



Perspective

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December—2001

SNU Bell Choir to Perform for December 10 ASP Luncheon

By Milton Sonnevik

For the past several years the December program has featured a musical program, with special emphasis on the rich heritage of Christmas music. The Academy of Senior Professionals welcomes the handbell choir from Southern Nazarene University to its monthly meeting on Monday, December 10, 2001. The bell choir will enrich the Christmas season by playing numerous Christmas songs and introduce this year's Christmas spirit in a beautiful and meaningful manner. Christmas music is enriched by the playing of bells.

The director of SNU's bell choir is Mr. Brad McKenzie. Prof. McKenzie received his BS degree in Church Music and a BS in religion from Southern Nazarene University in May, 2000. He has been involved in professional church music since 1997, having served the Community Church of the Nazarene in Midwest City as well as Oklahoma City First Church of the Nazarene. He is a licensed minister in the Church of the Nazarene on the Northwest Oklahoma District. He is also an Associate Pastor and Minister of Music at Lake View Park Church of the Nazarene, where he has served since April, 2000. He began his role as SNU's Handbell Choir Director in August, 2001.



Brad McKenzie

Mr. McKenzie has been actively involved in teaching and directing handbells for more than five years. He has a love for foreign travel that was nurtured by traveling with the SNU School of Music on mission trips to Australia, Bulgaria, Belgium, and

England just to mention a few. Brad wants us also to know he is an avid Sooner football fan. He spends a great deal of his free time reading.

Be sure to circle Monday, December 10, on your calendar and plan to attend a beautiful Christmas luncheon.

"A Prayer"

Father of all, Creator, God — A boon, I pray!

That e'en in me Thy life, thyself, might dwell today.

Nor fame nor might nor wealth of earth, Crave I of Thee,

But that the babe of Bethlehem be born in me.

Though manger-poor His place of rest, My heart provide

The palace-glory of the King, Will there abide.

—Charles Allen (Uncle Charlie) McConnell*

*SNU (BPC) Emeritus—1934



Your president's point of view:
by Jack David Arnold

Attitude Is Everything

Once upon a time when God was creating mankind in His likeness and image, there was an executive council meeting for all divisions of the heavenly enterprise.

All the top angels were asked to attend, for even though they had deadlines to meet and budgets to prepare, God wanted their opinion on an extremely grave and pressing matter.

God was considering giving mankind **the secret of life**. He wanted to know where to hide His precious gift so that it would be very difficult to find and then only by the most dedicated individuals.

One angel thought that it should be sunk in the depths of the sea.

The second angel thought it should be buried in the bowels of the earth.

The third angel felt it should be encased very near the sky, at the pinnacle of the highest mountain, in the most desolate region.

But the fourth angel had a unique point of view. "No, I must disagree with my fellow angels. Mankind is a tricky breed. Someone will swim the deepest sea. Somebody will dig down into the bowels of the earth. Somebody will scale the highest mountain. We should place this most holy secret—the secret of life—someplace where a man would never dream of looking: **right inside himself!**

God nodded, and it was done!

We senior adults possess the secret of life right inside ourselves.

Life for us is a series of choices. We have the freedom to choose on a daily basis:

- between good and evil
- between suicide and life
- between hate and love
- between despair and hope

In 1977 when I was teaching at Jackson State University, I had a dear neighbor and faithful Friend, an elderly Roman Catholic priest, whose name was Father John. One night he returned home from his church and found a burglar in his home. The surprised burglar fired several shots as he ran out the back door, and unfortunately, two of those shots struck Father John: one in his right arm, the other in his right leg.

When I went to see him the next day at the Baptist Hospital in Jackson, I asked him how he felt.



"Sharing a Continuous Flight"

The Academy Perspective

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We value messages from our readers.
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If I were any better, I'd be a twin," he replied.

"I should have locked the back door of my house when I left for the evening mass. As I lay on the floor after the burglar shot me, I remembered to pray for him and that I had two choices: to live or to die. I chose to live."

"The paramedics, who came to the house, were great. They said I would be fine."

"At the hospital, when I saw the faces of the doctors and nurses, I got scared," Father John continued. "In their eyes, I read: *He's a dead man.*"

"I knew I needed to take action."

"What did you do?" I asked.

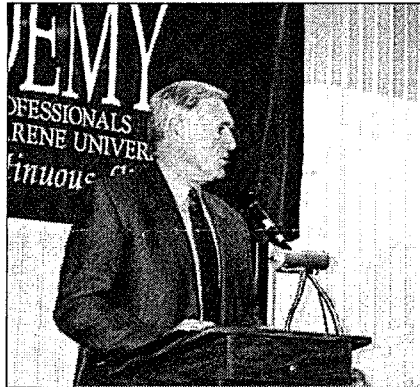
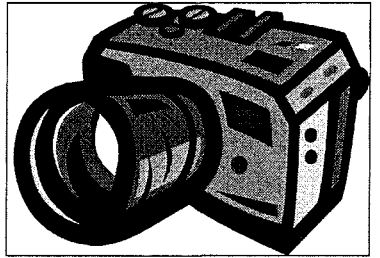
"Well, there was this big, burly nurse shouting questions at me. She asked if I were allergic to anything. 'Yes I replied.'"

"The doctors and nurses stopped working on me



ASP PICS

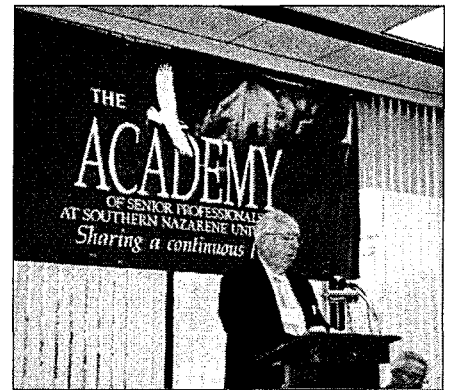
PICTURES BY EDITH SONNEVIK PAYNE



SNU President Loren Gresham reports to the Academy of Senior Professionals on the state of the University. His report pictured a positive outlook for the future of Southern Nazarene University.



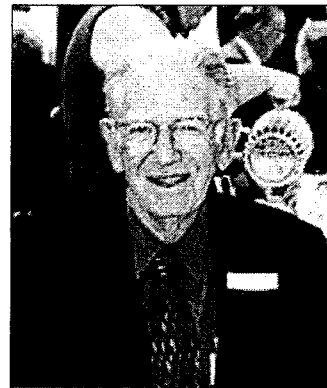
(Left) Sam and B.Kaye Stearman resigned as Co-chairs of the Academy Membership Committee. Newly appointed chair is Bobbie Steele. Thanks, Sam & B.K.



(Right) Milton Sonnevik, ASP program Chairman introduces President Gresham as speaker for the Academy Luncheon.



Visitor Nathan Glavan is an assistant to Pat Burton at the Southern Plaza Retirement Community.



Visitor to the Academy Luncheon is Mr. Paul Reynolds, father of Barbi Moore.

Mark Your Calendar

Date?	April 18, 2002
Time?	8:00 a.m.—3:00 p.m.
What?	Senior Adult conference 2002 (sac-2002)
Where?	Bethany First Church of the Nazarene
Who?	Persons of all ages
Sponsor?	The Academy of Senior Professionals at Southern Nazarene University
Keynoter?	Tedd Mitchell, m.d., Medical Director, Cooper Wellness Program, Dallas, TX.
Cost?	Adults: \$20.00 (workshops and luncheon) students: \$5.00 (workshops)
More details?	Check future perspectives
Contact?	Phone: 405-789-2036; 972-406-8627 e-Mail: molson@thecovenantgroup.com overez1@msn.com dbeaver@snu.edu jackarmold@aol.com

SAC 2002
USING THE GIFT
OF LONGEVITY



Memoirs Writing Workshop

By Anna Belle Laughbaum

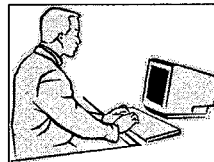
The Memoirs Writing Workshop, held October 12, had a good attendance with several reading selections they had written. Milton Sonnevik discussed *THIS IS MY STORY*, an impressive book of articles and photographs. Jack Arnold read personalized free verse inspired by a church service he had just attended. Anna Belle Laughbaum read an article entitled "A Christmas Memory." While presiding at the meeting in the absence of Vada Lee Barkley, she gave print-outs on suggestions for autobiographical writing.

Due to the resignation of Vada Lee Barkley, because of poor health, Dr. Laughbaum was asked to chair the Memoirs sessions for the remainder of the 2001-2002 Academy year. Instead of the Writing Workshop and the Research Interest Group (RIG) taking place every month, it was decided to alternate them and extend the time from 9:00-11:00. The next Memoirs Writing Workshop will be in January.



Art's Chuckles

- *The American way of life seems to be a system under which a man pays a quarter to park his car, so he'll not be fined a dollar while spending a dime for a nickel cup of coffee. (How long has it been since you could get a cup of coffee for a nickel?)*
- *Here's a definition of inflation: "Prosperity with high blood pressure."*
- *A woodpecker in Arkansas went on a vacation to California. He flew up on a big redwood tree and started to peck. Just then, lightning struck the tree and split it. He said, "It's remarkable what a fellow can do when he gets away from home!"*



Check These Out!

- Agency for Healthcare Policy and Research: www.ahcpr.gov
- Aging Network Services: www.agingnets.com
- American Society on Aging: www.asaging.org

Reference to the above does not imply any approval or endorsement.



"If you ask me"
By Vada Lee Barkley

I first encountered death at the age of three when my father died. About all I knew then was that Daddy had gone to heaven and he wouldn't be sick any more. When Grandpa lifted me up to let me watch the casket being lowered, I had no idea what that would mean for my future.

Mother knew well what it meant for all of us. Left a widow at age 28, with four children, she turned to God for help. Within a few years she married my dad, and I came along. Now that he was gone, for her this was *déjà vu*. By age 40 she had buried two husbands and an infant, who died in her arms one night.

More than anything else, Mother's attitude toward death has helped to shape mine. Her complete trust in God's Word enabled her to say, "I can stand by and help my loved ones across if I know they're ready. I can take the loneliness just to know they're out of their suffering.

Two months before her death Mother said to my sister, "Last night I thought I was dying. I asked your daddy to come and help me across." Later she said, "My mother came to see me." When I told my aunt that, she said, "I'm not surprised; Mama comes to meet all of them," and she mentioned an aunt and a cousin who had died. Mom was no mystic.

Obviously Mother recognized her first husband and Grandma.

The Bible says, "We shall know as we are known." We will keep our identity.



A look at a book
By Wini Howard

He Chose the Nails by Max Lucado

The sub-title of *He Chose the Nails* is: "What God did to win your heart." Undoubtedly Max Lucado is one of the best known contemporary Christian writers. One wonders how he has written so many books while being a full-time pastor and loving father of three daughters. It seems to me that many times in the simplicity of his writing he becomes very profound. His many touches of humor make his writing even more appealing to me.

Lucado's ability to imagine scenes and dialogue from the Bible is uncanny, I think. This ability opens up your mind and heart in a way that is both enjoyable and interesting. And often that is where the humor slips in.

It is amazing that Lucado is able to combine in such a beautiful way the humanity of Jesus with the divine. As he describes the crucifixion, you are very much aware of the physical suffering, but you sense also His divinity through it all. Jesus yielded to the nails the hands that had thrown the stars into space. In other words, He chose the nails. He refused to thwart God's plan for redemption. Your concept of what Christ suffered on Calvary will surely be enhanced.

I am now reading *The Applause of Heaven*, another Lucado book he describes as "It's what you always dreamed but never expected. It's having God as your pinchhitter, your lawyer, your dad, your biggest fan and your best friend. It is having the King of Kings in your cheering section. It is hearing the applause of heaven."



Updates On RIG
(Research Interest Group)
By Bea Flinger

Rig Meeting Informative and Beneficial

The special November 12 RIG (Research Interest Group) meeting proved to be an extremely helpful and revealing one. Members and friends were greatly enlightened on a subject that relates to deeply depressed persons in our society.

Dr. Robert Emmel, our presenter, did not deal with the more common kinds of depression that may be experienced by temporary pressures, heavy schedules, health problems, happenings of daily living, etc. — all of which can be serious, but is different from a deeper problem called Clinical Depression that can only be thoroughly understood by one who has or is going through

the problem. The speaker's self-disclosure was deeply appreciated by those who are cognizant of the serious depression of friends, relatives or perhaps their own. The question-and-answer period proved helpful and encouraging. Copies of a Clinical Depression Screening test check list developed for persons who have some of the symptoms were distributed. The compiler of the list encourages those who may suffer from some of these symptoms to seek professional help.

The next meeting of RIG will take place on **MONDAY, DECEMBER 10**, in the Conference Room of the Commons. "Note the extended time change: 9:00—11:00 a.m. Possible research topics and further activities of RIG will be discussed. Visitors and possible research-interested people are always welcome at the RIG meetings. Our purpose is to search for information about topics related to the needs of mature citizens.

(Continued from page 2)

immediately as they waited for my reply.”

“I took a deep breath and yelled, ‘bullets!’”

“Over their laughter, I told them, ‘I am choosing to live. Operate on me as if I am alive, not dead.’”

Father John lived—thanks to the grace of God, the skill of his doctors and nurses, and his amazing attitude. I learned from him that we senior adults have the choice each day to let evil take us down or to live with an attitude that “eliminates the negative and accentuates the positive!”

After all, attitude is everything!



An Open Letter
From
Roy L. Dorris, Treasurer
Academy of Senior Professionals
4508 N. Donald
Bethany, OK 73008

November 19, 2001

Dear fellow ASP members:

Our annual membership fee is set at a level that should not be a burden to any of our members. However, the amount collected is insufficient for ASP to accomplish some of the things I am sure you, as members, would like to do. At our last meeting, the Administrative Council asked me to communicate our need for additional funds. Three very pressing areas are:

- 1. support for the upcoming Senior Adult Conference, "Using the Gift of Longevity", April 18, 2002
- 2. scholarship support
- 3. general operating money

Perhaps you would like to offer some assistance to these needs by making a tax-deductible contribution (10, 20, 50, 100 or _____ dollars) before the end of this tax year. If so, please make checks payable to ASP and mail them to my address shown above.

Sincerely,

Roy L. Dorris
ASP Treasurer
rodorr@swbell.net



ASP Calendar

Monday: December 10

- 9:00-11:00 am Research Interest Group: Commons Conf. Rm.
- 10:30 am Shuttle: West BFC Parking Lot to Commons
- Please Note: Arrivals before 10:30—Go to Faculty Lounge**
- 11:15-1:00 pm Luncheon
- 1:00 pm Shuttle: Commons to West BFC Parking Lot
- 1:15-2:30 pm Administrative Council: Faculty Lounge
- 4:00-5:00 pm Book Discussion Group: Southern Plaza

Tuesday: December 11

- 1:15 pm Strategic Plan. Comm: Commons Fireside Rm.



News Briefs

• **Luncheon Cost Increases**

Please be reminded that the cost of our luncheon has been increased by Marriott as they have increased the price for all organizations such as ours. By vote of the ASP Administrative Council the luncheon price was raised to \$7.00 starting in November.

• **Unclaimed Luncheon Reservations Costly (A reminder)**

Your reservation for the luncheon needs to be a commitment to be there for the meal. We are charged for all reservations that we submit so it is very important that you notify Grant Keeton or your telephone caller by Friday noon before the luncheon if you need to cancel a reservation. Your cooperation will save your organization unneeded costs. **Thanks to your cooperation the November meeting count improved significantly!**

• **Membership Certificates**

More than 80 ASP members have requested a **Certificate of Membership**. If you have not requested one for yourself, you may contact Don Beaver (491-6646 or dbeaver@snu.edu). All new members will be presented with a certificate.

• **Tax-Deductible Contributions**

If you would like to make a tax-deductible contribution to the ASP to support the ASP Scholarship Endowment and/or the Senior Adult Conference 2002 (SAC2002), please make your check payable to “Southern Nazarene University” or “SNU” with a notation on the check “ASP Scholarship” and/or “SAC2002.”