

# COMMUNITY 50+ NEWSLETTER

August 2020 Vol. 20 Issue 1

*community*<sup>50+</sup>

## A Message of Amy

Welcome to our inaugural issue of the Community 50+ Newsletter! We hope you enjoy it.

We have had a couple of opportunities to gather outside in the cooler morning hours and it was fantastic to be together. With that, we also felt led to have a more consistent way to connect with everyone to share some God stories, relevant tidbits and fun stuff, hence our new **Community 50+ Newsletter**.

As I was thinking about Community 50+, I was taken back to the words written almost three years ago and they resonate even more today.

*Community 50+ is a community about this season of life. This season is where you are right now; you have lived at least 50 years on earth, and you have learned a lot. You have a lot to share and still a lot to learn. Perspectives shift and new adventures lie ahead, some fun, some not so much, but always better when they are shared. We are meant to live in community, to share life's ups and downs and learn from each other as we journey on. Journey with us!*

We **need** to journey together, to share our joys, our troubles, and how God is at work in and through us. We want to hear from **you** and would love to hear what God is doing in your life. Let us glorify Him together! Email me at [amahan@weag.org](mailto:amahan@weag.org) or call me at 804-774-4318.

~ Amy

## Are You Watching The Chosen?

**The Chosen** is the first multi-season television series about the life of Christ, as witnessed through the eyes of those He impacted. Directed by Dallas Jenkins. **The Chosen is:**

- The #1 highest crowd-funded project of all-time at \$10 million from over 19,000 people
- Translated into 50 languages and counting
- Consistently ranked in the top 50 entertainment apps on IOS and Android
- Completely free to watch on *The Chosen App* that connects directly to streaming devices with no fee or subscription necessary

[Check out the official trailer.](#)





## Words of Encouragement

Over the last few months life has certainly not been our “normal” way of living! We miss many things that were once so common in our lives. Most of all, many of us miss going to church and the fellowship with friends. Or how about just shopping at the grocery store without wearing a mask? Yes, life is different, but we have had more time at home to reflect on what God has to say about our fears and anxiety in these times.

**Psalms 27** says: “The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?”

**Lamentations 3:57**: “You came near when I called you, and you said, “Do not fear.”

God tells us many times throughout the Bible, “Do not fear.” What a comfort to know that He has us in His hands! He doesn't promise we will never suffer trouble, but He does promise something even more important. In the middle of trouble, doubt, or turmoil, He will be with us to strengthen us and help us through the situation. We cannot avoid trouble here on earth, but if we choose to share life with Him, contentment and peace will follow.

## God Stories



**Welcome to the God Stories column!** For years we have told stories of the amazing things that God has done in our lives. Many of these stories have been told to friends from all over the world as we have sat around after dinner in our home, wherever that was. Some of those things, including the one that we will tell today, seem commonplace, but they take on significance when God reveals what He is doing. We will share a story in each edition of this newsletter.

We would love to share your stories, as well, so if you have a story of a way that God revealed Himself to you that you would like to share, please send it to us at [rperozzi1@gmail.com](mailto:rperozzi1@gmail.com) or [eperozzi1@gmail.com](mailto:eperozzi1@gmail.com). We will let you know if and when we can use it as soon as we know. If you have a story, but you are not sure how to write it, you can tell Rhoda and she will see if she can help you write it.

As I prayed about a story to begin, I was surprised that again and again, the Lord brought the following story to my mind. I will call this story, “Why ‘NO!’?” I think many of us struggle with why God says “No.” to our prayers, so maybe this story will encourage you.

Our daughter, Michelle, was born with a serious congenital kidney defect. At age 5 after many prayers for miraculous healing, she had major surgery that left her with a very high risk of infection for several years. During kindergarten she had pneumonia and repeated strep throats and kidney infections, so she missed several days of school. On the last day of school, the teacher gave out awards, of which Michelle got many, but, of course, not the one for perfect attendance. On the way home that day, she announced that next year she was going to get one of those perfect attendance awards. I tried to explain that that probably would not be possible, but she insisted and began to pray about it.

I thought she would forget over the summer, but she did not. As first grade approached, I tried repeatedly to explain why she might not be able to do that. About three days into the school year, the principal told me that she would have to have a physical. I said that she had had one for kindergarten, but she had changed schools, so the principal explained that Missouri state law required a physical whenever a child entered a new school. So, I scheduled a physical with her doctor.

When she went, he found that she had a kidney infection, prescribed 10 days of antibiotics, and told me to bring her back in 2 weeks. When I took her back, she was getting a sore throat. A rapid strep test showed that she had the beginnings of strep, so we started another 10 days of antibiotics with a return visit in 2 weeks, at which time she had another kidney infection. Each time she was not really sick, so she had been to school every day for more than a month.

I began to lecture myself about my lack of faith. Here was my daughter praying for something, but I did not have the faith to believe that God would/could answer her prayers. So, one Friday morning, I wrote in a prayer journal I was keeping, "That Michelle would not miss a day of first grade."

Just before bed the following evening (Saturday), Michelle said that her throat was sore. I reasoned to myself that if her throat was still sore the next day, I would take her to a drop-in medical center. If she started antibiotics on Sunday morning, she would be safe to go to school the next day. Well, she woke up with a very sore throat and a fever, so off to the doctor we went. Sure enough she had strep. When the doctor came to tell us the result, he said to me that she should not go to school the next day. I guess he saw my hesitation, so he pulled out his prescription pad and wrote, "Child MUST NOT attend school tomorrow!" He ripped it off and handed it to me with a decisive flourish.

The next morning, Michelle whined briefly that she was not going to get the award, but she felt quite sick, so she stayed home, and I wrote "NO!!!" in my prayer journal. God had said, "NO!" to the very next school day after my prayer.

After that she stayed home willingly whenever she was sick and did, indeed, miss a number of days of first grade. But I worried about her faith. What would happen when the other kids got their perfect attendance awards?

And so, we came to the last day of first grade. I could not concentrate on what was going on for thinking about how she would feel when that award was called. She had prayed daily for healing and this felt like one more blow to her faith. But, then, the awards were finished, and no attendance awards were given. Her new school did not give attendance awards!

God knew that I would try against all rationality to "help" Him answer my prayer for her for no reason at all. In His mercy to both of us, He said, "No!"

## Community 50+ Recent Activities

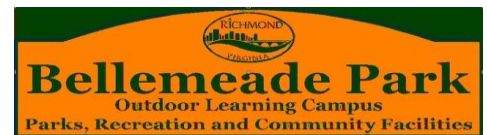
### Highlights from Zoom Meeting with Dr. Serendipity Zapanta-Rinonos on Stroke Recognition

This was a “Zoom and Learn” with our guest Serendipity. She offered this incredible presentation to the 50+ community. [Click here](#) to listen to the entire Zoom meeting (scroll down in the link). Be Fast!

- **B** – Balance – Does a person have a sudden loss of balance?
- **E** - Eyes - Has the person lost vision in one or both eyes?
- **F** - Face - Does the person's face look uneven?
- **A** – Arms – Is one arm hanging down?
- **S** - Speech – Is the person's speech slurred? Does the person have trouble speaking or seem confused?
- **T** – Time – Call 911 if any or all symptoms. Be sure to note: Time when the symptom started and time last normal. These are two things that are especially important to share with the medical staff. These answers can determine the type of treatment needed.

### Highlights from Breakfast with Bob Argabright

July 27<sup>th</sup> under the portico. What a great man and cause!



Bob's genuine care and concern for the kids at Oak Grove Bellemeade is such a gift to this community. In 6.5 acres, he built an Outdoor Learning Campus for this underserved community. He created something extraordinary with reading stations, bike path, butterfly garden, a rain garden, entry to a creek and a bike repair shop. He believes that, for these kids to succeed, they need to have experiences and exposure outside of their restricted world regardless of the zip code in which they live. He is a humble man who feels privileged to serve there. If your heart is called to donate or volunteer, call Bob at 804.310.1080. He will take your junk and make it into a treasure!

Highlights from “Zoom and Learn” with Pastor Dave DeMasters July 29<sup>th</sup> [Click here](#) to watch if you missed this great session.



We were thrilled to have Pastor Dave with us to talk about “How to Cope.” He gave us four things to really think about related to change and coping:

1. **Connecting ourselves to our unchanging God.** *Malachi 3:6 “I the Lord do not change.” Hebrews 13:8 “Jesus is the same yesterday and today and forever.”*
2. **Recognizing that a change for us is NOT a change for God.** *Jeremiah 29:11 “For I know the plans I have for you declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”*
3. **Accepting that God is looking to open new doors in changing times.** *Isaiah 43:18-19 “Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.”*
4. **Seeing the change as God opening new opportunity to use you in new ways.** *John 5:19 “So Jesus explained, I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does.”*

**Conclusion:** God is at work around you to create new opportunities to work through you, so see your world from the Kingdom perspective, and join God in His Work!



## Some Suggestions for Ways to Exercise and Move



Exercise is important for all ages and stages in life. According to [Seniorlifestyle.com](https://seniorlifestyle.com), exercise as a senior:

- Helps you live a longer, healthier, and more joyful life
- Keeps you self-reliant
- Increases energy
- Improves balance
- Helps prevent and counteract disease
- Improves brain function

Choose an exercise that works best for you. I once asked a doctor what exercise was best and he replied, **"The one you will do!"**

- Walking
- Chair workout exercise
- Water aerobics
- Chair yoga
- Resistance band workouts
- Pilates
- Body weight workouts
- Jogging

Check with your insurance plan to determine if you qualify for gym coverage such as Silver Sneakers, YMCA, Curves, or other gyms at no cost or reduced price.

YouTube offers several chair workout exercises, yoga, and regular workout videos as well.

Walking promotes a healthy lifestyle while strengthening muscles and lowering your risk of heart disease, stroke, diabetes, and colon cancer. Try walking in a park, around your neighborhood, or on a trail.

Know which exercise is best for you, your age, and your health. Before starting any exercise regimen, please check with your health care provider prior to the start of exercising.

([Senior Lifestyle](https://seniorlifestyle.com) website offer and other tips for Seniors)

**Remember, no matter how slow you go, you are lapping everyone on the couch.**



## Summer Recipes

### Chinese Cucumber Salad



1 lb mini cucumber	Marinade: 1 tbs salt and ½ tsp sugar	10 ginger root slices, cut thin lengthwise	1 red bell pepper, cut into thin slices
4 dry red peppers, cut into slices	1 tsp peppercorn	½ cup sesame seed oil	Seasoning mix: 2.5 tbs vinegar, 2 tbs sugar, ½ tbs soy sauce

Cut off both ends of the cucumbers, cut each into 4 to 6 slices lengthwise. Place them 20 minutes in the “marinade.” Rinse with cold water, squeeze dry with paper towels. Garnish with ginger slices, bell pepper slices. Heat sesame oil to medium heat, stir fry dry red pepper till hot and fragrant, add peppercorns, drizzle on the cucumber slices, add “seasoning mix,” refrigerate for 6 hours before serving.

### Fresh Hanover Tomato and Cucumber Salad



½ cup extra virgin olive oil	2 tbs balsamic vinegar	2 tbs red wine vinegar
½ tsp sea or kosher salt	2-4 cloves garlic, minced	10 fresh basil leaves
5 fresh oregano leaves	2 small fresh cucumbers	2 large Hanover tomatoes

Mince garlic and let stand in balsamic and wine vinegars for 10 minutes. Discard any garlic that has green sprouts in the center (flavor too sharp and bitter for this salad).

Wash basil and oregano leaves. Roll up leaves and slice into little strips. Chop and add to your best olive oil and allow to stand in oil while garlic marinates.

Meanwhile, prepare salad ingredients. Wash cucumbers and tomatoes. Peel cucumbers, leaving a scant amount of peel. Slice into ½ inch coins (circles).

Remove the stem and blossom end from tomatoes. Slice into wedges, being careful not to crush.

Place tomatoes and cucumbers in salad bowl and sprinkle with sea salt.

Combine olive oil with vinegars, whisking together well. Use to dress tomatoes and cucumbers. Serve at room temperature.



Answers at the end – upside down

1. How many books are there in the New Testament?
2. What type of insect did John the Baptist eat in the desert?
3. Who were the first apostles called to follow Jesus?
4. What is the shortest book in the New Testament?
5. To what city was Saul traveling when he encountered a great and blinding light?
6. Finish this verse. "In every battle you will need faith as your \_\_\_\_\_ to stop the fiery arrows aimed at you by Satan."
7. After Jesus fed 5,000+ people with two fish and five loaves of bread, how many baskets were left over?
8. What tribe was Paul from?
9. According to the Beatitudes who will be filled?
10. Which Gospel is most concerned with the mystery and identity of the person of Jesus?
11. How many books in the Old Testament?
12. What relationship was Jacob to Abraham?
13. One title of God is El Shaddai, which means what?
14. What did the woman pour on Jesus' feet at the home of Simon the Leper?
15. What is the name commonly given to the first five books of the Old Testament?
16. Who wrote the first five books of the Old Testament?
17. What was the first plague the Lord sent on Egypt?
18. Who was Moses' successor after his death?
19. What did David bring to Jerusalem to bless the religious city?
20. Why did Moses break the stone tablets inscribed with God's commandments at Mount Sinai?

*Answers to 1) 27 2) Locusts 3) Peter and Andrew 4) 2 John 5) Damascus 6) Shield 7) 12 8) Benjamin 9) Those who are hungry and thirst for righteousness 10) John 11) 39 12) grandson 13) Almighty God 14) jar of expensive perfume 15) Pentateuch 16) Moses 17) water turned into blood 18) Joshua 19) The Ark of the Covenant 20) Because the people were worshipping a golden idol.*

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