

# SENIOR NEWSLETTER

## Greenwood Forest Baptist Church

### February 2012

#### Got Organized Yet?

Is your idea of being organized multiple-colored post-it notes? Do you refer to your dining room table as that “flat filing cabinet”? If these describe you and you attended our January 3<sup>rd</sup> luncheon, what's your excuse for not getting organized? Certified Professional Organizer Eileen Stevie gave us the secret of getting rid of “stuff” and starting to organize the essentials by exposing those so-called “reasons” for keeping things.

For example, “Someday it will be worth real money.” Yes, like Beanie Babies! “I'm keeping it for my children.” Did anyone ever ask them if they wanted it? Not very likely. While there are hoarders and semi-hoarders around, the main reason why we keep stuff is because we are *emotionally* tied to it because it represents fond memories. The subject of organization must have struck some sensitive nerves as a lot of finger-pointing between spouses was noted, along with laughter and grunts of self-recognition. Evidently a lot of us needed some prodding in this area, as we had one of our largest luncheon attendances, with ninety-six seniors present.

#### Laura and Friends to Play and Sing For Us “Hearts and Flowers”

The Laura is our own Laura Minnick, who is arranging a program of music with a love theme as a tribute to Valentine's Day at our luncheon on Tuesday, February 7<sup>th</sup> at 11:30 a.m. How did this heart-filled, card-sending, candy-and-gift-giving tradition of Valentine's Day begin? Well, the basis behind the holiday stems from a priest named Valentine, who lived during the reign of Roman emperor Claudius II, who was also known as “Claudius the Cruel”.

Back in 270 A.D., Christians were under severe persecution, and during this time Claudius II was having great difficulty enlisting men into his military leagues. The emperor realized that the married men did not want to leave their wives to serve in the military, and many single men had sweethearts that they, too, did not want to leave. So Claudius decreed that no more marriages were to be performed and that all engagements were to be annulled.

Understanding the sanctity of marriage as a part of God's plan, Valentine chose to disobey the emperor's command and secretly performed marriage ceremonies for Christian couples. When Claudius discovered the priest's disobedience, he had Valentine arrested, and the faithful priest was beaten and then beheaded. Valentine's death occurred on February 14, 270 A.D.

One of the traditions that was developed was the drawing of names. Each maiden's and bachelor's names would be put in a box and drawn out in pairs. These couples would exchange gifts, and would be partnered for the evening's celebration. Opinions vary as to how the hearts and flowers became associated with Valentine's Day, but many attribute the first Valentines to a young French duke who was kept a prisoner in the Tower of London for many years. During his captivity, the duke wrote

hundreds of beautiful poems to his wife. Sixty of these are on display in the British Museum today, and they somehow became known as Valentines.

The menu is a Potato Bar - both sweet and white - with all the trimmings, along with green salad, rolls and various ice cream treats. If you are not on the permanent call list, and would like to attend this luncheon, please give Sandra Philbeck a call at 851-0265 and make a reservation.

## **Calendar of Events**

**Thursday, February 16<sup>th</sup> at 8:30 a.m.** - Senior Breakfast at IHOP in Cary.

**Saturday, February 25<sup>th</sup> at 8:30 a.m.** - Senior Breakfast at Pam's Farm House Restaurant in Raleigh.

**Tuesday, March 6<sup>th</sup> at 11:30 a.m.** - Luncheon Meeting. During the month of February, Rev. Ben Boswell will be conducting sessions in four different GFBC Sunday School Classes to work specifically on end-of-life and memorial planning. He will conclude the series with a final session and a larger talk at our Senior Adult luncheon where everybody can be involved. He will summarize what we've done and learned together about preparing for the end-of- life.

**Tuesday, April 10<sup>th</sup> at 11:30 a.m.** - Highlighting our Senior Clusters.

**Friday, May 4<sup>th</sup> at 6:30 p.m.** - Dinner with musical program by the GFBC Praise Team.

## **Travel Notes**

Wilma Caldwell has received a new Christian Tours catalog and reported to the Senior Adult Committee that there are Branson tours scheduled for May, June, July and September. The committee thought that the trip to Branson was a good idea and settled on the September date. The *double* cost would be about \$900. If you are interested in this tour, please let Wilma know. We would not have to have a full bus in order to make this trip happen.

## **You're Invited to a Health Fair**

Christ The King Lutheran Church in Cary is hosting a Health Fair which will include a number of health providers in the area. There are two events scheduled, on Thursday, February 9<sup>th</sup> from 1 to 4 p.m., which will feature a panel discussion by specialists in a variety of senior interests. There will be an opportunity for seniors to ask questions about their own concerns. A smaller and shorter seniors event will be held on Sunday evening, February 12<sup>th</sup>, from 6:30 to 8:00 p.m.

## **A Well-Organized Life**

Two senior ladies met for the first time since graduating from high school. One asked the other, "You were always so well organized in school, so did you manage to live a well-planned life?" Her friend said, "Oh, yes! My first marriage was to a millionaire; my second marriage was to an actor; my third marriage was to a preacher; and now I'm married to an undertaker."

"What do those marriages have to do with a well-planned life?" said the old school friend. The reply: "*One for the money, two for the show, three to get ready and four to go.*"