

# PSALM

TAKING AGEING AND FAITH SERIOUSLY

NEWSLETTER THREE - FEBRUARY 2019



An invitation to join us for PSALM's AGM and Annual Lecture

## WORKSHOPS:

*Details of forthcoming workshops will be available soon. These are held at St Pancras Church House, 1 Lancing St NW1 1NA*

Cost £10 (£8 for PSALM members)

To book, please email [psalm@stpancraschurch.org](mailto:psalm@stpancraschurch.org)

Ring 020 7388 1461

Or write to PSALM at St Pancras Church, Euston Road, London NW1 2BA

## PLAYING FAIR ACROSS THE GENERATIONS

PSALM'S ANNUAL LECTURE  
27 MARCH 2019 AT 5 PM

Many of us belong to the generation that Harold Macmillan suggested had 'never had it so good'. A combination of factors has meant that future generations are unlikely to be quite so blest as their parents' and grandparents' generations. How can we, as Christians and as a society, take account of the needs of younger and future generations so that we can head off the possibility of resentment and blame infecting relationships between generations?

Ann Morisy, freelance community theologian and PSALM Associate, will present the annual lecture at St Pancras Church, Euston Road, London NW1 2BA. This is preceded by the **AGM at 4 pm**. All are welcome to attend both the lecture and AGM.



## BOOK REVIEW – ‘DEMENTIA: A POSITIVE RESPONSE.’ DR WILLIAM CUTTING

This easy to read book contains simple advice about how best to provide emotional and practical support to dementia sufferers. There is help also for carers and relatives. Each chapter finishes with an ‘in lighter mode’ section which adds some comic relief to a book about a heartbreaking disease which is becoming increasingly widespread. I particularly enjoyed the chapter on ‘Spiritual Strength for the Dementia Journey’. It was heartening to read about the comfort sufferers take from their beliefs and to be reminded that ‘we are continuously in the sight and the mind of our Lord God’. Psalm 139 is used to illustrate this point:

*‘Where could I go to escape from your Spirit or from your sight? If I were to climb up to the highest heavens you would be there.’ (Psalm 139 v7).*

I would definitely recommend this book as an easy to use guide full of tips for sufferers and carers alike and also as a reminder that we are not on our own as we make our journey through this life, wherever it may take us.

For more information, or to order copies of the book, please click on this link

<https://www.onwardsandupwards.org/dementia-a-positive-response/?v=79cba1185463>

### DID YOU KNOW.....

“‘Dementia’ appears on death certificates more often now than in the past. This is because it is now recognized and accepted as an important cause and contributor to death. It is not that dementia has become a more fatal disease. In fact, both in Britain and in North America, the proportion of old people with dementia is less now than it was 20 years ago.”

*(Dementia: A Positive Response, Dr William Cutting).*

*In the last issue we talked about the various ‘Holiday at Home’ schemes that were taking place in churches throughout the country during the Summer. Did you attend one of these events at your church? If so, it would be great to hear about it. Please drop us a line at [psalm@stpancraschurch.org](mailto:psalm@stpancraschurch.org) and let us know your thoughts.*

### PSALM Membership

If you would like to join PSALM, do let us know! Membership costs £10 for one year, £20 for 3 years, or £30 for 5 years, and provides a discount for attendance at workshops and seminars as well as regular updates on our work.



*I'm taking ageing and faith seriously*

## **STREATHAM SENIOR CONNECTIONS CHRISTMAS FAIR - SUPPORTING FAMILIES AT CHRISTMAS 2017 AND NOW IN 2018!**

Older people in the churches in Streatham were determined to find ways of giving as well as receiving at Christmas. Thus was born the partnership between Streatham Senior Connections, Love Streatham and the Norwood and Brixton Foodbank. Invitations to the Fair were distributed by the Foodbank and the 40 'senior' volunteers hosted a total of 145 grown-ups and children. The fair was special because no money was involved. Each guest was given a small bag of tokens to exchange for gifts – and a visit to Father Christmas. All the gifts were wrapped and labelled ready for Christmas day. As well as tables laden with gifts, face painting, card making and refreshments were provided, and each family received a £10 voucher and special gift bag as they left the fair. Whilst the intention was for an older people's effort many others came on board: PRS for Music, a local employer gave generously as did Purley Food Hub; Tesco Extra and Sainsbury's played their part. Big Yellow helped with storage and Streatham Home Cooks Project produced the most scrumptious food. Club 55 from Streatham Leisure Centre made Christmas cards with the children and Streatham WI added finishing touches making this a unique all Streatham effort.

## **STREATHAM SENIOR SALON: A GROUP YOU MIGHT BE TOO YOUNG TO JOIN!**

Streatham Senior Connections is a group of volunteers drawn from local churches - Immanuel and St Andrew's, St Leonard's, Streatham Baptist Church, Streatham Methodist Church and St Peter's, supported by Love Streatham. We organise activities to support the wellbeing of older people in Streatham. We help older people contribute to the wellbeing of others and we make connections between local companies, schools and volunteers to help them make a difference to the lives of Streatham's older people.

Our most recent initiative is Streatham Senior Salon for conversation between those of senior vintage on matters which younger seniors have scarcely begun to imagine! The oldest member is closer to 100 than 95 and the youngest member is 88. Think about it ... the things you have at the front and back of your mind are likely to be quite different if you are 95 compared to the comparative youngster of 75. This group of seniors meet every 6 weeks or so either around morning coffee or afternoon tea. There is a convener who helps to keep the conversation broadly on track and make sure everyone gets a chance to contribute. The group needs to be no more than 8 so everyone can hear and be comfortable sitting around a table. A volunteer to give lifts is important as well as someone to drop a little note to everyone to remind them when the salon next convenes.

*Ann Morisy*

## A RECENT WORKSHOP ... 'Songs for the Road'

On several occasions, we have found that participants in workshops expected to study one of the Psalms because of the name of our organisation! The workshop held on 13 September 2018 (led by Eileen Turner and Ann Wright) was an opportunity to do just this as we engaged with some of the themes of the Psalms and related these to our own lives.

We began by looking at our own life journey, identifying the key things that happened in each decade of our lives. It was immediately obvious that each period had its share of joys challenges and problems to celebrate, face or overcome. This led into a discussion about the feelings and emotions that arise from our experiences and create the 'mood music' of our lives. We then thought about the way that the whole of life is reflected in the Book of Psalms, and the value of using the wisdom of these ancient songs to express our own feelings about contemporary issues. After looking at Psalm 4 in more detail, a simple template for writing our own psalm was shared – which met with such enthusiasm that the workshop slightly over-ran!

*On the journey inwards, I need time to reach beyond time;  
Give us your Spirit and power to continue faithful to the end.*

*For the last may be the hardest part.  
I need your strength and hope for the final ascent.*

*From 'On the Journey' in 'Every step of the way' by John Hammersely, published by 'Parish and People.' More contemporary psalms by John are on the website [www.psalmsoflife.com](http://www.psalmsoflife.com)*

### *A prayer for uncertain times*

*God of the past, the present and the time to come,  
as we look to the future  
with all its potential for good and for ill,  
help us to see beyond the concerns of the moment  
to what is really important;  
to build loving and respectful relationships,  
to care for one another  
and to carry your love, joy and peace in our hearts.*

*Amen*

### CONTACT US:

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*Taking ageing and faith seriously*

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