



SCHOOL OF ESSENTIAL WISDOM

UP ACADEMY: FALL TERM

SEPTEMBER: A Happy, Healthy You!

September 1

Param Dedhia, MD *Optimal Health: The Secrets to Living Your Best Life Yet*

Dr. Dedhia is board certified in Internal Medicine, Sleep Medicine and Obesity Medicine. He is also fellowship trained in Geriatric Medicine and Integrative Medicine.



September 8

Connie Casad, MD *Healthy Aging*

Dr. Casad began her medical career in Gynecology. For over two decades now, she has been expanding her practice to include Functional Medicine to address the effects of aging.



September 15

Lyle Wilson, MMQ *Movement, Meditation, and Prayer: A SomatoSpiritual Approach to Wellness*

Dr. Lyle Wilson is a naturopathic doctor who utilizes Western functional medicine, Oriental medicine, and movement to help people improve their health and wellbeing.



September 22

Summer Lamons, MS *Nutrition Essentials for Vibrant Health*

Summer Lamons is a registered and licensed dietitian specializing in personalized therapeutic and wellness nutrition counseling, addressing a wide variety of health conditions.



September 29

John Schumacher, MD *The Heart of the Matter*

Dr. John Schumacher is a cardiologist (now retired), who practiced over twenty years in Dallas. His specialties included Interventional Cardiology and Preventive Cardiology.



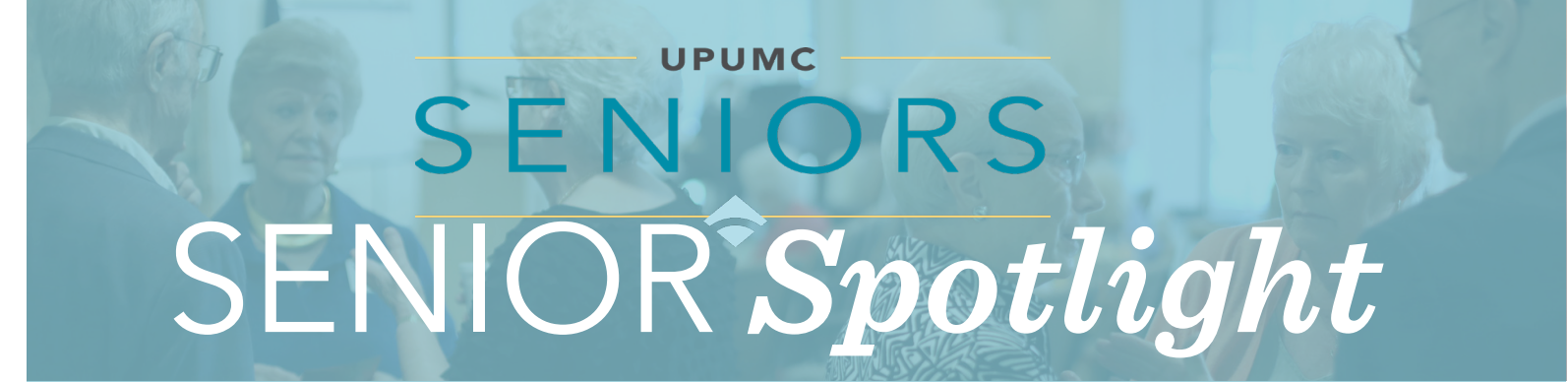
OCTOBER: Justice, Economics, and Power (the Grid, that is)

NOVEMBER: Jewels of Dallas: Discovering Treasures in the City

Registration for the FALL TERM is open. Just go to the UP Academy page on our website at www.upumc.org/upacademy.

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FIND US ONLINE: To view detailed information about our Senior Life Ministry, please visit our website at www.upumc.org/seniors



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SINCE YOU ASKED...



Church health is a topic that seems to come up occasionally in the evaluation of both denominations and local congregations. Churches are either growing, dying, or stuck in some other life cycle metaphor. Consultants weigh in. Reports are submitted. Hands clap, or maybe they are wrung. Either way, the faithful may spend lots of time, energy and other resources looking through the microscope and into the mirror during their check-up. Membership, attendance, giving, budget, programming, and staffing are a few of the categories that could be measured. That's all well and good, but there may be a quicker way to get a handle on the overall condition of a local congregation. Just go look in the nursery. That might tell you all you need to know. An empty nursery does not bode well for the future.

Along those same lines, there may be a simple way to examine the HEART of a local congregation. I know the church prefers to display its heart through missions and outreach, but I'm talking about a "walk in the door, look around, and 'Oh, I see!'" kind of yardstick. How is a church's heart health? Just take a look at its senior programming. Does the older crowd continue to get its share of attention and opportunity? Or do they get a firm, hearty handshake and "Thanks for the memories" when their Medicare card arrives? Maybe a quarterly bingo night? (No offense, bingo lovers.)

If you buy that reasoning, you know that UPUMC's ticker is beating along quite nicely. No pacemaker needed. Opportunities abound! Active Senior Sunday School classes. The UP Academy: School of Essential Wisdom, Legacy 101, Wisdom of the Sages podcasts. Are you a senior looking for a service opportunity? Austin Street Center, Christ's Foundry, North Dallas Shared Ministries, Wesley Rankin Community Center, and Meals on Wheels are just a few of the UP partnered ministries needing your help. Our seniors respond to these needs with enthusiasm. If you are reading this edition of the Spotlight, you know what I'm talking about. Our pilgrimage together shouldn't and doesn't slow down with age.

When Ann and I moved to Dallas a couple of years ago, we had a list of United Methodist churches we wanted to visit before settling in somewhere. University Park was our first and last stop. Friendly faces welcomed us. People of all ages were swarming in and about the building. A Mixmaster of generations! This place had life! It had heart! It felt like a good place to be. We were right. We didn't even bother to check the nursery.

Blessings,

Mark Parker

Mark Parker serves UPUMC as an Usher for Sunday Worship, a member of the Merry Misfits, and most recently, as Chancellor of the UP Academy. He and his wife, Ann, are members of the New Life Sunday School class.

UPUMC SUMMER MISSION PROJECTS

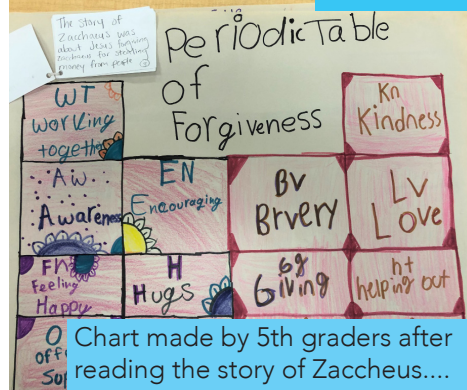


Chart made by 5th graders after reading the story of Zaccheus...



For 6 weeks, 57 UPUMC volunteers helped out at Wesley Rankin's B3X summer enrichment camp.



JULY 8-10: UPUMC volunteers made over 450 pigs in a blanket and helped serve the ASC guests on Sunday morning. This is a quarterly project: the team shops on Friday, cooks on Saturday, and serves the meal on Sunday. The next serving weekend will be October 8-9. If you are interested in volunteering, you can get in touch with our ASC liaison, Matt Hopkins, through this link: <http://ow.ly/kbAu50K0lv>



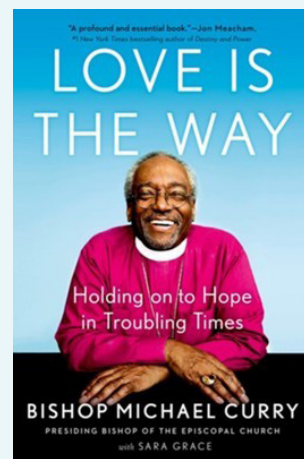
UPUMC volunteers stepped up again this year to serve the PT summer program as Reading Buddies at Walnut Hill UMC. They also served dinner to the interns. [Next year we will be sure to get pictures!]



BROWN BAG BOOK CLUB IS CELEBRATING 20 YEARS!

The UPUMC Brown Bag Book Club has been going strong for two decades, and we're ready to start our third! The books read and discussed include topics of faith, spirituality, and community. We will resume Book Club after Labor Day on Wednesdays, from 12:30pm to 1:30pm in person at the church. You're welcome to bring your lunch. Everyone is invited, so feel free to bring a friend along as well.

We will celebrate the new season of BBBC at our first meeting on September 7th with a potluck lunch. We will begin discussing *Love Is the Way* by Bishop Michael Curry on September 14th. There is an *additional* incentive to read this first selection: *Love Is the Way* is featured in the current United Women in Faith Reading Program. Please contact Linda Taylor at lataylor_tx@yahoo.com if you have any questions. We look forward to seeing you!



The UP Academy Team is GROWING...

Summer 2022 has seen quite a growth spurt for the UP Academy. Mark Parker took on the mantle of Chancellor, overseeing and guiding Academy initiatives, and sharing his wisdom and insights in writing (see cover page!). The School of Essential Wisdom summer sessions have been very well attended, and the catered lunches a big hit.

UP Legacy launched a 6-week course, "Legacy 101," during which students learned how to write an Ethical Will, a Spiritual Will, and a Wisdom Will. Dede provided a wealth of resources and advice stimulating students to reflect on their life experiences, as well as helpful frameworks for communicating their important messages to loved ones. Participants reflected, wrote enthusiastically, and shared examples of their work. At the end of the sixth week, several wondered if "Legacy 201" might be offered later in the year.

In the fall, Pam, Mary Jo, and Dede will resume Podcast recording with a new line-up of congregants/interviewees you will enjoy getting to know.

Mike Bennett will begin a new series of Bible Studies called "Biblical Masterpieces" focused on the books of *Daniel*, *Hebrews*, and *Revelation*. The studies will be held on Sundays at 5 p.m. in October, February, and April.

EQUIP 2023 is scheduled for January 24-25, with a lead presenter already committed, and a theme of "Building Teams for Senior Life Ministries."

The chart below illustrates the structure and identifies the team members responsible for each branch of the Academy.

