

Our Poor Elders

One of my favorite authors that I often quote is Brad Breeding from MyLifeSite. I was reading a piece that he wrote the other day and I thought of how it so applies to Beatitudes Campus. The first line really grabbed my attention and I was compelled to read on:

Our poor elders.

Given the COVID-19 pandemic, and media coverage of seniors, you might think basically all seniors today are traumatized and lonely, right?

Wrong.

The stereotype of isolated, forlorn elders belies recent surveys of older adults in senior living settings.

Just 20% of senior living

residents are severely lonely, according to a new 64,000-person survey from software firm *Activated Insights*. In fact, this survey of seniors in assisted living and other congregate living settings reveals a potential decline in loneliness among elders in retirement communities from before the pandemic. Prior studies before the pandemic of community-dwelling older adults found higher rates of loneliness.

We would argue that we as a country have a biased — and potentially ageist — narrative when it comes to elders living in congregate settings.

In fact, we should learn from

the resilience of elders in the face of formidable challenges.

Granted, the recent *Activated Insights* survey does not include most nursing homes, where particularly frail elders live. And the number of older adults in senior living settings overall, roughly 2 million people, is a fraction of the total U.S. senior population.

Still, the new research offers inspiration to the rest of the county as we work to construct our post-COVID reality and battle what some have deemed widespread languishing.

A key lesson from our elders in this moment is the power of

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Rod Bailey,
Sr. VP of Marketing



HAPPY BIRTHDAY!

October 1st:

AnitaRaye Shehi
Marueen Wallace

October 2nd:

Barbara Glenn
Mildred Hindenlang
Marjorie Wheeler

October 3rd:

Mary Cornell
Eleanor Murphy
Carole Vendrick

October 4th:

Susan Hoeft
Cecilia Roulston

October 6th:

Miriam Hoover
Linda Young

October 7th:

Martha Trout

WELCOME NEW RESIDENTS

SEPT. 27

Melodee Singer, N441

SEPT. 28

Jean Yeager, S531

SEPT. 29

Sharon Joufflas, CPW4292

Gisela Gwiasta, S404

SEPT. 29

Frances Darling, PV393

NOTEWORTHY EVENTS

This week's events you should know about...

- ➔ **ACTIVE AGING WEEK EVENTS! ALL WEEK LONG—CHECK THE MAGAZINE FOR DETAILS ON ALL EVENTS!**
- ➔ **Tuesday at 11:00AM: Fuddruckers (OC)**
- ➔ **Wednesday at 2:00PM: Residents Town Hall (LC)**
- ➔ **Friday At 10:00AM: Medicare Open Enrollment Info (AGR)**
- ➔ **Friday At 2:00PM: Coping With Covid (LC)**
- ➔ **Saturday at 8:00AM: NW Dem. Breakfast Club (BG)**
- ➔ **Saturday At 8:30am: Community Garden Prep Day (CG)**

Mindful Walking

Leave Stress Behind with Mindful Walking

Ever wish you could leave stress behind? You can, and you don't have to travel very far to do it.

Perhaps the easiest of all the techniques I teach is mindful walking. Although remarkably simple to do, it's a very powerful form of walking meditation that can defuse stress within minutes. Mindful walking relaxes the body by channeling anxiety and nervous energy into physical activity and calms the mind by promoting focused awareness. And it's versatile: You don't need to put on hiking boots, leave civilization, or climb a mountain to experience this restorative power of walking. You only need a few minutes of time and some room to walk, as long as you're willing to change your state of mind. The goal is to use

Jon Schilling, Director of Community Engagement

walking meditation to gently shift the focus of your attention from worrying about the past or the future, and to focus on what is actually happening in the present moment.

Here is a simple mindful walking exercise you can practice whenever you need it:

1. While walking, pay attention to your breathing. Use this focus on the breath as an anchor to stabilize your attention.
2. Next, allow yourself to notice any sights, sounds, or physical sensations that may come up as you walk. Rest your awareness for a moment on that sight, sound, or sensation, then return your awareness to your breathing.
3. If persistent thoughts distract you from your mindful awareness,

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Pilgrimage Socks

What do you think of when you read the word 'pilgrimage'? Websters Dictionary offers us two definitions; 'a pilgrimage being a journey undertaken by a person to a shrine or a sacred place', and also and perhaps more interestingly, 'the course of life on earth'. Whether we think of pilgrimage being to a particular place, or within the wider sense of life itself being a constant journey towards finding enlightenment and joy, it remains clear that by necessity pilgrimage (even a



metaphorical one) includes change, and importantly, a change within the person undertaking the journey.

Some time ago, while listening to a Rabbi speak

Rev. Andrew Moore, Associate Chaplain

about Jewish values relating to aging, I heard this quote; "I have reached an age when, if someone tells me to wear socks, I don't have to". Perhaps some of you can connect with that sentiment, and if you can then you are among illustrious company because that quote comes from Albert Einstein. I'm not sure how often Einstein wore socks, but there is something wonderful and refreshing about anyone who in

Continued on back page...

WEEKLY AGENDA: OCTOBER 3 — 9

Masks are required in all public, indoor spaces. Please stay safe, and keep others safe by following these guidelines.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00AM: CATHOLIC MASS (LC) Masks are required.</p> <p>9:00AM: OUR SAVIOR'S LUTHERAN CHURCH (OC) Return at 10:45AM. Call x12905 to reserve a seat.</p> <p>10:00AM: CHURCH OF THE BEATITUDES (OC) Return at 11:45AM. Call x12905 to reserve your spot.</p> <p>10:30AM: UU ZOOM WORSHIP SERVICE (PC)</p> <p>12:30 PM: SUNDAY BRUNCH OUTING (OC★) Have brunch at Elly's Brunch & Cafe. Call x12905 to sign up.</p> <p>3:00PM: SUNDAY WORSHIP (LC) All services are open to residents and family/guests. Masks are required.</p> <p>6:00PM: MOVIE WATCHERS: GODZILLA VS. KONG [2021]PG-13[1H53M] (RC) Legends collide as Godzilla and Kong, the two most powerful forces of nature, clash in a spectacular battle for the ages. As Monarch embarks on a perilous mission into fantastic uncharted terrain, unearthing clues to the Titans' very origins, a human conspiracy threatens to wipe the creatures, both good and bad, from the face of the earth forever.</p>	<p>8:30AM—7:00PM Around-the-Block Campus Transport: Please call x15007 for a ride (or 602-544-5007). Check map for pickup locations.</p> <p>AAW THEME: FOOTBALL!</p> <p>7:00AM: AAW CAMPUS COMMUNITY WALK (CM★) See AAW Magazine for details!</p> <p>8:00AM: AAW DAILY KICK-OFF BREAKFAST (LC★) See AAW Magazine for details!</p> <p>9:00AM: MORNING MOTIONS (PVL)</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>9:00AM: LLL SPANISH - INTERMEDIATE - ADVANCED (AG1) Must be registered.</p> <p>10:00AM: SPECTRUM MALL (OC) Call x12905 to reserve a seat 24 hours in advance.</p> <p>11:00AM: SPANISH - BEGINNING (AG1) Must be registered.</p> <p>11:30AM: LLL COURT COMPENDIUM IV (AGR) Must be registered.</p> <p>1:00PM: MENTAL HEALTH PEER SUPPORT (PVL)</p> <p>1:00PM: STRENGTH & BALANCE (RC)</p> <p>1:30PM: LLL CLASSICAL MUSIC (ZOOM) Must be registered.</p> <p>2:00PM: BASKETBALL BOUNCE (RC)</p> <p>2:00PM: POKER (PC)</p> <p>3:00PM: AA OPEN MEETING (AG2)</p> <p>8:00AM: AAW CREATIVE ARTS - BRAIN RELAXATION (LC★) See AAW Magazine for details!</p> <p>6:30PM: IRENE B'S BIBLE STUDY (RC)</p>	<p>AAW THEME: GO GREEN</p> <p>8:00AM: AAW 19NORTH COMMUNITY GARDEN VOLUNTEERING (OC★) See AAW Magazine for details!</p> <p>8:30AM: BACKSTREET BOUTIQUE SHOPPING (TS) Call x18463 for transport or donations pickup. Clothing and shoes 50% off. 1 gallon distilled water \$2. Fall and Halloween decorations for sale!</p> <p>9:00AM: GIFT SHOP OPEN (GS)</p> <p>9:30AM: CREATIVE CORNER (CC) Classed vary. Call for details (see info you should know below).</p> <p>9:30AM: LLL POETRY- (A) (AG1) Conversations on the craft of poetry (A). Must be registered.</p> <p>10:00AM: WII BOWLING (PVL)</p> <p>10:45AM: CHAIR YOGA (RC)</p> <p>11:00AM: FUDDRUCKERS (OC★) Call x12905 for a seat.</p> <p>11:00AM: LLL LOCAL GOVERNMENT (AG1) Why it matters to you. Must be registered.</p> <p>1:00PM: STRENGTH & BALANCE (RC)</p> <p>1:00PM: LLL TED TALKS - PERSONALITY PLUS (AGR) Must be registered.</p> <p>2:00PM: PLAZA VIEW BINGO (PVL)</p> <p>2:00PM: DARTS (RC)</p> <p>3:00PM: AAW ENVIRONMENTAL GUEST SPEAKER (BR★)</p> <p>3:00PM: CHOIR PRACTICE (LC) Beatitudes Campus Choir is singing together again! All are welcome to join. Masks required. Call x18465 for questions.</p> <p>4:00PM: AAW GREGORY'S FRESH MARKET (BR★) First 60 persons who come will get a free bag of fresh produce! Go Green Day!</p>	<p>AAW THEME: CELEB DRESS UP</p> <p>8:00AM: FRY'S SHOPPING (OC) Get your grocery shopping done! Call x12905 for a seat.</p> <p>9:00AM: MORNING MOTIONS (PVL)</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>9:00AM: GIFT SHOP OPEN (GS)</p> <p>9:30AM: LLL END OF LIFE, LIFE PLANNING, LEGACY ISSUES (AGR) Must be registered.</p> <p>10:00AM: BIBLE STUDY: WOMEN IN THE BIBLE (BR)</p> <p>10:45AM: SAFEWAY (OC) To reserve your seat, call x12905.</p> <p>11:00AM: LLL FLYING (AGR) My path to the left seat at TWA. Must be registered.</p> <p>11:00AM: AAW NAME THAT TUNE WITH DJ JAMEE (PB★) See AAW Magazine for details!</p> <p>1:00PM: STRENGTH & BALANCE (RC)</p> <p>1:00PM: PAINTING WITH LINDA (CC) Class size limited. Please call x15134 to register.</p> <p>2:00PM: RESIDENTS TOWN HALL (LC) Learn the scoop on what's happening around our campus. David Ragan, Sr. VP of Resident Services will emcee us through this informative and fun(ny) meeting—always good fun!</p> <p>5:00PM: AAW ART & WINE NIGHT (RG★) See AAW Magazine for details! You must call x18526 to reserve your spot.</p> <p>6:00PM HOOTENANNY (LC) Residents can play or sing along with other resident musicians. Bring your instrument or your voice. Let's have fun!</p>	<p>AAW THEME: WESTERN</p> <p>8:00AM: AAW MEMORY MAKER YOGA (PSB★) See AAW Magazine for info!</p> <p>9:00AM: THE STUDIO (AGR) Join us for an interesting conversation!</p> <p>9:00AM: GIFT SHOP OPEN (GS)</p> <p>9:30AM: CREATIVE CORNER (CC) Classed vary. Please call for details.</p> <p>10:00AM: WORSHIP SERVICE (PVL)</p> <p>10:00AM: PINOCHLE CARDS (CPW3) Single and double deck play. Join us or call Arnie Anderson x14311.</p> <p>11:00AM: LLL STORYTELLING - TELL YOUR LIFE STORIES (AG1) Must be registered.</p> <p>11:30AM: MIDDAY MEALTIME WITH MIKE (BG) A Lunchtime cognitive fitness class!</p> <p>12:30PM: LLL POWERPOINT LEVEL 1 (AG3) Must be registered</p> <p>1:00PM: LLL ART OF AMERICAN BEAUTY (ZOOM) Must be registered.</p> <p>1:00PM: SING ALONG (PVL)</p> <p>1:00PM: STRENGTH & BALANCE WITH MIKE (RC)</p> <p>2:30PM: TOUCHTOWN COFFEE CLUB (PB) This informal gathering is to help you, and answer questions that you may have about installing or using Touchtown.</p> <p>4:00PM: ON THE ROCKS HAPPY HOUR (PC)</p> <p>5:30PM: AAW WESTERN DANCE PARTY (LC★) Bring your dancing shoes! See into in AAW Magazine.</p> <p>6:00PM: MOVIE WATCHERS: THREE MEN AND A LITTLE LADY [1990] PG[1H43M] (RC) The sequel to Three Men and a Baby. It's five years later, and the doting dads have devoted themselves to young Mary's every whim. But in a new wrinkle, Mary's mom moves in with the guys.</p>	<p>AAW THEME: SPIRIT DAY</p> <p>8:00AM: SAFEWAY (OC) Call x12905 for a seat.</p> <p>8:30AM: BACKSTREET BOUTIQUE SHOPPING (TS) Call x18463 for transport or donations pickup. Cash or check only. Clothing and shoes 50% off. 1 gallon distilled water \$2. Fall/Halloween decorations for sale!</p> <p>9:00AM: MORNING MOTIONS (PVL)</p> <p>9:00AM: PAINTING WITH LINDA (CC) Class size limited. Please call x15134 to register.</p> <p>10:00AM: AAW CREATIVE STORYTELLING (BR★) See AAW Magazine for details!</p> <p>10:00AM: MEDICARE OPEN ENROLLMENT INFO (AGR★) Join Ellen Dean & Katie Ponton to learn of Medicare updates for next year. You can also make an appt. by calling 602-264-6000.</p> <p>10:00AM: BEADING WITH NOREEN (CC) Class size limited. Please call x15495 to register. Today—Christmas Tree Ornaments.</p> <p>10:00AM: LLL WORD - LEVEL 2 (AG3) Must be registered.</p> <p>1:00PM: JEWISH SERVICE (BR) All are welcome to join residents Phil and Hannah Adelman as they lead us in a time of seasonal reflection, praise and prayer.</p> <p>1:00PM: STRENGTH & BALANCE (RC)</p> <p>2:00PM: PLAZA VIEW BINGO! (PVL) Everyone is welcome!</p> <p>2:00PM: COPING WITH COVID (LC★) Emotional Health and the Pandemic—the Health and Wellness Committee presents Psychologist and Beatitudes Board Member Dr. Cathy Lindstrom.</p> <p>2:00PM: DARTS (RC)</p> <p>4:00PM: ON THE ROCKS HAPPY HOUR (PC)</p> <p>5:30 PM: ACTIVE AGING WEEK: STREET FAIR (CM★) Join us for FREE food & celebration as we wrap up Active Aging Week. Grab your cash for a 50/50 raffle from the Employee Appreciation Committee and vendors who will be selling items. This event will be held on the Central Park Mall and the Rose Garden between CPN/CPS.</p>	<p>8:00AM: NW DEM BREAKFAST CLUB (BG★) Our speaker is a candidate for AZ Secretary of State Rep. Reginald Bolding. Inspired by his mom, Reginald defied the odds to become a first generation college graduate, Special Education math teacher, civic engagement champion and now the House Democratic Leader in the AZ House of Representatives. RSVP required by noon October 7th. Buffet Breakfast is \$12 cash/check only. Call 602-544-5130 to RSVP.</p> <p>8:30AM: COMMUNITY GARDEN PREP DAY (CG★) All are welcome to help prepare the raised beds for fall planting.</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>10:00AM: CARDS WITH SYLVIA (CC) Paint your own designer greeting cards. Limited class size. Call x14311 to register.</p> <p>10:30AM: PLAZA FILM STUDY (RC) Join us every Saturday for the Plaza Film Study.</p> <p>3:00PM: LLL COMMITTEE FALL JAZZ CONCERT: UNION 32 (LC) An exciting collection of musicians who are all musical instructors from local colleges. Don't miss out!!</p> <p>4:00PM: HAPPY HOUR MUSIC (PB)</p> <p>6:00 PM: MOVIE WATCHERS: PELÉ: BIRTH OF A LEGEND [2016]PG[1H55M] (RC) Growing up in Brazil with little money, Edson Arantes do Nascimento—later known as Pelé—had a passion for soccer. Blessed with ample talent, at age 17 he led the nation's team to its first World Cup win, recounted in this rags-to-riches biopic.</p>

UPCOMING EVENTS

Friday, October 15th
10:00AM: ANNUAL HARVEST SALE (AGR) Come purchase Creative Corner artist items just in time for Halloween, Thanksgiving and Christmas. Great prices!

LOCATIONS LEGEND:

- ☞—Recurring
- 🏠—Fitness/Wellness
- ★—Special Events
- 🛒—Shopping Opportunity
- LLL—LifeLong Learners Course
- AAW—Active Aging Week Event
- (AC) Admin. Conf. Room
- (AD) Welcome Center/Nelson Administration
- (AG#) Agelink Room #
- (AGR) Agelink Great Room
- (BG) Buckwald's AZ Grille
- (BR/BE/BW) Boardrooms/East/West
- (CC) Creative Corner
- (CG) Community Garden
- (CM) Central Park Mall
- (FC) Fitness Center;
- (GS) Gift Shop;
- (HC#) Health Care Center #th Floor
- (LC) Life Center
- (OC) Off-Campus
- (PB) Plaza Bistro
- (PC) Plaza Club
- (PL) Pool
- (PSB) Plaza South Breezeway
- (PVL) Plaza View Lounge
- (RG) Rose Garden in CPN/CPS
- (RC) Recreation Center
- (TS) Backstreet Boutique

INFO YOU SHOULD KNOW...

GRIEF SUPPORT GROUP

We all experience challenges in life – times when we could benefit from the support of caring people, someone that will listen to us and allow us to share our feelings. The campus will now be offering a monthly grief support group which will be facilitated by resident Suzi Sipos. Suzi is a trained Stephen Minister who for 16 years has walked beside hurting people as well as leading support groups. Anyone that has had a loss of a loved one, or is experiencing loneliness or discouragement can join Suzi on Thu., Oct. 14th at 2:00PM in Boardroom East. If interested or have questions call Suzi at x11719 or Chaplain Peggy, x16109.

THE CREATIVE CORNER!

The Creative Corner is now open and is flourishing. We have an open workshop every Tuesday and Thursday. Feel free to stop by between 9:30—11:30AM. Bring you projects during this open workshop and we will provide the supplies. All are welcome. We are also offering classes led by residents at this time. We are offering a Card Making class with Sylvia Anderson, a Decorative Painting class with Linda Danik, a Beading class with Noreen Wingham and an introduction to Stain Glass with Chuck Beaujon. You must call in to reserve a spot with the instructor. Sylvia Anderson, 623-975-4311; Linda Danik, 602-544-5134; Noreen Wingham, 602-544-5495; Chuck Beaujon, 520-204-1639.

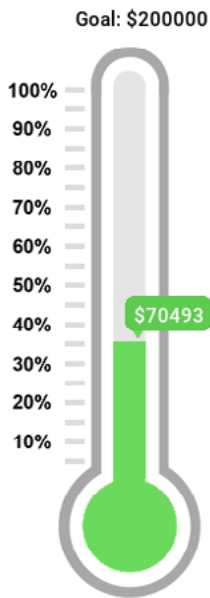
COMMUNITY GARDEN UPDATES

It seems the hot summer is finally behind us and we can begin looking forward to the fall. In preparation for the annual October planting day we have put together a calendar of events. Oct. 13th - Our regular monthly meetings will resume on the 2nd Wednesday of each month. This month it will be in AG2 at 10:00AM Oct. 13th. We have scheduled two "work" days: Prep Day—Sat., Oct. 9th @ 8:30AM. Come help prepare the raised beds for fall planting. Fall Planting Day—Sat., Oct. 16th @ 8:00AM. Come help plant seeds and starts for our fall garden. Refreshments will be served. Please consider joining us in preparing for a bountiful harvest! See you soon. Mike Gilman & Melissa Frey



GEORGIA LIZZUL
 November 29, 1933 to
 September 25, 2021
 Plaza North

Our Poor Elders—Cont.



Did you know you can contribute to the Employee Appreciation Fund throughout the year? Every year, residents and often their family members, graciously acknowledge the dedication and care Beatitudes Campus employees have provided throughout the year by donating to the Employee Appreciation Fund. Donations may be made any time, and dropped off in the rent boxes or finance department. Please make checks payable to: Beatitudes Residents Council Fund.

To date there's been \$70,493 contributed with a goal of \$200,000.

LARGE PRINT
Visual impairments? Grab a LARGE PRINT version, stop by the Welcome Center desk to pick one up! If they are out, please call x10430.

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community, friendship and gratitude.

Consider Patricia Finick of Dallas, co-author Jacquelyn Kung's mother-in-law. By any measure, the 81-year-old has been through a lot. Her husband of more than 50 years died in 2019. After sitting in an empty home for half a year, she chose to sell her house in Connecticut, 20 minutes from where she was born, and relocate to Dallas.

In January 2020, she moved into Highland Springs, a senior living community in North Dallas. Finick swapped a 2,200-square-foot home for a 900-square-foot apartment. And then COVID-19 swooped in, isolating her in her new home before she had a chance to meet new friends.

Despite a very difficult year, Finick doesn't feel beaten down in this moment. No, life is looking more hopeful to her. And she's excited about engaging in more activities. "As long as my legs will let me, I'm going to go out and do it," she says. "And if my legs don't work well, I can get a walker."

One key to her optimism is her Catholic faith. Another is her set of friends, both long-standing phone buddies as well as some new friends she has met at Highland Springs over the past year. She's part of a breakfast club, a group

of residents who gather most mornings. "They're really, really friendly, and we have a lot of laughs together," Finick says.

Finick's contentment is echoed by other residents of senior living settings, according to the Activated Insights survey of residents and family members during the first half of this year.

Many elders in these settings expressed gratitude, both for the sense of belonging they experience and for the caring they received from staff members of their communities.

Consider these survey comments from seniors:

"I'm more than satisfied with life. I feel safe and am especially grateful for the careful response to COVID-19. Gratitude and blessings."

"(I had) a feeling of safety during a time of great vulnerability. Having the opportunity to make new friends helps a lot."

These aren't cherry-picked quotes. Before COVID, when asked for comments about the best thing about the senior living community, 20% or fewer responses were about belonging, community, appreciating the staff and being safe. This year, though, 60% to 70% of "best thing" comments mentioned those themes.

As a nation, America could use a booster shot of resilience.

Observers note a kind of COVID hangover, or apathy.

Seniors in congregational settings, who in some ways bore the brunt of the pandemic, offer guidance for a brighter path forward. These older adults may be more willing than younger Americans to acknowledge our interdependence as human beings, experiencing the support they receive not with resentment but appreciation.

A few months ago in *The News*, [we authors urged the country to rethink](#) how we view senior citizens and engage elders in the work of healing the nation.

The latest data suggests seniors are already doing this work. Far from feeling fearful, sad and isolated, many of them are showing us how to live more fully than ever.

Patricia Finick, for one, looks forward to more dinners and concerts with her new friends. Together, they are eager to put the last vestiges of the pandemic behind them.

Says Finick: "There is a whole world out there to explore."

I thought a lot about how this all applies so aptly to Beatitudes Campus. You are the folks who show friendship and investment in each other in the most effective and dynamic of ways. I applaud the *Spirit of Beatitudes!*

Mindful Walking—Cont.

simply notice them, then return your awareness to your breathing.

Here is a variation of mindful walking that uses your breathing to consciously connect you to the vast web of life on planet Earth:

1. As you focus on your breath, following the instructions above, remember that plants release the oxygen that you're breathing into your lungs, and that, in turn, you breathe out the carbon dioxide that the plants take in.

2. In your mind's eye, follow your breath as

you exhale. Imagine that you can see the carbon dioxide molecules leaving your nose or mouth and flowing into the leaves on the plants nearest you as you walk.

3. As you breathe in, envision yourself inhaling the oxygen that the plants are giving off. Picture the trails of oxygen flowing from the trees, grass, flowers and shrubs into your lungs. Take note of how your visualization of this very natural process affects your sense of the world around you.

Pilgrimage Socks—Cont.

growing older has also grown bolder.

The pilgrimage of aging is a journey, a journey to allowing us to know ourselves and God in a new light, accompanied by the wisdom of our years.

That journey might be difficult, but if we look around us there will be people to help us on our way. If we approach aging as a pilgrimage to greater

understanding rather than just the nuisance of 'getting old,' then we open our hearts to learning, self-appreciation and freedom- even the freedom of not wearing socks if you don't want to. May we all know that on our pilgrimage of life we do not journey alone. We all as fellow pilgrims journey with God as our guide. Perhaps this is best put by Sidney Carter in

his hymn *One More Step Along The World I Go*; "You are older than the world can be, you are younger than the life in me, ever old and ever new, keep me traveling along with you: And it's from the old I travel to the new; keep me traveling along with you." So let us journey on together.