

Nativity Lutheran Church

Senior Connections

Summer 2022

www.nativitychurch.org   

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Acts of Kindness

*I continue to be impressed with the many ways Nativity people participate in acts of kindness. I'd like to share one story. A few weeks ago, I walked into Nativity on a Wednesday morning to set up for the weekly Bible study...
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John in the greenhouse at his place of work

John Johnson Turns 100 Years Old

"I've had a fantastic life," said John near the end of my interview with him. John is a charter member of Nativity Church, and he grew up near where Nativity now rests. "It was all farmland back then," he noted. He later purchased that property, built a house on it, then donated a parcel for Nativity Church. John recalls, "We were meeting in the gym of the old high school across the street when the 'higher ups' decided that we needed our own building. So, I provided the land."

When asked about his life, John replied, "I've stuck my nose in too many things." John was instrumental in the

incorporation of the Saint Anthony Village. "A developer wanted to purchase the land, so several of us met and quickly incorporated it. Then one of us became the mayor, and another the treasurer. I was the treasurer."

After his service as a Navy pilot in WWII, John helped his father with his business, which exists today as J.R. Horticulture in Roseville. John still goes to work every morning, and remarked, "I didn't have a higher education, so I had to work harder, often seven days a week."

John was married to Pearl, who has passed away. As he gazed at her photo on his desk, he reflected, "A beautiful woman inside and out." They raised three children: Rick, Lynn, and Brad. "I'm probably the luckiest man in the world. Everything I've done has been so lucky."

Nativity Church will be honoring John at the 9:00 a.m. worship hour on June 12, with refreshments to follow. All are welcome to attend. If you would like to send him a card, his address is: 2582 Long Lake Rd, Roseville, MN 55113. I asked John for some words of wisdom. He thought for a moment and replied, "If you want to be happy, you need to be true to yourself."

ON A HUMOROUS NOTE

In the beginning, there was nothing. God said, "Let there be light." There was still nothing, but you could see it a whole lot better.

If you ever get caught sleeping on the job, slowly raise your head and say, "In Jesus name, Amen."

I made a huge to-do list for today. I just can't figure out who's going to do it.

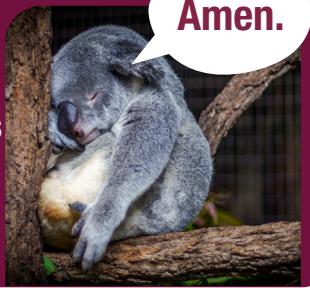


photo credit: Cris Saur



photo credit: Ben White

Hymns in the Park this Summer

If you love singing hymns, mark your calendars for Monday, August 1, 6:30-8:00 p.m. Freda Myhrwold, Lee Gilbertson, Duane Johnson, and Michael Forsberg will lead an evening of singing at St. Anthony Village Central Park. A ramp and steps from the parking lot east of the fire station will lead to the picnic shelter. Feel free to bring lawn chairs, snacks and non-alcoholic

Act of Kindness

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At 9:00 a.m., the church is usually dark and quiet. But not this day. I heard voices and laughter coming from room 218. I walked in, and piled on the tables were dolls and doll clothes. Several women were dressing 14-inch dolls and putting outfits in plastic bag—outfits complete with shoes, purses, and jewelry. In response to my surprise, Deb Gunnerson introduced herself and explained the project.

"I heard about a group in California that buys new dolls and then sews a wardrobe for each doll. The dolls are then donated to a local hospital. I decided to try it. My sister Linda helped, and soon Ann Thureen, Glenda Berkheimer, and Patty Kendall joined us."

Thus far, 90 dolls have been donated to Children's Hospital in Minneapolis. Each child receives an Our Generation doll purchased from Target and a wardrobe of clothing, about 12 pieces. The group also donates boy dolls and dolls in various skin tones. This year, the group started including hijabs and burkas for Muslim children.

I asked Deb how others could help. She replied that anyone is welcome to help sew or assemble the outfits or to donate an Our Generation doll. Deb's contact information is raegun@comcast.net.



Happiness is a by-product of an effort to make someone else happy.

Gretta Palmer



photo credit: Martin King

Kindness in our Hearts

One of my favorite scripture passages is Philippians 4:8. ". . .fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honorable." I believe that kind actions begin with what is in our minds and hearts—as well as from our relationship with God. Out of that relationship, kindness happens."

A Daily Prayer for Kindness

God of love, grant me strength today to show kindness in all that I say and do. Help me to open my arms to everyone I meet so they may see You in my kind words and actions.

Nativity Lutheran Church



photo credit: Annie Spratt

Scripture Passages for the Coming Weeks

June 12	Exodus 19:1-6; 20:1-2
June 19	Exodus 20:3-11
June 26	Exodus 20:12-16
July 3	Exodus 20:17
July 10	1 Peter 1:3-23
July 17	1 Peter 2:1-9; 19-25
July 24	1 Peter 3:13-22
July 31	1 Peter 4:1-19
Aug. 7	1 Peter 5:1-14
Aug. 14	Ruth 1:1-22
Aug. 21	Ruth 2:1-23
Aug. 28	Ruth 3:1-18
Sept. 4	Ruth 4:1-22

Mental Health Connect: Helping Those Coping with Mental Health Concerns

The National Alliance on Mental Illness states that mental illness is “A condition that affects a person’s thinking, feeling, behavior or mood, and that impacts daily living.” Those with mental or emotional concerns may benefit from professional help on the path to better well-being. Nativity Church partners with Mental Health Connect, a faith-based, free resource to help you or someone you know find the resources you need. Trained “navigators” will listen and suggest resources for accessing counseling services, navigating the insurance system, and finding support for people who have a loved one living with mental illness.

Navigators are available Monday-Friday 8:30 am - 5:00 pm. You can contact a navigator by calling or texting (612) 642-1220, or by email at navigator@mhconnect.org.

Resources in the Community for Elders

Nativity Church partners with two local organizations that provide services to seniors. I am in contact with these organizations and recommend them to you.

Northeast Senior Living provides a monthly newsletter (online or paper) of their services. A few of their services include: rides to appointments, foot care, income tax help, and fitness groups.

Phone: (612) 781-5096, Website: www.neseniors.org, Email: info@neseniors.org

Eastside Community Services provides caregiver support services. For information, phone (612) 787-4076. They also provide accessible transportation for medical appointments and shopping for people in the St. Anthony and NE Minneapolis area. Cost is a sliding fee. Information: (612) 787-4012.



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