



Senior Ministries Newsletter

April 2025



For information regarding Senior Ministries events or trips, or if a loved one is moving to a care facility, please contact Terri Hempstead at thempstead@springfieldfirst.org or 217-793-9760 x111.

In this world you will have trouble. But take heart! I have overcome the world. (John 16:33)



Join us for Springfield Municipal Opera's season preview at 2pm Monday, April 7, at Springfield First. Presented by Mary Beth Maloney, member of Muni Board of Trustees.

If we buy tickets early as a group, we will carpool or use the church van, and we may qualify for a discount.



Senior Speaker Series

Mon., April 28, 2pm, Atrium 4
Planning to age? What a strange concept! You make plans related to your life and for your death. But who plans to get old - older than you expected?! Melissa Coulter, elder care director at the Edwards Group elder law and estate planning firm, will share ways to plan for your best possible old age.

Mon. May 12, 2pm
Tai Chi, an exercise program especially suited for older adults, will be demonstrated by Dennis Afeld. Dennis is a certified Tai Chi instructor.

June date TBD
Investment scams and how to avoid them, presented by Steve Kirk.

Registration is not required.



Josephine's Tea Room - April 30

Please reserve your seat early. \$30 covers lunch and your seat on the church van (3 seats left). First 10 to register will ride in the church van; later registrants may car-caravan if Josephine's still has availability. Meet in the Atrium at 9am; return by 4pm. Reservations needed by April 17 at springfieldfirst.org/events or by calling 217-793-9760 x111.

Senior Fellowship (Ages 55+) Monthly on the second Thursday at 9:30am, April 10

Senior Fellowship hosts Laurel and Linda invite you to join them for a morning of tabletop games: Dominoes, cards, and whatever else you bring! Dorothy has planned a luncheon of Lasagna-Stuffed Chicken, Asparagus Pasta Salad, Green Beans, Garlic Bread, and Strawberry Shortcake Trifle.



We have an assisted parking ministry and we invite you to use it. It is staffed by wonderful volunteers from our congregation. The purpose of the ministry is to help those who have mobility challenges. Just pull up under the canopy at the east entrance to the Atrium/Sanctuary and wave. No reservation is necessary. Available 20 minutes before and 15 minutes after the traditional service every Sunday morning.

Springtime Birdwatching...

The Cardinal birds have already been seen perched upon the fence! This begins the season of mating, building nests to secure their eggs, and then introducing the newly hatched young ones to a whole new habitat. We welcome the fledgling Cardinals into the backyard! It's the rhythm of springtime in all its newness!



During this season, we have another notable species. A zealous Woodpecker. This feathered creature is not just content to passively "strut his stuff!" He creates a noisy spectacle called drumming. I refer to it as, "The Call of the Wild!" And he conducts this ritual at the highest point of the house - the fireplace chimney cap!

This overachiever repeatedly uses his beak to sound out a rat-tat-tat-tat in crushing decibels on the metal cover. This is especially piercing to the ears of those of us inside the house and standing too close to the fireplace opening! The goal of this ambitious undertaking is to persuade any prospective mates to come his way and get acquainted!

This backyard birdwatching reminds me how Jesus regards these feathered creatures. He uses them as an illustration of why we should trust God to supply all our needs. "Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to Him than birds" (Matthew 6:26, *The Message*).



"Look up at the birds!" Don't stew over life's circumstances or troubles. Praise and give thanks to the Almighty instead! The Father sees, knows, and provides for His children!

- Mike Keppler, Care Pastor

Follow Mike's weekly blog called "Serve by Design" at mjkministries.com.

The New Senior Ministries Logo!

Please be on the lookout for our new logo so you don't miss an event.



Memorial Health invites you to the following cancer support groups:

- Breast Cancer
- Prostate Cancer
- All Cancers

Call the Community Cancer Education Coordinator, 217-588-5392, for times, dates, and locations.

DEATHS

Please hold in prayer the family of:
Perry Hall 2/25

Arthur Burns, a brilliant economist, Federal Reserve Board chair, and adviser to several US presidents, attended a weekly prayer meeting at the White House. He was the only Jewish person among a room full of Christians. Therefore, he was never asked to close the meeting in prayer.

Eventually, someone who did not know his religious affiliation joined the group. The newcomer surprised the other attendees by calling Burns to offer the closing prayer. Without missing a beat, he joined hands with the others and said, "Lord, I pray that you would bring Jews to know Jesus Christ. I pray that you would bring Muslims to know Jesus Christ. Finally, Lord, I pray that you would bring Christians to know Jesus Christ. Amen." (*The Call: Finding and Fulfilling the Central Purpose of Your Life*, by Os Guinness)



Springfield First

A UNITED METHODIST FAITH COMMUNITY

FIRST UNITED METHODIST CHURCH
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WEEKEND WORSHIP EXPERIENCES

Sunday 9:00am Contemporary (CLC) 10:30am Contemporary (CLC) 10:30am Traditional (Sanctuary)