



Our mission is to encourage those within our Fellowship, from the Empty Nesters to the Silver Strands to become involved and plugged-in to God's work by sharing in activities that promote spiritual health and growth. As a group we will be involved in age-level service missions, evangelical outreach projects, educational pursuits and learning opportunities. Thru wholesome fellowship events and activities, we will recognize and promote strong focal points of need so that people may become involved in areas that may interest them.

March, 2010

VOLUME II

# Older Adults Sharing In Service

## ACTIVITIES

**PARTY SPADES...** Have you played party spades before? Well many of us had not either, but we learned well and had a great time doing so at the last gathering of the OASIS in February. There were 8 tables filled with players, loads of extraordinary finger foods and a good time was had by all, thanks to Curtis and Lisa Barbarick. If you were unable to come, we missed you. But don't fret, another gathering is being planned by Cathy Stinson and Norma Jones for March. Watch for details and make plans now to attend then.

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### Archaeologist says wall backs biblical descriptions

**JERUSALEM** – An Israeli archaeologist said Monday that ancient fortifications recently excavated in Jerusalem date back to 3,000 years to the time of King Solomon and support the biblical narrative about the era.

If the age of the wall is correct, the finding would be an indication that Jerusalem was home to a strong central government that had the resources and manpower needed to build massive fortifications in the 10<sup>th</sup> century B.C.

That's a key point of dispute among scholars, because it would match the Bible's account that the Hebrew kings David and Solomon ruled from Jerusalem around that time.

~ Associated Press

This item was reported in the Redding Record Searchlight and in the Sacramento Bee newspapers, Tuesday, February 23, 2010

**O Lord our Lord, how majestic is your name in all the earth!**

*Psalms 8:1*

## SERVICE

### ➤ Calling all Gardeners

Spring is just around the corner and those of us who enjoy gardening will be planning our vegetable gardens soon.

What a great opportunity to plan for and plant a few extra tomato or squash plants.

At time of harvest, donate your extra produce to the ACCA Food Bank



### ➤ Lazarus Lunches

OASIS will be partnering with the Young Professionals group to gather items and put together Lazarus Lunches for the church body to use. What is a Lazarus lunch? Essentially a Lazarus lunch is a bag of food and goodies that can be kept in your car to give to someone standing on any street corner that is in need and asking for help.

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*When I say good morning,  
I mean to say:*

G-od  
O-ffers us His  
O-utstanding  
D-evotion to  
  
M-ake us  
O-bedient and  
R-eady for a  
N-ew day with Him.  
I-nspire others and  
N-ever forget that  
G-od loves you!

## SANDWICH GENERATION

There are many in our fellowship that have found themselves in the position of caring for an elderly member of their immediate family and are still very involved in the lives of their children and grandchildren. Some have coined the term "The Sandwich Generation" I know that I have fallen into this category in caring for my grandfather with severe dementia and staying in the forefront with my children and theirs. I am really enjoying the roll of Grandma, but at times, the polarity of situations does take its toll on me and the family.

The age of the Internet and web surfing is remarkable. There are many resources available for support of dementia and Alzheimer's caregivers, with more and more information available every day. Listed below are some of the sites that I have investigated and found to offer useful information for Dementia / Alzheimer's as well as on-line support groups. I offer these sites with the disclaimer that I have not fully investigated each one. There may be some material imbedded within them that is not correct or helpful, but for the most part, the information is good and may be useful to others in similar situations.

Alzheimer's Society in the United Kingdom  
<http://www.alzheimers.org.uk/>  
MDJunction – People helping people  
<http://www.mdjunction.com/>  
Caring.com – Helping you and your parents  
[www.caring.com](http://www.caring.com)



### SAVE-THE-DATE

Expect another great gathering of the OASIS in March. Contact Cathy Stinson and Norma Jones for more details

# Rescuing Hug

This is a picture from an article called "The Rescuing Hug". The article details the first week of life of a set of twins. Apparently, each were in their respective incubators, and one was not expected to live. A hospital nurse fought against the hospital rules and placed the babies in one incubator. When they were placed together, the healthier of the two threw an arm over her sister in an endearing embrace. The smaller baby's heart rate stabilized and her temperature rose to normal.

Let us not forget to embrace those whom we love.



*Life is short ...forgive quickly, kiss slowly, love truly, Laugh uncontrollably...*

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## PRAYER WARRIORS

Please lift the following up in prayer. You will truly be rewarded and so will they.

- ❖ Those within our fellowship that are included in the weekly Sunday bulletin
- ❖ Victims of Haiti and the Haiti relief efforts
- ❖ Victims of Chile and the Chile relief efforts
- ❖ ACCA and the work that is being administered to the needy in our local community.
- ❖ ACCA Jobs program that is starting in our community
- ❖ For those within our fellowship that are finding themselves in the "Sandwich Generation"

We know it is extremely important to have a consistent prayer life, and for Christians, prayer should be second nature. Commune with your heavenly Father and pray in the car while driving; Pray early in the morning before beginning the day; Pray in the middle of the night when you wake up; Pray in the shower or tub; Pray while sitting on your porch or patio; Pray while walking or jogging; Pray as a family group for the needs of each other; Pray while

waiting in line, sitting in the doctor's office, etc; It is possible to pray anywhere for all people from the least to the greatest. Don't give up. God answers prayer!

"Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise... pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective"

James 5: 13-16

(New International Version)

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## HEALTH

Here are some important health tips from Marla Gust

Director of Sports Medicine & Employee Health  
St. Francis Memorial Hospital  
San Francisco, CA.

>>>>Beating Fatigue<<<<

**THE UNEXERCISED BODY** – If your body isn't exercised regularly, it probably doesn't use oxygen very efficiently. Your muscles need that oxygen. Without it when you need muscle power, you don't get it and you tire quickly. That's why exercise benefits you in two ways. First, it improves your physical condition, enabling your body to more efficiently deliver oxygen to your muscles which increases your endurance. Second, exercise stimulates an overall feeling of **well-being**

**STRESSED** spelled backwards is **DESSERTS**

*Coincidence? I don't think so.*

~~ unknown

## EASY FRUIT COBBLER

- 2 (16oz) bags frozen fruit (about 6 cups)
- 1 (18.25 oz) box yellow cake mix
- 2 C diet lemon-lime soda (diet or regular Sprite)

Preheat oven 375 deg. Spray 13x9-inch baking dish with Pam

Pour both bags of frozen fruit on the bottom of the prepared baking dish. Sprinkle dry cake mix evenly over top of fruit, making sure there are no clumps. Pour lemon-lime soda over all: **DO NOT STIR**. Cover with foil and bake 20 minutes. Uncover and continue to bake another 45 minutes or until nice and brown on top. Serve warm with frozen yogurt or low-fat ice cream.

Source: Sally Langford  
The Happy Cookers, LLC  
<http://thehappycooker.com>

## EVENTS CALENDAR

### SMALL GROUPS CLASS

Join us each Sunday evening at 6pm in the multipurpose room for an hour of study, food and fellowship.

Facilitator: Pat Bonner

Material: DVD presentation

*"From Jesus to Constantine: A History of Early Christianity*

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*"Real Integrity is doing the right thing, knowing that no body's going to know whether you did it or not."*

LCDR Jeff Giles, SC, USN  
30th Naval Construction Regiment  
OIC, Logistics Cell One  
Al Taqqadum, Iraq

*"Let us not become weary of doing good, for at the proper time we will reap the harvest if we do not give up"*

Galatians 6:9

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*Do you recognize any of these people?*



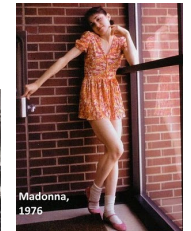
Jelina Jolie and her father, 1988



Dustin Cragin and Marley Patton



Liza Minnelli and her mother Judy Garland



Madonna, 1976



George Clooney



Jane Fonda

**If so, you belong in the OASIS**

SMILE

God is watching