

# POAMN Network News

Presbyterian Older Adult Ministries Network

## Resource Guide for Older Adult Ministries

ISSUE 44

2016 HOLIDAY

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A Publication of the  
Presbyterian Older Adult  
Ministries Network  
(POAMN) a 501(c)(3)

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### A MESSAGE FROM THE EDITOR

Good Morning from Oregon,

The theme of this issue of *PNN* is, *Embracing Middle Adults*. All too often middle adults are taken for granted by the church as though this stage of life was just a straight line path on level terrain. However, the path is not straight; there are predictable turns and changes in the path. During the years from 42 to 62, many of us have encountered, or will encounter, totally unexpected events that can change and shape us dramatically. In this issue of *PNN* you will find an article entitled *Embracing Middle Adults*.

ARMSS and POAMN held their 2016 joint conference in Richmond, Virginia during October. Several articles tell about events during that enjoyable and inspiring week:

- o 2016 Joint ARMSS/POAMN Conference in Richmond by Quentin Holmes
- o Reflections on the 2016 ARMSS/POAMN Conference in Richmond by Lillian Rhudy
- o NEW FACES: New POAMN Officers by Steve Aschmann

*PNN* is your newsletter. We need you to send us short notes about things you have done, or ideas that your group has found to work. Many older adults are in our Congregations. By the power of God, plus our faithfulness, and our warmth, we can reach out.

Thanks be to God!

Quentin Holmes / Marcola, OR

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### FRIENDSHIP

written by Winnie Maynard (1922-2016)

Friendship is a chain of gold  
Shaped in God's all perfect mold.  
Each link a smile, a laugh, a tear,  
A grip of the hand, a word of cheer.  
Is steadfast as the ages roll  
Binding closer soul to soul;  
No matter how far or heavy is the load,  
Sweet is the journey on friendship's road.



Michele Hendrix  
POAMN President

## SAVE THE DATE

### OAM CERTIFICATE PROGRAM @ CLL COLUMBIA SEMINARY & PRESBYTERIAN OLDER ADULT MINISTRIES NETWORK

*Aging can create special challenges, as well as strengths, in faith formation. The Center for Lifelong Learning (CLL) at Columbia Theological Seminary and the Presbyterian Older Adult Ministries Network (POAMN) are pleased to offer a certification that will better equip those working in churches and faith-based organizations to address the needs of older “clients” or congregants. The program is open to participants from any denomination or faith tradition.*

**OAM Classes at the CLL in 2017**  
**The Process of Aging and Implications for Ministry**  
**March 20-22**  
**Leader: Joyce MacKichan Walker, PhD**

**Teaching for Transformation**  
**March 22-24**  
**Leader: Joyce MacKichan Walker, PhD**

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## POAMN PRESIDENT'S REFLECTION



### 7th International Conference on Ageing and Spirituality

The [Presbyterian Older Adult Ministries Network](#) (POAMN) is pleased to support and cosponsor the congregational and chaplain's track at the 7th International Conference on Ageing and Spirituality, *Transition and Transcendence: Transforming Aging through Spirituality*, to be held June 4–7, 2017, at Concordia University, Chicago, Illinois. Presbyterian plenary speakers for this event will be the Rev. Dr. Eileen W. Lindner and the Rev. Dr. John Buchanan. For the full list of plenary speakers visit the conference [website](#) for complete details. The call for workshop proposals is also located on the website and we encourage you to submit a workshop proposal for this event.

## POAMN/ARMSS

The Joint Conference in Richmond, VA during October 2016 provided wonderful weather and a great venue for POAMN and ARMSS members who gathered for their seventh joint conference. It was the 34<sup>th</sup> year of POAMN conferences and together we observed the 20<sup>th</sup> year celebration of ARMSS.

**From Dennis Haines, (ARMSS Transition Team Rep):** “At the 20<sup>th</sup> Anniversary meeting of ARMSS in Richmond, VA, the recommendation from the ARMSS Executive Committee presented to the membership at the Annual Meeting was that “we merge from ARMSS into POAMN (Presbyterian Older Adult Ministries Network). With banners being carried into our opening worship by POAMN and ARMSS members, we celebrated our 20-year past as well as the joy of becoming one joint organization. We look with anticipation as to where God will lead us. Your Transition Team is dedicated to making this merger go as smoothly as possible. We covet your prayers as we journey through this process.”

POAMN enthusiastically welcomes ARMSS members into POAMN membership and look forward to our continued journey together.

I'd like to wish all of you a blessed fall season and a very Merry Christmas! We do hope to see you in Chicago!

Blessings,

*Michele Hendrix*

## MEMBERSHIP COMMITTEE MEMO

from Mike Fonfara and the Membership Committee

Readers,

Please let me introduce my friend, Lu. I am privileged to know this hippopotamus because I volunteer at Florida's world-class animal rescue and research facility, the Ellie Schiller Homosassa Springs Wildlife State Park. Lu lives there.



Lu will soon be fifty-seven years old. Earlier in the year, the Wildlife Park was notified that he is the oldest living hippopotamus in captivity. This happy Hippo spends every day eating, resting, playing with park visitors at will, and prancing around this naturally spring fed lagoon wherever he wants his 6,000 pound body to take him.

For Lu, who was born at the San Diego Zoo, life is literally "a day at the beach." As a movie and TV star he worked in John Wayne's 1962 film *Hatari* and in some Saturday morning television children programs like *Cowboys in Africa*. He excelled in his entertainment craft. He does the same today. Everybody loves Lu!

How long will Lu live? No one knows. The record for a hippo living in captivity is 61 years. Lu is hale and hearty. He could set a new record and move the parameters for hippo longevity forward.

I recently read that humankind aging is the Earth's greatest unexplored territory. It "trumps" Mars, future world economy, ocean bottoms, and even Lu's longevity. No one really knows for certain the parameters or possibilities of aging. The future of growing older needs exploration.

The Presbyterian Older Adult Ministries Network (POAMN) actively explores and shares acquired knowledge about aging. This publication, *POAMN Network News*, keeps readers up-to-date on related information. Our annual conference offers a weeks-worth of friends, faith, and facts about a Christian approach to the topic. PC (U.S.A.) publications (especially *Presbyterian Outlook*) and meetings are warming-up to POAMN ministries. POAMN is growing and will go extra miles to bring members information about the territory of our lives - good and faithful aging.

It is time to join the POAMN team for next year. All current POAMN members and potential new members are asked to confirm 2017 membership now by sending POAMN Treasurer, Cindy Wright, the application and dues form found in this issue of PNN or on our website, [www.poamn.org](http://www.poamn.org).

Thank you for becoming part of POAMN's exploration into the wonderful world of aging.



Mike Fonfara  
POAMN Membership Chair

*... and what does the LORD require of you  
but to do justice, and to love kindness,  
and to walk humbly with your God?*

- Micah 6:8

## 2016 JOINT ARMSS/POAMN CONFERENCE IN RICHMOND

by Quentin A. Holmes, Editor POAMN Network News

Some 140 people attended the 2016 ARMSS/POAMN Conference in Richmond, Virginia, October 11<sup>th</sup>–14<sup>th</sup>. For about thirty percent of the attendees this was their first-ever POAMN conference. The theme was *Christian Discipleship: People of the Spirit, People of Hope*. The 2016 conference was the sixth in a row put on jointly by the Association of Retired Ministers Spouses or Survivors (ARMSS), and Presbyterian Older Adult Ministries Network (POAMN). The conference brought together folks from across the USA with an interest in learning, and sharing, about ministering *with, to, and for* older adults. Virginia is for lovers - lovers of ponds, oceans, farmland, mountains, and history dating back to 1607, art, great colleges, etc. This article is the first of a two-part series that seeks to share the spirit of this inspiring conference.

Monday, Oct. 10<sup>th</sup>, **POAMN's Executive Committee** met together to share ideas, work out conference details, and make plans for the future. POAMN President, Michele Hendrix, summarized her understanding of the challenges and opportunities that lie ahead, listened to our suggestions, and then helped our committee create plans to address them. Exciting opportunities include:

- The 7<sup>th</sup> International Conference on Ageing and Spirituality in Chicago, Illinois, June 4<sup>th</sup>–7<sup>th</sup>, 2017
- A One-Day Regional Older Adult Ministry Conference in North-East Georgia, October 19, 2017

Months and months of detailed planning and coordination will go into each of these two events.



Great Blue Heron in pond by our hotel.  
(Photo by Hazel Pomfret)



**MICHELE HENDRIX** – Chairing a POAMN ExCom Meeting

*(Continued on page 5)*

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**Registration** opened on Tuesday afternoon. It was a joy to watch as new attendees came by to register and pick up their conference packets. As always, old-timers were there to meet and talk with everyone. In many ways, ARMSS and POAMN members feel like they are a part of an extended family of believers!

A pre-conference workshop, ***The Future is Aging***, was held Tuesday afternoon. Thirty-five people showed up to listen to informative presentations by Anne Adams, Ruth Sayre, and Pat Baker. (NOTE: Copies of their viewgraphs from this workshop are now available on our website [www.POAMN.org](http://www.POAMN.org))

**The Joint Conference opened formally at 7 PM Tuesday evening.** Rev. James Foster Reese of Cherry Hill, NJ, welcomed everyone on behalf of Ella Banton, ARMSS President, whose husband, Jack, had an illness that prevented her from attending the conference in person. Jim Reese's message was clear, full of wisdom gained during his 92 years of life, and straight from his heart. "Let me remind you that no other denomination has an organization for its retired ministers, spouses, and survivors." Rev. Reese concluded his opening remarks with "When you leave, it is our fondest hope that you will be greater in knowledge, greater in friendship, and that all that you do beginning today for the rest of your life will be to the glory of God." POAMN President Michele Hendrix also welcomed us. Ray Jones of PC(U.S.A.) - Formation and Evangelism brought us greetings from PC(U.S.A.). Rev. Carson Rhyne Jr., Executive Presbyter from Presbytery of the James, also welcomed us to Richmond and Virginia.



Rev. James F. Reese / Cherry Hill, NJ



KEYNOTE SPEAKER  
Dr. John Carroll

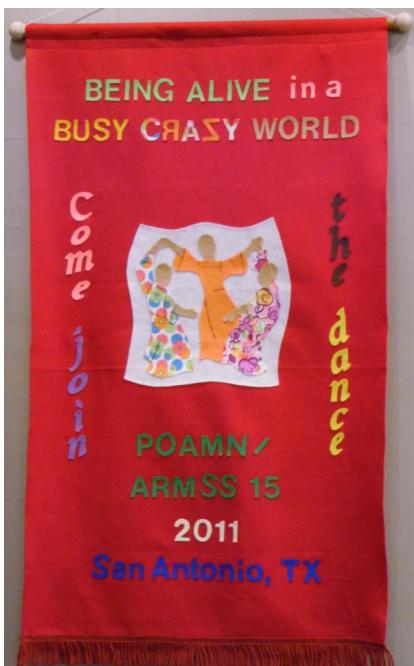
**Opening Worship on Tuesday night** began with a procession of the banners for each of the twenty ARMSS conferences as Rev. Dennis Haines succinctly described each conference. What a sense of legacy! (See Rotogravure of ARMSS/POAMN Banners, crafted by Donna Haines/ARMSS, on the next page). Rev. Tom Tickner, minister of spiritual life at Grace Presbyterian Village in Dallas, Texas, gave a very inspiring sermon on Luke 5:17-26 - Jesus' healing of a paralytic. Rev Tickner encouraged us to use Holy Imagination as we strive to do God's work in this realm.

On Wednesday morning the **Keynote Speaker** was Rev. Dr. John Carroll, Professor of New Testament at Union Presbyterian Seminary in Richmond. His talk, *Gospel Portraits of the Disciples and Discipleship*, was both deeply personal and intellectually stimulating. It is not easy to be a disciple of Jesus today. "How can we, as followers of Jesus, use his teachings to help us make a real difference in a world that is so polarizing with deeply entrenched racism, all of this around us like an air-polluting toxin?" The gospels, he said, give a glimpse of the story of the first followers of Jesus, allowing today's disciples to discern what it means to be attached to Jesus.

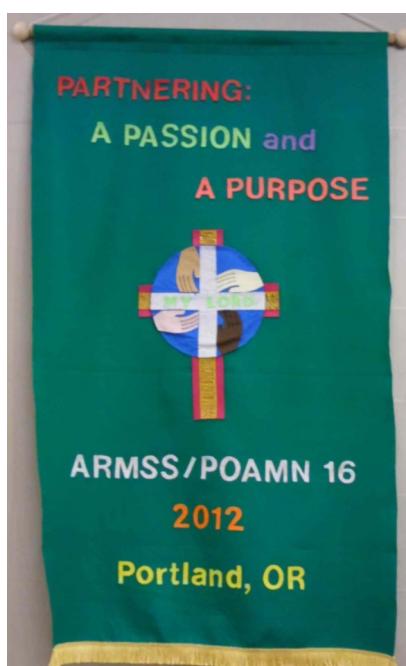
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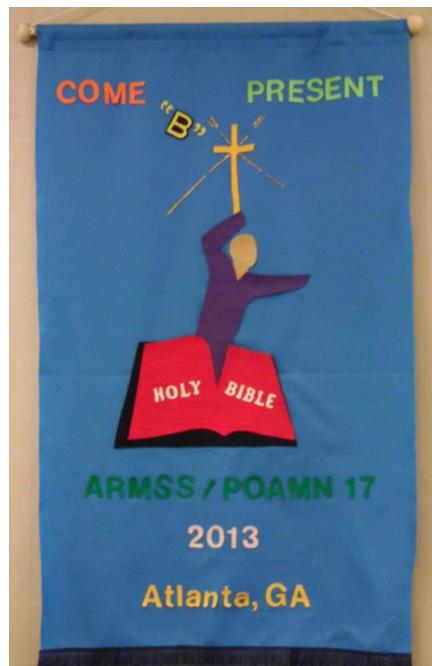
## ROTOGRAVURE OF ARMSS/ POAMN BANNERS



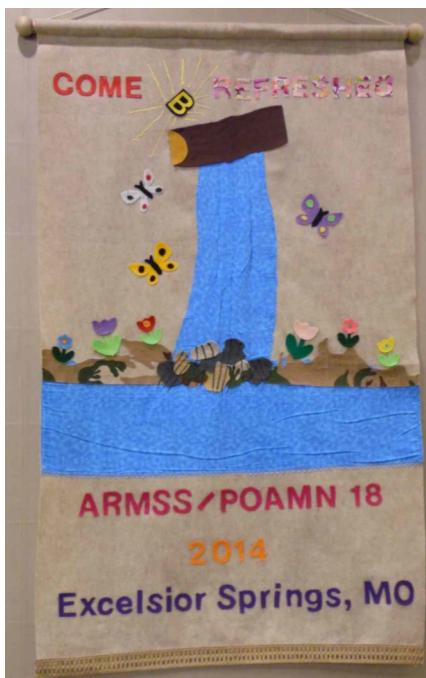
2011 San Antonio, Texas



2012 Portland, Oregon



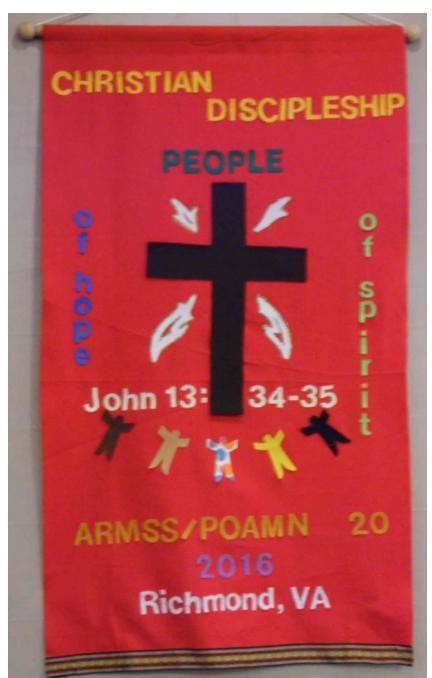
2013 Atlanta, Georgia



2014 Excelsior Springs, Missouri



2015 Albuquerque, New Mexico

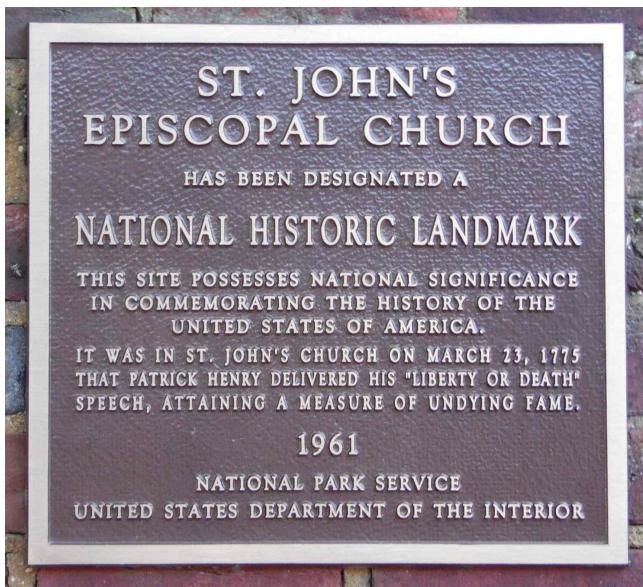


2016 Richmond, Virginia

**Workshops on Wednesday** included: *Help Three Generations to Forgive, Love & Pray* (Dr. Tom DeLoughry); *Enjoying Faith Among the Monks* (Rev. Mike Fonfara, HR); *Death & the Afterlife in Early Judaism & Christianity* (Rev. Dr. Samuel Adams).

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On Wednesday afternoon, about half of the conference attendees went on a **Historic Tour**. The Tour's first stop was Historic St. John's Episcopal Church (established circa 1741) where Patrick Henry gave his famous speech, "Give me liberty or give me death!" to the 2<sup>nd</sup> Continental Congress. Our second stop was at the site of Historic Polegreen Church (founded in 1743) where Rev. Samuel Davis brought protestant diversity to rural Virginia in an era when America's spirit of independence was being kindled. As a young lad, Patrick Henry attended Polegreen church with his mother and taught himself to be a great orator by memorizing Rev. Samuel Davis' sermons. Our third stop was at Camp Hannover (founded in 1957), where we ate supper and heard about their excellent camping program. Many of today's church leaders trace their passion for working in the church to experiences they had at an early age at church camp.

**Sharing Our Stuff** is a long-standing tradition of POAMN. It provides a welcoming forum for people to share things that they have tried, or will be trying, with older adults in their local congregation. Anne Tarbutton, a member of the Joint Conference Organizing Committee, emceed this Wednesday evening event. Presenters included:

- Rev. Dr. Miriam Dunson / Commerce, GA – Recipient of the 2014 POAMN Legacy Award;
- Brenda Alston / Baltimore, MD – Preparing for your demise by organizing your stuff;
- Nancy Wissink / Louisville, KY – "Sensory Mitts";
- Jeanne Wooten/ Winston-Salem, NC – "H E R E" Program;
- Alan Winkenhofer / Elizabethtown, KY – "Barnabas Pals";
- Rev. Dr. Miriam Dunson / Commerce, GA – She told everyone the story of POAMN's beginning;
- Rob Warren / Louisville, KY – "Westminster Fellowship Communion";
- Rev. Dick Huggins / Lakeland, FL – He told of a small church's love for him when he was deathly ill;
- Joan Hurlock / Sacramento, CA – Presbytery Survey;
- Adrienne Knight / Baltimore, MD – Keep a list of your Meds in a medicine bottle on your refrigerator;
- Michele Hendrix / New Braunfels, TX – "Grooving with the Grands."



"SENSORY MITTS"

(NOTE: To be continued in the next issue of PNN)

## EMBRACING MIDDLE ADULTS

by Quentin A. Holmes, Editor POAMN Network News

For many years people viewed adulthood as a flat plain, a straight path across a level field after the tumult of adolescence and before the decline that will come with old age. Now we are beginning to understand that the path is not straight; there are predictable turns and changes in the path. Nor is the field level. During the years from 42 to 62, many of us have encountered, or will encounter, totally unexpected events that can change and shape us dramatically. Divorce, death in the family, unplanned career changes, life-threatening illnesses, and many other events cause ups and downs on the journey through adulthood.

During the midlife years, some people experience a major transition which causes them to change the direction of their life in a significant way. Some use the language “mid-life crisis” to describe such a transition. Others do not experience major changes in their lives during the midlife years, but do notice subtle shifts in the way they think about things.

Some midlife transitions and shifts originate in external events. The children become adolescents or leave home. We lose our job, or our spouse decides not to stay married. We have a major change in health. There are any number of life events that can precipitate changes in us that go far beyond the event that triggered the change.

Social scientists are divided on the subject of midlife. Some of them believe that midlife has significance far beyond other life transitions. Others are more interested in the pattern of transitions across the human life span. They note that most people experience a transition every seven to ten years, and any of them can trigger significant changes in the way we live.

In part, these transitions are difficult to face because of the myriad responsibilities that most people in this age group have, such as mortgages, children approaching the need for college tuition, and aging parents. In addition, biological forces are at work in women and in men in this age range as they face menopause and the loss of fertility. Both men and women in this age range are usually experiencing a decline in physical strength and agility. Because of the death of parents and increased physical health problems which are common in this age group, facing one’s mortality is a common experience.

Carl Jung, a renowned psychologist, wrote about midlife many decades ago. The patterns of behavior, he believed, that worked in the morning of our life would no longer be effective in the afternoon of life. Changes would be necessary, and the task of midlife is to evaluate one’s life in order to make those changes. Midlife can be an opportunity to turn toward greater life or wholeness.

Unfortunately, congregations by and large ignore the significance of this life stage. Certainly, in our communities of faith, we embrace the concept of enabling our members to “turn toward greater life or wholeness.” But we often don’t understand what is happening in the midlife years, so we lose an opportunity to come alongside members in this stage of life. In congregations we often ignore the importance of asking questions, and questions are essential to this stage of life. We desire order and harmony in our congregations. Yet midlife can be a time of tumult and disorder. It requires an act of conscious commitment for a congregation to embrace even a small portion of the chaos of midlife.

The literature about midlife is full of vivid metaphors that can help us understand what is happening. Anne Morrow Lindberg, in *Gift from the Sea*, writes, “Perhaps middle age is, or should be, a period of shedding of shells: the shell of ambition, the shell of material accumulations and possessions, the shell of the ego.” In addition, she muses, one may find the ability to shed “one’s pride, one’s false ambitions, one’s mask, one’s armor … perhaps one can at last, in middle age, be completely oneself. And what a liberation that would be!”

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People who are conscious of significant changes they've made at midlife will probably enjoy thinking about this analogy of the sea creature stripped of its shell so that it can grow. They may have felt naked vulnerability when it seems all the protective habits and patterns of a lifetime have been stripped away.

Many metaphors are used to describe the drive to turn inward at midlife. This need for reflection and introspection has been likened to finding oneself in a cave, a well, a deep and tangled forest, a womb, a desert, or a tunnel. Some people compare the midlife transition to a butterfly emerging from its cocoon after living most of its life as a caterpillar.

During midlife, my best friend and I helped found a high-tech start-up company, and we worked, or were away on travel, nearly all of our waking hours. Noticing that other professionals our age were having heart attacks due to constant high stress, lack of exercise, and diets largely of junk food, my friend and I went out and purchased a very expensive waterskiing boat. We named it "Heart Medicine," for it would be our excuse to step back from work and take time to exercise and relax. Our wives renamed our waterski boat "Mid-Life Crisis." Today, some thirty years later, my friend and I still jointly own that boat – although neither of us is physically still able to waterski. It worked. Neither of us ever had a heart attack, AND we, and our marriages, survived midlife!



Our 1986 Waterskiing Boat  
(aka "Mid-Life Crisis")

Several writers talk about the "messengers" of midlife, those signs that inform us that something is going on and that now is the time to shed one of our shells. Two of the most common messengers of midlife are tears and sleeplessness. A normally optimistic and energetic person may find himself in tears more frequently. This occurs at unexpected times and is extremely disconcerting. A normally optimistic and energetic person finds herself tired and worn down because sleepless nights are becoming more common.

These are signs that some inner issues need attention. These are signs that the midlife transition is at hand and that it is now time to pay attention to past dreams, inner desires, and questions of meaning and purpose in life.

Other messengers of midlife include impotence, illness, depression, marital conflict, divorce, weight gain, job loss, dissatisfaction, and fatigue. All of these require attention.

Communities of faith need to be places where these difficult and uncomfortable signs can be validated and anticipated as harbingers of better things to come. These messengers of midlife are pointers that indicate approaching changes. And those changes can ultimately be very healthy and produce very good fruit.

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*Dreams don't happen because we dream them,  
they happen because we do something about them.*

- Author Unknown

*Faith is the bird that feels the light and sings while it is still dark.*

- Rabindranth Tagore

## NEW FACES: New POAMN Officers

by Steve Aschmann, Nominations Committee Chairman

Our 2016-17 POAMN Executive Committee will be enriched by the selection of two gifted church leaders who have been chosen to serve as first-time members of our leadership team. At POAMN's Annual Business meeting on Thursday, October 13<sup>th</sup>, Dr. Y. Dianna Wright was elected to a three-year term as Member-At-Large, and Chris Pomfret was elected Vice-President.

It is anticipated that Dianna will take the reins of a team helping POAMN to develop stronger, more accessible and user-friendly communications. Currently, Dianna is the Associate Presbyter for Equip and African American Ministries for Salem Presbytery in North Carolina. She is also an education consultant and founder of Kuumba Center for Christian Education and Spiritual Growth. In the past she has served as President of the Association of Presbyterian Church Educators and Moderator of the General Assembly's Committee on Ecumenical and Interreligious Relations. She has composed a number of devotions for *These Days*. Dianna has served as a workshop presenter, worship leader, and is a member of the team planning the 2017 Regional Conference.

Dianna is committed to the ministry of education and to employing creative activities to teach the gospel story, believing that we must discover a way to strengthen one another as together we build up the Body of Christ and serve the Living Lord. She believes in glorifying God through the use of liturgical art, including dance, storytelling, music, and drama.



**CHRIS POMFRET**  
POAMN Vice-President

Chris Pomfret, an Aerospace Consultant and Presbyterian Elder, was elected to a full term as Vice-President. Earlier in the summer, Chris had been appointed by the Executive Committee to fill this position when it became vacant. Originally from England, he has lived in Dayton, Ohio for the past 24 years. Among his many duties as the Vice-President, Chris will be working to build up POAMN's financial base and to find additional scholarship funds for conferences and events. Chris became interested in older adult ministry about five years ago. He tells us, "I realized that when we prepare insufficiently for the inevitable decline during our 'Third Thirty' of life, we are likely to invoke a whole series of complexities and issues that could either be avoided or better handled. Second, I discovered that many people wish for more ability to be in control near their life's end, especially when quality of life rapidly diminishes."

Chris has organized a "Third Thirty" discussion group in his congregation and for his presbytery. He has led workshops at POAMN events and contributed to our publications. Chris loves traveling the

world, playing tennis and golf, and making the most of every day of his life. He and his bride, Hazel, have been married for 37 years. They have two married children.

Those present at the Annual Meeting also affirmed the intentions of the Nominations Committee to re-elect our current President, Michele Hendrix, for a second term beginning in 2017. During her tenure, POAMN has established a covenant with Columbia Theological Seminary providing new strength and a beneficial structure to our Certification Program. Michele has led the way with energy and vision: establishing new partnerships with other denominations and faith-centered older adult ministries, expanding our connections with the General Assembly, procuring sound financing for our Planning Guide, and initiating regional conferences. Michele is noted for leading by example with passion and compassion, with heart and head. She and her husband, Dale, live in New Braunfels, Texas.

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While not a new face to POAMN, Pat Baker has been appointed by the Executive Committee to take on responsibility as our Certification Leader, succeeding Jan McGilliard. Pat will be coordinating older adult ministry certification studies working closely with Columbia Seminary. Pat has spent her entire career in the field of health and human services, particularly programs on aging. In 2008, she became the Director of Health and Human Services for Gwinnett County, the second largest county in the state of Georgia. Pat has been director of Older Adult Ministry in two different Presbyterian congregations, and she was one of the charter members of POAMN. Over the years Pat has blessed our network by accepting numerous challenges, and most recently has led workshops at our conferences. Pat lives in Lilburn, Georgia with her husband, Arch, who is a Presbyterian minister.

For health reasons, Maynard Pittendreigh, who was selected as Treasurer-Elect in 2015 in anticipation of his election as Treasurer this year, found that he will be unable to take on this responsibility. It has become necessary for him to step aside and withdraw from leading our finance team. POAMN has been fortunate that current Treasurer, Cindy Wright, has agreed to continue to fill this demanding position until our next Annual Conference in June of 2017.

Other members of the Executive Committee, who are continuing in service, include: Steve Aschmann, June Begany, Mike Fonfara, Quentin Holmes, Anne Tarbutton, and Bill Young.



**PAT BAKER**  
Certification Leader

## REFLECTIONS ON THE 2016 ARMSS/POAMN CONFERENCE IN RICHMOND, VA

by Lillian Rhudy, Second Presbyterian Church / Richmond, Virginia

*[Editor's NOTE: Lillian Rhudy, and the Older Adult Purpose Group that she co-leads for Presbytery of the James, played a key role in the planning for the 2016 ARMSS/POAMN Conference. We have never before had such an energetic and effective presence on location during all the months it takes to plan a conference.]*



**LILLIAN RHUDY**  
Opening of the 2016 Conference

My husband Ralph and I feel privileged to have attended our third conference of this outstanding group of Presbyterian Older Adults. *Christian Discipleship: People of the Spirit, People of Hope* certainly provided many opportunities for enriching our lives through the plenary sessions, workshops, meditations, meals together, bus trips, and the hospitality suite. By the ending session on Friday, we felt as if we were saying good-byes to friends and a caring community dedicated to enriching our own lives and those of seniors throughout the USA in these golden years. It felt to me that in this community God's Grace and Love were exemplified in the interactions of those present. It seemed as if everyone was accepted as a child of God, without regard to the college they attended, career they had pursued, wealth, and things by which we tend to measure success. We feel grateful to be part of ARMSS/POAMN.

*(Continued on page 12)*

*(Continued from page 11)*

We discovered this group about 5 years ago. In 2011, our Presbytery of the James Older Adult Purpose Group (OAPG) invited me to attend their annual Fall Retreat at Camp Hanover in Mechanicsville, VA, and present a workshop on *Abundance through Downsizing*. The questionnaire at the end of the day asked if we were interested in helping to plan retreats. I signed up. The following spring I was contacted, and since Ralph was a couple of years into retirement, I dragged him along. A member of OAPG, by the name of Charlie Sutton, talked about POAMN and urged members to join this group. He was so enthusiastic that we read the Older Adult Ministries Planning Guide and joined POAMN prior to the Atlanta Conference. (We did not attend this one as we had prior plans.) However, we ventured forth to Excelsior Springs, MO, in October of 2014. It was with a bit of reluctance because I had been T-boned in a car accident and was having difficulty with a hip. Nevertheless, we made the auto trip, and we were glad that we did. We had our first taste of ARMSS/POAMN! The Presbytery of the James Older Adult Purpose Group paid our registration for the conference. (Upon our return home, I was told that I needed a hip replacement, which I successfully had in February of 2015.)

We brought back information, made booklets for the group, and shared a desire to get others involved in POAMN. We were delighted to hear that in 2016 the conference would be in Richmond.

Ralph and I were thrilled to attend the 2015 Conference in Albuquerque! After that conference, our Presbytery of the James OAPG joined POAMN as an institution with 10 members. We meet monthly and have endeavored to reach out to churches to encourage a ministry to the increasing number of people in the age groups 55-72, 73-79, and 80+. We are happy to make suggestions about things to do and see in Richmond. The Presbytery of the James has been most supportive and gave us a web page to promote the conference and our OAPG. About 18 people from Virginia attended the 2016 POAMN conference. We are happy to report that ten were members of our OAPG

In our 2017 budget for Presbytery of the James OAPG, we want to include lunches in several rural areas with programs by our team. We will do programs on resources for seniors, getting more churches involved with their older adults, and *End of Life* issues outlined in *THE FIVE WISHES*.

In conclusion, I urge churches to spend \$125 to join POAMN as an Institutional Member and receive the informative newsletters, Older Adult Ministries Planning Guides, and make connections with fellow Christians throughout the USA. The conversations, materials, and insights provided by this unique Presbyterian organization bring outstanding results if only used.

The following quote holds so true, and we need to find ways to make this a reality of our churches.

*“Life is a gift of God, and aging is a natural part of living, involving the whole life span from birth to death. Older adults are not a different category of persons, but are simply those persons who have traveled further along on the journey.”* (Task Force on Older Adult Ministry - 2004 General Assembly PC USA 1992).

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*They shall bring forth fruit in old age,  
they are ever full of sap and green,  
to show that the LORD is upright...*

- Psalm 92:14

*A prayer is love with wings to carry it to God.*

- Author Unknown

## OLDER ADULT MINISTRY AT SECOND PRESBYTERIAN CHURCH

by Lillian Rhudy, Second Presbyterian Church / Richmond, Virginia

I am a member of Second Presbyterian Church in Richmond. We just celebrated our first anniversary of Second Seniors Fellowship Group with a luncheon honoring our seniors. This was well-attended, with 52 present in 2015, and 36 in 2016. We hold these celebrations in early August because May is filled with graduations, Mother's Day, etc.

After our first free luncheon, we had ten members interested in helping to plan programs. Since January of 2016, we have held "Third Friday" breakfasts at a local restaurant, which provides us with a private dining room. We average 8-12 attendees at these. Eighteen of us carpooled to Williamsburg for a Garden Tour and lunch. We continue to plan programs using members from our senior group as presenters.

We are just beginning "Fifth Sunday Lunch Bunch." We hope to have about twelve people in attendance at several local eateries. We hold at least one event per month, and sometimes, two per month.

We had a 2016 budget of \$500 and have asked that the budget be raised to \$750 for 2017. We have engaged about 75 seniors in some aspect of our Second Seniors Fellowship in the past 15 months. This has been supported and helped to become a reality through our wonderful support person – young, dynamic Associate Minister Kathryn Lester-Bacon!

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### A HELPFUL NEW BOOK

by Quentin A. Holmes, Editor, POAMN Network News

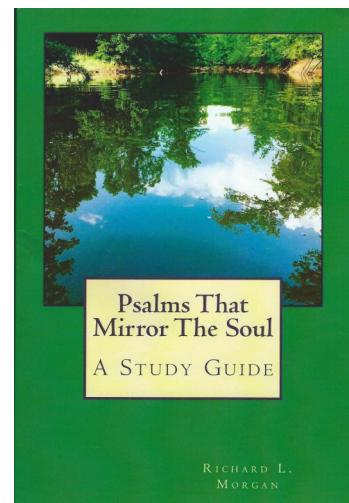
#### *Psalms that Mirror the Soul* - Written by Dr. Richard L. Morgan

Just when one thinks that Rev. Dr. Richard L. Morgan has written his last book, it somehow happens that he writes yet another inspiring book sharing his wisdom.

The Psalms are a favorite for most people who read the Bible. The living have lived with them, and the dying have died with them. While other scriptures speak to us, the Psalms seem to speak for us. Highs, lows, joys, sorrows, hopes, fears – what the Psalms say is, "I've been there. That is what happened to me and how, with God's help, I made it through."

*Psalms that Mirror the Soul* is not just another book on the Psalms. It is a great book that evokes memory and hope at the same time. Richard Morgan's reflections about life call forth memories and touch our own personal life. Whether you are concerned with sickness or health, trouble or joys, the Psalms are there with you.

Self-published by Richard Morgan on Create Space, it can be purchased from Amazon.com. Try this small book. You will be glad that you did!




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*Reach for your dreams  
And they will reach for you.*

- Hana Rose Zadra



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**A 501(c)3 organization**  
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(include all contact information of that person/church)  
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**RETURN SERVICE REQUESTED**

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**POAMN NETWORK NEWS**

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**MEMBERSHIP FOR 2017**

Membership fees for 2017 are now being accepted. Thank you to those that have already joined or renewed their membership for 2017! See page 15 for a membership application.

**INDIVIDUAL MEMBERS**

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Special thanks to those that  
have given extra gifts to  
support the mission of POAMN!