

# SAGACITY

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

SAINTS ALIVE, GROWING, EVER SERVING



VOL 33, No. 2

**April, 2023**

Downloadable information about S.A.G.E.S. and the GATHERING is available at [www.mnsdistrict.org](http://www.mnsdistrict.org) under "Get Involved" tab, S.A.G.E.S.

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## NOTICE:

The Monday afternoon workshop presenter listed as 'B' in the GATHERING documents (Rev. Richard Carter) has withdrawn due to a scheduling conflict. We are grateful that Rev. Craig McCourt, Peace Lutheran, Arlington, will be the presenter in that time slot.

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\*Delores McGillivray  
Redeemer Lutheran, Rochester  
Contributing Columnist:

\*Pauline Wiemann  
Peace Lutheran, Arlington

## WELCOME!

THE ANNUAL GATHERING IS BACK WITH  
**PRESENTATIONS, WORKSHOPS,  
MUSIC, FELLOWSHIP,  
BANQUET WITH ENTERTAINMENT**

# S.A.G.E.S.

## GATHERING XXXIII

MAY 1 AND 2, 2023

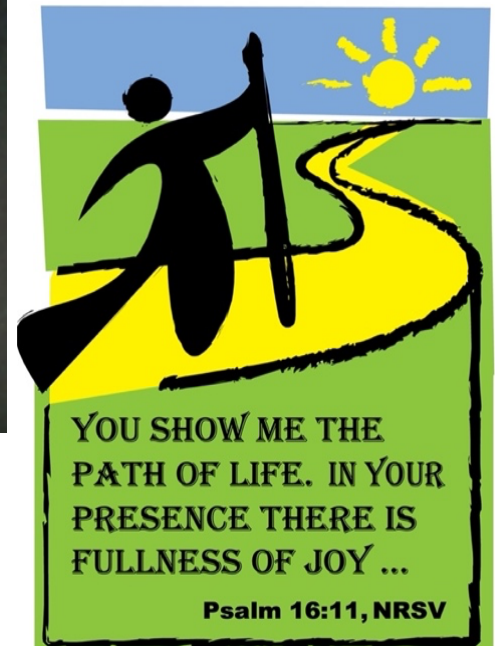
# JOYFULLY AGING

Registration requested by April 15!



**Dr. Rich Bimler**

**Featured  
Presenter**



## I'LL PRAY FOR YOU!

**Intro:** When was the last time you told a complete stranger, coworker, or friend, I'll pray for you? Did you remember to do it?

**Start Praying:** Dear Jesus, thank you for being my advocate and for praying to the Father for me. Help me. Like you, to pray to our Father in Heaven. Amen.

### Start Studying and Applying:

1. Start by taking a look at multiple parts of the Jesus' High Priestly Prayer (John 17:1-26), studying and applying at the same time. What did Jesus pray for you and what does that inspire in you?
2. Read John 18:1-2: Notice that prayer is the last thing Jesus does before leaving to go to where he knew he would be betrayed. Why is this important to remember? How does it make the prayer even more powerful?  
**APPLY** We, too, go into heavy, hard, scary moments in our lives. How can we make sure to pray before we go?
3. Read John 17:9-10 and 20: Who is Jesus praying for? What is important about those he prays for?  
**APPLY** How would you be inspired if you added this line to your prayer life, "I pray not only for my Christian friends but also for those who will believe in you through our words."
4. Read John 17:12-13: As Jesus gets ready to leave, what does he want us to be filled with?  
**APPLY** The world wants us to pursue happiness in many things. What is the difference between being filled with joy in Jesus vs. happiness?
5. Read John 17:14-18: This is a powerful section. Jesus knows that we will remain in this world (in but not of) and this will be a challenge. Knowing this, what is He specifically asking of His father?  
**APPLY** Jesus has you in this world for a purpose? Check out Ephesians 2:10. What good works does he have planned for you?
6. Read John 17:20-24: Jesus prays for our belief in what? He also wants us to be unified for what purpose?  
**APPLY** Even at our own church we can get focused on our differences in preferences, focuses, needs. How do we help each other stay united on what matters most – unity in His mission – cause our preferences, focuses and needs to bow to this mission?

(Continued on page 3)

### MN S District Liason

\*Dr. Phillip Johnson, Asst. to President for Congregational Mission Formation

#### **Conf/Circuit Representatives**

#### **CAPITOL/Circuits 1,2**

\*Connie Petersen  
 St. Stephanus Lutheran  
 St. Paul MN

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 Emanuel Lutheran  
 Inver Grove Hts MN

#### **\*WEST METRO Circuits 8,9,10 (N&S Carver)**

\*Jayne Combronne  
 \*Katherine Bart  
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#### **OWATONNA Circuits 14,15,16**

\*Len & Lois Marquardt  
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 \*Darlene Ave-Lallemant  
 Our Savior's Lutheran  
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#### **S. CROW RIVER Circuits 19, 20**

\*Trudy Wiechmann  
 Our Savior's Lutheran  
 Mankato MN

#### **SOUTHWEST E/Circuits 21,22**

(OPEN)

#### **SOUTHWEST W/Circuits 23,24**

(OPEN)

#### **WHITEWATER/Circuits 11,12,13**

(OPEN)



(Notice: there are openings for circuit representatives on the S.A.G.E.S. Board. This is a good opportunity to prayerfully consider volunteering to serve older adults in MN South District.)

7. Read John 17:24-26: Jesus shares His desire. What is it? Finally, he prays that He not only made known His name but will continue to make known to us His name. For what purpose?

**APPLY** How is Jesus planning to continue to use you to make known His name so that others can be filled with His love?

**Close in Prayer:** If in a group (two or more) setting, have one person read John 17:1-26 twice in a row. Close your eyes and listen. After the second reading, write down what part God made stick out to you. Turn that into a prayer and pray it for the remainder of your week.

(Author: Rev. Adam Koglin, Redeemer Lutheran, Rochester. Used with permission.)

## UNDER OBSERVATION

**Entry one:** SNOW came a mite early this year. Of course, we're Minnesotans so we were prepared. But then it came again and again and again and really got our attention, right? And then it came again, and it's January.



**Entry two:** My dentist and I renewed acquaintance when another tooth chunk fell off and created an open space. The dentist and his staff have taken a charming personal interest in me and the business we have. Such altruism is impressive. It's a good thing they are also very nice people.

**Entry three:** Confined by enormous snow banks, I turned my attention to the interior of my house, an unusual move. Oh, there were closets to be sorted and considered, bookcases to be counted, drawers to be opened, cupboards to be viewed. Notice the absence of the word "cleaned." For me the first step is look and then sit down and think about the next step. Never got to step three.

**Entry four:** A truly comforting news announcement: chocolate chip cookies can be made healthy for us by just tweaking one simple ingredient. Unfortunately, the reporter didn't say what it was. So bring on the cookie for enjoyment if not health!

**Entry five:** The hoar frost mornings in January were gorgeous! Just one was a treat, but a whole week was a wonderland. It even made the snowbanks and rotten streets look good, and for a few days there was sunshine.

**Entry six:** Being caught indoors a bit more than usual, I did discover old TV shows back in circulation that have survived well. But with a library 3 blocks away and a shovel handy, I launched into a raid on the shelves and escaped with a sackful of books. Bless the library system.

**Entry seven:** Another 3 days of snow. But this area was considered in a drought after last summer until this moisture arrived in abundance in winter. After recent news, I decided our snow was more manageable than the rains on the West Coast and thanked the Lord again for snow. Never imagined that I'd say that!

**Entry eight:** The annual Valentine box treat grew to 17 this year because more of the congregation's students are going to college. But everybody came through with powerful, sugary treats for the teens to enjoy with our best wishes. And the folks at the Post Office enjoyed the aroma of popcorn filling.

**Entry nine:** Crossing MN5 is my route to the post office and grocery. Right now the snow-plowed banks are so high I can't see the traffic. It's either heroic or idiotic to step into the road - a challenge to the daring and a hazard to my health. Either heat or more rain is needed to finish the cleaning task.

**Entry ten:** The library sponsored a picture puzzle challenge for adult teams that drew 7 groups of various ages and, as it turned out, skills. Who knew 500 pieces of cardboard could stymie so many upstanding local citizens? But with a lot of encouragement and even more time, everyone finished and was rewarded with a piece of pie and good cheer.

EASTER  
CHANGES EVERYTHING



**A Commentary by Rev. Donald Taylor, Vice President of S.A.G.E.S., and charter member.**

S.A.G.E.S. (Saints Alive, Growing, Ever Serving) like many church organizations is populated, energized and run by volunteers. The word volunteer is based on *volō/volūns* the ancient Latin word for will. Volunteers willingly offer to do something they are not required nor paid to do. People who volunteer are optimistic, idealistic, and have a glimmer of hope that their time is worth it. People who volunteer receive an inward reward that produces a feeling of self-worth, self respect and an enhanced sense of mental and emotional well being. Those who study what motivates people to volunteer claim the brain produces hormones, such as dopamine, that boost their mood.

The above reasons to volunteer follow the philosophy of voluntarism. Voluntarism reasons that volunteering is not only for a good cause but also affects our own personal feelings of usefulness, self-worth and well-being. Our Christian will is transformed at our Baptism. We no longer volunteer merely out of the need for self-returns. We Christians base our desire to volunteer on the moral and spiritual distinction of the will of God we find in Scripture. We volunteer in whatever God wills to be good, right and true according to His Word.

Old Testament offerings made to God were voluntary (Leviticus 1:3; 7:16; Ezekiel 46:12 {KJV}). We offer ourselves to Him for His direction. We can because Jesus willingly offered Himself on the cross for us. We can volunteer in many places in our church and society. Our need for volunteers in S.A.G.E.S. (Saints Alive, Growing, Ever Serving) continues to be great.



A man goes to his lawyer and says, “My neighbor owes me \$500 and he won’t pay up. What should I do?”

“Do you have any proof that he owes you the money?” the lawyer asks.

“No,” the man replies.

“Ok then write him a letter asking him for the \$5,000 he owes you,” the lawyer says.

“But it’s only \$500,” replies the man.

**“Precisely,” the lawyer says. “That’s what he will reply and then you’ll have the proof.”**

On the surface: Cool as a cucumber.

On the inside: **Squirrel in traffic.**

It turns out that when asked who your favorite child is, you’re supposed to pick one of your own.

**I know that now.**

“When I go on a vacation,” said Barney, “I don’t make any decisions. **The boss tells me when, the wife tells me where, and the checkbook tells me how long.**”

**It’s hard to be nostalgic when you can’t remember anything.**

I asked my shrink to show me one positive result from all my visits. **He showed me his new Porsche.**



1. You will **NOT** remember that password. **WRITE IT DOWN.**
2. Your coffee is still in the microwave.
3. Do **NOT** throw away the box with the directions until the food is **IN** the oven.
4. Stop spending more money just to get free shipping. © I Might Be Funny
5. Your glasses are on top of your head.
6. You’re **NOT** fitting into those jeans again...donate ‘em.
7. You *will* forget to get gas in the morning **GET IT NOW.**



A woman ran into a doctor's office and said, "Doctor, doctor! You have to help me! Every where I touch my body it hurts!"

The Doctor replied, "Show me."

So the woman poked her ankle and screamed of pain. Then she poked her knee and yelled OW. She poked her forehead and screamed again. She was about to continue when the doctor said, "That's enough, let me think this over." He thought for a minute and said, "I think I know what your problem is. **You broke your finger.**"

Miles and Margaret had been arguing, and finally they stopped speaking to each other altogether. On Sunday night, Miles remembered that he had an important meeting the next morning. Not wanting to be the first to break the silence, he wrote a note asking Margaret if she would wake him at 5 a.m.

The next day he awoke to see that it was 9 a.m. Furious, he hopped out of bed and spotted a note on the nightstand: "**It's 5 a.m. Time to get up!**"

## Dust If You Must by Rose Milligan

Dust if you must, but wouldn't it be better  
To paint a picture, or write a letter,  
Bake a cake, or plant a seed;  
Ponder the difference between want and need?

Dust if you must, but there's not much time,  
With rivers to swim, and mountains to climb;  
Music to hear, and books to read;  
Friends to cherish, and life to lead.

Dust if you must, but the world's out there  
With the sun in your eyes, and the wind in your hair;  
A flutter of snow, a shower of rain,  
This day will not come around again.

Dust if you must, but bear in mind,  
Old age will come and it's not kind.  
And when you go (and go you must)  
You, yourself, will make more dust.

## ERRAND JOY (

(BY BOB SITZE- WITH PERMISSION)

Over my lifetime, I've thought about \*errands in several different ways. When I received my driver's license in high school, I would volunteer to take the Dodge station wagon out for the simplest family tasks. As I matured into adulthood, the amount and complexity of necessary errands—encapsulated in TO DO Lists—shaded my feelings in a different way: I had to squeeze these chores into the in-between moments that might be available in the day's calendar. Errands were necessary, but if there too many of them, they could also be irksome. Errands took precious time away from other, larger responsibilities.

Nowadays, I'm returning to my adolescent view about small, purposed jaunts beyond these four walls. There are times when completing errands becomes the high point of my day. I aggregate them into a circuitous set of tasks, their locations sequenced for maximum fuel and time efficiency.

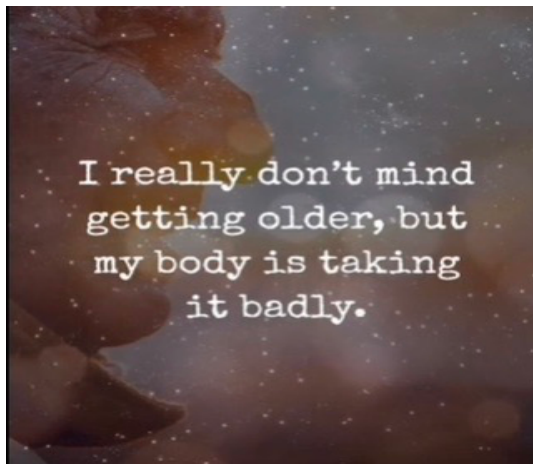
I really like doing errands. I find great satisfaction in driving around town, getting things done. There are times when a short task-journey turns into a happiness trip—as I notice gratefully all that's wonderful about living around here, among these wonderful people.

Living the luxury of a retired guy's calendar, I can spend a little more time at each task, focusing more carefully so that it's completed well. I can engage clerks and sales associates in brief, appreciative conversations. I can set aside imagined big-picture urgencies, seeing in slow-errands the richness of my life right now. As I journey through the list of errands, I can find reasons for prayer, content for meditation and sources for gratitude.

At this time in life, doing errands describes some of my lifework. Each errand run becomes another chance to add grace to necessary household-maintenance tasks.

### I can find errand joy in being an errand boy....

(\*From Old Frisian, Old Norse, Old Saxon and Old High German roots, this term (something like *ærende*) denoted a message or news—and sometimes the person who carried or announced it. Old English folks added the fascinating twist that an *ærendgast* was an angel and an *ærendraca* was an ambassador. The idea of a short, simple task didn't emerge until the 1640's.)



### The Megillah of Old Age

You drop something when you were younger, you just pick it up. When you're older and you drop something, you stare at it for a bit contemplating if you actually need it anymore.

One thing no one ever talks about when it comes to being an adult, is how much time we debate keeping a cardboard box because it's, you know...a really good box.

GRAY PRIDE: We're old. We're tired. Get off our lawn.

Being a little older, I am very fortunate to have someone call and check on me every day. He is from India and is very concerned about my car warranty.

I'm in a Walmart parking lot watching a woman who can't remember where she parked. Every time she holds her remote in the air, I honk my horn.

I wanna be 14 again and ruin my life differently. I have new ideas.

At my age, rolling out of bed in the morning is the easy part. Getting off the floor is a whole other story.

I may not have all my marbles yet, but there is a small hole in the bag somewhere.

If a cookie falls on the floor and you pick it up – that's a squat, right?

My super power is holding onto junk for years and throwing it away a week before I need it.

I don't want to be an adult anymore. I don't even want to be human. I want to be a goat. Just eat all day and head butt anyone who annoys me.

I'm beginning to think that for some of you, the wheels on your bus do not go round and round. Do you ever feel like your body's check engine light has been on and you're still driving it like 'nah it'll be fine.'

I can't believe I forgot to go to the gym today. That's seven years in a row now.

My kids laugh because they think I'm crazy. I laugh because they don't know it's hereditary.

How to parallel park: 1) Park somewhere else.

I don't know how to use TikTok, but I can write in cursive, do long division and tell time on clocks with hands . . .so there's that.

You think you know stress? When I grew up, if you missed a TV show you just missed it. Forever.

Gonna ask my Mom if that offer to slap me into next year is still on the table.

I'm so glad I was young and stupid before there were camera phones.

How's adulting going, you ask? Well, I turned on the wrong burner and have been cooking nothing for about 20 minutes.

I've reached that age where my brain goes from "you probably shouldn't say that," to "what the heck, let's see what happens."

I like to make lists. I also like to leave them laying on the kitchen counter and then guess what's on the list while at the store. Fun game.

When I say "the other day," I could be referring to any time between yesterday and 15 years ago.



You never know what  
I have up my sleeve.  
Today, for example, it  
was a dryer sheet.

Dust on your Bible may lead to dirt in your life.



## Keep Food Safe

Healthy eating means more than managing calories or choosing a balanced diet of nutrient-rich foods. The best healthy eating plans also involve safe food handling, cooking, and storage practices that help prevent food poisoning and foodborne illness.

This year, an estimated 1 in 6 Americans will get sick from food poisoning. Go to [foodsafety.gov](https://www.foodsafety.gov) to find out what you can do to keep you and your family safe with these 5 sites:

- **Check your Steps:** Following four simple steps – Clean, Separate, Cook, and Chill – can help protect your family from food poisoning at home.
- **Keep Food Safe by Type of Food:** Get the latest tips and techniques to keep specific foods safe and prevent food poisoning.
- **Keep Food Safe by Type of Events and Seasons:** Whether you're planning a small summer cookout or a big holiday celebration, a camping trip or a potluck dinner, you need to follow special precautions to ensure that you and your guests are safe from food poisoning.
- **Food Safety in a Disaster or Emergency:** Find out how to keep food safe during and after an emergency, such as a hurricane, flood, fire, or loss of power.
- **FoodKeeper App:** Use this app to help you use food while at peak quality and reduce waste.

**FoodSafety.gov** A federal government website managed by the U.S. Department of Health & Human Services, 200 Independence Avenue, S.W. - Washington, D.C. 2020

(I just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap.)



(Submitted by Delores McGillivray, Whitewater Conference Representative (3 Circuits) 2008-2017, SAGACITY Editor 2017-present)

Over thirty years ago, a 'seed' of an idea to give older adults an opportunity to gather in a positive environment for exploration of current topics and for fellowship, was 'planted' by one person who found others agreeing. God blessed that 'seed' which blossomed into what we now know as the MN South District Older Adult Ministry, S.A.G.E.S., Saints Alive, Growing, Ever Serving.

In order for a plant to continue to bloom, it must have caretakers to prune, water, and feed. So it is with an organization. The need for volunteers in S.A.G.E.S. continues for the sustainability of the mission. This leads to the desire for you to pray about volunteering for specific places of leadership responsibility in S.A.G.E.S. We will be actively seeking your help at our coming Gathering May 1 and 2 in Mankato.

The officers to be elected this year are president and secretary. Other officers will be elected next year. Also as noted in the list of Circuits, there is no representation from several locations. Or how about a talent for producing publications? Mentoring will be available. Feel free to suggest yourself or someone you know. Friends can volunteer together.

Our prayer is that our Lord would move your heart to join the mission of older adult ministry, bringing your gifts and talents into this realm.



# 5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



**Eat a variety of foods each day.**

<p><b>Fruits</b></p>		<p><b>Vegetables</b></p>	
<p><b>Grains</b></p>	<p><b>Protein</b></p>	<p><b>Dairy</b></p>	

**Read food labels to learn what's in your food.**

**Choose foods that don't have a lot of sugar, saturated fats, and sodium.**



**Be aware of how many calories you need per day.**

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

**Keep a food diary to track what you eat.**



Learn more about healthy eating as you age at [www.nia.nih.gov/healthy-eating](http://www.nia.nih.gov/healthy-eating).



Yes, I am interested in volunteering this area:

<u>Officers</u>	<u>Circuit Representative for</u>
____ President	Circuit # _____
____ Vice President	
____ Secretary	Circuit # _____
____ Treasurer	_____ I would like to
____ Chaplain	have more Information.
____ Publications	

Name \_\_\_\_\_

Address \_\_\_\_\_

Church Home \_\_\_\_\_

Email \_\_\_\_\_

Phone # \_\_\_\_\_

(Mail to SAGES, 769 7<sup>th</sup> Ave SE, Rochester MN 55901  
- or- bring to the GATHERING in Mankato.)

