

# SILVER LININGS

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CHRISTIAN CHURCH(DISCIPLES OF CHRIST)  
PACIFIC SOUTHWEST REGION

PSWR OLDER ADULT  
MINISTRY COMMITTEE  
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## “FROM THE HEART”

The following is excerpted from an article with the sub-title “These foods can help you improve your heart health.”

“With heart disease landing at the top of the list of worldwide causes of death, it’s more important than ever to be aware of how your habits can impact your heart. Looking for simple ways to start taking control of your heart health? Try mindful eating. What’s that? According Joyce Wilkins, Dietician and Nutrition Consultat at White Sands, a be.group community in La Jolla, ‘Mindful eating is a powerful behavior to support heart health, nutritional strength and quality of life.’

Proper nutrition can help prevent heart disease. The American Heart Association has outlined a number of dietary changes that you can make now, such as reducing the amount of sugar and sodium in your diet. Here are three things that need to be in your diet.

**Unrefined Whole Grains.** Quinoa, brown rice and bulgar are among the best fiber-rich whole grains to include in your diet. They are a potent source of antioxidants, vitamins and minerals that can help you maintain a healthy, strong heart. ‘Also on the whole grain list are corn tortillas, oatmeal, certain cereals and even popcorn,’ says Wilkins.

**Fish.** Recent studies suggest that the omega-3 fatty acids found in fish such as salmon, trout, tuna and mackerel can lower the risks associated with coronary heart disease. Omega-3 fatty acids are an unsaturated fatty acid that can help reduce inflammation throughout the body that could damage your blood vessels and lead to heart disease. ‘That’s one of the biggest breakthroughs in terms of nutrition--the link between omega-3 fatty acids and the benefits to the heart,’ says Brittany Sansone, Dietician and Nutritional Consultant at Windsor, a be.group community in Glendale.

**Vegetables and Fruits.** Plan to eat at least a cup and a half of both fruits and vegetables for each meal, Wilkins says. They’re high in vitamins, minerals and fiber, and low in calories. Importantly for the heart, many vegetables are rich in antioxidants. ‘Antioxidants bind up the free radicals--or unstable molecules that are responsible for aging, tissue damage and disease--an prevent them from hurting healthy tissue within the body,’ says Sansone.” (From be.magazine, Spring, 2013, pp. 10-11. This magazine is published by the be.group, 316 Burchett Street, Glendale, CA 91203.)

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## REGISTRATION IS NOW UNDERWAY

The Older Adult Ministry Committee is pleased to announce that you may now register for the Senior Adult Retreat, postponed from last October, now set for Tuesday and Wednesday, May 20 and 21, 2014 at the Mary and Joseph Retreat Center, located in Rancho Palos Verdes. Check-in will begin at 1 P.M. on Tuesday and the event will close by 1:30 P.M. on Wednesday.

Nancy Gordon, Executive Director of the Center for Spirituality and Aging, Anaheim, is our Keynote Speaker. She will make two presentations, one on Tuesday afternoon and one on Wednesday morning. We had hoped to line up Bill and Susan Seaforth Hayes of our North Hollywood congregation as our entertainers, but they are not available on these dates. However, we are pleased to announce that John Towey, also a member of our North Hollywood congregation, will be our entertainer on Tuesday evening. John is an actor and an accomplished pianist. He will be providing us with a concert of beloved piano classics. Members of the Older Adult Ministry Committee will be responsible for leading devotions on Tuesday afternoon, Wednesday morning and as we close the event early on Wednesday.

The cost of this event is \$95 per person for those who share a room for the overnight stay, plus three meals. For a commuter, who will not spend the night, the cost is \$65. If one desires not to share a room, which is an option, the cost increases to \$115. Registration forms were distributed at the Elders and Deacons training event on March 1st at East Whittier. They will also be available from the Regional Office, as well as on the Regional Church's website. For more information, please call Ed Linberg at 909-392-6688.

## A LEARNING EVENT FOR CAREGIVERS AND OTHERS

On Wednesday, April 9th, at Walnut Village located in Anaheim, the Center for Spirituality and Aging, has scheduled Rabbi Dayle Friedman to lead an event for caregivers and others: "Refilling the Empty Cup: Becoming Resilient Caregivers" and "Tapping the Well: Healing and Transformation in Our Life Stories." To get information about this event and/or to register at the cost of \$75, contact Nancy Gordon, Executive Director of the Center, at this phone number: 714- 547-1370

## PRICES SLASHED

We've informed you about the May 1-10 cruise of the Florida Disciples in prior Issues of "Silver Linings." The prices have been slashed for this cruise that will go from Ft. Lauderdale, Florida to Quebec City, Canada. The total cost is now \$500 less! An inside stateroom now costs less than \$70 a day, while a verandah stateroom with a balcony is less than \$150 a day.

Having traveled to Alaska with the Florida Disciples in 2012, your Editor can assure you that this will be a "cruise you will long remember." For more information and/or to sign up for this cruise, contact Dean Skinner at Indian River Travel. His toll free number is: 877-626-6110. Or e-mail him at: dean@indianrivertravel.com.

## PRAYER FOR LENT

**LENT BEGINS ON ASH WEDNESDAY, MARCH 9. HERE IS A UNIQUE PRAYER FOR YOU TO PRAY DURING LENT.**

... WINTER'S ROBE LIES  
HEAVY UPON MY FROZEN  
HEART ... DARE I PRAY  
FOR SPRING? DARE I  
ASK FOR NEW LIFE—  
BEYOND MY DREAMS,  
BEYOND ALL HOPE?  
... I SEE THE SIGNS,  
THE WILLFUL GREEN  
NUDDING INTO VIEW,  
BUDDING LIMBS, BARELY  
PATIENT AWAITING  
RELEASE FROM  
WINTER'S DARK  
PREGNANCY.

... I FEEL THE SIGNS  
WITHIN ME, TOO. ... I  
FEAR THESE THE MOST,  
GOD.

... I FEAR THIS NEW  
LIFE YOU CALL ME TO  
EXPLORE. I FEAR THE  
PAIN OF GROWTH.

... I CANNOT EMBRACE  
THE GIFT OF  
RESURRECTION FOR I  
CANNOT RISK THE LOSS  
OF MYSELF.

... MY HANDS CAN  
CARRY NO NAILPRINTS,  
MY FOREHEAD NO  
SCARS. NEW LIFE  
CARRIES TOO HIGH A  
PRICE. THE ICE  
FORTRESS HOLDS FAST.  
I DARE NOT CRY.

... I FEEL YOUR TEARS.  
GENTLY, INDOMITABLY  
THE GIFT IS GIVEN TO US  
ALL AND NEW LIFE IS!

... SUCH LOVE BREAKS  
MY HEART.

... YOURS WAS BROKEN  
FOR ALL YOUR  
CHILDREN.

... I TASTE MY OWN  
TEARS.

... DEAR GOD, DARE I  
PRAY FOR SPRING?  
AMEN.

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