

# the GIFT



## senior adults

In her book *The Gift of Years: Growing Older Gracefully*, author Joan Chittister reminds us that the blessing of these years is the freedom we have to “stretch ourselves beyond ourselves.” Everything in life that we have managed to develop all these years in both soul and mind... is given now for the sake of others. Indeed, it is in this spirit that we find our “Wisdom Generation” of Wesley Memorial! What a vital ministry is at work here. Today’s seniors are alive in God’s love with surprising energy, active participation, discipleship, and plans for the future!

*Under the leadership of the Senior Adult Council, 4 focus areas are planned for Senior Adult involvement:*

**Autumn Lights Candlelight Prayer Service and the Wesley Memorial**

**Alzheimer’s Walk:** Mission project seeks to advance research and support the caregivers in Guilford County of persons afflicted with Alzheimer’s/Dementia Diseases. Thank you in advance for supporting our 2022 event. Goal is to meet or exceed last year’s total donation of \$13,295.





# senior adult ministries



The Senior Adult Ministry of Wesley Memorial exists to minister to the senior age members of our church (ages 60+ years) by caring for their needs, and by connecting them with opportunities for worship, fellowship, and service.

**Golden Helping Hands:** This effort (well-suited for retirees) communicates and encourages senior adults to volunteer as a “ready resource” for short-term needs of our church. Examples are: preparing luminaries for Christmas drive-through Nativity, delivering Easter flowers to shut-ins, office help to prepare congregational mailings, Vespers Greeters, and more.

**Sharing Our Faith Stories:** Ongoing initiative to visit with older adults and capture their faith journey stories, so that others might follow in the footsteps of the Faithful. Watch for stories to appear in newsletters; cameos in video clips for worship and Sunday School.

## Senior Fellowship Fun and

**Learning:** Our seniors need not feel alone! We stay connected with Christian friends through day trips to local places of interest, picnics and potlucks, senior game days, and workshops that promote spiritual growth and aging well. New opportunities monthly.

We welcome those who are called to serve with us!

