

SHAMROCK NEWSLETTER

AUTUMN 2013

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Senior Health & Advocacy Ministries
A ministry of Community of Christ

UNITY AND DETERMINATION ACCESS PENSIONS IN INDIA

by **Andrea Read**, *Assistant Director*
Outreach International Field Operations

The determination and fortitude of the seniors in my life is awe-inspiring. My work at Outreach International has made me increasingly aware of such determination in our global community.

By law, the Indian government allows seniors access to a regular monthly pension. The pension, by some standards, is very small—about \$4.75 US—however, in India, this is very helpful in meeting monthly expenses for food and other needs. It can be the difference between having the resources to pay for medicines when you are sick, or being able to purchase nutritious vegetables.

Before Outreach International began working in Kuljing and Kurumpeta, two rural villages near Rayagada, in the state of Odisha, India, there were 13 seniors accessing their government provided pensions. However, in these two communities, there are a total of 51 seniors over the age of 60. Previously, those who accessed their pensions were relatives or friends of political leaders in the community and were given priority above others. At that time, it was very common that those qualified seniors were kept in the dark about how to do so. They were often taken advantage of by those who had power or were, perhaps, more educated. There were even times when seniors were asked to pay fees to get help, but would still not get the pension.

Outreach International has been working with the remaining 38 seniors to support them in their efforts to access their pensions. But it's not as easy or as fast as it sounds, because Outreach International values the active participation of the people affected rather than stepping in to solve the problems for them. Those who qualify must prepare with the group, travel miles outside their home communities, fill out forms and endure stressful questioning. These are difficult tasks for those who have faced living in extreme poverty their entire lives. Plus, some are unable to read or write. And because of the lingering stigma from India's caste system, those who live in such poverty are not valued, and they are not provided the opportunity to act on their own problems.



Emaan is an 80-year-old man who lives with his wife, Rajitha. With limited financial support from their children, they struggled for many years to have enough food every day. When they got sick, they were unable to go to the doctor or get the medicines necessary to treat their reoccurring ailments. When Outreach began working in Emaan's community, he became very active in the group that focused on accessing pension. He also knew some of his neighbors were affected by such issues and he motivated them to participate with the others to work toward a resolution. After numerous meetings to analyze their

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issue, and role play to prepare themselves for the anticipated questioning, Emaan and the others felt more prepared to go to the government office to request their pensions. For most of them, this was the first time that they had ever left their community or visited the government office.

The seniors were initially met with lack of respect by officials, who are not used to dealing with persons in extreme poverty. Due to the way he was treated, Emaan felt uneasy and unworthy to even be present in the government office. However, he and his friends gradually became diligent and determined to successfully get their pensions. They became more confident and convinced that their participation was crucial to meet their objective. After two more trips to the government office, and more than 12 follow-ups with officials, 36 of the remaining 38 were able to access their monthly pensions! They will receive a monthly pension until their death. After fixing errors in their required documentation, the remaining two individuals are continuing to follow-up.

One of Emaan's neighbors shared her reflection with Outreach International's facilitator: "Originally I was not interested to access the senior pension because there were many times I was exploited by the educated people here and had no success. When you (OI staff) first ground worked (discussed) with me, I did not listen, but after more ground working and seeing the success of other seniors, I trusted you and started to participate. By working with you, I stayed strong and continued to follow up, and was finally able to access my pension. I learned there is no success without unity and determination. I appreciate you and the OI staff here, because with your motivation I was able to access my pension. Now I am very happy because before I was always dependent on my daughter, but now I am able to contribute to the maintenance of my family."



After accessing their pension, Emaan and Rajitha can meet all of their basic financial needs and even some of the needs of their family. Recently, they were able to buy school supplies for their grandchildren.

Remarkably, the process leading up to something as simple as receiving a monthly pension has begun to alter how this couple and their neighbors approach the challenges in their lives. It's incredible that such a small victory has contributed to increasing self-worth and financial security. It has made a significant impact on creating sustainable change in the people and in these communities. 🍀

SHAMROCK CONTRIBUTIONS

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Newsletter submissions for the next issue should be sent to the editor by January 15.

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PEACE COLLOQUY AND HYMNAL LAUNCH

by Denise Leichter, SHAMROCK Ministries

 I went to the Peace Colloquy as a “non-singer” and received the new hymnal as a book of poetry. Then I learned how to sing lots of wonderful new songs! I purchased the Lyrics and Audio flash drives to all 600+ hymns plus special international recordings to use in congregational and SHAMROCK Ministries.

I attended an assortment of classes where we SANG and learned, and I have some new favorite composers. When I went to the topic index I found a new section on AGING and realized it could have said “SHAMROCK” next to it. There is a new song CCS #203, “When Memory Fades,” that will be used at the first community wide interfaith worship on Sunday, November 3rd at 3:00PM at the Santa Barbara Congregation for those persons with Dementia and Alzheimers and their families and caregivers. When I read this; the tears flowed like a gentle rain. Others who read this hymn during the weekend had a similar response.

As President Veazey said in his closing message . . . “How Can we Keep From Singing” with what we now have that gives new words of courage and music to our identity, message and mission! 🍁



Beautiful art panel with our Dove of Peace coming from the piano!

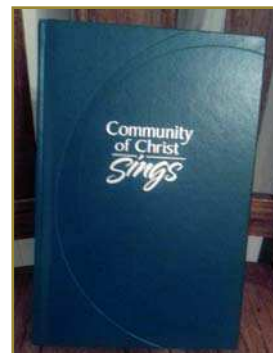
President Steve Veazey



Visiting with Betty Liston, a SHAMROCK Supporter from Good Shepherd Congregation in Kansas City

I am sitting in the quietness of the Temple Sanctuary and remembering the beating drums just a few hours ago and a packed congregation. I now hold a new book of 664 hymns that includes 29 languages from 21 countries. After 4K entries; a core committee of 7 and 798 reviewers worked for 5 years to give us music that shares our Identity, Message, Mission and calling . . . it is wonderful!


-Denise Leichter



Coming home with my new copy of an amazing hymnal . . . the audio sound track of all pieces and text copy for all.

STANDING ROOM ONLY

by Linda Read, *Welcome Home Pastor*

 was so excited to attend the hymn sing at the “Stone Church” while in Independence for the Peace Colloquy. We thought if we were a half hour early, surely we would be able to at least find a seat in the balcony . . . boy was I wrong!

There was standing room only, every seat and pew was full from the main floor to the rafters. I ended up standing at the back of the sanctuary, left side doorway. For a while I didn’t even have a hymnal, I sang the words of the hymns I knew from memory with that mighty throng of Saints. We belted out hymn after hymn, those beloved songs of old I had learned right there, inside those historic hallowed walls as a child. You see I was raised in the Stone Church, blessed in the Stone Church, baptized in the Stone Church, sang in the children’s choir, worked in the nursery, sang in my first trio, held hands with my first boyfriend . . . right there. As I stood in that back doorway I realized that the last time I had stood in that doorway was 32 years ago with my father . . . waiting to walk down the aisle, in my mother’s wedding dress, to marry the love of my life, Terry. So many memories!

I had no idea I was about to add another precious memory as I stood there that night. I was standing close to Barbara Barnhart Gose who sat in the back pew closest to the door where I was standing. I watched Barbara for a while, she didn’t have a book either, but seemed to know every word. She could



What a beautiful site greeted us as we exited the Stone Church. The church was packed to overflowing capacity and the music of The Hymns of the Saints was sung with such honor and love.



hear me singing and leaned over to speak during a hymn change. She said, “Isn’t it lovely? It’s like listening in stereo!” I, too, was blown away by the richness of the music, as Jack Ergo led us in song.

Someone came up shortly after and handed me a “Hymns of the Saints.” I offered to share with my new friend, Barbara, but she said, “Thank you, but no, I’m almost completely blind. You go ahead. I’ve been singing these songs for over 80 years.” My eyes welled up with tears, being in the presence of this faithful sister, my new friend, Barbara.

I’m so thankful and have been so blessed by the faithfulness of so many “Saints” who have, by their presence and example, mentored me and countless others throughout the church. I’m filled with gratitude for that moment of blessing where generations meet and share in sacred community. Who would have guessed that a “standing room only” moment would bring such ministry to my soul? God is Good!🍁

TEA BY THE SEA

by Kathy McGuire

Why do I need to be reminded so often that God's ways and purposes are clear and that all of life is guided for the greater good? Apparently, I forget and need some powerful experiences to remind me that we are all deeply loved and that God's loving hand provides for us in so many mysterious ways.

My friend, Rhonda (a church member in Santa Barbara many years ago) was visiting at the time of the SHAMROCK Tea. I felt I should attend because Pastor Denise works so hard on these events and I couldn't use distance and my dogs as an excuse for not attending. What unfolded during my four hours at the SHAMROCK event was truly life enriching. Our first speaker was deeply grounded in the psychology of personal relationships and able to apply his learning to the inevitable process of aging (and eventually dying) which we all will experience. His insights were deep and he brought to us such an understanding of human nature and how God works through and with us as we either are caregivers or the one receiving care. His stories touched all of us and especially my dear friend, Rhonda, who felt that in many ways her trip to see me in Santa Barbara was so that she could be exposed to the ministry offered at the SHAMROCK Event.



Brock Travis shares personal and tender thoughts about taking care of the caregiver.



The Chaplain who also spoke reminded me of how important the ministry of presence is. His message reassured me that it is my presence and not necessarily my words that bring comfort and hope to those who are in need. Go, just be there for someone you love, and let God's loving spirit bring the comfort. Do not be afraid of the precious gifts which come at the end of the life journey! I will approach visiting those in need with a totally different agenda after having heard his message.

My thanks to you, Denise, for your faithful ministry to us and to the SHAMROCK project. You are guided by God's loving spirit and we are the grateful recipients of this ministry. 🍁

TESTIMONIALS

Thank you once again for a wonderful day of ministry. The program was so touching—touched the heart for sure. We had no idea that we were at Mitch's facility until you said so, a big thank you to him also. The food was delicious.

-Arlene Pike, Temple City

Thank you so very much for such a beautiful and very informative SHAMROCK Day. It could not be a more informative day. All your work and love you put into it is very much appreciated.

-Barbara & Gary Stephens, Ventura

[Continued on page 4](#)

Dear Denise & Mitch, Thank you both so much for the wonderful SHAMROCK Day in Santa Barbara. Mitch; your facility is lovely and in such a beautiful setting. Thanks so much for opening it to us. Denise; the program was great, good information and with some humor which always helps. The tables were beautifully done and the food delicious. Brock has been a great help to me spiritually and I am glad he was part of the program.

-Jean and Frank Woodson, Ventura

It was a pleasure and privilege to be involved in your event. We were both inspired by it. Keep me in mind for future. Have a blessed journey.

-Brock Travis

Denise, Thank you, and your husband Mitch, for your hospitality. The staff at Alexander Gardens was most helpful. It was a beautiful day with beautiful people all gathered together at a great place to meet. We at VNHC are inspired and appreciative for all that you and your friends in the SHAMROCK Caregiving ministry are doing for our community. Please stay in touch and we will get more information to you regarding our Chaplaincy Certification Program. Have a great vacation!

-Your friend, Sam Geli

FYI: A great SHAMROCK program! Have a restful and memorable vacation. Blessings to you for your dedication and giftedness.

Michael Ehlers, Inland Empire

Denise, Just a note to tell you what a great time I had yesterday. The topic was a true eye opener for me. The speakers put words to my random, unformed thoughts.

-Paul Bethel



Tea by the Sea at Alexander Gardens in Santa Barbara.

The Threshold Choir honors the ancient tradition of women singing at life's thresholds of illness and death, and they honored and inspired us.

For more information for a chapter in your area; go to www.thresholdchoir.org

YOU ARE INVITED

The Santa Barbara Congregation will host an Interfaith Worship on Sunday, November 3, 2013 for those who have Dementia, Alzheimers, Parkinsons, their families and caregivers. The service will begin at 3:00PM. There will be lots of music! Refreshments will be served after the service.

The next service will be the first of December. An Advent, Chanukah and Peace Candle lighting service is planned, and it will include an abundance of holiday music!

Our parking, entrance and restrooms can accommodate wheelchairs and walkers.

PLEASE JOIN US!

HOT TEA MEDITATION



Drinking a cup of hot tea can be both nourishing and relaxing with an easy guided meditation. A cup of hot tea tempts the senses to slow down and enjoy. It's impossible to rush a cup of tea; it will burn the mouth. A cup of hot tea is, therefore, the perfect guide for those struggling to take a time out, slow down, and enjoy life. Combine a cup of tea with a simple guided meditation for daily relaxation, a change in pace, or simply to gain a new connection with the body and breath.



HOW TO DRINK A CUP OF HOT TEA

First, select a favorite hot tea. If new to hot tea drinking, browse the tea aisle at the local grocery or health food store to find a tea that looks interesting.

Chamomile tea is a traditional relaxant, though it may put you to sleep. Mint can be refreshing and stimulating, as can a caffeinated black tea such as Earl Grey. Chai teas are a strong, spicy tea for an adventurous spirit seeking an exciting day. A lemon herbal tea, on the other hand, is more relaxing and cleansing, perfect after a difficult discussion or to fight off a cold.

The presentation is important, as well. Select a sturdy mug, preferably one with positive connections. Though teacups are also popular with tea drinking, they do not work well with this exercise, as one must be able to hold the base of the cup in both hands during the meditation.

Find a comfortable place and time when no one else is around with minimal noise. The kitchen table will do. A spot on the floor or a seat on the deck or porch works as well. Make sure a chair is available that keeps the back straight. Follow the directions on the box or bag of tea to prepare the cup of tea, and wait several minutes until the cup is cool enough to hold.

HOT TEA MEDITATION


With a mug of tea in hand and twenty minutes with no interruptions, prepare to enjoy a quiet, relaxing exercise.

1. Situate the body in a chair, with the back straight. Cup the hot tea mug in the hands at chest level.
2. Bring the cup of tea to the chest. Notice the warmth radiating from the cup. Now touch the cup to the chest. Experience the warmth of the body against the cup. Feel how the breath pushes and recedes against the cup.
3. Close the eyes. Focus on the breath going in and out. See how deep and slow it is possible to breathe. Take three of the slowest, deepest breaths possible. Feel the warm energy of the body pulsing from the bottom of the breath to the top of it.
4. Now open the eyes and lift the cup of tea to the nose. How does it smell? How does the steam feel against the face? Breathe in the warmth, and during the exhale imagine the warmth travelling all the way to the bottom of the feet. Take three breaths in this manner.
5. Lift the tea to the lips and take a sip. Notice how the liquid feels in the mouth and throat. Visualize that warmth traveling all the way to the toes. Take three deep breaths, inhale and exhale, feeling the warmth from the tea traveling down to the feet then up into the head.
6. Repeat sipping the tea, with three deep breaths between sips until the tea is gone. Hold the empty cup in your lap, and imagine warmth from the cup radiating outward and warming the entire body. Visualize the body in cocoon of warmth, like a giant tea mug.
7. Take five deep breaths, in and out, and then open the eyes. Sit still and move gently, to enjoy the effects of the meditation as long as possible.

Do not try to get up too fast, as the muscles need time to transition out of the exercise. 🍁

AGING MEANS FREEDOM

“Good friends are like quilts—they age with you, yet never lose their warmth.”

 I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging. Whose business is it, if I choose to read, or play on the computer, until 4AM, or sleep until noon? I will dance with myself to those wonderful tunes of the 50s, 60s and 70s, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, eventually, I remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it)! 🍁



MOUNTAINS

There was a time when he climbed lofty mountain trails that brought youthfulness to each step.

*When weary hikers turned homeward toward the blue dusk,
the intrepid one walked on without rest
wanting to leave aching memories to die alongside the path.*

*Often he returned to the tallest mountain to maintain
a sense of belonging in a world in which he felt estranged.*

*Often pain swirled about him and he would sink into a vortex of despair.
Arising like a cloud were questions about the purpose of tragedies and sorrow.*


*Only alone with his backpack and boots on an obscure trail could he find release and happiness.
The granite boulders, manzanita and wild azaleas decorating his way
brought freshness to his thoughts
Liberating him from the staleness in the city.*



-Frederick Budworth

HEALTH MINISTRIES ASSOCIATION

by Denise Leichter, SHAMROCK Ministries

 attended the Health Ministries Association workshop in August and was blessed by the workshop classes and opportunities to network. Dr. Bowen White talked about his holistic medical practice and his job to be a good listener to help patients and their families to turn "Scared into Sacred." I believe this is part of our calling and ministry with SHAMROCK. We all have lots of prescriptions for self-care as we care for others as members of the "sandwiched generation," spiritual practices that help with self-renewal everyday, scriptures and well being through health or illness, laughter as healing energy, and healing trauma through transformations.



An opportunity to work with HMA members and the Good Shepherd Congregation leaders on SHAMROCK Ministries was also presented while I was in Independence. The congregation is a blend of two congregations. Some excellent work has been done on identifying who are members and where they live. We reviewed how to be more intentional in evaluating any barriers to attending or serving, and what types of ministry options and resources might be available. They were told . . . “use the name and ministry model and enhance the blessings of this ministry in

your area.” Denise then was invited to attend their midweek fellowship dinner that evening and their Prayer and Testimony circle of about 25 people. Many of these participants were familiar retired church leaders and previous members from the Los Angeles-Orange area, so there were lots of hugs! My testimony is how blessed we are to be part of a faith tradition that even when you are half-way across the country you are “welcome and home in the circle.”



HMA recently announced that I was the new network facilitator for Congregational Health Ministers and Representatives. I developed the SHAMROCK Ministry program which offers every congregation ways to include and value seniors in the ministries of their group. *The HMA Handbook for Congregational Health Ministry* is available for HMA members investigating this ministry or developing a program in their congregation or mission center. I also contribute to the diverse topics of bulletin inserts available online at www.CHM.HMACofChrist.org.

Contact will be made by phone and email to gather details on all program and ministries related to health and wholeness. I will assist the HMA team in dispensing helpful information to promote networking with other professionals.

The passing of WCR 297 draws attention to the desire for action and education and to encourage health, well-being and wholeness of body, mind and spirit for all ages within our communities. 🍀

WHERE IS DENISE?

OCTOBER

- 10-11 HEC Board Meeting
- 12-13 Graceland University Homecoming, *Lamoni, IA*
- 14-17 Health Ministry Association Office at IHQ
- 18-20 Peace Colloquy, *Independence, MO*
- 26 Priesthood and Leaders Workshop, *Carlsbad, CA*



NOVEMBER

- 1 All Saints Day Event, *Simi Valley*
- 3 Community Alzheimer/Dementia Worship, *Santa Barbara, CA*
- 9 SCMC Conference, *Temple City, CA*
- 11-14 Western Field Staff Meetings, *Idyllwild, CA*
- 15-17 LCIM Meeting, *Idyllwild, CA*
- 26 Interfaith Thanksgiving Service for the Community, *Santa Barbara, CA*
- 28 Thanksgiving

DECEMBER

- 1 Community Alzheimer/Dementia Worship, *Santa Barbara, CA*
- 7 SHAMROCK Christmas Celebration, *TBD*
- 15 Speak in Canoga Park
- 24 Christmas Eve
- 25 Christmas
- 31 New Year's Eve

2014 SHAMROCK EVENTS



- March 15 Saturday Family SHAMROCK Event, *Temple City*
- April 5 Saturday "Seniors Have Talent" Community Event, *Santa Barbara*
- June 7 Saturday Spring Fling, *Location TBD*
- September 18 Thursday Fall Festival, *Location TBD*
- November 1 Saturday All Saints Day, *Location TBD*
- December 6 Saturday Holiday Event, *Location TBD*

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The Santa Barbara "SHAMROCKERS" from the congregation and neighborhood, under the leadership of Don Fiore, meet for Tai Chi classes for improved body, mind and spirit classes on Tuesday mornings. What an energizing and spirit filled morning!



During a home visit with Sherry Southland I noticed an envelope on her refrigerator. It contained the Pink Form given out by SHAMROCK and a list of her medications. SS= SuperStar for using the educational tools for self care and safety!



Charlotte Cheney shares a photo of her childhood church in East Los Angeles. To her, it was the closest she has ever been to Zion. To me, this picture represents a meaningful convergence of the past, present, and future.

-Katie Harmon-McLaughlin

Emergency Numbers

When in sorrow	call John 14
When you have sinned	call Psalm 51
When you worry	call Matthew 6:19-34
When you are in danger	call Psalm 91
When your faith needs stirring	call Hebrews 11
When you feel down & out	call Romans 8:31
When you want peace & rest	call Matthew 11:25-30
When the world seems bigger than God	call Psalm 90
If your pocketbook is empty	call Psalm 37
0 When you are lonely & fearful	call Psalm 23
1 When you grow bitter & critical	call I Corinthians 13
2 For how to get along with fellow man	call Romans 12
3 If you are depressed	call Psalm 27
4 If people seem unkind	call John 15

PAWSABILITIES

by Rickie Miller, *Simi Valley Pastor*

The cages at the Ventura Animal Shelter always bring tears to my eyes. As a member of PawsAbilities, I was there to rescue two dogs, Chanel and Rocket, sibling Yorkie Terrier mixes. They had belonged to a fisherwoman who had recently passed away. She loved her dogs, but had made no arrangements for them in case of a crisis, so her family surrendered them to the animal shelter. Now they were huddled in the back of cage 36, soaking wet, food untouched.

Pete and his son Victor were standing beside me, very interested in Rocket. We asked if both dogs could be moved into the visiting pen. They careened off the walls of the pen, racing one another and rolling on the grass nearly in ecstasy. Victor and Rocket bonded immediately. Chanel jumped up and down trying to get Victor's attention in fear that she would be left behind. No way would I let that happen! I gave Victor and Pete the PawsAbilities information in case they ever needed help, and I left with Chanel under my arm.

Chanel now resides in a PawsAbilities foster home. She lives with Wizard, a long-hair Chihuahua, so we re-named her Ruby Slippers. She likes her new name!

Ruby is under two years old. She needs lots of attention and patience. She loves to cuddle, run, and eat. One of the happiest dogs I've ever met, she is not aggressive to people or dogs. She respects the cats in her foster home. She might benefit with a same age dog friend. She is NOT an alpha dog.

If you are interested in adopting Ruby Slippers, call 805-587-4450.



Tawnya was grieved at the loss of her grandmother. The family had made all the arrangements for the funeral and the trust she left. One little thing had been left out of all the planning. Grandma's 4-year-old Maltipoo named Holly.



After the funeral, Tawnya, who was very attached to the stalwart, solid dog with the snuggly personality, ran to her Grandmother's home, gathered Holly and her belongings and took her home. They were very happy for two years, until Tawnya lost her job.

Finances "in the pits," Tawnya was forced to move back with her parents. Also in the home were her parents' champion Rottweilers. They didn't like Holly one bit.

Despite several months of coaxing and training, Holly still felt she was the alpha dog, and the Rottweilers disagreed. Anguished, Tawnya felt the best thing to do was to find a new home for Holly.

Tawnya was in despair when we met. She didn't want to relinquish the dog, but felt she had no other choice, so we made a deal. If she could re-establish herself within a year, and could provide a home for Holly, we'd return her.

PawsAbilities sent pictures and updated Tawnya on Holly's life in her foster home. After 10 months, we received a text. "Can I have my dog back?" We responded, "We'd be delighted to return Holly to you." And so we did. Tawnya and Holly now live in Texas. Holly always has a home at PawsAbilities and Grandma would be very proud of Tawnya.

In Genesis we see that God is oriented toward His creations. He declares, "It is good" six times, and the earth, sea, and sky teemed with life. His command to Adam suggests that the human task is to love and declare the variety of God's creation. The glory of God is linked to animal life and habitats. Would you like to share in this ministry? PawsAbilities needs foster homes and financial support. 🍂

A DOG'S PURPOSE

Being a veterinarian, I had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker, and they were hoping for a miracle.

I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home.

As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's Death, wondering aloud about the sad fact that animal lives are shorter than human lives.

Shane, who had been listening quietly, piped up, "I know why."

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try and live.

He said, "People are born so that they can learn how to live a good life—like loving everybody all the time and being nice, right?" The six-year-old continued, "Well, dogs already know how to do that, so they don't have to stay as long." 🍂

-from the Sierra Scoop, serving California & Nevada communities



The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought . . .



He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20s, then a circus ringmaster when in her 40s, and a preacher when in her 60s, and now – in her 80s – a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go." 🍂

PATRIOTS' DAY

It was a pleasure to have the Upland Congregation host our event on September 11th, Patriots' Day. We had six from Upland that have never attended before, and we all were able to enjoy lunch fellowship with the MC Staff who were taking Spanish Classes at Upland (three weeks for 7 hour days).

Michael Ehlers, from Inland Empire, taught us about BAVX which kept us on our feet listening, visualizing, chasing balls, laughing and learning some new skills for balance and memory improvement.



We did some historical look backs for the 1900s . . . “Do you remember?” and “Where were you then?” We shared about the greatest and favorite comedians, and did some LAUGHING AND TAPPING exercises.

Our worship time included REMEMBERING the stories of 9/11, reflecting and praying the text from Doctrine and Covenants 163 to “Pursue Peace.” We always lift up names and needs during our time together, and the hugs and love of a community are always a blessing. Hope you will join us at our next event! 🍁



Small group work and fun.

Michael Ehlers



Remember when? Group sharing.

LIFE BEFORE THE COMPUTER

- * Memory was something that you lost with age
- * An application was for employment
- * A program was a TV show
- * A cursor used profanity
- * A keyboard was a piano
- * A web was a spider's home
- * A virus was the flu
- * A CD was a bank account
- * A hard drive was a long trip on the road
- * A mouse pad was where a mouse lived
- * And if you had a 3½ inch floppy . . . you just hoped nobody found out



Preventive Health Screenings

- Stroke
- Heart Disease
- Osteoporosis
- Ask about our new tests

TODAY

For information call:
1-800-779-5033

LIFE LINE SCREENING
The Power of Prevention

Temple City Congregation shares their facility to make a difference in the health of the community.

A FRIEND IS A GIFT OF GOD

*Among the great and glorious gifts our heavenly Father sends
Is the Gift of Understanding that we find in loving friends,
For in this world of trouble that is filled with anxious care
Everybody needs a friend in whom they're free to share
The little secret heartaches that lay heavy on their mind,
Not just a mere acquaintance but someone who's "Just Our Kind"—
For, somehow, in the generous heart of loving, faithful friends
The good God in His charity and wisdom always sends
A sense of understanding and the power of perception
And mixes these fine qualities with kindness and affection
So when we need some sympathy or a friendly hand to touch,
Or an ear that listens tenderly and speaks words that mean so much,
We seek our true and trusted friend in the knowledge that we'll find
A heart that's sympathetic and an understanding mind . . .
And often just without a word there seems to be a union
Of thoughts and kindred feelings for GOD gives True Friends communion. 🍁*



GOOD LUCK, MR. GORSKY

 On July 20, 1969, as commander of the Apollo 11 lunar module, Neil Armstrong was the first person to set foot on the moon.

His first words after stepping on the moon, “that’s one small step for man, one giant leap for mankind,” were televised to earth and heard by millions. But just before he re-entered the lander, he made the enigmatic remark, “Good luck, Mr. Gorsky.”

Many people at NASA thought it was a casual remark concerning some rival soviet cosmonaut. However, upon checking, there was no Gorsky in either the Russian or American space programs. Over the years, many people questioned Armstrong as to what the ‘Good Luck, Mr. Gorsky’ statement meant, but Armstrong always just smiled.

On July 5, 1995, in Tampa Bay, Florida, while answering questions following a speech, a reporter brought up the 26-year-old question about Mr. Gorsky to Armstrong.

This time he finally responded because Mr. Gorsky had died, so Neil Armstrong felt he could now answer the question. Here is the answer to ‘who was Mr. Gorsky:’

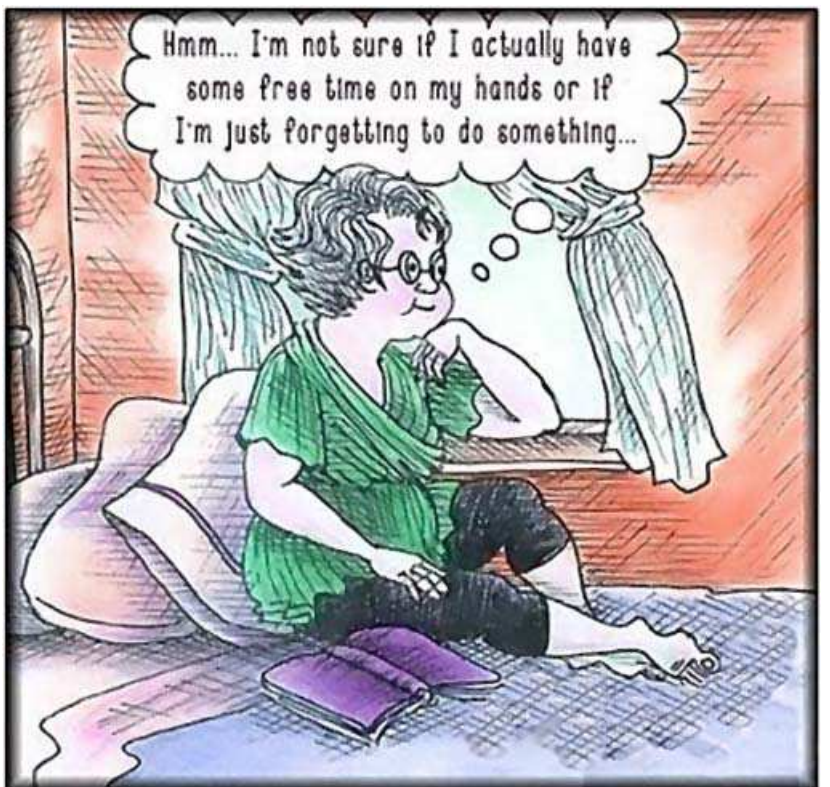
In 1938, when he was a kid in a small mid-western town, he was playing baseball with a friend in the backyard. His friend hit the ball, which landed in his neighbor’s yard by their bedroom window. His neighbors were Mr. and Mrs. Gorsky. As he leaned down to pick up the ball, young Armstrong heard Mrs. Gorsky shouting at Mr. Gorsky, “SEX! You want SEX? You’ll get sex when the kid next door walks on the moon!”

It broke the place up. Neil Armstrong’s family confirmed this is a true story. 🍁





Wouldn't it be great if we could put ourselves in the dryer for ten minutes and come out wrinkle free, back to our original shape, three sizes smaller and smelling April fresh!



CONQUER YOUR FEARS WITH PRAYER

by Jean Cottle, Upland, CA

As we grow older, we discover that we need to conquer fears that did not concern us when we were younger. With or without a cane, there is the fear of falling and not being able to get back up or of breaking a bone that has grown brittle with old age. Living alone, some may fear becoming sick and too weak to summon help. Others may fear dying and what will become of them on the other side. Some are afraid of being alone and unloved. Some fear they might embarrass themselves with bad breath, uncontrollable gas, or a bladder problem.

I am reminded of the scripture that quotes Jesus telling us, “In this world, you will have tribulations. Fear not, I have conquered the world.” The scriptures also admonish us to pray about everything.

I saw a T shirt with the words, “There is nothing to fear but fear itself and Spiders.” Personally, I have had some scary close-encounters with spiders! At one time I worked in a small office for a company that repaired and sold farm machinery. It was rather dirty with cobwebs in the windows and corners. The daddy-longlegs didn’t bother me and I easily smashed the black widows. One morning there was a live wolf-spider in the bottom of my empty coffee cup! I panicked! There was no way I could deal with that scary monster! I had to have one of the salesmen dispose of it!

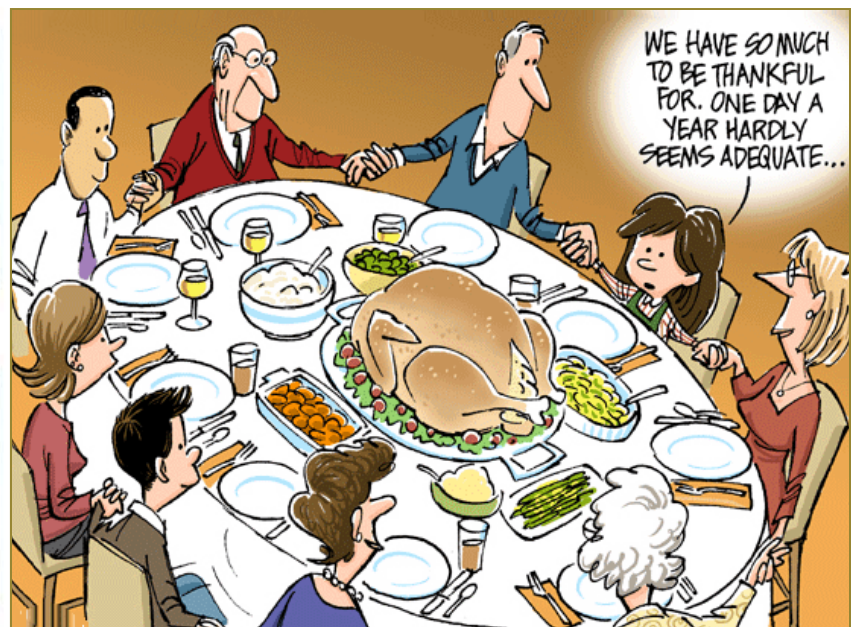
A couple of months ago, I discovered a big spider on the screen door of my apartment. I picked up a magazine to shoo it outside, but it eluded me and scampered behind a solid piece of furniture in my living room. I grabbed a can of spray and saturated the area where it disappeared. I looked but never found its dead body. A couple of days later, I was taking a shower when to my horror, I spied that same big spider between my shower curtain and the side of the tub! It was very much alive!

I started praying, “Dear Lord, please don’t let that spider get me!” I kept praying those words over and over again while I quickly finished my shower and got out of that tub. Using a handy toilet brush, I carefully captured that spider and flushed it down the toilet—twice to make sure!

Our Creator must have had a reason to create spiders, but I for one, can live without them! 🍁



Don't lose hope.
(You never know what tomorrow will bring.)



CROCHETING

During a visit to see Sherry Southland at her senior independent living apartment in Canyon Country; I noticed a group of women crocheting . . . but there was no yarn! One woman was cutting plastic bags into strips, one was tying them together and weaving a ball. Another lady was crocheting a purse out of recyclable plastic bags, and they were beautiful! They do key lanyards, bottle and can covers, glass cases, etc. They take orders and teach others also . . . what a blessing. Loved shopping through their goodies. 🍁



ADVENTURES IN CARING

Denise and Mitch Leichter attended a polo game in Santa Barbara as the guest of Ambassador Glen Holden in support of the Adventures in Caring visiting programs by Raggedy Ann and Andy “to lift the spirit of those who are sick and lonely, and to cultivate compassion in health care.” They train volunteers in compassionate listening and visiting skills and make a difference in the lives of many patients, residents and their families. www.AdventuresInCaring.org 🍁

It's not what you gather, but what you scatter that tells what kind of life you have lived.

KAUFMANN LEGACY

SHAMROCK Ministries has been the recipient of \$50,000 from the estate of Francis Kaufmann. These funds help bring ministry to many others and offset costs of events so all can attend.



SHAMROCK MINISTRIES HEALTH PRAYERS

As part of SHAMROCK MINISTRIES; I am on occasion made aware of those that are waiting for biopsy results, lab results with specific markers, MRIs that will be predictive of a disease journey, and hear about those beginning treatments for a wide array of health challenges. The struggle between faith and fear is a human reality, and living with the daily journey of diagnostic tests with the risks, benefits and alternatives to consider requires great patience, faith and confidence in the power of prayer that always provides a blessing for the body, mind or spirit. The following prayers are shared for those that need them. -Denise



wasn't sure what to expect from the transfusion needed at this time, whether I would see an immediate effect or any effect at all. As I watched the blood flowing into Poorter Bagley (*he named his porta-catheter*) I got kind of choked up. I offered this prayer (as best I can remember):

Loving God, for the unknown donor who gave this life-giving blood, thank you for the movement of your Spirit within her/him to share a piece of themselves, literally. Thank you for the wonders of modern medicine and for the compassionate and loving ministry of these nurses and technicians and doctors caring for me. I invoke your blessing now on every drop of this blood that it fulfill its divine purpose. Amen.

-Evangelist Matt Lowry

Dear God, go with me into this holocaust without immense anguish. I would not injure any part of your earth in any way if I could help it—especially my own body. I still believe I might heal better together. But medical science says it can give me a 98% chance of life after cancer. I do not believe I am to die yet. And for this reason, I am doing this horrendous thing. Please be with me. Please be my shield. Shield out all the radiation that is unnecessary to my healing. Keep me open to what is creative, closed to what is destructive. Into thy loving arms I commend my spirit. Be very close to me every minute. Keep me in touch with process. Let me act spontaneously. Tell me if I should stop.

Dear God, let me act out of your courage, out of your wisdom, in every spontaneous moment of every spontaneous day. Amen.

-Shared by Gail Biller at a "Care and Share" Service from a **Book of Prayers for Healing** for those utilizing radiation treatment and their first visit.



A LITTLE BIBLICAL HUMOR

Q. What kind of man was Boaz before he married Ruth?

A. Ruthless.

Q. What do they call pastors in Germany?

A. German Shepherds.

Q. Who was the greatest financier in the Bible?

A. Noah. He was floating his stock while everyone else was in liquidation.

Q. Who was the greatest female financier in the Bible?

A. Pharaoh's daughter. She went down to the bank of the Nile and drew out a little prophet.

Q. What kind of motor vehicles are in the Bible?

A. Jehovah drove Adam and Eve out of the Garden in a Fury. David's Triumph was heard throughout the land. Also, probably a Honda, because the apostles were all in one Accord.

Q. Who was the greatest comedian in the Bible?

A. Samson. He brought the house down.

Q. What excuse did Adam give to his children as to why he no longer lived in Eden?

A. Your mother ate us out of house and home.

Q. Which servant of God was the most flagrant lawbreaker in the Bible?

A. Moses. He broke all 10 commandments at once.

Q. Did you know it's a sin for a woman to make coffee?

A. Yup, it's in the Bible. It says 'He-brews'

THE LORD IS MY SHEPHERD: A Sunday School teacher decided to have her young class memorize one of the most quoted passages in the Bible, Psalm 23. She gave the youngsters a month to learn the chapter. Little Rick was excited about the task, but he just couldn't remember the Psalm. After much practice, he could barely get past the first line. On the day that the kids were scheduled to recite Psalm 23 in front of the congregation, Rick was so nervous, when it was his turn, he stepped up to the microphone and said proudly, "The Lord is my Shepherd, and that's all I need to know."

DID NOAH FISH? A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the ark?" "No," replied Johnny. "How could he with just two worms."

ALL MEN/ALL GIRLS: When my daughter, Kelli, said her bedtime prayers, she would bless every family member, every friend, and every animal (current and past). For several weeks, after we had finished the nightly prayer, Kelli would say, "And all girls." This soon became part of her nightly routine, to include this closing. My curiosity got the best of me and I asked her, "Kelli, why do you always add the part about all girls?" Her response; "Because everybody always finishes their prayers by saying "All Men!"



SAY A PRAYER: Little Johnny and his family were having Sunday dinner at his grandmother's house. Everyone was seated around the table as the food was being served. When Little Johnny received his plate, he started eating right away. "Johnny! Please wait until we say our prayer." said his mother. "I don't need to," the boy replied. "Of course, you do" his mother insisted. "We always say a prayer before eating at our house." "That's at our house," Johnny explained. "But this is Grandma's house and she knows how to cook."



FINANCIAL ELDER ABUSE

California Governor Jerry Brown recently signed Assembly Bill 381 (AB 381), which allows courts to award attorney's fees and costs to seniors who have been victimized by someone using a power of attorney in bad faith to commit financial elder abuse.



Gov. Jerry Brown is expected to sign three more bills that are intended to prevent elder abuse. SB543 would ensure criminals who commit crimes against seniors are prosecuted and sentenced to the fullest extent of the law. Another bill, AB140, would modernize the definition of undue influence for elder financial abuse. The third measure, AB477, would require a notary public to report any suspected abuse.

A significant amount of attention is being focused on scams and crimes against seniors. If you think you might be a victim, or know someone else that might be, CALL ME. The Mission Initiative to "Abolish Poverty and End Suffering" is a primary ministry for SHAMROCK. 🍁

DON'T FORGET ABOUT OPEN ENROLLMENT AND YOUR OPPORTUNITY TO SWITCH AND CHANGE MEDICARE OPTIONS OCTOBER 15 TO DECEMBER 7, 2013.

A young couple moved into a new neighborhood. The next morning while they are eating breakfast, the young woman sees her neighbor hanging the wash outside. "That laundry is not very clean; she doesn't know how to wash correctly. Perhaps she needs better laundry soap." Her husband looks on, remaining silent.

Every time her neighbor hangs her wash to dry, the young woman makes the same comments. A month later, the woman is surprised to see a nice clean wash on the line and says to her husband: "Look, she's finally learned how to wash correctly. I wonder who taught her this?"



"The husband replies, "I got up early this morning and cleaned our windows."

And so it is with life . . . what we see when watching others depends on the clarity of the window through which we look.

SENIOR TEXTING

A senior-aged couple had finally learned how to send and receive text messages on their cell phones.

The wife, being a romantic at heart, decided one day that she'd send her husband a text while she was out of the house having coffee with a friend.

She texted:

- If you are sleeping, send me your dreams.*
- If you are laughing, send me your smile.*
- If you are eating, send me a bite.*
- If you are drinking, send me a sip.*
- If you are crying, send me your tears.*
- I love you.*



The husband, being a no-nonsense sort of guy, texted back: "I'm on the toilet. Please advise."

ALL SAINTS DAY

A SHAMROCK EVENT FOR EVERYONE

Save
the
Date

FRIDAY, NOVEMBER 1, 2013

SIMI VALLEY CHURCH

3701 ALAMO STREET, SIMI VALLEY, CA

10:00AM -2:00PM



A Memorial Celebration and Worship for Family and Friends
of loved ones you still tenderly miss and mourn.

We will share in a MEAL OF THANKSGIVING.

COST: \$12.00

WHO WOULD YOU LIKE TO REMEMBER? Let me know, and send a picture to include in our slide presentation. To help with program planning, please send any readings that were special for you or your loved ones that will bring blessings to others.

*We remember with gratitude the Saints whose lives have blessed our lives,
Whose work have made the church more welcoming and the world more hospitable,
Whose efforts may have gone unthanked, but not unnoticed.*



*Oh God, may our memories be more than memories.
Help us to live in a way that honors those we remember.
Inspire us to continue their work,*

—excerpt from *A Prayer for All Saints Sunday* by Leland Spencer

ALL SAINTS DAY EVENT REGISTRATION

NAME(S) _____ PHONE _____

ADDRESS _____

EMAIL _____ CONGREGATION _____

I WOULD LIKE TO REMEMBER: _____

PLEASE CHECK ALL THAT'S APPLICABLE:

Dietary Restrictions/Allergies/Special Diets? Request: _____

I will attend all program events including Lunch

\$12⁰⁰ check enclosed, payable to *Community of Christ*

☘ CEPA funds are available with application and Pastor's approval

MAIL CHECK & REGISTRATION TO: Denise Leichter, 17125 Hart Street, Lake Balboa, CA 91406

EMAIL: Denise@cofchrist-psi.org **PHONES:** 310-403-9973 (CELL) ☘ 818-996-4709 (HOME)



SHAMROCK MINISTRIES

presents

A Christmas Celebration



Saturday

December 7, 2013



17125 Hart Street
Lake Balboa, CA 91406

