

SENIOR ADULT MINISTRY
POINT LOMA COMMUNITY PRESBYTERIAN CHURCH
WEEK OF JUNE 1, 2020

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Dear Friends,

Trust in the Lord. Have faith, **do not despair**. Trust in the Lord. (Psalm 27:14)

By now you are probably growing weary of being home, as am I. Have you strolled around the neighborhood? A bit of fresh air can really lift one's spirits. I continue to pray for each of you...for your good health, strength, and perseverance. God is still in control and we place our trust in Him to heal the world and guide our future which we cannot see. Trust in the Lord and do not despair. I hope this newsletter brings makes you smile.

Praying for you,

Bible Quotes to Uplift and Inspire your Faith

John 14:27

“I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift the world cannot give. So do not be troubled or afraid.”



Isaiah 41:10

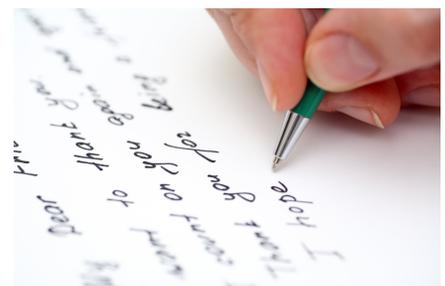
Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you.
I will hold you up with my victorious right hand.

James 4:8

Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

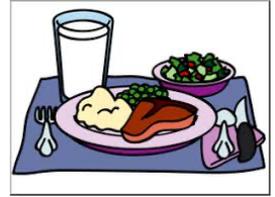
Pen Pal Program

Sometimes it feels difficult to connect in this virtual world. To remedy some of that, Pastor Alex is launching a Pen Pal Program. He will pair you up with a new friend (or old, your choice) and provide weekly writing prompts to get you started. Simply send your name and address to Pastor Alex or Elaine to get started or ask any questions. alex@pointlomachurch.org



A MEAL SERVICE FOR SENIORS: GREAT PLATES

Great Plates is a temporary program for qualifying senior citizens initiated by Governor Newsom which provides three daily meals from a local restaurant delivered to you. Once you register, your assigned restaurant will reach out to you with menu options and delivery schedule. The program currently runs through June 10. Call the Aging & Independence Services Call Center at (800) 339-4661 and select option 7. A representative will be available to assist you during regular business hours: 8 a.m.-5 p.m., Monday through Friday or apply online at www.sandiegocounty.gov.



Watch Church on Sundays and view the Sermon anytime:

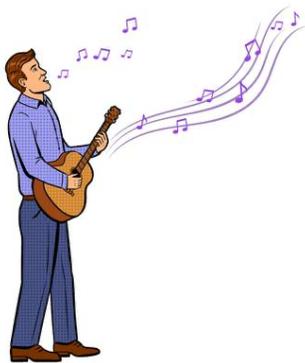
Go to www.pointlomachurch.org

It's easy and it doesn't require any special computer program.



Feeling Lonely?

Social distancing can lead to feelings of sadness and depression. The Institute on Aging has a Friendship Line that is open 24/7.
1-800-971-0016



Need a Little Encouragement?

**CALL IN TO HEAR A
PRE-RECORDED
DAILY DEVOTIONAL**

619-223-1633 EXT. 214



Music for Life: Music on your Driveway

Meet Adam Thompson, Music Assistant at Point Loma Community Presbyterian Church. Adam is a lifelong musician who has offered to bring joy to you by serenading you for 20 minutes from a safe distance – such as your driveway – while wearing a mask.

Selections include favorites in the style of Folk, Gospel, Americana, Patriotic & Popular. If you would like Adam to serenade you, call Elaine 619-838-2028.

TUNA BAKED POTATOES - A RECIPE FOR 1 OR 2

The humble potato becomes the star attraction on the plate. For flavor variations replace the tuna with salmon, creamed corn or crushed pineapple.

Ingredients:

1 Large potato, scrubbed
1 T Sour Cream or Plain Yogurt
1 Can tuna
1/4C Grated cheese
1-2T Chopped vegetables of any type: celery, parsley, onion, red or green pepper



Pre-heat oven to 400°

Bake potato in the oven for 45-60 minutes. Alternatively, cook potato in the microwave – cook on high for 3 minutes, check with skewer. Some microwaves have a 'potato' button.

Cut potato in half lengthwise and scoop out cooked flesh into a bowl. Leave about ½ cm thickness of skin. Mash potato with a fork until fluffy and add remaining ingredients. Mix well and put mixture back into the skin.

Place on a baking tray and cook for 10 minutes.

Let's Watch a Movie



There is something special about sitting down comfortably with some popcorn to watch a good movie; especially if the movie makes you laugh, lifts your spirits and inspires you.

The interpretation of a good movie varies from person to person. Some want a happy ending, or a triumph against all odds, a lesson in spiritual values, others want to laugh until they cry! Fortunately, there are movies to suit all tastes. Here is a list of feel-good movies to enjoy.

Walk the Line (2005)

The story of American music legend Johnny Cash and his rise to fame with hits such as "A Boy Named Sue" and "Ring of Fire". (Musical, drama)

The Princess Bride (1987)

A fairy tale adventure about a beautiful young woman and her one true love. They must battle the evils of the kingdom to be reunited with each other. (Family, adventure)

Billy Elliot (2000)

Little Billy's life is forever changed one day when he stumbles upon a ballet class. Unfortunately, his father thinks ballet is for sissies. (Dance, drama)

Grumpy Old Men (1993)

Max and John are neighbors and former friends. Their rivalry intensifies when a love interest for both of them moves into the house across the street. (Comedy)

When This is Over
by *Laura Kelly Fanucci*

*"When this is over, may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theater
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath*

*A boring Tuesday
Life itself.
When this ends
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way — better
for each other
because of the worst."*



GOOD TIMES

MLK Choir

Soul Collage

**Elithe @
Drum Circle**

Halloween

