

# Checking in – Elders' Newsletter – April, 2022

## The theme for April is Theological Reflection

The UUA offers this definition of theological reflection: The process by which we seek to understand the significance and value of our work. 'Theological reflection is the discipline of exploring individual and corporate experiences in conversation with the wisdom of religious heritage.'" (Patricia O'Connell, and de Beer, John. *The Art of Theological Reflection*. Crossroad Publishing, 1994.)

### A perfect theme for Spring!

### Spring Housecleaning of the Soul

Julian Huxley wrote: "It is of the greatest importance that humanity should now and then take out its beliefs for spring cleaning."

Not a bad idea.

May I purge myself of coldness of spirit that warm spring breezes may thaw my soul;

May the debris of wrongs unforgiven be gathered and discarded so I can start anew;

May slowness of spirit frozen by the cold be quickened to every fresh possibility;

May the song that has lingered too long in my lungs be released by twittering choruses;

May the grime of mistakes made be rinsed from my mind with the springtime waters of self-forgiveness;

May the dust of the exhausting journey be wiped from the furniture of my life so that it gleams again;

May my beliefs be taken out for a spring housecleaning of the spirit.

From: **Thanks Be For These**

- by Richard S. Gilbert

## Returning to 603 Wellington!



Jim and Michael cleared a path through the snow in the backyard at the church.



On April 3<sup>rd</sup>, the Adult Programming Committee invited everyone to a wiener roast in the church backyard. About 3 dozen happy people enjoyed hot dogs, hugs and greetings.

### UU bumper stickers:

- "Honk If You're Not Sure"
- "The Answer Is to Question"

**“Spiritual Fitness”** ~ author unknown

IF YOU CAN start the day without caffeine or pills.  
IF YOU ARE cheerful, ignoring aches and pains.  
IF YOU CAN resist complaining and boring people with your troubles.  
IF YOU CAN understand when loved ones are too busy to give you time.  
IF YOU CAN overlook when people take things out on you when, though no fault of yours something goes wrong.  
IF YOU CAN take criticism and blame without resentment.  
IF YOU CAN face the world without lies or deceit.  
IF YOU CAN conquer tension without medical help.  
IF YOU CAN relax without liquor.  
IF YOU CAN sleep without the aid of drugs...  
THEN you are probably a dog.

The best thing about being over 50?



We did all our stupid stuff before the invention of the internet, so there's no proof!

"At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all." - Ann Landers

**In The Mood: Retirement and Depression**

*(Information from the Endowment Fund Trustees...*

Feeling 'down', or 'blue' can be expected when we experience significant or unexpected personal losses. Therefore, everyone experiences 'the blues' now and then. These feelings are a normal part of life. However, many mature or older adults say they are "depressed" when they are really feeling sad. True clinical depression is severe enough to interfere with daily living, and differs from a temporary lack of emotional well-being.

Depression is NOT a normal part of life in retirement and old age. However, try as they might, a small percentage of older adults - regardless of wealth, health, or social status, - discover that they cannot find, or maintain emotional well-being in retirement.

Depression among older adults has not been well-diagnosed in the past, and estimates vary widely, depending on the population studied, and clinical definitions used. However, it is generally accepted that about 6-7% of community-based Canadian seniors are diagnosed with clinical depression, with higher incidence in institutional care facilities.

**Disengagement in Retirement**

Research published by the American Psychological Association in March 2020, asked if retirees may be more or less at risk, depending on their tendency to disengage from challenging activities that could provide a source of mental stimulation. Their study suggested that engagement with ambitions, tasks, and goals after retiring was found to mitigate losses of cognitive functions such as memory, reasoning and processing speed, especially in older women.

The study's authors said: "Our findings suggest not everyone who retires is at greater risk of cognitive declines. There are many opportunities to engage in mentally stimulating activities in retirement, such as reading or playing word games," he said. "However, personal agency and motivation may come to the fore at this stage of the lifespan since these activities often need to be self-initiated and autonomously maintained.

[The study was published in \*Psychology and Aging\* in March 2020.](#)



### To keep your mood elevated:

- **Spend time with friends and loved ones.** Meaningful relationships and a strong social network improve mental and physical well-being and longevity. Don't forget your furry loved ones. Having a pet has been linked to less stress and lowered blood pressure.
- **Accept your age.** People who maintain a positive attitude about aging live longer and may recover better from a disability. Aging is inevitable and learning to embrace it can make all the difference
- **Do things you enjoy.** Taking the time to engage in activities you enjoy will only fuel your happiness. Spend time in nature, pursue a new hobby, volunteer — whatever brings you joy.
- **Stay physically active** each day with the abilities you have.



Bonnie sent beautiful photos of her walks in B.C.

### April is Poetry Month -

#### The Measure, by Mary Oliver

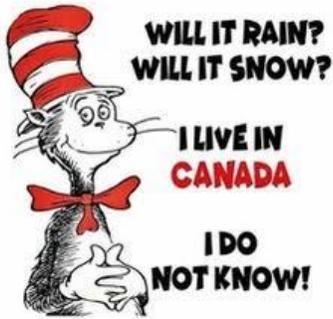
I stopped the car and ran back and across the road and picked up the box turtle, who only hissed and withdrew herself into her pretty shell. Well, goodness, it was early in the morning, not too much traffic.

Rather an adventure than a risk, and anyway who wouldn't give aid to such a shy citizen? Who wouldn't complete the journey for it, taking it of course in the direction of its desire; a pinewoods where, as I learned, the blueberries ripen early. Probably she had thought, in the middle of the night –  
- Ah, it's time.

think our own lives are watched over like that. Out of the mystery of the hours and the days something says – Let's give this one a little trial. Let's, say, put a turtle in the road she's traveling on, and, in a hurry. Let's see how her life is measuring up, that lucky girl. So much happiness, so much good fortune.  
Ah, it's time.



Gisela Meyer and her neighbours' have been able to enjoy some social activities in their building's common room.



## Gracie Sweetstory is back!



Scrabble and Wordle have done things to our brains. When it comes to the spelling of names, all handles broke lose. Recently my neighbours had a baby and everyone eagerly awaited not only his arrival but his name. Ever since Frank Zappa named his daughter MoonUnit we've been on edge. There's been a revival of names from yesteryear like Daphne and Violet and Abraham and Ezra. All bets were off after Gwyneth Paltrow labelled her daughter *Apple*. *Does not compute*.

For a time, it was trendy to name a baby after expensive things like Mercedes and Porsche and I know a doctor whose first name is Diamond. Once popular Billy and Johnny were replaced, according to Manitoba Vital Statistics, by Ethan and Ryan as top names five years running.

If you really want to have some fun, just forget to doublecheck your Spellcheck. This happened to church member, Heather. Or should I say Hearher? In her haste, the 't' became a 'r' in an e-mail she sent. Comments

back from a few recipients liked that she was "Hear her."

In thinking about her former students with American names likes Phoenix, Austin and Fargo, Heather decided to have a bit of fun Canadianizing her name to Heathre. "It's the Canadian spelling!" she'd say to anyone who questioned. "You know like centre." This is the sort of thing that happens when you've watched everything on Netflix during a long lockdown.

The nice thing about being of a certain age is that you can call everyone dear and not worry about getting their name right. And as for my neighbours - I call him Ray but my neighbours named their baby Sunshine.

I NAMED MY DOG  
'5 MILES'  
SO I CAN TELL  
PEOPLE "I WALKED  
5 MILES TODAY"



## DID I READ THAT RIGHT?

TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW

### In an office:

AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD

**Checking In** is edited by Lynn Clark for the Pastoral Care Team, First UU of Winnipeg. Don't forget to send her your suggestions for the next issue. *Thanks to Doug, Linda, Gisela, Bonnie, Heather and Marlene for their additions to this issue.*