



Celebrating Older Adult Month in Your Congregation

The Older Adult Ministry Group of the Association of Brethren Caregivers encourages your congregation to celebrate May as "Older Adult Month" in the following ways:

- Ask a different older adult each week to be the worship leader during the month of May. That person could help in the planning as well as leading the service.
- Ask an older congregant to be the worship leader at least for one Sunday during May, and use other older adults in smaller segments of the services on other Sundays. For example, ask an older adult to:
 - Read the scripture on May 4
 - Give the morning prayer on May 11
 - Lead a responsive reading on May 18
 - Give the offering invitation on May 25
 - Preach the sermon – any Sunday
 - Sing in a small ensemble – any Sunday
 - Tell the children's story – any Sunday
 - Share a faith statement about what it means to "Age with Grace" – any Sunday
- Designate one of the May Sundays as "Older Adult Sunday" and use the above ideas to complete the entire worship service. Worship resources related to "Aging with Grace" are available at www.brethren-caregivers.org.
- Ask the chaplain from a nearby retirement home to bring the message one Sunday — perhaps with a focus on aging. The chaplain could also be asked to lead an adult Sunday school class during the month of May – perhaps using a resource geared to ministry with older adults.
- Have someone in your congregation do a little research in the membership file, and honor those who have been members of that congregation continuously for 40 or 50 or 60 or 70 years (you pick the number). Part of the recognition could be:
 - Listing names in the bulletin
 - Asking those named to stand to be recognized
 - Having a fellowship time in their honor following the worship service

- On a May Sunday (other than Mother's Day) give a flower (or bookmark, or some other small item) to each adult over 60, 70, 80 (you choose the age) during the worship service in recognition of Older Adult Month.
- In youth and adult Sunday school classes, invite people to write out a personal reflection on what it means to "age with grace" and share them with each other.
- Have a carry-in dinner after church one Sunday in May with the theme of "Aging with Grace." Develop some "conversation starters" related to the aging process and put them on each table. Encourage people to sit in inter-generational groupings (young children through older adults) and share their thoughts in response to the conversation starters.

*--Adapted from ideas developed by Myrna Long Wheeler,
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