



## JULY 2025 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 page: Minnesota AG Second Half Ministries



**A NOTE FROM YOUR DIRECTORS** - Summer is moving along rapidly! Be sure to keep active while we have good weather. We enjoyed our senior luncheon during family camp on June 30. Dr. Darnel Williams, newly installed President of North Central University was our speaker. It was good to see so many of you! Now our sights are on our Fall Retreat, now known as our "**Fall Camp Meeting.**" We will meet again at Lake Geneva Christian Center in Alexandria MN September 4-6. Promotional materials are included in this mailing. Get your reservations in soon, as space fills up fast. Many of you have already registered. As always, we will have a great time of fellowship and inspiration. Plan to join us!



Also enclosed is information announcing our "Seniors on the Go" Fall Foliage Cruise out of Taylors Falls on Saturday, October 11<sup>th</sup>. Since this is a very popular cruise, I urge you to send in your reservation ASAP! We are limited to 52 passengers. You can either send in the reservation coupon along with your check or register/pay online using the QR code attached to the cruise flyer. I hope you will join us! We love you and appreciate your support of the 2<sup>nd</sup> Half Ministry. God bless each and every one!

- **Bruce & Yvonne Talso**



### GUIDELINES FOR GRANDFATHERS

**Dave Howe, [Christiangrandparenting.com](http://Christiangrandparenting.com)**

*"O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come." (Psalm 71:17-18)*

No matter what people told me, it wasn't until I actually became a grandfather that I appreciated the joy it brings. You've gotten a second chance to help raise a child. A second chance to make a profound impression on a child's life, even if you messed up the first time around with your own children. You get to crawl on the floor and play kids games again. You get to see the joy in their eyes, and hear the squeals that they make, discovering the simple things again. You feel energized. And you'll need plenty of that energy to get off the floor! Your role as a grandfather is a unique one and cannot be filled by anyone else. Your grandchildren will benefit, and you will too. As a Christian grandfather, you will get to demonstrate the love of our heavenly father to your grandchildren. To put it another way, they will see God in you.

### Keep the three A's in mind

**Attention**— The grandchildren need your full attention and that translates into time. With one or more of the parents working, volunteering, and busy at church, they don't always have a lot of time for their child. You can fill that need.

**Affection**— Affection and plenty of hugs is what you can provide, Feeling loved is vital to a child. Hugs can provide that. They can continue at any age.

**Affirmation**— Be supportive. Think of your role as an encourager, or a life coach. You can be the one to deliver the 'attaboys' and cheer them on in all their achievements. Enjoy the adventure and cherish your grandchildren! Grandparenting is a sacred calling. God has uniquely prepared you to grandfather your grandkids. The days are long, but the years fly by.



**ARE YOU INTERESTED** in starting a senior's ministry in your church? Need a 'boost?' I invite you to send for the 35-page free booklet "2<sup>nd</sup> half Ministries" Send your request to me [brucetalso@icloud.com](mailto:brucetalso@icloud.com)

**If you enjoy summer picnics, you might want to know that there are 1,500 species of bugs and 15,000 known species of ants. Then again, you might want to forget about this!**



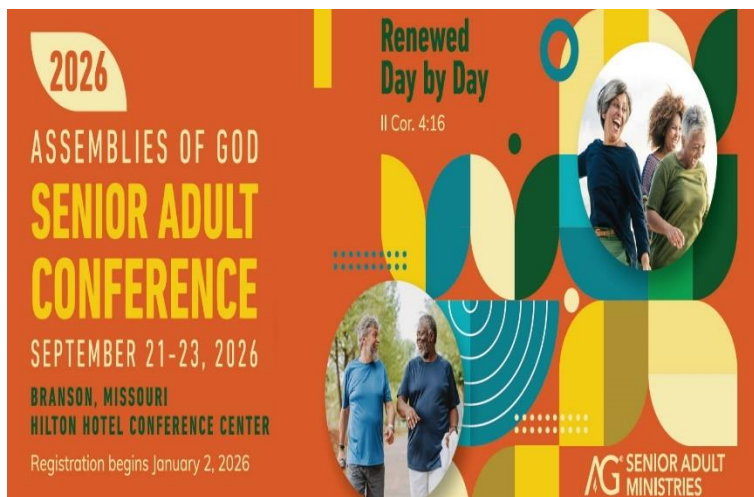
**Stay Hydrated** – a major concern for seniors is dehydration. Don't wait until you feel thirsty to reach for the water bottle!

**Cool off your kitchen** - Switch to tasty cold dishes. Enjoy salads and fresh fruits and vegetables.

**Go for the shade** - Avoid the sun between the peak burning hours (11am – 4 pm) Sunburn significantly increase one's lifetime risk of developing skin cancer. Use sunscreen to cover all exposed skin, Also, remember to protect your head with a hat and your eyes with UV-resistant sunglasses.

**Layer your clothing** – Dressing in layers ensures comfort with indoor air conditioning and outdoor heat.

**Cool down** – Take tepid showers, baths or sponge baths when you are feeling over heated.



**We are planning a bus tour to the conference.**

**A LITTLE HISTORY** – Occasionally, people ask how our Minnesota 2<sup>nd</sup> Half Ministry began. Looking back to an August 2011 issue of our newsletter, we found an article that Myrna Gunderson; one of our leadership members at the time, shared with us. “Ruth Strand Lundeen and her husband John, pastored the Full gospel Temple in Minneapolis for a number of years. Upon his passing in 1978, Ruth became the senior’s pastor at Park Assembly in St Louis Park. She began the “Silver & Gold Luncheons” a forerunner of our Spring Luncheons. She was also instrumental in starting the first senior retreat at Lake Geneva Bible Camp, originally called Keen Agers Camp. There were 78 people in attendance at the first retreat. The luncheons and retreats continued for a number of years until other venues were added to the ministry. (Family Camp Luncheon, bus tours, newsletters, etc.) The ministry was known as S.A.M (Senior Adult Ministry) until 2017 when it was changed to the Minnesota 2nd Half Ministry. Now you know the ‘rest of the story!’”



**THEY ARE LOOKING FOR YOU !**

If you have a computer, a tablet or phone, you need to be aware of unscrupulous people looking to access your personal information and/or relieve you of your finances! These people are becoming innovative in their approach, even to the point of tricking those of us who think we are invincible. A good adage to remember: **WHEN IN DOUBT – DON'T!**

- Don't share personal information online
- If you get a message from an unknown person saying they can fix your computer, do not give them access to your computer.
- New technology allows scammers to assume the identity of one of your regular contacts – including family members. Their intent is to extort money from you or one of your friends.
- Among your family members, select a secret 'code' word. If someone calls you purporting to be another family member asking for money, etc. ask them for the code word.
- An online source for computer safety with seniors is [www.connectsafely.org/seniors](http://www.connectsafely.org/seniors)

