

Welcome to the first issue of our Older Adult Newsletter. Our Ministry Team is to provide a forum for information sharing, fellowship, spiritual growth, and advocacy in the church and community. West Market's Mission Statement "...to glorify God as we make, nurture, send forth disciples of Jesus Christ" is at the heart of our Ministry.

Our vision for Older Adult Ministry is to:

- Create and grow a coherent ministry to, for, and with Older Adults at West Market.
- Create a culture where all Older Adult leaders will have a heart for introducing Older Adults to Christ through personal relationships, spiritual formation, prayer, and for being living examples.
- Develop each area of the S.E.N.I.O.R.S. model fully so each one is meeting the needs of Older Adults to serve and grow spiritually.

Older Adult Ministry is expanding with the implementation of the S.E.N.I.O.R.S. format. Each committee (Spirituality, Education, Nurture and Health, Intergenerational, Outreach Service, Recreation/Fitness, and Social Activities) is in a different stage of planning and execution. Read on in this newsletter to learn more about senior ministry.

*Charles and Mary Belle Gilbert, Co-Coordinator of Older Adult Ministry
Phone: 336-288-4664 Email: cegmbg57@triad.rr.com*

Spirituality

Rev. Bill Ellison

The subject of spirituality is somehow confusing and mysterious for many adults. What does it mean? What does it have to do with me? And how do I get it? These are some of the questions adults frequently ask when spirituality is discussed.

Henri Nouwen once said that "spiritual life does not remove us from the world, but leads us deeper into it." I believe the meaning of Nouwen's statement is profound, and it can lead toward a better understanding of our own spirituality. When we approach spirituality from the standpoint of moving deeper into the world, we come to realize in some startling new ways that there is more to life and to our world than what we are able to see and touch. Spirituality has to do with a quality that grows out of our relationship with God. And that relationship has deep implications for our relationship with persons around us and with our environmental world as well as with ourselves. Our spirituality has to do with the recognition that we are creatures with pur-



pose; our lives derive meaning from the love God shows us and the work He gives us to do.

Spirituality also has to do with the intangible but very real values we hold as a result of our growing relationship with God. From those values we learn humility, love, obedience and a willingness to serve others in His name. The more we behave in a manner which reflects these values, the more evident the Kingdom of God becomes on earth.

Jesus said that the Kingdom of God is "like a mustard seed, which, when sown upon the ground, is the smallest of all seeds on earth; yet when it is sown, it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of air make nests in its shade." (Mark 4:31-32)

Our spirituality is given through God's grace in the gift of His Son Jesus Christ. Our responsibility is to give the seeds of that spirituality a place to grow deep in good soil and to allow them to push us to become more deeply involved in making the world a more inviting place for His Kingdom to flourish. We welcome seniors at WMSUMC in our journey of faith.

Bill

Friendship Club

Led by Charles & Mary Belle Gilbert (288-4664), this daytime social group for Older Adults meets monthly, September through May, for lunch and a program. In October, we had an interesting trip to the Bur-Mill Club Wildlife Education Center about back yard life. In November, our program is entitled, "Laughter" and will be presented by Dr. Lundee Amos. Come join the fun!

Spring and Fall Home Bible Study

The Older Adult Team conducts a semi-annual Bible Study open to all adults. Participants share their beliefs, thoughts and questions in open discussion. We have used as a guide such books as: *Healing Where It Hurts* by Dr. James W. Moore & *United Methodist Questions, United Methodist Answers* by Rev. F. Belton Joyner. Our next study will be March-April, 2009.



THE SHEPHERD'S CENTER OF GREENSBORO

Fall Adventures in Learning ended November 6th with over 300 attending the six Thursday series. Winter Adventures will begin on January 15th. Class information will be in the winter SCG Newsletter. If you are not on the mailing list, call the Center office at 378-0766.

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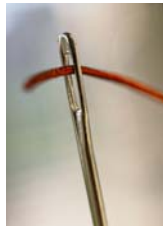


JIM WEIKEL NAMED TRUSTEE EMERITUS 2008 BY SHEPHERD'S CENTER

To say that Greensboro's older adults have benefited from Jim Weikel's insight is an understatement! His response to Christ's love is to serve others. At its Annual Celebration on October 6th, The Shepherd's Center of Greensboro named Jim as Trustee Emeritus and recognized him as one of its founders, acknowledging that his vision and tireless dedication to older adults brought the Shepherd's Center movement to Greensboro. Jim served as the first President of the Board and has continued serving in various capacities for the last 21 years.

Sewing Group

The Sewing Group meets every Wednesday at 9-11AM from September-May in Room 109. Our mission is to sew needed items for the church and the community, such as sheets and pad covers for ECC, baby items for the Intensive Care Nursery at Women's Hospital, and pillows for surgical and cancer patients. Contact Suzanne Robbins (294- 8205) for more information.



SENIOR WHEELS PROVIDES WEST MARKET MEMBERS MEDICAL TRANSPORTATION

Senior Wheels is one of many important services provided by members here at West Market. This program provides drivers for seniors unable to drive themselves to their doctor's offices. We receive appointments for the fourth Thursday of each month. Last year, we furnished transportation for some 60 people to and from their medical appointments. We are always looking for, and in need of, drivers to add to our program. If you would like to participate, contact Thorpe or Elva Jones at 292-4195.



S.E.N.I.O.R.S. SUB-COMMITTEES

S.E.N.I.O.R.S. Education: This ministry seeks to expose Older Adults to resources that will stretch and cause growth. The committee will also be responsible for a spring retreat in which the entire Older Adult program for 2010 will be planned. Newcomers are welcome. Contact chair, Grey Wood (299-2729).

S.E.N.I.O.R.S. Nurture/Health Ministry: This ministry's mission is to promote, facilitate, and model good spiritual, emotional, and physical health among older adults in both our church and community. It is chaired by Suzanne Robbins (294-8205). It also supports the efforts of Sandra Howell, our congregational nurse.

S.E.N.I.O.R.S. Intergenerational Subcommittee chaired by Sallie Ward (299-0550). The committee seeks to provide lasting relationships among all age groups. Ongoing events include: Children's Chapel, Christmas Store (Saturday, Dec.13), Godly Play, and VBS in July. New projects include Baby Program-where parents will receive a Beginner's Bible at Baptism; and Spring Follies Show-to be held April 19th at 3:00 PM in the Fellowship Hall of WMSUMC.

S.E.N.I.O.R.S. Outreach Subcommittee wants to know more about you. It is surveying active and inactive senior members to gather information on seniors' needs and abilities. Filling out this survey will help us identify ways WMSUMC can minister to seniors. As a committee, we want to welcome new members and visitors and involve them in our active senior program including senior outreach to Washington St. Elementary School Summer Camp and Habitat for Humanity Senior workdays. We also want to reach out to seniors in Greensboro without a church home. Chaired by Bernie and Karen Stahl (288-3949).

S.E.N.I.O.R.S Recreation & Fitness Subcommittee chaired by Fred & Gene Jones (299-2472), advocates continuing fitness for adults - "keep moving, exercise, and eat well." They have planned outings to baseball games and shared information from the Greensboro Parks & Recreation Seniors' Unit.

S.E.N.I.O.R.S Social Activities chaired by Wynn & Carol Pope (288-5489). To date, we have been to several of the Sunday Evening in the Park Concerts, plays at the Broach Theatre, Barn Dinner Theatre, and a big hit: "5 By O'Henry" at the Greensboro Historical Museum. In early November, we took a trip to Discovery Place and the IMAX Theater in Charlotte to see "A Day in Pompeii" and the IMAX movie on ancient Greece. Tickets are available for our December event: "Everybody Loves Opal" at the Broach Theatre. Under consideration are trips to nearby locations, tea at the O'Henry, meals by the GTCC culinary program, and garden tours in the spring.