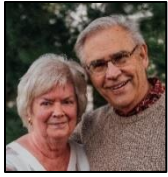




# JULY 2023 NEWSLETTER

“Encouraging Minnesota Seniors to Pray, Serve and be a Light to this Generation”  
Minnesota District Council of the Assemblies of God  
1315 Portland Avenue, Minneapolis MN 55404  
Web Site: [mnaog.org/2ndhalf](http://mnaog.org/2ndhalf) Phone: 763-221-4469  
Facebook: Minnesota AG Second Half Ministries



Bruce & Yvonne Talso

### A Note from the Director

On July 5<sup>th</sup> we held our senior luncheon during Family Camp. Dan Parotti and Jan Hintz led our time of praise and worship. Dan also favored us with a musical number - “Daystar” and George Bunnell brought a message on “God’s faithfulness.” We all enjoyed a wonderful time of fellowship.



Well-fed seniors!



Dan



George

If you have not yet checked out our Facebook page, the address is on the masthead above. We have grown from 14 to 151 members in the last few months. We invite you to share inspirational pieces with us. - Bruce & Yvonne

**“Seniors on the Go” Cruise July 12-14.** In addition to the 100-mile cruise down the Mississippi River, we visited the “Field of Dreams,” “The Little Brown Church” in Iowa and toured President U.S. Grant’s home in Galena IL, spending time strolling through the historic river town. Thirty-five friends joined us for this midsummer tour.



Our tour group ready to board the Celebration Belle



Pam assisting the captain.



Jerry 'running' bases at Field of Dreams



The Little Brown Church



Cruising Down the River

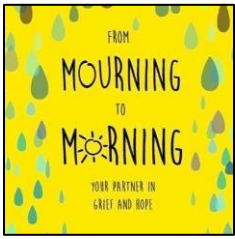


Old Main Street in Historic Galena, IL



President U.S. Grant's home

**Our Next Event is the Fall Retreat – September 7-9** We are looking forward to another special retreat at Lake Geneva Christian Center. Information and the registration form is included in this mailing. **THERE IS STILL TIME TO REGISTER.** Dr. Allen Tennison and his mother, Martha, will be our speakers. You do not want to miss this dynamic duo! Returning again for our Thursday night “kick-off”: will be the Kingery Family. Dan and Marlene Turner will be our worship leaders. In addition to inspirational services - 2 workshops, pontoon boat rides, fireside sing-along, delicious food, afterglow (chat and chew) and some fantastic fellowship await us! Hope to see you this year. **Remember, to register directly with the camp with the enclosed registration form.**



The most stressful thing that can happen to a person is losing a spouse. It is life changing. Whether you are recently widowed or have been for a while, we invite you to join us for our **"Mourning to Morning" luncheon** during the fall retreat at Lake Geneva Christian Center on Friday September 8. Pastor Hal Kamppi will view this valley from a man's perspective, and I will meet with the women. Our desire is to support you as you face this transition in life. Please join us. May God grant you peace.  
- Linda Enno

**A WAY TO PAY!**

There is now a new way to pay for registrations, tours, retreats, or giving a gift to our ministry. Please use this link when remitting payments.

<https://onrealm.org/mnaog/give/secondhalf>

Use the 'pull down' tab to identify what you are paying for. You can continue to use the regular mail to send in your payments if you wish.



**Do you want to begin a seniors ministry in your church,** or give your present ministry a little more zip? We invite you to send for the 35-page manual **"2<sup>ND</sup> Half Ministries"** written by Dr. Ray James. We will mail you a free copy by your request to **"MN 2nd Half Ministry, 1315 Portland Avenue So. Minneapolis MN 55404."**

**NEWS FROM THE A/G NATIONAL SENIOR ADULT MINISTRY DEPARTMENT - SPRINGFIELD MISSOURI**  
Bob Cook, National Director



**National Senior Adult Conference – Branson MO**

**September 4- 6, 2024 The Hilton Hotel**

**Ministry to Widows**

**Marlene Craft - Link to her website**  
**sam.ag.org (click on 'Resources')**

**Primetime Magazine**

**Official publication of the National Seniors Department is FREE by going to [sam.ag.org](http://sam.ag.org) click on "Primetime sign up."**

**Chuckle:**

People were in a meeting when all the lights went out. Sitting in the darkness, the speaker asked the people to raise their right hand, which they did. "Now raise your left hand" he said. Immediately, the lights came on. One person asked the speaker why he had asked them to raise their hands sitting in the darkness. He replied, "Didn't you know that many hands make light work."



**Do you have a programming idea to share with our readers?** What you are doing for seniors in your church might be an idea that another church might be able to use in their group. Send your ideas to me so I can include them in future newsletters. You can send them to Bruce Talso, 10609 Sunset Road, Minneapolis MN 55443 or email them to me at [brucetalso@comcast.net](mailto:brucetalso@comcast.net). Thanks! Here is an idea sent to us from Lee and Cindy Amundson from the Northwoods Life Church in Perham.

*"Our first senior event was a big success. We invited our seniors to a pie social and our theme was: **"We haven't walked in your shoes...so tell us your story!"** Out of the eighteen people who attended, nine of them shared their testimony, some significant event in their life, or something hilarious. We asked several people to bring a pie and we had so many, we ate as much as we wanted! At the end of the evening, we drew names, and the winners took home a flower in a little shoe which were our table center pieces.*



**SENIOR WITH ACTIVE SOCIAL LIVES LIVE LONGER!**

A recent study published in the Journals of Gerontology suggests that those who rub elbows with a wide variety of people, particularly in older years, may be the key to living a happier, healthier and longer life.

According to the study from the University of Texas researchers, "seniors who maintained an active social life experienced many benefits." The study shows that expanding the number and variety of social interactions can add years to a lifespan. "Adults often grow less active and more sedentary as they age, and these behaviors pose a risk factor for disease and death," says the lead study author Karen Fingerma, Director of the University's Texas Aging and Longevity Center. "This study suggests that adding social interactions to daily activities may be important to on-going physical health."



Fingerma continues, "Older adults may be able to be more sedentary with their close friends and family, sitting and watching TV or otherwise lounging at home, but to engage with

acquaintances, older adults must leave the house. Those who are up and moving on a regular basis are about 40% more likely to live longer than those who don't or are not able." That old song is correct, **'People who need people are the luckiest people in the world.'**

