



Senior Newsletter

June 2017

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 Summertime!



"I have reached an age when, if someone tells me to wear socks, I don't have to."

Albert Einstein (1879-1955)



How old do we need to be before we stop caring so much about what others think of us? Whether we are continually trying to live up to the expectations of others, or we are attempting to keep everyone happy around us, or we let others boss us around, when do we just let go? Finding freedom to be who God has made us to be, is a gift. However, because it is a gift, it means it is meant to be received by the Giver of Life; God Himself. Why are we so worried about how others think of us?

I love what Paul tells the church at Philippi:

"Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus." Philippians 4:6-7.

When we are anxious about family dynamics or making someone upset, it is a good practice to simply stop and give it to the Lord. He cares so much for all of us and will help those who call on His name. I find I am in the most difficult place when I am worried about what others think more than I care about what God might think. His love for us is so real and He will help those who ask for it. When I focus on pleasing God first, most things then fall into place. We don't have to wear socks, if we don't want to!

Also, it is good for us to examine our actions to see if we are the bossy ones who are causing anxiety for someone else. It is good to let go of that as well! Let's commit to making this a summer where we grow into God's freedom for our lives.

Love to you all!

~Pastor Colleen

How Interesting!...



Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

Why do ships and aircraft use 'mayday' as their call for help?

This comes from the French word m'aidez - meaning 'help me' - and is pronounced, approximately, 'mayday.'

Why are zero scores in tennis called 'love'?

In France, where tennis became popular, the found zero on the scoreboard looked like an egg and was called 'l'ouef,' which is French for 'the egg.' When tennis was introduced in the U.S., Americans (naturally), mispronounced it 'love.'

Why do X's at the end of a letter signify kisses?

In the Middle Ages, when many people were unable to write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

Why is shifting responsibility to someone called 'passing the buck'?

In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.



FUN IN THE SUN

As we announced in the luncheon, we will be offering a time for seniors to go have lunch with a group of kids at Harding School. Our friend, Joshua Canada, came to talk to us about this incredible summer learning opportunity. This is a 6 week program for local academically and financially at-risk children and families. It directly addresses summer learning loss and the achievement gap between low income students and their middle/upper income peers. It has proven to work and is a wonderful work we support.

As part of their time, they invite in different groups simply to come and hang out with the kids. We are choosing to go one day to have lunch with the kids on Thursday, June 29th. We will leave the church at 11:30am and return by 2:00pm. Please bring a sack lunch. We will have a sign up again at the church. This is a wonderful inter-generational activity and we hope you can come!

This Month's Delightful Conversations and Delectable Eats:

June 1

Our dear friend, **Pastor Doug**, will be our speaker today. He has recently traveled across the world to see his youngest daughter Elise to a beautiful place full of the beauty of creation. He is going to talk on: **"20 Things I Learned About God and Life in New Zealand."** This will be a great opportunity to see God's world and hear some funny stories and spiritual lessons from one of the most upbeat people we know. This will be a fun day! What's for lunch? Yummy Santa Maria tri-tip BBQ, potato salad, sour cream, salsa, sourdough bread. Please bring a friend! If you have been to New Zealand, Doug would love to hear your story too!

June 15

How intriguing! Our good friend **Hal Conklin** will be joining us this day! He will be engaging us with the captivating topic of: **"Stories of 5 of the most interesting people I've met in Santa Barbara."** Can you guess who they might be? For our meal, we will have grilled pineapple chicken and summer pasta salad.

A Note From The Kitchen

Please know that as you go through the line, you do not have to have any food that does not appeal to you or you don't care for at all. You can say, "No Thank You!" and we will understand. This helps us to cut down on food waste. We appreciate your help!

A Sweet Slice of Summer

A sweet slice of summer,
On a hot a afternoon,
The perfect treat to eat outside,
You don't even need a spoon.
As you take a big old bite,
Feel the juice begin to run,
Be careful not to eat the seeds,
You spit those out, for fun!
A slice of watermelon,
Just can't be beat,
It is the taste of summer,
Juicy and sweet!

Author: Patti Weigel



Remember:

We ask that you avoid walking through the preschool as much as possible on your way to the lunch. We are a dual use facility, and we want to be respectful of their program. When you need to go by, the kids will naturally want to say hi. Please greet them as you continue walking through. We ask that you do not correct them if you see them doing something you don't think is right. Their teachers are on top of it! Thank you.

This Ministry Sponsored by

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