

Greetings Central Faith from Jerrie,

Last Sunday, Tom continued the Revangelized series with a message on prayer and worship, highlighting Philippians 4:6 and Romans 12:1, and emphasizing bringing everything to God and living as a holy sacrifice.

In our culture that values youth and action, many wonder how to stay “valuable” as age or infirmity reduces energy and ability. Common responses to aging include denial, attempts to reverse its effects, or depression over lost identity.

Recently I have heard from several of our church family who are struggling with these challenges. While praying for these dear ones, a thought came to me that it would be good to help one another courageously face this last leg of the race.

First and foremost, here is some beautiful encouragement from God in Isaiah 46:4. **“Even to your old age and gray hairs I am He, I am He who will sustain you. I have made you and will carry you; I will sustain you and I will rescue you.”**

Second, If you're seeking perspective on your senior years, consider joining this workshop:

**Live Well to Die Well: Face Death with Faith and not Fear**

**Fall 2025 Central Faith Workshop, presented by Jerrie Froelich**

**Central Faith Church 825 Ave. D, Snohomish, WA**

**Saturday, October 11, 9:30am – 12:00pm**

**\$20 per person, light refreshments provided**

**[2 Corinthians 4:16 : "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day." \(NIV\)](#)**

Everyone ages. We try to put it off, but denial is only possible for so long. What does it mean to live our last season on earth well? Aging will remove some things we have long held in our grasp. This allows God to place new things in our hands.

This two-hour workshop will help us explore four issues as they relate to finishing well:

- Forgiveness/reconciliation
- Gratitude
- Learning to let go
- Learning to hold on

Register by texting Jerrie or emailing [jerrie@centralfaith.org](mailto:jerrie@centralfaith.org).