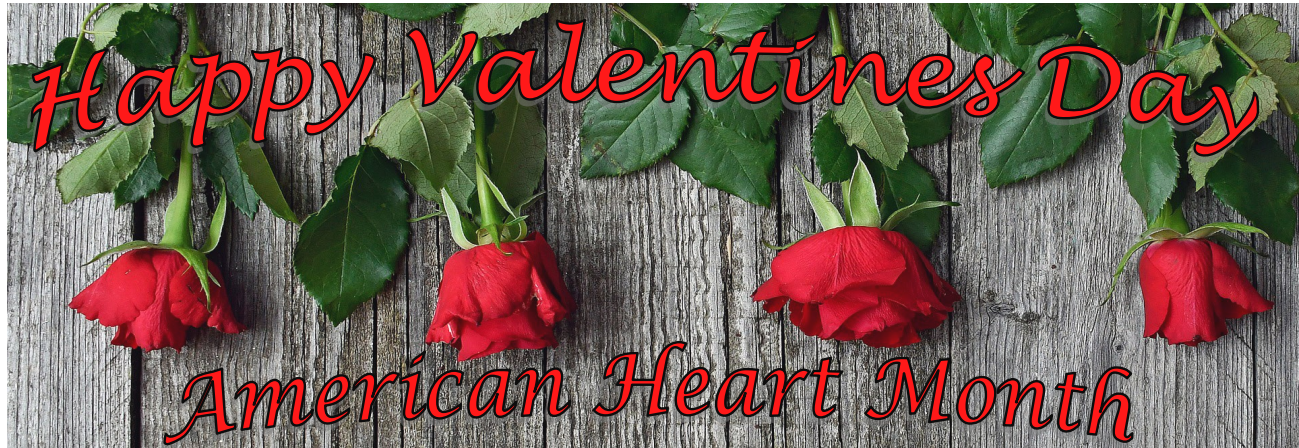




Newsletter, February, 2019



MISSION STATEMENT

Through participation in SAGES, mature adults are stimulated and challenged to:

1. **GROW** daily in their wisdom and faith in relationship to their Creator as part of a caring and spiritually nourishing Christian Community.
2. **EXPLORE** and enhance their life experiences through educational enrichment and diverse fellowship opportunities related to their unique life stages.
3. Faithfully **SERVE** others through congregational care, community outreach, and intergenerational connectedness.

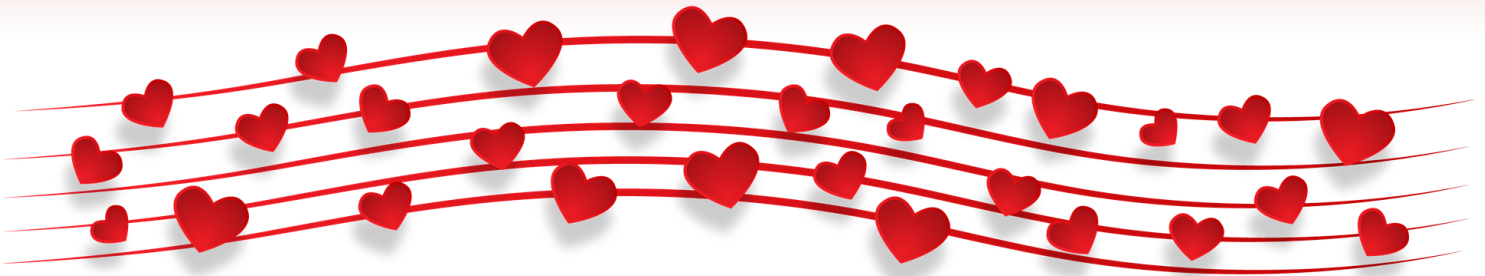
Author and Lecturer Dr. Leo Buscaglia, once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child. The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed into his lap, and just sat there. When his mother asked him what he had said to the neighbor, the little boy said, "Nothing, really. I just helped him cry."

Buscaglia wrote: "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

For Christians, the implications are even greater. Christ tells us, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." **Matthew 25:40**

During the month of February, consider reading the book of First John to be challenged by the disciple of love to demonstrate the love of Christ. Whoever claims to live in him must live as Jesus did. **1 John 2:6**





February 4th-12:00 Noon—Lunch Bunch—Fellowship Hall South Campus

Mark your calendars now to make your favorite covered dish to share and encourage a friend or neighbor to join you for Christian fellowship and entertainment.

Entertainment: Love Songs by Pianist, Shawn Muir – You have unique opportunity to begin the month of February enjoying love songs played on our grand piano by a “sweetheart of a man” from Winter Park. Shawn Muir is a man with a humble and sweet spirit, and a big, big heart. Though Shawn has been blind since birth, God has blessed him with truly undeniable and amazing talents and skills. Shawn began playing the piano, learning by ear, when he was less than three years old, and he has developed a huge repertoire of songs, sacred and secular, that he has taught himself to play after just hearing them. You will be invited to try to stump him by calling out some of your favorites. Not only will Shawn amaze you with his skills and musical recall on the ivories, you will be astounded by his truly remarkable memory and recall of numbers and dates.



SAGES "FUN TIMERS"

Social Activities



For more information on Fun Timers call: [Connie Frye, Ph: 407.739.3739](tel:407.739.3739) or Email: kani.frye@yahoo.com

February Feature: Game Day - February 28, 2019, 1:00 – 4:00 pm.

South Campus Fellowship Hall

Join us for card and board games and an afternoon of fellowship in a friendly, competitive environment.

If you have a favorite game, feel free to bring it. Games are available, and friendly folks will teach you a game you've never played.

Bring a snack to share and invite a friend or neighbor to join you!

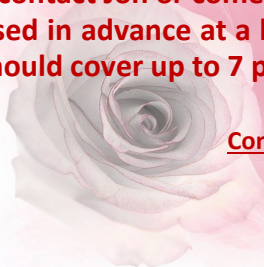
Bring a card table if you have one and can load it in your car. We'll help unload.



ART CLASS for New Artists continues in 2019

Jon Hornquist, FBS member, is donating his time and talents to teach budding artists a simplified method of acrylic painting. The classes are held at FBS on Monday and Tuesday mornings 10:00 a.m. to 12:00 noon. New participants may rotate into class at any time, but those who wish to participate, should contact Jon or come by the SAGES spotlight table in the foyer to get a list of supplies that can be purchased in advance at a local store such as Hobby Lobby or Michael's. The supplies (running around \$30) should cover up to 7 paintings.

Contact Jon at: [407.889.9522](tel:407.889.9522) or Email: hhornquist@brighthouse.com



SAGES "LEARN AND GROW" Educational Events



For more information on education call: Terry Rock 407.889.5130 or 407.756.7625 or Email: papiukat@gmail.com

February Feature Seminar: Heart Disease Awareness

Sunday, February 24, 2019 2:00 p.m. Location: A Building

Seminar Overview – One in four people are living with and dying of heart disease. Come hear an overview of the four most common cardiac diseases, signs and symptoms, latest treatments and research, and preventative tips. Also learn about use of AED's (Automated External Defibrillators) and where they are located in our facilities.

Presenters: Jane Thomas, RN, PCCN and Kathy Parrish, RN

Jane Thomas has been attending FBS since moving to Orlando from Atlanta in August of 2017 to be closer to her son and family. She has been a cardiology RN ever since graduating from Pensacola State College in 1970. For 31 years, Jane worked at Emory University Hospital in Atlanta on a very fast-paced Cardiac Step-Down/Telemetry unit. She now works part-time at Advent Health, Orlando campus, in the Cardiac Stress/Nuclear Medicine/Cardiac Rehab Department.

Kathy Parrish, our Volunteer Coordinator for Congregational Care, will be assisting Jane with the presentation. Kathy graduated from UF with a BS in Health Education and from Mercer's Georgia Baptist College of Nursing as an RN. Since 1987, she has worked in over ten different areas of nursing, covering the life span from Neonatal Intensive Care to Hospice. But her favorite nursing was working in parish nursing in Baptist churches in Georgia where she and Pastor Buddy established a model for how to start a Health Ministries program. In their last congregation, she served in the role of Congregational Nurse on staff full-time

"CARE AND SERVE" Congregational Care for All Ages



In Honor of American Heart Month, we offer the following:

Watch February 3rd Bulletin for a Flyer on HEART HEALTH

Blood Pressure Screening - February 10th, in the room on the left of the sanctuary foyer between 10:00-10:30 a.m. Blood pressure results will be recorded in a confidential record and tracked for you, if desired.

CPR/AED and First Aid Class for Adults of all Ages-Tuesday, February 26th 1:00-5:00 p.m.

Sign up by registering on the Connection Card, calling the church office or visiting the SAGES spotlight table in the foyer.

Location: A Building Room 115 Materials Fees: \$15.00

Friendly Visits-To help with visits to homebound or individuals in assisted living or nursing homes, contact Matt and CeCe Payne at 602.430.4624 or Email: m_cpayne@yahoo.com

Direct Service Care contact : Kathy Parrish, RN. Email: parrishkathy@gmail.com