



Expressions of Older Adult Ministry

A training and resource website

What is Expressions of Older Adult Ministry?

Expressions of Older Adult Ministry is a website of resources created by the [Presbyterian Older Adult Ministries Network](#) (POAMN) in collaboration with the Office of Christian Formation, Presbyterian Mission Agency, PC(USA). We recognize that ministry with Older Adults is always changing and is at its best when we listen to diverse voices, collaborate with one another, and share our collective wisdom. Therefore, the new website pages with resource and training content, under the heading of "Expressions of Older Adult Ministry", were designed by a group of writers and presenters who represent these values. The resources are free to use and download and can be accessed by anyone at <https://poamn.org/expressions/> .

Who are these resources for?

The short answer is anyone! However, the presenters, writers and the project manager designed these with the learner in mind that may not have formal religious education, could be a new leader and may be a volunteer in their context. Seasoned Older Adult Ministry Leaders, pastors and educators can view the resources and pass on sections to the people they are equipping for ministry with Older Adults. We are all lifetime learners, and the content of these resources was curated and created by a variety of voices and will continue to be added to!

What can I find in the Expressions of Older Adult Ministry Resource webpages?

There are 4 main sections. However, first you will find several introductory videos with various voices describing Older Adults and what to remember about Older Adults and the Church you will want to view first.

- ❖ **Guiding Principles for Older Adult Ministry** contains the modules 1) Principles to Guide Older Adult Ministry, 2) The Gifts of Aging, 3) Relationships, Communities, Connections, 4) Envisioning and Planning, 5) Final Reflections and includes short videos and reflections questions with your guide Rev. Joyce MacKichan Walker.
- ❖ **A Theological Framework for Older Adult Ministry** contains the modules 1) Framework, 2) Theological Cornerstones: Covenants and Sacraments, 3) Implications for Older Adult Ministry with your guide Rev. Dr. Sarah Erickson.
- ❖ **A Variety of Contexts** contains Millennial Leaders and Adult Ministry Video Series, Discovering your Mission and Ministry, The Third Thirty, and A Ministry of Presence with Older Adult Widowers. There are also Quicksheets entitled 1) Grey is a Vibrant Color: Ideas for Being a Vibrant OA Congregation 2) Loneliness and Isolation in Faith

Communities, 3) Tips to Address Loneliness in Older Adults, 4) Supporting Older Adults through Grief, 5) A Liturgy For Moving, 6) 15 Tips for Home and Hospital Visits, 7) How to Develop a Dementia-Friendly Worship Service, 8) Ideas for Establishing a Card Ministry, 9) Devotions: A How-to Guide for Spiritual Inquiry in Elderhood. Additional Quicksheet topics will be added.

- ❖ **Explore More** is the place you can find links to other resources like a connection to the Certificate Program in Older Adult Ministry from Columbia Theological Seminary, key articles from past Planning Guides, a link to the Care Partner Tool Kit, and other resource lists.

Each module includes resource lists, transcripts for videos, and reflection questions. There will be new additions particularly to the "A Variety of Contexts" and "Explore More" sections including End of Life Issues, Supporting LGBTQIA+ Older Adults, and Choosing Where to Live among others. We suggest you come back to these often and see what is new!

How can I use the site?

This site is set up so that it can be used in a variety of ways. You can engage on your own, in a small group, or share pieces with other leaders. Each section has an introduction describing the content you will find. Each module within the section is divided into small chunks of content that includes videos, narrated presentations, links, and written content. Think of the site as "choose your own adventure"! You can sit down and take in an entire section or module, or you can look for certain topics that interest you and visit often. You can download specific pieces to use or pass on links to others.

Questions?

The Presbyterian Older Adult Ministry Network is responsible for this content and will continue to maintain and update it. If you have any questions, please contact poamnetwork@gmail.com . The Expressions of Older Adult Ministry Resource Modules can be found at <https://poamn.org/expressions/> .

