

SPECIAL EDITION

# The Alabama Baptist

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**JENNIFER DAVIS RASH**  
EDITOR-IN-CHIEF

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## THE NEXT AGING WELL SPECIAL EDITION WILL BE OCT. 3

Also, be on the lookout for articles in each issue.

Let us know what topics you would like to see covered by the Aging Well series.

Email [news@thealabamabaptist.org](mailto:news@thealabamabaptist.org).



## ABOUT THE COVER

Fred and Velma Saunders are enjoying their retirement years at a senior living community in Leesburg, Florida. (Photo by Pam Henderson/The Alabama Baptist)



# Rashional Thoughts

*By Jennifer Davis Rash*  
President and Editor-in-Chief

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🐦 [@RashionalThts](https://twitter.com/RashionalThts)

## Do our opinions truly lose value for others as we age?

**H**e's not the only one I've heard say it, but he states it so clearly and consistently that I sense the deep level of disappointment he feels.

"They just want us to sit down and shut up," he shares when asked about his impression of how retired folk are viewed by current leaders, especially those in church life.

Is my friend accurate in his assessment?

For those of you in that season of life, are you sensing a "time for you to get out of the way" mentality?

Another friend describes her encounters as "ageism" and argues it isn't isolated to those who are retired. She says she sees it happening well before the retirement years.

Does the concept of discrimination based on age look different for each of us?

Could one person's perception be the opposite of another's, merely because of different expectations, preferences, situations and needs?

I've also heard descriptions of some who are pushing back on their older constituency members with comments like "get on board or get out of the way." This type of response seems to come after resistance surfaces to a proposed new idea or major change.

However, we shouldn't see it as a negative when someone with more life experience urges us to slow down and focus on their questions.

It provides an opportunity to engage in thoughtful conversation to fully explain the idea as well as time to listen carefully to concerns raised.

Not everyone with concerns will actually voice what's on their mind, so when one person does, he or she becomes the representative for the full set.

We've typically used this concept in the newspaper industry with letters to the editor — one letter writer represents 100 readers.

Those of us currently in positions of leadership across a variety of industries and ministries — and those soon to be — likely aren't intentionally

seeking to insult or ignore the more experienced among us, but we can improve the situation immensely with a few quick steps.

### Helping the situation

**First**, we can implement a structure that ensures all stakeholders (and all age groups) are represented on committees, idea-developing teams, etc. We also can make sure their input is valued and respected.

**Second**, we can seek out mentors who are 20, 30 and 40 years older to use as sounding boards before we take our ideas public. Mentors need to be people who will be honest as they help you think through and around every new concept.

**Third**, we can fight the urge to ignore warning signs coming from those among our stakeholders and mentors, at least until we know we've made necessary adjustments to settle the concerns raised.

**Fourth**, we can expect the conversations from those raising concerns to take a lot of time and should plan accordingly. Scheduling enough time

to thoroughly discuss the topic and maintaining interest and patience will serve all parties well.

Also, plan to keep energy levels up by staying hydrated and munching on snacks during the conversation. For the extra long dialogue sessions, pause for stand-up breaks every 90 minutes or so.

### Mentoring young leaders

For those who sense you are being devalued because of your season of life, work hard to avoid becoming cynical. We need you to help guide the rest of us — with grace.

It's also important to be open to change when it truly is the best move for the greater good, even if it is an uncomfortable step personally.

Think about the example made when someone who prefers leaving things as they are says they will seek the Lord's help in not only accepting the situation but also praying for those who are leading in the new direction.

Learning to appreciate and value each other's contributions makes everything run smoother.

# ‘Lemonade’ friendship

BY KAREN O. ALLEN • THE ALABAMA BAPTIST

## Coping with mental illness: How to remain sweet when things get sour

**W**hat does it take to maintain a “lemonade” friendship? How do you remain “sweet” when things get “sour”?

Here are nine key elements that have helped me throughout my friendship with Sharon, who struggles with bipolar disorder. Many of these elements can be applied to any mental illness.

**1. Learn about the disorder.** Educate yourself as to the nature of the illness and become familiar with the onset of warning signs. Many local and national mental health resources,

such as the National Association for Mental Illness (NAMI), are available.

**2. Find your own source of support.** Support for the supporter is often neglected. By that, I mean there needs to be an outlet for the non-BPD friend. I have found that the best means of support is through verbal interaction. A sympathizing ear from a third party (e.g., friend, spouse, counselor, support group) goes a long way. However, be cautious of advice that suggests removing yourself from the source of distress. It is ultimately your decision to determine if the overall benefit is worth the heartache. For me, it was. Didn’t Jesus seek out the sick and the needy?

**3. Be realistic.** Some people with BPD can hold a job, while others have to go on disability. Intellect and a college degree do not substitute for social aptitude. That was a hard pill for me to swallow. Routine is a good thing for someone with BPD. Changing a routine, especially if it happens too fast, can create anxiety.

**4. Don’t ignore other important relationships.** Re-establish the priority of other relationships and roles with your bipolar friend.

**5. Remember, it’s not personal.** Hurtful words, anger and insults will occur but may not be recalled by your bipolar friend. Proverbs 19:11 says,

“A person’s insight gives him patience, and his virtue is to overlook an offense.”

**6. Don’t try to make sense of it.**

Trying to make sense of something irrational only leads to frustration. Reality can become distorted to someone with BPD, but it makes perfect sense to them at the time.

**7. You are not responsible for your bipolar friend’s recovery.** They are. This includes the management of medication, their environment and therapy.

You may, however, encourage healthy action and serve as an accountability partner.

**8. Take care of yourself.** Maintain balance in your own life.

**9. Include Jesus in the friendship.** This is the most important element by far. Pray together and engage in spiritual conversation. Allow Jesus to be the glue that sustains you both through every situation.

*EDITOR’S NOTE — Karen O. Allen is an author and writer based in Birmingham. She and her friend, Sharon, recently released a book about their friendship, “Outta My Mind, Into His Heart” and it’s available wherever you buy books. Read more from Allen at [ewerblessed.com](http://ewerblessed.com).*



ALLEN



Photo by Racool\_studio on Freepik

MAY IS MENTAL HEALTH AWARENESS MONTH.



Photo by Carrie Brown McWhorter/The Alabama Baptist

Alzheimer's is a progressive brain disease that impacts memory and other areas of life, but a diagnosis doesn't mean there can't still be moments of joy.

# Alzheimer's awareness

BY JENNIFER DAVIS RASH • THE ALABAMA BAPTIST

## Family members likely the ones to detect concerns, urge individual to seek treatment

Patricia Jumbo-Lucioni, an associate professor at Samford University's McWhorter School of Pharmacy, focuses her research on Alzheimer's in memory of her grandmother.

She also seeks to share what she's learning with others through her role as a community educator with Alabama Alzheimer's Association.

During an April 4 afternoon seminar hosted by Oaks on Parkwood, a Noland Health Services

continuous care community near Hoover in southwestern Jefferson County, Jumbo-Lucioni outlined 10 warning signs of Alzheimer's.

She also stressed the importance of early detection to best mitigate the progression of the symptoms.

"There's still no cure for Alzheimer's, but catching it early can help with quality of life," she said, noting Alzheimer's is only one type of dementia, but it makes up more than 50% of the cases.

"Alzheimer's is a progressive brain disease, impacting

memory and behavior, problem solving, thinking and feeling. ... It causes nerve cells to die, which leads to brain tissue loss."

### Warning signs:

1. Memory loss to the point it disrupts life, such as forgetting recently learned information or important dates, events or people.
2. Challenges in solving problems or following a plan such as recipes or monthly bills.
3. An inability to complete familiar tasks.

4. Confusion with time or place and understanding what is happening right now.

5. Trouble understanding visual images and spatial relationships, such as determining colors or judging distance. They might have trouble with balance.

6. Encounters new problems with words.

7. Constantly misplaces things and has lost the ability to retrace steps. Some-

times they begin accusing others of stealing or moving things around.

8. Decreased or poor judgment from what a person has typically done.

9. Withdrawal from work or social activities.

10. Changes in mood and personality, especially becoming easily agitated.

It's important to be evaluated if noticing these signs.

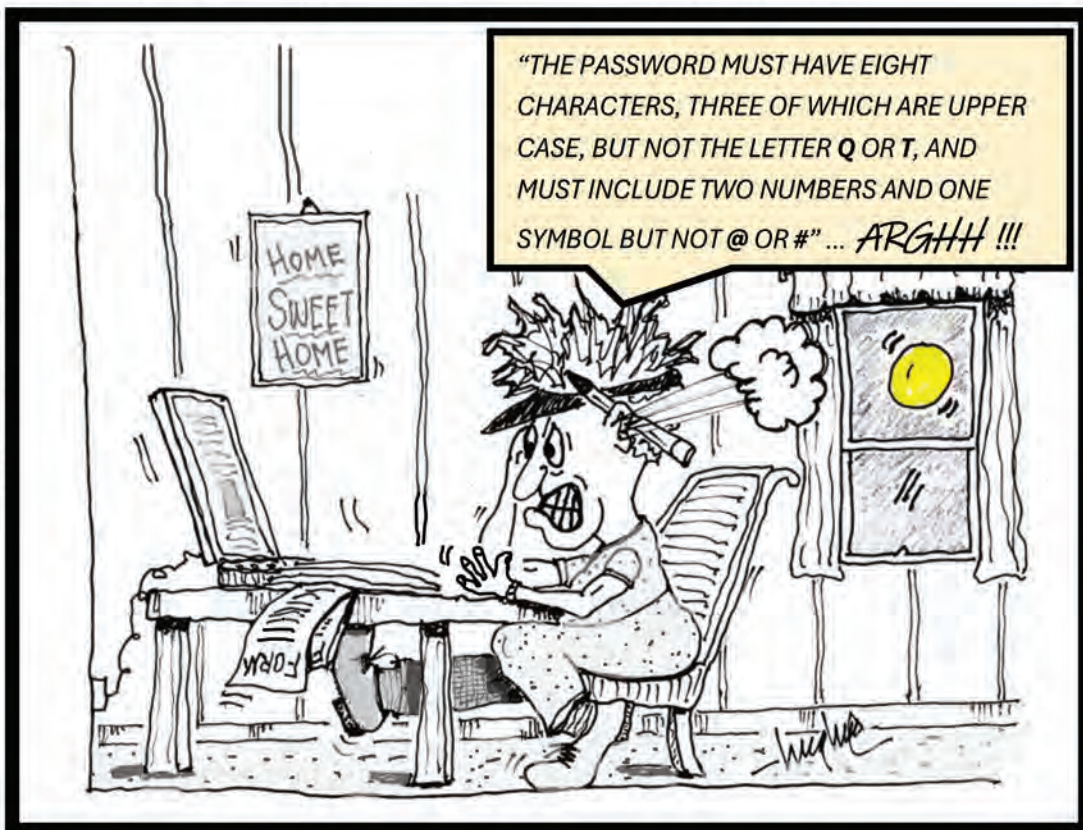
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JUMBO-LUCIONI

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### EXPERIENCING THE PASSWORD FOG



# God's goodness

BY JACKIE SHUMATE • SPECIAL TO THE ALABAMA BAPTIST



Photo courtesy of Jackie Shumate

## First person: God is good – even in the waiting, the silence and the tragedy

Just a little over four months ago, I said “goodbye for now” to my daddy. He was just 71 when his 25-year battle with heart disease ended. But the goodness of God and the gifts He provided during my daddy’s last few months are some I will always cherish.

Following the sudden death of my mother in an accident several years ago, my sisters and I, along with a team of medical providers and helpers, became dad’s caregivers.

Due to his heart condition, he had several medical devices that would alarm multiple times each day and medications that also required a lot of attention. God granted us a year without hospital stays which was a miracle in his condition.

My sisters and I learned how to help with the required tasks, but it was tiring and overwhelming at times. During drives to and from his home, I prayed for God to heal or take him home, to take away his anxiety and to give him joy again somehow.

### Washing feet

Since Dad couldn’t bathe and shower easily, one of my duties was to wash his feet and clip his toenails.

Most couldn’t or wouldn’t do this, but each time, I made the comment that my Jesus did it. He never hesitated. He served. Those intimate moments are some of my most cherished memories.

Dad continued to battle daily, and the hospital stays came more frequently. During a therapy session

with the team palliative care doctor, my dad opened up about how he was tired of fighting, yet he wanted to live to see his grandkids some more and see my husband’s deacon ordination.

His dying wish would be honored by God. The Holy Spirit was present at that ordination service. That day, “Leaning on the Everlasting Arms” was sung, and Daddy truly was “safe and secure from all alarms!” He made it through the service and lunch, and it was a joyful day.

Those alarms didn’t stop for good, however, and soon a new medication was added as a last resort. Within a few hours, he was a changed person. He had energy, and the alarms came less frequently.

During his last two months, he had joy and peace with God. I’m not sure if it really was the medicine helping or just God providing some goodness for us, His already grieving children. A man who had battled his faith and control most of my life had what I can only call surrendered to the Almighty One.

He had complete peace with God and was ready spiritually.

His last few phone calls were so fun. He would ask about us, the kids and life in general. He was able to do some yard work, and he talked about the future. Finally, it was not about death, dying and despair.

God gave us two months filled with joy, hope and beauty. His best friend even said how at peace he was and so close to God.



Photo courtesy of Jackie Shumate

Jackie Shumate shares lessons learned through the loss of her dad and his 25-year battle with heart disease.

When the end came, we held him while he breathed that last breath. We were there for one another like he was always there for us.

I often ask the question, “Why did mom have to go first?” We don’t have the answer, but perhaps it was to teach all of us just how much strength and endurance we have. Maybe it

was for Dad to get close to God and fully surrender.

Maybe it was to remind us that God is merciful. Maybe it was for reasons we will never see or know.

During his time without Mom, Dad would read his Bible daily and picked out verses to help him through the darkest days. One of those passages was 2 Corinthians 12:7–10:

“So to keep me from becoming

conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. Three times I pleaded with the Lord about this, that it should leave me. But He said to me, ‘My grace is sufficient for you, for My power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions and calamities. For when I am weak, then I am strong.”

### Looking for the good

I would hear him quote the passage, and he would text me about it. Those words were read at his funeral.

It’s easy to say God is good when life is good, but what about when it isn’t? When death hits or trials happen? Or when things aren’t going the way we want them to? Where is the good?

I am quickly reminded that it is always there — we just have to look for it. God works through the silence. He is working to fulfill His glory. He works to the good for those that love Him.

I share my story to remind me that even in the midst of trials, God is present. He is good — even in the waiting, the silence and the tragedy. Death is not the end, and I know that because I know Who holds tomorrow thanks to Jesus’ death, burial and resurrection.

# Helping loved ones

BY WILLIE BRUNETTI • SPECIAL TO THE ALABAMA BAPTIST

## Caregiving requires learning about the individual, programs, issues related to aging

Caregiving may be the most challenging job you will ever undertake. The caregiver must learn ways to explore the changing needs of their loved one in order to make the transition of care smooth and less stressful.

Caregiving is learning how to work with doctors and other health care professions. The medical team needs to understand you are a part of the team, and they need to seek your help and input in the care of your family member.

As a caregiver you need to understand the medical diagnosis, medications, the progression of the disease and the symptoms/indicators of the progression of the disease.

The caregiver needs to understand the health care system. Research the health insurance system: what is covered and not covered, co-pays and out of pocket expenses.

You need to understand the Medicare and Medicaid systems and the requirements for qualifications. You need to be prepared to ask questions and challenge decisions you feel are wrong.

As the caregiver, you need to research the finances and how and who will handle them. Know what to expect on the range of expenses related to prescription cost and insurance coverage. Research the costs of in-home care, including home modifications that may be required.

Research and compare the costs and availability of assisted living and skilled care in your area, as well as the Medicaid rules, resources and exceptions. Be aware of state laws and regulations on Medicaid, as each state manages its own Medicaid program, and regulations are different in each state.

Have a family meeting to review



Photo by freepik

the financial resources available and to discuss, if needed, who can help provide for those expenses. Research state and federal programs that can provide assistance.

### Housing care

Ninety percent of Americans over 65 want to remain in their own homes for the remainder of their days. However, mobility issues or chronic conditions, both of which will become more serious with time, might affect what kind of housing care they will need.

In many cases the private sector isn't an option for many older adults, and expenses add up. A long-term nursing care facility can cost as much as \$100,000 dollars annually (and in some cases, even more). A full-time home health aid costs an average of \$49,000 dollars annually. Medicare and other government programs provide only a fraction of

the cost of long-term care services.

There are also key legal issues that must be addressed. If the family hasn't discussed these issues and written them down, someone else will have the responsibility of deciding how to deal with your loved one's health care, finances and end of life issues. The key legal documents that need to be completed will help make critical decision ahead of the crisis. They include advanced directives for health care, powers of attorney, health care proxy or power of attorney for health care and HIPPA releases for family members. Each of these issues should be discussed

with an eldercare attorney. They know the ropes and state requirements for each of these issues.

### Making decisions

The caregiver and the family need to make medical treatment decisions. The decisions your family

may face at the end of life can be complicated and daunting. Questions might include:

▶ How does your family view the use of life sustaining technology (kidney dialysis, pacemakers, chemo and ventilators, for example)?

▶ What does your loved one think about using such intervention near the end of life?

▶ What does your loved one think about hospice care?

Some of the toughest conversations you will hold as a family may deal with end-of-life care, death and funerals. The answers to these questions are important and may surprise you. Ask your loved one what, if anything, frightens them about dying. Are they more frightened about death or about what the end of life might be? What kind of funeral service do they want? Do they want to be buried or cremated? Have they made any advanced arrangements?

Every individual has complex feelings about life and living, death and dying. Unfortunately, changes in one's health and abilities can lead a person into depression and an unwillingness or inability to cope with life and its many decisions.

As a caregiver, it is important for you to help your loved one deal with the stress and help them maintain a certain dignity in their lives.

Just as you needed your parents in childhood, your parents need you when they grow old.

*EDITOR'S NOTE — Willie Brunetti has a long history of being a family caregiver and leads seminars on the topic. He is a retired Air Force officer and holds a doctor of educational ministry from New Orleans Seminary. He is a member of First Baptist Church Meridianville, Alabama.*



BRUNETTI

# Stretching

BY LINNIE RUSSELL • THE ALABAMA BAPTIST

## Stewarding our bodies allows us to glorify God with the health He's granted

**M**any of us know that stretching exercises are part of our favorite sports and fitness programs. But even less physically active individuals can benefit from adding stretches to their daily routine.

Stretching helps the body stay active and mobile, said Nanci Berch, director of the Family Life Center at Heritage Baptist Church in Montgomery, a recreation ministry facility frequented by church members and community residents.

"I tell people, if you have five minutes, great! If you have 20 minutes, great!"

Fitness is a ministry for Berch, and she believes stewarding our bodies allows us to serve the Lord

both in and out of season, to "go out and spread His Word."

Stretching exercises are an important part of fitness and overall health, she said. Stretches help us keep living life to the fullest as long as we can. They also can make daily tasks easier; from grocery shopping to gardening, hoisting briefcases to hugging grandkids.

### Types of stretching

As we carry out our day-to-day activities, we rely on our muscles to elongate and move us through a wide range of motions. That's why stretching often and finding the right stretch routine are two of the best ways to promote our physical and mental wellness.

To understand the benefits of stretching, it's important

to learn about the principles of movement at play.

► **Dynamic stretching** — According to the Orthopedic & Sports Medicine Institute, dynamic stretching involves "controlled movements" that "prepare the muscles and other soft tissues" for any specific "upcoming activity by increasing muscle temperature and decreasing stiffness."

Dynamic stretches are the best way to start your day or warm up for exercise. They promote blood flow and activate dormant soft tissues (muscles, tendons and ligaments) by mimicking

the movements you'll be performing.

Some examples include standing kicks before a soccer game, lunges before a morning jog, or torso twists and leg swings before a long work shift on your feet.

► **Static stretching** — Static stretching involves maintaining a stretched position. When you stretch a muscle as far as you can and hold it there, you are lengthening that muscle to the furthest extent of its range of motion.

Over time, your range of motion will increase, allow-

ing for greater flexibility, improved mobility and healthier soft tissue.

Static stretches help us cool down and release tension after exercise or a long, stressful workday. They promote healthy blood flow to nourish and rebuild the muscles exercising breaks down.

Some examples include hamstring stretches, toe touches and shoulder stretches.

### Health benefits

**1. Prevent injury.** Why is flexibility so important?

When our muscles aren't

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Photo by Reid Foster

Participants in Nanci Berch's SeniorFit class at Heritage Baptist Church in Montgomery work on strength and balance in a group setting.

being stretched, they shrink and tighten, becoming dormant.

Trying to extend a dormant muscle can be dangerous because we're asking it to stretch further than is possible.

When we don't stretch before physical activity, we put ourselves at a higher risk of soft tissue strains and tears. Likewise, when we don't incorporate any stretches into our daily lives, we risk overextending our muscles.

Even the most everyday tasks can be demanding for our muscles. Something as simple as turning your neck the wrong way or tweaking your lower back can spell persistent pain.

## Chronic pain

**2. Relieve pain.** As the OSMI explains, "Short, tight muscles result in impaired movement patterns and compensation," which can lead to chronic pain in both soft tissues and joints.

When our muscles are stiff and weak, normal activities place extra wear and tear on our joints. Building back healthy muscles allows for more fluid and supple movement, taking pressure off those joints.

A focused stretch routine

can sometimes be the best pain relief for problem areas like the back, neck or shoulders.

**3. Release tension.** Melvenia Redding is a personal trainer and group fitness coach for the Jackson Wellness Center in Montgomery. She instructs a dedicated stretch class called "Stretch and Strengthen." Redding has often observed how clients come in with tense, aching muscles.

"Where you're feeling

tight, it's probably because you've trained your body in a position," she explained. Sitting for hours at a desk or computer, in front of a television or in the driver's seat of a car can lead to neck and back problems. To retrain your body and loosen up, you have to "work the opposite way to lengthen those muscles."

In practice, this may look like taking regular breaks from stationary tasks to walk around, stretch out

and get your circulation flowing. You can also perform simple seated stretches throughout the day, like overhead arm stretches. Many of us carry pent-up stress in our neck and shoulders, so rolling those out is a great way to relax and unwind.

**4. Reduce stress.** Stretching is one of the best methods of stress relief. It helps the body find a healthy balance when it comes to mental wellness and physical activity.

If we're always on our feet and rushing through the day, stretching helps us slow down. It gives us time to rest and reflect. Conversely, if our days tend to be more stationary, a stretch routine frees us to get out of our chairs and engage both mind and body in active movement.

## 'Stress reliever'

The OSMI reports that "stretching can lower blood pressure and improve artery function" like "a natural stress reliever." Heart health and stress management go hand and hand, and a regular stretching routine promotes both.

**5. Build strength and balance.** During Berch's group fitness classes, her students

use stretch exercises to build up power and balance. They "stretch with weights to increase bone density" and strengthen muscles. They frequently work on improving balance through stretches that shift their center of mass, take them "up on one foot," or bring them low to the ground.

Stretching also promotes strength and stability through held positions like squats, lunges and static poses.

**6. Keep active and mobile.** In her stretch classes, Redding aims to help students thrive both inside and outside the training room. "We do an active stretching where I try to mimic a lot of functional moves — functional for everyday activities that you do in your life."

But the benefits are more than physical, she said.

"With whatever health that He's given you, I think [stretching and exercise] are going to be honoring to Him. Because that's why we're here — to glorify Him in every way."

*EDITOR'S NOTE — Always seek the advice of a physician or other qualified health care provider before starting a new fitness routine.*



Melvenia Redding (left) leads participants in the "Stretch and Strengthen" class at Jackson Wellness Center in Montgomery. Redding says stretching can help people of all abilities increase flexibility.

Photo by Matt Gamble



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# ‘Rooted’

BY GRACE THORNTON • THE ALABAMA BAPTIST

## Stay ‘grounded in the gospel’ at every stage of life

If ever there was a time for God’s people to be rooted and grounded in the gospel, that time is now, said Daven Watkins.

Watkins, pastor of First Baptist Church Pelham, focused on this sort of “gospel grounding” during his sermon at the 2024 Alabama Baptist State Evangelism Conference, which was held at his church.

Preaching from 1 Timothy 1:12–20, Watkins gave four characteristics of a “gospel grounded” person.

### 1. Perpetual prayer of praise

The person who is gospel grounded has a “perpetual prayer of praise on their lips,” he said.

“Paul begins our passage by simply saying ‘I thank Christ Jesus’ ... that’s written in present tense, which implies that it’s a continuous action,” Watkins said. “I don’t think Paul ever got over being saved.”

### Always grateful

Paul seemed to always be aware of who he was before Christ, so thankfulness was a continuous, repeated action for him, Watkins noted.

“May you and I be people who never get over the fact that Jesus has saved us,” he said.

### 2. Continued amazement

In addition to gratitude, that posture should bring ongoing awe, he said. “The

person who is grounded in the gospel has a continued amazement that Christ saved even me.”

Sometimes followers of Jesus can get bogged down in the busyness of serving at church and take salvation for granted, Watkins said.

He encouraged his listeners to stop, remember and “just say, ‘Jesus, thank You. Thank You for saving me. ... You should’ve killed me, but You called me. You should’ve forsaken me, but You’ve forgiven me. You should’ve left me, but You’ve loved me.’”

He also encouraged them to remember the depth of their own sin — just as Paul did — as they try to have

patience with other believers who aren’t perfect.

### 3. Eruption of praise

Watkins said in verse 17, Paul erupts in exalting God — something all believers should do.

### ‘Glory and honor’

“It’s almost as if his sanctified pen explodes in praise,” he said.

“It’s kind of abrupt, isn’t it? It doesn’t really flow in the text.”

Watkins said good theology (the study of God) always leads to great doxology (the praise of God).

“So to this King, we give glory and honor forever and ever,” he said.

“There are times when there is an eruption of praise in my life and your life. When you stop and consider who Jesus is and what He’s done in your life, you just can’t help but praise the Lord.”

### 4. Surrendered to the Savior

“When we are grounded in the gospel, we live a life that is surrendered to the Savior,” he said.

Watkins said that showed in the way Paul handled his relationships and his pursuits. He was so “gospel obsessed” and surrendered to the Savior that he gave Him everything.

### Training others

“I think that Paul was gospel grounded. I think he was doing his very best to teach and to train his Timothy to be gospel grounded,” Watkins said, adding that Paul wanted Timothy to then train others.

“Why in the world would we live like that?”

“The only answer I can come up with is this — ‘my hope is built on nothing less than Jesus’ blood and righteousness,’” he said.



Photo by Dianna Cagle/The Alabama Baptist

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# Thinking digital

BY DENISE GEORGE • THE ALABAMA BAPTIST

## Ways to keep pace with technological advancements as a church

In the mid-15th century, Johannes Gutenberg invented the first true movable type printing press, making the mass production of books — including the Bible — possible. Before his printing press, Bibles and other books were written by hand or copied using wooden block printing, which was time consuming and costly.

The Gutenberg press, however, was met with initial reluctance among some church leaders who feared losing control over the interpretation of Scriptures when Bibles and other re-

ligious writings could be printed and distributed widely among laypeople. The printing press revolutionized literacy, spread new ideas and knowledge and put God's Word into the hands of every person.

### Today's internet

The invention of internet technology has been compared in its significance to Gutenberg's printing press. Internet technology has revolutionized communication, education, knowledge and business and has brought the entire world into close

community. Today there are 5.4 billion people — or 67% of the world's population — using the internet. Its influence extends to nearly every aspect of modern life.

A number of churches today, however, have been reluctant and slow to adopt technology for many reasons, including:

► **Distraction.** They are concerned that technology will distract from the core aspects of church life, such as worship and community engagement.

► **Expense.** Implementing and maintaining modern technology can

be expensive. Many churches, especially smaller congregations, can't afford it. "Many churches today are struggling just to pay the bills, so how and why would they buy the latest digital sound console or pay to have their websites rebuilt by a professional. ... There are other more pressing things that require money," said Chase Livingston, writing for ChurchMag.

► **Historical hesitance.** Churches have often been hesitant to adopt or even talk about new technologies. According to the website of Grace Theological Seminary in Winona Lake, Indiana, those churches worry it will "water down" the message of Christianity and change the way church is done.

► **Lack of leadership support.** If church leadership is not on board with bringing in new technology, then it is unlikely to be used.

There may be a lack of trust in new technologies, concerns about church safety and security issues or no felt need to implement it. Complicated new systems can be daunting to set up and learn how to use.

### Ways to use technology

Churches, both large and small, can use today's new technologies in a number of significant ways. Here are a few of them:

► **Enhanced worship services.** Church management software can streamline administrative tasks such as membership management, event scheduling, volunteer coordination and financial reporting, making them more efficient. Worship services can use live streaming to broadcast worship services, group Bible studies and

other special meetings online, reaching members who are unable to attend these functions in person. These are ideal ways to reach the homebound, elderly, ill, caregivers or remote members. Multimedia can enhance worship experiences with visual and audio elements, like displaying song lyrics, Bible verses and creative video clips.

► **Better communication.** Social media platforms can allow interaction with church members and the community, offering regular updates, event promotions and engagement in spiritual discussions. Emailed newsletters and text alerts can provide timely updates, words of encouragement and reminders for church events.

► **Online giving and tithing.** People who use digital payment methods can more easily tithe and donate money securely through cashless transactions. As of 2022, 89% of Americans used digital payments. They find digital payments faster and more convenient, more secure than cash transactions, more widely accepted by businesses and services and more accessible to a wider audience.

► **Education and discipleship.** Bible studies, discipleship courses, group seminars and other activities conducted online enable members to participate from anywhere in the world without commuting and disrupting regular work schedules. Podcasts and webinars offer additional resources to help members grow spiritually.

► **Outreach and evangelism.** Churches can reach people worldwide with sermons, testimonies and evangelistic content, proclaiming the gospel far beyond the walls of their church.

► **Church management and administration.** Church management software can streamline and make more efficient administrative tasks like membership management, event scheduling, volunteer coordination and financial reporting.

► **Youth and children's ministry.** Educational apps and online platforms can make learning about the Bible fun and interactive for the church's younger members. Virtual youth groups can provide a safe space for

young people to connect, discuss faith-based issues and have fellowship.

► **Counseling and pastoral care.** Online counseling platforms can offer a private and convenient way for members to seek spiritual guidance and emotional support from Christian counselors. Prayer request apps and websites can allow church members to share prayer requests and receive support from their church community.

► **Help for the disabled.** Assistive technologies, such as captioning for people who are deaf and hard of hearing or audio descriptions for blind or partially sighted people, make church services and events more inclusive.

► **Global missions and networking.** Virtual missions trips enable members to follow and participate in global missions without physical and financial constraints. Networking platforms make connecting with other churches and organizations worldwide possible for learning and collaboration opportunities.

Incorporating these technological advancements can enhance the effectiveness, reach and engagement of Southern Baptist churches in missions, ministry, evangelism and so many other ways.

### Getting started

For those who need a little help getting started, here are a few suggestions:

► **Start with the basics.** Assess what technology might benefit your church's ministry and begin with those basics. A simple way to start is by learning to use a computer and understanding some basic internet skills and social media platforms.

► **Use helpful educational resources.** You can find free tutorials on a wide range of topics using websites like YouTube. Follow technology blogs or websites for learning up-to-date information and tips.

► **Sign up for local workshops and classes.** Colleges and libraries often offer beginning courses in computer literacy. Check to see what training is available in your community.

► **Enlist help.** Find members of your church who understand technology and are willing to help and teach.

► **Seek professional assistance.** For complex tasks like setting up livestreaming or building a church website, hire a professional or consultant.

By learning how to implement technology in your church and doing it often, it will become second nature to you.

### Rules

When your church starts using technology to enhance your ministry and outreach, be sure to establish some commonsense rules, including:

► **Data privacy and security.** Ensure the security and confidentiality of your members' personal information collected through digital means. This maintains trust and complies with legal requirements of use.

► **Content.** Make sure all digital content represents your church's values and mission. This includes social media posts, online sermons and Bible studies, and all digital communications.

► **Accessibility.** Make sure everyone in your church has access to your church's digital resources. Provide captions for videos with audio descriptions, and make sure websites are easily navigable for those with vision and hearing loss.

► **Engagement and fellowship.** Use technology to highlight — not replace — real-world community engagement. Keep personal interactions, church attendance, activities and fellowship events intact for your church community.

► **Financial transactions.** If your church uses digital platforms for receiving donations or for financial transactions of any kind, provide transparency and accountability in handling those funds.

To learn more about using technology in your church, check out Hosted Church ([hostedchurch.com](http://hostedchurch.com)), a premium one-stop shop for your church or nonprofit to quickly get a website up and running without sacrificing quality and functionality.

Hosted Church is an extension of TAB Media Group and is especially dedicated to helping small to medium churches grow their web presence in the 21st century.

For more information, call TAB Media Group at 800-803-5201.



Photo by Dianna Cagle/The Alabama Baptist



Photo by iStock on Freepress

# Diligence needed

BY MICHAEL J. BROOKS • THE ALABAMA BAPTIST

## MinistrySafe attorney says Church can't be 'accidentally excellent' in preventing abuse

**A**ttorney Kimberlee Norris said there is no single legal issue affecting the church today more than child sexual abuse.

"We have 750,000 registered sex offenders in our country according to 2023 figures, and one in four females and one in six males has experienced abuse before the age of 18," she said.

Norris, a Fort Worth attorney and co-founder of MinistrySafe, directed a workshop at First Baptist Church Trussville on Feb. 20. The event was sponsored by the Alabama Baptist State Board of Missions.

### What can be done?

Norris said the child predator is skilled at grooming children — often economically or physically disadvantaged children — and convincing them that they both will suffer if the incident is reported and that they will be disbelieved.

Norris said churches can't ever be "accidentally excellent" in preventing child sexual abuse. Churches must do background checks for paid staff and volunteer workers with children



Photo courtesy of Alec Dixon

Attorney Kimberlee Norris, a Fort Worth attorney and co-founder of MinistrySafe, directs a workshop at First Baptist Church Trussville on Feb. 20.

and youth, but background checks alone aren't enough.

"Fewer than 10% of offenders encounter the U.S. justice system and can be identified with background checks," she said, "but this is a necessary step. Church staff and volunteers must have eyes to see and mouths to speak when they observe inappropriate behavior. It's not uncommon for us to hear, 'Now that you mention it ...' after a predator is identified. We must do a better job of being assertive and speaking up."

Norris said the two-adult rule is our "friend," and that church staff and volunteers

must put away cell phones and be attentive to the children under their care at all times.

### Mandated reporters

"Our attitude must be 'not my kids and not on my watch,'" she said.

A special concern she ad-

ressed is mandatory reporting of alleged abuse.

Ministers are "mandated reporters" under Alabama law and must report all reasonable allegations of child neglect or sexual abuse, Norris noted. She believes soon every adult will be designated mandated reporters.

"The law is going in this direction," she said. "If they're paid by us, wear our name tags or volunteer in our ministries, they're responsible to care for our children."

Norris said the law doesn't require notifying parents or giving them veto power over reporting since sometimes parents ask that a report not be filed to protect the privacy of their children.

"When in doubt, report," she said. "If the child is not

in danger, I recommend the parents be notified when a report has been made. Reporters have civil and criminal protections and can't be sued in good faith."

Norris recommends that a report be given to the Department of Human Resources or law enforcement

immediately and that the report be followed up with a written statement.

Then the church must allow law en-

forcement to do their investigation.

SBOM offers Alabama Baptist churches a one-year scholarship in MinistrySafe for \$50. Membership includes job application and reporting forms, suggested guidelines and training videos.

For more information about MinistrySafe, contact Lee Wright at 334-613-2241 or [lwright@alsbom.org](mailto:lwright@alsbom.org).

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# Not 'if' but 'when'

BY TRACY RIGGS FRONTZ • THE ALABAMA BAPTIST

## New book offers guidance for navigating safety on the internet and social media

**T**hey are everywhere. And they are everywhere online. Your child — no matter where they are, if they have any access to anything internet-based — they are potentially targeted by predators,” said John DiGirolamo, speaker, anti-human-trafficking advocate and author of “It’s Not About the Predator: A Parent’s Guide to Internet and Social Media Safety.”

In “It’s Not About the Predator,” DiGirolamo shares very straightforward information about keeping vulnerable populations like children, teens or the elderly safe.

“I like to tell people that you can be making dinner at home, in the kitchen, and your child is sitting there at the kitchen table, and the predator’s in their pocket, which is how one of-ficer described it to me. A dangerous predator could be targeting their child right in front of them. Anything can be happening if that phone is connected to the internet,” DiGirolamo said.

Social media sites like TikTok, Snapchat, Twitch and Discord are obvious places where an adult can connect inappropriately with children. However, even parents who are very proactive in making sure their children don’t visit dating or unsuitable websites can easily miss ways these predators operate.

One woman shared with DiGirola-

mo how a Fitbit was the vehicle for contact. A predator posted workouts online, which opened the door to chatting with her 15-year-old daughter. Other “innocent” sites include online games such as Minecraft or Fortnite.

“It’s not a matter of ‘if;’ it’s only a matter of ‘when,’” DiGirolamo said.

Even when parents diligently monitor what their children do online, one problem with having that feeling of safety is how easily it is for teens to find workarounds. In the past, if children wanted to do something outside of their parents’ consent, they had to be creative.

Times have changed.

“It’s really easy for kids to figure that out,” DiGirolamo said. “Go to YouTube and type in ‘What do you do if you have strict parents?’ You’ll find thousands of teenagers who made YouTube videos telling other teenagers how to circumvent parental controls.

“Today’s young people are like no other generation. They have literally grown up with the internet. Online friends are equivalent to those they see in real life. They have goals of having thousands of friends and followers on their sites.”

Meanwhile, predators are chameleons and will often set up profiles

that match your child’s interests. When your child has that many online “friends” it can be easy for someone to sneak in under a false identity.

“It’s Not About the Predator” lists in detail what to look for in how predators work, as well as specific techniques to assist in identifying them before it’s too late.

DiGirolamo has one overall piece of advice.

“You, as the parent, should be controlling any application that’s downloaded on your kid’s phone. You

can do that through parental control apps.

“The second most important thing is to monitor what’s going on with their Snapchat stories or text messages they’re getting from friends or enemies or ‘frenemies’ from their school.

“The third thing is just to have that awkward conversation with your child about why you’re concerned and the dangers that are out there. It’s always been difficult to grow up, but what’s happening is we’re seeing cyberbullying at the middle school level. Don’t wait. Start early talking to them.”

DiGirolamo also brought up a common misconception that only girls are victimized.

“If you have a son, you still have to be just as diligent,” he said.

DiGirolamo included a bonus

chapter about scams against the elderly. Just the opposite of the teens who live online, the elderly often aren’t very tech savvy, which makes them just as vulnerable. He included common cons and recommendations of what to do about each.

### Human trafficking

Before “It’s Not About the Predator,” DiGirolamo wrote “It’s Not About the Sex: True Stories of Human Trafficking from a Law Enforcement Officer, a Survivor, a Brothel Madam and an Advocate,” which is an eye-opening resource for those who need to hear behind-the-scenes accounts of this horrible crime.

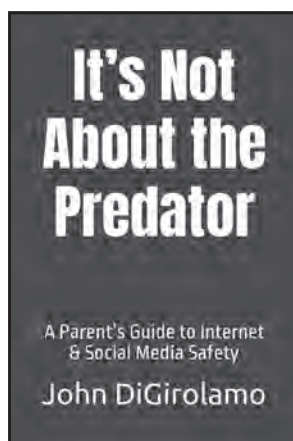
Though written in a story format, all portrayals are based on what actually happened to the four individuals highlighted, whose names are Ronald, Jessica, Jenelle and Angela.

Ronald is in a law enforcement task force that deals with human trafficking. Jessica was on the other side as an escort, porn star and brothel madam. Jenelle is an advocate who mostly works with young teens who need immediate help. Angela is a human trafficking survivor. Regarding Angela’s story, DiGirolamo noted, “Although most people

who read the book haven’t been trafficked, I think anybody who’s gone through a difficult time and needed healing, needed to forgive someone in their family, would resonate with that story.”



DIGIROLAMO



To learn more about John DiGirolamo’s anti-trafficking efforts and his books, go to [itisnotabout.com](http://itisnotabout.com).

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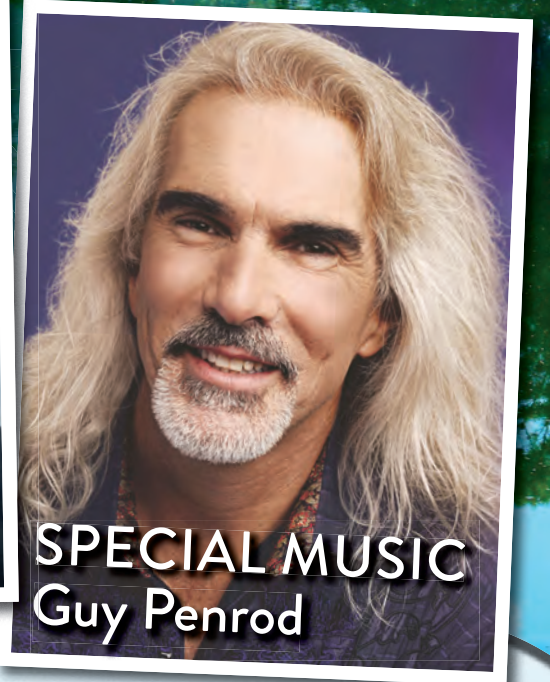
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*This event is made possible by gifts of Alabama Baptists through the Cooperative Program.*

# Alabama news

## OBITUARIES

### RALPH WINDLE

Ralph Windle, who served as a pastor in Pickens Baptist Association and other locations for several years, died March 26. He was 82.

As a teenager, Windle felt a call to preach and became a pastor after working as a history teacher and coach at Pickens Academy in Carrollton. He served at West End Baptist, Aliceville; First Baptist Church Aliceville; Arbor Springs Baptist, Reform; Mount Vernon Baptist, Curry; and Mount Zion Baptist Church, Columbus, Mississippi, where he retired. After retirement, he also served as pastor of two churches near his home — Morgan Chapel Baptist, Sturgis, Mississippi, and Calvary Baptist, Columbus.

Windle was a graduate of Howard College (now Samford University). He earned his master's degree at Southwestern Baptist Theological Seminary in Fort Worth, Texas, and served several churches in that area while completing his studies.

He is survived by his wife, Ann; daughter, Leigh Ann; two grandchildren; and three great-grandchildren.

### AUTAUGA ASSOCIATION

► **Calvary Baptist Church, Prattville**, will host movie night April 20. Presented by Drive-In Ministry, the free showing of "War Room" will begin in the yard with singing at 7 p.m. followed by the movie at 8. Dave Burns is pastor.

### BLOUNT ASSOCIATION

► **Pleasant View Missionary Baptist Church, Holly Pond**, will host a Sunday night singing April 21, 5 p.m. Guest group "Bloodline" will sing. Earl Harper is pastor.

### CHEROKEE ASSOCIATION

► **Chad Foshee** (shown here with his wife Robin) is the new pastor of **Nazareth Baptist Church, Centre**. He has a bachelor's degree in physical education and a master's degree in special education from Jacksonville State University; and an education specialist certification from the University of West Alabama, Livingston. Foshee works at Armuchee Elementary School as a special education teacher. He served as youth pastor at Shiloh Baptist Church,



Photo courtesy of Chad Foshee

Clanton; pastor of Mount Carmel No. 2 Baptist Church, Maplesville, and New Prospect No. 2 Baptist Church, Centre; interim pastor at Enon Grove Baptist Church, Cedar Bluff; and children's pastor in Georgia.

### DALE ASSOCIATION

► **Dennis Tew** (shown here with his wife Cheryl) is the new interim pastor of **Pleasant Grove Baptist Church, Ozark**.



Facebook photo

### ELMORE ASSOCIATION

► **Liberty Baptist Church, Tallassee**, will celebrate 100 years May 5, 10 a.m. The church was organized May 11, 1924, and met in a one-room schoolhouse on the current site. The celebration will include singing, reflection, speakers, memories and photographs, followed by a worship service at 10:45 with guest speaker Ronnie Smith. Lunch will be served. Lance Houlton is pastor.

### MADISON ASSOCIATION

► **Rick Stone** recently retired as worship pastor of **Whitesburg Baptist Church, Huntsville**, and celebrated 52 years in gospel ministry.

Stone holds a master of religious education degree from Southwestern Seminary and a bachelor of church music degree from Samford University. He began his ministry at an early age singing with his brothers. He served as the minister of music at Ridglea Baptist Church, Fort Worth, Texas;



Photo by Rebecca Stone Brooks

First Baptist Church Tampa, Florida; and FBC Jacksonville, Florida.

He then spent 15 years as a traveling music evangelist doing concerts, revivals and crusades, including two Billy Graham crusades and appearing on the 700 Club. He and his brothers re-formed their singing group, The Stone Brothers, basing the ministry out of Huntsville. They appeared with many well-known Christian musicians, such as Sandi Patty and Larnelle Harris.

Stone led worship at three SBC annual meetings; two state Baptist conventions; and for Henry Blackaby at The Cove, Asheville, North Carolina.

Stone later returned to church ministry, serving as minister of music at FBC Jonesboro, Georgia; FBC Birmingham; and Whitesburg.

Whitesburg pastor Darryl Craft (left) commended Stone (center) for his leadership during the recent church service that honored Stone.

An afternoon reception was held for Stone and

his wife, Rosemary. The Stones have three children and four grandchildren.

### SAND MOUNTAIN ASSOCIATION

► **New Home Baptist Church, Pisgah**, will hold Spring Camp Meeting 2024, April 21–24. The speaker is evangelist Garrett Fitch from Minford, Ohio. The Sunday morning service, 10:30 a.m., will be held in the church's sanctuary. The evening services will be held at the New Home Bible Camp, 8059 Alabama Highway 71, Henagar: Sunday, 6 p.m.; Monday–Wednesday, 6:30 p.m. David Smith is pastor.

### SHELBY ASSOCIATION

► **Todd Young** is the new executive pastor of **First Baptist Church Pelham**. He has a bachelor of science degree in education and church recreation from Samford University, and a master of arts degree in religious education from Southwestern Seminary. Young served as a discipleship pastor of Summer Grove Baptist Church, Shreveport, Louisiana, for the last 10 years. He was minister of administration/associate pastor of education and activities of Forest Hills Baptist Church, Nashville, Tennessee; and minister of youth and activities of First Baptist Church Natchez, Mississippi. He and his wife, Amy, have two daughters. Daven Watkins is pastor.



YOUNG

► **Fourmile Baptist Church** will celebrate its bicentennial homecoming May 4. Roger Chambers is pastor.

► **Southcrest Baptist Church, Bessemer**, will host the Joyful Hearts trio from Cullman, May 4 at 6 p.m. Doors open at 5 with food available for purchase. For more information, call 205-425-9991. Scott Bush is pastor.

### OTHER

► **David George**, who recently retired as president of the WMU Foundation, will serve as interim director of engagement for the Alabama Baptist Children's Homes & Family Ministries. In this role, George will provide encouragement and coaching to the engagement specialists serving this ministry across the state. ABCH is under the leadership of Rod Marshall.

► **Chris Woodall** is a new church engagement specialist with the **Alabama Baptist Children's Homes & Family Ministries**. He previously served as pastor of Pinckard Baptist Church.

► **Brookwood Baptist Health and Right at Home in Home Care & Assistance** are sponsoring a health, resource and job fair for veterans April 25 at Vestavia Hills Civic Center, 2–6 p.m. For more information, email [duffy@rahsouth.com](mailto:duffy@rahsouth.com) or call 205-500-6388.

## UPCOMING EVENTS

sponsored by the State Board of Missions



Photo by Dianna Cagle/The Alabama Baptist

# Meet Frank Jones

Meet Frank Jones, state missionary and senior adult strategist for the State Board of Missions.

Frank is no stranger to Alabama Baptists, having led senior adult events for many years.

You might also recognize him from his years of playing the piano for the state convention annual meeting, something he's done for more than 15 years.

For the past three years, he's been serving at the SBOM on a contract basis, but he's excited to be in a more perma-

nent role that will allow him to be even more involved.

"The events we offer are designed for senior adults to be encouraged and experience great fellowship with other senior adults," Frank said.

He also plans events that help leaders be better equipped for senior adult ministry. (Read more about upcoming events on page 19.)

"My objective is to get churches to embrace their senior

adults more than ever and for younger staff to learn from them," he said.



JONES

## May 5 is Senior Adult Sunday

This special day provides a great opportunity to express appreciation to the senior adults in your church for their service to God and recognize their contributions to the work of the church.

If this date is not good, consider choosing another date to honor the seniors in your church.

For more ideas to help you plan your time of recognition, visit [alsbom.org/ministries/senior-adults](http://alsbom.org/ministries/senior-adults).

## TAB CLASSIFIEDS

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For more information call 205-870-4720, ext. 200, or email [ads@thealabamabaptist.org](mailto:ads@thealabamabaptist.org). To place an online classified ad for \$9.99/month, visit [thealabamabaptist.org/classifieds](http://thealabamabaptist.org/classifieds).

### CHURCH POSITIONS

#### SENIOR PASTOR

Mt. Zion Baptist Church in Alexandria, Alabama, is seeking a full-time senior pastor. Interested candidates should send resumés and correspondence to: [Pastorsearch@mzbcblife.net](mailto:Pastorsearch@mzbcblife.net)

#### PASTOR

FBC Shawmut, Valley, Alabama, seeking traditional pastor. Sunday and Wednesday services. Centrally located between Auburn, Alabama, LaGrange and Columbus, Georgia. Submit resumé to: [sfbc.psc@yahoo.com](mailto:sfbc.psc@yahoo.com).

#### PASTOR

Silver Run Baptist Church in Seale, Alabama, located in rural Russell County, is seeking a pastor that the Lord would have to serve here. Resumés may be sent to: P.O. Box 8, Seale, AL 36875, ATTN: Kenny Harris.

#### PASTOR

Mt. Zion Baptist Church in northwest Chambers County, Alabama is seeking a bivocational or full-time pastor to guide a rural community with an eager variety of age groups. Email resumés to: [mtzionpsc24@gmail.com](mailto:mtzionpsc24@gmail.com) or contact Reid House with questions at [reid36862@gmail.com](mailto:reid36862@gmail.com).

#### BIVOCATIONAL PASTOR

New Life Baptist Church located in Bay Minette, Alabama, is seeking a bivocational pastor who will unashamedly preach the Word of God. Resumés will be received until April 30. Please email resumé/profile to: [newlifebaptistch@att.net](mailto:newlifebaptistch@att.net) or mail to: Pastor Search Committee, 15011 Glasgow Lane, Bay Minette, AL 36507.

#### BIVOCATIONAL PASTOR

New Market Southern Baptist Church located in northeast Madison County, Alabama, is seeking a bivocational pastor. A man called by God, who will be a caring biblical shepherd for our church family. A man who holds to the full inspiration and authority of the Holy Scripture. Submit resumé to: [scnmbc@yahoo.com](mailto:scnmbc@yahoo.com) or New Market Baptist Church, P.O. Box 128, New Market, AL 35761.

#### BIVOCATIONAL MINISTER OF MUSIC

Taylorville Baptist Church, Tuscaloosa, Alabama. The minister of music plays a pivotal role in developing and promoting a highly vibrant music program. Responsible for planning, organizing and conducting a comprehensive music ministry, with a

commitment to the church vision of "loving God, loving others, and reaching the lost." This position is responsible for leading theologically sound worship and creating an atmosphere where God is glorified. Interested applicants should email Krista Collins ([kcollins@taylorvillebaptist.org](mailto:kcollins@taylorvillebaptist.org)) for a copy of the position description. Competitive salary. To be considered, please email a cover letter, resumé and three references by April 30.

#### BIVOCATIONAL WORSHIP LEADER/CHOIR DIRECTOR

East Gadsden Baptist Church is seeking a bivocational worship leader/choir director. If interested, please email at [eastgadsdenbaptist@gmail.com](mailto:eastgadsdenbaptist@gmail.com).

#### PART-TIME MUSIC MINISTER

Vincent First Baptist Church is prayerfully seeking a part-time music minister. We have a choir of all ages and great attitudes. We need someone serious about the Lord and His Kingdom, not job hunting. Please call Pastor Robbie Weems 205-617-1277 or email resumé to: [weems1969@aol.com](mailto:weems1969@aol.com).

#### STUDENT PASTOR

Maplesville Baptist Church seeks student pastor. Email [Pastorb@maplesvillebc.org](mailto:Pastorb@maplesvillebc.org) for job description, salary and application details.

#### CHILDREN'S MINISTRY DIRECTOR

FBC Headland in Headland, Alabama, is seeking to fill the children's ministry director position. The children's ministry director is responsible for planning, implementing and evaluating for the church a comprehensive ministry for children ages birth through fifth grade (preschoolers and children). The job description is posted on the church website [www.fbcheadland.com](http://www.fbcheadland.com) under the menu button under the "Job Openings" tab. Please send resumés to: [info@fbcheadland.com](mailto:info@fbcheadland.com).

#### INTERNS

Oak Bowery Baptist Church in Ohatchee is seeking interns for youth ministry and children's ministry. 256-892-3711 or email: [drsamfordham@gmail.com](mailto:drsamfordham@gmail.com).

### OTHER POSITIONS

#### SALES ASSISTANT

Reliable Signs is hiring for a part-time sales assistant. For more information and to apply, visit [ReliableSigns.com/careers](http://ReliableSigns.com/careers).

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### TRAVEL/VACATION

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#### LOG CABIN RENTAL

Lake Guntersville area, beautiful view and fully furnished. Discounts to ministers. Log on to [www.paradisevista.net](http://www.paradisevista.net) to see pictures. Call for reservations at 205-540-3600.

### MINISTRIES

#### PENNPPOINT COUNSELING

Dr. Romeo Penn is a licensed clinical pastoral counselor/therapist. Dr. Penn serves those in need of pre-marriage, marriage and relationship counseling, as well as those struggling with grief depression, anxiety, fear and anger. Visit his website at [pennpointcounseling.com](http://pennpointcounseling.com) to learn more. Dr. Penn also recently published his first workbook, "R.P.T. Therapy: Rejoice. Prayer. Thanksgiving." It is available for purchase through Amazon.

#### SAMFORD MTI

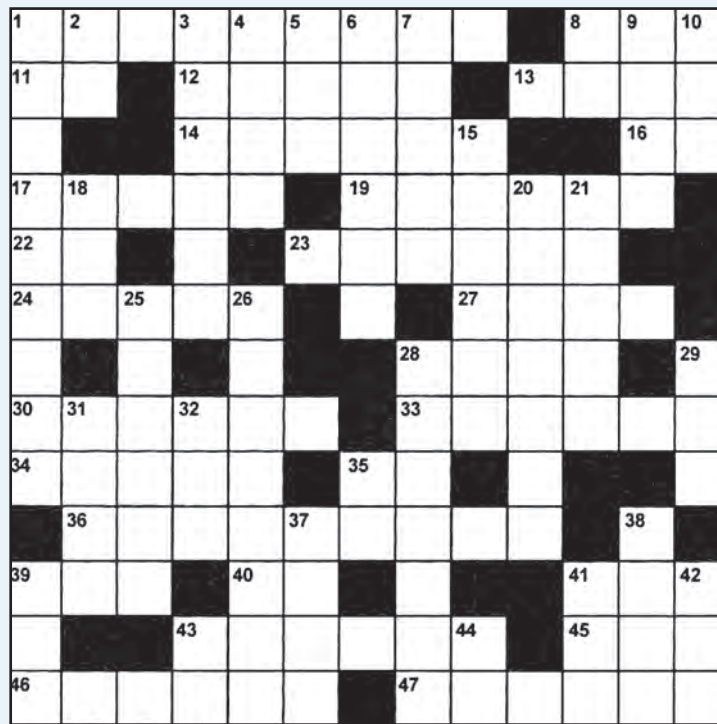
The Ministry Training Institute at Samford University exists to equip Christians to be leaders in their churches and communities through theological education and practical ministry training. Education opportunities exist through the institute's vast extension network and robust online certificate curriculum. Find more information at [samford.edu/programs/ministry-training-institute](http://samford.edu/programs/ministry-training-institute).

# CHRISTIAN Crossword



**ACROSS**

- 1. Thou shalt plant \_\_\_\_\_. (Deut. 28:39)
- 8. Standeth in \_\_\_\_ of thy word. (Ps. 119:161)
- 11. House \_\_\_\_ God. (Gen. 28:17)
- 12. More recent.
- 13. Once more; in a different way.
- 14. Scottish language.
- 16. Let your communication \_\_\_\_\_, Yea, yea. (Matt. 5:37)
- 17. Opposite of over.
- 19. Bays or coves.
- 22. Have \_\_\_\_ other gods before me. (Ex. 20:3)
- 23. Give to him that \_\_\_\_\_. (Matt. 5:42)
- 24. Characteristic.
- 27. Thou are \_\_\_\_ great. (Ps. 104:1)
- 28. Nothing more than.
- 30. Gather the \_\_\_\_ of Israel. (Ex. 3:16)
- 33. Stubborn.
- 34. More uncommon.
- 35. \_\_\_\_ lib.
- 36. Heavenly.
- 39. A time to rend, and a time to \_\_\_\_\_. (Eccles. 3:7)
- 40. Nay.
- 41. My days \_\_\_\_ fulfilled. (Gen. 29:21)
- 43. Courtyard.
- 45. Trodden under foot of \_\_\_\_\_. (Matt. 5:13)
- 46. In the middle of.
- 47. The hearts of the people \_\_\_\_\_. (Josh. 7:5)



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**DOWN**

- 1. One who works freely.
- 2. \_\_\_\_ my people, which are called by my name. (2 Chron. 7:14)
- 3. In the wilderness of \_\_\_\_\_. (1 Sam. 24:1)
- 4. \_\_\_\_ of jubilee. (Lev. 27:17)
- 5. Stand in \_\_\_\_\_, and sin not. (Ps. 4:4)
- 6. Take pleasure in.
- 7. Neither eat nor \_\_\_\_\_. (Esther 4:16)
- 8. \_\_\_\_ angel of the Lord. (Luke 1:11)
- 9. Spider homes.
- 10. Save one little \_\_\_\_ lamb. (2 Sam. 12:3)
- 15. Cunning.
- 18. Thou, \_\_\_\_\_, thy son. (Ex. 20:10)
- 20. But the righteous into life \_\_\_\_\_. (Matt. 25:46)
- 21. Number of Noah's sons. (Gen. 6:10)
- 25. Brother of Simon Peter.
- 26. Raging floods.
- 28. Small amount.
- 29. Breach for breach, \_\_\_\_ for \_\_\_\_\_. (Lev. 24:20)
- 31. Put it on a blue \_\_\_\_\_. (Ex. 28:37)
- 32. Snakelike fish.
- 35. \_\_\_\_ home in the body. (2 Cor. 5:6)
- 37. Every bird of every \_\_\_\_\_. (Gen. 7:14)
- 38. Eat of the \_\_\_\_ of life. (Rev. 2:7)
- 39. Resort area; gym.
- 41. Quantity. (abbr.)
- 42. The \_\_\_\_ of all things is at hand. (1 Pet. 4:7)
- 43. In the year of our Lord.
- 44. As for \_\_\_\_ and my house. (Josh. 24:15)

All Bible verses are KJV unless otherwise specified.

## Especially for Senior Adults

### SALT Training coming in August

An exciting event for senior adult pastors/ministers, ministry leaders and team/committee members is planned for you to attend either Aug. 20 or 22.

SALT (Senior Adult Leadership Training) is a one-day event for leaders to equip themselves for meaningful ministry to senior adults. Senior adult ministry must be more than potluck meals and a program. SALT will provide skills for leaders to be more effective in ministering to senior adults in your church and community.

There are two dates from which to choose: Aug. 20 at Northbrook Baptist Church in Cullman or Aug. 22 at Evergreen Baptist Church in Conecuh County. Both events begin at 9:15 a.m. and will conclude around 2:45 p.m. Session topics will include "Senior Adults on Mission" and "Shepherding Senior Adults." Music and entertainment will be presented by Skip Lowery, retired minister of music at First Baptist Church Alexander City.

The event is free and includes breakfast snacks and lunch.

Registration is required for this event, and names of each participant are requested.

Register at [alsbom.org/salt](http://alsbom.org/salt).

### Abundant Living

Mark your calendar now for this free one-day event for Alabama Baptist senior adults. It will take place Oct. 24, at Meadow Brook Baptist Church in Birmingham from 9:30 a.m.–3 p.m. Registration is not required but is suggested, especially for groups. The event will feature the preaching of Daniel Wilson and Charles T. Carter, with music provided by New Ground. Pre-service and congregational music will be led by Frank Jones. Lunch will be on your own from 11 a.m.–1 p.m. For more information, visit [alsbom.org/abundantliving](http://alsbom.org/abundantliving).

### Fall Senior Adult Singin's

Frank Jones will be your host in leading your group in a time of "singing the old songs." There is no cost to attend. Choose between Sept. 10, at Central Baptist Church in Decatur or Sept. 17 at Rehobeth Baptist Church in Houston County. Both events are from 10 a.m. to noon. Visit [alsbom.org/singin](http://alsbom.org/singin) for more information.

**For more information about these and other senior adult events offered through the State Board of Missions, contact Frank Jones at [fjones@alsbom.org](mailto:fjones@alsbom.org) or 334-613-2221.**

# EXPLORE THE BIBLE

## Sunday School Lessons

By Ben Stubblefield, Ph.D.

Visiting assistant professor of Christian Studies, University of Mobile



### For April 21

#### RENEWED Genesis 35:1–15

##### Get Up! (1–4)

After Jacob's release from Laban, we would think he should travel directly back to Bethel, where he heard God's promise (28:15). Instead, he crosses into Canaan and settles just 20 miles from Bethel in Shechem (33:18) and spends about a decade there.

The effects of this obvious half-obedience are disastrous — the disaster with Dinah, the massacre of the Shechemites and the desecration of circumcision. Jacob's family has become "odious" among the surrounding tribes, and he worries now about their survival (34:30).

It is at this moment that God tells him to get up and do what he was supposed to do in the first place — sojourn to Bethel.

It is a pilgrimage of sorts — one in which Jacob instructs his people to put aside any vestiges of sin, idolatry and contamination. Jacob takes the lead and disposes of the unholy articles under an unknown tree in Shechem.

Sin is like kudzu, which we've got plenty of throughout Alabama. Start with a small patch, leave it unattended and in a little while, it will totally take over.

Jacob had fallen short of Bethel by 20 miles and that sin brought consequences. Pretty soon there was a mess on his hands — one that only a radical recommitment of his life to the Lord could resolve.

Our lives need daily renewal and reconsecration. And if we're not in a faithful habit of tending to the little sin weeds in our lives, they will take over like kudzu. Perhaps your life has been overtaken by the consequences of a rebellious life. For you, like Jacob, it's not too late for renewal.

##### Build (4–8)

Jacob's large troupe caravaning through Bethel would have been an easy target for enemies interested in taking vengeance

for the Shechemites. But they did not pursue Israel. In fact, "a terror from God" came upon the surrounding cities, such that Jacob's family passed through to Bethel unharassed.

It's a fascinating turn of events. While Jacob was in disobedience, his family had wealth but also all kinds of trouble. Now, obediently casting aside a large portion of their gains, they are experiencing a supernatural peace.

The parallel for us is identical. Jesus does not promise an easy way, but He does leave us His peace. Truly there is no greater confidence a believer can have than in knowing he is walking in righteousness before the Lord.

##### Renewed (9–15)

Jacob experiences a theophany during which God promises Jacob that He will use his family to fulfill the Abrahamic covenant. In fact, the parallels between God's promises to Abraham and Jacob are very nearly reiterations. There's a name change, a promise of fruitfulness and multiplication, the use of the name "God Almighty" and the mention of nations and kings.

Jacob's protection since his escape from Esau, his time with Laban and his sojourn to Shechem had to be a powerful affirmation that God keeps His covenant.

As the story of Jacob's life in Genesis begins to fade into the story of Joseph, there must have been a rock-solid belief that the Lord would preserve and flourish His people.

I once heard someone say that past behavior is the best predictor of future conduct, and I think that's right. People can change, but we often expect tomorrow what we've seen yesterday.

Praise God, then, that we have "El Shaddai" — God Almighty — who has been faithful throughout history. He's proven Himself in the past, which means I can trust Him for my future.

### For April 28

#### DREAMER? Genesis 37:5–8,18–28

##### A Dream (5–8)

Our study now takes us from the narrative of Jacob to Joseph, but we'll see some repeated patterns emerge in our section: the folly of the younger brother, the favored younger brother and the bitterness of the older brothers.

Joseph's dream was real and prophetic of what was to come (42:6). Perhaps he was naive and did not expect his brothers to respond with jealousy, but they certainly did.

Verse 7 contains the third mention of the brothers' hatred, suggesting an escalating intensity.

It's not abundantly clear that Joseph was in full control of pride, but the text does suggest that Joseph enjoyed being enjoyed. While it was not right for his brothers to hate him, it is fair to see how sin begets sin.

My family talks about this all the time, namely about how interconnected all our relationships are and about how we impact each other in direct and indirect ways for good or ill. It's amazing how a kind word, a moment of mercy, a simple apology can stop the cycle of sin. And it's incredible how a harsh word, a moment of nastiness, an accusation can intensify it. I wonder how different the story would have been if the brothers forgave Joseph or if Joseph had repented from the behavior that infuriated them.

##### A Plot (18–22)

As the brothers see Joseph approaching "from a distance," they begin to conspire fratricide and desecration. But Reuben, perhaps trying to recover his father's good graces after the Bilhah affair (Gen. 35:22), dissuades the rest from bloodshed and convinces them to put Joseph, alive, into a pit.

Anger is a powerful emotion. It

overwhelms and rules us, such that we say and do things we'd never do in our right mind. Here, the brothers are plotting the sin of Cain, the rule of the serpent — to cast down what God has exalted.

Church folks are not exempt from the temptation of jealousy, anger and hate. We all feel the surge of that emotion welling up within us from time to time. It wants to rule over us, but, as God told Cain, we "must master it" (Gen. 4:7).

##### A Pit (23–28)

The brothers set upon Joseph, strip him of his cherished clothing and cast him into the pit. The mob evidently has worked up an appetite. And while their intent for Joseph is to starve him to death, they "sat down to eat" (25). We know that they heard cries, distress and pleading from Joseph, but they remained focused on the task of murder (Gen. 42:21). As the Midianites (a non-covenant people) passed by, they hauled away Joseph, naked and hopeless, to sell him into slavery in Egypt.

It would be reasonable to think that Joseph wanted vengeance upon his traitors. It's hard to imagine the shame, betrayal, exhaustion, anger and survival instincts he would experience in the coming months. As we journey with Joseph in our study of Genesis, we should start to see some parallels to the ministry of our Lord. His countrymen, like Joseph's, hated His fatherly favoritism; His fellow Israelites held Him in a pit, stripped Him of His clothes and pawned Him for silver.

But also far beyond the mercy Joseph will later show for his brothers, Jesus will provide a path of salvation, hope and mercy for the very ones for whom and because of He suffered. I'm thankful for the Son of Abraham, who went down into the pit for me.

***"Shed no blood; throw him into this pit here in the wilderness, but do not lay a hand on him."***

Genesis 37:22

# BIBLE STUDIES FOR LIFE

## Sunday School Lessons

By James R. Strange, Ph.D.

Professor of Biblical and Religious Studies, Samford University



### For April 21

#### SHARING CHRIST Matthew 28:18–20; 2 Corinthians 5:16–21

In our second lesson on being an authentic church, we read passages that talk about one of the Church's most important ministries: making disciples.

#### Christ commissioned us to make disciples as we go through life. (Matt. 28:18–20)

Matthew reminds his readers that aspects of Jesus' life and ministry resemble parts of Moses' life and ministry. One such resemblance is the Sermon on the Mount of Matthew 5–7. As Moses received the Torah (the law) on Mount Sinai and delivered it to the children of Israel, so Jesus assembles His disciples on a mountain and teaches them.

When He delivers His final teachings in this Gospel on a mountain, we learn that Jesus is superior to Moses in five ways.

First, whereas Moses was never worshipped, Jesus is worshipped by His disciples.

Second, Moses had great earthly authority over the children of Israel.

To Jesus, however, has been given "all authority ... in heaven and on earth." (See Dan. 7).

Third, although Jews baptized converts, they did not baptize in the name of the Father and of Moses and of the Holy Spirit. Instead, it is the Son who participates in the Trinity.

Fourth, Israelites instructed people to obey the Torah of Moses, but Jesus tells His disciples to teach new disciples "to observe everything I have commanded [the first disciples]."

Finally, Jesus is with His disciples "to the end of the age."

There is another key difference. Like Moses, Jesus focused His ministry on the Jews, but now He tells the 11 to "make disciples of all nations." That is, the 11 are to minister to the Gentiles.

The Great Commission of the Church includes both evangelism

and discipleship, instructing those whom it baptizes how to be faithful followers of Christ.

#### We have been given the ministry of reconciliation. (2 Cor. 5:16–19)

In 2 Corinthians, "we" and "us" usually refer to Paul and Timothy, whereas "you" (plural) refers to the Christians in Corinth.

Paul and Timothy no longer regard anyone from a human point of view because those who live in Christ "no longer live for themselves, but for the One who died for them and was raised."

"If anyone is in Christ" is a typical Pauline understatement.

Paul means, "Many are in Christ!" God's new creation is therefore already here, if not yet fully realized. Still, to the best of their abilities, those who are in Christ begin living now as they will live in God's Kingdom. This is all the work of God, who reconciled Paul — a persecutor of the Church — and Timothy to Himself and to whom He gave the ministry of reconciliation. Paul and Timothy preached the good news that, through Christ, any transgressor could be reconciled to God and begin living in the new creation.

#### Our responsibility as Christ's representatives includes calling others to repentance and faith in Christ. (20–21)

It was because of this reconciliation that Paul and Timothy became "ambassadors for Christ." They appeal to the Corinthians to be reconciled to God and then remind the Corinthians that they (Paul and Timothy) have "become the righteousness of God" — that is, the means of preaching God's righteousness — because Christ, who knew no sin, became sin for their sakes. Paul and Timothy say more by implication. If Paul and Timothy were reconciled to God so that they could preach God's righteousness, then the Corinthians should do the same when they are reconciled to God.

So it is with the Church today.

### For April 28

#### GROWING IN CHRIST Colossians 1:9–14; 21–29

Today we study our third lesson in a series on being an authentic church. For our purposes, an authentic church does what God wants the church to do, both among its members and in its relationship to society.

Paul often addressed this topic when he dealt with issues in congregations, even those he had not visited. This was the case with the church at Colossae, which was about 124 miles west of Ephesus in what is now Turkey.

#### We can help one another grow in godly character and be fruitful. (9–14)

Paul and Timothy introduce the metaphor of the fruit-bearing and growing gospel in Verse 6. In Verse 10, Paul and Timothy apply the metaphor to the Colossians themselves. The authors hope that they "walk worthy of the Lord" as they too bear "fruit in every good work" and grow "in the knowledge of God."

Although they have not been to Colossae, Paul and Timothy heard from Epaphras about the Colossians' love, and Paul and Timothy began praying that they would know God's will.

Naturally, doing what God wants begins with knowing what God wants, but the human will must then be conformed to God's will. This is why Paul and Timothy also pray for the Colossians to have "all wisdom and spiritual understanding" and that they would be "strengthened with all power," that they "may have great endurance and patience."

The authors prayed for these gifts because the impediments to doing God's will were substantial. After all, Paul was in prison because of his ministry and surely, knowing that the Colossians would some-

times fail, Paul and Timothy comforted them by reminding them that they had "redemption, the forgiveness of sins" from God's Son.

#### We can help one another stand firmly grounded in Christ. (21–23)

Paul and Timothy return to this idea after an interlude on the nature of the Creator and the Son and the implications for creation.

Last week, we read in 2 Corinthians that God gave Paul and Timothy the ministry of reconciliation through Christ's death. In Colossians, Paul and Timothy say reconciliation encompasses all creation (v. 20).

The faith and hope introduced at the start of the letter now appear as anchors to hold the Colossians "grounded and steadfast" based on the beloved Son's act of reconciliation — His death on the cross — even while they were "alienated and hostile in [their] minds as expressed in [their] evil actions."

#### We can help one another reach maturity in Christ. (24–29)

Although Paul hasn't met the Colossian believers, he was commissioned "to make the Word of God fully known" to the Gentiles. Paul calls this ministry "the mystery hidden for ages and generations now revealed to His saints." Jews have known God's plan because of passages like Genesis 22:18, but the Gentiles have not.

Acts 17:27 tells us they had some innate knowledge of their need for God, but "the glorious wealth of this mystery, which is Christ in you, the hope of glory," eluded them.

This is the hope that has now been revealed to them.

This is the Christ whom Paul and Timothy proclaim. This is the same hope, the same Christ, that the Church proclaims today.

***"We have not ceased to pray for you, asking that you may be filled with the knowledge of His will."***

# WORD search

- |              |             |            |
|--------------|-------------|------------|
| ADAPTABILITY | FOCUS       | PEACE      |
| AGILITY      | GRATITUDE   | RELAXATION |
| BALANCE      | HAPPINESS   | RENEWAL    |
| CARE         | HARMONY     | RESILIENCE |
| CLARITY      | HEALTHINESS | SERENITY   |
| ENDURANCE    | HYDRATION   | SLEEP      |
| ENERGY       | JOY         | STAMINA    |
| EXERCISE     | MINDFULNESS | STRENGTH   |
| FITNESS      | MOTIVATION  | VITALITY   |
| FLEXIBILITY  | NUTRITION   | WELLNESS   |

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 F O C U S W E L L N E S S N E  
 C Y G R E N E Y T I L A T I V

*"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer."*

PSALM 19:14

# Lass WORDS



**BY KEN LASS**  
The Alabama Baptist

## DEVOTIONAL THOUGHTS

### It's important to 'be ready'

**T**he other day I went into our basement to retrieve a tool when something caught my eye.

There it was, tucked in a dark corner, cobwebs connecting it to the drywall — a SnowSport Torpedo sled. Seeing it brought a smile to my face. We bought it in 1993 after that historic snow-storm that dumped 13 inches of the fluffy, white stuff on our suburban Birmingham home.

At the time our kids were ages 9 and 7 and so excited about playing in the snow. There were some hills close by, and neighborhood kids were using everything from cardboard boxes to plastic wrap in an effort to slide down the slopes.

#### Pleasantly shocked

I vividly recall going to a local store called Herb's Hardware, which no longer exists. We were just hoping to find a saucer or something similar that might work. We were pleasantly shocked to see a good old Northern-style wooden sled with metal runners on display. We bought it immediately, and the kids were the envy of the neighborhood when they brought it to the hill.

After a few days, the snow melted away, of course, and the sled retired into a remote corner of the basement garage, waiting for action when the next big snowfall arrived.

Thirty years have passed. My kids are now approaching middle-aged adulthood and have

young children of their own, children who, to the best of my knowledge, have never had the chance to play in significant snow. We're still waiting for that next major snowfall.

#### Still brings joy

The sled has never been used again. It has been sitting in that corner for more than three decades. Still, seeing it every once in a while brings me joy. There's no telling when or if the next heavy snow cover will happen in these parts. But when it does, I rest secure knowing we are prepared. There will be no cardboard boxes for my grandkids. The SnowSport Torpedo stands ready.

Life can get stormy sometimes. Being ready is important there too. Really important. We need to be ready for the storms of adversity that we will all face, those storms that only God can calm. Don't let your Christian walk lay stagnant in a dark corner gathering cobwebs. Unlike the next snowfall, hardship could arrive anytime, anywhere, without warning.

Get to know Jesus now, because facing adversity unprepared could be very tough sledding.

### MEET THE AUTHOR

*Ken Lass is a retired Birmingham television news and sports anchor, and an award-winning columnist for numerous publications and websites.*

# MEDIA REVIEWS

By Tracy Riggs Frontz

The Alabama Baptist

## Former missionary's mental health journey becomes ministry to others

**M**onths after a mom of four and former missionary to Turkey wrote a short, to-the-point suicide note, she sat on her porch and contemplated every word of what could have been the last thing she ever wrote.

"I could either write a short note of despair or a whole book of hope," Julie Busler thought at the time. Now Butler, an author, speaker, Bible teacher and mental health advocate, has concentrated her energy on helping others find the hope that she found after two hospitalizations, therapy, medicines and a renewed focus on God's Word.

In her book, "Joyful Sorrow: Breaking Through the Darkness of Mental Illness," Busler shares about her struggle with depression and undiagnosed trauma.

### Struggle with depression

It was during her time in Turkey when she was with her husband and family that she made a plan to end her life.

"You can't pretend forever, so I had this breakdown and was hospitalized and then moved home. I was rehospitalized in America and I felt like, 'God's done with me. There's no place for me in ministry.' Some-



Facebook photo

one in the Church verbalized that I was unsuitable for ministry, and I believed him because of the depression," Busler said.

"I just didn't understand how someone who struggled like I did could be used by God."

During the time of healing, Busler kept a journal even though she felt so broken. It took about a year before she was ready to communicate her story. It was at that point that she realized the sections of her journal could be chapters.

"Maybe these lessons that brought me to life could be used to help someone else," she said.

She is still amazed at how the Lord showed up during her time in the psychiatric hospital in America.

Three different times Psalm 23 was repeated to her — once by a fellow patient, once by some women who came to visit her and even the doctor, who said, "Julie, have you ever read Psalm 23?"

At the time, she believed that her brain was so broken that she

couldn't hear God. "I later realized that if mental illness could block the voice of God, then He's not God. Jesus said the sheep know the Shepherd's voice.

"It was so miraculous to me that even when I was at the lowest point in my journey where I felt that God had absolutely abandoned me, that even in a psychiatric hospital, He made Himself known," Busler said. "It's not that I prayed enough; I didn't even have a Bible.

"But He was showing me that the Word of God is not bound and yes, God's presence is in the Church and at Bible studies, but it was also very much there, in that psych ward."

There was another reason for her to put those lessons into a book that could be shared with others. When she got back to America, she didn't find any books like "Joyful Sorrow." She and her husband had no idea where to go.

They decided to serve at a local church where Busler joined the

planning committee for their annual women's event. Busler had been too ashamed to tell the ladies why she and her husband were home.

The committee wanted three women to tell their stories. Busler knew that she should be one of them but "fought God for a good 30 minutes in [her] chair." She wasn't going to do it.

### 'Not the only one'

Busler finally surrendered and told them that she could share about being in a psychiatric hospital. She was surprised that the women all thought it was a good idea.

After the event, "People were just like, 'Me too! Me too! Oh, my goodness! I'm a pastor's wife, and if you were a missionary and could struggle, maybe I could struggle too.' The overwhelming response made me think, 'Oh, my goodness. I'm not the only one.' All these people, they're acting as if I'm the first one to tell them, 'It's okay to love Jesus and even be in ministry and still struggle,'" Busler said.

Busler really wants others to know that God doesn't expect everyone to be perfect, and He doesn't want them to be ashamed of mental health struggles but instead to be dependent on Him. She learned that she can be human and God will sustain her no matter what she's going through.

"There's beauty in our weakness. That's all over Scripture. I don't know why so many of us feel that we have to have it all together. God uses us in spite of that," she said. "For me, it's worth it to feel awkward."



BUSLER

### EDITOR'S NOTE

Reviews of films, books, music or other media that appear in TAB are intended to help readers evaluate current media for themselves, their children and grandchildren in order to decide whether to watch, read or listen. Reviews are not an endorsement by the writer or TAB Media.

To find Busler's book and other mental health resources, visit the compassion ministries tab at [wmu.com](http://wmu.com).



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# Aging Well

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