



# ST. ANNE'S EYE

Proclaiming the Stories of God's Love

at St. Anne's Episcopal Church,  
Trexlerstown, Pennsylvania

INFORM INVOLVE INSPIRE

December 2018



## Better With Age: Using Outreach efforts to benefit older adults

Sometimes Outreach is not so much 'reaching out', as it is 'gathering in'. Most often Outreach activities are thought of as a means of giving to various charities or organizations. But truly, we are challenged to provide outreach services anywhere that God's love may be lost or hidden by the various challenges this world presents. This year your Outreach Team has been attempting to focus on making the greatest impact possible on the community directly outside the church doors. One of the populations identified as having a need is older adults.

What constitutes an "older adult" should be your next question. Well, as I age, and happened to work with the geriatric population on a daily basis, my impression of what is an older adult is continuously shifting. While I used to perceive 40 as middle aged, as I approach it, I don't feel middle aged! But the truth

is that we are all aging each and every day, and as we age, we increase our risk of injuries and functional loss.

Many of us fit the "sandwich generation" where we are trying to care for our aging parents as well as our still maturing children, leaving very little time to focus on our own wellbeing. Those with grown children may be sensing a change in themselves physically or mentally: it is harder to remember things without writing them down, eyesight declines, it is more difficult to drive at night, confidence in your ability to balance is diminished in snow or rain. These changes can often lead to small modifications in habits and routines that overtime accumulate and affect individuals profoundly. For example, a woman recognizes that her reaction times are slowing and gives up driving outside of 5 miles from

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## *Weaving St. Anne's into the fabric of the community*

We are fortunate to be able to share our resources with the people of our community. One of the best indicators of the health of a church is the level of involvement it has with the community. St. Anne's has a history of being a part of the local community and having concern for the needs of others beyond our community.

Some examples of how we are a part of the local community by hosting: Miller blood drive, New Beginnings, being a voting site, the Smart Hands program, Weight Watchers, the Art League, cell phones for soldiers, and a local HOA. We are also an emergency evacuation site for nearby preschools. We also regularly assist with Daybreak, ELM ministries (winter clothes, backpacks, food, etc), and ERD.

This is not a complete list, but gives a good idea of how we are a part of the fabric of the community. We are seeking to expand our "footprint" by opening our doors to programs that meet the needs of different segments of our society. It would be wonderful to host informational programs for the elderly and their caregivers. We want to make St. Anne's synonymous with assuring and maintaining the quality of life in our community.

If you are interested in being a part of growing this ministry and sharing the use of our space and time to address the needs of our local community, please call the office. We are seeking to continue to share our blessings with those who have needs as well as provide our community with the resources we can; to do our part. We want to be responsible to assure that our building is used for deserving organizations and causes and that it is not misused in the process. This is good and appropriate stewardship.

There will be times where we will all have to make some sacrifices to foster this effort. However, when we sacrifice for others, we more perfectly live the message of Jesus in our personal lives and in the life of our church community.

# The Facts About the “Jesus Movement”

For almost a year now, the Episcopal Church has been inviting people to join the “Episcopal Branch” of the Jesus Movement. Those who are old enough or anyone who might “google” it would know that the Jesus Movement was a phenomenon that began in the 1960’s. It was associated with the charismatic movement. Some who participated in the movement associated with communes. It ended in the early 1980’s and had only limited appeal and success.



previously unimaginable. Throughout the history of humanity many people had gone through life believing themselves to be lowly and unworthy of the simplest pleasures in life; let alone sharing in the glory of God. Even when people of faith learned of the possibility of a special life in faith, they believed that it was just for a select few. The Jesus Movement shared the Good News that focused on the special character of every person and that no one was excluded.

Why then, are we resurrecting it? The truth is we are not trying to revisit the failed movement of 50+ years ago. The Jesus Movement that our Church is embracing is not associated with the Charismatic Movement or communes. The true Jesus Movement dates back much further than 50 years to the beginning of Christianity. We know from Acts 11:26 that the followers of Jesus were called “Christian” for the first time at Antioch. Prior to that, there were several ways the followers of Christ were identified. The Jesus Movement was one of the earliest ways of referencing those who followed Jesus. The Jesus Movement we currently are a part of was established by the Apostles after Pentecost.

live our faith as it was originally taught and lived by Jesus, his disciples, and the first Christians. Simply put, it is being a faithful disciple of Jesus Christ. The heart of the Jesus Movement was the Resurrection. At the time of the Jesus Movement, the death and resurrection of Jesus was not in the distant past. On account of this, the early Christians were often accused of following a dead messiah. It was a common, but understandable, misconception. As Christians sought to dispel this misconception, fledgling Christians explained how the Jesus Movement was based on the resurrection of Jesus. Christians were a people of new life and not death.

Over the years, centuries, and millennia the simple and yet profound message of Christianity, the Jesus Movement, became altered and embellished thereby obscuring the true meaning of the call to follow Jesus and live as God intended. Many have sought to restrict or change the simple message of the dignity of all people and the love of God for each person thus limiting the real scope of God’s plan.

Today’s Jesus Movement invites us to

Jesus, as the risen savior, had shown all humanity that God’s will for them was new life. Jesus opened up for all the possibility to a way of life that was

To address the many ways in which Christianity has been modified from the original practice of the Apostles, which was established by the life and teachings of Jesus, we are being called to a revival of sorts. As the word indicates, we are called to “re-live” the way of Christ; to be a part of the Jesus Movement.

## Christian Formation: What is it? How can we help?

From the ground up! Every year we host Vacation Bible School (VBS) for a week, where a team of people come together to instill God’s love and message to children, whether they are members of St Anne’s or not. This year’s VBS occurred from July 9th-13th and the theme was Shipwreck- Rescued By Jesus.

Each day there was a new message from God, taught through songs, games, crafts, and fun talks including perspectives from kids and adults alike.

Messages included:  
- Rescue Others



- Rescue the Lonely  
- Stop Worrying  
- Work Through Your Struggles  
Forgive Mistakes, Share Compassion  
Love and Faith

The children were able to put these lessons directly into practice by participating in outreach projects for their community. They filled 20 grocery bags full of nonperishable items to donate to Everlasting Life Ministries, and 20 backpacks full of school supplies for the East Penn School District in order to

‘Rescue Others’.

The children wrote greeting cards to every person on the Pastoral Care list to help ‘Stop Worry’ and ‘Rescue the Lonely’. Finally, the children wrote letters to members of our armed forces to show our appreciation and gratitude, while ‘Sharing Compassion, Love, and Faith’.

The week of learning and sharing, love and laughter, can not happen without a wonderful team of volunteers! So thank you to all of the teachers and volunteers who gave of their time and hearts: Tamara Persico, Sandy Harding, Jenny Messler, Carol Keane, Nancy Mombourquett, Kathy Terrible, Judy Foltz, Doug Snyder, Rich and Ruth Davis, Grayson Answini, Pastor Judith Snyder, and Fr. Don Schiabile.



## NURSE NOTES

### MEDICATION SAFETY IS IMPORTANT

Adverse drug events are harms resulting from the use of medication and include allergic reactions, side effects, over-medication, and medication errors.

About 60,000 young children end up in emergency rooms each year because they got into medicines while an adult wasn't looking.

- Protect your children
- Put medicines up and away and out of children's reach and sight.
- Put medicines away every time.
- Make sure the safety cap is locked.
- Teach your children about medicine safety.
- Tell your guests about medicine safety.
- Be prepared in case of an emergency. Poison Control Center at 800.222.1222
- Adverse Drug Events in Adults
- Keep a list of your medicines
- Follow directions
- Ask questions
- Keep up with any blood testing recommended by your doctor
- Take all medicines only as directed

Did you know that Nurse Notes can be found at our website and are printed in the Sunday Bulletin?

For more information please visit our website: [www.stannesepiscopal.net/nursenotes](http://www.stannesepiscopal.net/nursenotes)

### ST. ANNE'S ANNUAL ADVENT GIVING TREE

Our Advent Giving Tree this year will provide us an opportunity to once again gift the residents at Mosser Nursing Home.

The tree is up in the parish hall and decorated with an ornament for each resident. Their name and room number are printed on the front. On the back is a suggested item they would like. If you would like to participate, just take an ornament. Please be sure to attach the ornament to your purchased gift-wrapped package and place it under the tree. Packages must be delivered to church no later than Dec. 16th.

- Your Outreach Team

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her home. Consequently, she can no longer attend her bridge group twice a month unless she gets a ride, but she feels like a burden to her friends if she asks for a ride and therefore stops going all together. Instead she stays at home alone and watches old movies, usually snacking on her favorite junk food because it is easier and more practical than making an entire meal for just one person. After a few months she notices that she has gained weight, which makes the arthritis in her knees flare up more often, and her body feels weaker from all the time spent sitting in front of the TV that she once spent going out to her bridge club. She feels like she is less than the woman she once was, but has no idea how to regain her identity. One loss of independence can trigger a domino effect that leads to so many other

issues and challenges.

So why not be proactive and take control of your health before issues arise! Or at the very least, get guidance with what to do with the issues you already have before they start to affect other areas of your life! Providing these resources to older adults, those 50 years old or greater, is the aim of the outreach programs coming to St Anne's in January of 2019.

Your Outreach Team has paired up with the Lehigh County Office of Aging and Adult Services to provide several informative and motivational programs in the coming year to keep you healthy and living the active life you want to live!

Coming in January is Healthy Steps for Older Adults. This is a "fall risk prevention workshop to raise awareness of fall

risks and provide tools necessary to reduce those risks and improve overall health" as you age. Topics covered include basics of home safety, managing medications, body mechanics, exercise and balance training. "After completing the two-day workshop, a free individual fall risk assessment is available to all participants."

Coming in February is Healthy Steps in Motion. This is the exercise portion of fall risk prevention. It is endorsed by Silver and Fit and taught by a certified instructor. "The program is designed for older adults of ALL fitness levels and encourages regular physical activity as the best protection against disease and disability." The sessions are one hour long, twice a week, for 8 weeks and will provide training in warm-up techniques, exercises for balance and coordination, cardiovascular

health, strengthening and stretching, proper cool-down methods.

In April we are planning to offer the 10Keys to Healthy Aging program which addresses health promotion and disease prevention topics. A "certified APRISE counselor also discusses the Medicare Wellness benefits and can answer health insurance questions".

All of these programs are completely free to anyone over 50 years old. Our hope is to gather those who are just curious, maybe afraid, or struggling with the aging process, together in a safe space surrounded by God's love; that they may be empowered to live the best life possible, the one that God desires for each of us! Help us gather in anyone who may benefit from this fun and social way to take control over our health and well-being!

ST. ANNE'S EPISCOPAL CHURCH, P.O. BOX  
368, TREXLETTOWN, PA 18087,

## **EYE CALENDAR**

### **DECEMBER**

9th – Friends and Family Service 9:30 am  
24th – Christmas Eve Services 4:00 pm and 7:00 pm  
25th – Christmas Day Service 9:30 am

### **JANUARY**

12th – Family Pot Luck Supper and Game Night

### **FEBRUARY**

9th – Fellowship Lunch

### **MARCH**

5th – Pancake Supper  
6th – Ash Wednesday

### **ST. ANNE'S EYE**

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#### **SERVICES**

Sundays: 8 a.m. & 10:30 a.m. The Holy Eucharist and  
Sermon

10 a.m. Church School

September – May