

Seniors on the Move with Jesus

To love and serve God, each other, and our community

Calvary Community Church
15116 Gary St E, Sumner WA
253-863-3352

September 2026 - Senior Highlights

Potluck – Sept 10th in MPR

Outing – September 14-16
2 nights at Orcas Island

Social event/games – Sept 24th

Fridays at 9am
Breakfast Social - Tim's Café, Orting

Thoughts from Mark

Jeremiah 31:25 I will refresh the weary and satisfy the faint.

September has arrived. This, to many, marks the end of summer, with many activities concluding for another year. Our grandchildren, and in some instances our great-grandchildren, are returning to school. Let's remember to pray for them to have a very special year of learning and discovering more of what God's plan is for their lives.

I often think of summer as a time of refreshment—doing new things, building new memories, and spending special times with the ones near and dear to us in our lives. Over the last few summers, Delda and I have not been able to enjoy summer to its fullest due to several health issues. This summer has been different. We went on a vacation to Indiana, Kentucky, and Tennessee. During this trip, we saw many of our extended family at Delda's father's memorial. We spent several days in Pigeon Forge, Tennessee, just enjoying some time for ourselves. The trip concluded with a few days in a cabin with our daughter in the Cumberland Lake and Cumberland Falls area (known as the Niagara of the South).

There has been time spent at Ocean Shores. July 4th is always a huge event there, and we enjoy the experience with family. I have been fishing several times and have been able to take my granddaughters tubing behind my boat. It thrills my heart to see them laughing and having fun as they bounce over the waves. By the time you read this, Delda and I will have returned from a week in Yellowstone National

Park. This is a place that Delda has wanted to return to for several years.

Have you made it a point to do some new or different activities to make your summer different, to make the summer a time of refreshment? I so hope that, in your own way, you have managed to do something to make it special, to make some new memories. By doing so, you can create a time of refreshment and a period of rest and relaxation not only for you mentally and physically but also spiritually.

Psalm 23:1–3 The Lord is my shepherd; I shall not be in want. He makes me lie down in green pastures; He leads me beside quiet waters; He restores my soul. He guides me in the paths of righteousness for His name's sake.

As we look forward to the upcoming fall season, I invite you to join us for our monthly potlucks and our new outing experiences. We have a variety of enjoyable activities planned and hope to see you there.

Mark

September Scriptures

The word that keeps coming to my mind is "hope." We read and hear much about love, for it is the greatest gift. Faith is also spoken of to encourage us to believe and trust in JESUS with every aspect of our lives. Hope is the third gift listed in 1 Corinthians 13:13. It can be defined as the joyful anticipation of good that comes from our confidence in who GOD is and what HE has promised us. In a world filled with uncertainty, difficulties, and trials, hope gives us the strength to continue forward. Our hope does not come from circumstances, people, or our own abilities. Our hope comes from GOD.

Believers in the Bible describe GOD as their hope and their confidence in life. In Psalm 39:7 and Psalm 62:5, the psalmist declares that his hope comes from the LORD. David describes his hope in the LORD as the source of his confidence from his youth. Psalm 33:20 says, "We wait and hope for the LORD; He is our help and our shield." Micah 7:7 declares, "But as for me, I watch in hope for the LORD; I wait for GOD my Savior; my GOD will hear me." Throughout Scripture, we see that hope is not merely a wish for something

better; it is a confident expectation rooted in the character and faithfulness of GOD. When we place our confidence in HIM, we have a firm foundation that remains secure even when life around us is uncertain.

GOD has given us promises, guidance, and encouragement through the Scriptures so that we may have hope (Romans 15:4). Jeremiah 29:11 reminds us, "'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.'" We are called to put our hope in the LORD, whose love is unfailing and who provides full redemption. Psalm 62:5 says, "Yes, my soul, find rest in GOD; my hope comes from HIM." Hebrews 10:23 encourages us, "Let us hold unswervingly to the hope we profess, for He who promised is faithful." The promises of Scripture remind us that our hope is secure because it rests not on what we can see or understand, but on the faithfulness of GOD.

Hope cannot be manufactured, for it is a personal gift from GOD through the Holy Spirit. Romans 15:13 is a prayer that the GOD of hope would fill us with all joy and peace as we trust in Him, so that we may overflow with hope by the power of the Holy Spirit. 1 Peter 1:3 says, "Praise be to the GOD and Father of our LORD JESUS CHRIST! In His great mercy HE has given us new birth into a living hope through the resurrection of JESUS CHRIST from the dead." Psalm 147:11 reminds us, "The LORD delights in those who fear HIM, who put their hope in His unfailing love." True hope is therefore not something we can create within ourselves; it is something GOD gives us and continually renews in us through His Spirit. Even our trials can produce perseverance, character, and hope. As Romans 5:3-5 reminds us, hope does not put us to shame because GOD's love has been poured into our hearts through the Holy Spirit, who has been given to us.

Our hope is in the unfailing love of GOD (Psalm 33:18). When we face trials, disappointments, and uncertainty, we can remember that our hope is not dependent upon our circumstances. It is grounded in the promises of GOD, strengthened through His Word, and given to us through the Holy Spirit. Isaiah 40:31 declares, "Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint." Because GOD is faithful, His promises are true, and His love never fails, we can face each day with confidence. No matter what we encounter, we can rest in this truth: Our hope comes from GOD.

Fire Safety Tips **(from Our Recent Potluck)**

Tommy and Sarah Long gave a presentation on Fire Safety for Seniors at our August potluck. Here are some guidelines given for being prepared for home fires and wildfires.



Being Prepared

1. Have smoke alarms (some have a 10-year battery life)
2. Plan and practice escape routes
3. Have essentials nearby: medications, hearing aids, footwear, cane/walker, mobile phone
4. Know mobility limitations. If you or a family member has physical limitations, have a plan to be able to rapidly get out.
5. Electrical safety: Replace damaged cords and do not run them under rugs
6. Smoking: Please do not smoke in bed and use caution when on upholstered furniture. Also do not smoke when using oxygen or near it
7. In the event of a fire close the doors throughout your house.
8. Do not spend time gathering possessions
9. Get out, then call 911
10. Only use a fire extinguisher on small fires, with a clear exit. Never turn your back on a fire.

Wildland/Urban Interface

1. Clear the first 5 feet around the home. Remove dry leaves, pine needles, bark mulch, firewood and other combustible materials next to the house.
2. Clean roofs and gutters. Embers can ignite leaves and debris collected on roofs, gutters, decks and valleys.
3. Protect vents from embers. Use appropriate ember-resistant vents or corrosion-resistant metal screening, where permitted, by local code.
4. Trim vegetation. Remove dead branches and plants. Keep tree limbs away from the roof and



maintain separation between vegetation where practical.

5. Keep decks clear. Remove combustible materials from them and underneath them.
6. Reduce combustible fencing near your home. Consider non-combustible materials when the fencing connects to the home.
7. Make your address visible. Emergency responders should be able to clearly see your house number from the road.
8. Keep evacuation routes clear. Know more than one way out of your neighborhood when possible and don't allow vehicles or equipment to block access to your home.
9. Prepare before wildfire season. Have important documents, medications, water, clothing, pet supplies, and other essentials ready to go.
10. Evacuate when instructed. Don't remain at the house to fight an approaching wildfire. Follow evacuation orders and leave early enough to avoid being trapped by fire, smoke or traffic.

Recent Senior Activities

Seniors, this column includes information about the various happenings that happened last month, (August) for Seniors at Calvary Community Church.

- Safety was covered at our monthly Potluck by Tommy and Sarah Long who gave the us some great fire safety tips.
- We had a trip to Crystal Mountain planned for August 4th for lunch and a Gondola ride, but...the Fires from Spokane put a stop to that.
- On August 20th we planned an outing to Boran Royal Thai Restaurant in Point Ruston.
- And to close out August we had our regularly scheduled Social/Game Day on the 27th.

Hope you are looking forward to September 3rd with a visit to Tacoma Vista Fiber Mill and Alpaca Farm. Updates will be shared on our Facebook page.

Finally, our Senior breakfast day. It happens every Friday at Tim's restaurant in Orting. It's easy to find because it's off the main Orting highway across from the Orting Park. We have been doing this for 10 or more years and would love to see you next Friday. The food is great and the company even better (we take

up to three tables sometimes) and to save money Nancy and I split our meal. So next Friday we expect to see more Seniors at Tim's. See you at Church, have a blessed day!

Enjoy the pics from our August Potluck



September Bonus Outing

In addition to our regularly scheduled outing, we will be going to the Tacoma Vista Fiber Mill and Alpaca Farm. We will take a tour and learn how the fibers are processed, see some of the products made from fibers and meet the alpacas. We will meet at the church at 10:00 and depart at 10:15. Cost is \$13 cash for the alpaca farm. Lunch is at Ferrelli's pizza in Yelm. This outing is being organized by Ann Carpenter. For further information please contact Ann at 253-235-5635.



Scan the code below to join our Facebook group for more info & to keep up with Seniors



Upcoming Activities/Events

September 3rd Tacoma Vista Fiber Mill and Alpaca Farm
Meet at the Church at 10:00 depart at 10:15
Cost is \$13 cash for Alpaca farm. Lunch at Ferrelli's Pizza in Yelm
Organized by Ann Carpenter



Scan code with
camera for more
information

September 10th Potluck 11:30
Health Insurance, are you ready for 2027?

September 14th-16th Two nights at Orca Island
Want to join us? Contact Mark Jones for details.

September 24th Social 11:00 Multi-Purpose Room
Bring your own lunch

October 1st Tentative Surprise Event
Stay Posted!!

2026 Outings

Month	Outing	Leader
September	Tacoma Vista Fiber Mill & Alpaca Farm	Ann C.
October	Harvest Festival	Diane Knowles
November	New Day NW	Tami
December	Scrooge & Christmas Lights	Sheron Hazlewood



Join us for Weekend Services:

Saturday Night
At 6PM

Sunday
At
8AM, 9:30AM and 11:15AM

Breakfast served just before the 8AM service

September Recipe

Strawberry Pretzel Salad

Bottom pretzel layer:

2 ½ cups coarsely crushed pretzels

4 Tbsp. powdered sugar

¾ cup melted butter

Mix 3 above ingredients together and press into 9" by 13" pan. Bake 10 min. at 350 degrees.

Cream cheese layer:

1 softened 8 oz. package cream cheese

1 egg

1 cup powdered sugar

1 8 oz. thawed container of cool whip

Beat together cream cheese, egg, powdered sugar and cool whip. Spread over cooled baked pretzel layer.

Refrigerate while making strawberry Jello layer.

Strawberry Jello layer:

1 6 oz. strawberry Jello

2 cups boiling water

16 oz. frozen sweetened strawberries

Dissolve Jello in boiling water. Add frozen strawberries; stir and allow to reach a syrupy consistency.

Pour over cream cheese layer. Refrigerate strawberry pretzel salad overnight.



Thanks to Sherry Johnson for bringing this to our June potluck. This is delicious as a salad or dessert.

September 2026 – Calvary Seniors Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday to all our seniors who are celebrating a birthday this month! God Bless! Nancy Ribeira		1 Kathie Wambach 	2 John Hagger 	3 Trip to Alpaca Farm (see pg. 5 for info)	4 9am Coffee/Bkfst Tim's Kitchen, Orting Terry Morris 	5
6 Anita Robinson 	7 	8 Bonnie Wahl 	9	10 Potluck-noon	11 9am Coffee/Bkfst Tim's Kitchen, Orting	12
13	14 Marta Morales Kim Scattarella 	15	16	14 Social	18 9am Coffee/Bkfst Tim's Kitchen, Orting	19 Cheryll Sundberg 
20	21	22	23	24 Outing Duane Weber 	25 9am Coffee/Bkfst Tim's Kitchen, Orting	26 Mike Knowles 
27 Gary Walker Randy Girone 	28	29 Fred Austin 	30	It's Fair Month!! Get in for free with a non-perishable donation. From 10:30-2:30		

Seniors Connecting Card

Name: _____	Phone: _____	DOB: _____
Mailing Address: _____		
Email: _____		

Please circle all that you are interested in:

Bible Study: Yes Not at this time

Life Group: Men's Women's Couples

I would like to receive the newsletter by email: Yes No

Serving Opportunities Care Shuttle Driver Hospitality Outings

Ideas (Potluck programming, outing ideas, other activity ideas): _____

I need assistance with: _____

Prayer Request: _____

**Please tear this page off and turn in at the HUB or take a picture and send to
seniors@wearecalvary.com**