

Senior Ministries Newsletter

February 2026



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.

“Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.” (1 Thessalonians 5:15)

Is CARING your gift? Become a Caring Friend

Fruits of the Spirit include self-sacrificing love, patience, kindness, goodness and gentleness. If you have some of these, your giftedness is needed in our church's Caring Friends ministry.

Increasingly, members of our church are homebound or in senior residences. We are dedicated to continuing to serve and care for those "Golden" friends by introducing them to a "Caring" friend to keep them connected to our church.

Training, inspiration, and lunch will be provided to existing and new Caring Friends on Thursday, March 19. For more information about becoming a Caring Friend and an invitation to the luncheon, please contact Terri at 217-793-9760 x111 or Pastor Mike at 217-725-7321. Volunteers are needed. We hope to hear from you.

You care, YOUR way

No two Caring Friendships are alike! Each friend brings his or her unique gifts, skills, and preferences to their Golden Friend relationship. A friendship blossoms when the Caring Friend's gifts align with the Golden Friend's happiness and needs. Only two things are required: be a faithful friend and keep church informed. Possible ways to grow a joyful connection might include:

- Praying with & for your friend
- Reading scripture or devotions
- Watching the sermon online
- Delivering cookies
- Talking about their kids/grandkids
- Writing notes or cards
- Friendly phone calls
- Taking a walk; driving through a park
- Grocery shopping and errands
- Playing cards, games and puzzles
- Prepare and/or share a meal



Senior Fellowship

Thursday, Feb. 12, 9:30-12:30

Breakfast snacks, game time, and a hearty lunch of lasagna, green beans, salad and dessert: what a terrific way to spend a winter morning! Join friends for card games, dominoes, L-C-R, or bring your own game and a friend to play it with. Suggested donation \$8.

Reservations are needed by Monday, Feb. 9, for purposes of food preparation and room set-up. To register

- Leave a message at 217-793-9760 x111
- Email thempstead@springfieldfirst.org
- Register at springfieldfirst.org/seniors and click on **Senior Fellowship**.

Monthly Church History Class

Topic: The Reformation Spreads and Fragments
Thursday, Feb. 12, 1pm
Choir Room

Ash Wednesday is Feb. 18. All are invited to come for the Ash Wednesday service at 7pm in the Sanctuary.

Senior Speaker Series

How and why to talk to your adult kids about your money, assets, and intentions

Monday, Feb. 23, 1 pm
Atrium 4

A recent article in the AARP magazine profiled conversations between mature-aged parents and their middle-aged children regarding their finances and their wishes. While it may seem like an awkward conversation initially, the article said the younger generation is usually relieved when the parents broach the subject.

Our speaker, local financial planner Sarah Goleman, will share tips on how she has helped generations "break the ice." She has facilitated respectful conversations between elders and their adult children to ensure that surprises are minimized and wishes are honored.

DEATHS

Please hold in prayer the families of:

Sandra Kihn 12/27
Jimilee Patterson 1/19

A Rocking Horse Connection!

A couple of years ago, Ben, our Texas grandson, came for a visit before Christmas. He was wrapping up high school and contemplating his first year of college. Shortly after his arrival, we looked up and laughed as we saw his long legs straddling the rocking horse that has complemented the Texas décor of our family room most of Ben's childhood. I'm sure he cannot recall a time when it was not in its place in front of the French doors!



We didn't know, nor did we ask, what was on Ben's mind. But I can imagine several things: a "trip down memory lane," a specific connection with the past, or just a moment catching up with friends through a popular app on his smartphone.



What is it about movement and a familiar connection that is so relaxing and therapeutic? It can take our minds away to another place and relieve our stress. Ask someone who deals with muscle tightness or has arthritis. We think moving around is the hardest thing to do, but it becomes the key to increased flexibility and better physical, mental, and emotional health.

There is a spiritual component in movement, too. During this coming season of Lent, we will have an opportunity to move toward God through small group studies and worship experiences leading up to Easter. This may be the needed connection that refreshes. Be sure to listen to what God is saying, "I am about to do something new. See, I have already begun! Do you not see it?"

- Mike Keppler, Care Pastor

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



Springfield First

A UNITED METHODIST FAITH COMMUNITY
FIRST UNITED METHODIST CHURCH
2941 South Koke Mill Road • Springfield, IL 62711

WEEKEND WORSHIP EXPERIENCES

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