

COMMUNITY 50+ NEWSLETTER

October 2020 Vol. 20 Issue 2



A Message from Amy



Hello Friends!

I was driving with my daughter this past weekend, and we both noticed that it seemed fall had suddenly started. There are a few trees near our home that seem to usher the autumn colors in so beautifully, and the rain makes those colors pop that much more. It truly warmed my heart.

Autumn seems to draw me inward. I become more introspective, and maybe you do too. Lots of feelings begin to stir at the same time. Autumn brings the beginning of festivals and holidays, which bring a sense of excitement. I try to stay in the moment at those special times and enjoy my friends and family, but these same fun events can bring a sense of stress with them as well. There are a lot of things to do to make them special, and sometimes there are relationship strains that are painful and losses we are reminded of. Then, when the celebrations are over, winter is fully there with its grey days and naked trees...ugh!

This, however, is why I am ever so grateful for two of my favorite words - words that remind me to remain hopeful and confident in whose I am...“But God”

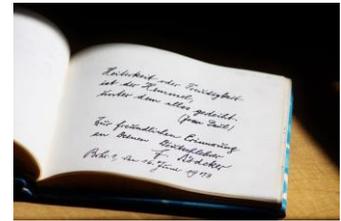
Psalm 73:26 (NLT) My health may fail, and my spirit may grow weak, **but God** remains the strength of my heart; he is mine forever.

Psalm 86:15 (NIV) **But you, Lord**, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

Matthew 19:26(NIV) Jesus looked at them and said, “With man this is impossible, **but with God** all things are possible.

Enjoy the autumn days and the holidays ahead, but do not dwell on the winter that is coming. Remember, winter is only a season and God always gets the last word... “But God!”

Email me at amahan@weag.org or call me at 804-774-4318. ~ Amy



A Poem for You

Today

Outside my window, a new day I see, and only I can determine what kind of a day it will be.

It can be busy and sunny, laughing, and gay, or boring and cold, unhappy, and gray.

My own state of mind is the determining key, for I am only the person I let myself be.

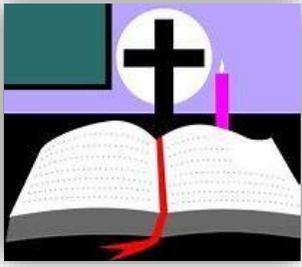
I can be thoughtful and do all I can to help or be selfish and think of myself.

I can enjoy what I do and make it seem fun, or gripe and complain and make it hard on someone.

I can be patient with those who may not understand or belittle and hurt them as much as I can.

But I have faith in myself, and believe what I say, and I personally intend to make the best of each day!

(Author unknown)



Words of Encouragement

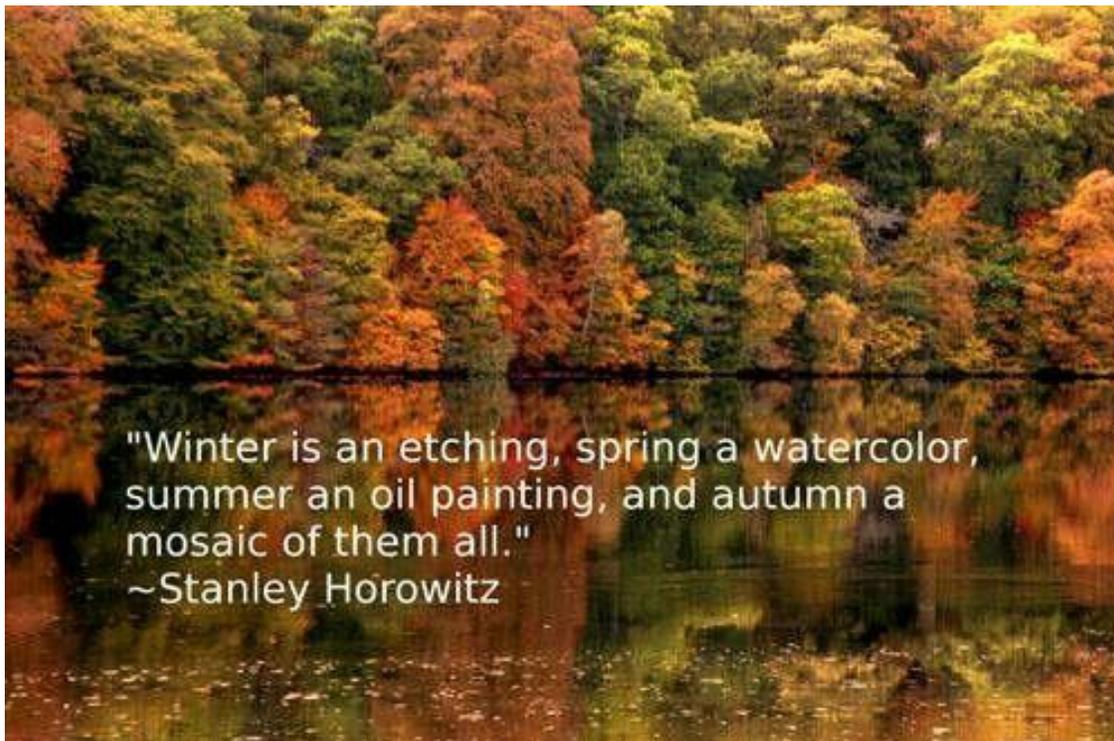
Autumn is a wonderful time to observe nature. As I watch the leaves stirred by the wind, I am reminded that they display an important lesson for all of us to follow. Just as the trees do not hold on to their dead leaves, so we should not hold on to any unnecessary weight in our lives. When we long to enter a new season, the old can easily inhibit the new if we allow it. God's Word reminds us to:

"Get rid of bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
Ephesians 4:31-32

To get rid of negativity in our lives, we must first identify it. How can we do this?

- By reading God's Word
- By allowing His Spirit to show us the necessary heart changes we need
- By being willing to shun practices such as bitterness and anger

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."
Isaiah 43:18-19



God Stories

This month's God Story was written by Vivian Batts

I am a single retired former educator, and I love telling stories. This is just one of them.

On a recent Valentine's Day, feeling sorry for myself, I stayed home alone in my pajamas enjoying my self-purchased floral bouquet, some wine, and catching up on office work. I also lit some candles and watched them extinguish themselves, or so I thought.

In the early evening, I went downstairs for dinner and to watch some TV. At about 7.30 pm, the house alarm sounded. Knowing that I had securely locked everything, I went to the source of the sound. I quietly tiptoed upstairs in the event of surprising a burglar (who, in my vivid imagination, had managed slip over my six-foot fence backyard fence while carrying his trusty ladder and burglary tools in his back pack, then placed the ladder beneath my window sill and broke into my office. OH, REALLY, NOW!)

There was no burglar; there was, however, a flame spurting from atop my wooden file cabinet. I can almost understand one's fascination with watching a burning flame; all common sense departed my body. I am standing there, looking at the flames, wondering if I should open the window, to try to extinguish the flame, WHAT!? (In the back of my mind I think I remembered the warning that oxygen would further fuel the flame and might just cause me and the entire room to become engulfed in flames. So, being a senior citizen left me somewhat or completely senseless!

The alarm company telephoned me asking about the signal on their system and wondering if there was a problem. "No," I respond. "I'm just trying to put out a fire in my office." The alarm operator ordered me to leave the house immediately; they will notify the fire department. I agree to do so, but not until I extinguish these flames, which are threatening to increase.

Somehow -- by running, hopping, skipping -- I got to my bedroom at the opposite end of the hall, about 10 feet away -- to get dressed (thinking that if firemen arrived at my home, I could not be seen in my pajamas!) while still watching the fire in my office. Never once had the thought entered my mind to douse this flame with water.

Before changing, I again rushed back to the office and moved the maple dresser -- which dresser had been in my family since my birth -- so it would not become engulfed in flames -- later I realized how fast time was moving on. I again returned to my bedroom trying to find something to wear, still wondering what to do about the fire. (Tell me there were no Angels watching over me during this time of running to and fro and back and forth again!)

I changed into sweats and got some towels from the linen closet to drench in water to place over the burning area in my office. Suddenly, clearly, loudly, and distinctly, I heard my deceased mother pleading with God, "Save my child, Lord, God." I clearly heard God's response to her, "Don't worry, child; she is my daughter, too, and I have plans for her." So, there!

By now, I was presentably dressed. I left my bedroom and went downstairs, hysterical at this point and opened the backdoor to let out the increasingly thickening and darkening smoke, then ran to the front door, opening it to get to my next-door neighbors' home, to ask them for baking soda -- I'd heard baking soda is good for putting out fires (which item I now keep in every room in my home!)

Joshua asked what was wrong. I explained the situation and asked them for baking soda. Anna joined him and they responded that they had heard the alarm and were concerned. Anna looked for baking soda; Joshua and I ran back to my house and upstairs to the site of the fire. The smoke had gotten worse. "Get some

water,” Joshua screams. “Get the baking soda,” I scream. Meanwhile, the fire was still in the same area -- no larger, not moving [my Angels!] but the smoke was now worsening downstairs.

Joshua and I heard the approach of the fire trucks; two trucks came into both entrances to the development. I go back downstairs to the kitchen and the telephone rings again. The alarm company operator yells at me to vacate the premises now. I tell the person that I must handle the fire. While in the kitchen, I run water in the sink filled with several kitchen towels. Joshua has returned to my house with the baking soda. We go back upstairs and are dousing the flame with the baking soda as the firemen entered the house.

The firemen come upstairs to the office and forcibly escort us to Joshua and Anna’s house. The firemen are in their usual regalia armed with necessary paraphernalia. They quickly and efficiently extinguish the flame and let me know that I may return home.

I saw the fire damaged file cabinet. The wall near the window and window frames were blistered. The smoke damage was extremely severe – every wall was blackened. When asked the cause, I haltingly, quietly, embarrassingly admitted I unintentionally left the room in which there were burning candles even though I thought they were extinguished. “We hear that all the time,” the fireman tells me.

On his way out, as pointed out by the fireman, I left the water running in the kitchen and the floor was full of water. I was thinking “what more could go wrong?!!”

The fireman explained that if I did not have vaulted cathedral ceilings – which I thought had no value – the smoke damage might have been worse by spreading downward even faster. “Often,” he told me, “smoke inhalation is more dangerous than the fire itself.” He recommended that I not sleep in the house that evening due to residual smoke. If I had no place to stay for the night, he recommended I sleep in the front of the house, where my bedroom is, keep the door closed, the bottom opening covered, and the windows open.

I survived that evening. On the morning news the next morning, I heard of a kitchen fire in a home in a subdivision about five miles away from where I lived. The family just barely left their home before it was totally engulfed in, and destroyed by, flames. So, I was incredibly lucky, thanks to my Angels!

There were indeed Angels in my office and throughout my house that night keeping the fire at bay. The fire did not spread, despite my fanning it by opening and closing the downstairs front and back doors. My neighbors and I were uninjured. My house was not engulfed in, or destroyed by, flames.

I am totally convinced that God dispatched His Angels to protect me and my house that evening. As a reminder of this almost catastrophic event, several friends continually make it a point to send me Valentine’s Day cards each year with the notation Do Not Light Any Candles! Okay, okay, I get it!

As far as my using candles, unless they are in glass holders, candle manufacturers will do without my business.

PRAISE GOD!





Community 50+ Recent Activities

Highlights from “Zoom and Grow” with Pastor Russell Joyner

We were so excited to have Russell Joyner join us for a wonderful talk about sin, “Is there a good side to sin.” Listen to Russel addressing the relationship between sin and grace. Russel shared many scriptures addressing sin and grace. He shared that we need to know this, so we have a sober judgment of not thinking of ourselves more highly than we ought while having great faith in God for what He wants to do in the world while still living in it.

Is sin really all that bad? Is grace really all that amazing?

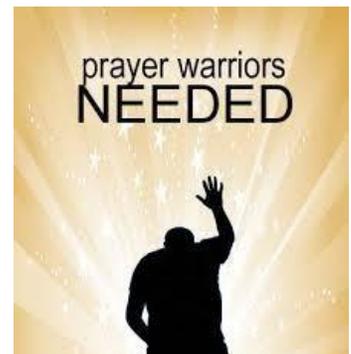
[Click Here](#) to listen to the Zoom and Grow.



Please join us for a Prayer Walk on Oct. 26th at 5:00 pm at the church

We are hosting a Prayer Walk for our Community 50+. We feel that there is no better time than now to come together in prayer. We will have eight stations where you can stop and focus your prayers:

- Children and Grandchildren – schools, teachers, higher education, virtual learning
- Families and Relationships – struggles, brokenness, working from home and virtual learning
- City, State and Nation – elections, leadership, peace, disaster recovery
- Social Justice – understanding all cultures, care for the aging, human trafficking, poverty
- Pastors and Leaders – protection from spiritual attack, wisdom, discernment
- WEAG – unity of spirit, reentry to church, missionaries, financial support
- Personal Needs – loss of jobs, financial difficulties, suffering and loss
- International – peace, devastated countries from disasters, human rights, Christians living in other countries



Our prayer path will be around the South parking lot (where the Harvest Fest is held).

Keep Moving

Some Suggestions for Better Health

Six Things Happy People Do Every Morning

- Exercise early
- Do not hit the snooze
- Unplug each day for at least 1 hour
- Start the day with prayer
- Take a shower
- Eat breakfast

Healthy Habits

- Stay active
- It is never too late to start exercise
- Make plans
- Listen to music
- Get up early
- Laugh more
- Drink water throughout the day
- Socialize and read
- Exercise your facial muscles
- Sleep well

walk

your way to health

ONLY 30 MINUTES OF WALKING A DAY...



walkBoston

Fall Recipe



Butternut Squash Soup

Butternut Squash Soup is the perfect fall soup with apples that's healthy and creamy and easy for weeknights or your holiday meal!

Ingredients

• 2 tablespoons unsalted butter	• 1 yellow onion , chopped
• 1 medium carrot , chopped	• 1 stalk celery , chopped
• 2 green apples , cored and cubed	• 4 cups chicken broth
• 24 ounces butternut squash , diced	• 1/2 teaspoon kosher salt
• 1/4 teaspoon ground black pepper	

Instructions

1. Melt the butter in a large pot, and cook the onion, celery, carrot, and apples for 5 minutes, or until lightly browned.
2. Pour in enough of the chicken stock to cover vegetables. Add butternut squash.
3. Bring to a boil. Add salt and pepper.
4. Reduce heat to low, cover pot, and simmer 20 minutes, or until all vegetables are tender.
5. Blend until smooth.
6. Mix in any remaining stock to attain desired consistency.



Fun Fact: Pumpkin spice has nothing to do with pumpkins. Pumpkin spice is actually the spice mix used for pumpkin pies.

It is made from 3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1 ½ teaspoons ground allspice and 1 ½ teaspoons ground cloves.

Be Wise for the Fall and Winter

Fall is a good time to take care of home repair projects. Here are some things to add to your list if you have not already done so.

1. Stock up on winter supplies – ice scrapers, emergency kits for house and care
2. Have your heating system checked – winterize and check filters
3. Inspect heating vents – be sure they are clear of obstacles
4. Inspect chimney and flue – check firebrick for any open mortar joints. Check for chimney draft to be sure fire and smoke will draw up properly.
5. Turn off exterior faucets and drain hose when frost starts to set in regularly
6. Check for drafts from patio doors – consider a draft stopper/blocker to place at the base of doors/windows

