

COMMUNITY 50+

APRIL NEWSLETTER

April Vol. 21 Issue 2



A Message from Amy



Hello Friends!

I have been working on my note for this edition of the Community 50+ Newsletter for several days now, starting and stopping and restarting because when I share a note to our community, I desire that the Lord guide me in it, and that hadn't really culminated in my scheduled time. But this morning, it seems clearer, so here goes...

In the days leading up to Easter, my mind and heart were all over the place as I tried to ponder the depth of the sacrifice made by Jesus and His Father on Good Friday and the celebration of the resurrection of Jesus on Sunday. Can I just confess that I find the struggle to do that is real at times? Life gets in the way. Distractions come, planned and unplanned, happy, painful and life changing ones. Life will not voluntarily slow or calm to give you time to ponder.

Easter was going to look different this year, part empty nest, part loss of our last parent, moving to a new location, stresses of strained relationships, all part of how life moves I knew, and I'd been working hard to go with the flow and take this trip into the rapids as it came. Then... I went to Wal-Mart for creamer and crackers, saw all the Easter displays and suddenly felt very sad and a great sense of loss for what was. I held it together till I was walking out and then I cried and cried some more...and then again. It just plain hurt, and I was overwhelmed with emotion.


But God, once again, met me where I was with understanding and comfort, some in human form, but not allowing me to stay in that state. He reminded me of this video, Sheep Among Wolves (it's worth the hour of your time). I would like to share some thoughts and questions I found worth pondering while watching the video, that brought me back to what this earthly part of our eternal journey is meant to be as followers of Jesus and where the joy we seek comes from:

- Hold on loosely to this world. Draw near to Me and feel the truth and depth of My presence!
- Wrap this heart of mine fully in You and give me blinders to not be distracted by things not of You.
- Loose me from the things that do not really matter.
- Can I live in this world and be stripped of myself at the same time?
- That I would know you deeper!
- What do I lay down???
- Wipe the dust off my feet and move on – Help me understand what that means for me.
- “In end times, the love of many will grow cold, I see it happening. I'm still called to love my enemies” from Sheep Among Wolves

This change in thinking brought new joy to my Easter weekend and the focus was clearly on Jesus and how He came to save the world from hell and oh SO Grateful for His redemption of me and his continued transformation of my life. It also brought about the conviction of how I am to share the life changing power of Jesus Christ. Join me in these ponderings as we Journey with Community 50+!

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

*I can do ALL THINGS
through Christ
who STRENGTHENS me.*
-Philippians 4:13



Words of Encouragement
from Betty Anderson

WELCOME SPRING!

“The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.”

Isaiah 58:11

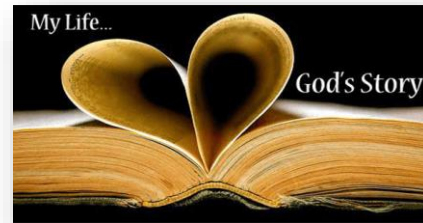
Don't you just love Spring? It is so refreshing after the cold winter to feel some warmth from the sun and to see plants coming to life again. Do you notice how quickly a small flower bud opens into a colorful blossom? It is amazing to see how quickly the little buds pop out of branches, bushes, and the ground.

Some of the flowers blossom fully and live beautifully for a short time. Each flower or plant is sometimes tended by the gardener so that they will grow and mature into a beautiful garden. If you love and follow Jesus, YOU are like God's flower garden. The living Word of God, spoken into your life contains everything needed to glorify God in your own life. You are unique and only you can fulfill His purpose that He has called you to.



God Stories

From Angie Wade and Rhoda Perozzi



God Story by Angie Wade

About 25 years ago, a member of the church we were attending came up to me one Sunday and offered to paint my house for free; I just had to buy the paint. He was a professional painter and wanted to engage his twin teenage sons to teach them about benevolence. I was blown away because our family was struggling financially and my husband was deployed for 5 months, and the house had been needing a new paint job for some time. Of course, I expressed my immense gratitude for his offer. Then he shared that it wasn't that big a deal because God had told him to do it for 2 years, and he had been disobedient. Now business had fallen off and he was struggling, so he thought he would finally do what God had directed.

Without my husband there, I chose the colors - yellow was the primary color of the house. It represented the Son! I chose white trim, to represent God's Glory. I chose red for the front door, to represent the blood of Christ, and the shutters were black - as a reminder of my sin that was washed away.

While Tim and his teenage sons were painting the house, quite a few realtors driving by stopped to tell him what a great job he was doing, and they took his card. He was quite surprised by the attention. Once they were done, his business came back and increased exponentially, and his family was blessed more than before!

We are forever grateful for that moment in time where God took care of both of his children's families by one act of obedience!

God Story by Rhoda Perozzi

We returned from China because I had had many months of a rare and very frequently deadly kind of pneumonia followed by multiple pulmonary emboli. I was on oxygen, could not walk more than three steps without having to sit, and had fibrosis all along the front of my lungs and numerous areas of collapse. Only a couple of years earlier I had been diagnosed with a hereditary heart disease and a defibrillator was placed in my chest. So much of my life had changed, but one of the things I missed most was singing to the Lord. I would drive around town listening to Christian music and felt that I could hear the Lord saying, "Sing!" But all I could say was, "I can't!"

In the midst of that, I learned that a CT of my lung had showed a type of slow-growing tumor in my pancreas that had to be removed. I requested that the doctor attempt to do minimally invasive surgery to just remove the tumor rather than doing what he thought, which was to remove most of the pancreas and my spleen.

During the surgery, an artery was cut, and the doctors had to do major emergency surgery to find the artery. In that process, one of the pancreatic ducts was cut, and I was sent to ICU. But here things started to get a little humorous. They could not find a bed in any ICU in the hospital except the neuro ICU. Thus, there I was in ICU with people who had serious brain issues, but my brain was about the only thing that was working. So, they brought the only phone and the only TV on the floor into my

room so I could have something to do. One night I had a CT and was told that more of my lung had collapsed. After almost a week in ICU, it was Sunday morning, and I was watching a church service on TV. When the choir was singing, I clearly heard the Lord say, "Sing!" So, quietly I tried to sing a few croaky words. But the Lord said, "Sing louder!" and repeated that each time as I sang a little louder until finally, I took a deep breath and belted out the hymn. As I did so, I heard my lung pop as it reinflated. The Lord was glorified as the song echoed through the neuro ICU and I was restored.

Happenings with the Community 50+

From Sally Klimko and Barbara Cameron

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 for our "Conversation" Zoom meetings. These are virtual for now, but we cannot wait to see each other face to face soon. Here are some we have had and some to come.

- **"Hindsight is 20/20"** Jan. 27th
Gwen Davenport was the conversation guide. We discussed God stories; great memories, and the challenges of 2020.
- **"How we may spur one another on toward love and good deeds."** Feb. 10th
Rhoda and Ed Perozzi were our guides for this conversation. We discussed how we, as Christians, need to spur each other on during this challenging time.
- **"Widows & Widowers"** Feb. 25th
Sally Klimko was the conversation guide. Several widows and widowers had a great sharing time.
- **"Book Talk"** March 10th
Sue Schlesman was our guest guide for this conversation. We discussed favorite books and Sue shared a great many of her favorites.
- **"Heaven, Truth, Lies & Misconceptions"** March 17th
Al Simon was our conversation guide for this interesting discussion about Randy Alcorn's book.

Upcoming conversations:

- **Caregivers**
Lillian Wiberg will be our guest guide along with Gwen Davenport. You are one now or likely will be. It is never too early to share your experiences and knowledge and learn from others. April 15th - look for an email from Amy.
- **Redemptive Perspective & Responsible Living in the Second Half of Life**
Marlyn and Paul DeFoggi will be our guest guides for this conversation. Scheduled for April 26th. An email for registration will come soon.
- **Coming soon ...** Pastor Shane will join us for a conversation. More to come.



Mark your calendar for April 12th Lunch under the Portico

We are going to have "BYOL" (bring your own lunch). Look for the invite from Amy. It will be great to see everyone again. If the weather doesn't cooperate, we can go into the Welcome Center.

Zoom and Learn on May 12th featuring Dave DeMaster. Look for the invite from Amy with more information.



Suggestions for a Healthy Life

From Gwen Davenport

Spring is Here! Have you adjusted to daylight saving times? Are you loving the longer daylight hours? Now is the time to "up" your time outdoors. Make time on focusing on outdoor activities and exercise.

Some suggestions to determine what is best for you:

- Gardening
- Walking around your subdivision
- Taking a walk through the park
- Swimming
- Camping
- Bicycling (indoor or outdoor)
- Dancing - Zumba, line dancing
- Light weights
- Yoga
- Wash your car
- Grilling
- Read a book outdoors



Think of other things that you can do that will make you happy. Smile more. Make someone happy. Take the time to relax. See the beauty around you.

If it is a rainy day, have a backup plan for indoor activities. Exercise indoors, indoor bicycling, getting your steps in (you can do 10,000 or more indoors).

Most of all enjoy your life! Focus on positive things. Make someone happy. Be happy!

God has chosen you for such a time as this.

Hawaiian Macaroni Salad

from Jane Ching



Ingredients:

- 1 lb box macaroni
- 2 tsp apple cider vinegar
- 2 carrots, peeled, shredded
- ¼ cup shredded onion
- 2 ¼ cup mayo
- ¼ cup milk
- 2 tsp sugar
- Salt and pepper to taste
- Optional: boiled egg
- Optional: spam or ham

Directions:

1. Cook macaroni till done, drain well
2. Mix all ingredients into the macaroni
3. Chill, serve

Does anyone have an air fryer?

Try this indulgent, easy dessert. It is so yummy and the grands loved it. Separate crescent rolls individually. Place an Oreo in the center and roll the crescent roll around it to cover completely. Pat and round it out, making sure the Oreo does not show. Place in the air fryer basket leaving room to expand (not much room is needed).

Air fry for 5 minutes at 300 degrees. NOTE: all air fryers are different, so watch carefully.

You want a nice golden brown. Sprinkle with confectioner's sugar. Eat them warm 😊 Oh yeah, indulgent for sure. ~ from Barbara Cameron



Newsletter contributors:

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