



Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter, spiritual care and a great lunch.

Welcome Back everyone!

We are excited to have another year together of sharing life at the lunches.

This year, we will be focusing a bit of our time on the 10 commandments. Often people say they wish God would speak to them. In the bible, we have many direct messages from the Lord. Few are as succinct and clear as the words He gave to Moses on Mt. Sinai. They are words that guide our daily lives, as well as civilizations for generations. They are important, no matter what culture you are from or how old you are. When they have been followed, there has been great blessing and peace. When they have been spurned or ignored, there are difficult consequences. During this year, we will be looking at them one by one. We will talk about them, what they mean, get your thoughts on them and how they impact us today. Here they are for you to see again:

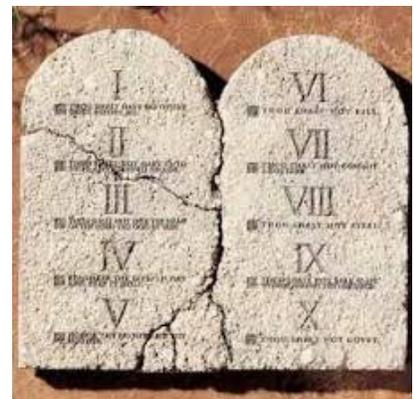


Ten Commandments List

1. You shall have no other gods before Me.
2. You shall make no idols.
3. You shall not take the name of the Lord your God in vain.
4. Keep the Sabbath day holy.
5. Honor your father and your mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet.

See you all soon!

Pastor Colleen



FOR THE CHIPMUNK IN MY BACKYARD



I think he knows I'm alive, having come down
The three steps of the back porch
And given me a good once over. All afternoon
He's been moving back and forth,
Gathering odd bits of walnut shells and twigs,
While all about him the great fields tumble
To the blades of the thresher. He's lucky
To be where he is, wild with all that happens.
He's lucky he's not one of the shadows
Living in the blond heart of the wheat.
This autumn when trees bolt, dark with the fires
Of starlight, he'll curl among their roots,
Wanting nothing but the slow burn of matter
On which he fastens like a small, brown flame.

- By Robert Gibb



POET MARK STRAND:

"We're only here for a short while.
And I think it's such a lucky accident,
having been born, that we're almost
obliged to pay attention. In some
ways, this is getting far afield. I mean,
we are — as far as we know — the
only part of the universe that's self-
conscious.
We could even be the universe's form
of consciousness.
We might have come
along so that the universe could look
at itself. I don't know that,
but we're made
of the same stuff that stars are made
of, or that floats around in space.
But we're combined in such a way
that we can describe what it's like to
be alive, to be witnesses. Most of our
experience is that of being a witness.
We see and hear and smell other
things. I think being alive is
responding."

ELDERS AS CARRIERS OF TREASURE

"Who would we old people be without the gallery of memories,
the treasures of experience? But with these treasures we are rich
and we do not drag a used up body towards its end and oblivion,
but know, we are also the carriers of treasure which remains
alive and radiant as long as we breathe."

-Hermann Hesse, *The Seasons of the Soul*

The Lunch Bunch! 11am-1pm

What's Happening at Senior Lunch?

Thursday, September 7th

Welcome Back! We will have some fun jokes and activities. This year, we will be talking about the 10 commandments. Pastor Colleen will give a homily on the first one: "You shall have no other gods before Me." To start our year off right, we will have a veritable fresh feast of delicious lemon chicken, caprese salad, and a lovely pesto pasta. Please bring a friend with you! We welcome all newcomers.

Thursday, September 21st

So much fun will be happening today! Our good friends, the Ukulele Lou Lou's will be coming to entertain us with their music and joy. This is a favorite day, so please arrive early for a good seat. Lunch is not to be missed! Chef Michele and her team will prepare for you scrumptious BBQ baby back ribs, a lovely corn and tomato salad, ripe watermelon, salad and bread.

On A Serious Note

Because we encourage those of you who are able to walk to park downstairs, we have another new piece to add. We have been advised to no longer have our guests walk through the preschool area AT ALL on their way upstairs to where the luncheon meets. Beginning at our September lunches, we will be having signs that show you how to walk up if you park in the lower parking lots. This is designed to not only keep our children safe, but also to lessen the hazard of any of our guests tripping over a toy or a child on their way up. Remember, that we have a drop off upstairs available. We thank you for your attention to this matter.

Old age is the most unexpected of all the things that happen to a man.



-Leon Trotsky

This Ministry Sponsored by

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Thank you!

50 EUROPEAN SUFFIXES

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| AUSTRIA | ICELAND | ROMANIA |
| AZERBAIJAN | IRELAND | RUSSIA |
| BELARUS | ITALY | SAN MARINO |
| BELGIUM | KAZAKHSTAN | SERBIA |
| BOSNIA HERZEGOVINA | LATVIA | SLOVAKIA |
| BULGARIA | LIECHTENSTEIN | SLOVENIA |
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