

MINISTRY AND MISSION IDEAS FOR SENIORS - July 2019

Mission Projects during the year that engages multigenerational folks and invites neighbors and friends. These would be hands-on projects for a majority (preferably all) of the congregation to provide service to others, include an educational component and allow for fellowship time.

WHY DO WE ENGAGE IN MISSION PROJECTS?

- Service- hands on & financial support
- Make a difference congregation wide
- Mission Sunday- informational
- Purpose in life
- Skills & experience can be a blessing
- Find ways for **all** to participate
- Spiritual growth
- Beyond ourselves
- Filling a need
- Welcoming others
- Great commission
- Fellowship
- See how others live
- God said do it
- Lots of needy people who can be helped
- Love people and show God's grace
- Helping people
- Our faith is strengthened
- We are making a difference

EXAMPLES OF POSSIBLE MISSION PROJECTS.

- Rise Against Hunger,
- Pack cleaning kits for disaster response organizations,
- Wrapping Christmas Presents for Angel Tree.
- Gleaning for the World,
- Proving and packing backpacks with school supplies or food.
- Repair play ground, and basket ball court
- Small repairs to homes of shut-ins
- Meals on wheels
- Daily Bread
- Work day at the Church
- Blood Drive

SELF CARE AND SELF IMPROVEMENT

Current Small Groups And Classes: QMPC already has a number of small groups that involve members and neighbors alike. The following would continue: Artists, Book Group, Writing Group, Contemplative Prayer, Knitting Group, Lunch Bunch, Young at Heart, Retired Teachers Association, Balance Class, Chronic Disease Management (September).

Why Would Seniors Be Interested in Self Care/Self Improvement?

- Open to learning & new experiences
- Emotional self- care
- Recognizing what's normal in life
- Spiritual self care- prayer
- Body is a temple
- For family
- Not well- cant be of service
- Shut ins- out of sight, out of mind
- become more involved
- whole being – hub of activity
- Independence
- Nutrition and health
- Enhancing/ dealing with mental capacity
- Care & Nurture committee
- Youth- help with yard work
- Safety
- End of life planning

PROGRAM IDEAS

Self Care

- Yoga class,
- exercise class (chair exercise class tentatively scheduled for fall),
- aging well,
 - medication safety,
 - CPR and First Aid,
 - Understanding Medicare and Medicaid,
 - financial management, Investment
 - home safety,
 - safe driving, (defensive driving)
 - grief support group,
 - living with chronic diseases (scheduled for September),
 - making a new life for one (Singles Group),

Self Improvement

- Spanish lessons,
- how to use computers and cell phones, television and internet
- Car buying and repair
- Small engine repair
- Small electrical and plumbing projects
- Nutrition and cooking classes

CURRENT SPIRITUAL NURTURE PROGRAMS

Sunday School for adults (2 classes) and children (school year only)

Weekday Bible Study Group

Why Is Offering Spiritual Nurture Programs Important?

- Get out of head & into heart
- Growing deeper in faith
- Enhance relationship with God
- So what? How to live- practical
- Growing in faith & deepening in faith
- Bible study- learning bible & application to life
- Faith without works
- Find out we are not alone

IDEAS OF MORE PROGRAMS

- Spiritual Gifts
- Meditation
- Books of the Bible
- How Faith impacts Life
- How to share our faith
- Prayer Chain

CURRENT FELLOWSHIP OPPORTUNITIES

- Fellowship Dinners
- Giving Thanks Dinner
- Candlelight Dinner
- Christian Ed Intergenerational Gatherings

What Benefits Are There to Focusing on Fellowship Opportunities?

- Building relationships
- Unity
- Purpose: inclusion, welcoming
- Opportunity to go deeper

- Meaningful, authentic relationships
- Fellowship while serving
- Sense of community
- Family
- Involvement
- Become more welcoming
- The fun of it
- Sense of belonging
- Support
- Reduce isolation & loneliness
- Seniors have time
- One or more = Christ's presence grow in faith
- Be with others of faith
- Give back to others
- Support the ups & downs

IDEAS of FELLOWSHIP ACTIVITIES

- game night (afternoon and evening)
- movie night with discussion
- talent show.
- Bridge
- Handbell and choir concerts
- Yard sale
- Craft sale

OPPORTUNITIES FOR PROVIDING OUTSIDE GROUPS TO USE THE BUILDING

- Need after school English as second language- welcome & assimilate neighbors
- Preparation for adulthood
- There is a cost
- People need to champion the program
- Scouts,
- Alcoholics Anonymous,
- Narcotics Anonymous,
- Take Pounds off Sensibly (TOPS),
- tutoring of children and adults,
- host Red Cross Blood Mobile,
- Mothers Morning Out,
- Jubilee Center Classes
- Invite artists to come and paint
- Events in the meeting house
- Encourage use of playground and basket ball court

- Gardening classes
- Landscaping classes

OF THE CATEGORIES ABOVE, WHAT ARE THE PRIORITIES?

FELLOWSHIP - 9

SPIRITUAL NURTURE - 8

MISSION – 7

SELF-CARE/IMPROVEMENT - 6