

September 23 to 29

Seniors in the Methodist Church

This is the victory that has defeated the world: our faith. (1 John 5,4 CEB)

Prospect: tasty picnic

My first visit in the climbing park was dominated by one thing in particular: overcoming my fear. Although I was safely protected by a climbing harness, balancing twenty metres above the ground on a beam that's hanging from ropes was a real challenge. I managed it, thanks among others to my wife's encouragement. I was richer for the experience: all the effort had been worthwhile.

Sometimes we have to overcome fear in our everyday lives. Fear of what the doctor will say after the tests. Fear as to whether I'll have enough money when I'm old, or whether people will stand by me if I get ill or dement. Sometimes the fear diminishes if I get to the bottom of things. I can put my pension, life insurance and savings on the table and consider what I'm going to need when I get old. Perhaps this will show me that

life will still be worth living - possibly with a few restrictions.

The most important thing is to know that I am supported and have prospects. In the climbing park, I knew that even if I missed my footing I wouldn't fall. Crashing in the harness may be unpleasant, but I'm sure that a tasty picnic will be waiting for me once I've got down. That's how I overcame my fear.

Faith in Jesus Christ tells me God is holding my hand regardless what happens, even if I fall. And I have the prospects of a life in glory and joy. That's how I can overcome my fear.

Michael Burkhardt

Contact: michael.burkhardt@emk.de

Translation: Jacqueline Rohmann

I GIVE THANKS

- for all the seniors who get on with their lives with courage and an open mind, making a contribution to their church and to society, thus using their skills and abilities for themselves and others
- for the possibilities made available to senior citizens in the education and leisure programmes of the EmK.
- for the support offered to senior citizens in their everyday situation through visiting and assistance by the churches, through the help and care services of our diaconal organisations and the residential institutions.

I PRAY

- for the senior citizens who have to cope with limited means, that they may see and use their possibilities and not withdraw from the community.
- for the churches, that they may perceive the needs and wants of the senior citizens and take care of them accordingly.
- for everyone working full time or as volunteers to support, assist and care for senior citizens, that they may have the necessary strength, love, empathy and patience
- for the Impulse Day on 27 October in Neuenhain entitled "Appreciating Colourful Diversity".
- for the geronto-theological Day of Study at Reutlingen School of Theology on 5 November.

Seniors in the Methodist Church

In the EMK, we want to take senior citizens and their needs seriously and ensure that they are not overlooked. They are an important part in our churches where they make an active contribution, singing in the choirs, working on boards and councils, helping at lunch clubs, with facility management and preaching the Word. We ensure they do not suffer discrimination through behaviour, attitudes or at events. We encourage and support senior citizens in their voluntary work.

The Senior Citizens' Work is part of the EmK's education programme.

Contact:

Senior Citizens' Secretary
Ulrike Burkhardt-Kibitzki

E-Mail: ulrike.burkhardt-kibitzki@emk.de

Web: www.emk-bildungswerk.de