>Barbara Huggins</b> Lakeland FL	<b>JoAnn Simmers</b> Avondale Estates GA	

### **Prayer of the Elderly**

*(adapted from the prayer found on  
[www.prayer-and-prayers.info](http://www.prayer-and-prayers.info))*

Dear Lord,  
as my life declines and my energies decrease,  
more than ever hold me by Your power,  
that I may not offend You,  
but daily increase in Your love.  
Give me strength to work in Your service  
till the last day of my life.

Help me to ever have an increasing dread of simple sin,  
or whatever would cause the slightest estrangement from Your love.  
At night, keep me close to Your heart so that I feel Your comforting Presence.

Should I die, ere the morning breaks,  
may I go rejoicing into that vision of Your eternal beauty,  
never to be separated from You.

Amen.

## Growing Old Together

by Fay Shaw Kinsey  
(Found on azlovepoems.com)

My, the years are flying by  
I cannot slow them down;  
What really makes them pleasant  
Is the fact that you're around.

You're the bridge to happiness,  
The only one I know;  
Your love is all I live for,  
I could never let you go.

Growing old is not so bad  
When it comes to push or shove,  
As long as you're beside me  
We will always be in love.

The years have been so kind to you  
And so well you've done your part;  
The proof is in the "pudding"  
By the love that's in your heart.

Years have come and years have gone  
And still you make me sigh;  
It's true that we'll grow older  
But our love will never die.

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## Wise Statements

(from Darlene Shepherd, but all Anonymous)

Every now and then,  
bite off more than you can chew.

If you're going to doubt something,  
don't include your limitations.

Everyone has a gift for something,  
- it could be the gift of being a good friend.

God's call does not end when a person retires and  
neither does the retired one's value to the church.

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Please remember with the new year POAMN membership fees are due.  
Complete the following application and return with your membership fees.

## POAMN Membership Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Synod: \_\_\_\_\_

Presbytery: \_\_\_\_\_

Church: \_\_\_\_\_

Other (Organization): \_\_\_\_\_

Membership Type:

- \$30 Full
- \$20 Affiliate
- \$100 Institutional (PAHSA, PCUSA schools, etc.)

Governing Bodies:

- \$50 Small Church (under 150)
- \$100 Medium Church (151-499)
- \$200 Large Church (500+)
- \$250 Small Presbytery (under 10,000)
- \$500 Medium Presbytery (10,001-19,999)
- \$1000 Large Presbytery (20,000+)
- \$1000 Synod

**Make checks payable to:**  
**POAMN**  
**c/o Linda Kelly, Treasurer**  
**2212 Beacon Ridge Dr.**  
**Las Vegas, NV 89134**

## POAMN LEADERSHIP

Some readers have asked who works so hard to move this dynamic organization forward. Here are the persons serving on the Executive Committee who keep POAMN active and growing.

**President:** Rev. Doug Kurtz ( DKurtz@uam.org )

**Vice-President:** Rev. Tom Tickner ( TTickner@prescs.org )

**Secretary:** Beth Ann Force ( BAFPO610@AOL.com )

**Treasurer:** Rev. Linda Kelly ( lindakelly@cox.net )

**Nominating Committee Chair:** Ginger Broussard ( Gin1paul@AOL.com )

### At-Large Members

Darlene Shepherd - Membership ( dshep@mahaska.org )

Cindy Wright – Annual Conference ( cindywright@cox.net )

Rev. Carla Gentry – Certification Leader ( clgentry@kc.rr.com )

Rev. Mike Fonfara – *PNN Network News* Editor ( mikefonfara@tampabay.rr.com )

Ginny Nyhuis – Administrative Staff ( gnyhuis@verizon.net )

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