



ELMBROOK
CHURCH

50+ PLUS!

What Now?

LOVING THE NEXT YEARS OF YOUR LIFE

50 Plus! What Now?

- The development of this class begin about two years ago
- Requested by Steve Sonderman and guided by Tom Tunnickliff

The Development Team Of Volunteers

- Don Dowdy
 - Al Bautch
 - John Ferguson
 - Jim Mayer
 - Harry Muir
 - Warren Widicus
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- Mary Widicus
 - Shannon Garretson

Objective: Address the needs of the 50+ population at Elmbrook

- We see people that are 50+ and are struggling
- Many of them leave the church
- There is a place and a need for 50+ people at Elmbrook
- This class is for everyone 50+
- Built off of experiences of others



Here's an excerpt from one of Tom's
sermons related to this class

This class was first offered Spring, 2019

- 60 participants in our class
- Gathered their input and tweaked the class to make it even better
- At the end of the class, we will collect input from you and continue to improve the program
- Thank you for participating in this class.

Meet the people at your table

- 1 minute each
- Name
- Where you are in life (working two jobs, retired, caring for aging parents, etc.)
- What do you hope to get out of this class?

7:00

created by Lara Futch

What do

Jennifer Aniston, Gwen Stephanie,
Matthew Perry, Jennifer Lopez, Cate
Blanchett, Matthew McConaughey,
Catherine Zeta-Jones and Jack Black
all have in common?

You are not alone

- 75 million people aged 50+ in the US
- 5,000 of those folks are associated with Elmbrook
- And the vast majority of them are trying to figure it how to live after turning 50

Research shows that in order to feel satisfied, useful, hopeful...

- We need a personal vision, a purpose, a reason for being
- We need to use our time wisely
- We need to deepen our faith
- We need to develop better relationships
- We need to figure out how to find the right activities

That's what this class is all about

- Tools to help you with each of these 5 topics
- Table leaders who can ask the right questions
- Table mates that you can bond with
- Summaries of books, articles, research
- Wise words from others who have struggled before you
- Thinking throughout the rest of the week

Let's take a three minute tour of our Participant's Guides

- Please open the guide to the Table of Contents

Let's get started - Page 6

- Session 1 objectives and our approach

Developing a personal vision - Page 8

- What are you going to aspire to during the next phase of your life?
- Close your eyes and listen to this song

My Next Thirty Years



Table discussion - page 8

10:00

Why do you need a personal vision? - page 9

- Gives your life meaning
- Allows you to put your time to good use
- Helps with useful longevity
 - Jimmy Carter becomes the oldest past President in history
 - “Both President and Mrs. Carter are determined to use their influence for as long as they can to make the world a better place. Their tireless resolve and heart have helped to improve life for millions of the world’s poorest people.”
 - Deanne Congileo, a Carter Center spokesman

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Why do you need a personal vision? - page 9

- “There's also an aspect of well-being called 'purpose in life,' which is sort of the ability to find meaning in everyday activities. People high in that trait are also able to maintain better cognitive functioning in old age...”
 - Robert Wilson, Director of cognitive neurosciences at Rush Medical College in Chicago
- Help's you to follow God's plan for you

Everyone needs a personal vision - Page 9

- A personal vision:
 - needs to be simple but meaningful
 - should consume you
 - should drive you
 - should call to you
 - should be the first thing you think of when you wake and the thing you are thinking about when you fall asleep

Personal visions from the Bible - page 9

Learning from personal visions in the Bible - Page 10

- What do these visions have in common?
- What's the difference between a personal vision and God's calling/plan for you?

Discussion with a table partner -

Page 10

5:00

How do you develop your own personal vision? Page 11

- Find the vision that is inside you.
- “Purpose is not something that you invent, it’s something you discover.”
 - Steve Sonderman

A thought process to help you develop your personal vision? Page 11

- Meaningful life events and experiences
- Clues from the past
- Tombstone sayings
- God's whispers
- Learn from other's personal visions (Appendix A)
- Jot down your thoughts
- Reflect, refine, rewrite
- Post it

Table discussion - Page 12

8:00

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Homework for next week - Page 13

- Write a personal vision for yourself
- Complete step 1 of your time analysis (Appendix B)
- See you next week: same evening, same time, same location

Need help during the week?

- Contact:
- Your Table Leader
 - Or
- Don Dowdy at ddowdy@elmbrookteam.org

Thank you. Thank you very much!