

# SAGACITY

NEWSLETTER OF S.A.G.E.S.

SAINTS ALIVE, GROWING, EVER SERVING



VOL 32, No. 3

July, 2022

Downloadable information about S.A.G.E.S. and the GATHERING is available at [www.mnsdistrict.org](http://www.mnsdistrict.org) under "Get Involved" tab, S.A.G.E.S.

**Email address:**

[minnesotasouthsages@gmail.com](mailto:minnesotasouthsages@gmail.com)

**SAGACITY**, n. [OF, fro, Latin *sapiens*, fr, *sapere* to be wise]

Quality of being sagacious; keenness of discernment or judgment.

**SAGE**, n. [OF, fr. *sage*, fr. L *sapers* to be wise]

A profoundly wise man; a person of high repute for wisdom; often someone who is venerated for the store of wisdom that has been accumulated during a long life.

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St. John Lutheran, Woodbury

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# S.A.G.E.S.

Saints Alive, Growing, Ever Serving  
MN South Older Adult Ministry

## Announces

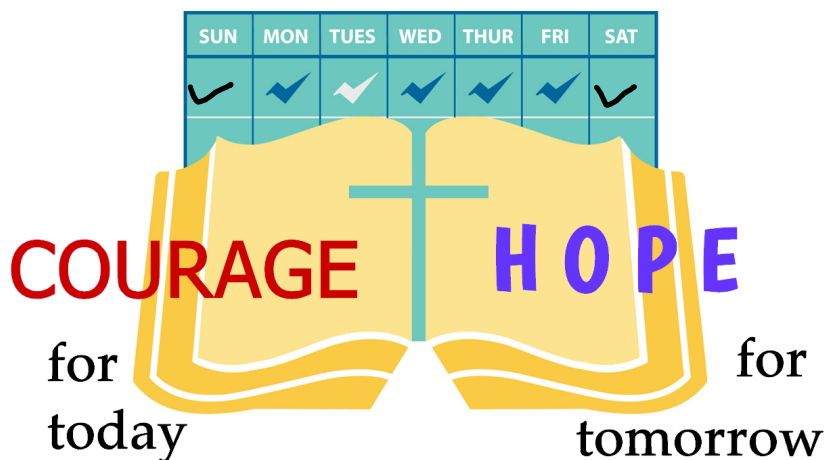
### Mini-GATHERING XXXII

A one day event on five different dates  
at five different locations in MN South District  
using a video format with  
PRESENTER

## REV. MARK JESKE

### "Ministry with, to and by Seniors"

assisted by local facilitators and hosts.



See dates/regional locations on next page.

**Pre-registration required,**

Cost: \$20/person

## Mini ~ GATHERING XXXII

**Time: 9 a.m. - 3:30 p.m. for all locations.  
Lunch included.**

- |                      |  |
|----------------------|--|
| <b>July 19, 2022</b> | <b>Concordia Academy,</b><br>2400 Dale Street N,<br>Roseville MN 55113<br><br>Hosts: Connie Petersen, Rev. James Vehling       |
| <b>August 9</b>      | <b>Martin Luther High School,</b><br>315 Martin Luther Dr,<br>Northrop, MN 56075<br><br>Hosts: Rev. Don Taylor, Kay Stewart    |
| <b>August 10</b>     | <b>Mayer Lutheran High School,</b><br>306 7th St NE,<br>Mayer, MN 55360<br><br>Hosts: Jayne Combonne, Katharine Bart           |
| <b>August 17</b>     | <b>Redeemer Lutheran Church</b><br>869 7th Ave SE,<br>Rochester, MN 55904<br><br>Hosts: Rev. David Preuss, Delores McGillivray |
| <b>September 30</b>  | <b>Camp Omega,</b><br>22750 Lind Ave,<br>Waterville, MN 56096<br><br>Hosts: Dick and Joyce Swedean                             |

Registration form on last page.

Pre-registration is required for each event with due date two weeks prior to the event. Cost: \$20 per person, includes lunch. Registration form also available on the MN South District website under 'Get Involved', SAGES; or to request a form call Registrar Joyce at 651-688-8245; or email [minnesotasouthsages@gmail.com](mailto:minnesotasouthsages@gmail.com).

### MN S District Liason

\*Dr. Phillip Johnson, Asst. to President for Congregational Mission Formation

#### Conf/Circuit Representatives

#### CAPITOL/Circuits 1,2

\*Connie Petersen  
St. Stephanus Lutheran  
St. Paul MN

#### LYNDALE/Circuits 3,4

#### MINNEAPOLIS/Circuits 5,6,7

\*Dick & Joyce Swedean  
Emanuel Lutheran  
Inver Grove Hts MN

#### WEST METRO Circuits 8,9,10 (N&S Carver)

\*Jayne Combronne  
\*Katherine Bart  
St. Paul Lutheran  
Watertown MN

#### OWATONNA Circuits 14,15,16

\*Len & Lois Marquardt  
Grace Lutheran  
Dodge Center MN

#### N. CROW RIVER Circuits 17,18

\*Sharon Haberkamp  
\*Darlene Ave-Lallemant  
Our Savior's Lutheran  
Hutchinson MN

#### S. CROW RIVER Circuits 19, 20

\*Trudy Wiechmann  
Our Savior's Lutheran  
Mankato MN  
\*Kay Stewart  
Good Shepherd Lutheran  
N. Mankato MN

#### SOUTHWEST E/Circuits 21,22 (OPEN)

#### SOUTHWEST W/Circuits 23,24 (OPEN)

#### WHITEWATER/Circuits 11,12,13 (OPEN)

(Notice: there are openings for circuit representatives on the S.A.G.E.S. Board. This is a good opportunity to prayerfully consider volunteering to serve older adults in MN South District.)

## UNDER OBSERVATION



**Entry one:** Some scientist with too much time on his hands produced this research: our eyes are always the same size from birth, but our nose and ears never stop growing. There is the answer to a question most of us would never ask.

**Entry two:** Summer season is taking a long time to arrive regardless of the date on the calendar. Crop planting has been a furious process for the local farmers, but once in things are growing well. These 3 and 4 day spurts of hot weather followed by return to cool must make plants schizophrenic!

**Entry three:** I've become enamored by weird t-shirt writing: *"My body knows how old I am, but my mind refuses to believe it."* These things are necessary in a world that seems to have lost any sense of the ridiculous because it has become normal to be ridiculous.

**Entry four:** Something to look forward to again – the ads for the county fair begin to appear. Returning to usual activities is taking longer than many of us expected, and maybe normal will be something new!

**Entry five:** A grocery ad "proclaims" that chicken eggs have been raised with no hormones. In the same paper a story that all chicken eggs are raised with no hormones. The price in the first story was higher than normal eggs. As if we need more confusion.

**Entry six:** The bingo crew has been shut down by a rather strong return of COVID among the nursing home residents. It's amazing how we become accustomed to activities, and don't realize how much they have become a part of our lives – and are good for us.

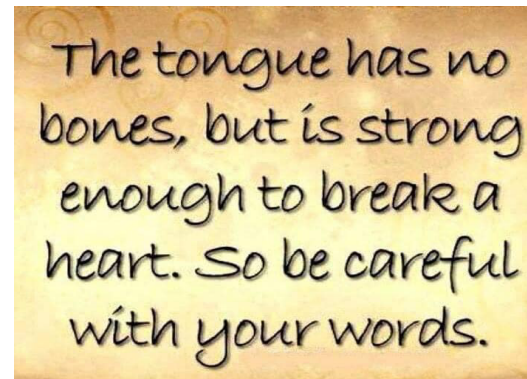
**Entry seven:** Program at the LWML rally was a presentation about and with trained comfort animals, especially dogs. The animals are remarkable, but the people who train and care for them are even more amazing. It's just good reminder of the good things are being done to help people in trouble in our messy world.

**Entry eight:** I suppose that something good is being done with my property tax money. It's no comfort to realize that my property is

worth more than I am every year as the tax keeps growing and I keep retreating.

**Entry nine:** Hurray! The golf season has begun! Although the first rounds weren't wonderful, the best part is that we still can do it and go back for more. At our age there aren't too many things like that. But there aren't too many people like us!

**Entry ten:** A quote from Mark Twain: "Some people bring joy wherever they go. Some people bring joy whenever they go." Yes!



When I was a child, I thought nap time was a punishment. Now it feels like a small vacation.

Character is what you are willing to do when the spotlight has been turned off, the applause has died down and no one is around to give you credit.

Orville: "To what do you attribute your old age?"

Wilbur: "To the fact that I was born a long time ago."

A mother was scolding her little boy, "How often must I tell you to keep your eyes closed when your father is asking the blessing at the table? she asked.

"Yes, Mom," replied the boy, but how do you know that I don't?"

Teacher: "David, how do you spell Mississippi?"

David: "The river or the state?"

A man leaves home and goes for a run. He runs for awhile and takes a left turn. The man jogs further and turns left again. He continues his run and takes another left turn. On his way home, the man encounters two men who are wearing masks. Who are these two masked men?

**The catcher and the umpire!**

**Witticisms --**

Nothing should be prized more highly than the value of each day.

Don't pray for rain if you're going to complain about the mud.

Perseverance is not a long race; it is many short races, one after another.

A well-kept garden is weeded bliss.

Stay in the pleasant tense

Formula for youth! Keep your enthusiasm, forget your birthdays.

No one appreciates the genius of your conversation as much as the dog does.

A harvest of peace is produced from a seed of contentment.

Recall it as often as you wish—a happy memory never wears out.

In prosperity our friends know us; in adversity we know our friends.

What's a fish's least favorite day of the week?  
Fry day!

When a woman says "What?" it's not because she didn't hear you. She's giving you a chance to change what you said.

The trouble with retirement is you never get a day off.

Patience is something you admire in the driver behind you, but not in the one ahead.

When you are at your wit's end, don't tell anymore jokes.

There can be no other occupation like gardening in which, if you were to creep up behind someone at their work, you would find them smiling.

God gave you two ears and one mouth so you'd listen twice as much as you talk.

Two silkworms had a race. They ended up in a tie.

We pass this way but once . . . unless your spouse is reading the road map.

We should swallow our pride occasionally; it's non-fattening.

Don't trust everything you see – even salt looks like sugar.

After all is said and done, more is said than done.

“Start every day with a smile and get it over with.”  
– W.C. Fields

“Think of giving not as a duty, but as a privilege.”  
– John D. Rockefeller

“Knowing trees, I understand the meaning of patience. Knowing grass, I can appreciate persistence.” Hall Borland

**Most people are at the age where they are using their phones to document the good times in their lives. I am at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.**

**A 'BIMLER-ism'**

**AUGUST ...."A GUST OF GRACE!**

The Spirit of the Lord is alive and well in August, just like all of the other months! Let's focus on the "GUST of GRACE" this month by working at being intentional about Seeing, Serving, and Sharing the great GUST of the Lord with others. Why not make a list of the "Gusts of Grace" you feel, sense, touch, share, and do as we say Alleluia to August...and live through each day with GUSTO, in the Lord!

~ ~ ~ ~ ~

As a non-related bonus today, here's a creative statement of exceptions to a familiar rule:

*"I before E except when your foreign neighbor Keith receives eight counterfeit beige sleighs from feisty caffeinated weightlifters. Weird!"*  
(from "Perspectives" by Rev Jerry Kieschnick)

## Dart Test

A young man named Sammy relates an experience he had in a seminary class, given by his teacher, Dr. Smith. He says that Dr. Smith was known for his elaborate object lessons.

One particular day, Sammy walked into the seminary classroom and knew they were in for a fun day. On the wall was a big target and on a nearby table were many darts. Dr. Smith told the students to draw a picture of someone that they disliked or someone who had made them angry, and he would allow them to throw darts at the person's picture.

Sammy's friend drew a picture of who had stolen his girlfriend. Another friend drew a picture of his little brother. Sammy drew a picture of a former drawing, even drawing pimples on the face. Sammy was pleased with the overall effect he had achieved.

The class lined up and began throwing darts. Some of the students threw their darts with such force that their targets were ripping apart. Sammy looked forward to his turn, and was filled with disappointment when Dr. Smith, because of time limits, asked the students to return to their seats. As Sammy sat thinking about how angry he was because he didn't have a chance to throw any darts at his target, Dr. Smith began removing the target from the wall.

Underneath the target was a picture of Jesus. A hush fell over the room as each student viewed the mangled picture of Jesus; holes and jagged marks covered His face and his eyes were pierced.

Dr. Smith said only these words . . . *"In as much as ye have done it unto the least of these my brethren, ye have done it unto Me."* Matthew 25:40.

No other words were necessary; the tears filled eyes of the students focused only on the picture of Christ.



Summer Health note – When to wear sunscreen?

Every day! The best practice is to apply **30 minutes before venturing outside** to allow the sunscreen to bind to your skin.



**ALOA**

**ALOA Lutherhostel**

**October 3 – 7, 2022**  
**Ironwood Springs**  
**Christian Ranch,**  
**Stewartville, MN**

**Featuring:** Rev. David Buegler will lead attendees in *The Rest of the Story*. In a nod to Paul Harvey, he will bring a surprise with what we never knew about familiar Bible stories.

And - Deaconess Jan and Pastor Frank Janzow will lead worship and music, where they will explore *The Lost Parables of Luke*.

**Questions?** Call us at 800-930-2562 - or email [aloa4u@gmail.com](mailto:aloa4u@gmail.com)



**ALOA: Adult Lutherans Organized for Action**

### September - Rich Bimler

- S**– Start each day with a Grateful Heart!
- E** – EncourAGE the Older.
- P** – Praise Loudly – Blame Softly
- T** – To be Interesting, Be Interested!
- E** – EncourAGE the Younger!
- M** –Make this a September to Remember!
- B** --Be Ready to Live Well, Age Well, Die well, in the Lord!
- E** – EncourAGE Yourself!
- R** – Rejoice in the Lord – Always! (And again we say, “REJOICE!”)

### How we learn

Learners retain:

- 20% of what they read
- 20% of what they hear
- 30% of what they see
- 50% of what they see and hear
- 90% of what they see, hear and do.

Jesus knew the importance of his followers' hearing, seeing and doing his teaching. "Why," he asked, "do you call me 'Lord, Lord,' and do not do what I say." (Luke 6:46)



**Disclaimer: In all health issues, consult your personal medical professional for diagnosis and treatment.**

## Fruits and Vegetables Can Lower Depression Risk

A study published in *The European Journal of Nutrition* showed that people who eat more fruits and vegetables had a 20% lower risk of developing depression.

The 12-year study involved 4,105 men and women age 25 and older. The study surveyed the participants' fruit and vegetable consumption at the beginning of the study, five years later, and then again at the conclusion. The study did not include fruit juices, canned or dried fruit, or fried vegetables.

Other results from the survey revealed that:

- Yellow, orange, red, and leafy green vegetables had the strongest link to lowering depression risk.
- The greatest benefit was seen in participants who ate at least three combined servings of fruits and vegetables per day.

Source: [verywellfit.com](http://verywellfit.com)

(Reprinted with permission from Better Health)

## Endurance exercises for older adults

[Endurance activities](#), often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your [heart](#), lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as [diabetes](#), [colon](#) and [breast](#) cancers, [heart disease](#), and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming

- [Biking](#)
- Climbing stairs or hills
- Playing tennis or basketball

Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

### Safety tips

- Do a little light activity, such as easy walking, before and after your endurance activities to warm up and cool down.
- Listen to your body: endurance activities should not cause dizziness, chest pain or pressure, or a feeling like heartburn.
- Be sure to [drink liquids](#) when doing any activity that makes you sweat. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising.
- If you are going to be [exercising outdoors](#), be aware of your surroundings.
- [Dress in layers](#) so you can add or remove clothes as needed for hot and cold weather.
- To prevent injuries, use safety equipment, such as a helmet when [bicycling](#).

(Taken from the National Institute on Aging and the National Institute of Health website: [nia.nih.gov](http://nia.nih.gov))



(Author of the following Bible Study is unknown.)



# Which direction should my ceiling fan rotate?

## WINTER: CLOCKWISE

Rotating your fan clockwise in the winter creates an updraft to redistribute warm air.



## SUMMER: COUNTERCLOCKWISE

A counterclockwise rotation creates a downdraft to help cool your home.



**“COURAGE for today+HOPE for tomorrow”  
S.A.G.E.S OLDER ADULT MINI-GATHERING XXXII**  
(Saints Alive! Growing, Ever Serving)

**REGISTRATION DEADLINE - Two weeks prior to selected event**

PRINT NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE (\_\_\_\_) \_\_\_\_\_ EMAIL \_\_\_\_\_

CONGREGATION \_\_\_\_\_ LOCATION \_\_\_\_\_

	Individual	Couple
<b>JULY 19, 2022</b>		
Concordia Academy	\$20.00__	\$40.00__
<b>AUGUST 9, 2022</b>		
Martin Luther High School	\$20.00__	\$40.00__
<b>AUGUST 10, 2022</b>		
Mayer Lutheran High School	\$20.00__	\$40.00__
<b>AUGUST 17, 2022</b>		
Redeemer Lutheran Church	\$20.00__	\$40.00__
<b>SEPTEMBER 20, 2022</b>		
Camp Omega	\$20.00__	\$40.00__

**TOTAL REMITTED** \$ \_\_\_\_\_

**MAKE CHECKS PAYABLE TO S.A.G.E.S. and send to Joyce Swedan**  
1535A Clemson Drive, Eagan, MN 55122