



JUNE 2024 NEWSLETTER

“Encouraging Minnesota Seniors to Pray, Serve and be a Light to this Generation”
Minnesota District Council of the Assemblies of God
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From the Director We enjoyed a delightful spring luncheon on May 4 at the Cedar Valley Church in Bloomington. The men of the Minnesota Adult & Teen Challenge served us, and also presented music and testimonies. Jim Filbeck, our Mn District Secretary/Treasurer gave the devotional. Pam Lund of the MNSOM introduced our 2024 project. (Brochure enclosed) Shani Parotti introduced us to her new children’s book. We also presented our yearly “Faithful Servant Award” to Pastor Louis and Gloria Walton. They began Trinity A/G in north Minneapolis in 1970 and have been pastoring that church for 54 years! Well, done faithful servants! Retiring offering for MN Adult & Teen Challenge amounted to \$1,227!



Adult/Teen Challenge Choir



Louis & Gloria Walton



Jim Filbeck



Shani Parotti

Our next event will be the seniors luncheon during Family Camp on **Monday July 1 at noon**. Alton Garrison, former Assistant General Superintendent will be our speaker. We invite you to join other seniors from across Minnesota! No pre-registering, just go through the lunch line (senior discount \$2) and gather in the designated area. Hoping to see you!



Recently, I came across a most interesting report written by the Surgeon General of the U.S., Dr. Vivek H. Murphy, entitled the “*Epidemic of Loneliness and Isolation.*” Here are some of his comments;

“When I first took office as Surgeon General in 2014, I did not view loneliness as a public health concern. But that was before I embarked on a cross-country listening tour, where I heard stories from my fellow Americans that surprised me. People began to tell me they felt isolated, invisible, and insignificant. Even when they couldn’t put their finger on the word “lonely,” people of all ages and socioeconomic backgrounds, from every corner of the country, would tell me, “I have to shoulder all of life’s burdens by myself,” or “if I disappear tomorrow, no one will even notice.” It was a lightbulb moment for me! Social disconnection was far more common than I had realized. Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. And the harmful consequences of a society that lacks social connection can be felt in our schools, workplaces, and civic organizations.” The report covers a period from 2003 to 2022, the overall consensus being that time alone has increased, while time spent on in-person social engagement has decreased. Here are some of the observations of the report:

- **30% of Americans live alone (13% in 1960)**
- **25% of 40-year-olds have never been married (6% in 1980)**
- **Social isolation has increased by 24 hours a month**
- **Family Social Engagement has decreased by 5 hours a month**
- **Social Engagement with friends has decreased 20 hours a month**
- **Americans spend an average of 6 hours a day on social media**



Dr. Murphy continues; “Loneliness is a distressing experience that results from perceived isolation or unmet needs between an individual’s preferred and actual experience. The lack of social connection poses a significant risk for individual health and longevity. Loneliness and social isolation increase the risk for premature death by 26% and 29% respectively. In addition, poor or insufficient social connection is associated with increased risk of disease, including a 29% increased risk of heart disease and a 32% increased risk of stroke. It is also associated with increased risk for anxiety, and depression,”

A note from the director continued..... I was startled by some of the findings of this report. We who are socially engaged do not always realize that there are those who experience feelings of loneliness and isolation – even those who might be among us. Our 2024 2nd Half Ministries theme **“Reach Out and Share Jesus”** is certainly a prompt for us to reach out and ‘touch’ others in some encouraging manner. It is a biblical prompt as well. **“Encourage one another and build each other up.”** (1 Thessalonians 5:11) While we are to encourage our brothers and sisters in the faith, how much more should we be reaching out to the lost around us with the good news of the gospel. Our witness **is** important to the Kingdom of God! Let’s ask the Holy Spirit to help us reach out and ‘touch’ someone, with our love and encouragement, especially to those who we might know to be lonely and/or isolated. The Holy Spirit will lead you as you listen to His voice. Reach out and be a blessing!
Bruce Talso – 2nd Half Ministry Director.



SENIORS ON THE GO

We are making reservations for our bus tour to Branson for the National Seniors Conference in September. The information flyer is included in this mailing.

Our bus is about one third filled, so we urge you to send in your reservation now. Our second summer outing is a cruise on the Mississippi River out of St Paul on Saturday, August 10th. The enclosed flyer will give you the information on that. Plan to join us for these two events.

2ND HALF MINISTRIES LEGACY SCHOLARSHIP PROJECT



The Minnesota School of Ministry (MNSOM) is a part of a nationwide Assemblies of God ministry to help men and women 18 or older answer the call of God on their lives for ministry. The 2024 Second Half Ministries Legacy Scholarship Project is giving us an opportunity to invest in the

lives of those who are answering the call of God on their lives, particularly to those in rural areas who have little or no funds to grow their ministry. We are inviting you to give graciously towards this project during 2024. Send your gifts marked “MNSOM” to the District Office.
Bruce Talso, Director

SAVE THE DATE! October 25th - The GAITHER VOCAL BAND will be in concert at Lake Geneva Christian Center. More Information in our next newsletter.



“10 SECONDS!” by Pastor Larry Hale

Reaching into the lives of people about the goodness of God has brought rewarding times. Often it has been a word like a seed or thought, and a 10 second prayer that has started people on their faith walk.

“There has to be a better way”..... Enjoying a Caribou coffee and working on Sunday’s ministry, I heard a man speak behind me. I had noticed when he came in. A younger sharply dressed man, wearing a dark blue suit, white shirt, and tie. Sitting at a table behind me, facing my back, I heard him say again. *“There has to be a better way!”* Turning around I said, “Are you talking to me?” He responded, “I was just thinking, there has to be a better way.” It was then I learned he was a defense lawyer from a prestigious law firm. Tell me more. Well, he said, today in court a young man is going to be sentenced to prison for 20 years for smuggling, selling, and the distribution of narcotics. Thinking... there has to be a better way. Wow...what an opportunity for me!

Joining each other drinking our coffee I listened to his story. He said, “I’m so weary of going to court with prison being the only option for these young men. I want to help them to get their lives going on a better trajectory.” We talked about other possibilities that could happen. I shared information on Adult & Teen Challenge. We agreed a heart change was needed. Something had to touch the inner person. Starting with the life changing effect of receiving Christ as Savior. There is a need for the supernatural to turn lives around. This attorney needed someone to listen; someone to care; someone to hear his concerns. He walked to the door, starting to exit the coffee shop because he had to be at the courthouse. Then turned around, came back to me, shook my hand, and said, “I want to tell you how meaningful this hour together has been.” Then I asked... “Could I have a 10 second prayer with you?” This was a God moment.

It was a beautiful sunny day. I was enjoying a cup of Caribou coffee (notice I enjoy coffee at Caribou) on their outside deck, overlooking the pond. I was struggling to get the table umbrella open. The man in the next table asked, “Need some help?” Together we got it opened. “Would you like to join me?” Picking up his coffee and notepad he came to my table. We talked for quite a while. He had been writing an appeal to present to the executives of the company from which he was recently fired. We talked about several things. But mostly, what had happened to him. Then I asked... “Could I have a 10 second prayer with you?” This was a special time where God had prepared the way. These are the kind of occasions God opened doors for sharing my faith and having a 10 second prayer: • Standing in a long checkout line, behind a young couple, with a crying 9-day old newborn baby. Noticing their frustration and weariness. • With a troubled car wash owner heading into bankruptcy • With a homeless teenager as he worked at a local business • With a banking executive in his office • With an atheist in the hospital • With a Green Bay Packer fan at a mall • With my grandchildren when I drive them to school. With courage, we can step into the areas that God has opened. You will be remarkably surprised at the openness of people through the kindness of your words. Look for it... I have set before you an open door. (Rev. 3:8)

You and I are here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We’re going public with this, as public as a city on a hill. If I make you light-bearers, you don’t think I’m going to hide you under a bucket, do you? I’m putting you on a light stand. Now that I’ve put you there - shine! Keep an open house; be generous with your lives. By opening up to others, you’ll prompt people to open up with God, our generous Father in heaven. (Matt.5:14-16 (MSG) I can hardly wait for the next time God opens a door of opportunity when I can say...” Hi, I’m Larry Hale. How is your day going?” Then I will listen...