



Congregational Resources: Lunch & Learn Meeting
Church of the Atonement Episcopal Church
October 12, 2011, Noon – 2pm

Focus: "Older Adult Ministry: the varieties of experiences"

Attending

Atonement DC (Jeannette Harris, Marie Queen, Wilhemina Walden + 5)
Grace, SS (Helen Spence & Theresa Wheeler)
St. George's DC (Frances Jones & Louise Young)
St. Mark's, Capitol Hill (Linda Ewald)
St. Paul's K Street (CB Woolridge)
St. Philip the Evangelist (Thomisina Washington)
St. Timothy's DC (Otis Ducker)
Seabury Resources for Aging (Annie Shaw)

We gathered in the Sanctuary for Noon Day Worship, led by Marie Queen, Lay Minister, and Leader of Atonement's Noon Day Prayer Ministry. Rev. Irving was traveling to a parishioner's internment in South Carolina but prepared our service leaflet prior to her departure. The service ended with a hymn and open prayer time.

Wilhemina Walden warmly welcomed the parish contacts noting that she felt honored that we were meeting at her home church for the first time.

Mr. Otis Ducker offered the Blessing over the meal. He later noted that Atonement's food offering "raised the bar" for meals and sandwiches would no longer be "enough". We all laughed as we felt warmly welcomed by the parish.

As the Men of Atonement cooked our repast (Fried Chicken, Ham, Tuna Salad, String Beans, Salad and 2 cakes) the Ladies of the Welcoming Committee served the meal and attended the meeting.

Topic: The Varieties of experiences with Older Adult Ministries. Annie Shaw, Director of Congregational Resources with Seabury Resources for Aging, offered a brief overview of Seabury's support to congregations, our recent move to Friendship Terrace and that on October 15, the former CCGH would announce their change of name to Seabury at Home First.

Three parish contacts gave prepared talks on their churches and work with seniors. There were differences, similarities and challenges.

Linda Ewald reported on St. Mark's Capitol Hill.

--Five funerals this summer hit the congregation. The older adults provide a pot luck reception after each funeral. These are individual gifts, not a budget item or with the structure of a hospitality committee.

--Care-givers have a support group of 6-7 people meeting every 2 weeks. The group is run professionally run by a retired chaplain and a social worker. Folks are invited or respond to an ad in the bulletin.

--Third-Agers is a social group of older adults over age 60 with rotating leadership (3 each time). Current activities include programs, events and service:
Program example: Telling Our Stories was popular and wants repeating. Each table of participants had a list of questions for table guests to answer. Questions included: At what age did you first find community. Tell us about ... [*this program generated lots of positive comments from our group*]
Outing: a trip to Hillwood is planned.
Service: We serve Sunday lunch at our post-service Pub. This luncheon has oversight with preparers being reimbursed for their expenses. The Pub is established as a private club and tickets are sold for parishioners to enter the pub. Parishioners can purchase tickets of any denomination that are punched (each punch is worth 50 cents. Lunch is 6 punches (\$3.00).
[*St. Paul's K Street also offers sherry after Mass*]
--Visitor program.

Otis Ducker reported on St. Timothy's.

--70% of the congregation is over the age of 70 according to their latest survey. The Rev. Caren Gwynn is their new priest and she has hit the ground running. She appointed Otis to remain as parish contact. She strongly encourages laity in all aspects of running the church. Her two primary foci are "the seniors" and Christian Education.
--Lay Eucharist Visitors (LEV) now are more structured in their home visits. Each LEV receives communion utensils at the Service and announces whom they will visit that week. The visits are recorded with notes.
--Senior Committee is planning the 2011-2012 calendar. Helen Jordan, head of the Senior Committee, has asked the vestry to approve a contribution to Seabury Resources for Aging as she noted "they do good work".
Current trips in planning are: trip to Atlantic City, NJ and to Captain Billy's on Rt 301. They are also looking at the criteria for their "Senior of the Year" and are crafting a questionnaire for the congregation as they select the Senior of the Year. The new Senior of the Year will be male (they alternate M/F).
Their Senior Celebration Event, such as last year's panel, was well received and will be repeated.
Otis and Gloria Ducker co-chair Christian Education.
Otis leads weekly evening Bible study and the church holds a Noon service.

Theresa Wheeler reported on Grace, Silver Spring and brought for discussion questions that affect all our congregations.

--85% of the attendees are over age 60.
--Strolling Seniors holds trips to dinner theatre. The leader, Marjorie Johnson, is in failing health.
--Pennyworth, their 50 year old thrift shop, is staffed by seniors.
--Seniors are active as Sunday School teachers, choir members and are in all aspects of the parish life.
--Senior Ministry is now lumped under Pastoral Care and while many aspects are inter-related, sometimes it is hard to tease out which is which.
--Harvest dinner
--Bible study – weekly on Wednesdays
--Last year we too had a ton of deaths and that hurts us all. 3 are now in hospice care.
--Theresa noted that she spends about 1500 hours/year on pastoral care. She also writes articles.

Discussion:

--Challenge: it is "seniors who make the growth occur". Too often churches are insular and individualistic and that as Elders, the potential exists for us, as Elders to strive for greater connectivity among the churches. DC churches seem more interconnected.

--Challenge: We need to know how to recruit new leadership. The 60 age range doesn't join the "senior" interests. We need help.

--Challenge: The word "senior". No one wants to call themselves "senior"

--Communication challenges.

1) We need to know events prior to the 5-10 days before the event to allow time to get the events posted in bulletins and newsletters.

2) We need to learn where to post for greatest dissemination

This meeting adjourned with the reminders of turning in your volunteer hours. Warm thanks and applause was given to the Church of the Atonement for their wonderful hospitality. Donations were given to the Parish Administrator.

Annie Shaw, note taker

Your Help Requested – Seabury Ward 5 Services for Older Adults

Please assist the older adults living in Ward 5 by donating food to the

Seabury Food Pantry. Needed items include: Safeway, Giant, or Shoppers gift cards

- assorted soups
- tuna fish
- jelly, jam, etc.
- spaghetti
- spaghetti sauce
- pudding
- instant potatoes
- instant coffee
- applesauce
- crackers
- cereal
- sardines
- ravioli

UPCOMING SEABURY CONGREGATIONAL RESOURCES EVENTS

Wednesday, November 9, 2011 Lunch and Learn at All Souls Memorial, noon to 2pm. Catered lunch \$10/person – or what you can afford

Wednesday, December 14, 2011 Lunch and Learn Christmas Pot Luck Luncheon –at St. George's DC, noon to 2pm

EVENTS AT SEABURY:

September 26-30, 2011 The main Seabury offices moved from their 2nd Street NE location to Friendship Terrace. Telephone numbers, emails, remain unchanged

October 15, 2011 -- Event/Special Announcement at Christian Community Group Homes

December 14, 2011 OPEN HOUSE at Seabury Ward 5 Offices. Car-pool from the Christmas Luncheon over to Ward 5.