

October 1

Resilience of
older persons in a
changing world



Thoughts and prayers from older persons

The following prayers were written by residents of our Barrington Lodge, Macquarie Lodge and Elizabeth Jenkins Place Aged Care centres.

Dear Heavenly Father,
Let nothing take away from our hearts what you have planted there,
Let nothing take our peace of mind or burden us with care,
Let nothing make us stumble or fall or make us lose our way,
For you have wonderful things in store for the faithful on that day!

We give our hearts and souls to you,
To do with them what you would do,
Remind us Lord where we belong,
Lord raise us up and keep us strong,
Strong and holding to our faith until we see you face to face!
Amen.

Helen McDermott

“Our Foot Steps”

May the love of Christ help us all through our trials and tribulations
in our daily lives.

We thank him for going with us and our ancestors before, and
guiding us along the way,

With love in friendship always.

May peace be with you, and may God walk with you always.

God loves us all!

Gael Cox

God, you gave me eyes to see colour with,

Ears to hear music with,

A voice to pray with,

Resilience and health.

Wayne Kingston

International Day of

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This generation is here today, thanks to the resilience of older persons in the past.

With their knowledge, skills and hard work, ensuring we have a "Wonderful World."

The Lord is my Shepherd, there is nothing that I want.

"I will never forget you, my people, I have carved you on the palm of my hand."

All praise and all thanksgiving be every moment thine.

Be still and know that I am here!

Kath Legzdins

Faithful Father, you are my anchor in this changing world,

You, Lord, never change.

Faith in you has always been my strength, support and comfort,

Through good times, and not so good times.

You Lord never change.

Thank you for your unfailing love in my life,

I will praise you as long as I live.

Amen.

Mrs Lyn Heffernan

Lord, I ask you to help me have resilience in a changing world.

I believe that you hear my prayer and will provide the help I am seeking.

I thank you that I can attend events such as exercises which help my body to be strong and resilient.

I am fully aware of your love which I know helps me day by day.

When my children and family visit me and ring me, I feel stronger and able to cope with anything because they love me.

I am not alone. I have many people who care for me and provide for my everyday needs.

Lord, you have provided my family, who help when I need to go to the doctor, dentist or shopping. I am ever so grateful to you.

Jesus, I believe that you will see me through every situation.

Thank you for your faithfulness.

Amen.

Major (Retired) Elva Armstrong



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Resilience in a changing world

After 90 years of living, we reflect on how God has brought us through various hardships over the years. We have much to give glory to God for and much to thank him for.

We have lived through world changing events such as financial depressions, world wars and pandemic health crises. We have faced long, difficult periods with little money or support. However, God has been faithful and has brought us through to recover better than we thought possible. He has given us hope and light.

Verses of Scripture, such as Philippians 4:19, have sustained us. "My God will meet all your needs according to the riches of his glory in Christ Jesus." God gives abundantly from his resources that are beyond measure. Promises such as this help to keep the doubt and fears away, so we need not be afraid. As Paul says in Philippians 4:11, "we have learned to be content whatever the circumstances."

When starting a life of service within The Salvation Army, some cadets were given this advice, "Don't try to be a big success, just be faithful." With this attitude and the grace of God, we have faith that we are secure in a changing world. We are in God's hands, whatever the future holds.

(Written by Major Bronwyn Pretty in collaboration with Major Dot Woodbury and Pete Williams, a soldier of The Salvation Army)

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