

# SAGACITY

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

### SAINTS ALIVE, GROWING, EVER SERVING



VOL 27, No. 4

Older Adult Ministry of LCMS MN South District

## Autumn 2017

(Oct Nov Dec)

S.A.G.E.S. is an auxiliary of Minnesota South District. Downloadable information about S.A.G.E.S. and the GATHERING is available at [www.mnsdistrict.org](http://www.mnsdistrict.org) under 'Resources, S.A.G.E.S.'

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.

S.A.G.E.S. will provide a quarterly newsletter with information about older adult programs and speakers, resources and a forum for anyone who wishes to be heard on older adult issues.

**NO ONE HAS DONE HIS BEST UNTIL HE HAS TRAINED SOMEONE ELSE TO TAKE HIS PLACE.**

**2018 GATHERING UPDATE on page 4**



## AUTUMN IS MY FAVORITE COLOR !

"They are like grass, and all their glory is like the flowers of the field; the grass withers and the flowers fall, but the word of the Lord stands forever."  
Matthew 10:29

It is Autumn! Time for football and red apple picking and brown cider and baseball playoff games and raking and .... falling! Someone once told me to never say "Happy Fall!" to an older person. Good advice, indeed.

The red and yellow leaves falling around us can remind us that we all do our share of falling, and failing, and flubbing, regardless of our age. Since the fall from grace as recorded in Genesis, you and I have taken our falls and have dealt with them with much familiarity.

Autumn is my favorite color because it reminds me that every time we fall, the Lord is there to pick us up! When we fall, we fall on our knees to praise and thank Him for picking us up again, all black and blue and bruised. But because we have been buried with Him in His death we also are raised with Him in His Resurrection. The colors of autumn remind us of His brilliance in bringing new life into us each day! We orange and gold saints in the Lord continue to plod on, still falling and failing, but also knowing that our Lord is always there to pick us up again!

So while we take our autumn walks this season, who can we name who has picked us up on our journey when we have stumbled? Thank the Lord that He sent these colorful friends to us! And who have we picked up as we have walked the daily roads of Faith and Fear? Thank the Lord for providing these ministry opportunities, too, and watch for others on Autumn Avenue today!

The Word of the Lord stands forever as He picks us up each day! That is why Autumn is my favorite color!



(Reprinted with permission from "RichandCharlie.com" website. The focus of the website is to "encourage one another" in many different ways. Log on to subscribe to Rich and Charlie Resources.)

# UNDER OBSERVATION



**Entry One:** Twist ties on brad packages are confusing me. Do you twist left or right to close? Is there a protocol at the bakery that we don't know anything about in business? Do I need to worry about this?.

**Entry Two:** Currently a dozen and more mourning doves clean up under the bird feeders until it gets dark every evening. They seem to be a well-organized army.

**Entry Three:** There are 22 bouquets of pansies on my kitchen table in salt and pepper shakers - a miniature garden indoors! Since the squirrels regularly dug out the flower pots and killed the flowers, I moved the pansies into the garden and voila! Success.

**Entry Four:** If you can see the cartoon "Frank and Ernest" in a daily paper, you could collect enough puns to drive your family and friends crazy for years.

**Entry Five:** Weather in Minnesota has been a blessing this summer and now into fall, and prayers have been regular for so many facing disasters instead. Pray, pray, and give thanks.

**Entry Six:** A new definition of a poor loser: if we did everything right and nothing wrong and still lost, it must be your fault!

**Entry Seven:** Smoke from Canadian forest fires has created spectacular sunsets for us as well as the hazy days of late summer. That time of day is my favorite hour to take a leisurely walk about the neighborhood - a different direction each day! People are happy to stop and visit or just cheerfully wave. A soothing effect?

**Entry Eight:** Butterflies are everywhere! My yard, the Garden Club project in the park, cosmos in the church garden are clouds of monarchs filling up for the long trip ahead. A whole summer's worth of pleasure.

**Entry Nine:** With all the problems in the world - natural and man-made - why does the press continue to feature nit-picking politicians who seem to exist in a vacuum of their own creation? This has gone on too many years and ceases to be as entertaining as they seem to think it is! Do we fault the press for lack of focus?

**Entry Ten:** Saw an ad for "Better Bullet" sprayer, large, for toast, cooking, baking, etc. Now we can shoot for better meals.

**Entry Eleven:** September 24<sup>th</sup> and my pansies are still blooming beautifully.

**Entry twelve:** Hasn't summer been delightful? And the harvest from the gardens has led to some sneaky delivery of zucchini to back doors in the dark of night a regular event. Not guilty! But I admit to pushing potatoes and tomatoes and cucumbers a bit.



A young couple moved into a new neighborhood. The next morning while they were eating breakfast, the young woman saw her neighbor hanging the wash outside.

"That laundry is not very clean," the young woman said. "She doesn't know how to wash correctly. Perhaps she needs better laundry soap."

Her husband looked on, but remained silent.

Every time her neighbor would hang her wash to dry, the young woman would make the same comments.

About one month later, the woman was surprised to see a nice clean wash on the line and said to her husband, "Look, she has learned how to wash correctly. I wonder who taught her this?"

The husband said, "I got up early this morning and cleaned our windows."

**And so it is with life. What we see when watching others depends on the purity of the window through which we look.**



The tongue is only a few inches away from the brain, but to listen to some people talk, the two seem miles apart.

BIBLE STUDY  
REFORMATION—STILL NEEDED?



While most of the people in our nation will quickly identify October 31 as Halloween, I am assuming that those reading these words will also realize that it is first and foremost Reformation Day. We remember that on October 31, 1517 Martin Luther posted his 95 Theses for discussion on the church door in Wittenberg, Germany. And that is generally considered the start of what we call the Protestant Reformation.

Luther, a loyal son of the church, bought into the church's teachings. While Christ had died on the cross to be his Savior, that only allowed him to work towards heaven. This would come from leading an exemplary life, participating in the sacraments of the church, and doing sufficient "penance" for one's failures. And Luther worked hard at it—but he was never sure if he had done enough! He had become a monk, a priest, and a professor of theology, but still feared the wrath of God. And then his eyes were opened through his study of Scripture. He read what had been there all the time. Review these beautiful passages for yourselves: Romans 1:16-17 Romans 3:21-24 John 3:16

While this concept of grace is familiar to us, it had been all but lost in that legalistic era. But that raises the question—is the reformation still needed today?

I came across an interesting article online, taken from *Christianity Today* (a conservative evangelical publication). It is entitled "500 Years After Reformation, Many Protestants Closer to Catholics than Martin Luther," by Sarah Eekhoff Zylstra (August 31, 2017). She begins:

"In 1517, Martin Luther staked his soul on two revolutionary ideas: *sola fide*, that justification is dependent on faith alone; and *sola scriptura*, that Scripture is the only ultimate authority for Christian belief and practice and does not need oversight from church leaders or tradition to be read and understood."

She goes on to cite a new survey by Pew Research that reveals that 52% of American Protestants say that both good deeds and faith in God are needed to get into heaven. Ouch! While we might say "Lutherans" would do better, in Germany (where most of the Protestants would be at least nominally Lutheran) 61% stake their hope for eternity on faith and works.

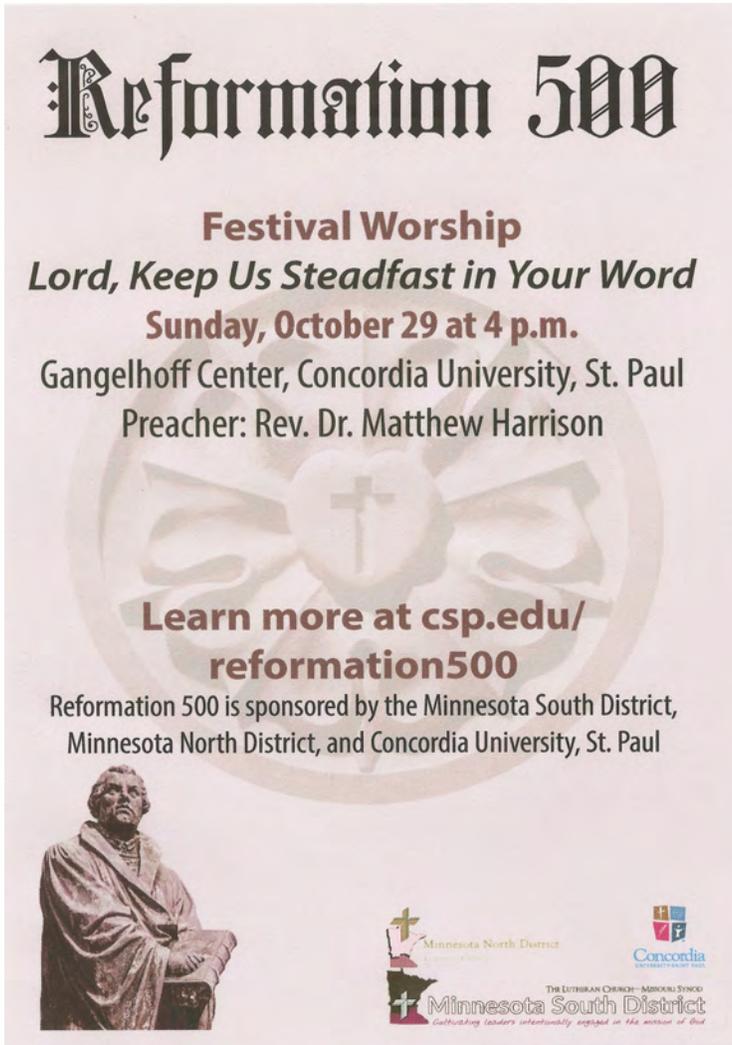
And let's look closer to home. Have you ever heard a fellow member of your church say something like "I hope I have been good enough to go to heaven"? What would you say to that person? How might it be helpful to begin with Isaiah 64:6?

But did some of you cringe a bit when Zylstra began with reference to the "two solas" of the Reformation? What happened to the third—*sola gratia* (by grace alone)? A little digging revealed that it is mainly Lutherans who speak of the third sola—"grace." While some Protestants might say that grace and faith are the same, check out Ephesians 2:8-9. What's the difference? How do they work together?

While we treasure our fellow Christians in the evangelical (most "non-denominational" churches included) community, consider their emphasis on baptism and communion as ordinances (something we are commanded to do), and the necessity of our "deciding" to follow Jesus. Compare 1 Cor. 12:3. What does "grace alone" have to do with this?

So, what do you think? After 500 years, do we need to continue sharing the message of the Reformation? I believe we do: with our Roman Catholic friends, with our Evangelical friends, and even with our Lutheran friends!

Pastor Jim Heining, joyfully retired in Rochester, Minnesota



# Reformation 500

**Festival Worship**  
**Lord, Keep Us Steadfast in Your Word**  
**Sunday, October 29 at 4 p.m.**  
 Gangelhoff Center, Concordia University, St. Paul  
 Preacher: Rev. Dr. Matthew Harrison

**Learn more at [csp.edu/reformation500](http://csp.edu/reformation500)**

Reformation 500 is sponsored by the Minnesota South District, Minnesota North District, and Concordia University, St. Paul



## S.A.G.E.S. Gathering XXX

(Saints Alive, Growing, Ever Serving -- MN South District Older Adult Ministry)

will be held at Country Inn & Suites, Mankato, May 7 and 8, 2018, with presenter Rev. Ted Schroeder. The registration form, workshop descriptions/program, will be available soon.

The **Gathering** is designed to provide information and fellowship, and to demonstrate how older Christians can serve each other as well as have activities or entertainment that they will find enjoyable.

**NOTE:** The location of the GATHERING is new for 2018 - Country Inn & Suites is located at 1900 Premier Drive, Mankato - at the intersection of Highways 10 and 22. There is a restaurant, Axel's Bonfire, on site.

Motel reservations **MUST** be made directly with the motel by calling 507-388-8555. The block of rooms will be under the name SAGES, using this code: 1805SAGESL.

The room rate is \$89 for a non-smoking room with 2 Queen beds. A studio with a King size bed and sofa is \$94. A 15% tax added to each room reservation. **Deadline** for reservations is April 7, 2018. Check in time is 3:00 P.M. Rooms may not be ready for move in before 3.

### THE AGING CHRISTIAN PILGRIM

-- From "Engaging the Aging" Summer, 2017

- WHO AM I?** I am a human being--created by God with a mind, body, and spirit. (Genesis 1:27)
- WHOSE AM I?** I belong to God--my Baptism tells me that Christ's death and resurrection makes it possible for me to be a child of God. (1 Corinthians 6:18-20, 1 John 3:1-2, Romans 6:3-5)
- WHY AM I HERE?** God's love for me moves me to serve Him and my family, neighbor, and stranger. (Ephesians 2:7-10)
- HOW DO I LIVE?**
- With Hope* -- Lord you have been my hope, my confidence since my youth. (Psalm 71:5)
  - With Assurance* -- Lord you will be my guide even to the end. (Psalm 68:14)
  - With Intention* -- I will still bear fruit in my old age. (Psalm 92:14)
  - With Witnessing* -- Even when I am old and gray, I will declare your marvelous deeds -- I will tell them to the next generation. (Psalm 71:13, 18)
  - With Comfort* -- The Lord will sustain me, even to my old age and gray hairs; he will carry me and he will rescue me. (Isaiah 46:3,4)
  - With Prayer* -- Teach me to number my days aright, that I may gain a heart of wisdom. (Psalm 90.12)

## 10 Things You May Not know About Farmers

written by Amanda Bandy

As another harvest is upon us, I am always reminded of how much I love this season. Not just because of the pumpkin craze, or the beautiful colors, or the 70 degree temperatures. Although, I do love all of those things, too!

I grew up on a farm in Illinois. I showed hogs, sewed together clothes, and baked cookies for 4-H projects. My family only purchased green tractors and red pickups. Bonfires were my Friday nights, and 4-wheeler rides were the way to my heart.

So, to me, this time of year represents harvest. The time of year when the farmers get to bring in the crop they have worked hard to grow. The crops are harvested and stored away for the winter, and food is stocked on our grocery shelves for yet another season.

When my husband took a new job, we traveled around for 2 years, living in different farm regions around the country. Mississippi, Nebraska, Kansas, and South Dakota, each with their own unique crops and farming methods. I feel so blessed to have met some great farmers and agricultural industry leaders.

As all of these farmers, including my own husband, father, and brother, along with many of my closest friends, are in the midst of another harvest season, I pray to God for their safety. Farming is not a job without its risks. So, I pray for understanding from others, for patience, and for kindness as our farmers are out there providing for us all.

In honor of another harvest season, I want to share 10 things you may not know about the American Farmer.

1. They are up before the sun rises and often don't make it to bed until long after the sun sets.
2. Farmers are way more intelligent than perceived. They research, study, collect data, operate and fix machinery worth more than some homes, and are always changing their methods to improve. I can't even begin to understand the knowledge they hold.
3. All farmers are intensely passionate about what they do.
4. During spring and harvest, they sacrifice time spent with their loved ones to put food on all of our tables.
5. They are obsessed with the weather. Weather for a farmer is not small talk. It is their

livelihood and can make or break their entire crop.

6. Farmers want to be safe and make it home to their families after a day of work. So, when you come across a slow combine or tractor on the road, give them space and be patient. They aren't purposefully blocking traffic or not allowing you to pass. Driving a huge piece of machinery down a busy road is not all fun and games for them either.
7. They are a community. I have yet to meet a farmer who wouldn't help another out in need. If one of them is sick, has broken equipment, or is suffering a tragedy in the midst of a season, there is a farmer right behind them ready to lend a hand.
8. Farmers have really cool gadgets. From tractors that drive themselves, to drones, to data managing apps, the technology of farming is always growing.
9. Farmers are full of pride. They want their rows to be planted straight, can't stand to see a weed in their field, strive to have the highest yielding crop, and take great care of their equipment.
10. They aren't in it for the money. The market is ever changing, and it's no different agriculture. Coming out on top is never a guarantee. Plus, the investment they put into their crop takes away a very large chunk of their profit. They do it because they love it. They love the freedom of being out in an open field, taking their child or grandchild for a ride on the tractor, and providing for their family. Providing for the world.

(Printed with permission from [The Fish Tale](#), Immanuel Lutheran, Prior Lake)

☺ Government surveyors came to Ole's farm in the fall and asked if they could do some surveying. Ole agreed and Lena even served them a nice meal at noon time.

The next spring, the two surveyors stopped by and told Ole, "Because you were so kind to us, we wanted to give you this bad news in person instead of by letter."

Ole replied, "What's the bad news?"

The surveyors stated, "Well, after our work we discovered that your farm is not in Minnesota, but is actually in South Dakota."

**Ole looked at Lena and said, "That's the best news I have heard in a long time. Why I just told Lena this morning, 'I don't think I can take another winter in Minnesota.'"**

**Senior LinkAge Line**

1-800-333-2433

Free information and assistance service of the Minnesota Board on Aging – a State Agency

**Helpful Telephone Numbers**

Social Security Administration

1-800-772-1213

Service available from 7 a.m. to 7 p.m. on business days. Call to provide notification of death or to inquire about survivor benefits.

U. S. Dept. of Veterans Affairs (VA)

1-800-827-1000

Call for survivor benefits, burial benefits or to provide notification of death.

United Way 2-1-1

Metro 2-1-1-

Or (651) 291-0211

Free, confidential, multilingual information is offered 24 hours every day. United Way 2-1-1 is a unique community information and referral service. Call if you need to know where to turn for help.

Susan was desperate for a few days off from work. But she knew the boss wouldn't let her take a vacation. So she got a crazy idea. She hung upside down on the ceiling until the big guy noticed and asked her what she was doing. "I'm a light bulb," she told him.

"You are clearly stressed out," said the boss, looking concerned. "Go home and take it easy for a couple of days."

Susan jumped down and headed for the door.

Her co-worker, Janice, seized her opportunity and followed Susan.

"Where do you think you're going?" the boss hollered at her.

**"I'm going home too," Janice said. "I can't work in the dark."**

>>>>>>

A husband and wife are fighting, and she yells at him. "The only reason you married me was because my great uncle left me a million dollars."

**He turns back and calmly replies, "Don't be ridiculous. I don't care who left it to you!"**

Josh phoned his heart surgeon to schedule an appointment for an immediate surgery.

"I'm sorry," the receptionist answered, "we don't have anything available for the next three weeks."

"But I could die by then!" replied Josh.

**"No problem," answered the receptionist. "Just call before to cancel the appointment."**

<<<<<<

Two farmers are sitting next to each other. One says to the other, "I have such a big farm I could climb in my truck, and it would take me two days to get across the whole farm!"

**The other farmer turns back to him and replies, "I also used to have a truck like that!"**

>>>>>

Pastor: "How did the assistant pastor do on Sunday morning?"

Church member: "It was a poor sermon. Nothing in it at all."

Upon seeing the assistant pastor, the following conversation took place.

Pastor: "How did it go on Sunday morning?"

**Assistant Pastor: Excellent. I didn't have time to prepare anything myself, so I preached one of your sermons."**

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A garden center customer picks up a container of insecticide and asks the salesperson. "Is this good for red ants?"

**"No," says the salesperson. "It'll kill 'em!"**

>>>>>

The strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of one of the older workers. After several minutes, the older worker had enough.

"Why don't you put your money where your mouth is," the older worker said. "I will bet a week's wages that I can haul something in a wheelbarrow over to that outbuilding that you won't be able to wheel back."

"You're on, old man," the braggart replied. "Let's see what you got."

**The old man reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right, get in."**

<<<<<<

**If you think your problems are behind you, chances are you are driving a school bus.**



## Flu Vaccination

### Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread through that community.

#### >What kinds of flu vaccines are available?

CDC recommends use of injectable influenza vaccines (including inactivated influenza vaccines and recombinant influenza vaccines) during 2016-2017.

#### >Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season.

#### >When should I get vaccinated?

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu, so make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Source: Centers for Disease Control and prevention at <http://www.cdc.gov/flu/protect/keyfacts.htm>

## Know your diabetes ABCs.

Talk to your health care team about how to manage your A1C, Blood pressure, and Cholesterol. This can help lower your chances of having a heart attack, stroke, or other diabetes problems.

### A for the A1C test (A-one-C).

#### What is it?

The A1C is a blood test that measures your average blood sugar level over the past three months. It is different from the blood sugar checks you do each day.

#### Why is it important?

You need to know your blood sugar levels over time. You don't want those numbers to get too

high. High levels of blood sugar can harm your heart, blood vessels, kidneys, feet, and eyes.

#### >What is the A1C goal?

The A1C goal for many people with diabetes is below 7. It may be different for you. Ask what your goal should be.

### B for Blood pressure.

#### >What is it?

Blood pressure is the force of your blood against the wall of your blood vessels.

#### Why is it important?

If your blood pressure gets too high, it makes your heart work too hard. It can cause a heart attack, stroke, and damage your kidneys and eyes.

#### >What is the blood pressure goal?

The blood pressure goal for most people with diabetes is below 140/90. It may be different for you. Ask what your goal should be.

### C for Cholesterol (ko-LESS-tuh-ruhl).

#### >What is it?

There are two kinds of cholesterol in your blood: LDL and HDL.

LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause a heart attack or stroke.

HDL or "good" cholesterol helps remove the "bad" cholesterol from your blood vessels.

#### >What are the LDL and HDL goals?

Ask what your cholesterol numbers should be. Your goals may be different from other people. If you are over 40 years of age, you may need to take a statin drug for heart health.

Source: National Institute of Diabetes and Digestive and Kidney Diseases at [niddk.nih.gov](http://niddk.nih.gov)

November is National Diabetes Awareness Month

## Medicare Open Enrollment

Every year, Medicare's open enrollment period is **October 15 - December 7**.

### What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

**When can people get information about next year's Medicare plans?** Information for next year's plans will be available beginning in October.

Source: Centers for Medicare & Medicaid Services at [CMS.gov](http://CMS.gov)

### October is: National Cyber Security Awareness Month

Here are some tips to protect your email:

1. Create a really strong password (a complicated password, for example, if the site allows, use numbers, symbols, capital and lower case letters -- or a word or phrase that you can remember)
1. Do not use the same password on multiple sites. Change passwords often.
2. Visit your email provider so see if you can add two-factor authentication.
3. Use fake answers to security questions (i.e. "What is your mother's maiden name?" Your answer: ImaKnotSure - or - wh0wants2no)

A notebook by your computer is handy to write down the site and password you've given. Or investigate the possibility of using password manager which will encrypt the password making it more secure.

### November is:

- National Caregivers Appreciation Month  
The theme for 2017 is "Caregiving Around the Clock". More information on the website: [caregiveraction.org](http://caregiveraction.org)
- Alzheimer's Disease Awareness Month  
The ALZ website ([alz.org](http://alz.org)) gives information about the 10 Warning Signs:
  1. Memory loss that disrupts daily life
  2. Challenges in planning or solving problems.
  3. Difficulty completing familiar tasks at home, at work or at leisure
  4. Confusion with time or place
  5. Trouble understanding visual images and spatial relationships.
  6. New problems with words in speaking or writing
  7. Misplacing things and losing the ability to retrace steps.
  8. Decreased or poor judgment
  9. Withdrawal from work or social activities
  10. Changes in mood and personality

### December is: Safe Toys and Gifts Month

Two websites that give guidelines for choosing safe toys for all ages are: [healthtradition.com](http://healthtradition.com) and [www.preventblindness.org/children/safetoy.html](http://www.preventblindness.org/children/safetoy.html)

**Advent** begins four Sundays before Christmas: December 3, 2017 -- A time of preparation and expectation of the coming of the Lord.

☺ During a recent password audit, it was found that a blonde was using the following password: *MickeyMinniePlutoHueyLouieDeweyDonaldGoofy*.

When asked why such a big password, she said that it had to be at least eight characters long.

### ☞ RETIREES ☛

Question: When is a retiree's bedtime?

Answer: **Three hours after he falls asleep on the couch.**

Q: How many retirees does it take to change a light bulb?

A: **Only one, but it might take all day.**

Q: What is the biggest gripe of retirees?

A: **There is not enough time to get everything done.**

Q: Why don't retirees mind being called seniors?

A: **The term comes with a ten percent discount.**

Q: Among retirees what is considered formal attire?

A: **Tied shoes.**

Q: What do retirees count pennies?

A: **They are the only people who have the time.**

Q: What is the common term for someone who enjoys work and refuses to retire?

A: **NUTS!**

Q: Why are retirees so slow to clean out the basement, attic or garage?

A: **They know that as soon as they do, one of their adult kids will want to store stuff there.**

Q: What is the best way to describe retirement?

A: **The never ending coffee break.**

Q: What's the biggest advantage of going back to school as a retiree?

A: **If you cut classes, no one calls your parents.**

Q: Why does a retiree often say he doesn't miss work, but misses the people he used to work with?

A: **He is too polite to tell the whole truth.**

☺ A first grader came home from school and cheerfully announced to his mother that his class had a substitute teacher that day.

**"And Mom," he said happily, "the only two rules we had to follow were 'sit down and shut up.'"**

Children may be deductible - **but they are still taxing.**

☺ When a daughter was in high school, she went out with the captain of the chess team. The parents loved him because they figured **any guy who took three hours to make a move was okay.**

☺ A blonde goes to the post office to buy stamps for her Christmas cards. She says to the clerk, “May I have 50 Christmas stamps?”

The clerk says, “What denomination?”

The blonde says, “God help us. Has it come to this? Give me 6 Catholic, 12 Presbyterian, 10 Lutheran and 22 Baptists.”

☺ Bob was in his usual place in the morning sitting at the table, reading the paper after breakfast. He came across an article about a beautiful actress that was about to marry a football player who was known primarily for his lack of IQ and common sense.

He turned to his wife with a look of question on his face. “I’ll never understand why the biggest jerks get the most attractive wives.”

**His wife replies, “Why, thank you, dear!”**

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



## NOW THANK WE ALL OUR GOD

In everything give thanks; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:18

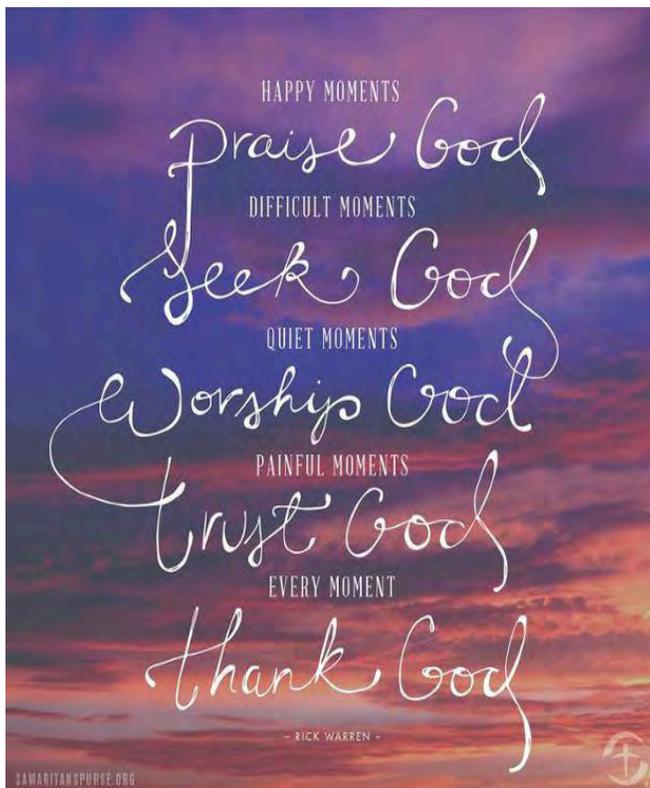
There are few hymns devoted exclusively to thanking God. Notes at the bottom of page 895 of the Lutheran Service Book identify Martin Rinkart (1586-1649) author of the text of the hymn, translated by Catherine Winkworth, and melody composed by Johann Cruger. Pastor Rinkart, a Lutheran pastor in Eilenberg, Saxony, served as the Thirty Years’ War raged through Germany and composed this for the survivors.

(For more information about this hymn, google any of the names listed above, or the name of the hymn.)

1 Now thank we all our God  
with heart and hands and voices,  
who wondrous things has done,  
in whom his world rejoices;  
who from our mothers' arms  
has blessed us on our way  
with countless gifts of love,  
and still is ours today.

2 O may this bounteous God  
through all our life be near us,  
with ever joyful hearts  
and blessed peace to cheer us,  
to keep us in his grace,  
and guide us when perplexed,  
and free us from all ills  
of this world in the next.

3 All praise and thanks to God  
the Father now be given,  
the Son and Spirit blest,  
who reign in highest heaven  
the one eternal God,  
whom heaven and earth adore;  
for thus it was, is now,  
and shall be evermore.



**\*Christmas Cookie Rules...\***

1. If you eat a Christmas cookie fresh out of the oven, it has no calories because everyone knows that the first cookie is the test and thus calorie free.
2. If you drink a diet soda after eating your second cookie, it also has no calories because the diet soda cancels out the cookie calories.
3. If a friend comes over while you're making your Christmas cookies and needs to sample, you must sample with your friend. Because your friend's first cookie is calories free, (rule #1) yours is also. It would be rude to let your friend sample alone and, being the friend that you are, that makes your cookie calorie free.
4. Any cookie calories consumed while walking around will fall to your feet and eventually fall off as you move. This is due to gravity and the density of the caloric mass.
5. Any calories consumed during the frosting of the Christmas cookies will be used up because it takes many calories to lick excess frosting from a knife without cutting your tongue.
6. Cookies colored red or green have very few calories. Red ones have three and green ones have five - one calorie for each letter. Make more red ones!
7. Cookies eaten while watching "Miracle on 34th Street" have no calories because they are part of the entertainment package and not part of one's personal fuel.
8. As always, cookie pieces contain no calories because the process of breaking causes calorie leakage...
9. Any cookies consumed from someone else's plate have no calories since the calories rightfully belong to the other person and will cling to their plate.\*We all know how calories like to CLING!\*
10. Any cookies consumed while feeling stressed have no calories because cookies used for medicinal purposes NEVER have calories. It's a rule!
11. So, go out and enjoy those Christmas Cookies - we only get them this time of year!

**Answers to Rebus pictogram and baseball puzzle handed out at the 2017 GATHERING:**

**Rebus pictogram-**

1. fishing lines
2. common misconception
3. come over next week
4. star quarterback
5. pajama bottoms
6. detonate
7. an inside job
8. 10 degrees below zero
9. winter overcoat
10. hot under the collar
11. fiddle around
12. 6 months overdue
13. tee shirts
14. foreign intrigue
15. tubas
16. left without hope
17. picnics
18. start over again
19. minor miracle
20. one foot in the grave
21. lie in wait
22. he's out of checks
23. bib overalls
24. movie rental
25. this one's on you

**Baseball terms answers:**

- |             |                 |
|-------------|-----------------|
| 1. fly      | 13. run         |
| 2. error    | 14. foul (fowl) |
| 3. batter   | 15. foul (fowl) |
| 4. pitchers | 16. steel       |
| 5. bases    | 17. short stop  |
| 6. plate    | 18. out at home |
| 7. mask     | 19. score       |
| 8. umpire   | 20. catcher     |
| 9. diamond  | 21. ball        |
| 10. curve   | 22. sacrifice   |
| 11. double  | 23. bat         |
| 12. single  |                 |

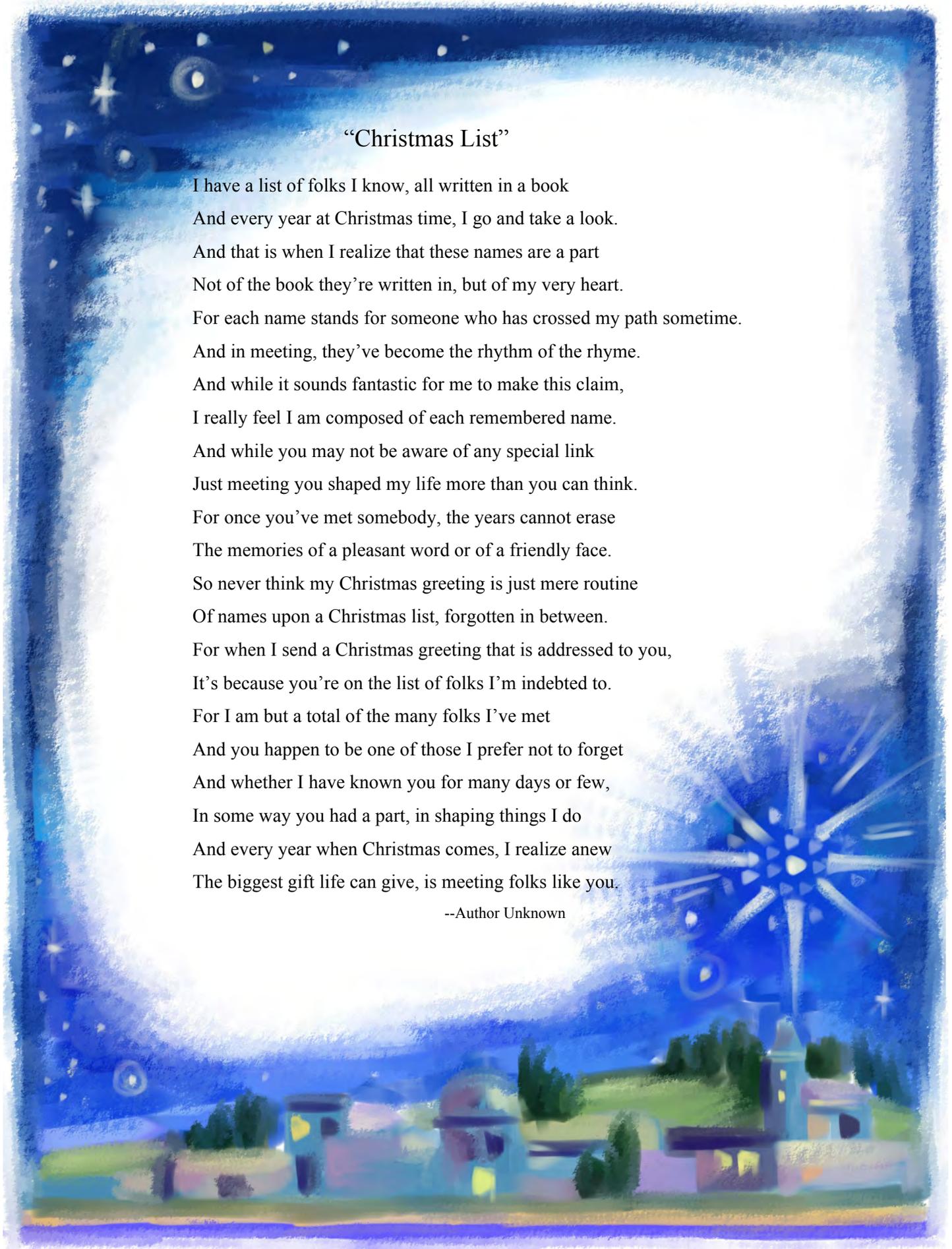
If anyone would like a copy of the Rebus and/or the baseball terms quiz, send a self-addressed, stamped envelope to SAGACITY Editor, Redeemer Lutheran Church, 869 7<sup>th</sup> Ave SE, Rochester MN 55904.

For questions or comments, use the address above, or email [sages@mnsouth.org](mailto:sages@mnsouth.org).

### “Christmas List”

I have a list of folks I know, all written in a book  
And every year at Christmas time, I go and take a look.  
And that is when I realize that these names are a part  
Not of the book they're written in, but of my very heart.  
For each name stands for someone who has crossed my path sometime.  
And in meeting, they've become the rhythm of the rhyme.  
And while it sounds fantastic for me to make this claim,  
I really feel I am composed of each remembered name.  
And while you may not be aware of any special link  
Just meeting you shaped my life more than you can think.  
For once you've met somebody, the years cannot erase  
The memories of a pleasant word or of a friendly face.  
So never think my Christmas greeting is just mere routine  
Of names upon a Christmas list, forgotten in between.  
For when I send a Christmas greeting that is addressed to you,  
It's because you're on the list of folks I'm indebted to.  
For I am but a total of the many folks I've met  
And you happen to be one of those I prefer not to forget  
And whether I have known you for many days or few,  
In some way you had a part, in shaping things I do  
And every year when Christmas comes, I realize anew  
The biggest gift life can give, is meeting folks like you.

--Author Unknown





# S.A.G.E.S.

SAINTS ALIVE! GROWING, EVER SERVING

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**NOTICE:** There are openings for board representatives in the southwest part of the state. Please pray that hearts will be open to this opportunity.

All board members are volunteers who enjoy serving together.

The print edition of SAGACITY is in black and white. The online edition will have color. Go to: [mnsdistrict.org](http://mnsdistrict.org), in the top bar, click on News and Events to get a dropdown box, click SAGES, scroll down to find the online version of SAGACITY.