

# SAGACITY

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

SAINTS ALIVE, GROWING, EVER SERVING



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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.

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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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ANNOUNCING

S.A.G.E.S.

GATHERING XXXIV

MAY 6 AND 7, 2024

AT COUNTRY INN AND SUITES IN MANKATO MN



**Dr. Dean  
Nadasdy,  
Featured  
Presenter**

Psalm 71 for seniors

v.17-18 SINCE MY YOUTH, GOD, YOU HAVE TAUGHT ME,  
AND TO THIS DAY I DECLARE YOUR MARVELOUS DEEDS.  
EVEN WHEN I AM OLD AND GRAY,  
DO NOT FORSAKE ME, MY GOD,  
TILL I DECLARE YOUR POWER TO THE NEXT GENERATION,  
YOUR MIGHTY ACTS TO ALL WHO ARE TO COME.

FINISHING

**STRONG**

WORKSHOPS, MUSIC, VENDORS, BANQUET

LOOK FOR REGISTRATION INFORMATION  
IN THE SPECIAL MAILING IN FEBRUARY

*Presented by S.A.G.E.S.*

*(Saints Alive, Growing, Ever Serving)  
Minnesota South LCMS Older Adult Ministry*

## HEALTHY HOORAYS FOR CELEBRATING THE YEAR!

*Dr. Rich Bimler*

*Ambassador of Health, Hope, and Aging (AH-HA!) and  
Ministry Consultant*

Psalm 126:3 says it so well: *“The Lord has done great things for us and we are filled with joy!”* What a statement of faith, of hope, and of love as we live out the year and look to the upcoming New Year! Check these 12 Hoorays out to see how you might live your faith in the Lord, and watch how we are blessed through him in these ways...and in many other ways as well!

1. Remember – Our hope is in the name of the Lord. Even though we have considered all the facts, there is always hope in Christ because of what He has already done for us and continues to do in and through us!
2. Ask for Help – God’s gifts are in the people around you. Ask the younger and the older for support, love, and encouragement.
3. Laugh Out Loud – at yourself, with others, and give people permission to laugh. Laughter is another way of crossing ourselves!
4. Take Care of Your Body –It’s the only one we will ever have, and it’s the temple of the Lord, as He works in and through us to others.
5. Say “Thank You” to people as often as you can. “Thank You”!
6. Look for Trouble – or, more specifically, look for the troubled – the lonely, the lost, the least, and the last – all those who think that God has forgotten them.
7. Talk to Children Regularly – it is good for them, and for us. Help to bring the younger and the older together to share the hope and love of the Lord for people of every age.
8. Remember – your present mood is never permanent! The Lord will lead and guide.
9. On a Scale of 1 to 10 – your friends deserve a 12! Thank the Lord for friends, beginning with Jesus.
10. Remember – life is not fair, but God is gracious!
11. Be the Biggest Picture Window to the Gospel that you can be!
12. Things are not always as they seem – see life through the Cross and the Resurrection!

Lord, bless and guide us through this year and into the upcoming New Year. Give us 2020 vision so that we may see You and serve You in all that we do. In Jesus name, Amen, Amen!

~ N U T S ~  
**Never Underestimate The Spirit**

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## UNDER OBSERVATION

### **Entry one**

Some kind soul asked why my journal contained so many weather observations. After some soul searching and a lot of cookies, I decided it has something to do with being a Minnesotan. We face more climate changes, learn to deal with them all, and ergo talk about them. Hey, it's more fun than dealing with other earthly problems.



### **Entry two**

Another soup maker has joined me in the feeding of the 500 Club. The seniors have enjoyed the bigger variety of choices, and they recognize a professional cook. Cooking is not my talent just an acquired skill of necessity. So now I get to work with a pro and keep on learning. The senior group is rejoicing.

**Entry three:** The fall weather goes on and on, so does golf well into October. I remember playing once the week before Christmas but not the year (maybe 1966?). The body tells me there are reasons we need to rest some time this year.

**Entry four:** Just what nobody needs: a second hard hail storm! People had just arranged for repairs and the work had begun, so now we start over. The storm shredded window screens again and shingles. There was no record of anything like that in the early town papers, so we have a record event! Not too many people happy about it however, and the army of insurance appraisers said, "please, two of these is enough."

**Entry five:** The new management at our ice cream folks made a name change that's having problems becoming accepted. That's got to be a tough business decision. But it says a lot about us as patrons too. I miss the trucks and the semi-uniformed drivers and have trouble remembering how to spell yelloh!

**Entry six:** My nieces came for lunch. One is in the Twin Cities but the other is in Denver. So it was a time to re-evaluate them (and vice versa). We're still all the same attitudes and size - amazing! Those genes are tough. It was great to recognize similarities and changes - how time flies.

**Entry seven:** The school managed a November 11 program well. I do wonder if

Blue Springs, Missouri

there is a measurable effect on the teenagers to identify veterans and much harder to understand them. At least the school people try, and we appreciate that.

**Entry eight:** The city celebrated winter in December as usual but on a very nice day and without snow. It didn't keep a few thousand people from celebrating with gusto. Trust Minnesotans to complain about 'no snow!' anyhow.

**Entry nine:** The parament change season begins, including a new set for Advent. My partner and I labor to prepare God's house to enhance worship for the congregation and guests for this season, but there are a multitude who work all year long to keep God's house decorated and cared for. It's good.

**Entry ten:** Winter will come sooner or later, you know. But we (mostly) are Minnesotans and hardy and here because we like it!

## Resolutions:

"These girls were anxious to be good, and made many excellent resolutions, but they did not keep them very well, and were constantly saying, 'If we only had this,' or 'if we could only do that,' quite forgetting how much they already had, and how many pleasant things they actually could do; so they asked an old woman what spell they could use to make them happy, and she said, "When you feel discontented, think over your blessings, and be grateful."

—Louisa May Alcott

"Packaged inside of every mistake there lays a great lesson. And while I don't want to take the mistake into the New Year, I most certainly want to take the lesson that's packaged inside of it."—Craig D. Lounsborough

"For a change, don't add new things in your life as a new year's resolution. Instead, do more of what's already working for you and stop doing things that are time-waste."

—Salil Jha

"May the blessings of God be upon us from the beginning of the year to its end."

-and-

"The best resolution is the grace to repent."

— Lailah Gifty Akita

Lutheran Church-Missouri Synod  
Minnesota South District

S.A.G.E.S.

Saints Alive! Growing, Ever Serving

## GATHERING XXXIV

S.A.G.E.S., the LCMS MN South District organization ministering to older adults in the MN South district, will host the 2024 GATHERING XXXIV in Mankato at the Country Inn and Suites, Monday, May 6, beginning at 1 p.m. and concluding Tuesday, May 7 at 2:30 p.m.

The theme for GATHERING XXXIV is “**Finishing Strong**”. As noted on the front page, the featured speaker is Rev. Dr. Dean Nadasdy, president emeritus of the Minnesota South District of the Lutheran Church-Missouri Synod (LCMS). Rev. Nadasdy will have three presentations during the two-day event.

The details for the breakout sessions held during the GATHERING are still being finalized. A mailing with descriptions of workshop sessions, daily agendas, and the GATHERING registration form will be sent out in February. Cost of the two day GATHERING is \$75 per person which includes the Monday evening banquet and Tuesday lunch. The motel provides complimentary breakfast for those staying at the motel. There will be reduced cost for single day attendance.

**PLEASE TAKE NOTE:** A block of rooms has been reserved at Country Inn and Suites, Mankato. Reservations must be made directly with the motel by individuals no later than Monday, April 15. Room rate is \$119 plus tax for Standard room (Double Queen Non Smoking) or Studio (King/Sofa Non Smoking). Early birds can make motel reservations now by calling 507-388-8555, requesting a room in the S.A.G.E.S. room block.

Any Volunteers? Circuits 21(Blue Earth) and 22 (Sherburn) are without representation on SAGES board. Prayerfully consider this opportunity.

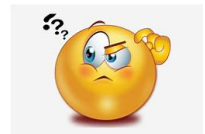
You Know You Might Be Lutheran if . . .

- you only serve Jell-O in the proper liturgical color for the season.
- you didn't know chow mein noodles were a Chinese food.
- when someone mentions red and green (in terms of Christmas), you immediately think of a battle over hymnals.
- during the entire service you hold your hymnal open but never look down at it.
- during communion you hum the hymns so you can see who's at church that Sunday.
- rather than introducing yourself to a visitor at church, you check their name out in the guestbook.
- you think Garrison Keillor's stories are totally factual.
- you have your wedding reception in the fellowship hall and feel guilty about not staying to help clean up.
- a midlife crisis means switching from the old hymnbook to the new one.
- you forget to put water in the baptismal font but never forget to put water in the coffee pot.

### How Time Passes... in the Midwest



### Some things to ponder:



The fact that Kansas and Arkansas are pronounced differently bothers me way more than it should.

Pronouncing words that end in ‘ough’ – cough, bough, rough, dough, through, though.

Is the ‘S’ or ‘C’ in scent silent?

Why does fridge have a ‘D’ in it, but refrigerator doesn’t?

You can drink a drink but you can’t food a food.

The word “queue” is just a Q followed by four silent letters.



## RANDOM PRAYER POSTURE THOUGHTS

By Bob Sitze

*(This entry comes as the result of looking at my hands as I was sitting and praying recently. Perhaps these random thoughts might encourage you to consider the possible meaning of your own prayer postures.)*

One way I pray is with folded hands. Not quite as involved as kneeling or prostrating myself, this posture invites prayer connections nonetheless. Those clasped hands give me the opportunity to pray beyond thinking.

I sometimes peer into the cave formed by my hands, and think of the folks whose well-being I've imagined into that space. They're in there, these prayer-worthy ones, and by my prayers I participate in their lives.

A related thought that came to mind recently: The phrase we sometimes use to assure each other of our high regard, "I will hold you in prayer." Since literal *holding* involves hands, my hands-folded posture might be especially fitting for me: There, in the shelter formed by my embracing fingers, is the essence or spirit of the person(s) for whom I am praying. I am actually holding them, surrounding them with fingers, palms and wrists!

As they knit together, my interjoined fingers create a tightly interlaced dome that resembles a refuge—a place where my thoughts are safe with each other. It's just a bit dark—and quiet—inside this nesting place, so my prayer thoughts can rest there for awhile, even as they also wing their way towards God's own hands.

When I release from that posture, it feels like my petitions are still stuck on my fingers. Later those ten digits will go about their daily ministries with the remnants of my prayers still covering their surfaces. Those prayer thoughts will meet the tasks of my day, thoughts translated into actions.

I don't know your preferred prayer posture, of course, but I encourage you to consider how your prayer thoughts might be enhanced by the way you position your body. How you encounter God with your entire self.

May your prayers today be blessed.



If you have to schedule a meeting with a person or people you do not like, here are some days to tell them, no matter what year... February 30<sup>th</sup>, April 31<sup>st</sup>, June 31<sup>st</sup>, September 31<sup>st</sup>, November 31<sup>st</sup>

The month before Carl's 21st birthday, his father told him, "Did you know that something amazing happens to all the male members of your family when they turn 21?"

"When your grandfather turned 21, he went to the lake and discovered that he was able to walk on the water. When my oldest brother, your uncle Jim, turned 21, he discovered the same. Me, your other uncles, your older brothers...all of them could walk on water at age 21."

"Cool!" said Carl. "I can't wait to walk on water!"

A month later, Carl turned 21, and his family took him to the lake to see him walk on water. They got into a boat and rowed into the middle of the lake and watched excitedly as Carl stepped out of the boat...but instead of walking on the surface, he sank.

After he was pulled back into the boat, Carl said, "I don't get it! You all turn 21, and you can walk on water! I turn 21, and I can't!"

"Hmm," said Carl's father. "Come to think of it, it may be because all our birthdays are in February but yours is in July..."

The sad part about getting old is...  
you stay young on the inside,  
but nobody can tell anymore



[www.facebook.com/EightiesMusicForever](http://www.facebook.com/EightiesMusicForever)

🤔 I was visiting my son the other night when I asked if I could borrow a newspaper. "Dad, this is the 21<sup>st</sup> century," he said. "I don't waste my money on newspapers. But if you like, you can borrow my iPad." **I can tell you this: That spider never knew what hit him.**

~Smith climbs to the top of Mt Sinai to get close enough to talk to God.

Looking up, he asks the Lord "God, what does a million years mean to you?" The Lord replies "A minute."

Smith asks, "And what does a million dollars mean to you?" The Lord replies, "A penny."

Smith asks, "Can I have a million dollars?" **The Lord replies, "In a minute."**



### Do Make Me Laugh

by Steve Gruenwald,  
Directory, *Worker Wellness*  
Concordia Plans

You may have heard this children's joke: "I know God has a sense of humor, because he created you!" It's not a very nice joke, but the truth is God created laughter. In His wisdom, God designed built-in, automatic responses for the health of our bodies. As our bodies heat up due to working out or being in the sun too long, sweating occurs to cool our bodies. Laughing is similar. When something strikes us as funny, we reflexively smile or laugh.

A recent study points to the health benefits associated with laughter – particularly with heart health. The study showed that patients with coronary artery disease who engaged in laughter therapy had reduced inflammation and increased oxygen flow throughout their bodies.

For the study, half of the participants were asked each week to watch a variety of hour-long comedy programs and sitcoms. The other half watched serious documentaries with topics such as politics or the destruction of the Amazon rainforest. At the end of the 12-week study, the comedy group improved by 10% in a test measuring how much oxygen their heart could pump through the body and how well their arteries could expand.

The "humor" group also showed a significant reduction of stress hormones – inflammatory biomarkers – which place a strain on the heart and increase the risk for a heart attack or stroke. With the "serious" group, the oxygen flow and biomarkers remained unchanged. It's as if the researchers discovered what God has been telling us for centuries: "A cheerful heart is good medicine, but a crushed spirit dries up the bones." (Proverbs 17:22)

If laughter is good heart medicine, then taking time to laugh is a preventive exercise. We need a good belly-laugh to counter-balance the serious consequences of a sinful world. Ecclesiastes reminds us of that need for balance as there will always be "... a time to weep and a time to laugh."

The seriousness of life isn't hard to find, so you may need to be purposeful to bring out the humor in your living. Seek out sources that encourage laughter. Spend time with family and friends that foster healthy laughter. I've been blessed in my lifetime to be surrounded by family and friends that recognize when I get too serious due to life situations. Their joking and humorous natures resuscitate my heart with some much-needed laughter.

While writing this, a song kept popping into my head reminding me of the importance laughter has not only on our health, but also on our attitudes. It's an oldie from *Mary Poppins*: "The more I laugh, the more I fill with glee. And the more the glee, the more I'm a merrier me!"



~"Next week," said the preacher, "I will deliver a sermon on the sin of lying. To help you understand what I'm talking about, I want you all to read Mark, Chapter 17."

The following Sunday, the minister went to the pulpit and asked how many parishioners had read Mark, Chapter 17. Every hand in the congregation went up.








**"Mark only has 16 chapters," said the preacher with a sly grin. "I will now proceed with the sermon on lying."**

~I felt uncomfortable driving into the cemetery. The GPS blurted out, **"You have reached your final destination."**

~Is this a description of America: Andy has left town and Barney is in charge?

**January**  
New Years Day, Epiphany (Twelfth Night)

Wolf Moon

1.  as white as snow
2.  \_\_\_\_\_
3.  \_\_\_\_\_
4.  \_\_\_\_\_
5.  \_\_\_\_\_
6.  \_\_\_\_\_
7.  \_\_\_\_\_
8.  \_\_\_\_\_
9.  \_\_\_\_\_
10.  \_\_\_\_\_
11.  \_\_\_\_\_



**March**  
Lent, St. Patrick's Day, Palm Sunday, Easter

Worm Moon

*St. Patrick's Day True or False trivia*

1. Saint Patrick was Irish. T F
2. His real name was Maewyn Succat. T F
3. March 17 is Saint Patrick's birthday. T F
4. The first St. Patrick's Day parade happened in Ireland. T F
5. St. Patrick was brought to Ireland as a slave. T F
6. There are no female leprechauns. T F
7. The Irish have always considered wearing green to be lucky. T F
8. St. Patrick was 26 years old when he went to Ireland. T F
9. John Fitzgerald Kennedy had Irish roots. T F
10. According to the legend, St. Patrick drove snakes out of Ireland. T F

**February**  
Valentines Day, Chinese New Year, Ash Wednesday

Snow Moon

Match the Bible verse to the source:

- |                |                      |
|----------------|----------------------|
| A Deut 6:5     | F Galatians 5:14     |
| B John 15:13   | G. 1 John 3:11       |
| C Romans 5:8   | I. 1 John 4:11-12    |
| D 1 Cor 13:1-3 | J. 2 John 1:6        |
| E 2 Cor 13:11  | K. Lamentations 3:22 |

\_\_\_\_\_ *Beloved, if God so **loved** us, we also ought to **love** one another. No one has ever seen God; if we **love** one another, God abides in us and his **love** is perfected in us.*

\_\_\_\_\_ *For this is the message you have heard from the beginning, that we should **love** one another.*

\_\_\_\_\_ *Greater **love** has no one than this that he lay down his life for his friends.*

\_\_\_\_\_ *For the whole law is fulfilled in one word: "You shall **love** your neighbor as yourself."*

\_\_\_\_\_ *If I speak in the tongues of men and of angels, but have not **love**, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not **love**, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not **love**, I gain nothing.*

\_\_\_\_\_ *God shows His **love** for us in this: while we were still sinners, Christ died for us.*

\_\_\_\_\_ *you shall **love** the Lord your God with all your heart and all your soul and all your might.*

\_\_\_\_\_ *And this is **love**, that we walk according to his commandments;*

\_\_\_\_\_ *. . . Aim for restoration, comfort one another, agree with one another, live in peace; and the God of **love** and peace will be with you.*

\_\_\_\_\_ *The steadfast **love** of the Lord never ceases, his mercies never come to an end.*



*St. Patrick's Day True or False trivia cont.*

11. Edinburgh is the capital of Ireland. T F
12. St. Patrick was born at the End of Roman rule in Britian. T F
13. Corned beef and cabbage are associated with this holiday. T F
14. The largest South American Saint Patrick Day parade was held in Columbia. T F
15. Whisky in Ireland is spelled without the e. T F



# Winter Storm Planning Timeline

### A few days out

*If the forecast calls for winter weather, start preparing now.*

-  Have emergency supplies for your home & car
-  Check your smoke and carbon monoxide detectors
-  Replenish fuel for your car and heating sources

### The day before

*Forecast accuracy continues to improve, so keep checking the latest.*

-  Adjust plans
-  Have multiple ways to receive Warnings
-  Bring pets indoors and ensure they have water

### During & After

*Remain vigilant and stay informed. Drive only if necessary.*

-  Check on neighbors and family
-  Properly ventilate emergency heat sources
-  Keep generators at least 20 feet from your home
-  Take it easy when shoveling

weather.gov 

**NOTICE** – SAGACITY is available in print by yearly subscription. To receive a print copy, send \$15 check made out to S.A.G.E.S. with ‘2024 Subscription’ entered in memo line to Treasurer Dick Swedean, 1535A Clemson Drive, Eagan MN 55122..

**It’s so cold that . . .**

- I saw a greyhound bus and the dog was riding inside.
- Cows are giving ice cream instead of milk.
- You’re thankful for hot flashes.
- You mop the floor and it turns to frost.

What is your ending to that statement?



**Winter Emoji Quiz**

- |                           |                       |
|---------------------------|-----------------------|
| 1. As white as snow       | 7. Cold feet          |
| 2. Cold hands, warm heart |                       |
| 3. Snowbird               | 8. Black ice          |
| 4. Break the ice          | 9. Cold turkey        |
| 5. Run hot and cold       | 10. Cold call         |
| 6. Cold light of day      | 11. Take a chill pill |

**Love Quiz**

1. I
2. G
3. B
4. F
5. D
6. C
7. A
8. J
9. E
10. K

**St. Patrick’s Quiz**

- |       |                   |
|-------|-------------------|
| 1. F  | 12. T             |
| 2. T  | 13. T             |
| 3. F  | 14. F             |
| 4. F  | 15. F             |
| 5. T  | (1. Dublin)       |
| 6. T  | (3. Day of death) |
| 7. T  | (4. America)      |
| 8. F  | (8. 16 yrs)       |
| 9. T  | (11. Dublin)      |
| 10. T | (14. Argentina)   |
| 11. F | (15. Scotland)    |



