FROM THE PRESIDENT: HEALTHY AGING MONTH

Just the idea that there needs to be a “Healthy Aging Month” suggests that the average population—and hmm, perhaps the not-so-average deaconess community which tends to burn those candles at both ends—needs to be intentional about taking care of this body-vehicle that allows us to work in faith and labor in love.

Aging itself isn’t unhealthy and doesn’t kill us, because only God controls the hour of our departure. We remember that it is God who gives us life and health. Still, while we use our energies to serve, whatever our vocation, we need to take good care of our bodies so we can serve to the best of our ability; so we can continue to have the energy to choose to toil and labor as we wish, even as we get older!

Point 13 of the Professional Ethics section in the CDC Code of Ethics alludes to this briefly: “Make use of allotted time for vacation and time off, maintaining healthy limits and boundaries for personal and family life.”

Summer is over and programs are revving up again. Did you make use of your allotted vacation time? If not, there are still four months in 2013 to find refreshment through rest, relaxation, and recreation!

Whether you are currently working as a deaconess or not, do you have a regular day (or other time) off each week? If not, now is a great time to review your weekly schedule!

Single, married, or widowed, do you maintain time for family relationships—in your own home, or by phone or Skype, and in the homes of relatives—that you will not allow to be interrupted, except for emergencies? If this has proven difficult for you, the fall is a great time to deliberately reconnect with family, and begin saying no to unnecessary interruptions!

Do you allow yourself the freedom to take a nap or have a walk without your cell phone? Or have you been putting off whatever it is that you know in your heart you need to do for the healthy aging of the body God gave you? If so, it is never too late to explore how you can maintain healthy limits and boundaries for your personal life!

There is precedent in the Bible for talking to one another like this about our health. St. Paul wrote to Pastor Timothy, “Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses” (1 Timothy 5:23).

As each of us has unique personal needs that we address in order to achieve healthy aging, we share one thing in common. Our bodies are temples of the Holy Spirit, whom we have received from God (1 Corinthians 6:19-20). We were purchased at a price, He loves us so much that He is always with us even as we strive to obey Him in this. He forgives us when we neglect the proper care of ourselves, feeds us with His Word and Sacraments, and gives us the determination and courage to continue to serve Him, whatever age we might be! Thus we can exclaim with cheerful voice:

Happy Healthy Aging, dear sisters in Christ!

Cheryl D. Naumann

ANNOUNCEMENTS

Congratulations to CDC member Deborah Rockrohr for successfully defending her doctoral thesis: “A Study of the Objectives for the Theological Preparation of Lutheran Church Missouri Synod Elementary Teachers.” Her Ed.D. specialty is in Higher Education Leadership and Management from Regent University.

We also pray God’s blessing on the deaconess training programs at Concordia Theological Seminary, as Mrs. Amy Rast and Deaconess Rosie Adle begin their new roles as Associate Director (residential program) and Assistant Director (distance learning and internship supervisor) of Deaconess Studies respectively.
The process.

countless others involved in a packager, a cook, and grocer, a baker, a butcher, which the Lord works to get begin by praying to God, about. For example, when what Christian vocation is all for us, and for its sake, Odd as it may seem, God gives as to do as a part of daily life. In other words, the good works that God prepares in advance for us, which flow from Christian vocation.

This is exactly why Martin Luther would write the following in a little essay entitled, The Babylonian Captivity of the Church:

Therefore I advise no one to enter any religious order or the priesthood, indeed, to enter any religious order unless he be forearmed against it—unless he is forewarned with this knowledge and understanding of the vocation of the works of monks and priests, however arduous they may be, do not differ one whit from that of God from the works of the rustic laborer in the field or the woman going about her household tasks, but they all are measured before God by faith alone.

Odd as it may seem, God chooses to do a different work for us, and for its sake, takes thought of us. Indeed, that is what Christian vocation is all about. For example, when we protesting so much, it is not to realize that we are praying for God’s love in ways that often get us into trouble.

As I write this, I am preparing to go back to Fort Wayne for a 3 week vacation. I will be gone until July 11th. In my June letter to my Mt. Calvary (Fort Wayne) Family, I shared that I’d had a weekend trip up to Seattle to visit a college friend from my River Forest days whom I hadn’t seen for over 25 years. I also shared that it was refreshing in so many ways—physically, emotionally, and spiritually—to reconnect with my friend, Eunice. We reviewed how God had directed each of our lives to bring us to the point we are now, each of us fitting the vocation that the Lord has called us to—a life we can never change. It is seen as a loss of independence when one loses one’s ability to serve and love our neighbor. God’s love in ways that often get overlooked or forgotten.

With the sanctity and value of life being what it is in our culture, we are tempted to think that the elderly are not important or valuable, especially the sick ones. Sometimes they are not able to contribute to society in measureable ways like adults

At the National LWML Convention in Pittsburgh, CDC President Cheryl D. Nau made comments about the need to serve and love our neighbor and how “love of neighbor” is the theme of the 2020-2021 theme of the LWML convention.

Jodi Picoult tells the stories of two German brothers, who became guards in a concentration camp, and how their actions affected not only a survivor, but her granddaughter and a lawyer who worked for the Department of Justice, prosecuting people who had committed genocides, torture or war crimes. Interwoven is an allegorical fairy tale told by the survivor of the Holocaust.

The author deals with good and evil, judgement, forgiveness and the strong ties of family relationships. I found myself thinking of this book for a quite some time, trying to understand the actions of the characters and their motivations. It is a disturbing book to read, but very thought provoking, challenging preconceived ideas.
THE VOCATION OF GROWING OLD CONT.

Jennifer Kettler

So, we can forget our dependence upon the Lord until these blessings of provision change in the face of physical and mental decline that can come with aging in a sinful world.

Vocation was not designed to make us independent of one another or of God. The gifts and abilities God gives are not intended to separate us from Him or from our neighbors!

The ill, disabled, and elderly have a special opportunity to demonstrate the life of dependence on God through His gifts and the service of others through their vocations. These people show others a living picture of the bride in waiting. Each of us, as members of the Body of Christ, is waiting the return of our Heavenly Bridegroom, but the elderly are often more aware of the fact that they are not yet Home.

Suffering serves as a reminder of alien status. This is not home. Heaven is home. By demonstrating faith in these Biblical promises, the elderly point others to Christ. Serving and loving one’s neighbor can be as simple as existing and demonstrating contentment with the gifts God has given (and taken away) while longing for Heaven. Prayer, Christian conversation, and good stewardship of one’s remaining skills and abilities are also ways that the elderly serve and love their neighbor. Also, not all elderly are sick or disabled. Many retirees find themselves being more active and busy with volunteering than when they were working.

In serving the elderly, it is important to remember these things and share them. Unfortunately, pop-Christian messages found on television evangelism venues often do not hold or share this idea of vocation so the elderly considered “shut-in” are especially in need of this Gospel message. For certainly our loving and merciful God sees and cares about our suffering. Our God loves us and seeks our best interest, something we do not deserve. Thus, He provides life in abundance, through Christ our Savior.

Our suffering in this sinful world is temporary, for we know that there is a place for us in eternal life with our Triune God, and all this, by grace alone, through faith. We did not earn it. It is a gift to which we have been called. Let us rejoice in weakness and in strength to the glory of God!

1 CORINTIOS 7:17, 22-24 (RVR1960)

Pero cada uno como el Señor le repartió, y como Dios llamó a cada uno, así haga; esto ordeno en todas las iglesias. . . . Porque el que en el Señor fue llamado siendo esclavo, libre es del Señor; asimismo el que fue llamado siendo libre, esclavo es de Cristo. Por precio fuisteis comprados; no os hagáis esclavos de los hombres. Cada uno, hermanos, en el estado en que fue llamado, así permanezca para con Dios.