

Rancho Bernardo Community Presbyterian Church

Senior Moments



Bruce's Recovery



I guess with a titanium knee I have now officially admitted to myself that I have joined the ranks of the senior population. I must say that this last month of recuperation humbled me. I have so much respect and new compassion for those who undergo medical issues later in life. At fifty-seven, my body did not recuperate at nearly the pace of my major knee reconstruction surgery when I was twenty years old.

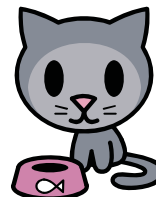
I had planned to use the four weeks of bed-rest (of course intertwined with painful physical therapy sessions that had me crying out in agony) to read lots of books. The truth is that first week I could not focus on anything except the pain. For about ten days, I was either in pain or drugged up to avoid the pain. My attempts to read were destined for failure. I ended up putting the books away and simply leaving the television as background distraction. Has anybody else noticed how stupid daytime T.V. is? If I hadn't already been struggling with depression from the pain, daytime television would have made me depressed. I feel new compassion for any of us who spend our days accompanied by television personalities.

On about day ten my brain turned on again. It was just in time so that I could make a presentation to a pastor's seminar two weeks after the surgery. I arrived as the old man, leaning on my walker, and required to keep my surgery leg elevated through my presentations. I think I made sense in my presentations, but I was still pretty heavily dosed with pain meds. Once my brain clicked back on I was finally able to start reading the books I had stored up for my recuperation.

Maybe in a future issue of Senior Moments I'll share some of the highlights of books I've been reading. In the mean time, I have so much appreciation for those whose bodies are failing. (The Bible says God created these bodies to last about 70 years. While modern medical science has extended that lifespan into the 90s it still isn't easy.) It is hard entering the winter stages of our lives. Ecclesiastes 12 describes those years when we can't hear the birds as well, our night-time vision is dimmed, and life feels like it is dragging slowly.

It isn't easy getting older. But the lessons we learn in our later years are an important part of getting us ready for heaven. - *Bruce*

The RBCPC Arts Forum



-PET IMAGES-

It's reigning cats, dogs, and even a few horses in the RBCPC Village Gallery!

A record sixty-six entries were received. Among them a couple of cats in tuxedos, dogs in Halloween costumes, others swimming, jumping, eating, sleeping, one puppy tucked in a shoe, and a real cool cat in the fridge.

The Arts Forum appreciates the participation of the many RBCPC members and friends who are sharing their Pet Images.

This delightful collection of photographs, collages, charcoal drawings, needlepoint, water color, and oil paintings will be on display through July 24th.



-UPCOMING EXHIBIT-

The Arts Forum looks forward to presenting the amazing work of a versatile and most talented young Escondido artist. Hope Tweed. She will be the focus of the next Village Gallery Exhibit. Her one woman installation will open July 25.

Hope Tweed, a 2009 Classical Academy High School graduate, has created an outstanding body of work. She says, "Art has been my life ever since I was old enough to hold a pencil." She has worked in a variety of mediums, but states she enjoys computer art the most.

For the past several months, Hope has been employed part-time as the "in house" graphic artist for EmbroidMe, Escondido, doing all of their embroidery and garment printing design.

Throughout the past few years Hope has painted fine murals, two of which were commissioned, and has taught an on going art class to her peers and adults. She also painted a full wall mural in her school's study hall as well as designing their High School Logo, School t-shirts and sweatshirts.

"Art is important to me," Hope said, "as it gives me the ability to put powerful expression and meaning into images without using words." She likes to create thoughtful pieces with many layers of meaning to inspire others.

Hope Tweed's art will be displayed July 25 through September 4.



CROWN FINANCIAL MINISTRIES: JOURNEY TO TRUE FINANCIAL FREEDOM

Do you have questions or concerns about today’s economy? - Learn how to get out of debt, be a consistent saver, and prudent consumer. Most importantly, enter into a closer relationship with Jesus Christ as you learn to apply His Word. For more information, call Judy Ronnebeck, (858) 487-0811, ext. 221 or Stephanie Caldwell, (858) 451-6188.

GRIEFSHARE



Sundays starting September 6 thru December 6, 3:00 - 5:00 p.m., Upper Fireside.

GriefShare is a weekly seminar/support group for people grieving. You will learn valuable skills that will help you through this difficult time. Materials fee: \$20. Pre-

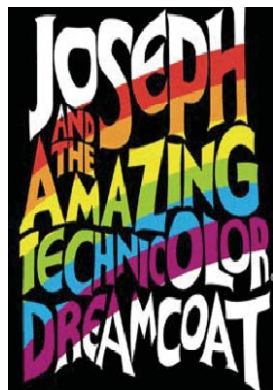
registration required. For information, contact facilitators, Karen Bassett, rickbasset@cox.net (760) 807-5950, and Sally Welty, (858) 485-1859.

STEPHEN MINISTERS

Do people come to you when times get tough? Do you find yourself lending a listening ear to those in need? If so, you may want to consider becoming a Stephen Minister. Training sessions will be held on Tuesdays from 7-8:30 p.m. starting September 15. Applications are available in the Welcome Center. To schedule an interview, contact Dee Crimmel, (858) 487-0811 ext. 260.



Windjammers



Windjammers would like to invite everyone to our next two exciting programs coming up soon. As usual we do not have Potluck Dinners in the summer but we do have two very special events. On Thursday Evening July 23, we will be having our annual theater party at the Laurence Welk Resort. We will be meeting for dinner followed

by the wonderful classic *Joseph and the Amazing Technicolor Dreamcoat*. Ticket are \$54.00 per person. For questions, reservations, or tickets please come to the Windjammer Table on the Church Courtyard, Sunday mornings or call Kay Rickles, (858) 592- 7885

On Friday evening September 11, we will start our fall season with our first Potluck Dinner of the year with our very own Bruce Humphrey as guest speaker. I know you won’t want to miss Bruce and what he wants to share with us. It will be a wonderful time to listen, learn, and ask questions. Bruce is always happy to answer our questions. .

We hope you will put these special events on your calendars and join us. Everyone is welcome.

Upcoming Sermons Series

The Book of Daniel

- July . 18/19 “They Were Not Idiots”
- July 25/26 “Outside the Lion’s Den”
- Aug. 8/9 “Just Say No”
- Aug 15/16 “Reprimand or Critique”
- Aug 22/23 “Wisdom Through Prayer”



SAVVY TRAVELERS

Sep 15 - Enjoy a narrated 90 minute cruise of Newport Harbor with its history, celebrity homes, and yachts. Lunch will follow.

Oct 17 - Enjoy lunch on beautiful Coronado followed by attending, *Joyful Noise* presented by the Lamb's Players.

Nov 2-11 Holy Land trip.

Dec 12 - Enjoy dinner at P J Abbey's in Orange County followed by, *The Glory of Christmas* at the Crystal Cathedral.

Stop by the Courtyard to sign up or call Roger and Sharon Worman, (858) 653-3624.



PRIME TIME THERAPY

10:30 to 12:30 Thursdays

Get ready for the fall season that commences on October 1. Come and enjoy an informal morning of food, fun, and entertainment. Eight weeks of fellowship through November 19, presented by the Senior Ministry as a gift to the community. Bring your friends. Our season includes Pete De Luke and his four piece Jazz Group, Michael Ruhl and Lillian Palmer from Party of 4, Corrie Vaus of Channel 4 News, Neal Nybo, RBCPC Executive Pastor, and more to be named.

Make your reservations at our table on the courtyard starting Sunday, September 27.



**OWLS
(Older, Wiser, Lively
Saints)**

**Second Summer
Special**

*Thursday, August 13, 11 a.m.-
12:45 p.m., Fellowship Center.*

The Chicago 3, featuring
vocalist James Peterson .Lively

tempo that are mixed with melodies and a rich blend of sounds. *Always on My Mind, Satin Doll, My Way, Georgia, Try to Remember, Fly Me To The Moon,* are just some of the songs to be played. Entertainment is followed by a light lunch at noon. \$5.00 per person. Sign up on the Courtyard Sunday, August 9, or call the office, (858) 487-0811.

OWLS is Our Answer to the Summer Blahs!



HELPING HANDS

Helping Hands volunteers can help you with electrical, carpentry, plumbing, computer, and other problems you might be having in your home. You do not have to be a member of the church and there is never a charge. Call the church office at (858) 487-0811 ext. 239.



Slipped Discs

Contributions by Jack Mitchell

Christian One Liners

Don't let your worries get the best of you: Remember Moses started out as a basket case.

Many folks want to serve God,
But only as advisers.

Some people are kind, polite,
and sweet-spirited. Until you try
to sit in their pews...

People are funny; they want the
front of the bus, the middle of
the road, and the back of the
Church.

Opportunity may only knock
once, But temptation bangs on
the front door forever.

If a church wants a better pastor
it only needs to pray for the one
it has.

Some minds are like concrete
thoroughly mixed up and
permanently set.

I don't know why people
change churches; What
difference does it matter which
church you stay home from?

Don't put a question mark
where God put a period.

Be ye fishers of men. You
catch'em - He'll clean them.

If God is your Co-pilot, swap
seats!

Life isn't about waiting for the
storm to pass. It's about learning
to dance in the rain.

God grades on the cross, not the
curve.

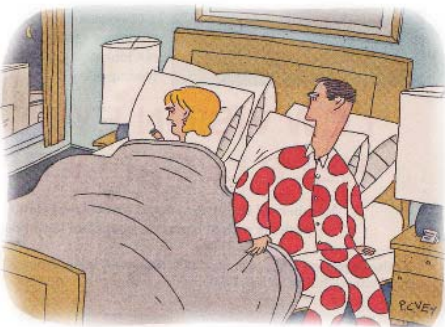
God doesn't call the qualified,
He qualifies the called.

You can tell how big a person is
by what it takes to discourage
them.

The best mathematical equation
I have ever seen:
1 cross + 3 nails = 4 given.

The task ahead of us is never
greater than the power behind
us.

YES WE DO HAVE A LOT ON OUR
MINDS THESE DAYS!



"You know, you'd sleep better if your
pajamas weren't so loud."

Forgetter Be Forgotten

My forgetter's getting better,
But my rememberer is broke.
To you that may seem funny
But, to me, that is no joke

For when I'm 'here' I'm wondering
If I really should be 'there'
And, when I try to think it through
I haven't got a prayer!

Oft times I walk into a room,
Say 'what am I here for?'
I wrack my brain, but all in vain!
A zero, is my score.

At times I put something away
Where it is safe, but Gee!
The person it is safest from
Is generally, me!

When shopping I may see someone,
Say 'Hi' and have a chat,
Then, when the person walks away
I ask myself, 'who the heck was
that?'

Yes, my forgetter's getting better

After a family argument, one of
the little sons was heard saying
his bedtime prayers... "And God,
please don't give mom and dad
anymore children... they don't even
know how to treat those they've got
now!"

"Daddy - before you married
Mommy, who told you how
to drive?"

Husband: Lucy, I don't
want to seem harsh, but your
mother has been living with
us now for 20 years! Don't
you think it's time you made
other arrangements for her?

Wife: MY MOTHER? I
thought all this time that she
was YOURS!

First Swimming Lesson

I learned how to swim the old
fashioned way. When I was
five years old, my father took
me out to the middle of the
lake in a boat and then threw
me in the water. The swim
back to shore really was not
that bad. The tough part was
untying the rope and getting
out of the sack he had put me
in when we were on shore!

"I really worried, Sam."

"Why, Dick?"

Five years ago my wife read
The Tale of Two Cities...and
we had twins! Three years
ago she read *The Three
Musketeers*...and, yes, we had
triplets!"

"And, last night I caught
her reading *The Birth of a
Nation*!"

Hours

Applicant: Before I take this
job, tell me: Are the hours
long?

Employer: No, only 60
minutes each.