

REFLECTIONS

An Older Adult Newsletter

West Market Street
United Methodist Church

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March-April 2009

"The Coming Of Spring"

About this time of the year, most of us get restless waiting for spring to arrive. The dark nights of winter have dragged on, and the cold winds have blown. This year we even had a beautiful snow. By now, however, most of us are ready to see the fresh buds and blooms of spring.

In North Carolina, there is an old saying which goes something like this: "if you don't like the weather we are having today, just wait about three days, and it will change." There is some truth to that saying, because we live in a spot where the weather systems follow the jet stream in rather rapid succession, and our weather changes quite often. About the only time we really get stuck with a particular system is in the late summer when a Bermuda High sets up off the coast and the hot, dry air from that system can stay with us for weeks at a time. July and August is the time that usually happens.

This winter has been particularly gloomy not only because of the long, dark nights and cold temperatures, but also because of the economic down-turn which has caused so much turmoil in our lives. If we pay attention at all, most of the news just seems to get worse.

As I write this article, I would like to offer some good news. I would like to encourage you to think about the positive things which come to us in times like these. First, spring is coming. The signs are all around us. Warming temperatures, longer days, budding trees, and blooming daffodils all tell us it is not long until spring.

The second thing I would like to share is that there is much that we can learn from the difficult times in our lives. The human spirit is resilient. The American "can do" spirit is alive and well, even in these difficult economic times. But more important than all of those things, God wants what is good for all His people; and He will be with us through darkness of winter; and He will be with us into the spring. And for that, we can be thankful.

The Psalmist said it this way: "Make a joyful noise to the LORD, all the earth. Worship the LORD with gladness; come into his presence with singing. ³Know that the LORD is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture. ⁴Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. ⁵For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations." (Psalm 100)

As long as we know who we are, and whose we are, we have a perspective which allows us to learn from our mistakes, move forward with our heads up, and enjoy the coming spring. It is a great time of year. It is also when we celebrate Easter. And Resurrection always promises new life for those who believe.

Rev. Bill Ellison

Heritage Sunday Celebration April 26, 2009

Annually, we celebrate WMSUMC's rich heritage. Heritage Sunday will be celebrated on April 26th during the morning worship services and at a luncheon following the 10:55 a.m. service.

Featured speaker for the Heritage Luncheon will be Jim Melvin, a lifetime member, of West Market who will share his experiences growing up in our church. Gayle Fripp will tell us about West Market's new historical marker.

Seating by reservation only. Call Jeanne Shepherd in the church office (275-4587) by 10:00 a.m. on Monday, April 20th. Luncheon payments made by Monday, April 20th will cost \$ 10.00 per person. After the 20th, the cost will be \$12.00 per person. Checks should be made out to "WMSUMC" and designated for "Heritage Luncheon." Make your reservation early!

The Wisdom and Grace Conference is sponsored by the Southeastern Jurisdiction Association of Older Adults and will be held at Lake Junaluska, August 10-13. The theme for the conference is "To Serve the Present Age." The event includes worship, Bible study, workshops, lots of good fellowship, and ample free time to enjoy the lake and surrounding area.

Dr. Reginald Mallett will be the preacher. Bishop William Morris will speak on the Israeli-Palestinian conflict.

Last year twelve West Market members attended, and we hope to have more this year. Brochures with registration forms will be available soon. Contact Charles and Mary Belle Gilbert, 288-4664, if you are interested in attending.

Look for the Older Adult Bulletin Boards in the Gathering Space & Fellowship Hall for News & Upcoming Events.

Your **Seniors Committee on Education** promises a rewarding Older Adult Team Retreat to be held Mar. 22-23 at the St. Francis Springs Prayer Center. We will arrive Sunday afternoon, Mar. 22 & adjourn Monday, Mar. 23.

Our study of Beth Crissman's book *Stepping In The Stream...* will enable us to explore the author's guidelines for learning to relate to the will of God. Between study sessions, we will have worship, recreation, and share three meals together.

The Education Committee strives to schedule events that educate and enrich the lives of older adults at WMSUMC. On Mar.12, we scheduled a trip to the Hebrew Academy campus.

Anyone interested in the planning of activities that stimulate the intellectual and spiritual growth of older adults is asked to call Grey Wood at 299-2729. Older Adult Ministry is growing at WMSUMC !!

The Senior's Social Committee Calendar:

Mar. 26 Lunch at GTCC Culinary Program
Call Jeanne Shepherd @ 275-4587
Space is limited, book early.

Apr 5 Opera at Aycock Auditorium

Apr 23 Tour of Duke Gardens and Lunch

Note: Exact dates and plans may be changed. Please contact Wynn and Carol Pope @ 288-5489 or wjpoppe1@bellsouth.net

As Ed Sullivan would have said, "it's going to be a Really Big Show."

When: April 19th @ 3:00 PM

Where: The Church Fellowship Hall

What: The Spring Follies Show

Who's coming: An intergenerational event with our special guests - - WMSUMC members living in retirement communities. Sallie Ward 299-0550 Intergenerational Committee.



Tricia Burgess

For 5 years, Tricia Burgess, a member of the Intergenerational Committee, has put together a Valentines Party that only gets better and better each year. This year on Feb. 8th, third, fourth, and fifth grade boys and girls made gifts for members of the Friendship Sunday School Class. Everyone enjoyed refreshments and played Bingo.

Tricia is rewarded with seeing new relationships formed, and different generations having fun together. Thanks to Tricia and her helpers, Sue Coston and Norma Funderburk.

FRIENDSHIP CLUB

April 20: BINGO (everyone should bring one white elephant gift wrapped)

Call Charles Gilbert @ 288-4664 to request to be placed on the call list.

Hospice Award

Mary Jo Elmore was recently honored with a Twenty-Year Service Award by Hospice and Palliative Care of Greensboro. Shortly after the death of her husband, she attended an HPCG Grief Support Group Session. Following that experience, Mary Jo inquired about how she could become involved with the organization. She completed the Volunteer Training Course. With that training and her experience as a social worker with Guilford County Social Services, Mary Jo immediately connected with patients and their families.



Mary Jo Elmore

Over the years Mary Jo worked with the Kids Path Program, provided administrative support in the Development Department and in Medical Records. Recently she has worked with a variety of administrative assignments in the Counseling and Education Department and in the CEO's office. Mary Jo's conscientious commitment and her attention to detail make her a valued team member at HPCG. Mary Jo is also a devoted, long time member and volunteer at West Market. Congratulations, Mary Jo! Thank you for being so special!

AHOY!

That is "add health to your years" a free exercise program for Seniors sponsored by the Greensboro Parks and Recreation Senior unit. Classes meet at various community centers.

- Lewis Center M/W/F @ 9:15 AM
- Leonard Center M/W/F @ 10:30 AM
- Lindley Center M/T/TH @ 2:15 PM
- Brown Center T/TH @ 9:15 AM
- Trotter & Peeler Center T/TH @ 10:30 AM

For more information call 375-2237

Additional copies of **Reflections** can be found at the Older Adult Bulletin Boards.