



# Senior Heartbeat



TEMPLE  
BAPTIST CHURCH  
COME GATHER AROUND THE WORD

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## Ventriloquist set to perform

**By Dale Oden**

What a great way to begin our senior adult luncheons after a couple of months break in July and August!

In case you missed it, we had 165 folks in attendance for the September meeting. When the line went out into the hall for

the meal, I thought we might have to run somewhere and buy more food. But there was plenty to eat!

Hats off to our ever efficient kitchen crew for their work in getting everything ready for us (meat, rolls, tea, and coffee)!

And thanks to all of you who brought

all the other delicious dishes to fill the serving tables. We also have a wonderful group of ladies who make sure the tables are beautifully decorated.

The two young men from Louisiana Tech, James Davison, III and Jacob Brister, did an outstanding job in shar-

ing their experiences from this summer.

In case you missed it, these two guys kayaked down the Mississippi River from top to bottom (Minnesota to the Gulf of Mexico). What an adventure!

It was refreshing to see and hear from these guys about their 59 days on the mighty Mississippi. All of us in attendance were blessed by James and Jacob.

Our October luncheon is scheduled for Tuesday, Oct. 16. We will be meeting in the Fellowship Hall at 11:45 a.m.

Come join us for a great time of fellowship and food. I would love to see the kind of crowd like in September at all of our luncheons.

The program for October will feature Jeff Toms. Jeff was with us about a year and a half ago. He is a very talented ventriloquist. He and his "friend" were very funny and entertaining. Jeff is a member of Ebenezer Baptist Church in Jackson

Parish.

In just a few weeks, almost 50 of us will be headed to Pigeon Forge, Tenn., to attend the annual **Celebrators Conference**.

The program for the conference will be filled with music and inspiring speakers.

Prior to attending the conference, our group will travel to Charlotte, N.C., and Asheville, N.C. We will be gone for eight days. Please pray for our group as we travel.

God continues to bless Temple Baptist Church. The powerful messages and Bible studies by our Pastor have been uplifting every Sunday and Wednesday.

In case you didn't hear Loy shouting, we had over 1,300 in Sunday School on "Welcome Back" Sunday! To God Be the Glory!

I am so grateful for the faithfulness of our senior adults in attendance and in service opportunities here at Temple Baptist Church.

## Some lessons learned from life

*Observations of a senior citizen:*

1. I changed my car horn to gunshot sounds. People get out of the way much faster now.

2. You know that "tingly" little feeling you get when you really like someone? That's common sense leaving your body.

3. I decided to stop calling the bathroom the "John" and renamed it the "Jim" I feel so much better saying I went to the Jim this morning.

4. Old age is coming at a really bad time. When I was a child I thought "nap time" was a punishment. Now, as a grownup, it feels like a small vacation

5. The biggest lie I tell myself is..."I don't need to write that down, I'll remember it."

6. I don't have gray hair; I have "wisdom highlights." I'm just very wise.

7. Teach your daughter how to shoot, because a restraining

order is just a piece of paper.

8. If God wanted me to touch my toes, He would have placed them on my knees.

9. Why do I have to press one for English when you're just going to transfer me to someone whose foreign accent is so strong that I can't understand them anyway?

10. Of course I talk to myself; sometimes I need expert advice.

11. At my age, "getting lucky" means walking into a room and actually remembering what I came in there for.

12. I am what is called a "seenager" (senior teenager). I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad I don't have a curfew. I have a driver's license and my own car.

— From Fred Benefield

## What can you take to the table?

### Author unknown

When I was a boy, our church had potluck dinners in the basement. Tables ran from wall to wall as 60 people crowded in for the feast.

The serving table was always groaning under the weight of all the different dishes people brought.

There would be baked ham, turkey, mashed potatoes, rolls, lasagna, green beans, brown beans, corn bread, pies, and cakes ready to fill every stomach and warm every heart.

Children would be running in and out while adults talked and laughed and enjoyed being together.

Soon grace was said and the plates

were stacked high with all the fantastic food. It was such a wonderful time.

Everyone was happy. The happiest of all seemed to be the mothers and grandmothers who had spent so much time cooking the wonderful delights before us.

They got to not only enjoy the dinner themselves but also to see everyone else enjoying the meal they had prepared. And that is what gave them their most joyous smiles.

Life can be a lot like a potluck dinner, with so many different and wonderful things to feast upon.

There are so many delicious dishes to delight in. The great-

est joy of all, though, comes from sharing what you take to the table. The most lasting happiness of all comes from feeding others from your own heart, soul and mind.

Are you ready to take your own course to the feast of life? God gave you something special to prepare and to share, but it is up to you to take it to the table.

You are the cook of your own goodness, your own love, and your own life. Put on your apron then, throw in a dash of delight, and make it the best dish you can.

Then take it to the table and set it down with a smile. You will be amazed at how much it will add to the feast. You will be overjoyed at how much you will nourish the souls of everyone around you.

—From *Sophia Wood*

## Prayer for a better view

O Father, save me from the depression that comes from accepting each gloomy prediction and each bad news story as though they were the whole truth. May your grace help me not to be anxious but to live with faith and trust in You to enable me to cope with each day.

—From *The Joyful Noiseletter*



from *JoyfulNoiseletter.com*  
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## God Made a Poem

God made a poem,  
But not of words—  
He wrote with oceans  
And flying birds.  
He wrote with stars  
And suns and moons;  
He left His pen-marks  
On a thousand Junes!  
In wild, tornadic winds,  
In lilac-breath of spring,  
His rhythm sweeps and swells,  
Or lilts with gentle swing.  
He whirled His magic quill,  
And phrase on shining phrase  
He scrawled incredibly  
Upon the scroll of space!  
But when the majesty of His mind  
Glittered on infinity's vast span,  
He wrote the last climactic verse—  
He made a man!

— *Lon Woodrum*



# Clowning ministry brings healing

Cleone Lyvonne Reed, the editor of a publishing house in Bandon, Oregon, has developed five clown characters of her own and views clowning as “a sacred and spiritual journey” that brings healing to both believers and nonbelievers.

She is the author of a the book “The Sacred Art of Clowning ... and Life!” (Robert D. Reed Publishers).

“We can minister to people through caring clowning, such as hospitals and nursing homes, regardless of our religious beliefs,” she said.

“To be a clown is to be dedicated to a love of life and a life of love”

In Cleone’s Joy of Clowning Play-shop, she trained a wheelchair-bound woman with cerebral palsy.

The woman took

the clown named Wings because “I am flying free of my limitations.” And she went back to college to work on her master’s degree.

The characters that Cleone developed are: Chloe the Clown, Lulu, Pistachio the Holiday Clown, Ms. Ninnie Poopski and Professor Wanda B. Tati.

Here is one of Cleone’s favorite hospital clowning stories:

“When I lived in Seattle, I clowning in two different hospitals with a clown who called himself Doc Ouch. He wore a stethoscope around his neck with a toilet plunger on the end.

“One day, we entered a room where a man in his seventies was lying all hooked up to a bunch of tubes. His wife was on one side of the bed, and his son was on the other

side.

“The patient’s wife offered me a piece of chocolate. In normal situations, I would have merely said ‘no thank you’ and gone on with some clown antics of one kind or another.

“However, the spirit inside of me knew deeply somehow that to refuse this gift would have hurt her feelings. It was a gift to her for me to be able to receive and thus give her the pleasure of giving.

“I enthusiastically accepted a piece of chocolate and ate it very slowly. I savored every bite. I rolled my eyes, closed my eyes, and oohed and aahed with every bite. I chewed each bite exploring every taste bud in my mouth.

“It was a real performance just to eat this piece of choco-

late in slow motion. All eyes were on me the entire time. I commanded their attention with simplicity — silliness of a rather sublime kind.

“When I finished eating the candy, I suddenly turned my eyes towards Doc Ouch and said in a high, innocent quick voice, ‘Doc Ouch, do you want to check my heart?’

“He said, ‘Sure. I do!’

“Then faster than you could blink an eye, I turned my body around, lifted up my can-cans and full skirt revealing my pink bloomers with a big satin heart on my butt, the heart surrounded by fancy lace, and he plopped that stethoscope right on my heart!

“The patient laughed so hard and spontaneously with the surprise of it all that I thought he

would fall out of his tubes.”

Red Skelton, one of Cleone’s favorite clowns, once said:

“I’m nuts and I know it. But so long as I make ’em laugh, they ain’t going to lock me up.

“If by chance someday you’re not feeling well and you should remember some silly thing I’ve said or done and it brings back a smile to your face or a chuckle to your heart, then my purpose as your clown has been fulfilled.

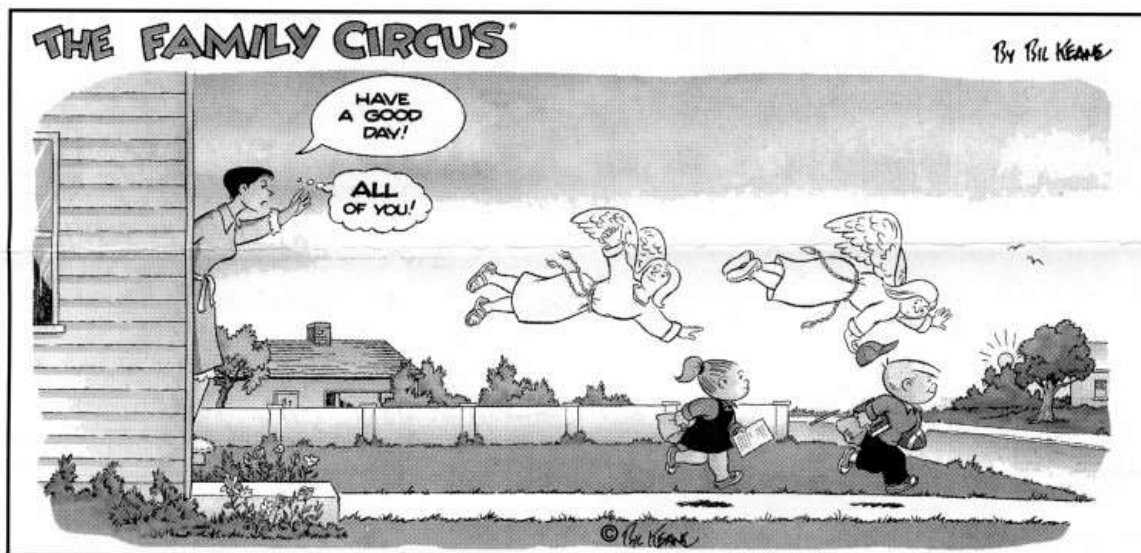
“Live by this credo: ‘Have a little laugh at life and look around you for happiness instead of sadness.’ Laughter has always brought me out of unhappy situations.

“No matter what your heartache may be, laughing helps you forget it for a few seconds.”

Cleone’s ultimate goal “is to sell everything, all my clown clothes, my clown props, my clown books to one big church, hospital, or corporation that wants to start a caring clown troupe.

“After 20 years of clowning (and sewing), I have a phenomenal collection and could outfit, and train in a week, several clowns from head to toe.”

—From *The Joyful Noiseletter*



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## Temple Baptist Church

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### Congratulations!!!

#### October Birthdays

1	Edith Hawkins	12	Bill Belding	18	Ann Futrell	23	Suellen Turner
1	Randy Moore	12	Rachel Gay	18	George Thomason	24	Philip Johnson
1	Paula Osbon	12	Susan Rasbury	18	Sadel Oden	25	Annette Green
1	Kevin Witten	12	Bob Woody	18	Margaret Alexander	25	Marilynn Lewis
2	Gary Acklin	13	Kenny Crump	18	Ronnie Vail	25	Carolyn Mahaffey
3	Erma Hudson	13	Linda Echols	19	Loyd Elkins	25	Brenda McIntyre
3	Tom Yung	13	Lou Ann Smith	20	Inez Payne	26	Jack Potter
5	Robert Davis	13	Julie Post	20	Larry Ginn	26	Frances Rich
8	Larry Causey	14	Martha Miller	20	Curtis Tubbs	26	Sharon St. Andre
8	Cliffo Crump	14	Jane Sherrard	21	Ben Gullatt	28	Alan Trammell
8	Sandra Perdue	15	Leonard McAdams	21	Doris Humble	30	Murray Rasbury
8	Joy Carol Rowe	15	Babs Barham	21	Rosemary Reeves	30	Byron Williams
9	Patty Slaughter	16	Margie Hearn	22	Ray Armstrong	31	Kay Church
9	Pam Owen	16	Rose Butler	22	Wanda Ginn	31	Mike Haight
10	Peni Armstrong	16	Delaine Moseley	22	Mary C. Ayres	31	Graham Morris
10	Phyllis Rambin	16	Pam Williams	22	Mike Jones		
10	Melba Sumlin	16	Shirley Stephens	23	Sharon Franklin		
11	Glenn Scriber	17	Bruce Helm	23	Virginia Selle		

#### October Anniversaries

2	Connie and Gary Acklin	14	Susan and Murray Rasbury (1966)
4	Carolyn and Mickey Sumrall (1998)	26	Brenda and Gene Smith (1968)

*If you would like your birthday and/or anniversary added to the lists published each month in Senior Heartbeat, please call the Church Office (255-3745).*