

## Parson to Person

### By God's grace: Celebrating our first 60 years of ministry

*“What then are we to say? Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.” (Romans 6:1-4).*

My husband tells the story that when he was a pastor teaching a class for parents, one man finally heard that God's grace was free and that we didn't have to do anything. The father immediately said, “Don't tell my kids that, Pastor!” His concern is that they'd run wild, do anything they'd want, and that *religion* is really supposed to keep us in check.

Paul writes this passage in response to a question that most Christians ask at some point - those who have really, truly heard that God's grace is free and that Christ frees us from the law. That is, we're freed from doing good works, or believing certain things in order to earn God's grace. The question is: “Does it matter what I do, then? I can do *anything*?!” Notice that Paul doesn't bring the law back into the picture. By no means! He *doesn't* say “No you can't do anything! You still have to follow rules – but now they're Christian ones.” He says “Nope! You're a new creation. How can you even *want* to when you're a new creation?” He doesn't bring back rules, but rather, reminds people who they are now. He more than just reminds them. In proclaiming they are a new creation in Christ, the Holy Spirit actually raises up *in them* the new creation. Rather than bring the law back, Paul's Word raises up the new creation.

Christ came, not to judge, but to save; not to keep us in check, but to create new people of us. A new creation, raised up by the Spirit in Word and Sacrament, who *want* what God wants – to serve the neighbor. And when the new creation isn't apparent in our actions? We can take Paul's lead and proclaim to each other, that “you are indeed the new creation”. We can trust the Holy Spirit to work this way – in us, and even in our kids!

**Pastor Wengert**

## OWLS NEWS

Great news! The OWLS have arranged a trip to Ellis Island for Thursday, April 8. All adult members of Saint Matthew and their friends are invited to go along on this fantastic journey. We will travel by car pools. The cost of the trip is \$39 which includes the ferry boat ride and lunch. Sign up on the posted sheet on the bulletin board. If there are questions, speak with **Bob Ganskopp**.

**Rainbow of Hope  
invites you to the  
ANNUAL ROAST BEEF DINNER**

**Friday, April 23, 2010  
St. Paul's Lutheran Church,  
Hainesport**

**Two Seatings: 5:00 & 6:30 pm  
Adult: \$12; Children 6-12: \$6**

**Tickets available from  
Mary Cross, Willie Thomas or Eloise  
Williams  
and also at the door**

## WELCA News

The Morning Circle will meet Friday, April 9, at the home of **Mary Cross**. Mary will be the presenter as well as hostess. Call her if you plan to attend. Bring a sandwich; beverage and dessert will be provided.

At the March meeting the group continued to make pillows for Rene Cherson and Victoria Thomas to take to Bosnia this summer.

## **Saint Matthew Readers**

The reading group will meet Monday evening, April 26, at 7:30. The book selected from the decade of the 80's is *Schindler's List* by Thomas Keneally. It is the story of how the German industrialist, Oskar Schindler, came to save more than one thousand Polish Jews during the Holocaust. Millions saw the movie made from the book by Steven Spielberg, although the book is less melodramatic than the movie. Pastor Wengert will be the presenter. All are invited.

May 24: *Remains of the Day*

June 28: *The Life of Pi*

## **MMM**

**(Media - Movies - Munchies)**

**April 2 - Good Friday - No movie this month**

May 9 - *The Kite Runner*

June 4 - *The Bucket List*

The films shown this year will be placed in the church library, along with discussion questions. Individuals and groups in the church are encouraged to consider viewing a film.

**Mark your calendar**

**Friday, May 14, 2010**

**Dinner Theatre**

***It Should Happen to a Dog***

**featuring Tim Wengert as Jonah**

**CROP Walk  
May 2, 2010**

**Sign up in the church foyer during April  
Contact Mae Trebing for information**

**April in Adult Forum  
Sundays at 9:45 am in the Shockey Lounge**

**4 Easter Breakfast**

**11 “The Peace Center at Bridge of Peace, Camden**  
led by **Laura Sanchez**, social worker and director of The Peace Center

**18 “NJ Synod & ELCA Update” led by **Bishop Roy Riley****

**25 “Health and Stress Workshop” led by Dr. Daniel DePrince and Becky DePersia**

**College Aid Available Through NJ Synod**

A limited amount of financial aid for college students is available for Lutheran students through the Karl, John, Elizabeth Wurffel Memorial Fund. The aid will be provided in the form of student loans for undergraduate study at an accredited 4-year or 2-year college or university; however, the terms for the loans will be very beneficial for the recipients. The application form and letter of recommendation, with instructions for completion, are available in the church office or from the NJ Synod website: [www.njsynod.org](http://www.njsynod.org).

**Are you and your family being squeezed by these tough economic times? The Low Income Home Energy Assistance Program (LIHEAP) and New Jersey SHARES programs can help with your energy bill. For more information, call 1-800-510-3102, Monday thru Saturday, or visit [www.pseg.com/help](http://www.pseg.com/help).**

## **Volunteers Needed in the Community**

### **Contact of Burlington County**

People to give caring compassionate support to people who have an immediate need. Contact volunteers offer non-judgmental support to all people by listening and providing information and referrals via 24/7 Crisis HelpLines. Training classes are being formed and scheduled, beginning April 7. Call 856-234-5484, x213 or e-mail [contact333@contactburlco.org](mailto:contact333@contactburlco.org).

### **Moorestown Visiting Nurses & Hospice**

People are needed to visit terminally ill patients in their home or care facility. Training is provided and volunteers can give as little or as much time as they wish. Volunteers are also needed for office work, community outreach, and bereavement. Contact the Volunteer Manager at 856-552-1300 or e-mail [volunteer@moorestownvna.org](mailto:volunteer@moorestownvna.org).

\* \* \*

**Lunch Bunch**  
**Thursday, April 8, 7:00 pm in Teen Den**  
**Keep bringing those yummy baked goods and leave them**  
**on the desk outside the office.**

### **Access to church made easier in memory of Oliver Thomas**

If you have a “disabled” parking permit, you might have noticed that since last fall there are more options to access Saint Matthew’s main entrance. We knew something had to be done after one person couldn’t find a handicapped space, waited for one to open and then left for home without worshipping one Sunday morning!

**Willie Thomas** thought this project would be a very fitting way to honor Oliver, who had to use a wheelchair at the end of his life. Thanks to Max Frable for the blueprints, and the Property committee spearheaded by Brian Schultz, more easily accessible parking became a reality last fall. Instead of two handicapped spaces that were not van-accessible near the ramp at the main entrance, there are now five spaces, four of which are van-accessible. The one handicapped space on the other side of the church was considered dangerous because there is no sidewalk, and it became a regular parking space.

We give thanks for the life of **Oliver Thomas** and dedicate this easier access project to his memory.

## **60 Years of Pastors**

There have been many people through the years who have helped to make Saint Matthew Lutheran Church what it is today - people who have had hopeful hearts and willing hands and much faith in the guidance of the Holy Spirit. Among these people we would have to include those who served this congregation as pastors, associate pastors and interns.

### **Pastors**

The Rev. Kenneth Frickert	April 1950 ~ January 1951
The Rev. J. Brooks Moore	June 1951 ~ June 1961
The Rev. Edwin L. Ehlers	November 1961 ~ May 1968
The Rev. Herluf M. Jensen	September 1968 ~ March 1978
The Rev. Carl T. Uehling	September 1978 ~ August 1986
The Rev. Gordon L. Huff	May 1987 ~ June 2004
The Rev. Mark A. Hoffman	December 1992 ~ February 1997
The Rev. Ingrid F. Wengert	Since December 2005

### **Associate Pastors**

The Rev. Edward Dufresne	June 1975 ~ June 1978
The Rev. Bruce W. Bassett	February 1984 ~ February 1987
The Rev. Nancy Truscott	January 1989 ~ August 1992

### **Interns**

Margaret Gibb	1979 ~ 1980
Jonathan Jenkins	1980 ~ 1981
Kurt Strause	1981 ~ 1982
Bruce Bassett	1982 ~ 1984

## **Cross Roads Summer Camp**

Cross Roads is a ministry of the NJ Synod of the ELCA and the Episcopal Diocese of Newark (formerly known as Camp Beisler). This summer they will be offering a variety of camping experiences for youth and families. These include programs for youth who have completed grades 1-2; grades 3-5; grades 6-8; and grades 9-12. In addition there is a camp for youth with special needs (ages 5-21). There is also a Families and Friends Week-end August 20-23. Brochures including information and registration forms are available on the foyer table.

**Rest, Refreshment, and Renewal for Women  
Lutheran Theological Seminary at Philadelphia  
Rescheduled for Saturday, April 24, 9 am - 3:30 pm**

**“Creation and Creativity”**

Women in congregations of all denominations and faiths are invited to explore the meaning of creation and creativity in your life as a child of God. Use the day to join gatherings, take some time to find a quiet place to rest, pray, use the campus labyrinth, or find a quiet corner to meditate or read. Enjoy a spring day on the campus. Bring along a project you are creating or join the artist-in-residence in creating a painting reflecting the theme. All attending are invited to bring a creation - painting, drawing, knitting, handwork, photographs, pottery, poetry, writings, crafts, etc. - to display in the Creation/Creativity Gallery. Register at [lts.edu/restrefresh](http://lts.edu/restrefresh).

**Hopeworks Celebrates Anniversary**

Hopeworks ‘n Camden was begun ten years ago by pastors from three churches, including Lutheran, in north Camden to empower youth to develop their D.R.E.A.M.S. and own their future. They continue to expand the learning opportunities available to youth and coach them to achieve success. Since 2000, over 1200 youth have participated in their training curriculum and over 250 youth jobs have been created in their thriving Web Design and GIS businesses. 92 Hopeworks youth have entered college! Now they are responding to another challenge by building the C.R.I.B. where youth will live in a community of success while they work toward achieving their college dreams! Saint Matthew Church has dedicated and contributed funds to Hopeworks in honor of **Pastor Herluf Jensen**.

## **By God's Grace Celebrating Our First 60 Years of Ministry**

*(This is the third in a series of articles about church architecture, especially the worship space, with information supplied by **Herman Hassinger**, the architect of Saint Matthew Lutheran Church, who was also a member of the congregation. He was known on the East Coast for designing church buildings to enhance the liturgy and worship life of the congregation. In February he wrote about the basics of church architecture through the years; in March, providing information on how the present worship space came to be. This month the article gives information about the architecture of Saint Matthew Church in particular.)*      **-Pastor Wengert**

One way Herman Hassinger helps churches combine the human dimension with a sense of God's presence in his church designs is by spacious social rooms and narthexes (foyers) as entry ways into the worship space. Pastor Jensen once said, "Brushing shoulders with people is important." Saint Matthew clearly illustrates this feature.

Herman has said that the "perfect church" should be something like a good resort hotel. "It needs a convenient parking lot, an obvious entrance, main lobby, 'front desk' office where there is visual control of people entering and exiting, and strong graphic information so people know where to look for various rooms and functions."

Herman continued the idea of the "hotel" approach to Saint Matthew by saying, "there is a 'grand ballroom', the worship space, which in terms of height, design and decoration is obviously the central feature of the complex. Its floor plan, with the congregation on three sides of the altar and choir on the fourth, conveys the sense of church as 'people of God'. At the same time, through a combination of line, color, quality building materials and appropriate, uncluttered placement of furnishings, it manages also to convey a 'transcendent' quality." It won a Guild for Religious Architecture Award for excellence in design.

The remaining description is in Herman's words: "An unusual feature of the Moorestown church is the horizontal stained glass window in the sanctuary behind the choir. It is mounted on runners so it can be closed during services to avoid outside distractions, yet opened at other times to let passers-by look into the church. There is nothing in the design that is meant to be symbolic. The four quadrants do not represent the four gospels. The central focused design is a throwback to our earliest human gatherings, the campfire.

The structure is modern laminated timbers. The massive roof (the most economical portion of a building) dominates the simple masonry base. The grand "main entrance" has given way to an automobile entrance facing the parking lot. (Today 95% of a congregation arrive by auto.) The building was organized to connect the existing education building and parish hall with the new construction.

Humanly speaking, church consists of people, program and place, but only the first two of those are necessary. The place, the building, is simply a tool to serve the people and the program. But just as a carpenter seeks the best possible tools to do a job, so the church should pay attention to the quality of its tools."

***Herman Hassinger, FAIA***

## **In sympathy. . .**

We extend our sympathy to the family of **Edith Nelson** who entered God's nearer presence on Saturday, September 20 at the age of 92. Edith and her husband Bill became members of Saint Matthew Church in March 1998 after they moved to Mount Laurel to be near their daughter Sheila Huff and her family. Bill Nelson passed away the following August and Edith remained in her home in Holiday Village. She continued to be a faithful member of Saint Matthew, in "her pew" every Sunday, where she loved to participate in the worship and music of the congregation. Two and a half years ago she fell and broke her hip. During her recovery in the rehab portion of Lutheran Care at Moorestown, she and the family decided that she should make that her permanent home. She moved into a room to wait for the completion of the new assisted living wing and was able to move in only four months ago. We remember her as a person of indomitable spirit and a bundle of energy. She remained that way at Lutheran Care, and kept busy with various activities, chatting with other residents and walking outside every day. A funeral service was held March 29 in the chapel of Lutheran Care.

## **2010 Telephone Directory**

The congregation telephone directory is in members' mailboxes in the church foyer. There have been many changes since last year and you are asked to discard any previous directories. The purpose of the directory is to provide a means of contacting members of the congregation as well as friends who attend Sunday Church School and/or worship. All active baptized members are include. Non-members' names are in parentheses, which includes spouses, parents and children. We ask that you pick up your copy as soon as possible.

## Youth and Family Ministry

### Sunday Church School News:

60<sup>th</sup> Anniversary Celebration – Look for the banners celebrating 60 years of Saint Matthew ministry hanging in the Sunday school hallway. Each banner, created by a SCS class, illustrates different ministries in which we've engaged over the last 60 years. Also, under the direction of our Cantor, **David Harp**, the children have been learning a song to be sung April 11 at the 11:00 am service. This service will be the kick-off of a week of special anniversary events. Thank you to the many SCS students who submitted wonderful entries in the 60<sup>th</sup> Anniversary Bulletin Cover Contest. We had two winning entries. One, by eleven year old **Lindsay Barger**, which will be the cover of the Sunday Bulletin on April 11<sup>th</sup> when our Anniversary Celebration begins, and the other by **Olivia Schwarz**, age 8, which will provide the cover for the bulletin on Anniversary Sunday, April 18. Be sure to see all the other entries which will be on display in the church foyer. Congratulations to the winners and all those who participated.

Perhaps a new look to SCS – A special meeting was held at which teachers had the opportunity to share ideas, concerns and witness and give feedback on a presentation of the Rotation Model Sunday School. This model is being considered for use at Saint Matthew. A trip is in the works for representatives from Youth and Family Ministry to observe and investigate such a model at a Lutheran church in North Jersey. In addition, a scope and sequence of curriculum for a modified rotation model is being developed for implementation next year. Also being considered for the curriculum is the connection between worship and SCS.

Pre-registration for SCS – To facilitate planning, pre-registration for Sunday Church School will occur in May. More to come.

### **Confirmation:**

Confirmation students attended the Conference on Congregational Ministries in Hamilton, NJ as one of their Discovery Days.

### **Youth Group:**

Youth Group and Confirmation joint ice-cream party – The youth group and confirmation students had the opportunity to meet for fellowship and fun in the Teen Den, giving the younger kids a glimpse of what's to come.

Service to others – The next Youth Gathering will be in New Orleans in 2012. Many kids were excited about this opportunity to serve. Lee Zanstra is planning an informational meeting for interested parents and kids.

Change in meeting time - Spring into Youth Group every Wednesday night from 6:30-7:30 for an evening full of fun, snacks, conversation, and laughter! Your friends are always welcome. See you in the Teen Den!"

### **Youth Representative:**

**David Naylor** is now our youth representative on the Congregation Council. He is completing the term of **Gianna Rosati** who was unable to continue.

**Bosnia: Cabaret – April 16, 2010, 7:00 P.M.** (see ad elsewhere)

submitted by *Faith Steinfort*

### ***Many, many thanks. . .***

*Your prayers and cards have been a source of healing for me as I have had to battle back and sciatica pain since the beginning of January. I am recovering, and so appreciated your love and concern. Thank you.* **Mary Cross**

## **PROPERTY MINISTRY**

The good news is that the Property Committee has received a very generous gift from the Josko family for capital improvement projects. The funds are expected to be used to refurbish the cross and gold-leaf ball on top of the sanctuary, replace our hot water heater, and add some additional window air conditioning units in the lower rooms of the Education Wing. We are deeply appreciative of this gift!

The bad news is that we have spent over \$3,800 for snow removal this year (2010). This amount already exceeds the total budget for the year for external maintenance. On the bright side of this expense, our contractor (McHugh Landscaping) donated his last snow removal and snow melting compounds to Saint Matthew Church. A note of appreciation has been sent to the contractor. Our overrun could have been much higher.

**Brian Schultz**

## **Bosnia Ministry**

### **Carwash**

Does your car need to be washed? The youth group will be holding a car wash in late April to raise funds for the Bosnia Ministry. Stay tuned for exact date and times.

### **Tote**

### **Bags**

Each year the Bosnia Servant Trip provides a tote bag as a gift for each child who attends the day camp. Please help the Bosnia Ministry by decorating tote bags. **Rene Cherson** will have the tote bags and coloring book pages to copy, as we did last year. This is a simple coloring project for everyone, young and old, to do.

# SOCIAL CONCERNS MINISTRY

## S.N.A.K. Program

Please sign up to help with the Moorestown S.N.A.K program (Sustenance, Nutrition and Kindness), a new after-school snack program for youth attending the open gym at the Recreation Center in Moorestown. Saint Matthew is one of the Moorestown churches taking a turn at providing food and water 4 days each week on a rotation basis. Contact **Bob Ganskopp** for more information.

## Coupons

Thank you for continuing to bring coupons for Bridge of Peace Church in Camden. This is an on-going ministry, so keep bringing them in! Look for the pink striped box near the bulletin board.

## Food Pantry Items

Our food pantry in the foyer continues to provide food for Bridge of Peace Church. Let's remember to bring items for this ongoing need. Thanks for your participation.

*Nancy Nugent and the Social Concerns Team*

## Bosnia Servant Trip

### Carwash

Does your car need to be washed? The youth group will be holding a car wash in late April to raise funds for the two people from Saint Matthew - Rene Cherson and Olivia Thomas - who are going with the NJ Synod to Bosnia in June. Stay tuned for the \_\_\_\_\_ date \_\_\_\_\_ and \_\_\_\_\_ time.

### Tote

### Bags

Each year the Bosnia Servant Trip provides a tote bag as a gift for each child who attends the day camp. Please help by decorating tote bags. Rene Cherson will have the tote bags and coloring book pages to copy, as we did last year. This is a simple coloring project for everyone, young and old, to do.

**You are invited to celebrate  
The 60<sup>th</sup> Anniversary of  
Saint Matthew Lutheran Church  
at an**

**Anniversary Luncheon Gala**

**Sunday, April 18, 2010  
at 2:30 pm at the  
Moorestown Community House \*  
16 East Main Street**

**Adults & Children ages 13 and over: \$35.00**

*(includes wine bar)*

**Children 5~12: \$15.00**

*(Deadline: April 11)*

*\*where Saint Matthew was chartered April 16, 1950*

## ***Holy Week and Easter2010***

**Palm Sunday, March 28**

**8:30 & 11:00 am: Holy Communion**

**9:45 am: Sunday Church School and Adult Forum**

**Maundy Thursday, April 1**

**12:15 & 7:30 pm: Holy Communion**

**First Communion for Fifth Grade**

**Good Friday, April 2**

**12:00 noon: Community Ecumenical Service**

**Trinity Episcopal Church**

**7:30 pm: Tenebrae Service at Saint Matthew Church  
(service of shadows)**

**Easter Sunday, April 4**

**8:30 & 11:00 am: Holy Communion**

**9:45 am: Easter Breakfast in Fellowship Hall**

**(no Sunday Church School or Adult Forum)**

***Easter Breakfast***  
***Sunday, April 4, 2010***  
***9:45 am ~ 11:00 am***  
***in Fellowship Hall***

***Eggs, meat, potatoes, bread, Danish***  
***Suggested donation: \$5 per person; \$10 per family***  
(Payable at the door)

If you wish to donate any pastry items, there will be a  
sign up sheet posted in the narthex.

Sign up in the church office.

# Anniversary Week

The celebration of the 60<sup>th</sup> anniversary of Saint Matthew Lutheran Church will begin on Sunday, April 11, and culminate on Sunday, April 18. The schedule of events for the anniversary week is printed below. There are other ways we are celebrating sixty years in ministry and they are included also.

## Sunday, April 11 ~ "Anniversary Kick-off"

- 8:30 & 11:00 am: Guest preacher, **Dr. Timothy Wengert**
- 9:45 am: Adult Forum: "The Peace Center at Bridge of Peace, Camden" - led by **Laura Sanchez**
- Sunday school children sing at 11:00 service
- Reception between the services
- **"Polo Shirt Sunday"** ~ wear your Saint Matthew shirt

## Friday, April 16

- 7:00 pm~ Cabaret with *Broadway* theme
- Free will offering to benefit Bosnia Servant Trip

## Sunday, April 18

- **One service only at 11:00 am**
- Gathering song composed for the anniversary by **The Rev. Dr. J. Bert Carlson**
- 9:45 am: Sunday Church School
- 9:45 am: Special Adult Forum led by **Bishop Roy Riley**
- 2:30 pm: ***Anniversary Luncheon Gala*** at the Moorestown Community House on Main Street
- Anniversary video featuring **Dorothy Shockey** and sixty years of ministry

### ***To celebrate God's grace to us. . .***

- The banners hanging in the foyer were created by the Sunday school classes for the anniversary celebration
- The bulletin covers displayed in the foyer were created by children of the Sunday school. Guess which ones will be used as the bulletin covers for April 11 and April 18!
- Take note of the historic display table during the anniversary week.

### ***To serve our neighbor. . .***

- During anniversary week, bring shelf-stable milk products (e.g. Parmalat or powdered milk), for Bridge of Peace Church in Camden, our partner in ministry
- The proceeds of the Cabaret benefit the servant trip to Bosnia

## To bear witness in our communities. . .

- Saint Matthew note cards available at \$5 for a pack of 5
- Saint Matthew polo shirts available for \$15
- Saint Matthew decals available for free

## 60<sup>th</sup> Anniversary Kudos

A number of people have contributed significantly to the planning of the 60<sup>th</sup> anniversary celebration. We would especially like to thank the following.

With many, many thanks....

- To **Kristen Bower**, who has worked so hard and given so much for the 60<sup>th</sup> anniversary celebration:
  - Beginning with the splendid logo in all of its configurations and changing formats, including various signs, letterhead & envelopes, note cards and decals
  - For the note card artwork, materials and package assembly!
  - For the creation of the brochure celebrating our history – to be used on April 18
  - For designing the banner for the sanctuary (see inside cover of this *Messenger*)
- To **Michelle Trabold** for creating the beautiful banner that has been hanging in the sanctuary since January
- To **Ron and Pat Brodie**, who so generously donated all of the signs (outdoor message sign and over-the-door signs) and the decals
- To **Dr. J. Bert Carlson**, who composed the anniversary song that will be used as the gathering song worship on April 18
- To **Nancé Carlson**, who is arranging for the children's involvement, costumes and artwork for the gathering song procession on April 18
- To **Brandon Uhlig**, who has produced an Emmy-nominated film, and is producing the video that will be shown at the luncheon gala on April 18
- To **Charlotte Hack**, who coordinated and expedited all of this and *us* in such an inclusive and fun way!

*Pastor Wengert*

## An Aging Society and Ministry Among Older Persons

by *W. A. Lawrence, AiM*

The joys of this Easter season to you and yours!

In my last article I concluded with a comment regarding dementia and aspects relating to Alzheimer's disease, closing with the hope that even people suffering from certain forms of dementia can recover a great deal of their independence if they engage in learning exercises. That is hopeful news. This article is not about dementia or related diseases - but before I moved on to other topics I wanted to encourage those of you who have little or no knowledge in this area to take some time and get information and education relative to this. It may save you some heartache later down the line. It was just a little over one year ago that my family had to deal with this very situation - and it was indeed a cause for consternation and sadness for us. And... I'll leave it at that.

In these articles, we've covered a lot of ground in the last six months: from what we really knew about ageing (those answers to The Facts on Ageing Quiz surprised many of us) to how old is old? Then we explored learning in later life - whether through what we knew as customary techniques, and on to newer electronic (computerized software) methodologies.

In this segment I'd like to briefly explore games. Yes, you read that correctly... games. What in the world can games have to do with learning and preserving mental acuity and fitness? Well, let's look and see.

By the way, if you were to Google (now there's a term that wasn't around when we were growing up - eh?) the word 'games' - in just 81 seconds you'd be exposed to 1,040,000,000 choices. (That's one billion). Then query 'adult games' and in 45 seconds you'd find 23, 800,000 choices. Now I grant you that many of these might not be suitable - or appropriate. Nevertheless, my point is that there are many opportunities, and quality ones at that, from which to choose to activate and stimulate our grey matter.

In 1995 a study was conducted by Mangrum and Mangrum<sup>i</sup> where they observed that games provide the opportunity for seniors to construct positive self images that are important for their own integrity. They also concluded that quality of life depends on a lifetime of learning; that game playing is more than recreation or a pleasurable use of discretionary time. They were convinced that encouraging game playing in senior residential communities provides opportunities for incidental learning through these social activities. Using puzzle books (numbers, crossword, word find etc.) and maintaining the mental discipline to use them - enables us to keep our minds engaged and active. So, go for it - and have some fun while you're at it.

Till next time.....God's peace.

***Bill***

Jarvis, Peter "Learning In Later Life – an introduction for educators and carers", Kogan Page Ltd, 2001, p 121.