



We're Growing Older

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Poem: I'm Fine, Thank You!

*There is nothing the matter with me,
I'm as healthy as can be.
I have arthritis in both my knees
And when I talk, I talk with a wheeze.
My pulse is weak, and my blood is thin,
But I'm awfully well for the shape I'm in.*

*Arch supports I have for both my feet,
Or I wouldn't be able to be on the street,
Sleep is denied me night after night,
But every morning I find I'm all right.
My memory is failing, my head's in a spin.
But I'm awfully well for the shape I'm in.*

*The moral is this as my tale I unfold –
That for you and me, who are growing old,
It's better to say, I'm fine' with a grin,
Than to let folks know the shape we are in.*

*How do I know that my youth is all spent?
Well, my 'get up and go' has got up and went.
But I really don't mind when I think with a grin,
Of all the grand places my 'get up' has bin!*

**Growing old isn't something
to be feared rather
a journey to be embraced**

*Old age is golden I've heard it said,
But, sometimes I wonder as I get out of bed,
With my ears in the drawer, my teeth in a cup,
My eyes on the table until I wake up.
Ere sleep overtakes me, I say to myself,
'Is there anything else I could lay on the shelf?'*

*When I was young my slippers were red,
I could kick my heels over my head.
When I was older my slippers were blue,
But I could still dance the whole night through.
Now I am old my slippers are black,
I walk to the store and puff my way back.*

*I get up each morning and dust off my wits
And pick up the paper and read the 'obits,'
If my name is still missing I know I'm not dead,
So I have a good breakfast and go back to bed.*

- Author unknown

You know you're over 40 when:

- You go to a school reunion and everyone looks so old.
- You get winded playing checkers.
- You stop to think and sometime forget to start again.
- You start reading the ads for hair loss, hearing aids and various other amenities to assist the age process.
- You need glasses to find your glasses.
- You have too much room in the house and not enough in the medicine cabinet.
- You exercise on Friday and hurt until Sunday.
- The numbers in your little black book are those of the doctor, pharmacist and other emergency numbers.
- You get the same sensation from a rocking chair that you used to get from a roller coaster.
- Everything hurts and what doesn't hurt, doesn't work.

Anecdotes:

A ninety-six year old lady was a faithful attendant at a women's Bible study group. She prepared and read the passages to be studied and was always ready with answers. One day a tactless member asked her, "Why do you work so hard on these lessons when you're so old and it doesn't matter?" The reply was instant and said confidently, "I'm cramming for my finals."



Game: What's left?

DEED	TEAL	DOLLAR	BLACK
THANK	LOAN	BE	GOD
TAPE	PINEAPPLE	A	BANANAS
RED	FOR	ORANGES	NOON
PEARS	TACK	KNOWN	EXACT
EACH	DODO	COTTON	MATHEMATICS
SEES	EXTRA	NEW	GLUE
FLEE	COOKIE	NAIL	POWDER
PHONE	PINK	TIC	CONE
AQUA	AXE	EXERT	DAY

- Cross off the shortest word
- Cross off the longest word
- Cross off all of the words that are colours
- Cross off 4 letter words whose first letters are the same as the last two letters, though not necessarily in that order.
- Cross of the words that rhyme with tone
- Cross of all the words that sound like a type of bug
- Cross off all 6 letter words
- Cross off all types of fruit
- Cross of all words that contain the letter X
- Cross off all the words that name types of fasteners.

When all the words are crossed out, the message should read: "Thank God for Each New Day".

An announcer of a local radio station was interviewing a man on his 99th birthday. As the announcer was leaving he said, "I hope I can come out and interview you again next year on your 100th birthday. The old man cocked his head and studied the announcer and said, "I don't see why not, you look healthy enough to me."

A grandmother gave her grandchildren a book about dinosaurs. They were thrilled with the book and one of the children said "We should ask Grandma and Grandpa if they took any real pictures of them."

Chorus: *The Old, Old Story – It Is Ever New*

The Senility Prayer

God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Now that I am Older

I've discovered:

- ... I started out with nothing and I still have most of it
- ... My wild oats have turned into prunes and All Bran
- ... I finally got my head together and now my body is falling apart
- ... I wish the buck stopped here. I could sure use a few
- ... It's hard to make a come back when you haven't been anywhere
- ... It's not hard to meet expenses ... they're everywhere.
- ... It is easier to get older than to get wiser
- ... The only time the world beats a path to your door is when you're in the bathroom
- ... Wrinkles don't hurt

- ... Time is a great healer; but a lousy beautician
- ... I've seen it all before, even if I can't remember where
- ... If God wanted me to touch my toes, he would have put them in my knees.

Choruses: *Use Me Lord, Make Me A Blessing*

Devotional: The Grace of Years

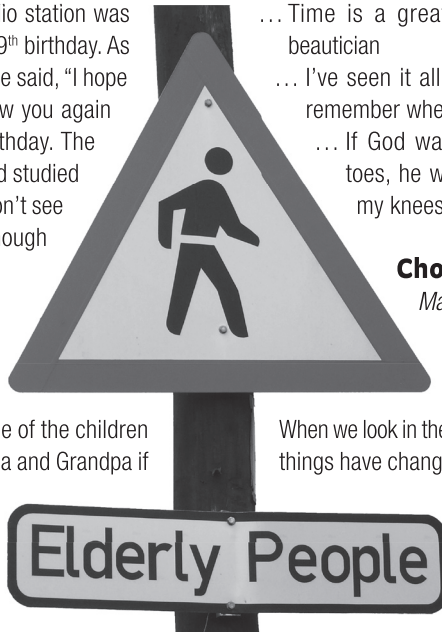
When we look in the mirror we soon discover things have changed with the years. Every woman desires to look younger and so the ads for tummy tucks, cosmetic dentistry and face lifts continue to escalate. So while we

look at the outside of the body wasting away Paul encourages us to think about the inside. "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day." 2 Corinthians 4: 16

Growing old isn't something to be feared rather a journey to be embraced. There are stages in life that we must experience including getting older. We face troubles in our senior years that often show outward signs of wasting away. Troubles that we need to work through and often make changes to the routine of our daily lives but they must not determine what is happening on the inside.

The Apostle Paul had many troubles on every side, yet did not become distressed. We, like Paul should not dwell on the present problems rather look to what is eternal. The believer's difficulties, what they appear to be, diminish in importance when we think of an eternal glory that is ours in Christ. The truth is we spend much time investing in the things that really don't matter in the long run.

Fixing our eyes on what is unseen can be a challenge, yet necessary. How can we fix our eyes





Typical Life-span of 70 years

Sleep	23 years	32.9%
Work	16 years	22.8%
TV/Computer	8 years	11.4%
Eating	6 years	8.6%
Travel	6 years	8.6%
Leisure	4.5 years	6.5%
Illness	4 years	5.7%
Dressing	2 years	2.8%
Religion	0.5 years	0.7%

on what is unseen? Hebrews 11:1 says, “*Now faith is the substance of things hoped for, the evidence of things not seen.*” With eyes of faith we can be confident that the promises of God are true and will be fulfilled in Christ.

The renewing of the mind allows our hearts to REST in the One who changes lives from the inside out. Reflect on the words of the song by Randy Bonfield.

*Give me a passion for You, Lord,
I want to know You more.
Give me a heart that is true, Lord,
To seek You like never before.
Renew my mind,
Renew my spirit,
To walk in Your holiness.*

*Open my eyes, I want to see,
Visions of You living through me.
Open my heart, cause me to love,
For I want to follow You,
Follow You with all my heart.*

What to count

- Don't count how many years you have spent, just count the good you have done.
- The times you have lent a helping hand, the friends that you have won.
- Count your deeds of kindness, the smiles not the tears;
- Count all the pleasures that you have had, but never count the years.

In closing remember, God won't ask ...

- ... what kind of car you drove, but He will ask how many people you helped who didn't have transportation..
- ... the square footage of your house, but He'll ask how many people you welcomed into your home.
- ... about the clothes you had in your closet, but He'll ask how many you helped to clothe.
- ... how many material possessions you had, but He'll ask if they dictated your life.
- ... what your highest salary was, but He'll ask if you compromised your character to obtain it.
- ... how much overtime you worked, but He'll ask if your overtime work was for own well-being or for those in need
- ... how many promotions you received, but He'll ask how you promoted others
- ... what your job title was, but He'll ask if you performed your tasks to the best of your ability
- ... what you did to help yourself, but He'll ask what you did to help others
- ... what you did to protect your rights, but He'll ask what you did to protect the rights of others
- ... about the colour of your skin, but He'll ask about the content of your character
- ... how many times your deeds matched your words, but He'll ask you how many times they didn't