



The Elim Scribe

Reflections on Aging

People-watching. Sipping coffee. Enjoying a moment or two of quiet without an agenda. I was at one of our local malls, enjoying myself when I heard the voice of a child above the noise and chatter, “There’s a grandpa!” I looked up and several tables from me was a family with a toddler looking my way. The little boy was excitedly pointing to me! His family was embarrassed and trying to distract him. I chuckled and waved back, saying “yes I am indeed a grandpa.” I chuckled, but you know...I am not as young as I used to be!

Growing older is a gift, especially when we remember that not everyone gets that privilege. Yes, it is good to be a grandparent, entering this time of life.

We experience a lot of change as we grow older. We endure many losses. Friends and loved ones move on or die, and we find ourselves more alone. Our bodies change; metabolism slows down. We might put on extra pounds. We move at a slower pace. Our eye sight and hearing change, making conversation and relationships even harder—adding to our loneliness. Our physical strength, agility and dexterity are compromised. We have more health issues and make more visits to our healthcare providers.

Though we might have been healthy all our lives, suddenly, health issues that we never dreamed of become reality. We might be forced to make changes we don’t want—changes that reduce our autonomy. We might have to change our living situation, sell our car, or stop driving. All of these losses are compounded by a loss of independence and loss of self-worth. As our health goes downhill, we might have to learn to cope rather than find healing and wholeness.

As if all that isn’t enough, we might struggle with less mental clarity and memory issues. We can get lost or disoriented, we can forget appointments or even names and other important pieces of information. Simple tasks that we once took for granted become daunting and scary.

But, there is one thing we will never lose—the love of God. God tells the prophet, “even to your old age I am He, even when you turn gray, I will carry you. I have made, and I will bear; I will carry and will save” (Isaiah 46:4). The psalmist prays, “Do not cast me off in the time of old age; do not forsake me when my strength is spent...So even to old age and gray hairs, O God, do not forsake me...” (Psalm 71:9 & 18).

Jesus loves me, this I know,
Though my hair is white as snow,
Though my sight is growing dim,
Still He bids me trust in Him.

Yours in Christ,

Pr. Bruce Kolasch



The ELCA Rocky Mountain Synod Assembly will be held May 3 - 5, 2019 at the Embassy Suites by Hilton Albuquerque Hotel & Spa; 1000 Woodward Place NE; Albuquerque, NM 87102; 505-245-7100. More information is available at <https://www.rmselfca.org/assembly>.



Upcoming activities for Elim's Youth:

- May 14: Bowling, 6 pm, at Sparetime Lanes; 5160 S. 1900 W. Roy UT 84067
 - June 11 - 12: Lock-In at Elim; led by Holly Bender and Paula Valenches; 2pm - 11 am.
- Contact Paula Valenches for more information.

It's graduation time! Congratulations and Best Wishes to our high school graduates, Catelynn Rude and Mandy Widner, and to college graduate Luke Widner. Catelynn will graduate from Roy H.S. on May 22, having also attended Davis H.S. Mandy will graduate as a class valedictorian from Weber H.S. on May 23; she will attend The University of Colorado (Boulder) this fall. Luke receives his baccalaureate degree May 4 from Embry-Riddle Aeronautical University and has accepted a position as a Flight Controller at NASA Johnson Space Center in Houston, Texas. Luke's graduation can be viewed live at <https://portal.stretchinternet.com/erauadmin/> at 9 am (MDT.) The graduates will be recognized at Elim's 10 am service on May 19, 2019. Way to make us proud, graduates!

Masada by Karlene Widner

One of my favorite places in Israel was Masada, a high plateau overlooking the Dead Sea, near where the Dead Sea scrolls were found. Discovered many years ago, it is not an easy place to work. Until 1977, it was a challenge to get to the top; then a cableway opened. We were lifted up to just 100 steps below the top.

Masada's complex history includes conflicts between its various occupants. Herod built his castle complex there in the last century B.C.; it was taken over in the first century A.D. by Judean rebels. When invading Romans overcame their forces, the rebels committed mass suicide, with the exception of a few people who hid in the cisterns.

Archaeological work continues to this day, adding to former studies. Herod's "compound" on the side of the mountain was extensive and could house up to 10,000 soldiers. Rainwater was collected in cistern(s) which, probably, allowed for growing grapes to make wine. The area was also home to a group of Christian hermits, who are assumed to be responsible for the cave inscription of "Lord Jesus" in red paint nearby.

Since 1966, the area has been a National Park; is also a UNESCO World Heritage Site. It is truly a very interesting site. Much more information and photos can be found online, e.g., <https://en.wikipedia.org/wiki/Masada>.

Congratulations to Kasey Nahley-Valenches on her confirmation, May 12, 2019! ... and a wonderful Mother's Day gift for Paula and Robin.

The fate of Elim's tradition of outdoor summer services is still to be determined for this year. However, two factors argue against continuing it: 1) the removal of the big trees that provided shade on the east and 2) the lack of volunteers to help with set-up. Please contact Pr. Bruce if you have input about this decision.



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