



Adding **Zest** to Life



A FRAMEWORK FOR CRESCENDO LIVING

ADDING ZEST TO LIFE

VIDEO STUDY GUIDE

INTRODUCTION

This video curriculum is based on the six-session webinar series, “*Adding Zest to Life*,” which was offered by Crescendo in fall 2021. The videos are selected presentations and recorded videos used during the sessions.

The focus of the series is to inspire and encourage boomers and beyond to pursue vital, crescendo living using the framework, SPICES, with six dimensions—Spiritual, Physical, Intellectual, Community, Emotional, and Service. You will note the dimensions are not presented in order of the acronym, SPICES. We believe they are interrelated. One of the dimensions, Intellectual, is not explored separately, as we want to emphasize that growth in each of the other dimensions will include enhancing knowledge and skills that will stimulate brain activity, critical to a healthy mind.

The six sessions are each designed for a 60-minute timeframe and include five major components including: Gathering, Focusing, Exploring, Responding, and Closing. The basic equipment needed for each session is a computer for playing the videos throughout and music during the Gathering. Internet connection will be needed unless videos are downloaded prior to the session. The materials needed for each session are outlined at the beginning of each session. These include primarily a flipchart and markers plus for Session 1 there is a worksheet (Appendix A). Copies of the SPICES worksheet are needed for each participant.

Lamentations 3:22-23 states, “The steadfast love of the Lord never ceases. His mercies never come to an end. They are new every morning; great is your faithfulness.” God has given us a new day with fresh mercies. The question is “How can we celebrate those mercies and use them in purposeful and vital, crescendo living fulfilling God’s purpose all the days of our life?”

We pray that this series will stimulate further interest in vital, crescendo living among boomers and beyond in your midst for God’s glory and neighbor’s good.

*The Crescendo Team
Make and Deepen Disciples
Evangelical Covenant Church*

SPICES – A FRAMEWORK FOR CRESCENDO LIVING

MATERIALS NEEDED

- Music – “The Long and Winding Road,” by the Beatles
- Flipchart/markers with one sheet prepared with the question, “How do we stay fresh and green to bear fruit?” and another sheet with questions for small group discussion as noted in session plan
- Nametags if group does not know one another well
- Worksheet, SPICES (Appendix A) – copies for each participant
- Videos
 - Evelyn Johnson/Kathleen Greenidge – Vital Crescendo Living
 - Alan Forsman – An Introduction to SPICES
 - Mervel Reed – Interview with Alan Forsman

GATHERING – 10 MIN.

- Play “The Long and Winding Road” by the Beatles as participants arrive.
- Display flipchart with question for session – How do we stay fresh and green to bear fruit?
- Welcome participants and note the purpose of this session is to explore ways to nurture vital, crescendo living.
- Invite participants to share name and respond to the following: Using a word or phrase, name one way you are staying fresh and green? Optional: Leader write responses on a flipchart.

Leader offer opening prayer.

FOCUSING – 10 MIN.



Play video with Evelyn Johnson and Kathleen Greenidge describing crescendo living.

After video, invite participants to share what for them is important to remember from this presentation as we age. Optional: Leader write responses on a flipchart.

EXPLORING – 15 MIN.

Leader: *Staying fresh and green is critical to develop a vital, crescendo lifestyle. Having a guide to support our decision making is important to assure a balanced approach. The acrostic, S.P.I.C.E.S., can be that guide/framework. SPICES are mentioned in the Bible and they enhance flavor, provide fragrance, and at times are a soothing balm. All spices are needed in the aging process.*

In the next video, Alan Forsman gives an overview of how SPICES can support a vital, crescendo lifestyle.

Distribute SPICES worksheet and invite participants to listen specifically for how it applies to his/her own personal life.



Play video of Alan Forsman: An Introduction to SPICES

Leader: *The SPICES framework allows us to self-assess and identify next steps to one’s progress forward. Each of the dimensions do not “stand alone” but are interrelated. Intellectual is intertwined with all other dimensions. To grow in any of the areas will require us to gain new information and different ways of doing. Community can be formed as we seek to grow in any of these areas and in relationships such as joining a grief support group, launching a small group study, joining an exercise class, or sharing in a service project. Research shows that when people feel better emotionally, they are more active which also stimulates greater brain activity and a sense of well-being. All five dimensions relate to service that brings relief to others.*

SPICES – A FRAMEWORK FOR CRESCENDO LIVING

Invite participants to take 2-3 minutes to silently review and fill in the SPICES worksheet what they are doing now to support personal growth in each of these areas.

Introduce the next video of a 91-year-old as he reflects on the question of staying fresh and green to bear fruit in old age. (Psalm 92:14)



Play video of interview with Mervel Reed.

RESPONDING – 15 MIN.

Leader: *Mervel found an entry point for continued growth. He acknowledged physical changes and pursued a less physically demanding ministry which led to new learnings in a training for Stephen's Ministry. For over 25 years he has found personal support as he has served others.*

There is likely a primary entry point for each person — Spiritual, Physical, Intellectual, Community, Emotional, or Service. Ask yourself, What is my entry point? What issues am I confronting in my life? What are the opportunities available for me to stay fresh and green?

Invite participants to take 2-3 minutes to review what they have noted in each dimension of SPICES and identify 1 or 2 that could be entry points to stimulate future growth and stay fresh and green.

Form small groups of no more than 3 or 4 participants to share for 8-10 minutes what they have identified as 1 or 2 entry points/ areas to begin growth steps. Why?

CLOSING – 5 MIN.

Leader: *Summarize highlights of the session.*

We close where we began today — encouraging you to pursue vital, crescendo living. Stay fresh and green and bear fruit all the days of your lives.

Invite participants to take 4-5 minutes to close in their small groups with each person praying for the person on their right beginning with the person whose last name is closest to end of alphabet. Pray specifically for that person in pursuing his/ her entry points to future growth to stay fresh and green and that they trust God for the journey ahead.

Leader closes with prayer for all.


SESSION TWO
SPIRITUAL

MATERIALS NEEDED

- Music – “Higher Ground,” by Johnson Oatman, Jr.
- Flipchart/markers with one sheet prepared with the question, “How do we cultivate fresh growth spiritually and activate faith?” and another sheet with the two small group discussion questions
- Roll of white shelf paper (or white legal paper taped together) on which a timeline is created noting space (about 12 inches) for each grouping - ages 0-20, 21-40, 41-60, 61-80, 80+
- Pens for each person to use in writing name near age of personally choosing to follow Jesus and seek new spiritual growth
- Videos
 - Eunice Johnson – Introduction to Growing Spiritually and Activating Faith
 - Stories from Pastor Curtis Davis, Sara van Alkemade, and Nancy Daley
 - Eunice Johnson and Evelyn Johnson – Summary of Insights

GATHERING – 10 MIN.

Play “Higher Ground” as participants arrive.

Display flipchart page with question “How do we cultivate fresh growth spiritually and activate faith?”

Leader welcomes participants and shares the purpose of this session is to explore ways “to cultivate fresh growth spiritually and activate faith.”

Invite participants to share their name (if the group does not know one another well) and respond to the following: On the posted time-line (wall or floor depending on nature of the room) invite each participant to mark the age at which he/she first began to follow Jesus and experience the new, fresh growth spiritually.

Leader offers opening prayer.

FOCUSING – 10 MIN.

Leader: *During the last session we were introduced to the acronym SPICES which represents the Spiritual, Physical, Intellectual, Community, Emotional and Service dimensions for pursuing growth towards a personal crescendo lifestyle. During this session we focus on the Spiritual dimension. As older believers on the spiritual journey we can reflect on and see the building blocks of our faith that have transformed our lives to love others as Christ followers. That journey continues as we stimulate fresh growth and activate our faith. We will now hear from Eunice Johnson, a Crescendo coach in the Pacific Southwest Conference, as she introduces us to this concept and persons who are modeling pursuit of fresh spiritual growth.*



Play video of Eunice Johnson - Introduction to Growing Spiritually and Activating Faith.



SESSION TWO

SPIRITUAL

EXPLORING – 15 MIN.



Play video with stories shared by Pastor Curtis Davis, Sara van Alkemade, and Nancy Daley.

After the video, invite participants to sit in silence and jot down thoughts from the stories that were especially meaningful to them.



Play video with Eunice Johnson and Evelyn Johnson – Summary of Insight

RESPONDING – 20 MIN.

Form small groups of no more than 3-4 persons and invite the individuals to spend 12-15 minutes in sharing responses to the following:

- What resonated with you as you listened to the stories?
- What do you envision as a means for pursuing your own fresh spiritual growth and activating faith in the future?

Reconvene the large group and invite 3-4 individuals (as remaining time allows) to share new possibilities they heard for pursuing their own spiritual growth.

CLOSING – 5 MIN.

Leader: *Allow your Holy imagination to be active while Psalm 92:14 is read.*

Sit in silence for a minute before closing in prayer.


SESSION THREE
PHYSICAL

MATERIALS NEEDED

- Music – “Chariots of Fire”
- Flipchart/markers with one sheet prepared with question, “How do we bear fruit as we navigate physical changes?” Prepare another sheet with questions for small group discussion.
- Videos
 - Lynda Delgado – Introduction to Physical Changes
 - Stories from Kris Nordberg, Dave Johnson, and Harold Spooner
 - Evelyn Johnson and Lynda Delgado – Summary

GATHERING – 10 MIN.

Play “Chariots of Fire” as participants arrive.

Display flipchart with question for this session - “How do we bear fruit as we navigate physical changes?”

Leader welcomes participants and notes the purpose of this session is to explore the effects of physical changes during the aging process and adaptations made to stay fresh and green and continue bearing fruit.

Leader invites participants to share their name and describe one physical change he/she has experienced in this later phase of life. Optional: Write ideas shared on flipchart.

Leader offers opening prayer.

FOCUSING – 5 MIN.



Play video, Lynda Delgado – Introduction to Physical Changes

EXPLORING – 15 MIN.



Play video with Kris Nordberg and Conversation with Harold Spooner and Dave Johnson

Invite participants to name one comment that was especially meaningful to him/her. Optional: Write thoughts shared (abbreviated) on flipchart.



Play video with Evelyn Johnson and Lynda Delgado providing summary of insights.

RESPONDING – 15 MIN.

Leader: Invite participants to form small groups with no more than 3-4 individuals and have each person in the group share responses to the following:

- What adaptations have you made to respond to the physical changes you have experienced?
- What have you found helpful in pursuing physical wellness? In your church? Your community?

CLOSING – 10 MIN.

Leader: *Expecting physical changes opens the way to be proactive in making adaptations. If we choose to age in place, preparing one’s home for potential changes such as mobility issues is important. If you are moving, create a checklist of things you want in your new residence (i.e., doorways to accommodate wheelchairs, walk-in shower, proximity to grocery shopping and public transportation). Related also to the physical and emotional well-being is financial peace and making end of life decisions such as advance directives, health power of attorney, and burial wishes. Above all initiate conversations with your children or if no children talk with a close relative/friend to review your wishes.*

There is a phenomenon which transcends medical science as we age — namely the way we navigate physical changes depends more upon our state of mind than on the



SESSION THREE

PHYSICAL

gravity of the change. To continue bearing fruit requires defining the reality of these changes and adjusting, shifting from what was to what can be knowing God has purpose for us all the days of our lives.

We are fearfully and wonderfully made — even in the process of aging. We can be good stewards of our physical limitations and still bear fruit, staying fresh and green as Psalm 92:14 says.

Let us care for our physical being and pursue crescendo living — for God's glory and neighbor's good.

Leader closes in prayer.


SESSION FOUR
EMOTIONAL

MATERIALS NEEDED

- Music – “Bridge over Troubled Water,” by Simon and Garfunkel
- Flipchart/markers with one sheet prepared with question, “How do we name and process the losses in life?” and another sheet with two questions for small group discussion
- Videos
 - Judy Peterson – Introduction
 - Steve Wong – Emotional Wellness
 - Bill Dolezal – Processing Grief
 - Judy Peterson – Summary

GATHERING – 10 MIN.

Play “Bridge over Troubled Water” as participants arrive.

Display flipchart with question for this session, “How do we name and process the losses in life?”

Leader welcomes participants and notes the purpose of this session is to explore emotional wellness, specifically focused on processing loss.

Leader invites participants to share one loss he/she has experienced during the season of COVID restrictions. Optional: Write thoughts shared on flipchart.

Leader offers opening prayer.

FOCUSING AND EXPLORING– 20 MIN.



Play video with Judy Peterson – Introduction, followed by video with Steve Wong - Emotional Wellness

RESPONDING – 25 MIN.

Leader invites participants to form small groups of 3-4 individuals and spend 12-15 minutes responding to the following:

1. What is one learning or a reaffirmation of something you knew as you listened to Steve’s presentation?
2. Name a loss in recent years and describe how you experienced God in processing this loss.

Leader: Reconvene the group and note the importance of naming losses and processing the grief to have new beginnings.



Play video with Bill Dolezal – Processing Grief

CLOSING – 3 MIN.



Play video Summary with Judy Petersonn

Leader closes in prayer.


SESSION FIVE
SERVICE

MATERIALS NEEDED

- Music – “This Little Light of Mine,” by Bruce Springsteen
- Flipchart/markers with one sheet prepared with question, “How can we unwrap fresh gifts to serve?” On a second sheet write the questions for small group discussion, and on third sheet write EXPLORE, ENGAGE, EMBRACE for reference in summarizing after small group discussion.
- Video

Gathering – 5 min.

Play “This Little Light of Mine” as participants enter.

Flipchart displaying question, “How do we unwrap fresh gifts to serve?”

Leader welcomes participants and notes the purpose of this session is to explore unwrapping fresh gifts to serve in the later phases of life.

FOCUSING AND EXPLORING – 35 MIN.



Play Video beginning with Darlene giving introduction through church planting video of Dave and Ruth Rivera

RESPONDING – 15 MIN.

Leader invites participants to form small groups of 3-4 individuals to share for 10-12 minutes. responses to the following:

- What are ways God has given you fresh calls and opened doors to serve?
- What challenges have you faced in finding ways to serve? How have you navigated those challenges?

Leader reconvenes the large group and offers summary:

We trust you will leave here today asking the question of God: How can I unwrap fresh gifts to serve in this season of life?

Consider these next steps.

- *EXPLORE Possibilities: look around in your neighborhood, community, and church; talk with friends and leaders*
- *ENGAGE in some one-time or short-term efforts to bless and serve; there’s usually very little risk and much opportunity to learn, be blessed, and be a blessing.*
- *As God leads, EMBRACE ongoing ways to use your time, energy, wisdom, and gifts to serve in an existing or even brand-new ministry.*

I especially encourage us all to engage in unrushed prayer (with a friend or your spouse.) Ask “Lord, what fresh callings and new opportunities are you giving me to be your gift of blessing to others?”

Leader closes in prayer.


SESSION FIVE
COMMUNITY

MATERIALS NEEDED

- Music – “Lean on Me,” by Bill Withers
- Flipchart/markers with one sheet having the question for session, “How do we make fresh connections to deeper and wider community?” and two sheets with questions for the small group discussion – one on each
- Videos
 - Alan Forsman – Introduction to Community
 - Debbie Griffith Samuel – Reflections on Disrupted Community
 - Evelyn Johnson – Reflections on Community
 - Dennis Carlson – Reflections on Beloved Community
 - Eunice Johnson – Love is Key
 - Alan Forsman – Summary

GATHERING – 5 MIN.

Play “Lean on Me” by Bill Withers as participants arrive

Flipchart displaying sheet with question, “How do we make fresh connections to deeper and wider community?”

Leader welcomes participants and notes the purpose of this session is to focus on community asking the question, “How do we make fresh connections to deeper and wider community?”

FOCUSING – 10 MIN.



Play video of Alan Forsman – Introduction to Community



Play video of Debbie Griffith Samuels – Reflections on Disrupted Community

EXPLORING – 30 MIN.

Leader invites participants to form small groups of no more than 3-4 individuals and share responses in 8-10 minutes to the question, “How have your experiences of community been disrupted during the pandemic?”



Play video of Evelyn Johnson – Reflections on Community, Dennis Carlson – Reflections on the Beloved Community, and Eunice Johnson – Love is Key

RESPONDING – 10 MIN.

Leader invites participants to reconvene in their small group and spend 6-8 minutes responding to the question, “What have you done to create new community during the pandemic? Or, in this “reenter, reengage period?”



CLOSING – 5 MIN.

Play video of Alan Forsman – Summary

Leader: *C. S. Lewis challenges us with the thought, “you are never too old to set a new goal or dream a new dream.” Who is God continuing to call us to be and challenging us to do, for His glory and the good of those with whom we come in contact?*

Continue to grow in the grace of the Lord Jesus Christ and serve Him with gladness.

Leader closes in prayer.



APPENDIX A - SPICES

Dimension of SPICES	Notes	Supporting My Growth
<p>Spiritual</p> <p>2 Peter 3:18</p> <p>“grow in the knowledge and grace of our Lord and Savior Jesus Christ...”</p>		
<p>Physical</p> <p>Psalm 139:14</p> <p>“...for I am fearfully and wonderfully made...”</p>		
<p>Intellectual</p> <p>Romans 12:2</p> <p>“...be transformed by a renewing of your mind...”</p>		
<p>Community</p> <p>Acts 2:42-47</p> <p>“...all who believed were together...”</p>		
<p>Emotional</p> <p>Romans 12:15</p> <p>“Rejoice with those who rejoice; mourn with those who mourn.”</p>		
<p>Service</p> <p>Ephesians 2:10</p> <p>“for we are God’s handiwork, created in Christ Jesus to do good works...”</p>		



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