

Living Well Through Lent

LOVING GOD, OURSELVES & OTHERS

*A Lenten Sunday School Series for all ages on learning
how to make the most of our time here on Earth.*

BEGINNING FEBRUARY 18 | 9:30AM | SOCIAL HALL

FEB. 18 – EVERYONE HAS A STORY

The importance of sharing your life's story & fun ways to do it!

FEB. 25 – DECLUTTER & SIMPLIFY

Moving, downsizing, and life changes.

MARCH 3 – YOU'RE IN CHARGE (BUT YOU NEED IT IN WRITING)

Legal documents everyone needs.

MARCH 10 – RESOURCES FOR CAREGIVERS

Finding in-home helpers (medical & otherwise), referrals and
choices re: nursing and assisted living facilities.

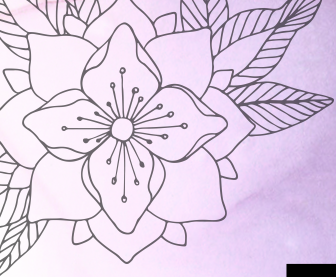
MARCH 17 – CHOOSING WHAT MATTERS FOR YOUR LIFETIME AND BEYOND

Making your hopes, dreams, values, creativity, relationships,
and generosity count.



Visit sspres.org/events
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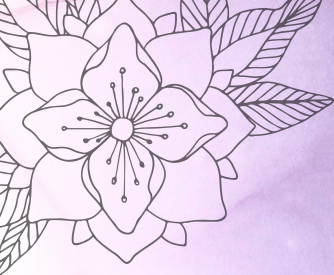
FEB. 18 – EVERYONE HAS A STORY

There is no debate that one of our greatest resources in this Community of Faith is the individual members and their stories of life and faith. So many of us expect to have individuals available for life to carry the stories and histories of families and faith for the future generations; however, the need to document and preserve these stories is real and palatable. The discussion will include information about resources that exist and can be used to glean and preserve people's stories.

FEB. 25 – DECLUTTER & SIMPLIFY

Statistics show that there are more than 23 million individual storage units in the United States. We are a nation of on moving stuff. Perhaps decluttering and simplifying our “stuff” would be in keeping with our desire to grow closer to a life of simplicity, allowing us to gift our children as well as ourselves the gift of downsizing and simplification for the future. There are some simple steps that can be taken to bring some simplicity to life opening doors of time for other, more meaningful relationships with each other and with our God.





MARCH 3 – YOU'RE IN CHARGE (BUT YOU NEED IT IN WRITING)

Likely we are all very good at thinking that we are somewhat if not completely, invincible, but the truth is that we know that our lives on this earth are only temporary. Have you used good judgment to prepare the needed and appropriate documents to provide the legal necessities that you and your family will need in the event of a medical emergency, or even death? Information and guidance will be provided with regard to the recommended legal documents that should be considered by everyone as they prepare for the unknown, but inevitable, this side of heaven.

MARCH 10 – RESOURCES FOR CAREGIVERS

Caregiving for friend or family member, someone who is disabled or in a health crisis, women versus men serving in the role of caregivers in this Nation represent a Public Health Crisis according to the CDC. As the baby boomers continue to age, additional responsibilities of caregiving will be upon us all in some form or another and finding the resources to meet the needs is often a very confusing process. One cannot know what one does not know or has ever experienced and so our offering in this regard will provide a drive-by view of various forms of assistance in our community that will help in finding in-home help (medical and otherwise), referrals and choices (nursing and assisted living communities) and many other similar caregiving dilemmas.

MARCH 17 – CHOOSING WHAT MATTERS FOR YOUR LIFETIME AND BEYOND

Your family's legacy is built on time spent doing things together and making memories. How you spend that time—life's most precious resource—affects what your children will inherit and carry on in their lifetime and beyond. The choices you make lay the foundation of your values, build family unity, and strengthen your bonds with those you hold dear. This opportunity will consider what you want to impress upon your family as you discern the legacy that God wants you and your family to leave, making your hopes, dreams, values, creativity, relationships, and generosity count for the long-haul.

