

Episcopal Senior Ministries
Parish Senior Ministries of the Month for 2007

January

St. George's, Washington, DC - "Seniors on the Go"

The Rev. Vincent Powell-Harris, Rector, Frances Jones and Louise Young (parish contacts) keep the "Seniors on The Go" program active and involved. Recently, they have been on a bus trip to shop in Annapolis, dinner at restaurants, and much more. The "Seniors on The Go" program started twenty years ago under Martha Johnson. It was known as the "Senior Club" and was a chartered club under the National Council of Senior Citizens. Currently, the "Seniors on The Go" are 15 members strong and meet on the 2nd Tuesday of the month. Programs are run with the assistance of dues from the members of the group. There are occasionally small fees that may be included for travel trips.

If you would like more information about this Parish Senior Ministry, please call the church office at 202-387-6421 or e-mail churchofc@stgeorgesdc.org

February

St. Philip's Baden in Brandywine, MD

The Rev. Velma Wooten-Brock, Rector, and Carrie Weaver (parish contact) are key to several outreach programs. Most of these programs are operated by seniors in the parish in the form of a Senior Ministry.

St. Philip's Senior Van assists seniors with transportation to medical appointments, recreation, and church. The Transportation Committee meets monthly to review operations and the budget. St. Philip's receives an operating grant from ESM to cover part of the cost of the transportation program. Last year, they received \$4,000 from Prince George's County Council and raised additional support through fundraisers held at the church. Together with Greater Baden Medical Center, St. Philip's hires a part time dispatcher. They have been fortunate to have retained the same driver since the program's inception. Annually, the Committee conducts an evaluation by asking the riders to critique the service. The results are outstanding. The 10th Anniversary of the service was celebrated on November 19, 2006.

St. Philip's House opened in February of 1993 and is a licensed assisted living home for seven seniors. The house was started by the parish and the community with financial aid from the Prince George's County and a low interest mortgage from the State. Seniors at the parish continue to volunteer to help the residents and the operations of the home.

St. Philip's Seniors prepare and deliver food to the needy and elderly through "Feed My Sheep". The Church obtains an annual stipend from Prince George's County which covers the cost of the food. The volunteers do the rest. The program serves 45 to 50 people on an ongoing basis.

If you would like more information about this Parish Senior Ministry, please call the church office at 301-888-1536.

March
Calvary Episcopal Church, Washington, DC

The Rev. Vaughn P. L. Booker, the Assistant Rector and Dr. Estelle Taylor, Parish Contact, are key to the success of the Calvary Seniors. The Senior Ministry meets the 2nd Monday of every month. 55-60 senior members of Calvary usually attend. A special program is planned for every meeting. Guest Speakers have included representatives from AARP, Meals on Wheels, Assisted Living Facilities and other community resources. Other speakers have addressed health and legal issues including nutrition and eye health and wills and estates.

Some of the monthly programs may be of a musical nature as well. Entertainment is a popular request for the Senior Ministry Meetings. A meal is also served at each of these meetings. The basis of the program is for a spiritual uplift, encouraging wellness, and improving the quality of life for the senior members. In November, members over 90 were presented a certificate of appreciation and a copy of the book titled "Elder Grace: The Nobility of Aging." Ten members were honored. Members pay \$10.00 in dues for the year to help sustain the ministry and private contributions are also welcome. The ministry is broken in to groups and each group takes turns planning the meetings and programs. Each group consists of eight or nine people and has a coordinator. The Calvary Seniors also acknowledge the birthdays of each member.

If you would like more information about this Parish Senior Ministry, please call the church office at 202-546-8011.

April
St. Alban's Super Sixties, Washington, DC

St. Alban's Super Sixties offers an educational and recreational program for seniors. "Supers" gather for lunch and other activities such as art, bridge, knitting, exercise and Tai Chi in Satterlee Hall. There are many opportunities for volunteers. Super Sixties meets weekdays from 9 am-1 pm. The program is sponsored by St. Alban's, IONA Senior Services, and the DC Office of Aging.

Phoebe's Circle

"Phoebe's Circle is a Super Sixties knitting project for the benefit of those in need in Washington, DC. The Circle gathers to knit hats, scarves and mittens that are purchased by parishioners to include in their SOME Christmas Shoebox Gifts. All proceeds benefit the Crossroads Shelter. The Circle meets every Tuesday morning from 9:30 to noon to knit, chat and support each other's work. Needles, yarn and patterns are provided. Knitters of all abilities are welcome, or come and learn to knit.

These are just two of the wonderful programs at St. Alban's. Be sure to check out the "Opportunity Shop" which is primarily staffed with Senior Volunteers (80 of them) from St. Alban's. All of this is accomplished because of the support from The Rev. Scott Benhase, ESM Parish Contact Sallie Lewis, the clergy, staff, and volunteers of St. Alban's.

For more information, contact the church office at 202-363-8286.

May
Grace Church, Silver Spring's Strolling Seniors

Parish contacts Treva Alston and Marjorie Johnson work to keep seniors moving at Grace Church. Rector, The Rev. Janice M. Robinson and Assistant Rector, The Rev. Eric A. Anderson, are very supportive. Started in 2003, David Roethel, now deceased, was the original leader. Marjorie Johnson, a former teacher, decided to take the lead. She organizes trips for the seniors and they have have traveled to: the White House each December, the C&O Canal, Toby's Dinner Theater, museums, shopping, and much much more. There is a charge for some of these trips, but the cost is minimal. Watch out...the dust you see is from the van carrying these strolling seniors to new adventures and destinations. For more information call the church office at 301-585-3515.

June
St. Andrew's Leonardtown Seniors

The seniors at St. Andrew's are involved in several different outreaches in the community and are more likely to be offering the helping hand than asking for it.

The Thrift Shop is run by Anna May Richardson and Lynn Duff (seniors) and is staffed by seniors as well. Proceeds from the Thrift Shop go directly to the church fund. Senior members of the parish do the "Christmas in April" project every year and Parish Contact, Arthur Standing is starting a new project with Episcopal Senior Ministries to bring educational programs to the Seniors at the parish. Senior members Arthur and Vera Standing and Louise Snell also take the Eucharist Service to Cedar Lane Senior Apartments once a month for the last eight years. Vera Standing offers bible study at the Ripple Center, a daycare center for the aging, every two weeks. Jena Johnson is the outreach chair and keeps the seniors busy with all kinds of volunteer opportunities. The Three Oaks Center, supportive housing for homeless individuals and families, is supported by the seniors at St. Andrews. They gather food and deliver it to them once a month. The seniors also knit "prayer shawls" for the needy. This is all made possible with the support of their Rector, The Rev. Paula Robinson.

All of these activities keep the seniors very busy in Southern Maryland. Who said retirement was about rest and relaxation? ... For more information, call the church office at (301) 863-2374.

July

55+ Group at the Episcopal Church of the Transfiguration

The 55+ Group at The Episcopal Church of the Transfiguration in Colesville, Md is lead by Episcopal Senior Ministries Council Member and Parish Contact, Lois Holliday. She is supported and assisted with this ministry by her Rector, The Rev. Carla Thompson.

Approximately 25 seniors, aged 55 and older, meet monthly on the 2 nd Wednesday in the parish hall. The 55+ members join with a senior group at St. Stephens Lutheran Church located one mile south of Transfiguration and other area church peers for fun, fellowship, and great food. Together, they have a brown bag lunch and enjoy an activity at every meeting. Activities include bridge, a speaker, local trips, movies, and discussion groups.

For more information on the 55+ Group, contact the church office at 301-384-6264 or visit their website at <http://www.transfig.org> or E-mail: church@transfig.org

August

Redeemer Seniors - Church of the Redeemer, Bethesda

This senior ministry is lead by Episcopal Senior Ministries Council Member and Parish Contact, Moses Middleton. He is supported and assisted with this ministry by his Rector, The Rev. Susan Burns.

The group of 10-16 seniors meets monthly on the 2nd Thursday. Members have enjoyed everything from outings, movies, discussion groups, speakers, and lunches for the last 13 years. They enjoy the fellowship and camaraderie of their peers. Recently, they went on an outing to Longwood Gardens in Pennsylvania to see the flower gardens. They also enjoy trips to Brookside Gardens in Wheaton to see the Butterfly Exhibit.

The group breaks for the summer months and then heads back out to the streets for sightseeing in September. Where is the next scheduled trip? You'll find them at Mount Vernon. Members pay their own expenses and utilize carpooling as their mode of travel.

For more information on Redeemer Seniors, contact the church office at 301-229-3770 or visit their website at www.redeemberbethesda.org/ E-mail: office.redeemer@verizon.net

September

Third Agers Group - St. Mark's, Capitol Hill

The Third Agers Group at St. Mark's, Capitol Hill is supported and assisted by the Rector, The Rev. Paul Abernathy. Bill and Sara Rau, Peggy Pecore, and Mary Welker run this group of over 60 members. The group hosts a quarterly potluck luncheon on Saturday mornings. Each member brings a new and interesting food dish and birthdays are celebrated with a large cake.

Members have enjoyed speakers, entertainment, discussion groups, polite political conversations and a writing group. The group sponsored a Philadelphia Flower Show trip in the spring and a Virginia Craft Show in the fall. The group has been active for a little over three years. Next trip...Frank Lloyd-Wright House- called "Falling Water".

The group breaks for the summer months. For more information on the Third Aged Group, contact Bill and Sara Rau at 703-573-7037.

October

Good Shepherd Visitors - Good Shepherd, Silver Spring

Good Shepherd Visitors visit parishioners who may be in need of support and pastoral care, whether hospitalized, shut-in, or dealing with a personal or family crisis; reminding them they are being held in prayer by the congregation. Members serve on a rotating schedule in teams of two. Visitors take direction from and report to the Rector, the Rev. Patricia Downing. Their visits are in addition to, not in place of, contact by the Rector. For more information, contact Effe Gyabaah who also serves as ESM's parish contact at Good Shepherd. She can be reached through the church office, (301) 593-3282.

November

Trinity Church, Newport & Oldfields Chapel, Trinity Parish

Trinity Church in Newport, Maryland and Oldfields Chapel in Hughesville, Maryland are united to form Trinity Parish. Deacon Meredith Shyler and Parish Contact Kay Laughton, in concert with former Rector, The Rev. Elly Sparks-Brown have created an active senior ministry. At the parish, bible study, church picnics, and card parties keep the seniors and other members of the parish busy. This is a small, close knit parish and the seniors are at the heart of it. Not only are they focused on the seniors in their parish but they perform outreach to the community around them. Kay serves on the Charles County Council on Aging and as the Junior Warden of the parish. Sam Graves serves as a Commissioner on Aging for Charles County. This parish is in a rural area and the needs of the seniors are great. This parish provides outreach to the assisted living community Abbey Manor on a weekly basis by providing knitting classes and also visits the Charles County Nursing and Rehabilitation Center every other month. For more information contact Trinity Church at 301-034-1424 or Oldfields Chapel at 301-274-3796.

December

St. Paul's, Piney Parish

St. Paul's Piney in Waldorf is home to an active Senior Ministry. Most recently, members enjoyed a workshop titled "On Beads of Prayer". This program taught members how to bead and pray with Anglican Prayer Beads. (More information can be found at www.onbeadsofprayer.com). St. Paul's, Piney recognizes parish seniors at the annual Celebration of Seniors Luncheon. St. Paul's is also the site of the yearly Senior Celebration for Southern Maryland sponsored by Episcopal Senior Ministries and the Episcopal Diocese of Washington. St. Paul's new Rector, The Rev. Joy Rose has initiated an outreach program that will benefit seniors at St. Charles Assisted Living in La Plata. A team of lay ministers will be visiting the facility to provide service, music, and fellowship. The parish is also involved in the Christmas Connection. Many of the members fill stockings at Christmas and provide them to the needy. Outreach seems to be the key for the busy seniors at St. Paul's, Piney. For more information about Piney's senior program, call (301) 645-5000 or email PineyParish@aol.com