

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 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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The Gift of Generosity

Generosity is not what we do but rather who we are, in the Lord. The gift of generosity began at the Cross and the Empty Tomb and continues through our daily lives. What a joy, what a gift, that our generous Lord has given us to share with the younger and the older!

The poet Maya Angelou said it this way: "This is a wonderful day. I've never seen this one before!" Every day, every gift, which the Lord provides us, is given to us so that we can give it away. That's generosity, indeed! We give away our time, talents and riches because the Lord has given us these gifts to share with others.

We need to be generous even if it's imperfect. Years ago, a granddaughter made a poster for her "Gramps." It read, "He has ears that really listen, arms that always hold, love that's never ending and a heart that's made of gold." And it was signed to, "Graps!" What a gift of generosity. It didn't matter a bit that there was a misspelling. It was a gift of generosity from the heart of a child...and even better yet, she still calls me "Graps!"

For many of us, including myself, one of our gifts is the gift of aging, haha. The Lord has provided senior citizens with many years in order for us to share and celebrate the gift of life with others, both the younger and the older. Aging is not a burden to bear but rather a gift to share, with people of all ages! Just think of all of the generous gifts that we older saints gift to the younger saints – gifts of listening, of joy, of hugs, of pure love in the Lord...and perhaps even some financial help for school. Now that's generosity, indeed!

Being of good age myself, I have learned of many ways throughout my ministry career to be generous. Here follows a generosity list of 10 ways to share the gift of generosity with those the Lord has placed in our lives. Why not work together at adding even more ways and share them with others too!

1. Today I will not strike back. If someone is rude or unkind, I will not respond in a similar way.
2. Today I will ask God to bless my "enemies." If I come across someone who treats me harshly, I will quietly ask the Lord to bless that person.
3. Today I will be careful about what I say. I will carefully choose and guard my words.
4. Today I will go the extra mile. I will find ways to help carry other people's burdens, here at home and throughout the world.
5. Today I will forgive and forget any hurts or insults that come my way.
6. Today I will do something nice for someone. I will reach out with my time, energies and finances to be a blessing to others.
7. Today I will raise the spirits of someone who is discouraged.
8. Today I will take care of my own body. I will eat less, eat healthier and thank God for my body, regardless of my age.
9. Today I will grow spiritually. I will spend more time in prayer and less time on social media and TV. I will find a quiet place and listen to the Lord.
10. Today I will celebrate the forgiveness of Christ even when I don't live up to the other 9 things listed above! And in all of my daily life, I will seek to bring more laughter, joy and forgiveness to those around me, because the Lord has risen, in Deed!

Thank you, Lord, for the gift of generosity! And let God's people say...

AMEN!

Dr. Rich Bimler, Reprinted with permission



First Corinthians Fifteen

The general theme of this chapter is the resurrection. Paul begins with the logical proof of Christ's resurrection, proceeds to our resurrection, and concludes with the triumphant resurrection hymn.

1. What might have prompted Paul to discuss this topic with the Corinthian Christians? See v. 12.
2. Read v.2. How did Paul receive the message which he preached?
In v.3 and 4 he refers to the Scriptures. What Scriptures did he have?
See Psalm 22; Psalm 16:10, 11;
Isaiah 53:1-9; Isaiah 53:10-12;
Daniel 9:24-26; Hosea 6:2.
Zechariah 13:7;

Explain vv. 8 and 9.
Compare Acts 9:1-17; Ephesians 3:8.
In what respects should we be like Paul? See v. 10.
3. Read vv. 13-19. Paraphrase Paul's argument in your own words. If what Paul states in these verses is true, how should we feel?
4. Is Paul advocating baptism of the dead in v. 29? What philosophy mentioned in v. 32 is still accepted and practiced today?
5. Read vv. 20-28. What facts concerning the resurrection does Paul reveal by inspiration?
How is this comforting to us?
Who are the two men mentioned in v. 21? See v. 22.
When will death be destroyed?
Compare v. 27 with Hosea 13:14 and Revelation 20:14.
6. Why is the resurrection of Christ of such importance and comfort to us? See the Synodical Catechism, question 152.
7. What warning is contained also for us in vv. 33 and 34?
8. Why can man answer the question in v. 35 without the assistance of Scripture? In the remaining verses of the chapter the apostle Paul discusses the resurrection of the body, not merely immortality of the spirit. Scripture is very plain on the doctrine.
See Romans 8:23; 1 Thessalonians 5:23; 1I Corinthians 5:4,10.

(Continued on next page)

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April 2024

Explain the very appropriate example that Paul uses in vv. 37-38.

9. What will the resurrected body be like? See vv.35-49.

Why must our bodies be changed? See v. 50.

10. What will happen to the bodies of the dead on judgment day? To the bodies of the living? See v. 51-52. Where is the saying written that is mentioned in v. 54?

11. Read vv. 55, 56. What is the sting of death? Compare Romans 6:23. Should Christians be afraid to die? Is fear necessarily evidence of a lack of faith? How do you feel about death?

12. How can we apply the consolation, encouragement and advice that Paul gives in vv. 57, 58 to our own lives?
(Author unknown)

Close your study with an Easter anthem:

"I Know that My Redeemer Lives"

UNDER OBSERVATION



Entry one

The new year shove 'its way' into our lives with strange weather variety - not fall, not winter, not pleasant and not usual. But 2024, like it or not.

Entry two

The world has discovered I'm an old lady. Calls are arriving in abundance offering final insurance, Medicare adjustments, funeral planning, etc. There are, however, no prizes for just surviving this long.

Entry three: The only golf available in winter is on TV, and, my word, has money changed that business. It has also definitely changed my attitude towards the guys who demanded the changes. Cheers to the duffers in my life!

Entry four: It's winter (although in a very mild dorm) when I usually get my house clearing and cleaning done. But, so many days have allowed walking and visiting and shopping and volunteering that house cleaning is not appealing. So, it isn't getting

the usual decisions about keeping or throwing that need to be done. So?

Entry five: My partner in many things died peacefully but really suddenly. Bless her heart, I don't think there are too many people who would put up with me the way she did, a fact of life now mine to live with and accept.

Entry six: The library will hold a book sale, and books have quickly appeared out of the closets and who knows where else. Many of them look old and worn, just like a few of us.

Entry seven: The church is about to get a parking lot re-surfacing with 3 years of planning coming to fruition. Many people working on it understand what they are doing while the rest of us stand around waiting. Isn't that a description of any project? Ok, I've become a cynic.

Entry eight: Two things are coming soon, both of them really a blessing - Easter and my taxes. Everyone who is a believer understands the joy of Easter, but there is also a kind of acceptance that I live in a country where taxes (most of them) have a purpose: to make our lives as manageable as they are.

Entry nine: Basketball tournaments aren't really my life, but when I saw all the upsets in the first rounds, my mind perked up on something: all those so-called sports 'experts' who did the picking and planning weren't right! Hooray!

Entry ten: The weather forecast tells us the Easter eggs may be under a bit more snow. The snowbirds in the yard are having a wonderful time searching for seeds, and I'm have a great time feeding them.



The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

Henry Van Dyke

NUTS: Never Underestimate the power of the Spirit

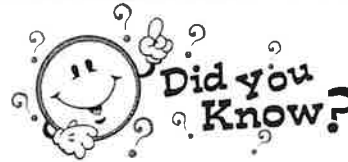
Here is what Jeff Foxworthy has to say about Minnesotans:

1. If someone in a Home Depot store offers you assistance and they don't work there, you may live in Minnesota.
2. If you've worn shorts and a parka at the same time, you may live in Minnesota.
3. If you've had a lengthy telephone conversation with someone who dialed a wrong number, you may live in Minnesota.
4. If you measure distance in hours, you may live in Minnesota.
5. If you know several people who have hit a deer more than once, you may live in Minnesota.
6. If you have switched from 'heat' to 'A/C' in the same day and back again, you may live in Minnesota.
7. If you can drive 75 mph through 2 feet of snow during a raging blizzard without flinching, you may live in Minnesota.
8. If you install security lights on your house and garage, but leave both unlocked, you may live in Minnesota.
9. If you carry jumpers in your car and your wife knows how to use them, you may live in Minnesota.
10. If you design your kid's Halloween costume to fit over a snowsuit, you may live in Minnesota.
11. If driving is better in the winter because the potholes are filled with snow, you may live in Minnesota.
12. If you know all 4 seasons: almost winter, winter, still winter and road construction, you may live in Minnesota.
13. If you have more miles on your snow blower than your car, you may live in Minnesota.
14. If you find 10 degrees 'a little chilly', you may live in Minnesota.
15. If you actually understand these jokes, and forward them to your entire Minnesotan friends & others, you definitely live in Minnesota.



Author Louis Adamic said, "My grandfather always said that living is like licking honey off a thorn."

Remember when people had diaries and got mad when someone read them? Now they put everything online and get mad when people don't.



... there are not '57 varieties' of Heinz ketchup?

There never were "57 varieties" of Heinz ketchup. Company founder H.J. Heinz thought his product should have a number, and he liked 57. Hint: Hit the glass bottle on the "57," not the bottom, to get the ketchup to flow.

... goosebumps are caused by a muscle?

At the base of every hair follicle are tiny fan-shaped muscles called Arrector pili. These muscles contract when the body is cold in an effort to warm the body up and cause a person's hair to "stand up straight" on their skin aka goosebumps.

... birds in Minnesota get drunk off of berries?

In October 2018, the Gilbert Minnesota Police Department issued a notice to the public warning about birds that appeared to be a little under the influence. It turns out that the airborne animals were apparently eating berries that had fermented due to early frost, which was making them feel a little less than sober!

... "strengths" is the longest word in the English language with one vowel?

According to the Guinness Book of World Records, "strengths" is the longest word in the English language with one vowel. The word contains nine letters, eight of them being consonants.

... there are 118 ridges on the side of a dime?

There are also 119 ridges on the side of a quarter, 150 on the side of a half dollar, and 198 on a dollar coin.

>“Take Me Out to the Ballgame” serves as the unofficial anthem of American baseball.

American songwriters Jack Norworth and Albert von Tilzer wrote the song in 1908. Ironically, neither of them had ever been to a baseball game. “Take Me Out to the Ballgame” traditionally plays during the middle of the 7th inning.

>The longest MLB game in terms of time lasted for 8 hours and 6 minutes.

Between the Chicago White Sox and Milwaukee Brewers, the game had to be completed in more than two days. It began on May 8, 1984, at Comiskey Park where the score tied at 3-3 after 17 innings. However, the game resulted in a tie when no more scores were hit the following day even with a total of 25 innings played.

>William Howard Taft was the first U.S. President to throw the ceremonial first ball.

Several years prior to the historical event on April 14, 1910, the 27th U.S. President was once a semipro baseball player. American presidents have been doing the honor of throwing out the first ball on Opening Day since then with a couple of exceptions.

>The most expensive autographed baseball sold for \$191,200 (£103,766).

On May 5, 2006, Heritage Auction Galleries sold it at an auction in Dallas, Texas, USA. Legendary player Joe DiMaggio and then-wife film star Marilyn Monroe signed the said baseball in 1961.

>Major League Baseball's Yogi Berra's real first name is Lawrence.

American professional baseball catcher Lawrence Peter Berra has been carrying the nickname since his teenage years. Back then, he was playing American Legion Baseball. After attending a movie, his friend Jack Maguire noticed a resemblance between Berra and the “yogi” (the person who practiced yoga). From the moment Maguire said “I’m going to call you Yogi,” the name stuck. (taken from FACTS.NET)

(Many may remember the classic comedy sketch from Bud Abbot and Lou Costello, “Who’s on First?” It was an adaptation from minstrel/turn-of-the-century wordplay sketches. They first performed their version in 1936, continued to hone it, and by 1944 they had it copyrighted. They performed it on radio, in the movies, and there is also a recording of it. In 1956 a gold record of “Who’s On First?” was placed in the National Baseball Hall of Fame and Museum in Cooperstown, NY, where it plays continuously on screens.)

OLD PEOPLE SLANG FOR:

“IT’S TIME TO GO.”

- Let's rock n roll
- Let's skeedadle
- Saddle up, partners
- Let's get the heck outta dodge
- Time to hit the road
- Let's blow this popsicle stand
- Let's hightail it outta here
- Let's get this show on the road



Groaners

An invisible man married an invisible woman. Their kids were nothing to look at either.

I didn't think the chiropractor could improve my posture ... but I stand corrected.⁴

I took my new girlfriend to the ice rink on our first date. It was a half-price night. She called me a cheap-skate.

Studies show cows produce more milk when the farmer talks to them. It's a case of in one ear and out the udder.

My wife claims I'm the cheapest person she's ever met. I'm not buying it.

Did you know that a raven has 17 rigid feathers called pinions, while a crow only has 16. So the difference between a raven and a crow is just a matter of a pinion.

My cross-eyed wife and I just got a divorce. I found out she was seeing someone on the side.

I told my contractor I didn't want carpeted steps. He gave me a blank stair.

What did the surgeon say to the patient who insisted on closing up his own incision?
Suture self.



In the Spring, I have counted 136 different kinds of weather inside of 24 hours.

Mark Twain

REWIND, REVIEW, RESTATE

By **Bob Sitze**

(Today I revisit, reexamine and repeat familiar thoughts: When at our best, you and I can be a hopeful part of the solution(s) to the crises we see in the world today. This matter calls for repetition, this time with emphasis....)

Perhaps like you, I wonder what to do about the waves of large-scale problems coming towards us from the near future. But—as I've noted in other entries over the years—we may not always see that some solutions are well-suited to older adult aspirations like these....

- **We are powerful.**

After all these years, our personal power has grown more significant. All that we've collected around us can be useful for solving what vexes the world. We are esteemed and valued for our knowledge, skills and wisdom. When we talk, people listen. When we act, people follow along.

- **We are mature.**

We're done with grabbing all the toys, or squeezing pleasure out of every moment. We know how to give of ourselves for the sake of others, for God's greater good. We discovered awhile back that we're not the center of the universe, nor minor gods come to Earth.

- **We have time and energy.**

Unless we've returned to the workforce or are buried in physical or emotional dysfunction, we're able to devote quality time to critical tasks or efforts. We comprise the majority of volunteers and donors. We're not spectators.

- **We are hopeful and courageous.**

We already know that cowardly, disengaged and grumbling personal traits get us nowhere. We've been through a lot in our lives, and have come through to the other side, willing to live with risk and uncertainty. We serve a hopeful and courageous Jesus.

- **We know the stakes.**

At this time in our lives, we can clearly see how it's necessary for us to spread positive change throughout the world. For us, there's no sideline, no rocking-chair-on-the-porch, no waiting for magic miracles. The time for action is now!

However it's reiterated, this thought makes me glad: **We're in this together...!**

RELIGIOUS ONE LINERS

- Some people are kind, polite, and sweet-spirited; until you try to sit in their pew!
- Many folks want to serve God...but only as advisers.
- When you get to your wit's end, you'll find God lives there.
- People are funny: they want the front of the bus, middle of the road, and back of the church.
- Opportunity may knock once, but temptation bangs on the front door forever.
- God Himself doesn't propose to judge a man until he is dead, so why should you!
- Stop, Drop, and Roll won't work in Hell!
- Coincidence is when God chooses to remain anonymous.
- Forbidden fruits create many jams.
- God promises a safe landing, not a calm passage.

Happy Birthday

A nephew gushed to his uncle after his birthday, "Thanks for the electric guitar. It's the best present I've ever received."

"Can you play it yet?" his uncle asked.

"Oh I don't play it," the boy replied.

"Mom gives me a dollar a day not to play it in the afternoon, and Dad gives me \$5 a week not to play it at night."

Things you need to know:

- ✚ The liquid inside young coconuts can be used as a substitute for blood plasma.
- ✚ No piece of paper can be folded in half more than seven (7) times.
(Oh go ahead...I'll wait...)
- ✚ Oak trees do not produce acorns until they are fifty (50) years of age or older.
- ✚ You burn more calories sleeping than you do watching television.
- ✚ The first product to have a bar code was Wrigley's gum.
- ✚ Walt Disney was afraid OF MICE!

>>>Show me a man with his head held high, and I'll show you a man who can't get used to his bifocals.

>>>An optimist is the human personification of Spring.



Be Wary of Health Claims

In the quest to stay healthy, ward off diseases, or simply be healthier, we may be swayed by the latest health trends. Be wary of trends that promise a magic bullet but produce

no actual health benefits.

- The CLAIM – Mushroom infused coffee helps with inflammation, immunity, stress relief, and better sleep.
- The TRUTH – The main benefit of drinking mushroom coffee is that you will decrease the amount of caffeine due to fewer coffee beans. Drinking fewer grams of caffeine may help you sleep better, but the other claims have yet to be proven.

Slightly cooked or raw mushrooms by themselves do support the immune system, reduce stress, and provide protein and fiber, but once mushrooms are dried, extracted and brewed for coffee, much of the nutritional benefits are lost.

- The CLAIM – Taking fish oil supplements is beneficial for cardiovascular health.
- The TRUTH – Large, randomized trials have shown that fish oil supplements do not prevent heart disease.

According to Connie Diekman, a food and nutrition consultant and former president for the Academy of Nutrition and Dietetics, consuming seafood does provide a health benefit, but it hasn't been proven that oil from fish is the reason why. Instead, it may be "the synergistic effect of everything in that food, as opposed to a single nutrient," said Diekman.

Sources: Concordia Health from Philadelphia Academy of Nutrition and Dietetics and JAMA Cardiology

Know How Much to Eat

Eating a mix of healthy foods every day provides the nutrients, fiber, and calories your body needs. The amount you should eat depends on your age and whether you are a man or woman. It also depends on your level of physical activity. The more physically active you are, the more calories you might be able to eat without gaining weight. Most people in the United States eat more calories than they need.

- ✦ A woman over age 50 should consume about 1,600 calories a day if her level of physical activity is low
- ✦ 1,800 calories daily if she is moderately

active

- ✦ 2,000 to 2,200 calories daily if she has an active lifestyle.

A man over age 50 should consume about

- ✦ 2,000 calories a day if his level of physical activity is low
- ✦ 2,200 to 2,400 calories daily if he is moderately active
- ✦ 2,400 to 2,800 calories daily if he has an active lifestyle.

Plan your meals and snacks to include the right number of calories for your activity level.

(from NIH/Senior Health)

Lutheran Church-Missouri Synod
Minnesota South District

S.A.G.E.S.

Saints Alive! Growing, Ever Serving
GATHERING XXXIV is coming soon! .

. . . 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.

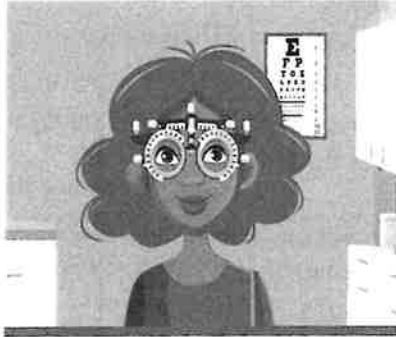
Rev. Dean Nadasdy, the featured presenter, will have three presentations during the two-day event under the theme: "**Finishing Strong**". Psalm 71 for seniors v.17-18 *Since my youth, God, you have taught me, and to this day I declare your marvelous deeds. Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.*

A mailing with descriptions of workshop sessions, daily agendas, and the GATHERING registration form was sent out in February to all congregations, digital subscribers and print subscribers. The information is also on the MN South District website (mnsdistrict.org) under SAGES.

Opening for circuit representative volunteers in circuits 23 and 24. Also looking for anyone interested in helping with publications. Contact: minnesotasouthsages@gmail.com.

3 Safe Driving Tips for Older Adults

Changes that happen with age may affect your driving. However, there may be steps you can take to help stay safe on the road.



Take care of your vision and hearing:
Schedule routine eye and ear exams.



Know your limits:
If you are concerned about driving in bad weather or at night, try waiting until another time or using transit or ridesharing services.



Exercise:
Staying strong and flexible can lengthen your driving years.

For a full list of safe driving tips for older adults, visit:

www.nia.nih.gov/health/older-drivers



Arbor Day – The last Friday in *April*

Arbor Day, a day of observance in which individuals and groups are encouraged to plant trees. (arborday.org)



Do you know:

- ▶▶ One acre of trees absorbs as much CO₂ as one car produces by driving 2,000 miles.
- ▶▶ The net cooling effect of a young, healthy tree is equivalent to 10 room size air conditioners operating 20 hours per day.
- ▶▶ Carefully positioned trees can save up to 25% of a household’s heating and cooling energy consumption.

Climate change is the biggest challenge facing the health of our planet. And while it will take many solutions working together to make a difference, trees are the proven, affordable, natural way that can be implemented quickly to pull carbon dioxide out of the atmosphere today. Every tree planted is a step in the right direction.

"May the month of May be a month of sunshine, happiness, and endless blessings."

- Unknown

BLESSINGS FOR THE MONTH OF

June

MAY THIS MONTH BRING YOU AND YOUR LOVED ONES GREAT HEALTH, PEACE OF MIND AND PROSPERITY