

OCTOBER 2019

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO OCTOBER



INSIDE THIS ISSUE:

From Jerry's Desk
What Happened Last Month?
October Events & Birthdays
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Residents Contributions



Shalem
Society for Senior Citizens Care

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SHALEM MISSION STATEMENT

Mission statement and values outline were revised at the February 2019 Board Meeting.

MISSION:

Shalem, meaning wholeness, was formed with the mission and communal desire to provide a Christian setting that enhances the well-being of seniors.

VISION:

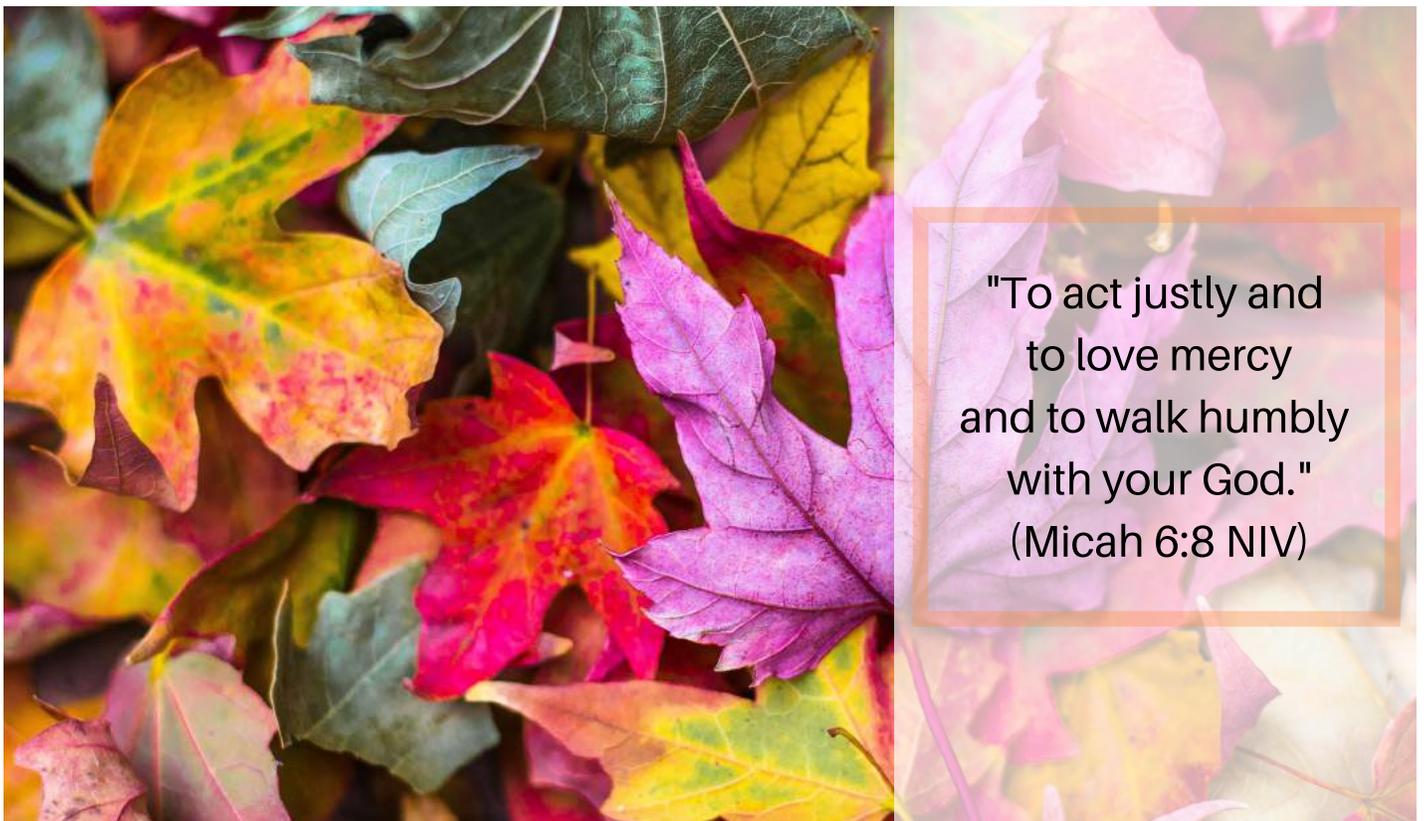
A caring community to call home.

VALUES:

At the heart of Shalem is a Christian community where God is at work and we care, share and celebrate.

We value:

- Respect and acceptance
- Justice
- Compassion
- Stewardship of resources
- Community



FROM JERRY'S DESK

OCTOBER 2019



Hello Shalem Friends,

My wife Audrey and I have been privileged to manage polling stations in both a provincial and a federal election. The most significant moment of our experience was when a new Canadian came to vote. He had moved to Canada from a country where free elections were not possible. This was the very first time he voted in his life. He was overwhelmed with emotions as he cast his ballot. We also experienced a father bringing his handicapped son in to vote now that the son had turned 18. The father explained to me how the son had read everything he could get his hands on so he could make an informed decision at the ballot box.

VOTE

On September 26, Elections Canada was at Shalem to update the Voter's List. October 21 is Election Day in Canada. It is an opportunity to exercise your democratic right to vote. It is important everyone votes!

Our Shalem Home continues to be a "hive of activity".

The Court Restoration Project is going well. Although they are behind schedule, the end result will definitely be worth it. And now that new siding is being installed we are getting a sense of what the end result will look like. Much of the suite interiors damaged by water and ice damming is being repaired at the same time. Finally, new window coverings are on order. I'm thankful the work is getting done. Thank you everyone for your continued patience.



Construction Season hasn't forgotten the Manor. Once materials for the new elevator are manufactured, sourced and on site the actual work will begin. We anticipate the work will start in February and finish in April 2020.

FROM JERRY'S DESK

OCTOBER 2019

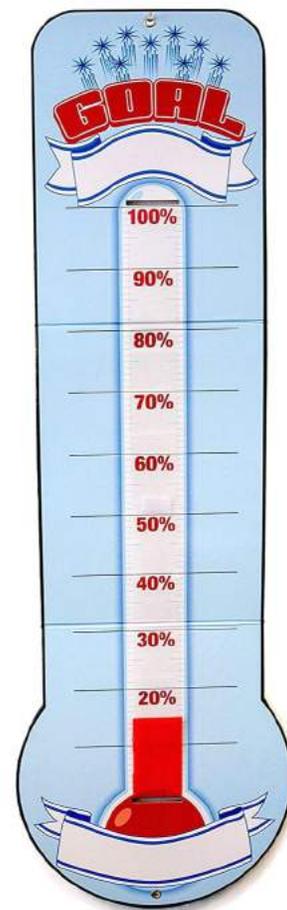
On September 19 the Board of Directors hosted an evening where the financial requirements of the Court Project were further explained. We don't know the final bill, but we do anticipate costs to exceed \$1.5million. A number of options were presented as to how we as a society might meet these financial challenges. The meeting was very well attended by residents from all buildings, members of the Shalem Society, staff and others. Our MLA, Nicholas Milliken also spoke. It was a great evening.

Keep an eye on the donation thermometer in the dining room. Donations and pledges are coming in. Thank you!

Our website, shalem.ca, is regularly updated and now include easy access for you to contribute to the Court Restoration Project and to the Manor Elevator Project.

Philippians 4: 1-23

1. Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!



In all this busyness we need to have some fun. Our old shuffleboard was starting to delaminate and definitely showing its age and many years of use. If you haven't done so yet, take a walk to the Manor foyer and check out the new shuffleboard. Great new table in a great new location. Thank you to the Manor and the Court social clubs for your contribution.



FROM JERRY'S DESK

OCTOBER 2019

Continued...

Shalem management continues to explore ways we might enhance the overall wellbeing of its residents. Ensuring safe and well maintained building are a part of that. But so are the public spaces we enjoy every day. Then there are the services provided by Shalem and the services provided by others. The Salon, the Foot Care Clinic and the Flu Clinic are just a few.

We are also conscious of the spiritual well-being our community. Our Chapel times are something many look forward to. David Swinney is the pastor at the High River Christian Reformed Church. Many of you have met Pastor David as he is a regular contributing pastor at our Chapel. David has now offered his time and talents to provide Chaplin Care. Pastor David will be a blessing for our community in his added role as Shalem Chaplin.



Pastor David Swinney
New Shalem Chaplin



Liz Kahle
Intern Christian Counsellor

And there's one more person I'd like to introduce. Some of you may be familiar with Stephen Ministry through Emmanuel Church. Stephen Ministry is best described as a one to one caring ministry. (Speak with Michelle if you would like to know more). Well, in connection to Stephen Ministry, Emmanuel has hired Liz Kahle, a Master of Counselling practicum student from Providence Theological Seminary. Liz's expansive role of Counselling Care includes our residents here at Shalem. Yet another blessing for our community!

And finally, we are also putting the finishing touch on a new meeting space. This space located just down the hall from my office, will be used by Pastor David, Counselor Liz, meetings with residents and/or family, and any other situation where privacy is preferred.

Psalm 121:8

“The Lord will watch over your coming and going both now and forevermore.”



WHAT HAPPENED LAST MONTH?



C3 Presentation

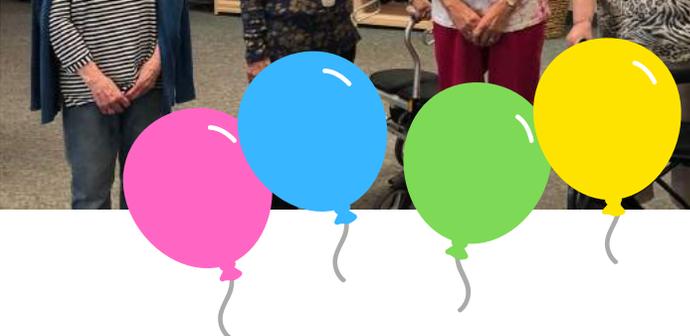


For More Information on the C3 Program
Clients are referred through the Single Point
of Entry.

CONTACT 403-943-1920
www.carewest.ca

*Brochures are available, contact the Shalem
Recreation Team if you would like one.

Happy Birthday & Anniversary



**September Birthday Party &
Anniversary Celebration**
music by Peter & Pals

WHAT HAPPENED LAST MONTH?

Alberta Health Services Presentation Advance Care Planning

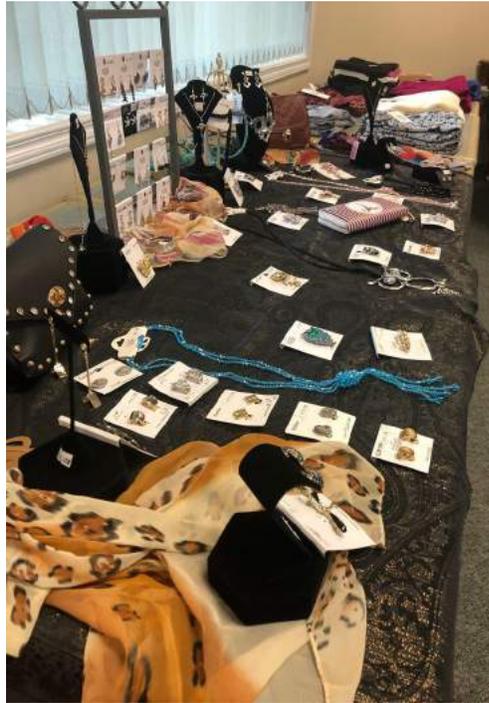


**Arts & Crafts - Making the
Centre Pieces for
Thanksgiving Dinner.
Thanks to those that came
to help us!**



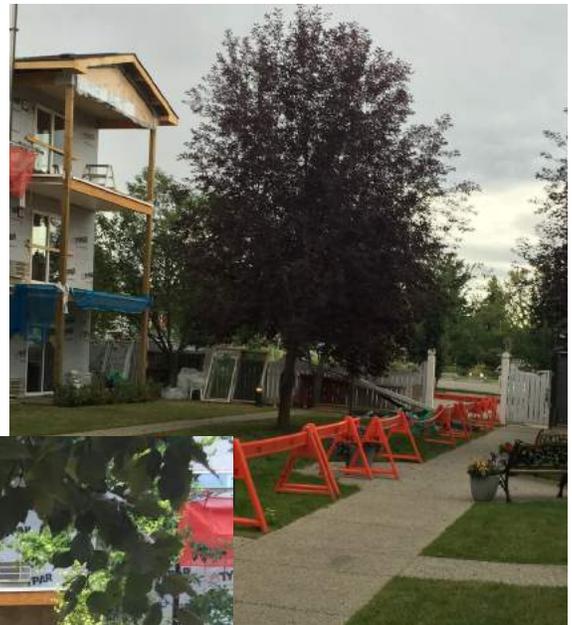
WHAT HAPPENED LAST MONTH?

**AB Clothing,
time for Fall
Shopping!**



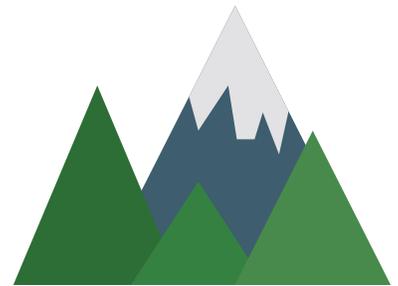
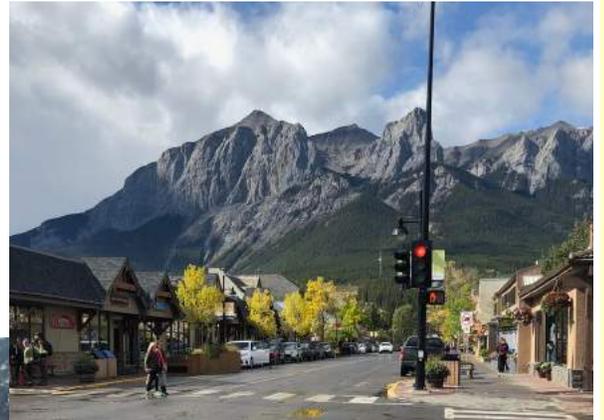
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Construction Continues



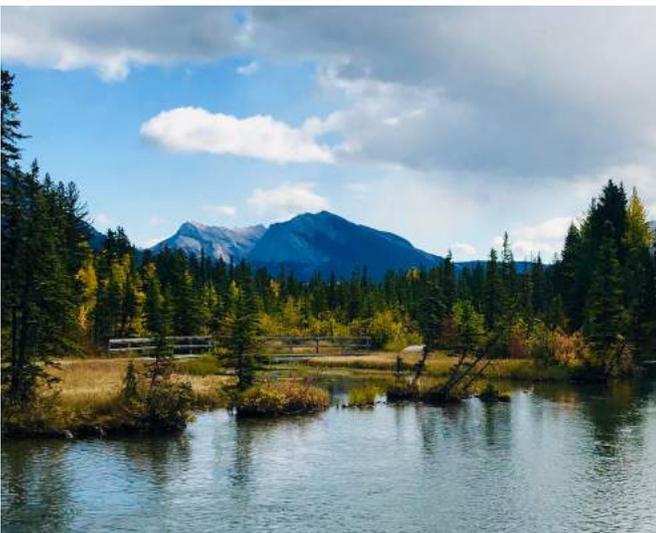
WHAT HAPPENED LAST MONTH?

Trip to Canmore



WHAT HAPPENED LAST MONTH?

Canmore Continued...



WHAT HAPPENED LAST MONTH?

Music by Karen Dees



Welcome David Swinney





A Little About Liz

Liz Kahle (pronounced kale, like the leafy veggie) grew up in an evangelical Christian family of ten children in Ottawa, ON. Belonging to such a large family gave her an appreciation for communication, flexibility, and especially humour! Recognizing both a distinct call and desire to pursue pastoral ministry, she

moved to Regina, SK to attend Canadian Bible College, eventually making the move to Calgary when the school did (currently Ambrose University). During nine years in both administrative and pastoral roles at a local church in Calgary, Liz further recognized a love for those who experience pain and suffering, especially those who often suffer alone in their stories. Through this, she made the decision to apply for a Masters of Counselling program at Providence Theological Seminary in Manitoba, where she is entering her final year of practicum and plans to graduate in April 2020. Her hope is to be a place of safety as she both listens and engages the stories of others, offering support and practical help as each one seeks to make steps towards wholeness, healing, and freedom.

Liz loves to spend her time with her family and friends, especially her nephews and niece here in Calgary, reading (particularly theology/church books), running, being outdoors, and drinking coffee. As of yet, Liz has not solidified what her mode of therapeutic practice will be, but is especially drawn to cognitive behavior therapy, emotion-focused therapy, and narrative therapy.

Liz is available to offer free counseling services to Shalem residents and friends/family. For a referral or more information, contact Michelle Vanderwerff (email: volunteering@shalem.ca) or Email Liz directly (elizabeth.kahle@my.prov.ca)

SHALEM COURT EXTERIOR RESTORATION PROJECT FUNDRAISING

Please consider a donation to help with costs associated with the repair of the Shalem Court Exterior.



For Online Donations:

shalem.ca

GRATITUDE MESSAGE

GUEST PASTOR - JACQUI MIGNAULT



Radical Gratitude

With Thanksgiving approaching, it's that time of year when we take stock of the things in our lives we are thankful for. In a novel I was reading last week, one of the characters mentioned he was "doing his sums." The other characters assumed this was him counting his money, the stuff he had accumulated. But it is revealed that he was noticing all the ways and people and things that had come across his path that gave him joy, healed him, made him more whole. This is a practice that is needed at all moments of our lives, not just the enjoyable ones.

Gratitude is not just being glad you have nice things in your life, saying, "I am so blessed." That's a part of it, but too often it stops at being glad for things you have but others don't. Radical gratitude goes further. It goes deeper. Radical gratitude, starts to get to our core when it gets us to recognize that, "I do not make anything in this life happen. This ALL is a gift."

This is a practice that moves in a different direction than our consumerism, our self-focused realization. Practicing gratitude will reveal that our people, our joys, our struggles, the provision we receive, the community we forge and, mostly, the grace we live within, are a gift; and that their given-ness to us is the truest thing about our lives. In a world where anger about where the world is going turns into hatred of the other; in a world where economic growth trumps the pace of being a human; in a world where we can so easily get numbed to indifference or exhausted into siloing ourselves into safe, separate worlds, Gratitude gets us out of our heads and says things like "I lift my eyes up, to the hills, where does my help come from? It comes from the Lord, maker of heaven and earth." (Psalm 121:1)

It all comes from the Lord, the creator.

"In radical gratitude, the vicious dissatisfaction with life is broken. We begin to recognize what we have rather than what we don't ... we awaken to another way of being, another kind of economy, the great economy of grace in which each person is of infinite value and worth." Mary-Jo Leddy, Radical Gratitude.

Practicing the kind of gratitude that says, "even the work and effort of my hands, is a gift I do not own," will create space in us to see more good, and less scarcity. It refocuses us to what IS rather than what IS NOT. Gratitude is not about turning lemons into lemonade, but truly knowing and recognizing grace in EVERY moment - good and hard. Gratitude is not "turning a frown upside down" or convincing ourselves to "feel" a different way in our suffering and in tragedy, but it is knowing we are not alone in those moments, never alone.

Practicing gratitude, "doing our sums," will open us up to our truest nature - that we are little children, Followers of the Son and invited to participate, invited to be in awe, invited to be delighted, like the wide-eyed children we in fact really are.

GRATITUDE MESSAGE

GUEST PASTOR - JACQUI MIGNAULT

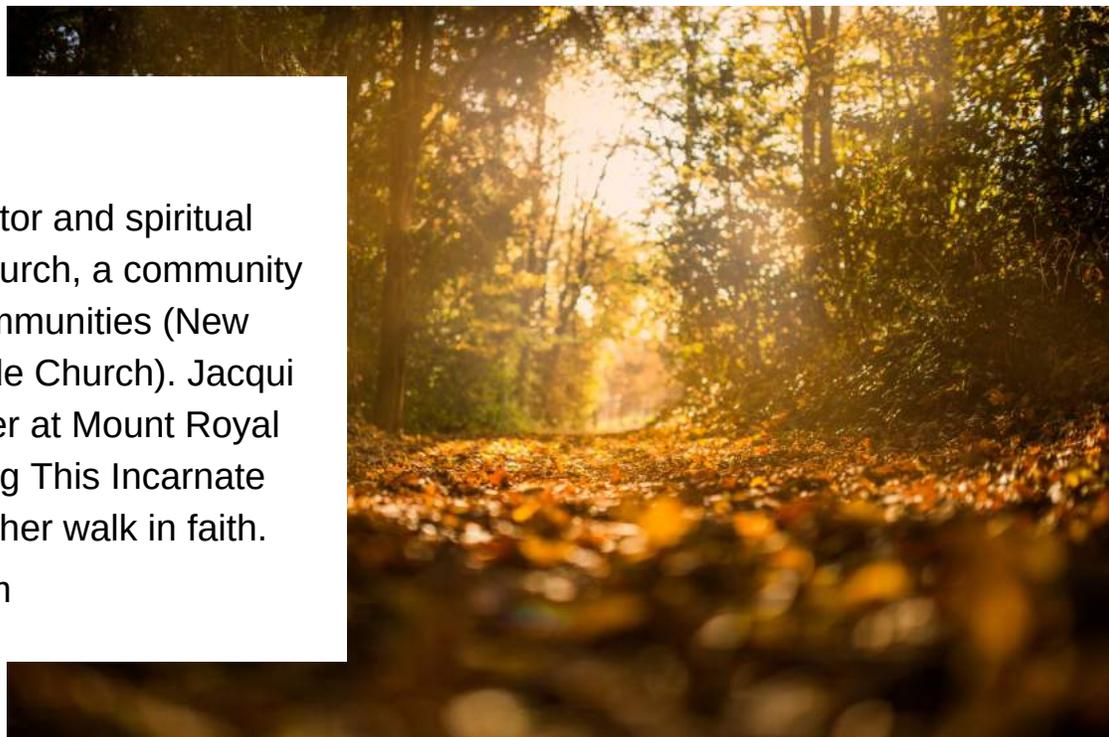
Gratitude Practice tips:

- 1- Notice the details. We are thankful for family, but what specifically are you grateful for. The more specific you can be, the more breadth gratitude takes a hold. I.e. More than “I’m thankful for my husband” I’m thankful for how my husband checks in on me during the day. I know I’m not in this alone.
- 2- Write them down or tell them to someone. Bringing things out into the open makes an anchor of grace in our real lives. That moment of gratitude will stay a touchstone for the harder moments when we say it out loud.
- 3- Practice this noticing every day. Like a musician who practices scales so that when she goes to play a Sonata her hands are ready, this sort of daily practice is what enables us to live fully in every moment, hands ready, to receive and then give back.

About Jacqui:

Jacqui Mignault is a pastor and spiritual director at The Road Church, a community built by merging two communities (New Hope Church and Hillside Church). Jacqui is also a campus Minister at Mount Royal University and has a blog This Incarnate Faith where she shares her walk in faith.

www.jacquimignault.com



SPECIAL EVENTS

DATE

EVENT

Wednesday October 2

9:30am - Guest Fitness Instructor
Haven 3rd Floor Activity Room **Active Aging Week!**
Heather Hausmanis, Ball Rolling

3:00pm - Chapel with Norm Ross
Dining Room

Thursday October 3

2:15pm - Seniors Nutrition - **Active Aging Week!**
Pam Eike, Holistic Nutrition Practitioner
Dining Room



3:00pm - Guest Fitness Instructor
Dining Room - **Active Aging Week!**
Theresa de Walle, Redefining Active

Friday October 4

10:00am - Financial Health Series
Host: Peggy Chiu-Black
Café

Monday October 7

3:00pm - Fall Flavours Social
Warm Drink and Fall Treat
Café

Tuesday October 8

9:15am - Bus Trip to Walmart
Sign-up sheets on Haven White Board

Wednesday October 9

3:00pm - Chapel with Kevin Powell
Pastor, First Lutheran Church
Dining Room

SPECIAL EVENTS

DATE

EVENT

Wednesday October 9

7:00pm - BINGO with Lauren
Dining Room

Thursday October 10



Thanksgiving Dinner

5:00pm - First Seating

7:00pm - Second Seating

Dining Room

Friday October 11

10:30am - Calgary Christian School
Kindergarten Class - Singing & Craft
Dining Room

Tuesday October 15

10:30am - Brain Teasers
Café

Wednesday October 16

3:00pm - Chapel with Dan Roukema
Pastor, Emmanuel CRC
Dining Room

Thursday October 17

1:00-3:00pm - Flu Clinic
H3

Friday October 18

10:00am - Financial Health Series
Host: Peggy Chiu-Black
Café

Sunday October 20

Volunteer Group Visit



6:00pm - Fall Craft & Hymn Sing-a-long
Mountain Springs Calvary Chapel Womens Group
Dining Room

Monday October 21

9:30am - Guest Fitness Instructor
Haven 3rd Floor Activity Room
Theresa de Walle, Gentle Fitness

SPECIAL EVENTS

DATE

EVENT

Monday October 21



12:30pm-4:00pm - Mobil Polling
Federal Election *SEE BUILDING TIME SLOT*
Dining Room

VOTE

Tuesday October 22

9:15am-2:00pm - Bus Day Trip Excursion
Nanton Museum of Miniatures
Sign-up Sheets on Haven White Board

Wednesday October 23

3:00pm - Chapel with David Swinney
Shalem Chaplin
Pastor, High River CRC
Dining Room

Thursday October 24

2:00pm- October Birthday Party
Entertainment - Dwayne Fettig
Dining Room



Friday October 25

10:00am - Financial Health Series
Host: Peggy Chiu-Black
Café

Monday October 28

9:30am - Guest Fitness Instructor
Haven 3rd Floor Activity Room
Heather Hausmanis, Stretch & Strength

Tuesday October 29

3:00pm - Games & Activities
Dining Room



HEALTH INFORMATION

October 1-7th is Active Aging Week

Active Aging Week kicks off on October 1st, shining a global spotlight on the importance of engaged aging.

For the first time in human history, the total world population has more people over 65 than children under five.

As these changing demographics open doors to new opportunities and unprecedented challenges, experts are realizing that how we treat aging and adapt to it will shape the future of individuals, families, communities, nations and the world as a whole.



*Redefining
Active*

The theme of this year's Active Aging Week is "Redefining Active" because active aging is about so much more than just exercise. It's about broader engagement—physically, socially, cognitively, spiritually, professionally and civically. Active aging is about engaging with family, friends and/or community, learning and trying new things, volunteering, mentoring, pursuing further professional development or entrepreneurial endeavors, travelling, maintaining an active spiritual/religious life, and leading a healthy lifestyle with good nutrition, exercise, mindfulness and other forms of stress-management. Simply put, active aging is about staying positively engaged in all aspects of life—which ultimately benefits both the individual and broader society.

**Watch for Active Aging Week
Activities at Shalem Oct.1-7th**

HEALTH INFORMATION

Heart Health for Women

The classic risk factors for heart disease include high blood pressure, high cholesterol, smoking, heavy drinking and obesity, but some are less obvious.

- **Age** - especially after menopause. Low estrogen levels after menopause can greatly increase the risk of heart disease in the small blood vessels of the heart.
- **Heritage:** South Asian, African or Indigenous heritage are at higher risk.
- **Stress and depression** affect women's hearts more than men's. Staying heart healthy is harder if you're depressed, talk to your primary care provider if you feel the symptoms of depression.
- **Family history** is an important factor in determining risk - in women and men. If you have a family history of early heart disease, be sure to assess your other risks and talk to your doctor about keeping your heart healthy. This goes for younger women, too.
- **Being inactive** poses a greater risk for heart disease for everyone - not just women. Though many risk factors - like family history - can't be changed, there's a lot you can do to lower your risk for a heart attack.



Chest discomfort

Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper Body Discomfort

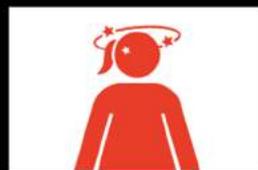
Neck, jaw, shoulder, arms, back



Nausea



Shortness of Breath



Light-headedness

Signs of heart attack in women

Women don't always have the "Hollywood Heart Attack", with its characteristic chest-clutching pain. If you experience any of these signs; chest discomfort, sweating, upper body discomfort, nausea, shortness of breath, light-headedness, call 9-1-1 immediately.

MANOR MESSAGE

BIRTHDAYS

October 4	Sharon Holland
October 19	Betty Sampson



Happy Birthday!

May you celebrate the many blessings God has given you.

ACTIVITIES - 3rd Floor Manor Social Room

Coffee	Monday & Saturday	9:30 - 11:00 am
Needlework and Crafts	Monday	2:00 pm
Cards	Thursday	7:00 pm
Happy Hour	Friday	3:30 pm
Birthday Parties	3rd Tuesday, Monthly	2:00-3:00 pm



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6 (NIV)

COURT MESSAGE

BIRTHDAYS

October 9	John Jager
October 10	Connie Plenert
October 12	George Van Dyk
October 13	Neil DeBree
October 17	Nell Sanderse
October 19	Ina DeBree
October 31	Riet Folkerts



*We wish all of you a very
Happy Birthday!
May God fill your
birthday
with laughter, hope,
rejoicing and love.*



ACTIVITIES

Crafts, Bingo & Shuffleboard

Did you see the beautiful new shuffle board? It is located in the room in the Manor. We are hoping to start our new shuffleboard season Thursday, October 3rd at 7:00PM.

Never played before? Come and try it - it's easy, we always have a lot of fun, and the competition is very laid-back.

Bingo: Saturday, October 19th at 7:00 PM in the dining room.
Cost: \$2 per person, which includes coffee, juice and snacks.

NOTE: Hi Signs

Do you remember to put out your "hi-sign" each morning? This is very important, because if you do not do so, your monitor will check again later that morning. If it still is not out, he/she will check on you by phone. If there is no answer, he/she will have to inform the office, who will then check and make sure you are either o.k. or not home.

So please, inform you monitor if you will be away.

1 North has a new monitor: Anna Kroontje (102) has taken over from Ann DeKlerk.

HAVEN MESSAGE



BIRTHDAYS

October 12

Eva Visscher

October 21

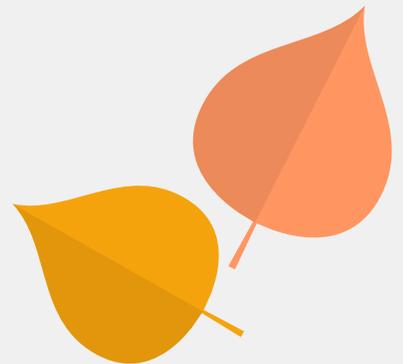
Marguerite Dixon

May God continue to bless you with lots of peace, love, joy and happiness in your life!

REMINDER - NEW CHAPEL TIME!!



WEDNESDAYS
3:00PM
DINING ROOM



Shalem Senior Choir Practice



Starting Again October 1st
TUESDAYS, 3:30PM Warm-up
4:00PM PRACTICE



Thanksgiving Dinner

WHEN: THURSDAY, OCTOBER 10th

WHERE: DINING ROOM

TIME: SEATING 1 5:00PM
SEATING 2 7:00PM

NON RESIDENT / GUEST \$20.00

Deadline to RSVP:

Saturday October 5th by noon

FINANCIAL EDUCATION SERIES

DEFINING THE FUTURE OF RETIREMENT WEALTH AND HEALTH

You are invited to join host Peggy Chiu-Black (a Resident volunteer at Shalem) on Fridays 10:00 at the Shalem Café. The board appreciates Peggy's enthusiasm and willingness to volunteer her expertise on Planned Giving. Watch for notices and the calendar for session dates.

BUS TRIP OUTING

NANTON MUSEUM OF MINIATURES



One of the top Alberta tourist attractions. You will visit historical Native villages, Active western towns, Farming and logging communities. Enjoy miniature displays of Wildlife scenes, A circus, African jungle animals, Prehistoric animals and Fossils. There is also extensive collections of historical photos, paintings, artifacts, Indian carvings, plus over 160 authentic top quality 1/24" scale model cars and trucks.

HAVEN MESSAGE - SHALEM BUS SERVICE



Shalem offers bus service for shopping and other Shalem planned events

OCTOBER Bus Trips:

- | | | |
|--------------------|----------------|--|
| Tuesday October 8 | 9:15 - 11:30AM | Bus Trip to Walmart |
| Tuesday October 22 | 9:15 - 2:00PM | Bus Trip Outing to Nanton Museum of Miniatures |

****NOTE: DAY TRIP OUTING, RETURN TO SHALEM BY 2:00PM
IF WEATHER IS UNFAVOURABLE WE MAY LEAVE EARLY**

Cost of Bus Trips*

MALL BUS TRIP:

Haven Residents -----	No Charge
Court and Manor Residents	
CAFT Payment (preferred)-----	\$4.00
Cash Payment-----	\$5.00

NANTON BUS TRIP:

Haven Residents -----	\$7.00 Museum Fee Lunch & Bus Included
Court and Manor Residents	
Bus & Museum Entrance	
CAFT Payment (preferred)-----	\$16.00 (Bus & \$7.00 Museum)
Cash Payment-----	\$17.00 (Bus & \$7.00 Museum)
Bagged Lunch Optional -----	\$5.00

NANTON BUS TRIP LIMITED NUMBER OF SEATS

Sign-up sheets will be posted on the Haven White-Board **2 weeks** prior to outing.

*Prices subject to change for larger excursions or outings

PICK UP AND DROP OFF WILL BE AT THE HAVEN DOORS

FEDERAL ELECTION VOTING - MOBILE POLL

WHEN: SEE YOUR BUILDING TIME BELOW
Election Day, October 21 (12:30pm - 4:30pm)

Shalem Court 12:30pm-2:00pm

Shalem Haven 2:00pm-3:30pm

Shalem Manor 3:30pm-4:30pm

WHERE: DINING ROOM

HELP MARK THE 75th ANNIVERSARY OF CANADA'S LIBERATION OF HOLLAND

More than 1 million orange tulips will bloom in flower beds across Canada next Spring.

As part of the Liberation75 commemoration campaign, growers from the Netherlands sent tulips to Canada. Bulbs have been given to schools, legion branches and different municipalities across Canada to be planted.

Our neighbor, Calgary Christian School, received 75 bulbs. These bulbs must get in the ground as soon as possible!!! (Weather permitting!)

Calgary Christian has invited Shalem to take part in the planting ceremony. The school is also inviting seniors to share stories about life during that time in history.

Let's join with our neighbors in recognition of Canada's role in liberating the Netherlands. Get your hands dirty and plant some bulbs! Or, just come to watch. And consider sharing your story!

Liberation75 is being put on by The Canadian Tulip Festival in partnership with the National Capital Commission and the Royal Canadian Legion.



DATE AND TIME TO BE CONFIRMED!!

PLEASE WATCH FOR SIGNS

Contact Michelle Vanderwerff if interested in learning more.

Experiencing Cancer

- Written by Ben Tan

J.C. Ryle wrote, "...sickness is universal, touching every race, every nation, every gender, every age, every person of different strength, wealth, social standing or education." Even those whom Jesus loves can fall ill. John 11:3- "Therefore his sisters sent unto Him, saying, Lord behold, he whom Thou lovest is sick." Lazurus was much loved by the Lord, but that does not prevent him from suffering illness.

1. Rude Awakening

"Ben , I never imagined you'd get cancer because you've been diligent in taking care of yourself-careful in what you eat and regularly exercising and going to the gym." And Sylvia of #315, (Shalem Court) remarked " you are like an 18 year kid moving at lightning speed around the premises!" Yet I have been diagnosed with cancer in November 2018. This is God's way to knock the props out from under my heart, so that I would utterly rely on Him. 2 Cor 1:9, " indeed, we had the sentence of death within ourselves in order that we should not trust in ourselves but in God who raises the dead." Many here have illnesses of one kind or another. But whatever we have and whatever treatment we go through, we can take courage, be joyful, and persevere on, because like a OMFer said, "I can look for diamonds in the dust." Horace Bushnell wrote, " Take your burdens, and troubles, and losses, and wrongs, if come they must and will, as your opportunities, knowing that God has girded you for greater things than these."

2. Deepening Dependence on God

To utterly rely on Him calls for a deepening dependence on God. Philippians 3:8, " More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish in order that I may gain Christ." Phil 1: 21 says, " For to me, to live is Christ, and to die is gain." Paul also said, "for me to be with Christ is far better, but to remain is needful service to you".

a. Being diagnosed with cancer, calls for recalibration of my life. Christ has given me time to reflect, rest and wait upon the Lord. Isaiah 40:31, "Yet those who wait for the Lord will gain new strength." Psalms 37:7 "Rest in the Lord and wait patiently for Him. " Psalms 40:10, "be still and know that I am God." I am experiencing afresh that He holds me in the hollow of His hand. I am the apple of His eyes! indeed He is the Alpha and Omega, He knows the end from the beginning! I am under His sovereign care and control. As such we can cast all our cares on Him.



RESIDENTS CONTRIBUTIONS

Continued...

b. Spending more time in His Word. I am experiencing afresh of the Lord's compassion, grace and faithfulness. My cancer has given me the privilege of experiencing in a very small way the extent that Christ suffered for me and you" that I may know Him, and the power of His resurrection and the fellowship of His sufferings, being conformed to His death."

Philippians 3:10"

c. Spending more time on my knees praying, especially those who yet do not acknowledge Him as Saviour and Lord, the prospect of going to a lost eternity, or those who have grown cold in the Lord. For example, I am in two chat groups with my former colleagues in High School, sharing Scripture verses each day. The same with my fellow University classmates.

d. By the same token am so grateful for prayers from people who know me including the Shalem family, fellow OMF missionaries , my church family, my personal family, my relatives, and friends are backing me in prayer. Even people who have never known nor met me are praying including a 5 year young Kathryn Reynolds in New Jersey. Prayers make the difference.

3. Get right with God, get right with one another

It has driven me to "get right with God and get right with my fellow believers (my family, friends, work colleagues, church body of Christ) and not yet believers. I have caused you pain, hurt, grief or I have been a stumbling block, please forgive me. Just as God for Christ sake has forgiven me, please forgive me.

4. Opportunities in the midst of Adversity

As Horace Bushnell said, that illnesses are "your opportunities, knowing that God has girded you for greater things than these." Opportunities abound to make Christ known to the Oncologists and others in the medical profession, fellow cancer patients, with different beliefs, of all ages. Pray that those who know Him will be strengthened in their faith, and those that know Him not, will receive Christ Jesus as Lord.

Conclusion: As for me I am in God's perfect hands. I am able in a small way to deepen my walk with our Lord in the fellowship of HIS sufferings. My times are in God's Hands. His way is perfect indeed. Therefore I am surrendered and thankful to what a hope I have (1 Cor 15:19-58; Rev 21-22) even though we are all flawed we find rest in a merciful God. Our walk with God is our priority. Daily surrender keeps the relationship fresh: " I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship." (Romans 12:1). May we be found faithful to the very end.

My prayer, "Jesus make me more like you. Do whatever it takes to make me more like you. " that I may know Him, and the power of His resurrection and the fellowship of His sufferings, being conformed to His death." Philippians 3:10" Brett Younker et al wrote: "And should this life bring suffering Lord I will remember What Calvary has bought for me. Both now and forever."

September 8 2019 @ Bethany Chapel



RESIDENTS CONTRIBUTIONS

A DAY TO REMEMBER

In August Roger and Doris Haynes were treated to a champagne brunch on a train ride at Aspen Crossing (Mossleigh, Alberta). Roger was in his glory, as after the ride the engineer invited him to sit up in the cab and even "blow the horn". Roger spent 16 years working for CP Rail in the 50's so it brought back many memories (he actually operated that particular diesel in Calgary at one time).



ASPEN / CROSSING

For More Information & Events:
www.aspencrossing.com



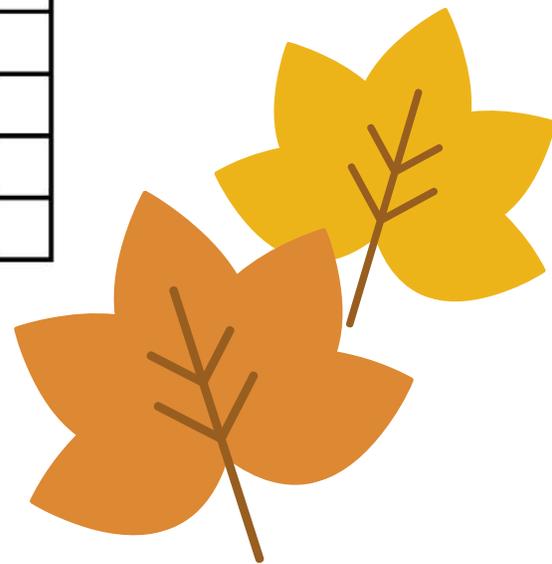
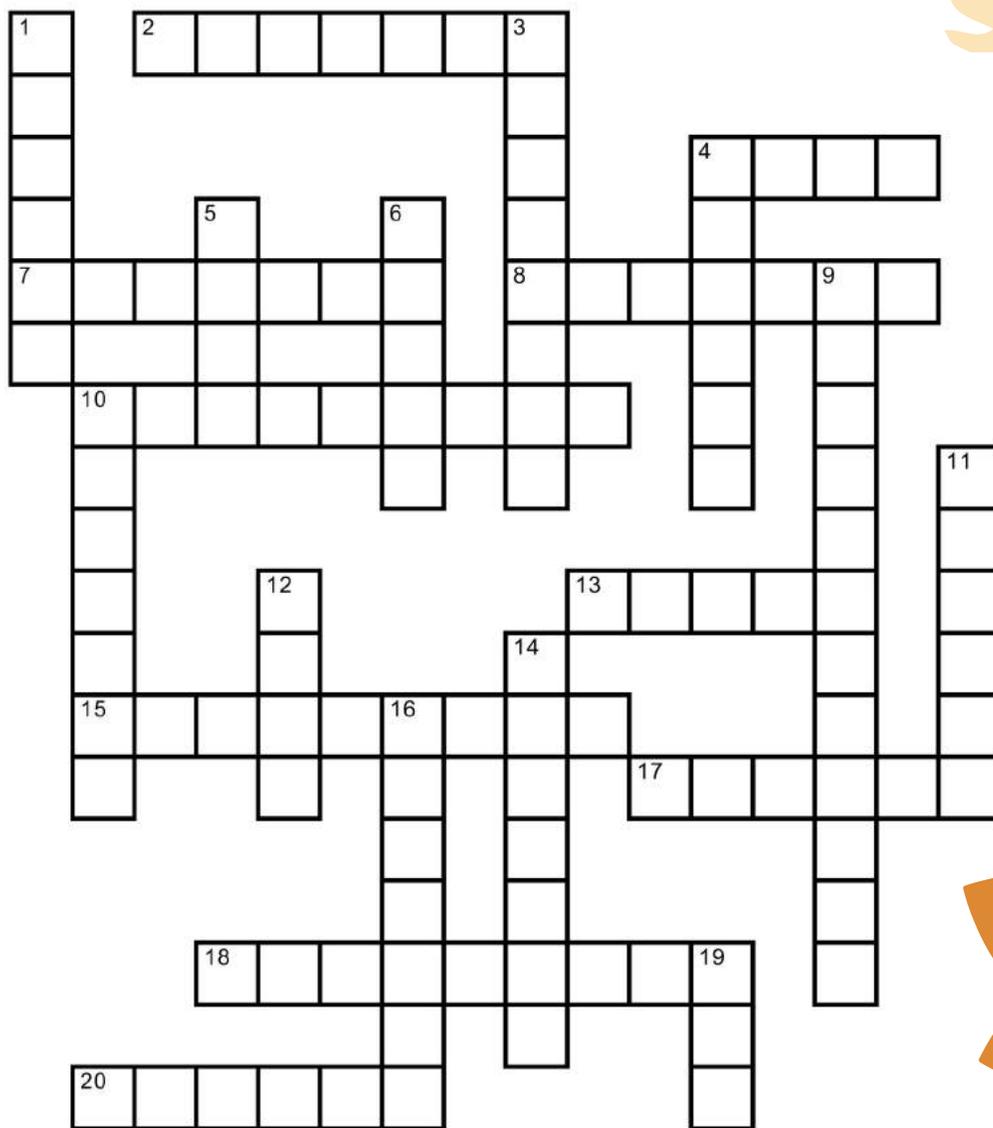
Do you have something to share?

We invite you to share your creativity, information and fun. If you have something you would like to share in the Shalem Showcase, please pass it on to one of the Recreation staff.

Photos, art, poems, recipes, stories, games, riddles....

GAMES

October Crossword



Down

1. A fall color
3. The last month of autumn
4. Someone who harvests crops
5. Fall weather
6. A fall color
9. A feast in fall
10. Gather all of the crops
11. Red fruit
12. Yellow vegetable from a tall plant
14. Kids wear this on October 31st
16. The opposite of city
19. A fall color

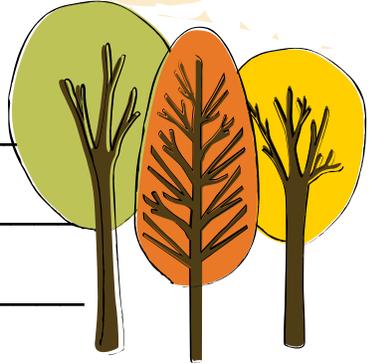
Across

2. Orange vegetable that grows on a vine.
4. Another word for autumn.
7. The month in the middle of fall.
8. Many birds do this in autumn.
10. A scary celebration in autumn.
13. The food that the farmer grows.
15. It protects the crops from birds.
17. These turn color in fall.
18. The first month of autumn.
20. Another word for cool.

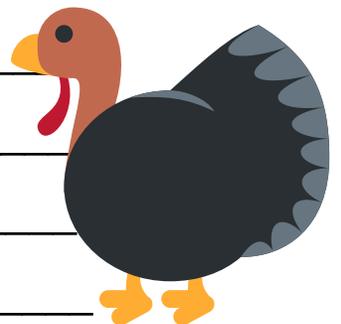
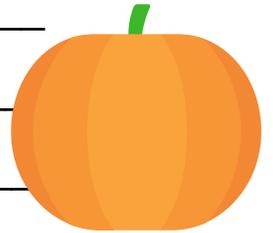
GAMES

October Word Scramble

These are familiar Thanksgiving words.
Can you unscramble them?



1. rcon _____
2. ukppmin _____
3. krueyt _____
4. fgurtael _____
5. niwsebho _____
6. ciarrbesne _____
7. sfgfutin _____
8. ricdukmts _____
9. dnenir _____
10. syam _____
11. solrl _____
12. tcorebo _____
13. gobabl _____
14. dessret _____
15. ngstufif _____
16. mafyli _____
17. efats _____
18. rgavy _____
19. orudg _____
20. shaktn _____



GAMES ANSWERS

Crossword Answers

Down

1. A fall color (**YELLOW**)
3. The last month of autumn (**NOVEMBER**)
4. Someone who harvests crops (**FARMER**)
5. Fall weather (**COOL**)
6. A fall color (**BROWN**)
9. A feast in fall (**THANKSGIVING**)
10. Gather all of the crops (**HARVEST**)
11. Red fruit (**APPLES**)
12. Yellow vegetable from a tall plant (**CORN**)
14. Kids wear this on October 31st (**COSTUME**)
16. The opposite of city (**COUNTRY**)
19. A fall color (**RED**)

Across

2. Orange vegetable that grows on a vine. (**PUMPKIN**)
4. Another word for autumn. (**FALL**)
7. The month in the middle of fall. (**OCTOBER**)
8. Many birds do this in autumn. (**MIGRATE**)
10. A scary celebration in autumn. (**HALLOWEEN**)
13. The food that the farmer grows. (**CROPS**)
15. It protects the crops from birds. (**SCRAECROW**)
17. These turn color in fall. (**LEAVES**)
18. The first month of autumn. (**SEPTEMBER**)
20. Another word for cool. (**CHILLY**)



Word Scramble Answers

- | | |
|----------------|--------------|
| 1. corn | 11. rolls |
| 2. pumpkin | 12. october |
| 3. turkey | 13. gobble |
| 4. grateful | 14. dessert |
| 5. wishbone | 15. stuffing |
| 6. cranberries | 16. family |
| 7. stuffing | 17. feast |
| 8. drumstick | 18. gravy |
| 9. dinner | 19. gourd |
| 10. yams | 20. thanks |



SHALEM PRAYER AND PRAISE PAGE

I Wish you Enough

I wish you enough sun to keep your attitude bright

I wish you enough rain to appreciate the sun more.

I wish you enough happiness to keep your spirit alive.

I wish you enough pain so that the smallest joys in life appear much bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish you enough hellos to get you through the final good-bye.

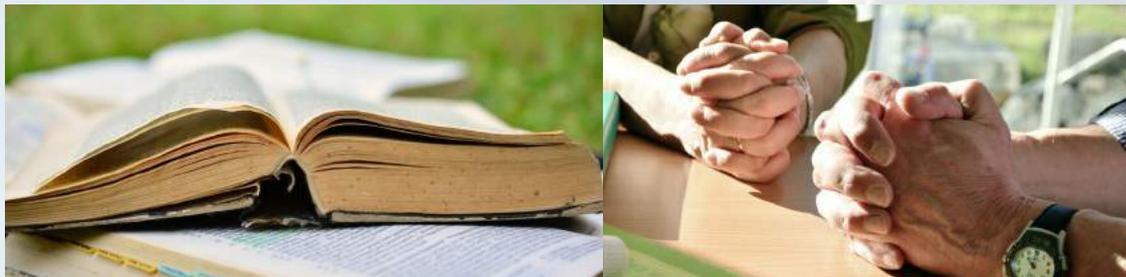
~Author Unknown

Life is lived in a place of pull and tension, between praise items and prayer items. It's a strange, beautiful, difficult and emotional place to be, and so we cast all our prayers and praise on HIM.

- We welcome new residents, Vern Jordan, and Steve & Lola Brandsma, who have recently moved into the Haven.
- We also welcome Rudy & Marry Muller who have moved into the Court.
- We encourage our Shalem community to pray for the Littel family as they mourn the passing of their dear mom, grandma, great-grandma Hetty Littel.
- Our prayers and condolences also go out to Beverly Brown in the passing of her dear son.
- Please continue to pray for Herman Vanderberg & John Krpan who continue to deal with health issues.

1 Peter 5:7

“Casting all your cares, and all your anxieties and worries, and all your concerns, on HIM, for HE cares about you with deepest affection, and watches over you very carefully”



Let us keep these friends, and their families, in our prayers that God may be near them and ease their pain and suffering.