

Workshop Sessions Schedule

Wednesday Session I – 1:00 - 2:00 pm

I-A Spiritual First Responders (21st Century Discipleship)
– *Rev. Dr. Gregory Seltz*
Our culture today doesn’t value Christ’s church or its unique Gospel message very much. But such attitudes have never stopped the Church’s mission to seek and to save that which was lost. With that empowered, empathetic persevering mindset we are sent into the world as His people for others. Into the fire with the fire-extinguishing love and mercy of God, what a way to live . . . Come and See!

I-B Ways to Improve Your Memory – Monica Wilbur/ Michelle Wamser
Are you looking for ways to improve your memory? Forgetfulness is a natural part of aging. Everyone can benefit from this presentation and simple suggestions, despite the age of the person.

I-C The High Cost of Elder Financial Abuse – Shaina Paddick
Seniors are more at risk than ever to be targeted with fraud or financial abuse. This can cost them millions. I will explain warning signs to observe and list steps to take if you are a victim.

I-D “Rock this Chair” – Marilyn Coplin
Participate in exercise movements that will improve circulation, breathing and flexibility. The class will be seated and is adaptable to stand as well. Let’s get out of the rocking chair and move together!

Wednesday Session II – 2:30 – 3:30 pm

II-A Going Gracefully: Beholding the Gospel in Life’s Twilight – Rev. Michael Salemink
The joy of the Christian Gospel enables us to welcome God’s blessings even as life is ending. Hear and learn how advanced directives, family conversations, and funeral preparations can courageously and compassionately affirm the sanctity of life even in situations of pain, impairment, and advancing age.

II-B KFUD Radio: A Century of LCMS Broadcasting Christ for You – Rev. Doug Griebenaw
For nearly 100 years KFUD Radio has been broadcasting the Good News of Jesus, strengthening the faith of those redeemed by Christ and calling to faith those not yet His own. A listener-supported broadcast ministry, it is the oldest continuously operating Christian radio station in the United States, broadcasting at 850 AM in St. Louis, Missouri.

II-C Lutheran Early Response Team (Making a Difference in People’s Lives Post Disaster) – Matthew Bierman
LERT is made up of volunteers from LCMS churches all over the country. In times of disaster these teams come in and help clean up, be it windstorms, floods, or just a spring cleaning for an elderly person in their congregation. At the same time the love and Word of God is spread. After a disaster this is when people need help and comfort the most.

II-D “Rejuvenate in the Swimming Pool” – Marilyn Coplin
Water exercise for all levels; everyone can move to their own ability. Join me in the swimming pool as a great way to ease tension and work out the kinks from sitting all day!

Thursday Session III – 8:30 – 9:30 am

III-A Biblical Seniors – Pastor Tom Noll, Retired
The presentation will focus on several of the many significant characters in Scripture who lived to old age and continued to serve the Lord in meaningful ways. On this subject, Pastor Noll says he has always been fascinated by how our God works in, with, and through His people, even some very elderly ones.

III-B “Who Cares?!”- Maggie Hilmer
Personal experience as a professional retired Physical Therapist and family caregiver will be shared as well as information and “how tos” about financial, medical, self-care, emotional and social aspects of caregiving. In addition, we will discuss the pluses as well as the problems involved in family involvement.

III-C Refuge for the Refugee: Being a Christian Friend for the New American – Jennifer Janssen
We hear about refugee camps and harrowing escapes from dangerous situations, with the focus on the numbers rather than the faces they represent. Who are these refugees and how can we reach out to walk alongside the “delivered”? Christian Friends of New Americans is an outreach ministry to immigrants and refugees in the greater St. Louis area. Our mission is to be involved in relationships with New Americans with whom we can share the Gospel through caring words and actions.

III-D Building for the Future by Meeting Needs Today – Dr. Gerry Perschbacher, LL
Since 2000 Orphan Grain Train’s branch covering Central and Southern Illinois, plus Eastern Missouri supplies necessary items to Lutheran Church pantries and outreach agencies plus ships needed clothing, etc. to other countries. Necessary needs are met thanks to volunteers like you!

Thursday Session IV – 10:00 – 11:00 am

IV-A Crisis after Crisis: The First 135 Years of Missouri Synod History – Rev. Dr. Daniel N. Harmelink
Often it is the tragedies and challenges that influence the character of a church or church body and temper theological and practical directions into the future. Dr. Harmelink presents 20 influential challenges in the history of the LCMS that span the first 135 years of what became the Missouri Synod.

IV-B Burning the Box: Rethinking How We Reach the Hungry and Hurting – Dr. John Michel
At a time where church attendance is diminishing, skepticism in Christianity is growing, and pain and brokenness in society abounds, now is the time for us to think differently about how we answer the Master’s call to share the gospel.

IV-C Aging in Place . . . Safety, FUNction & Movement – Christina Hardin-Weiss MSPT & Cindy Hardin-Weiss MS/SLP
This presentation will provide attendees with improving safety for individuals and caregivers, improve functional independence, decrease fall risk, and assist with aging in place. Attendees will hear about health equipment (awesome gadgets!) that may help individuals maintain functional independence and dignity during everyday activities.

IV-D All About Bats! – Bob Polansky
Bats are one of the most misunderstood mammals. Participants will learn more about bats and discover why they are vital for us. Bob will also share information about Camp Wartburg.

Retreat Schedule

Wednesday, April 26

Lodge Restaurant is open for breakfast at 7:00 am at your expense

| | |
|------------------|-------------------------------------|
| 9:00 – 9:30 am | Registration and Fellowship Time |
| 9:30 – 9:45 am | Welcome and Announcements |
| 9:45 – 10:15 am | Opening Devotion |
| 10:15 – 10:45 am | Break |
| 10:45 – 11:45 am | Keynote Presentation |
| 11:45 – 12:45 pm | Buffet Lunch |
| 1:00 – 2:00 pm | Session I Workshops |
| 2:30 – 3:30 pm | Session II Workshops |
| 3:30 – 5:00 pm | Room Check-In/Free Time |
| 5:30 – 6:30 pm | Dinner |
| 6:30 – 7:30 pm | George Portz’s Friends of Bluegrass |
| 7:30 – 8:30 pm | Fellowship Time |

Wednesday Evening Entertainment
George Portz’s Friends of Bluegrass
Founded in 1978, they blend their fiery Bluegrass roots with some fine traditional Irish and Louisiana Cajun music. Their “Cajun Set” has won raves from crowds throughout the Midwest. The group’s enthusiasm, top-notch musical ability, wit, and humor always “Leave them wanting more!” And they always do!

- Wednesday Evening Activities**
- Join Pat List in an activity to let your artistic creativity shine by painting rocks with Christian words or symbols. All materials will be provided, or you can bring your own rocks.
 - Table Talk – Rev. Dr. Robert W. Weise and attendees will discuss popular viewpoints, i.e., transgender update, Critical Race Theory, etc.
 - Fellowship – Attendees can play cards and board games, visit, etc.

Thursday, April 27

| | |
|------------------|----------------------------------|
| 7:15 – 8:00 am | Breakfast |
| 8:00 – 8:15 am | Opening Devotion |
| 8:30 – 9:30 am | Session III Workshops |
| 10:00 – 11:00 am | Session IV Workshops |
| 11:15 – 12:15 pm | Buffet Lunch |
| 12:30 – 1:45 pm | Bible Study and Closing Devotion |
| 1:45 – 2:00 pm | Closing Announcements |

Registration Information

Complete the enclosed registration form and mail so it is received before **April 11, 2023**.

Lodging Information
You must make your own reservations with Pere Marquette Lodge. Because the park and its facilities are so popular, the cut-off date for reduced rate rooms held for this retreat is **April 11**. After this date, rooms will be available to the general public at the current prices and the discount may not be available.

Make your room reservations by calling or writing:
Pere Marquette Lodge
13653 Lodge Boulevard
Grafton, IL 62037
618.786.2331

When you make your reservation for the lodge or campsite, tell them it is for “The Lutheran Older Adult Retreat” room block.

Reduced room rate (reduced rate cut-off date is April 11) is \$119 for single or double, (tax rate of 11% not included). After cut-off date, guests will be accommodated on a SPACE AND RATE AVAILABLE BASIS. Cut costs — bring a friend!

Please note important deadlines:
1. Lodging cut-off date for reduced rates is **April 11**.
2. Retreat Registration deadline is **April 11**.

Registration Refund Policy
100% Refund of Retreat Registration if Margo Wolf is notified by April 11. NO refund of Retreat Registration after April 11.



Registration & Lodging Deadline
April 11, 2023
For questions, contact Margo Wolf.
Phone: 618.979.3376
Email: dmwvette74@gmail.com

Southern Illinois District
2408 Lebanon Ave
Belleville, IL 62221

Non-profit
Organization
U.S. Postage
PAID
St. Louis, MO
Permit No. 9161



Psalms 18:2

LUTHERAN OLDER ADULT RETREAT
Growing In Christ XX

APRIL 26-27, 2023

PERE MARQUETTE LODGE, GRAFTON, IL

**REGISTRATION AND RETREAT
INFORMATION ENCLOSED**

Featuring
Keynote Speaker
Rev. Dr. Greg Seltz

Bible Study Leader
Rev. Kale Hanson



Since 2017, Rev. Dr. Seltz, has been the Executive Director of the Lutheran Center for Religious Liberty. In 2011, he became the Speaker of the Lutheran Hour. Before that, he served as the Director of Cross-Cultural Ministry, and professor of Theology at Concordia University in Irvine, California. Seltz

holds a Bachelor's degree from Concordia University in Ann Arbor, Michigan, plus a Master of Divinity and PhD from Concordia Seminary in St. Louis. He and his wife, Marie Yvette, have one daughter, Devin.

His Keynote message is titled "The Mission & Ministry of the Church: the (Dis)respect for Marriage, Religious Liberty & Equality Act." 2020 was an unprecedented year for challenge for the Church in America. What are the ongoing challenges and opportunities for the church in 2023 and beyond? How might this be the best time to demonstrate the limitations of the necessary work of the state as we Christians proclaim more courageously and clearly the uniqueness of the salvation that comes by grace through faith alone in Christ. Come and hear his inspirational message.



Rev. Kale Hanson has been involved in church work since he graduated from Concordia Nebraska in December, 2002. Following his graduation, he was a high school teacher for seven years first in Bogor, Indonesia then in Tacoma, Washington. During that time, he taught theology, English, philosophy, and math and coached speech and debate. He graduated from Concordia Seminary in 2014 and received a divine call to Zion Lutheran Church in Bethalto Illinois where he has served since. He is currently working on his PhD in Old Testament Biblical Studies, and his research focuses on ethics in the lament psalms. He enjoys running, climbing and spending time with his wife and four children.

His Bible Study "Discovering My Deliverer: How the Lament Psalms Form Us for Difficult Times" will explore perspectives on God as deliverer offered to us in psalms of thanksgiving and psalms of lament. In these psalms we hear voices speaking to us from the most joyful and the most challenging points in life. The Holy Spirit teaches us something about ourselves and our Deliverer, but we don't just learn. God uses these psalms to prepare us to face our own joys and sorrows faithfully as Christians.

LUTHERAN OLDER ADULT RETREAT XX



Psalms 18:2

Wednesday & Thursday

April 26-27, 2023

Pere Marquette Lodge, Grafton, IL

Faith, Fun, and Fellowship

Join with others from Southern Illinois and Eastern Missouri in the beauty of God's creation as we consider how "The Lord is My Rock, My Fortress, and My Deliverer" and how we live out our calling as Christians in our daily lives.

This brochure outlines growth opportunities in faith, fun, and fellowship, as well as registration information for this retreat.

Sponsored by Older Adult Ministry Southern Illinois and Missouri District—LCMS