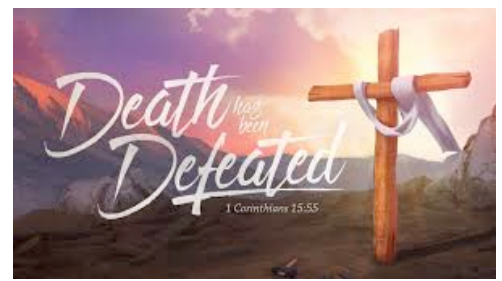
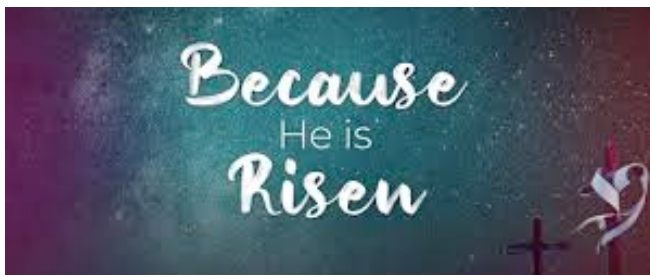




Senior Newsletter

March 2024

Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter, spiritual care and a great lunch.



It's time for some uplifting news, because I think all of us just need it. Can I get an AMEN? The theme of this is **"Seniors For The Win!"**

-In Cairo, Egypt there are a group of women who are refugees. They meet regularly to pool their money together so they can give to others. Specifically they help vulnerable women in order to offer some financial security to them. The UN reports that 57% of refugee households are led by women. One of the group, named Fatima, is from Sudan and she is 110! She said because her friends are all gone now, she has found a new group to join.

-In Argentina, an 89 year old man named Blas was found to be keeping the Chana language from dying out. It was thought to have been extinct for 200 years, but this man—whose mother passed the language on to him—has been keeping it alive. When a local poet found out Blas had been working the language, he was shocked. They are currently writing a book together to preserve it.

-In England, the first 'Intergenerational Care Village' has opened up. Home to older people who have dementia and a site children come for preschool, this place is breaking new ground. The joy of seniors reading to children, the laughter when it is arts and crafts time, the connections the young and the young at heart are making at mealtimes is just amazing. It was reported that it felt like 'All Heaven Broke Loose' inside this joyous care center. What a great idea!

Remember, we are never too old to do good, to relish the life we have been given, and to keep learning.

God bless you all!

~Pastor Colleen



Upcoming Thursday Lunches

March 7

On this day, we will hear from **Jim Wright**, who in his previous life was a lawyer for years in both England and Egypt. You will love our guest who will be talking about his first legal case. Entitled, "**How To Recover When You Have Messed Up**," Jim will share about a debacle of his early career. After he shares, he would love to hear stories of some of the mistakes you all have made and how you recovered or failed forward. This is going to be a special time! We hope to see you there.

For our meal, we will have a beautiful lemon chicken, delicious couscous, and a Greek salad. Make sure to invite a friend and save room for dessert.

March 21

What a treat we have for you today! All the way from the **Santa Barbara Mission, Father Larry Gosselin** will be coming to share with us. It is always a nourishing time when we are able to have some time with this dear man. Please come ready to be blessed by whatever the Lord puts on his heart to share.

It's **St. Patrick's Day!** You know exactly what this means. . . corned beef with cabbage, potatoes, and carrots. Michele will make homemade Irish soda bread. It's going to be a party! Make sure to wear green and to bring your best smile!

Wasn't It Smart of God to...

... give us thirty-two teeth so if we lose a few we still have some to chew with.

... make a baby's voice high and shrill so the sound will wake dads from a deep sleep so they can wake up the moms.

... make our backsides padded so sitting will be more comfortable.

... not to make the hairs in our ears grow as long as the hair on our heads. (And give us friends who are kind enough to tell us if we're the exception.

... give us a keen sense of hearing so we'll know when dinner is ready.

... give us sight so we can look back to see what we tripped over 'cause we weren't watching where we were going.

... give us the alphabet so we can quickly go through it when we can't remember someone's name.

... give us old age to help us look forward to heaven.

... put our noses close to our mouths so smelling food before we eat it is more convenient.

(Taken from *Wasn't It Smart of God to...* By Steve Chapman)

Uplifting Conversations, Delectable Food, Fun! 11am-1pm

MAUNDY THURSDAY
FAMILY-STYLE SEDER DINNERS

MARCH 28TH | 6:30PM
 SIGN UP BY MARCH 24TH AT 11AM



EASTER SUNRISE SERVICE

SUNDAY | MARCH 31ST | 6:00AM
 LEADBETTER BEACH PICNIC AREA

Bring a lawn chair or blanket. A continental breakfast will be served after the service.

SERVICE OF TENEBRAE

FRIDAY
 MARCH 29TH
 7:30PM
 IN THE SANCTUARY + ONLINE

FREE METHODIST CHURCH OF SANTA BARBARA

EASTER MORNING SERVICES

SUNDAY | MARCH 31ST
 8:30 & 10:15AM
 IN THE SANCTUARY + ONLINE

Free Methodist Church of Santa Barbara

EASTER EGG HUNT

Saturday | March 30th | 9:00am
 La Mesa Park

Bring a basket and 12 candy-filled eggs for the hunt!
 ALL ARE WELCOME

Special Note

While we celebrate Christ's resurrection at the end of March, we will be having our Easter Lunch on April 4th! We hope to see you all there.

Easter Sunday

The Resurrection of Jesus Christ



- ALLPOWERISGIVEN
- AMAZED
- ANGLEOFTHELORD
- APOSTLES
- APPEARED
- ASCENDED
- BAPTIZING
- COUNTENANCE
- CRUCIFIED
- DISCIPLES
- EARTHQUAKE
- FEARYENOT
- FIRSTDAYOFTHEWEEK
- FLESHANDBONES
- FULFILLED
- GALILEE
- GOINTOALLTHEWORLD
- HEISRISEN
- HOLYGHOST
- IDLETALES
- INDEED
- ISRAEL
- JESUS
- LIGHTNING
- LINENCLOTHES
- LONGWHITEGARMENT
- LORD
- MARYMAGDALENE
- MOURNED
- NAZARETH
- PEACEBEUNTOYOU
- PERPLEXED
- PREACHTHEGOSPEL
- RAIMENT
- REDEEMED
- REMEMBERED
- REMISSION
- RESURRECTION
- ROLLAWAYTHESTONE
- ROLLEDBACKTHESTONE
- SEPULCHRE
- SHINING
- SPICES
- TEACHALLNATIONS
- THIRDDAY
- TOUCHMENOT
- WEPT
- WHITEASSNOW
- WITNESSES
- WORSHIPPED



This Ministry is Sponsored by:

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Thank you!