

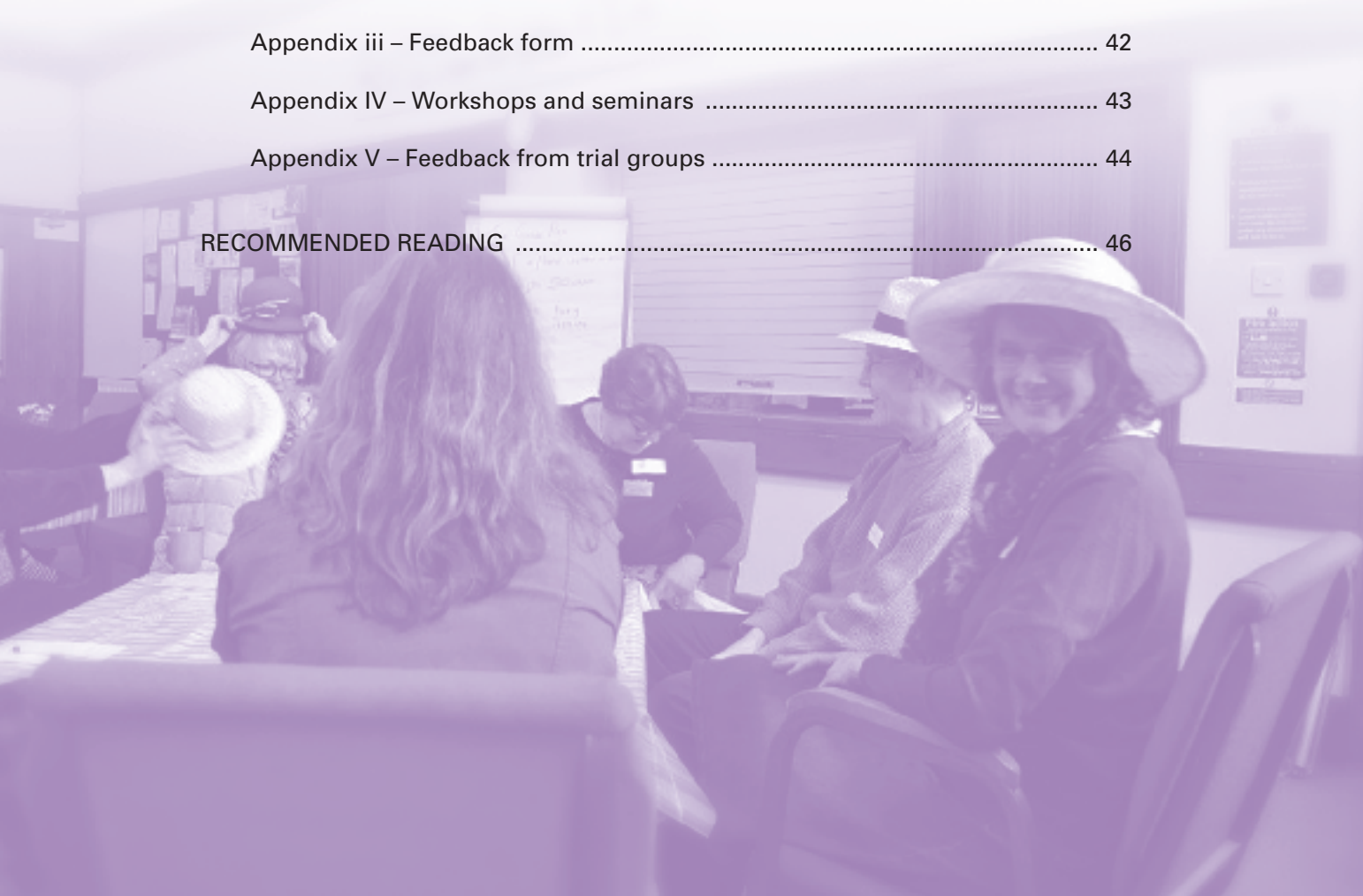
BRAIN AND SOUL BOOSTING *For Seniors*

BRINGING ALIVE THE EASTER STORY!



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INTRODUCTION

Brain and Soul Boosting for Seniors (BSBS) was originally designed for small groups of seniors to provide cognitive stimulation and spiritual support. The first workbook contains evaluation forms so that leaders can judge how effectively the sessions and the course have worked – and feedback to date shows that the results have been outstanding. The sessions have been held in churches, in hospitals, in care homes, and in family homes.

Seniors enjoy socialising with the prospect of keeping their brains sharp at the same time. BSBS for Easter offers a proven format for engaging seniors with the Gospel in a way that will resonate with their most deeply held beliefs. It allows them to articulate what it means to them, and will reinforce their faith, stimulating new thoughts.

These courses also help combat loneliness. Research by the Church Urban Fund shows that group activities are better than one to one contact in breaking down social isolation and combatting feelings of loneliness. In this respect, the most effective groups are those that meet for a specific purpose. And what stronger focus for older Christians can there be than the Easter story!

‘The important thing is that an individual feels a part of the group: the more an individual identifies with the group, the stronger their sense of belonging and membership, and the more likely they are to experience significant physical and mental benefits as a result of that membership.’

SOME IMPORTANT PRACTICAL POINTS

- It's best if the group meets at regular intervals, until the course is finished.
- Meeting in the same, quiet place is better than changing the venue. When the weather is kind in the summer it's tempting to think that it would be pleasant to sit outside in the sunshine, but our experience shows that this doesn't work at all. Group members became distracted and lost their focus easily.
- We found that sitting around a big table works best of all! It creates a sense of 'togetherness' and at the same time is practical, giving participants a surface to put things on. If you don't have a big round table, you could put smaller tables together. Try to avoid long tables that separate people at either end – perhaps put two long tables together side by side, to avoid separated 'high table' participants.
- Arrange some items on the table relating to the theme of the session before participants arrive. The display will set minds thinking as they come in. You can see on the DVD (on our website) how the items lead to discussion and into activities. A flip chart is useful, too. It provides a handy focal point for the group and in the DVD you see how a former teacher is happy to write answers on it.
- The Group leader and helper should be comfortably settled well before the session begins. If you are relaxed and comfortable others are more likely to feel the same way. Be sure you are not bringing feelings of stress and anxiety to the group, and that you are positive and upbeat. Welcome each person by name, looking directly at them with a warm smile. You may like to check that everyone has their spectacles or hearing aids. After you've arranged the session items in the centre of the table it's good to take a few minutes to pray, committing everything to the Lord.
- Sometimes older people will remember old hurts, or grievances, and sharing them can create a low mood in the group. The Group leader can empathise, but always end the interaction with a positive remark. For example, if someone says that they can't remember any more that God loves them, the response could be to ask, 'Do you think that God has forgotten you?'
- The materials: The items suggested for each session have worked very well for us, but you may find that you have other ideas. We were able to obtain materials from the internet by Googling "activities for children to download and print for free" and "activities for elderly to download and print for free."

There are also a wide range of activity books etc. in most town centres at a chain store called 'The Works.' Materials for each session are listed at the end of each session, together with details of the quizzes.

- Evaluating the Course - we have included an evaluation form at the end of the sessions.

Summary of important points:

- Have people praying for the sessions,
- Have the meeting in a quiet place, with no distractions,
- Be at the venue early enough to prepare the room and settle down comfortably,
- Welcome everyone personally,
- The maximum number for the dementia group is eight,
- The optimal number for seniors without dementia is ten,
- The group works best when sitting around a big table, or around tables put together,
- Arrange items relevant to the theme on the table in advance,
- Have the materials and activities ready.

SESSION 1:

CHRISTENINGS AND DEDICATIONS



CHRISTENINGS AND DEDICATIONS

1 Welcome Section

- A warm welcome to everyone today. (*Welcome each person by name*)
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- Ask the group's chosen name and write it on the flip chart.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Explain our get together today is going to be about: **'Christenings and Dedications'**.

2 Read/ask someone to read

Luke 2:22

'Now when the days of her purification according to the laws of Moses were completed, they brought the baby Jesus to Jerusalem to present Him to the Lord.'

3 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

4 To Promote Discussion

Having a new baby added to the family brings great happiness to the parents and grandparents.

- How many grandchildren do you have?
- Is anyone here a Godparent?
- What do you think about christenings / dedications?
- What did the ceremony mean to you?
- Did you have a party/family get together?
- Whose responsibility is it to train children?
- Are christenings /dedications important?

5 Suggested activities

- Make greeting cards
- Write a poem about children

6 Bible Story

- Deuteronomy 6: 4-7. If Parents want their children to grow up to love God they must love God themselves, as He commands them to.
- Ephesians 6: 4. This verse has instructions about how we are to care for our children. Today many grandparents are involved in helping with their grandchildren, and it is a wonderful opportunity to teach godly values.

7 Ending The Session

Luke 2: 34-35

According to the gospel, Mary and Joseph took the infant Jesus to the temple in Jerusalem forty days after His birth to perform the redemption of the firstborn son in obedience to the Torah. (Leviticus 12, Exodus 13: 12-15.)

- The Temple in those days was to them what church is to us, only the temple was also more a part of the country's law, than the church is today.
- In those days in Israel, parents were obliged to take the new child to the temple. We don't have to do anything like that in our country, but we do still have Christenings and Dedications.
- How do you think Mary felt when Simeon said that "a sword will pierce your own soul too"?

8 Finally

- What good thing would anyone like to share that God did for them last week?
- Remember the good thing to share next session

9 Preparation

- Next time we will be looking at '**Processions and Parades**'.
- Bring with you anything that could contribute!
- If anyone can play a brass instrument please bring it next time!!

10 Ask someone to close in prayer

Suggested Materials

- Card making
- Blank cards/envelopes
- Scissors
- Glue
- Ribbon
- Patterned paper
- Items to decorate the cards
- Coloured pens/crayons.

CHRISTENINGS AND DEDICATIONS

Your Notes



What went well?

[illegible]

What would you do differently?

[illegible]

SESSION 2:

PROCESSIONS AND PARADES



PROCESSIONS AND PARADES

1 Welcome Section

- A warm welcome to everyone today. (*Welcome each person by name*)
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- Ask the group's chosen name and write it on the flip chart.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Explain our get together today is going to be about **'Processions and Parades'**.

2 Read/ask someone to read

Mark 11: 1-11.

3 Discuss a news item

Hand out newspaper or magazine clippings and discuss appropriate news item.

4 To Promote Discussion

Jesus' procession into Jerusalem was to send a message that He was the Messiah, The King.

We have parades and processions today, can you think of some?

- The state procession on the opening of Parliament
- Queen's Coronation
- State Funerals
- Protest Marches
- Laying wreaths at the Cenotaph
- Carnival Processions

On the second Saturday in July, Durham coal miner's hold their annual gala. The first one was in 1871, and today over 150,000 people attend from across Great Britain.

With colourful banners and brass bands they march to the old racecourse where political speeches are given. During the afternoon a service is conducted in Durham Cathedral, and new banners are blessed.

- Has anyone here been involved in a march or a parade?
- If you were to organise a protest or a parade what would it be for?

5 Suggested activities

- Design a banner
- Identify the instruments in a brass band.

6 Bible Story

Zechariah 9:9

When Jesus rode into Jerusalem the Sunday before the crucifixion, it was an exact fulfilment of the prophecy given by Zechariah. "Rejoice greatly, O daughter of Zion! Shout Daughter of Jerusalem! See your King comes to you, righteous and having salvation, gentle and riding on a donkey, on a colt, the foal of a donkey".

Jesus rides into His capital city as a conquering King and is hailed by the people as such, in the manner of the day. The streets of Jerusalem, the royal city, are open to Him, and like a King He ascends to His palace, not a temporal palace but the spiritual palace that is the Temple, because His is a spiritual Kingdom. He receives the worship and praise of the people because only He deserves it. The throwing and spreading of cloaks on the road was a recognised act of homage for royalty. (2 Kings 9:13)

7 Ending the Session

Jesus was openly declaring to the people that He was their King and the Messiah they had been waiting for. Isaiah 9:6-7 says "For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counsellor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of His government and peace there will be no end"

Jesus will return to earth, peace will be restored and He will take the government of the world on His shoulder.

8 Finally

- What does the Easter story mean to you?
- What good thing would anyone like to share that God did for them last week?
- Remember the good thing to share next session.

9 Preparation

Next time we will be looking at '**Feasts and Special Occasions**'. Bring with you anything that could contribute!

10 Ask someone to close in prayer

Suggested Materials

Design a Banner

- Have pictures of banners that participants can copy (if they wish)
- Paper/paints/pencils,
- Coloured tissue paper.

Identify the instruments in a brass band

- Have pictures of brass instruments on A4 paper; give each participant a sheet and ask them to write down the name of the instrument.

Your Notes



SESSION TITLE

What went well?

[illegible]

What would you do differently?

[illegible]

SESSION 3:

FEASTS AND SPECIAL OCCASIONS



FEASTS AND SPECIAL OCCASIONS

1 Welcome Section

- A warm welcome to everyone today. *(Welcome each person by name)*
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- Ask the group's chosen name and write it on the flip chart.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Explain our get together today is going to be about '**Feasts and Special Occasions**'.

2 Read/ask someone to read

Luke 14:13-14

But when you give a feast invite the poor, the maimed, the lame, the blind. And you will be blessed, because they cannot repay you; for you shall be repaid at the resurrection.

3 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

4 To Promote Discussion

Many significant events in our lives involve having a meal, such as weddings, birthdays, anniversaries, funerals, and Christmas.

- What are the most memorable meals in your life?
- Who did you share this event with?
- Did it involve much organising?
- Did you yourself prepare the food?
- Was there a special cake; can you remember what it was like?
- How do wedding cakes differ today?

5 Suggested activities

- Decorate fairy cakes.
- Do a quiz about chocolate bars.

6 Bible Story

Luke 22

The Passover meal and Judas' betrayal.

The Feast of Unleavened Bread was an official Holy Day in Israel. Everyone prepared for it. Luke 22:2 tells us that officials were looking for ways of killing Jesus, but they knew it would make trouble because Jesus was so popular with the ordinary people.

Luke 22:3-6 says 'Then Satan entered into Judas Iscariot, who was one of the twelve disciples, and he went into the leading priests and captains of the Temple guard to discuss the best way to betray Jesus to them. They were delighted, and they promised to give him money. So he agreed and began looking for an opportunity to betray Jesus so they could arrest him when the crowds weren't around.'

Jesus knew everything that was going to happen to Him, yet He wanted to have a special meal with his disciples. He said "I have been very eager to eat this Passover meal with you before my suffering begins. For I tell you now, that I won't eat this meal again until its meaning is fulfilled in the kingdom of God". It was during this Passover meal that Judas decided to betray Jesus, and he left early to go to the very people who wanted to kill Him, and offered to give them an early opportunity to seize Jesus.

7 Ending the Session

- How do you think Jesus would be feeling at this feast knowing that He was going to be betrayed?
- How do you think the disciples felt when Jesus talked about His suffering that was to come?
- What do you think about Judas?
- How do we treat Jesus?

8 Finally

- What good thing would anyone like to share that God did for them last week?
- Remember the good thing to share next session.

9 Preparation

Next time we will be looking at: **'Special Places'**. Bring with you anything that could contribute!

10 Ask someone to close in prayer

Suggested Materials

- Decorate fairy cakes.
- Fairy cakes
- Butter cream
- Disposable piping bags/plastic nozzles.
- Edible decorations.
- Hand wipes.
- Paper plates / disposable knives / spoons.

Quiz about chocolate bars

Rrambas	→	Mars bar
Klamridyi	→	Dairy milk
Kefal	→	Flake
Striesam	→	Smarties
Shrewip	→	Whisper
Neucchir	→	Crunchie
Armacca	→	Caramac
Yawlmiky	→	Milky way
Takkit	→	Kit Kat
Tobos	→	Boost
Nobuty	→	Bounty
Kincres	→	Snicker
Cciinp	→	Picnic
Plierp	→	Ripple
Thirkus gelithd	→	Turkish delight
Sryf Arcem	→	Frys Cream
Royiek	→	Yorkie
Rabinol	→	Lion Bar
Bovysief	→	Five Boys
Rully Cryaw	→	Curly wurly
Roac	→	Aero.

FEASTS AND SPECIAL OCCASIONS

Your Notes



What went well?

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What would you do differently?

[illegible]

SESSION 4:

SPECIAL PLACES



SPECIAL PLACES

1 Welcome Section

- A warm welcome to everyone today. *(Welcome each person by name)*
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- Ask the group's chosen name and write it on the flip chart.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Explain our get together today is going to be about '**Special Places**'.

2 Read/ask someone to read

Luke 22:39

Coming out He went to the Mount of Olives, as He was accustomed and His disciples also followed Him.

3 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

4 To Promote Discussion

- Do you have a special place that you enjoy being in?
- Maybe a garden, or a favourite holiday destination or a place that holds great memories.
- What do you enjoy about it?
- How does it make you feel?
- Have you ever been camping, possibly as a child with the Guides or Scouts?

5 Suggested activities

- Plant bulbs or seeds
- Name as many birds as possible and list them on a flip chart
- Name all the things you might find in a garden

6 Bible Story

Read Luke 22:39-52

Jesus loved the Mount of Olives and often retreated there to be quiet and to pray. Today it is called the Garden of Olives and is almost 13,000sq.ft.in size and remains a cultivated olive grove.

On that Thursday evening after the Last Supper and before His arrest, Jesus went there with his disciples. He suffered the deepest anguish and pain as He decided to entrust Himself, in total abandonment, to the will of The Father.

It was here the soldiers arrested Jesus; Judas knew where Jesus would be and he identified Him to the soldiers by going up to Him and kissing Him on the cheek. When He was arrested Peter, Jesus' impetuous disciple, protested by cutting off a soldier's ear, which Jesus put straight back, healing the soldier.

Jesus had already told His disciples that He would be arrested and crucified, and that on the third day He would rise from the dead.

7 Ending the Session

- How do you think the disciples felt when He was arrested?
- How do you think Judas felt?
- In this peaceful place that meant so much to Jesus He was faced with His own death, but He continued to heal and have compassion upon His enemies.
- The Bible tells us that we are all God's enemies, but He loves us so much He gave Jesus to die for us; that our sins may be forgiven and our broken lives healed.

8 Finally

- What good thing would anyone like to share that God did for them last week?
- Remember the good thing to share next session.

9 Preparation

Next time we will be looking at: **'Miscarriage of justice'**.

Bring with you anything that could contribute!

10 Ask someone to close in prayer

Suggested Materials

Potting Bulbs/Seeds

- Small plant pots
- Potting compost/scoops
- Bulbs/seeds
- Plant markers
- Hand wipes
- Plastic cloths/sheets

Some names of birds

- Hummingbird
- Vulture
- Plover
- Robin
- Kingfisher
- Eagle
- Parrott
- Blackbird
- Swallow
- Gulls
- Tern
- Curlew
- Crow
- Lapwing
- Blue tit
- Pelican
- Heron
- Pigeon
- Hawk
- Owl

Things found in a garden

- Flowers
- Plants
- Shrubs
- Trees
- Fruit
- Berries
- Garden Shed
- Garden Tools
- Greenhouse
- Insects
- Worms
- Butterflies
- Bees
- Birds
- Bird Table
- Water feature
- Pond
- Fish
- Garden furniture
- Statues/garden ornaments

SPECIAL PLACES

Your Notes



What went well?

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What would you do differently?

[illegible]

SESSION 5:

MISCARRIAGE OF JUSTICE



MISCARRIAGE OF JUSTICE

1 Welcome Section

- A warm welcome to everyone today. *(Welcome each person by name)*
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- Ask the group's chosen name and write it on the flip chart.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Explain our get together today is going to be about '**Miscarriage of Justice**'.

2 Read/ask someone to read

John 19: 33-40

³³ But when they came to Jesus and saw that He was already dead, they did not break His legs. ³⁴ But one of the soldiers pierced His side with a spear, and immediately blood and water came out. ³⁵ And he who has seen has testified, and his testimony is true; and he knows that he is telling the truth, so that you may believe. ³⁶ For these things were done that the Scripture should be fulfilled, "Not one of His bones shall be broken." ³⁷ And again another Scripture says, "They shall look on Him whom they pierced."

³⁸ After this, Joseph of Arimathea, being a disciple of Jesus, but secretly, for fear of the Jews, asked Pilate that he might take away the body of Jesus; and Pilate gave him permission. So he came and took the body of Jesus. ³⁹ And Nicodemus, who at first came to Jesus by night, also came, bringing a mixture of myrrh and aloes, about a hundred pounds. ⁴⁰ Then they took the body of Jesus, and bound it in strips of linen with the spices, as the custom of the Jews is to bury.

3 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

4 To Promote Discussion

- There may have been times in your life when you have been unfairly treated. There are many things in life generally we may see as being unfair.
- Poor wages for difficult work,
- Lenient prison sentences for some crimes,
- Postcode lottery for health care,
- Do the rich get richer and the poor get poorer?
- What things do you feel are unfair?

5 Suggested activities

1 Play games such as

- Ludo
- Dominoes
- Draughts
- Uno.

2 Do a crossword

3 Do a word search

6 Bible Story

The trial of Jesus.

- Jesus was treated appallingly, even allowing Himself to be mocked and spat upon during His trial.
- But He was innocent and Pilate who was a representative of the most powerful world leader proclaimed that indeed Jesus was innocent.
- Pilate's wife had had a nightmare and begged Pilate not to have Jesus convicted. Pilate tried to do a deal with the crowds (who were baying for Jesus to be crucified), so that He could release Jesus. But led by the Jewish leaders, the crowds asked for Barabbas, a notorious bad man to be released and that Jesus be crucified.
- The crowds want their way, and tell Pilate if he doesn't crucify Jesus that he is no friend of Caesar!
- Pilate gives way and orders that Jesus be crucified. We can read the account in Luke 23 of Jesus being led to Golgotha and being nailed to the cross. There were two thieves who were also crucified for their crimes, one on his right and one on his left, and after the soldiers had hung Him up, they cast lots for his clothing by throwing dice.

- At noon darkness fell across the whole land until three o'clock. Then Jesus lifted His voice again, and released His spirit. At the moment Jesus died the curtain in the sanctuary was torn in two from top to bottom. The earth shook, rocks split apart, and tombs were opened. The bodies of many godly men and women who had died were raised from the dead. They left the cemetery after Jesus' resurrection and appeared to many people in Jerusalem.

7 Ending the Session

- How do you think those Jewish leaders who had wanted Jesus dead reacted when those godly men and women who were raised from the dead appeared in the city of Jerusalem?
- If you had been there at the trial and crucifixion what do you think your reactions would have been?
- What do you think you would have told your children?

8 Finally

- What good thing would anyone like to share that God did for them last week?
- Remember the good thing to share next session.

9 Preparation

Next time we will be looking at: '**Separation and Sorrow**'. Bring with you anything that could contribute!

10 Ask someone to close in prayer

Suggested Materials

- Have a selection of games.
- Have a selection of crosswords
- Have a selection of word searches.

MISCARRIAGE OF JUSTICE

Your Notes



What went well?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What would you do differently?

[illegible]

SESSION 6:

SEPARATION AND SORROW



SEPARATION AND SORROW

1 Welcome Section

- A warm welcome to everyone today. (*Welcome each person by name*)
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- Ask the group's chosen name and write it on the flip chart.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Explain our get together today is going to be about: **'Separation and Sorrow'**.

2 Read/ask someone to read

John 19: 25-30

²⁵ Now there stood by the cross of Jesus His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶ When Jesus therefore saw His mother, and the disciple whom He loved standing by, He said to His mother, "Woman, behold your son!" ²⁷ Then He said to the disciple, "Behold your mother!" And from that hour that disciple took her to his own home.

²⁸ After this, Jesus, knowing that all things were now accomplished, that the Scripture might be fulfilled, said, "I thirst!" ²⁹ Now a vessel full of sour wine was sitting there; and they filled a sponge with sour wine, put it on hyssop, and put it to His mouth. ³⁰ So when Jesus had received the sour wine, He said, "It is finished!" And bowing His head, He gave up His spirit.

3 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

4 To Promote Discussion

- Have you looked after a parent?
- Does anyone have children/grandchildren or other relatives living abroad?
- Does anyone have a relative in the armed forces ?
- How does it make you feel not seeing them for long periods of time?
- Does anyone use Skype or the internet to keep in touch with relatives/friends?
- What do you think it would be like to have no relatives at all, such as an elderly person who has outlived their family?

5 Suggested activities

- Write a postcard/notecard to someone you haven't seen for a while.

6 Bible Story

- In our reading John 19: 25-30), Mary the mother of Jesus stood by the cross watching her precious child being crucified. Scripture tells us that Jesus had been so severely beaten that He was unrecognisable.
- As Mary watched do you think she would have remembered Simeon's word to her at Jesus' presentation at the Temple all those years ago- that a sword would pierce her side also?
- Jesus, hanging on that cross, then makes provision for His mother by arranging for her to live with one of His disciples – John. What do you think about that?

7 Ending the Session

Read Luke 23: 26-49

- What do you think is the meaning of the crucifixion?
- The centurion at the foot of the cross, and one of the dying thieves knew who He was – today, who do you think Jesus is?

8 Finally

- What good thing would anyone like to share that God did for them last week?
- Remember the good thing, in the coming week, to share next session.

9 Preparation

Next time we will be looking at '**Good News**'. Bring with you anything that will make an interesting contribution!

10 Ask someone to close in prayer

Suggested Materials

- Have a selection of blank notecards.
- Have a selection of postcards.
- Pens.

SEPARATION AND SORROW

Your Notes



What went well?

What would you do differently?

SESSION 7:

GOOD NEWS!



GOOD NEWS!

1 Welcome Section

- A warm welcome to everyone today. (*Welcome each person by name*)
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- Ask the group's chosen name and write it on the flip chart.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Explain our get together today is going to be about: 'Good News'.

2 Read/ask someone to read

John 20:1-18

3 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

4 To Promote Discussion

- What was the best news you ever received?
- By what means did you receive the news- post, telephone, e-mail, letter, word of mouth?
- What was your reaction- tears, joy, gratefulness, disbelief, celebration?

5 Suggested activities

- Have a celebration!
- Have refreshments together.

6 Bible Story

- John 20 tells how weeping turned to wonderful joy. The rulers and the Pharisees remembered that Jesus said He would rise from the dead and they thought His followers might come and steal His body to prove He had risen. So they had Pilate put a guard of Roman soldiers in front of the tomb.
- Two days later Mary Magdalene went and discovered the stone had been rolled away from the tomb and His body was not there, just the burial sheets.
- The disciples Peter and John were the next to arrive at the tomb after Mary had told them that someone had taken the body of Jesus. The men then returned home, but Mary stayed there and looked into the tomb where she saw two angels sitting where Jesus had been laid. They asked her why she was weeping, and she replied "Because they have taken away my Lord and I do not know where they have laid Him!"
- Can you imagine her feelings at what happened next? She turned around and a Man who she thinks is the gardener asks her why she is weeping. She asks Him if he has taken the body and where he has put it.
- The Man then speaks her name 'MARY' – immediately she knew it was Jesus standing before her. She had been mourning His death, now gladness and joy flooded her heart, for Jesus was alive. She ran to tell the disciples – who didn't all believe her. Later Jesus appeared to His disciples also, and to others.

7 Ending the Session

- When Jesus spoke her name at the tomb, Mary tried to hold on to Jesus, but He asked her not to as He had yet to ascend to His Father in Heaven. He interrupted the most important journey in history to comfort her. Mary wasn't important or influential, just a woman who loved Him.
- What does this say about Jesus?
- All these things happened 2,000 years ago, how do they affect us today?
- If you could see Jesus, what would you say to Him?
- We shall all see Him one day and receive from Him what is right and just. John 3: 16 says, "For God so loved the world that He gave His only begotten Son, that Whoever believes in Him should not perish, but have everlasting life."

8 Finally

- What good thing would anyone like to share that God did for them last week?
- GIVE EVERYONE A BOOK MARK WITH A SCRIPTURE VERSE ON, AND AN INVITATION TO CHURCH FOR THOSE WHO DO NOT ATTEND REGULARLY.

9 Ask someone to close in prayer

Suggested Materials

Celebration Time

- Depending upon what time of day you meet prepare foods that you can have with a drink, like buffet/finger foods.
- Or simply coffee and cakes!
- Have paper plates and serviettes.
- Have hand wipes.

GOOD NEWS!

Your Notes



What went well?

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What would you do differently?

[illegible]

APPENDICES



APPENDIX I

Evaluations of participants' engagement for completion after each session

A PLEASURE

1. Did not appear to have derived any pleasure.
2. Displayed a small amount of pleasure.
3. Showed much pleasure.

D COMMUNICATION

1. Did not converse.
2. Conversed when prompted.
3. Communicated but had difficulty finding the right words.
4. Communicated well.

B PARTICIPATION IN ACTIVITIES

1. Unwilling to participate.
2. Participated with verbal encouragement.
3. Participated well with help.
4. Participated independently.

E MOOD

1. Appeared flat and depressed.
2. Appears agitated/anxious.
3. Appears quiet but contented.
4. Appears to be in a good mood, very happy.

C RESPONSIVENESS

1. Reluctant.
2. Minimal.
3. Partially.
4. Wholly.

F SPIRITUAL RESPONSIVENESS

1. Attentiveness.
2. Engagement.
3. Input.
4. Appreciation.

APPENDIX II

Evaluation Table for Seniors

NAME	ATTENDED	A	B	C	D	E	F

Evaluating and monitoring for session with people with dementia

NAME	ATTENDED	A	B	C	D	E	F

APPENDIX III

FEEDBACK FORM TO SEND TO BSBS TEAM, PILGRIMS' FRIEND SOCIETY

NAME

CHURCH OR ORGANISATION NAME

ADDRESS

EMAIL

TEL NO

MY COMMENTS ARE:

PLEASE CONTINUE ON ANOTHER PAGE IF NECESSARY, AND RETURN TO:

Brain & Soul Boosting Team, Pilgrims' Friend Society, 175 Tower Bridge road, London SE1 2AL

Or email to: **B&SB@pilgrimsfriend.org.uk**

APPENDIX IV

Pilgrims' Friend Society Seminars

TALKS AND SEMINARS:

1. What matters in the end, the best preparations for end of life
2. Dealing with loneliness
3. Addressing depression in older people
4. Making a truly dementia friendly church
5. Dementia – practical and spiritual insights
6. Dementia – the support and help that churches can give
7. Early dementia and the vital circles of support
8. Effectively visiting people with dementia
9. Christians coming alongside caregiving families
10. Empowering and engaging seniors
11. Caregivers – how to care for yourselves
12. Ministering in care homes
13. How to prepare for a great old age
14. Developing your talents and gifting after retirement
15. Empowering older people
16. Caring for elderly parents and other relatives
17. Building communities, a street at a time
18. Christians and retirement
19. Legal issues in old age
20. Old age, a blessing from God
21. Meeting the spiritual needs of older people
22. Brain & Soul Boosting for Seniors

APPENDIX V

'We have so enjoyed being part of this group and look forward to starting up again after the break. It's a super resource to have. Thank you so much for making it available to use.'

'The spiritual content was very gentle, and I feel I could encourage responses more, but it was a lovely atmosphere.'

Feedback from trials

The programme was developed over two years with sessions held with people living independently in their own apartments in a retirement housing complex. (It was not a residential care home.) Most of these sessions were for people with early dementia and mild cognitive impairment, although a small number were held with seniors with no mental impairment.

A trial workbook was sent to people who agreed to try the programme in their own settings. Sessions were held at different locations in England and Wales. At the end of the trial period organisers sent us their assessments and comments, including some of their own ideas, many of which have been included in the final version of the first workbook.

Sessions were held in places as diverse as church halls, church rooms, care homes, a private home, a hospital ward and a hospital day room. Some programmes were run solely for seniors without dementia, and some were for people with dementia, or mild cognitive impairment. Group leaders and helpers included members of different churches, hospital chaplains, sheltered housing managers, and care home activities' coordinators.

The feedback we've received from the trials has been divided into three main sections. The first includes general comments, the second observations for the programme and the third suggestions for the sessions.

Some general feedback

- *'We have so enjoyed being part of this group and look forward to starting up again after the break. It's a super resource to have. Thank you so much for making it available to use.'*
- *'Those who have come have been very positive and have shared how much they have enjoyed being part of the group.'*
- *'One person with dementia seemed not to join in at all, but she seemed to be listening and sat with a big smile; and on one occasion, after we had finished, stayed in her seat and sang the whole of a Christian song.'*

- *'We have experienced what is called 'rementing'. it was such a blessing to us all to see one of our folk suddenly become the Sunday School teacher all over again!'*
 - *'The spiritual content was very gentle, and I feel I could encourage responses more, but it was a lovely atmosphere.'*
 - *'I have run cognitive stimulation groups as part of my job in the past and was thrilled to see a 'spiritual' version of that concept.'*
 - *'We feel that the sessions we've been able to offer on our trial ward have been beneficial for our patients.'*
-

Observations on the programme

- *'I have read the notes in the front of the booklet, all of which are absolutely key.'*
- *'The whole introduction and key points section is well worth reading several times and when planning each session. It is a reminder of what the programme is all about and helps focus our thinking. It's good to watch the DVD several times, too.'*
- *'We have stuck to the format and sequence and have seen the benefits of doing so.'*
- *'We have realised that the theme of each session acts as a catalyst and that not everyone will react or interact in the same way.'*
- *'You do need extra hands on board when running a group.'*
- *'You may have to think about arranging lifts for people.'*
- *'We have a drink available for people coming in from their own homes and allow time for socialising before the session begins. Then, because some live alone they like time at the end to chat about the session. It makes the time overall longer, but it's very valuable.'*
- *'Very positive feedback from everyone who came. We were sorry to finish, but hope to start again later.'*

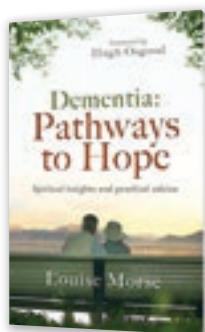
Comments from group participants

- *'Our brains were stimulated by intelligent conversation and company.'*
- *'... makes you think!'*
- *'I liked the themes; they were good.'*
- *'Good to go back over past life and share memories.'*
- *'Gives you permission to talk about things you don't usually think others would be interested in.'*

RECOMMENDED READING



RECOMMENDED READING



Dementia: Pathways to Hope

Louise Morse

Published by Lion Monarch, November 2015, 978-0857216557

'This book contains much helpful information and is enlightening and encouraging: it will help individuals and churches alike.'

Clyde Thomas, Senior Pastor, Victory Church, Cwmbran, South Wales



Could it be Dementia?

Losing your Mind Doesn't Mean Losing your Soul.

Louise Morse and Roger Hitchings

Published by Lion Monarch, 978-0-8254-6170-5

'Poignant, powerful and practical ...'

Lyndon Bowring, Executive Chairman, CARE



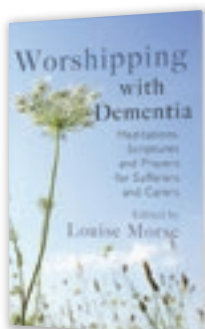
DEMENTIA: Frank and Linda's Story

Louise Morse

Published by Lion Monarch, 978-1-85424-930-2

'Firmly rooted in the sanctity of 'God's image', replete with practical advice and useful links, this is a resource for individual caregivers, health professionals, church families, and all thinking Christians.'

Dr Cameron Swift, consultant physician and Professor of Healthcare of the Elderly



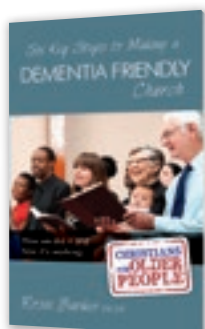
Worshipping with Dementia

Louise Morse

Published by Lion Monarch, 978-1-85424-931-9

Meditations, Scriptures and Prayers for people coping with dementia 'This is so helpful to me and my team visiting our local care homes.'

Team of retired Vicar and colleagues.



Six Key Steps to Making a Dementia Friendly Church

Rosie Barker

Published by the Pilgrims' Friend Society, 9780993-014802



What Matters in the End – End of Life Care

Louise Morse

Published by the Pilgrims' Friend Society 9780993-014895



God's Purpose in our Senior Years – developing usefulness in old age

Louise Morse and Roger Hitchings

Published by the Pilgrims' Friend Society 9780993-014833



Caring for an Elderly Parent

Sarah Jones

Published by the Pilgrims' Friend Society, 9780993—14871



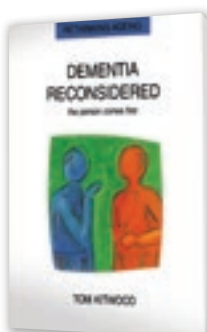
Helping to Put the Pieces Together

An information pack produced by the Pilgrims' Friend Society, with separate inserts on different aspects of dementia.



www.gloriousopportunity.org

With help and information from a professional and personal standpoint, by Dr Jennifer Bute.



Dementia Reconsidered

Tom Kitwood

Published by Open University Press, ISBN 0-335-19855-4

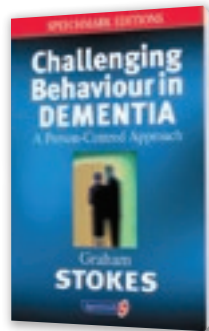


Contented Dementia

Oliver James

Published by Vermillion, ISBN 1407028871

A ground breaking, counter-intuitive approach to caring for people with dementia.



Challenging Behaviour in Dementia: A Person Centred Approach

Graham Stokes

Published by Speechmark Publications, ISBN-13: 978-0863883972



And Still the Music Plays: Stories of People with Dementia

Graham Stokes

Hawker Publications Ltd: ISBN-10: 1874790957



Who will I be when I die?

Christine Bryden

Jessica Kingsley Publishers; ISBN-13: 978-184905312

Christine Bryden was a high flying executive in the Australian Government when diagnosed with dementia at the age of 46. Now in her sixties, she is still writing and giving talks about living with dementia.



Dancing with Dementia: My Story of Living Positively with Dementia

Christine Bryden

Jessica Kingsley Publishers, ASIN: B00CQ8NRUO

An account of Christine Bryden's life with dementia.



PILGRIMS' FRIEND SOCIETY (PFS)

The Pilgrims' Friend Society is a Christian charity with roots as far back as August 1807, when the Aged Pilgrims' Friend Society (APFS) was formed by a group of young believers in Islington, London. 1807 was also the year that the Slave Trade Act received its royal assent, abolishing the slave trade in the British colonies and making it illegal to carry enslaved people in British ships. Convinced of the value of every individual to God, anti-slave campaigner William Wilberforce became APFS' vice president, serving from 1824 until his death in 1835. He was a generous supporter of the work. Other notable Christian friends and benefactors included the Earl of Shaftesbury and the preacher Charles Haddon Spurgeon, who preached sermons on APFS' behalf. In the beginning APFS helped needy older people by giving regular pensions delivered in person, together with spiritual support. When the first financial period closed on March 31st, 1808, the records noted a total expenditure of £5 2s. 9d, and by the close of 1830, APFS had paid out in pensions £7,643.16.0d.

PFS' first housing scheme was built in Camberwell, in 1835. Today PFS has housing and care homes in sixteen different locations in England. It remains firmly rooted in its Christian principles while at the same time is a progressive organisation incorporating best practice. It is an Investor in People in every sense of the word.

PFS shares its experience and knowledge widely, holding training days and conferences and seminars throughout the UK. The aim is to enable and motivate others to support older people in their churches, families, and communities. You can find a list of events on the website www.pilgrimsfriend.org.uk, and you are warmly invited to attend those near you. We also offer publications that continue to receive very appreciative feedback from readers. The Brain and Soul Boosting for Seniors programme comes from this stable of experience and expertise.

Pilgrims' Friend Society

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www.pilgrimsfriend.org.uk