

Workshop Sessions Schedule

Wednesday Session I – 1:00 – 2:00 pm

I-A Bible Telling Together – Rev. Dr. Michael Zeigler

Learn and practice a method for accurately re-telling Bible stories in your own voice – reenergize your Bible Study, family devotions, and bedtime stories with grandchildren!

I-B Women of the Bible – Pastor Tom Noll

We will discuss some of the leading/familiar women in the Bible like Sarah, Esther, Ruth, Mary, and Mary Magdalene; and also some of the lesser known, but significant women like Tamar, Dorcas and Abigail. We will even touch on some of the female scoundrels like Jezebel and Delilah.

I-C God's Hand in Wittenburg-500 years After The Reformation

– Rev. David Mahsman

How did a 450-year-old eyesore of an abandoned (but historic) school building in Wittenburg, Germany become a well-regarded education and outreach center—and now a refuge for victims of the war in Ukraine? This is the story of how the Wittenburg Project developed, met challenges, and opened to such fanfare. The presentation also will include the very latest of what's happening at the Old Latin School today.

I-D Chair Exercises – Marilyn Coplin

Everyday Movements seated in a chair using all body parts. It will improve circulation and breathing.

Wednesday Session II – 2:30 – 3:30 pm

II-A Interpreting Prophetic Fulfillment in the Book of Revelation – Dr. David Peter

For many people, the book of Revelation and its prophetic messages seem veiled as an obscure, mysterious, and confusing book. This study will provide keys to interpretation so that you can better understand this oftentimes misunderstood book of the Bible. This “unveiling” will enable you to see Christ, His Church and history (past, present and future) in a whole new light.

II-B Are You Ready for “Spiritual Warfare?” – Chaplain Craig Muehler

What is your hope to sustain you on the battlefield of life? Where do you find your fortress, your armor, your strength, and your salvation? God has given us everything we need to sustain us in this warfare for our souls as the battle for our soul rages in this life.

II-C Cross Stitch a Personalized Book Mark – Pat List

Participants will learn the basics of counted cross stitch and will make a personalized book mark. All supplies will be furnished other than scissors. Bring a small one if possible. This workshop is intended for those with relatively good eyesight.

II-D Water Aerobics – Marilyn Coplin

This activity involves Water Exercises in the Swimming Pool (head above water). All ability levels can join. Moving in water is easier than moving on land!

Thursday Session III – 8:30 – 9:30 am

III-A Germans To The Midwest: Spanning a Continent

– Dr. Gerald Perschbacher, LL.D

The advancement of America in the 1800s was greatly influenced by German settlers who came to Missouri and Illinois, then spread their achievements from coast to coast. Hear some enlightening sagas of their advances and dramatic impact.

III-B “The Greatest Five” – Five Events in the Early Christian Church and how they changed the course of religious history – Glenn Sprich

Five events that made Christianity a 1.2 billion member religion it is today. Learn about what the people in each event experienced, what happened in each event, the impact on the people involved, the direct impact of the event on us today, and why each event was essential for the growth of the Christian Church.

III-C “Lead Me to Lay Down in God's Green Pasture” – Dr. Beth Hoeltke

This presentation will take a look at understanding of death and burial from a Christian perspective, specifically natural burial. Natural burial—laying the body into the earth in a way that allows it to decompose naturally—is not only better for the dead body and the environment but also is a more accurate picture of Christian hope of the resurrection.

III-D Stepping into Safety; Spotting Trouble; Mind Matters: Unveiling Signs of Dementia – Angela Desnoyer, RN MHA RAC-CT DNS-CT & Rachel Little, RN MSN LNHA BF-CMT

- Fall Prevention Strategies for Older Adults are valuable, since falls among people aged 65 and older are a significant concern, however, they are largely preventable.
- Recognizing signs of a stroke is seriously important, since strokes require immediate attention. Understanding the acronym FAST is also valuable.
- Dementia affects memory, thinking, and behavior. Early prevention and detection are crucial.

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

IV-A Reality of the Resurrection – Rev. Dr. Kirk Clayton

We believe that Jesus rose from the dead, and this belief is the cornerstone of our faith. However, do we have any solid evidence or reasons to believe that Jesus rose? Yes! In this presentation, Dr. Clayton will lay out the case for Jesus' resurrection—and for our resurrection!

IV-B The Power of Yes! How saying yes to God's calling has impacted the fight to end sex trafficking and exploitation in the US – Jenny Michaud

Jenny will share how a simple yes to following God's lead started the ministry of Monarch and has helped thousands of survivors in the US. Also, some basic information will be shared on the issues of trafficking and exploitation in the US and how Crisis Aid and Monarch are helping survivors.

IV-C From Generation to Generation: Raising Up Pastors and Deaconesses to Share the Gospel – Pastor Tom Schlund

As Admissions Officer at Concordia Seminary, Pastor Schlund will share about the work currently happening at the Seminary to recruit, train and send pastors and deaconesses out into the world to share Christ's Gospel. You will also learn how you can be a part of raising up the next generation of pastors and deaconesses as we work together to identify and encourage people to consider serving this way.

IV-D Grief is the Price You Pay for Love – Who is Your Rock in Times of Loss? – Patti Sprich

Everyone will experience grief and loss in their lifetime. Grief is a normal process that feels anything but normal as it effects every area of your life. Your healing journey can be hard and messy. Learn how God uses your grief as you establish your “new normal”.

Retreat Schedule

Wednesday, October 23

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

8:30 – 9:20 am	Registration
9:20 – 9:30 am	A Time to Sing
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	Florissant Men of Harmony
7:30 – 8:30 pm	Fellowship Time

Wednesday Evening Entertainment

Florissant Men of Harmony

The Florissant Men of Harmony Chapter was organized in 1958 and is composed of singers from all walks of life, each bound together by the love of Barbershop Harmony. They combine humor and engage the audience to sing with them. Their songs are from older, relaxed times.

Wednesday Evening Activities

- Optional Rev. Dr. Robert Weise “Our Humanity In A Topsy-Turvy World.”
- Optional Cards, Board Games, Time to Relax

Thursday, October 24

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 **October 7, 2024**.

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 **October 7**. 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 October 7) is \$129 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 **October 7**.
2. Retreat Registration deadline is **October 7**.

Registration Refund Policy

100% Refund of Retreat Registration if Margo Wolf is notified by October 7. NO refund of Retreat Registration after October 7.

Faith. Fun. Fellowship.

Registration & Lodging Deadline October 7, 2024

For questions, contact Margo Wolf.
Phone: 618.979.3376
Email: dmwvete74@gmail.com

Southern Illinois District
2408 Lebanon Ave
Belleville, IL 62221

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



LUTHERAN OLDER ADULT RETREAT
Growing In Christ 21

OCTOBER 23-24, 2024

PERE MARQUETTE LODGE, GRAFTON, IL

REGISTRATION AND RETREAT
INFORMATION ENCLOSED

Featuring
Keynote Speaker
Rev. Dr. Michael Zeigler



Rev. Dr. Michael Zeigler began serving with LHM as Speaker of The Lutheran Hour in October 2018. Prior to that, he served as pastor of Epiphany Lutheran Church (2014-2018) and assistant pastor at Timothy Lutheran Church (2012-2014), both in St. Louis. Michael grew up in a military family, living throughout the U.S.,

from North Dakota to Alabama, Virginia to Colorado. His family moved 11 times before he finished high school in Springfield, Mo. He graduated from the U. S. Air Force Academy in 2001 with a general engineering degree and served five years in the Air Force as an aircraft maintenance officer. He left active duty in 2006 to prepare to be a pastor at Concordia Seminary in St. Louis, completing a Master of Divinity in 2010 and a Ph.D. in 2014.

Dr. Zeigler's keynote message is titled "Patient Urgency—On Mission with Jesus". Meeting Jesus in Mark's Gospel, we note two seemingly contradictory aspects of His character: He is driven by an urgent mission, yet also patient with people. Following our Lord, we engage others for the sake of God's Kingdom. By His Spirit, they see His patience and urgency in us.

Bible Study Leader
Rev. Dr. Dale Meyer



Rev. Dr. Dale Meyer has served 12 years in parish ministry (St. Salvator, Venedy; St. Peter, New Memphis; Holy Cross, Collinsville; and various vacancies in the Southern Illinois District), 12 years at the Lutheran Hour, and 22 years at Concordia Seminary, the last 15 as president. He currently is writing the *Concordia Commentary* on 1 Peter, with a few other writing and speaking engagements thrown in.

He lives in Collinsville, IL with his wife Diane. They have two grown daughters, Elizabeth, who is a director at Concordia Publishing House, and Catherine who is legislative director for Senator Mike Braun of Indiana. They also are blessed with five grandsons.

Dr. Meyer's Bible Study is titled "TGIF!" Billy Graham wrote, "All my life I was taught how to die as a Christian, but no one ever taught me how I ought to live in the years before I die." How should we understand spiritually these years between the last paycheck and the final days of decline and death? Observant Jews knew Friday as the Day of Preparation before the Saturday Sabbath. Retirement years, active or not, can be a joyful time of anticipating the eternal Sabbath. "So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his" (Hebrews 4:9-10). TGIF!

LUTHERAN OLDER ADULT RETREAT # 21



October 23-24, 2024
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 the theme "Lord Take my Hand and Lead Me" 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