

Nativity Lutheran Church

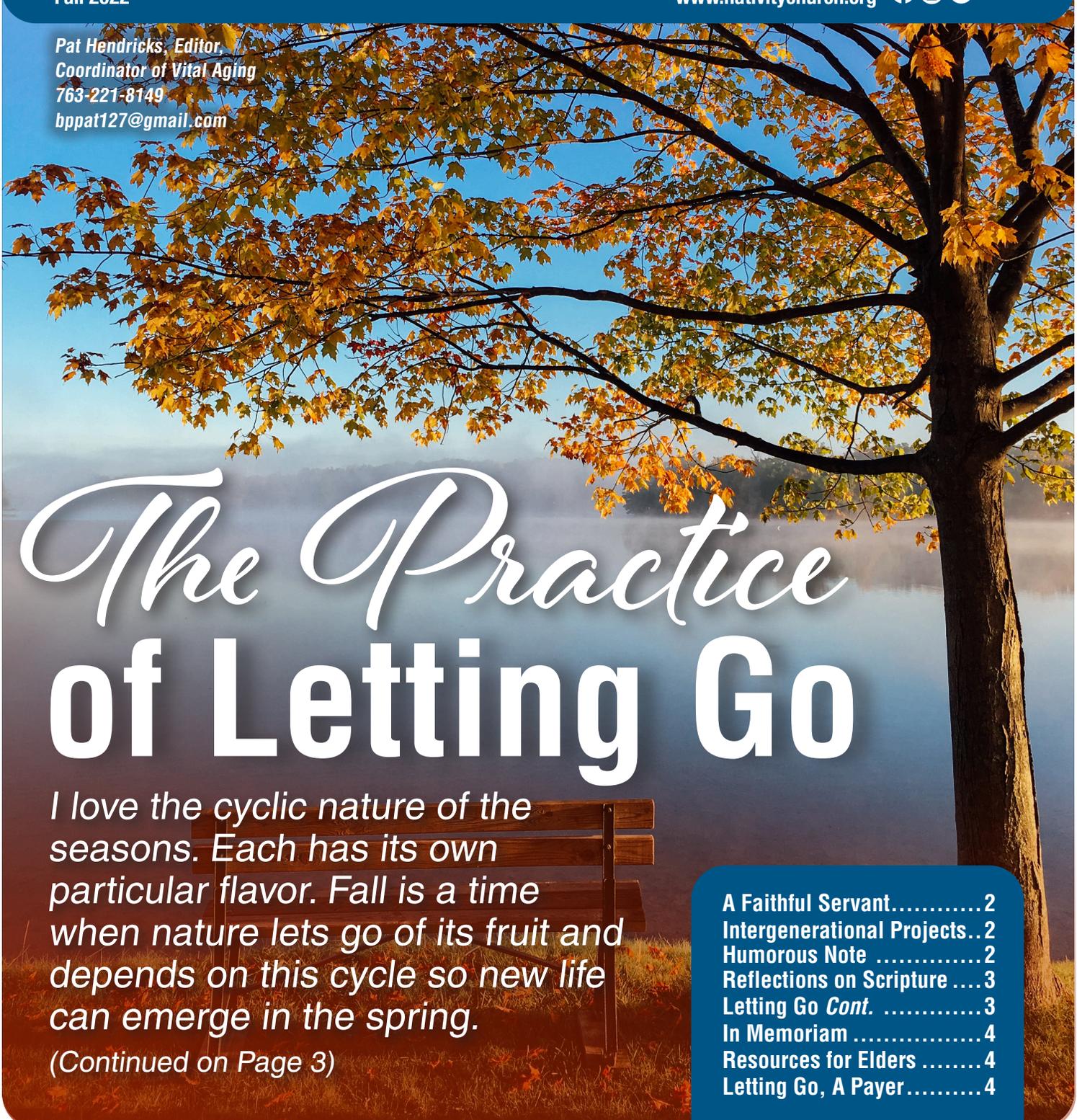
Senior Connections



Fall 2022

www.nativitychurch.org   

Pat Hendricks, Editor,
Coordinator of Vital Aging
763-221-8149
bppat127@gmail.com



The Practice of Letting Go

I love the cyclic nature of the seasons. Each has its own particular flavor. Fall is a time when nature lets go of its fruit and depends on this cycle so new life can emerge in the spring.

(Continued on Page 3)

A Faithful Servant.....	2
Intergenerational Projects..	2
Humorous Note	2
Reflections on Scripture	3
Letting Go <i>Cont.</i>	3
In Memoriam	4
Resources for Elders	4
Letting Go, A Payer.....	4

Nativity Lutheran Church



Marilyn Eberlein: A Faithful Servant

Marilyn Eberlein passed away peacefully on September 10th. She was 92 years of age. Marilyn was a member of Nativity since 1958, and was on staff as Adult Bible Instructor from 1984-2018.

Marilyn led the Wednesday Morning Bible Study for 40 years. She also led the “Word to the Wise” group and taught “Word and Witness,” a 2-year Bible course. Marilyn

founded the Nativity Art Collection in 1984, in memory of her close friend Margaret Rupprecht. Marilyn served on the Nativity Council and in various leadership positions in the Lutheran Church Women. She was the first president of the Minneapolis Area Synod of the Women of the ELCA from 1987-1992 (after the merger of the ALC and LCA.) She was also one of the founders of the Nativity Prayer Chain. Marilyn was generous with her time, prayers, and resources, and she was a role model of faith and service for many.

Pr. Glenn said of Marilyn, “She was one of the saints of the congregation. She was like an oak tree—strong and steady.”

I know many of you were touched by Marilyn’s life and teaching. When I heard of her death, I was reminded of the passage in the Gospel of Matthew, “Well done, good and faithful servant.”

Marilyn’s memorial service will be at Nativity on Saturday, October 29th. Visitation at 10:00 am, Celebration of Life at 11:00, followed by lunch.



Intergenerational Projects this Summer

Nativity’s elders teamed up with younger folks for two projects. One was an art project with the 3- to 5-year-old children who were at Nativity for summer day camp. The “grandmas” and “grandpas” worked together with the children to play bingo and create bookmarks. The second project was with the middle and high school students. We assembled 300 sandwiches, which were sent to Kingdom Builders, and the sandwiches were distributed to the homeless in St. Paul. A good time was had by all!



ON A HUMOROUS NOTE

When we were young, we’d wait for our parents to go to bed so we could sneak out and go to a party. Today when we are at the party, we sneak out early so we can go to bed.

Listen to your elders’ advice. Not because they are always right but because they have more experience being wrong.

Wouldn’t it be great if we could put ourselves in the dryer for 10 minutes and come out wrinkle-free?

Photo credit: Alireza Attari

A Reflection on a Scripture about Letting Go

I invite you to read the following passage of scripture twice.

Then reflect on the following:

- Think about a time in your life when you had to let go of something or someone.
- How did God's peace come to you? Maybe through a person, a Bible passage, or a song?
- Can you allow that memory to help you with what you are letting go of now?

“Don't worry about anything, but in all your prayers ask God for what you need, always asking with a thankful heart. And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.” *Philippians 4:6-7*

Photo credit: Aaron Burden



Photo credit: Khloe Arledge

The Practice of Letting Go continued from page 1.

In our lifetimes we, too, let go of many things, people, beliefs, abilities, identities, and expectations.

Sometimes when we let go of something, it frees up space for something else, for a new adventure. Other times, letting go can be scary, sad, and confusing. A dear friend of mine, Melody, who has let go of much in her life says, “You are not giving up when you let

go. You are moving on.” In my own letting go, I have learned to invite God into the process. I usually pray something like this:

“***God I'm not real happy about letting go of this, but I know I must. I ask you for the strength to let go and for the peace to follow. Amen.***”

Nativity Lutheran Church

In Memoriam

The following people have died since the last Senior Connections was published. Please keep their family and friends in your prayers.

Lynne Reigle	May 19
Wayne Geist	June 2
Ron Parizek	June 5
Marilyn Zoerb	June 12
Beverly Tombarge	June 17
Merodie Nielsen	July 3
Cathy Jacobsen	August 8
Eula Tigner	August 28
Marilyn Eberlein	September 10

Photo credit: Patrick Fore



Photo credit: Aaron Blanco

Resources for Seniors

There are times when families need help in caring for their elderly loved ones. Jan Frederickson, Co-coordinator of Visitation and Vital Aging, has compiled information on community services. A folder with these resources is available on the wall next to the Help Desk in the Commons. Following is one example.

Visiting Companion Services

Sometimes older adults feel isolated and need friendship and socialization. Here are two organizations that provide such services.

Lutheran Social Services has two types of companion services:

- Neighbor to Neighbor: Trained volunteers visit older adults in their homes and provide friendship, assistance, and transportation to community activities. For information, phone (877) 540-9443, or Google "Lutheran Social Services Neighbor to Neighbor."
- Senior Companion Services: They offer similar services. Call (888) 205-3770, or Google "Lutheran Social Services Senior Companion Services."

Friends and Company: This service is for older adults who feel isolated. A Visiting Companion builds a special friendship based on common interests. For information, call (612) 746-0737, or email companions@friendsco.org.

It is always important to know when something has reached its end. Closing circles, shutting doors, finishing chapters; it doesn't matter what we call it. What matters is to leave in the past those moments in life that are over.

Letting Go, A Prayer by Paulo Coelho



**Nativity
Lutheran Church**

3312 Silver Lake Rd. | St. Anthony, MN 55418
churchoffice@nativitychurch.org | 612.781.2766
www.nativitychurch.org

