

Just as...I AM

Aging Communities

Record and interview an elderly family member or church member about his or her life.

Volunteer to shovel driveways and sidewalks for those who are aging.

Have a skill sharing day at church. Ask elderly members to take turns sharing new skills with youth.

Incorporate grandparents as faith mentors in the confirmation curriculum.

Go on outings with an elderly neighbor.

Offer to complete errands for or with an elderly person.

Invite a speaker to discuss Godly approaches to end of life.

Once a season, visit shut-ins or homebound church members with a pastor. Sing hymns, say prayers, or recite Bible verses and invite shut-ins to sing, pray, and recite with you!

"Remove vexation from your heart, and push away pain from your body, for youth and the dawn of life are vanity." - Ecclesiastes 11:10

