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**AUGUST**

*Faith United Methodist Church  
"Engage, Equip, and Empower!"*

**Volume 2017.  
Issue 8**

**Aging With Grace**

*12 The righteous flourish like the palm tree and grow like a cedar in Lebanon.  
13 They are planted in the house of the Lord; they flourish in the courts of our God.  
14 They still bear fruit in old age; they are ever full of sap and green,  
15 to declare that the Lord is upright; he is my rock, and there is no unrighteousness in him.*

*Psalm 92:12-15*

In a world consumed with being youthful and living as if they could forever, aging of the latter years of life are not seen as a reward, but at times a punishment and a frustration. They resent their bodily limitations, their change in living situations, their limited number of years left on earth.

God has a different view. He sees all life as valuable at all stages from birth through the time of our death. We live because He gives us breath and as long as we do He has a purpose for us.

When we set our hearts to follow Him, we flourish, which means to be in a energetic state; to thrive. Even with aging we remain engaged in life looking forward to the next step or phase. The environment that keeps us growing is that we are planted in the house of the Lord. Where we worship Him and seek His face with others of the same heart. We are fruitful in old age bearing fruit and full of the life of Jesus because Jesus remains our center. Our bodies may be diminished but our spirits remain strong so that we can declare to the world the Lord is praiseworthy, the rock of our salvation, the place where we have stood and continue to stand during all the storms of life for He is fully trustworthy to care for us now and in the hereafter.

We all have the same purpose at any age and that is ...

*"To know God and enjoy Him forever." The Westminster Shorter Catechism*

*May this prayer help us all in our journey.*

(Continued on Page 4)

**Special Points of Interest:**

- August Monthly Meetings, Back Page
- August Birthdays and Anniversaries included with Calendar

**Administrative Assistant**

**Office Hours**

**Monday through Friday  
9:00 a.m. to 12:00 p.m.**

## Prayer Requests

Remember our church members & friends who are less mobile and are unable to join us as often as they would like, including:

**Colony Court Memory & Care Suites:** Ann Swenson, Dick Westrum

**Colony Court:** Ardella Draheim, Nina Youngberg, Leona Quast, Muriel Jenkins, Fern Papke, Peter and Verna Fog

**Lakeshore Inn:** Florence Gutknecht, Liz Corchran

**Latham Place:** George and Lucille Kubista

**Oaklawn Health Care Center:** Jim Keller

**Koda Living Community:** Chuck Youngberg

**New Richland Care Center:** Marie Wells

**Prayer Requests from Sunday Worship:** Bruce & Deb Herring, Dave Ferch, Darla Dahnert, Peter and Verna Fog, Leona Quast, Peggy Deno, Keith Smith.



## Thank You

Thank you to everyone for the graduation gifts as they were greatly appreciated. They will be used to help me pursue my career in Pre-Med.

*Caitlin Schauer*

## Faith Crafters & Stickers

Our August meeting for Faith Crafters and Stickers will be on **Thursday, August 10**, from **1:00 to 3:00 p.m.** in the Fellowship Hall. Bring a project you would like to work on or ideas for Bazaar 2017. Coffee and snacks will be served. Please call Sandy Voshell at 835-4122. if you have any questions.

## UMW Meeting

UMW meeting will be held on **Monday, August 21 at 2:00 p.m.** Elizabeth Circle will host. Our program is a video, "The Story of Stuff" (Climate Justice). It was shown at the Spring UMW Gathering and was well received. Please come and bring a friend. See you there!

## Video and Book Study

Beginning **September 5 at 10:30 a.m.**, there will be a video and book study of "Christianity and World Religions" written by Adam Hamilton. The study will last six weeks and be held in the Lake View Room. The material will give brief history/background of Hinduism, Judaism, Buddhism, Islam and Christianity. If you are interested in attending the group study, please contact the church office or Duane Griffin (507-461-9262).

## Faith Rocks!!

There were fifteen individuals who painted rocks at the Rock Party that was held on Thursday, July 13<sup>th</sup>.

The rocks were very colorful.

Some of the rocks had messages written on them and others were painted with flowers, dots, stripes and we even had one painted with a loon. Everyone appeared to have a great time and of course the potluck was very tasty.

We will be hiding them around Waseca and in our travels. Our goal is to make people smile, feel joy, love and happiness, if even for a moment. You never know when someone is feeling down, sad, or lost. This could make the difference!

You can join us at another Rock party or you can also paint the rocks at home. Use acrylic paint. You can also Mod Podge a picture on the rock. On the back write with a sharpie or Mod-Podge a paper message "fb Waseca MN Faith Rocks" "keep or re-hide". You then Mod Podge the whole rock and when it is dry, spray clear glossy sealer on it. Then hide the rocks in parks, work place, nursing homes, churches, libraries, or anywhere you can think of in Waseca or during your travels. PLEASE DO NOT HIDE THEM IN graveyards, grassy areas where lawn mowers are used, high in trees where people can fall and hurt themselves, or on private property.

We also invite you to go rock hunting and find the rocks, which you can keep, or re-hide, in Waseca or on your travels. Take your family on rock hunts! It is fun!

A Facebook group has been developed in hopes that when people find painted rocks they will take a picture and share it on the Facebook site (Waseca MN Faith Rocks) perhaps telling where you found the rock(s).

Do join us. All you have to do is find rocks and paint anything you like on them. Be creative!

Please join us and make others feel like smiling, feel cheerful, love, and happiness. Please invite your family and friends to support Waseca MN Faith Rocks.



## Aging With Grace

(Continued from page 1)

*A Prayer for Later Years by Sr. Moya Hanlen, FDNFC*

All Gracious God, You have given me all that I am and have, and now I give it back to You to stand under Your will alone.

In a special way I give You these later years of my life. I am one of those called by you into old age, a call not given to all, not given to Jesus, not given to most of our world today.

I humbly ask You, grace me deeply in each aspect of this new chapter in my life. As my physical eyesight weakens, may the eyes of my faith strengthen, that I may see You and Your love in everything.

As my hearing fails, may the ears of my heart be more attentive to the whisper of Your gentle voice.

As my legs weaken and walking becomes more difficult, may I walk more truly in Your paths, knowing all the while that I am held in the embrace of Your love.

As my mind becomes less alert and memory fades may I remain peaceful with You, aware that with You there is no need for thought or word. You ask simply that I be there, with You.

And should sickness overtake me and I be confined to bed, may I know myself as one with your Son and he offers his life for the salvation of the world.

Finally, as my heart slows a little after the work of the years, may it expand in love for you and all people. May it rest secure and grateful in Your loving Heart until I am lost in You, completely and forever.

Amen.

Pastor Victor

## Faith @ the Fair a Summer Tradition

For the last eight years plus, we have celebrated Faith @ The Fair under the Iron tent with old fashioned Gospel Music provided by Bob and "Kozy" and a short sermon. We capture some of the feel of a Methodist Camp meeting that was the catalyst for launching Methodism in America.

On July 16th we again hosted Faith @ The Fair. We had what some said was a record attendance of 80 people. Here is a picture of some of the faces that came out for a message, a song, fun and fellowship in 2017.



SEE YOU NEXT YEAR!

## Guest Night

150 YEARS OF APRONS & STOVES

*Jan Jerdee & Company*



Walk Down Memory Lane

Singers and Reminiscence of Grandma's Kitchen

**Tuesday, August 8th at 7:00 p.m. at  
Faith United Methodist Church  
801 4th Avenue NE  
Waseca, MN**

Come and enjoy the fun. Please bring some friends and your new or old apron to wear.

Dessert to follow!

## Hands on Giving and Activity - School Bag Kit

Southern Prairie Friends—Let's join hands in this hands on giving project. Have you already made school-bags? Do you like to sew—have material and a machine? You don't sew, but you can gather supplies or help someone that does sew.

This is a great time of the year to purchase school supplies. A pattern for the school bags (MMDC or UMCOR) are found on the Midwest Mission Distribution Center website. **Either bag is acceptable.** The following is a list for an UMCOR School Kit:

- 3 notebooks—either spiral, gum bound, or a pack of loose leaf
- lined paper 150 sheets or less- (no composition books)
- 6 unsharpened pencils—no advertising
- 1 hand held pencil sharpener – 1" or bigger
- 1 pencil eraser – 2" or larger
- 1 ruler 12" long with metric – hard or flexible
- 1 box of 24 crayons – please only 24-count boxes
- 1 pair round tip scissors – (no plastic scissors)

These items are placed in a 14" x 16" cloth bag with **two** handles.

MMDC also has a Student School Bag Kit. The pattern for the **one handle** cloth bag is found on the website. There is a slight difference in the school supply list. Additional items: 3 pens – blue or black, 1 protractor 6" long with metric, 3 pencils instead of 6.

**Nurses Notes - Drivers 65 Plus**

**Drivers 65 Plus: Self-Rating Form** ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**INSTRUCTIONS:** For each of the following 15 questions, check the symbol (✓) of the one answer that best describes you.

	Always or Almost Always	Some- times	Never or Almost Never
1. I signal and check to the rear when I change lanes .....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I wear a seat belt .....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I try to stay informed of changes in driving and highway laws and techniques .....	<input type="radio"/>	<input type="triangle"/>	<input type="checkbox"/>
4. Intersections bother me because there is so much to watch from all directions .....	<input type="checkbox"/>	<input type="triangle"/>	<input type="radio"/>
5. I find it difficult to decide when to merge with traffic on a busy interstate highway .....	<input type="checkbox"/>	<input type="triangle"/>	<input type="radio"/>
6. I think I am slower than I used to be in reacting to dangerous driving situations. ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
7. When I am really upset, it affects my driving .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
8. My thoughts wander when I drive. ....	<input type="checkbox"/>	<input type="triangle"/>	<input type="radio"/>
9. Traffic situations make me angry .....	<input type="checkbox"/>	<input type="triangle"/>	<input type="radio"/>
10. I get regular eye exams to keep my vision at its sharpest .....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I check with my doctor or pharmacist about how the medications I take affect my driving ability. (If you do not take any medication, skip this question).....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I try to stay informed of current information about health and wellness habits.....	<input type="radio"/>	<input type="triangle"/>	<input type="checkbox"/>
13. My children, other family members or friends have expressed concern about my driving ability. ....	<input type="checkbox"/>	<input type="triangle"/>	<input type="radio"/>
	<b>Note new headings:</b>	<b>None</b>	<b>One or Two</b>
14. How many traffic tickets, warnings, or "discussions" with law enforcement officers have you had in the past two years? .....	<input type="radio"/>	<input type="triangle"/>	<input type="checkbox"/>
15. How many collisions (major or minor) have you had during the past two years? .....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Self Scoring:** Count the number of checkmarks in the squares and record the total in the square below. Follow the same procedure for the triangles and circles.

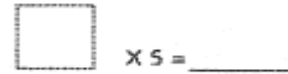


These are your Check Mark Totals. For score and interpretation, see next page.

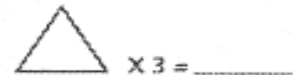
## Nurses Notes - Drivers 65 Plus

**Scoring:** There are 5 steps.

Step 1: Write the Check Mark Total recorded in the square on the previous page in the square to the right.



Step 2: Write the Check Mark Total recorded in the triangle on the previous page in the triangle to the right.



Step 3: Multiply the number in the square by 5.

Step 4: Multiply the number in the triangle by 3.

Step 5: Add the results of Steps 3 and 4.

YOUR SCORE IS \_\_\_\_\_

### Interpretation of Score:

The lower the score, the safer you are as a driver.

The higher the score, the more of a danger you are to yourself and others.

No matter what your score, look at the *Suggestions for Improvement* section for each area in which you checked a square or triangle.

These are the areas in which you can improve the most.

### Score Meaning

- |                    |  |
|--------------------|--|
| <b>0 to 15</b>     | <b>GO!</b> You are aware of what is important to safe driving and are practicing what you know. See the <i>Suggestions for Improvement</i> , in the following section of this booklet, to learn how to become an even safer driver.  |
| <b>16 to 34</b>    | <b>CAUTION!</b> You are engaging in some practices that need improvement to ensure safety. Look to the <i>Suggestions for Improvement</i> section to see how you might enhance your driving.   |
| <b>35 and over</b> | <b>STOP!</b> You are engaging in too many unsafe driving practices, and might pose a hazard to yourself and others. Examine the areas where you checked squares or triangles. Read the <i>Suggestions for Improvement</i> section for ways to correct these problem areas. |

These scores are based on what drivers 65 and over have told us about driving practices and habits. Your score is based on your answers to a limited number of important questions. For a complete evaluation of your driving ability, many more questions would be required, along with medical, physical, and licensing examinations. Nevertheless, your answers and score give some indication of how well you are doing and how you can become a safer driver.

In general, a checked square for an item reflects an unsafe practice or situation that should be changed immediately. A checked triangle means a practice or situation that is unsafe, or on its way to becoming unsafe, if nothing is done to improve it. Checking circles is a sign that you are doing what you should to be (and remain) a safe driver.

Most of the square and triangle answers represent practices or situations that can be improved by most drivers. The following section contains suggestions for improvement, divided into each of the 15 areas. You should focus on those areas for which you checked squares or triangles.

This information was taken from [www.aaafoundation.org](http://www.aaafoundation.org). You can go to the website, click on "Seniors, learn more" and then click on "Drivers 65+: Check Your Performance". More information can also be found at [www.aaafoundation.org/self-regulation-driving-older-adults-longroad-study](http://www.aaafoundation.org/self-regulation-driving-older-adults-longroad-study).

We need to protect ourselves as well as others.

Sherry Scholljegerdes, RN  
Parish Nurse



Faith United Methodist Church

*"Engage, Equip, and Empower"*

**801 Fourth Ave. NE  
Waseca, MN 56093**

Phone: 507-835-3167

Fax: 507-835-5400

E-mail: [faithwaseca@gmail.com](mailto:faithwaseca@gmail.com)

[www.faithwasecaumc.com](http://www.faithwasecaumc.com)

Non-profit Org  
Postage Paid  
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Waseca, MN  
56093

**Change Service Requested**

**Come Worship with Us**  
We have room.

**MONTHLY MEET-UPS:**

*Elizabeth Circle*

UMW Elizabeth Circle will not meet in August.  
We will serve the food at our UMW Unit Meeting  
on **Monday, August 21.**

*Ruth Circle*

UMW Ruth Circle will not meet in August. See  
you at Guest Night on **August 8 at 7:00 p.m.**