



COMMUNITY 50+ NEWSLETTER

January Vol. 21 Issue 1

A Message from Amy



It's January 2021 & We Pray for You a Spirit-filled New Year!

As I was looking back at what Community 50+ managed to accomplish in 2020 and how we as a group shifted over the year, I was pleased. There was certainly a lot happening between the lines of "Zoom & Learns" and "Biscuits Under the Portico." Hopefully, we were all able to take in a deeper understanding of *"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."* *Philippians 4:7*. If you are not experiencing that kind of peace, I pray you move closer to God and ask Him to help you experience His peace. No matter how deep the hurt or loss may be, He is a big and gracious God that longs to walk with you through it all.

Here is a run-down of what C50+ accomplished in 2020: Before shelter in place, we were "Champions" for the youth where we shared dinner and games in Jan & Feb. We gathered for a 50's style lunch in January, a Game Night in February, as well as being "Grand Fans" cheering on those in the Kids Production in early March!

Then we added:

- Zoom and Learn
 - Stroke Recognition – BE FAST – Time is Brain! With Dr. Serendipity Zapanta Rinonos, M.D., PhD in June
 - Dr. Dave DeMaster – "Coping with Change – Finding a new normal is a world of constant change" in July
 - Pastor Russel Joyner – "Is there a good side to sin?" in September
 - Sally Klimko – Never Stop Growing – Finding Purpose Post Retirement in November
- Mask, made by Dorcas Daughters, were distributed to C50+. Donations were accepted for masks to support Friends of the Homeless as part of \$5000 collected in April alone!
- Biscuits under the Portico
 - Gather & Encourage in June
 - "Mr. Bob" Argabrite with "Friends of Bellemeade". We collected Diaper/Wipe donations and a couple highchairs for families.
 - Our own Bob Laughlin came to encourage and sing for us in August
- Newsletter was started!
- Prayer Walk in October
- It's a Merry Little Christmas Giving Party (details in next section) Giving to the homeless.

It was a full year and we're prepared to move forward in 2021 and have some new "conversations" and hopefully some adventures – watch your email for details to join with us and **Journey with Community 50+**! Email me at amahan@weag.org or call me at 804-774-4318. ~ Amy

Words of Encouragement

It's Winter Time

“There is a time for everything, and a season for every activity under heaven.”

Ecclesiastes 3:1

Just like the earth goes through seasons — spring, summer, fall, and winter — so do we!

Of course, we all have our favorite season that we enjoy, but it's usually during the 'winter' season that most people get discouraged. It's because during this time we don't see much of anything happening in our lives. We're more 'closed in' during the winter because of the cold weather, the shorter days, and of course this year with the pandemic.

There doesn't appear to be much happening in nature either. Most trees look 'dead', but they're not really dead. They don't die in the winter time just because they have no leaves on them...they are just dormant. They are taking a rest, drinking in nutrients, getting prepared for the next season when they will have new buds and leaves. The sap may be low, but it's still there.

Sometimes we may feel like the trees; that we're in a 'resting' period. Think of it as God preparing you for the next season of your life. This could be a season for you to blossom, so enjoy the 'winter'. Take advantage of the time to regroup and spend more time in scripture and prayer looking for what God has for you in this new season. Each season doesn't last forever, so make the most of each one as it comes.

“Be joyful in hope, patient in affliction, faithful in prayer.”

Romans 12:12

*I can do ALL THINGS
through Christ
who STRENGTHENS me.*
—Phillippians 4:13



God Stories

This month's God Story was submitted by Rhoda Perozzi

Will You Trust Me? - A short play in three acts



Act One

The Scene: A smallish church in the Midwest.

The Background: The church was divided into warring factions. Almost no one was speaking to everyone and numerous leaders had left the church. Ed was an elder and I was a deaconess in charge of women's ministries. In about a month we were having our Women's Retreat, which typically involved about 15-20 women, but with all the rancor and departures, we did not reasonably expect more than 10, which was the minimum number required by the retreat center. I had asked two women, one older and one younger, who were not involved in the controversy, to take reservations, which was a little difficult because people could pick and choose which parts of the retreat they would attend with different prices for various options. The older woman asked me to make a detailed list of what these were. I rather reluctantly sat down and wrote across the top of a notebook page each option and price and then numbered down the page from 1-3.

God: Is that all?

Rhoda: Well, no. This is just to show Violet what to do.

God: Don't stop. (So, I numbered to 5.)

God: Is that all?

Rhoda: No, we have to have more than that to utilize the retreat center.

God: Keep numbering. (So, I numbered to 10.)

God: Is that all?

Rhoda: No, it's not really enough, but I cannot imagine more ladies attending than that.

God: Will you trust me for more?

Rhoda, reluctantly: If YOU say so, I will.

God: I say so.

This continued until the last number was 28, which was actually written in the space below the last line on the page.

Act Two

The time: The Sunday afternoon before the retreat. All reservations had to be submitted before noon the following day.

The setting: Rhoda's house

The background: Two weeks earlier the pastor had said that he was leaving in two weeks. His last Sunday would be the very Sunday that all reservations had to be finalized. I organized a farewell

dinner and tried to help people deal with their anger and frustration on both sides. That morning, I learned that Violet had fallen and broken her hip. I asked the younger woman to take reservations but did not get a chance to check them before the dinner. Ed counted the money each Sunday, so once the dinner was underway, I went upstairs to check the retreat count and wait with Ed. I found 3 names on the list. All the grief and frustration of the past months focused on that moment. I told Ed I was going home, that I was furious with the church, and that the retreat would have to be cancelled.

Rhoda (marching with her fist raised and shaking in anger): God! I am so angry at you! How dare you do this to me! You told me to trust you and I did! You told me to trust you for 28 and all you sent was 3! I am so angry! I hate you! (To my shame, this continued for about 15 minutes,)

Rhoda: Lord, I am sorry. I know you cannot lie. I must have misunderstood You. Please forgive me and help me to accept Your will for this retreat.

A few minutes later, Ed came home and told me that he had announced at the farewell dinner that the retreat would have to be cancelled. But several women had begged for the retreat not to be cancelled. Over the next several hours, my phone rang off the hook with women begging not to cancel and adding their names to the list. You guessed it! By the time I had to call the retreat center, 28 names were on that list!!!

Act Three

Time: Friday morning with the retreat starting that evening.

Background: About 5 ladies had gathered to finalize the retreat schedule, but I had no peace about any of the ideas for a closing session. So that session just said, "Closing" on the retreat schedule. I had been praying for several weeks about it with no answers. The anger and dissention had not abated in the week since the pastor's departure, so trying to figure out how to heal at least some wounds was of the greatest importance.

Setting: The bathroom of Rhoda's home.

Rhoda (to Ed): I really do not know what to do for the closing session. The Lord hasn't showed me. Do you have any ideas?

Ed (in the shower): I think the Lord is telling me that you should have a foot washing.

Rhoda: A foot washing?!?

Ed: Yes, I think that is what the Lord is telling me.

Rhoda: I wonder how the women would react. I guess I would have to get permission from the other elders.

(I had never been to a foot washing, nor had Ed, but he was very sure that this was God's plan, so I called all the elders and asked for permission, asking them not to tell their wives. All agreed, although some were a little skeptical, as was I, but I gathered towels and basins.)

Setting and time: The retreat center at the last session

Rhoda (to the gathered ladies): We are going to close with a time of washing each other's feet. Anyone who does not wish to participate, may simply watch. But I hope that most or all of you will

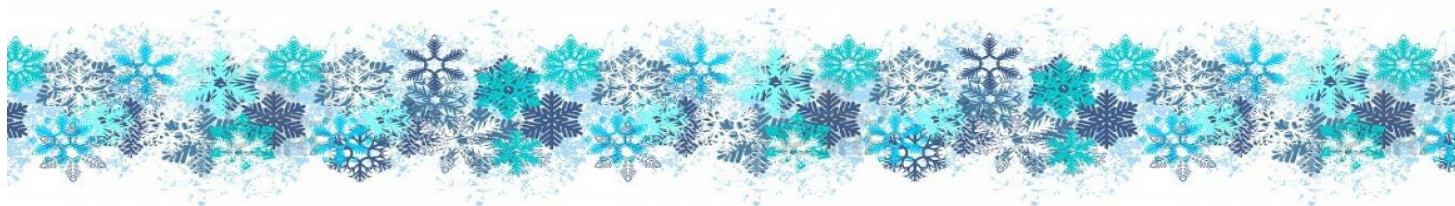
participate. Those who will participate will divide in pairs and wash each other's feet. Then they will swap with the next group and continue around the circle until every lady has washed every other lady's feet and been washed by them.

Final scene: Women weeping as they washed the feet of ladies they had not spoken with in months.

Women embracing women whom they had judged severely.

Women laughing and talking and praising the Lord together.

Announcer as the curtain falls: And so, it was that the women at that church began healing from months of anger and even hatred. Almost all those women remain faithful friends and support sisters, mostly by the internet and phone calls as they have moved on to distant places. All because God said, **"Will you trust me?"**



What's Been Happening with the Community 50+?

Never Stop Growing "Zoom and Learn"

Did you ever wonder how someone becomes a Red Cross Volunteer that serves thousands of displaced Americans during a disaster such as the California wildfires or the hurricanes in Louisiana? Sally Klimko, an American Red Cross disaster relief volunteer gave us insight into how she answered the call to do just that. Sally shared how the Red Cross prepares volunteers to be ready to deploy when there is a need. Sally's first experience was "boots on the ground" in New Orleans after Hurricane Laura, helping to find housing and serving meals to hundreds of those left homeless after the disaster. Then it was on to Yreka, CA to do the same during the wildfires. Sally shared, "I felt it was my duty to serve, and God was with me every mile I traveled. He gave me the compassion and stamina needed to be a part of this incredible opportunity."

Click here to rewatch our "Zoom and Grow" with Sally: [Community 50+ - WEAG.CHURCH](#)

It was a Merry Little *Giving* Party from the 50+ Crowd!

In lieu of what was becoming our annual *"Merry Little Christmas Party for the 50+,"* we decided to change it up a bit and make it a **Giving** party. Through the love of Christ, and the generosity He put in your hearts, you all gave several wagons full of coats, scarves, gloves, hats and blankets for *Friends of the Homeless*. Also, in collaboration with the Mission's Department, we decided to make bags filled with various items for the homeless. YOU collectively filled 105 bags! Thank you for your generous spirits!



Some Suggestions for Better Health



Use these strategies

If you have any kind of cardiovascular, lung, or balance issues, check with your doctor before exercising outdoors in the cold, and do it safely.

Watch the weather. "If it's extremely cold, rainy, snowy, or icy, exercise indoors," a good rule of thumb: skip your outdoor workouts when outside temperatures drop to 32° F or below.

Choose the right time of day. Try to exercise during the warmest part of the day, around lunchtime, when the sun is at its peak. (Of course, this is something you should avoid during the summer.)

Protect skin, lips, and eyes. Even though it's cold outside, the sun still shines its powerful ultraviolet (UV) rays on us. Use a broad-spectrum sunscreen (one that protects you from both UVA and UVB rays), with a sun protection factor (SPF) of at least 30. Use lip balm with sunscreen as well, to protect your lips from the sun, wind, and cold. Remember to wear sunglasses.

Bundle up. It is recommended to dressing in layers so you can be comfortable without getting overheated. "Once you get going and moving your muscles, you'll get hotter. You may want to take off a layer and wrap it around your waist or put it in a small backpack." Avoid cotton and wear athletic clothing that wicks away moisture while keeping you warm. Don't forget a hat, gloves, and heavy socks; we lose a lot of heat through our head, arms and hands, and legs and feet.

Do the warm-up. No matter what the weather, a warm-up is crucial to help your body adjust to increased demands on the heart and to get blood and oxygen to the muscles. "A fit young person can start with a sprint, but an older person is risking muscle injury and heart strain by doing that. It is suggested to start exercising gradually: walk slowly or march in place for five minutes. Work out for 20 minutes, and then slow down for five minutes to cool down.

Stay hydrated. You need to stay hydrated, even when it's cold outside, because you'll still sweat and lose fluid. Drink water before, during, and after your workout.

One final strategy

Don't ignore your body's warning signs. Take it seriously if you're shivering, have chest pain, are out of breath, or feel extremely fatigued, and call for help immediately.

Recipe for the Chinese New Year

Feb. 12, 2021



Jane Ching's Veggie Egg Rolls

You will need:

- ½ lb. bean sprouts
- 1 7oz can of stems and pieces mushroom, drained
- 1lb bag shredded cabbage (cole slaw mix)
- 1 medium sized carrot, peeled and shredded
- 1 10oz bag frozen French cut string beans, thawed
- 1 medium, sized onion, sliced thin
- 2 stalks celery, sliced thin
- 2 eggs, beaten, scramble, tearing into smaller pieces
- 1 bag egg roll wrappers, approx. 20 skins
- 2 tsp. of lite soy sauce

Directions:

1. Sauté bean sprouts in 1 tbsp vegetable oil, add mushrooms. Set aside.
2. Sauté cabbage in 1 tbsp vegetable oil, add onions, carrots, celery, string beans, and eggs
3. Add cooked bean sprouts
4. Season to taste with 1 tsp of soy sauce
5. Drain the filling thoroughly in a colander
6. Take one wrapper and put 1 tbsp filling in the middle
7. Slightly wet all edges with liquid corn starch (1 part starch dissolved in 2 parts cold water)
8. First fold the wrapper into half diagonal style, then fold the other 2 sides and roll forward the diagonal tips. Seal with more liquid starch if necessary, making sure the roll does not fall apart, but is not wet.
9. Deep fry in 2 to 3 cups of hot vegetable oil, making sure the rolls are submerged in hot oil, turning once. Fry until golden brown, but not blackened.
10. Drain well and serve hot with sweet and sour sauce.

Ways to Spur One Another On with Love



- Send a card (handwritten note)
- Call someone just to tell them to have a great day
- Let someone know who inspired you
- Loan your favorite book
- Remind a friend who they are in Christ
- Tell a family member that you are proud of them
- Invite someone to a Bible study
- Help out a neighbor (get groceries, do errands)
- Check on elderly neighbors
- Thank someone for something that is not normally praised
- Love one another

Newsletter contributors: Amy Mahan, Barbara Cameron, Sally Klimko, Jane Ching, Rhoda and Ed Perozzi, Betty Anderson, Gwen Davenport