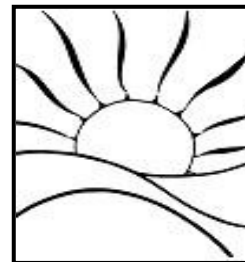


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# Senior Happenings

January-February 2012

A NEW DAY

A Newsletter of the Senior Committee of Normandale Lutheran Church

## HELP FOR THE BODY AND THE SOUL

### FOR THE BODY

**Pastor Pettersen** will continue his exercise classes on January 6, 13, 20 & 27 from 10:30 to 11:15 in the Fireside Room. The exercises are not strenuous, but help with balance and flexibility to make everyday actions easier.



### FOR THE SOUL

Thursday Morning Bible Study at 10:00 AM in the Fireside Room.

### **Get on Your Mark: The Beginning of the Good News**

Led by **Pastor Paul Pettersen** on January 5, 12, 19 & 26.

### **The Armor of God**

Led by **Pastor Dixie Johnson** on February 2, 9, 16 & 23.

**Raymond Bodin**  
1917 - 2011

**Rev. Carl Manfred**  
1919 - 2011

*(A Memorial Service will be held at Normandale Lutheran Church on Saturday, December 31 at 11:00 am)*



**Herbert Schroeder**  
1925 - 2011

**Sharon Sue Strand**  
1965 - 2011

The Senior Happenings is compiled by Yvonne Ford, Bob Wolff and Gloria Peterson. Contributions and suggestions welcomed. Call Yvonne at 952-922-6606 or e-mail [fordx013@umn.edu](mailto:fordx013@umn.edu).

## DEVOTION FROM SUSAN SCHULTZ



In his two-week Advent session at the Orchard, *From Generation to Generation*, Pastor Paul encouraged us to tell our stories of faith to our children and grandchildren. The message of the book of Deuteronomy, the book whose name means twice-told, is that we are to love the Lord our God with all our heart, our soul, and with all our might. We are to recite the words that Moses commands us to keep in our heart to our children without ceasing.

As seniors we have important work to do! We are to pass on the stories of our faith, telling the stories over and over again. We can delight in the "planned redundancy" of the stories and we are not only allowed, but also encouraged to bore our listeners. When our grandchildren moan that we have told them the story before, we can smile and continue the same old story. We are even allowed to change the stories just a bit—for they are our stories and with each telling there is a new richness. Some day those stories will be passed on to their children and grandchildren. Such are the great plans that God has for us.

*Dear Lord. Help us tell the great stories of our faith with love, humor, and kindness. In your Good Book you tell us to remember four hundred times. As we remember your steadfast love, help us to be a blessing to those who need to hear your story from us. In Jesus name we pray. Amen.*

## DONATING THE EASY WAY

**The Sew Day Quilting projects** need colored sheets of any size for backings, blankets (but not wool) for filling and material for tops. Put these things in the box on the donation table in the lower level. If you are downsizing, donating these helps both your getting rid of things and those needing to keep warm.

If you are traveling and staying in hotels and motels, bring the **furnished unused toiletries** to the collection table for the homeless shelter and CES. These are items that cannot be obtained with food stamps.

**Left over yarn from knitting projects** can be used by other knitters for the hats and scarves. Put it in the box outside the library



**The Senior Committee wishes to thank all of you who have helped and participated in their events during the year.**

**We look forward to a Blessed and Happy 2012 here at Normandale.**

## BLOOD DONORS NEEDED



**Lynn Winger** and **Frank Norman** make an appeal for continued and even increased support for the blood donations through the blood mobile visits at Normandale Lutheran Church.

As a physician, Dr. Norman witnessed countless situations requiring the availability of adequate supplies of blood to treat medical emergencies and make possible many types of surgeries, cardiac, and orthopedic that could not be performed without blood replacement. Chemotherapy that now is commonplace, requires transfusion at times. All of the above leads to lives saved, prolonged, or made more tolerable.

Five years ago, Lynn had a near death experience when the availability of large amounts of banked blood made a favorable outcome possible. She had developed a gastric ulcer that had bled and was endoscopically treated. Four units of blood were given at that time. Three days after discharge, she told her husband that she felt weak and wanted to lie down. Fortunately, he checked on her and found her semi-conscious, cold, and clammy. Under pressure he called 911 and blood was started after arrival. Emergency endoscopic revealed a dreaded “pumper” which fortunately could be controlled. Five more units of blood were required. Obviously many things contributed to her survival, but without the availability of the blood it would not have been possible.

The Blood Mobile will be here **Thursday, January 26** and the hours of donation are from **1:30 to 6:30 pm**. To make an appointment to donate, please call **Jan** at 952-935-3495.

## SECOND THURSDAY

**Second Thursday is Drop In Center Day for seniors.** It starts at 10:30 am with coffee at Frank’s Kaffebord followed by your choice of the book club, games, or socializing. **Clarice Ottoson** is there to take your blood pressure. At 12:15 pm we are back together for the Chapel Talk followed by lunch. Then at 1:15 pm there is a program either on educational or entertaining. Everyone is invited to come to any part or all of the day. We do ask for a contribution of \$5.00 to cover costs.

Join us on **January 12**, when **Ken Kortz** will present an extremely timely book, *Reckless Endangerment* by Gretchen Morganson of the New York Times. It describes how outsized greed and corruption led to economic Armageddon. Chapel Talk will be given by **Phil Larson**.

**David Clarke** will give the program on Normandale’s Music Department. When new members are asked why they joined Normandale, almost always our music is mentioned. For a special treat the Bells will be featured.

On **February 8**, The Book Club will be led by **Birgit Andersen** who has chosen *In the Garden Beasts* by Eric Larson, a story of an American family in Hitler’s Germany. The Chapel Talk will be by **Russ Tokheim**. The program will be **Sandy Aslaksen** from Our Savior’s Community Services whose shelter we have helped for many years. She will tell us how their unique program has developed to do more than provide a bed for a night, but also to lead the homeless to a productive life.

## NEW MEMBERS



### **Ronald and Virginia Lund**

The Lund's were looking for a new church as they were commuting to Central Lutheran from Eden Prairie. Just down the road was Normandale with its great music and type of service that they enjoyed so they have become members joining with friends they already had here.

### **Mike and Nan Nelson**

Having a Lutheran background, the Nelson's were looking for a congregation with a traditional worship service. They especially like the music which happens to be directed by their good friend, David Clarke. Both still are working and, in fact, Nan is across the street at the Edina Community Center.



### **Candace Barrick**

After working 4 ½ years at the Center for Healing and Wholeness, Candace liked the community of our people that she wanted to stay with them, so joined the church. Already, she is taking a leading role in Second Thursday and is interested in doing something with “Boomers” who are approaching “seniorhood,” but not planning for it.

## NEW MEMBERS *(continued)*



### **Gordon and Marilyn Eid**

Gordon & Marilyn had long belonged to a Lutheran Church, but when it voted to leave the ELCA they decided to leave it. They have a lake place at which they spend about half time, but wanted a “home” church. So after looking at several churches they decided on Normandale as they liked the music and liturgy. They discovered that through their involvement with Concordia and Seminary they already had many friends here. Their telephone number was wrong in the bulletin. So if you want to call to welcome them, the correct number is 952-974-8299.

## **Welcome to our new Head Custodian, Ron Nelsen**



We are glad to welcome our new Head Custodian, Ron Nelsen, to our staff. Ron worked at Welsh Companies, property managers, as a contract superintendent until the position was eliminated. He is qualified or licensed for electrical, boiler, and HVAC work.

He lives in Osseo with his wife and three teenagers. They now attend a Lutheran church in Otsego, but are considering changing their membership to Normandale.