



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



VOLUME 9, ISSUE 43

OCTOBER 24, 2025

Update Your Mood. Relieve Some Stress.

This time of year gets busy. I mean really busy! It's like a snowball rolling downhill from now until Christmas. For example, if my tree doesn't get up soon, there will not be time.

Combine our usual schedule, add in football, cantata rehearsals twice a week, extra events and travel, and you can get in a busy-induced funk if you're not careful. There are several things to "celebrate" this week that can lift your spirits. (Some suggestions are printed in italics.) My favorite new one is on the 30th—*Create a Great Funeral Day*.

I know what you're thinking. Carol, you've finally lost your mind. How is planning my funeral going to make me feel happier? Well, I never said you had to plan **your** funeral. Plan one for your cranky old uncle or your fun, quirky aunt or for the curmudgeon in your life who takes themselves too seriously.

Our pastors have a great worksheet for planning purposes—scriptures, hymns, & such that are appropriate. But, what if we tossed all that aside & planned one with all of the fun, tacky, & totally inappropriate things—bad scripture choices. Inappropriate music. Plastic flowers. Things that make you laugh!

Let's start with scripture. Psalm 23 is always a favorite, bringing comfort. It's like a big hug. But not all of the Psalms are sweet. Psalm 109 has some rather accusatory verses.

¹¹May a creditor seize all he has; may strangers plunder the fruits of his labor. ¹²May no one extend kindness to him or take pity on his fatherless children...¹⁶For he never thought of doing a kindness, but hounded to death the poor and the needy and the brokenhearted.

This might be the perfect Psalm for the grump in your life. He probably wouldn't appreciate it, but he won't be there.

There are some fabulous hymns! You know the ones. *It Is Well with My Soul*, *Great is Thy Faithfulness*, *Abide With Me*. But are those really appropriate for the person who lived their life on the wild side? What about...

Another One Bites the Dust
Goodbye Earle
Ding Dong! The Witch is Dead
Prop Me Up Beside the Jukebox

I don't know about you, but my mood is better already.

Now for the Important Stuff...

The Week of Oct. 26-Nov. 1 is:

- Pastoral Care Week
- World Origami Week
- Nuclear Science Week

Some celebrations only last a day:

- 26th**-Chicken Fried Steak Day
Howl at The Moon Night
- 27th**-Black Cat Day
U.S. Navy Day
National Mentoring Day
- 28th**-Childcare Superhero Day
National Chocolate Day
National First Responders Day
- 29th**-Internet Day
National Cat Day
National Hermit Day
- 30th**-*Create a Great Funeral Day*
National Candy Corn Day
National WICKED Day
National Bread Sticks Day
- 31st**-American Frog Day
National Caramel Apple Day
National Doorbell Day
World Savings Day
- 1st**- Cinnamon Day
Extra Mile Day
Forgiveness & Happiness Day
National Authors' Day
National Calzone Day
Deep Fried Clams Day
National Play Outside Day

Have a great week & call me if you need a ride to church.

Serving Him & Loving it!

Carol 🍷

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Luke 7:23 ~ "Blessed are those who are not offended by me."

SOUTHERN SMALL TOWN FUNERAL ETIQUETTE

- Don't show up drunk.
- There's always one lady that cries louder than the family. Don't be her.
- Don't flirt at the funeral. I don't care how good he looks in those Wrangler's. It's not the time.
- Don't ask who got the house at the funeral. You save that for the Dollar General parking lot.
- If you skip it, you better fake a stomach virus and post about it on the Facebook.
- If someone says, gone too soon, you nod. Don't mention the warrants.
- Do *not* post a selfie in the parking lot with a black heart emoji.
- You don't take the last deviled egg unless you're blood or married in.
- If the obituary says he passed peacefully, don't you dare say, well that ain't what I heard.
- If your phone rings during the eulogy, just go on ahead and move towns.

*Why age gracefully
when you can age like
an old cheese...
Full of character and
slightly offensive.*