

DAYS OF GRACE

July August 2024

Go-Go, Slow-Go, and No-Go: Three Stages of Retirement

By Jeff Kunkel, retired Elder

Not long after I retired, a long-retired friend told me, "Retirement comes in three stages: **Go-Go, Slow-Go, and No-Go.**" I found this a simple and helpful way to think about retirement, and perhaps you will too.

Go-Go is the first stage of retirement, unless a person has an illness, injury, or impairment. Go-Go includes ambitious travel, new avocations, community and family service, a wide circle of friends and neighbors - and often part-time work. Mary Elyn Bahlert, my wife, and I - still in this stage- are guided by the thought, "Let's do this while we still have our health!" Mary Elyn started a blog and was hired for short-term assignments at churches in Washington and Alaska. I write and paint in my studio and teach at a nearby seminary. Together, we travel overseas, care for an ailing neighbor and our four-year old great niece, and volunteer as hospital chaplains. Several of our colleagues have stayed creatively active with very limited

incomes. Those we know in this Go-Go stage take up all manner of activities: tennis, golf, gold panning, language lessons, songwriting, ukulele lessons, computer repair, sailing, tutoring, ranching, becoming mayor, robust grandparenting...

Slow-Go begins as energy or health or wealth diminish, either suddenly in the case of injury, illness, or loss, or, slowly, through natural ageing. One of our friends in Slow-Go is guided by the question, "What is realistic for me now?" Certain activities become less attractive or practical. There are second thoughts about robust travel, caretaking, volunteering, and paid work - adjustments and cancellations become necessary. Family and friendships change too. One of my relatives said, "We used to help our kids and grandkids with big projects, now they help us." A friend told me, "We can't attend distant reunions anymore, but we meet our friends for lunch and movies." A colleague said, "We gave up some travel, but we still love to visit state parks in California!" Another colleague said, "I used to take on small construction projects, but now my knees say, No way!"

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President's Message

Barbara Horikoshi-Firebaugh



It is a joy to introduce myself as your new RCA President starting July 1st. I know with the help of Past President Sandy Roberts and very competent Nancy Daley, our Executive Director, I will be able to serve you and this Association for the next couple of years, reaching out to you and developing programs to meet your needs.

For those who don't know me, I was born and raised in Honolulu, Hawaii; and am ethnically Japanese. I graduated from the University of Hawaii with a Bachelors in Psychology. I then graduated from San Jose State University with a Masters in Psychology. It was there that I met my husband, John Firebaugh. Later in life, I attended San Francisco Theological Seminary and received my M.Div.

Pastoral ministry is my second career; the first being Coordinator for the Asian Community Center in Sacramento, CA. We provided programs to aid the Asian community, including the Asian Community Nursing Home. To determine the needs of the Southeast Asian communities in Sacramento, a Needs Assessment Study was done to aid our planning.

My home church is Sacramento Japanese UMC where my family (husband, son Robert, and daughter Renée) joined on March 4 1990. After retirement in 2021, we have returned to SJUMC, where I am its Pastor Emeritus.

I was fortunate to serve Lone Community UMC for 5 years, Lake Park UMC in Oakland for 7 years and Faith UMC in Sacramento for 12 years.

It is my desire to develop relationships (connections) with all those in RCA in order to increase participation and find ways to best help each other.

Please feel free to contact me at barbara.horikoshifirebaugh@cnumc.org or 916-812-7231. I would love to hear from you.



THE ENDOWMENT BOARD

Gratitude in Action

The Endowment Board Increases Annual Grant to the Retired Clergy Association

At their Annual Board Meeting on Saturday, June 1st, The Endowment Board's Board of Trustees unanimously approved an increase to their annual grant to the RCA of \$30,000, bringing the new gift total to \$136,000. The Endowment Board feels blessed to be able to provide the additional funds to ensure the various programming, event per diems, and administrative fees remain fully covered, even in the face of inflation. "I'd like to commend the volunteers, past and present, who have contributed to the care and support of the diverse membership of the Retired Clergy and Spouses of the CA-NV Annual Conference," said Endowment Board Executive Director, Cory Parish, "I'm encouraged that this additional funding will provide more programming in service of their mission."

Relational Care Committee

Card Ministry

Hopefully by now you have received a card for your birthday and, if applicable, anniversary, from one of our intrepid volunteers. These folks have volunteered to send well wishes on behalf of the RCA to all of our members.

There are a couple of reasons why you may not have received a card.... the first is that we don't have that information! We have most, but there are a few we are missing. Just email that information to Nancy at nancydaley@ca-nv-rca.org and our volunteers will get that information promptly!

The *second* reason is that we may not have had a volunteer to cover your month. We are happy that we have at least one person for each month. But we still need a couple more volunteers to have TWO people per month. If you feel called to spread some sunshine, contact Carolee Catterall at cdcsunshine@yahoo.com and she will give you the details.



Meet The Class of

2024

.....a series

John Pavoni will officially join the ranks of the retired clergy in our Conference this July due to age, but little else will change for him. He is asking to be reappointed to the Lower Lake UMC where he has served for many years. John was a Registered Nurse and foster care provider in Clearlake Oaks, serving as an unpaid associate pastor there, when God called him



into pastoral work on his own. The Lower Lake church as survived many challenges during his years there, including being burned to the ground during The Clayton Fire, the agonizing process of rebuilding, and then the Covid pandemic. However, they never missed having Sunday worship! John will also continue as the Chair of the Community Health District Board of Directors, serving 75,000 people in Lake and Mendocino Counties, where he has been for almost 25 years. - Marty Murdock

Myrna Bernadel-Huey is sharing retirement dates with her

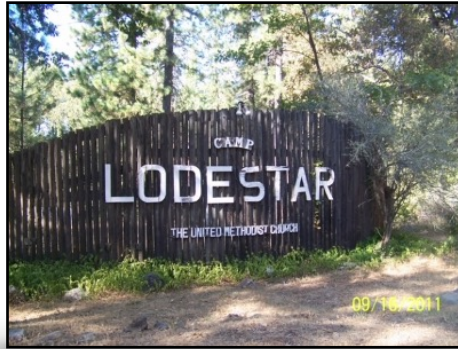


husband Elliot! They have been busy wrapping up their careers (his in the medical field) and have yet to make any big plans. While they adjust the idea of being retired they are sure they will remain in their family home. They are looking forward to BEING retired and charting their future after their mutual last day of work on June 30, 2024. - Gwen Dunham, CCEB

Tevita Fanaika will be taking it easy and doing what he can in retirement as he deals with some health challenges. He is interested in attending RCA events and will assess them as they come along in relation to his health. - Jenny Copello, CCEB



JOIN US FOR THE FALL RCA WORK PROJECT
Sunday September 29 5pm - Friday October 4, 2024 noon
CAMP LODESTAR



Join your retired clergy friends for a fun & productive “working vacation” at CAMP LODESTAR, our Cal-Nevada Conference campground in the Gold Country of the Sierra Nevada foothills. We’ll be working with Lodestar staff and our partner staff of the Conference Endowment Board in 5 days of helping to rejuvenate the campground after being shuttered for much of the past few years. We’ll be painting, gardening, rebuilding a deck & more and it’s an ALL-EXPENSES PAID (except your transportation) week of great fellowship, good work & spiritual renewal as we praise God together each evening in worship.



Rod Lee, Bonnie McGraw, Gary Pope-Sears, Madi Elsea, Mark Cox, Hope Crisis Response Director, Marty Murdock



Working in Paradise!

Need information?

Contact Co-Leaders

Madi Elsea

(madielsea@aol.com 661-549-2391) or

Marty Murdock

(murdocksky@aol.com 707-537-6988)

Want to register?

Contact Betty Pagett

(bettypagett@gmail.com 707-981-8636)

Birthdays

July

SCOTT ALLRED
LORAN BERCK
NORMA BETANCOURT
DIANA BOHN
DICK BOWMAN
WALTER BRIM
JANET BUNJE
LINDA CALDWELL
RONNA CASE
PAUL CHEONG
REV TAE-JOON CHO
EVA CHOW
PAUL COLBERT
MERCEDITA CUETO
DIVINA CUNLTA
WARREN DALE
DAN DAMON
BEVERLY DAVIS JR.
ELMAR DE OCERA
ROB DUNNING
DICK ERNST
MEGUMI FUJIMORI
TONI HARTMAN
VICKIE HEALY
BARBARA HORIKOSHI-
FIREBAUGH
JULIA HORNE
JAMES HORNE
BILL HUGHES
ARLENE HUSER
VICTOR IZZO
JOHN JAMIESON
CAROL JOHNSON
MONTEE KENNEDY
ELIZABETH KENNEDY
KOOK-HUI KIM
JEFF KUNKEL

STEPHEN LEE
DON LEE
BOB LOESSBERG-ZAHL
SHIRLEY MACEMON
CHRIS McANNALLY
GARY McANNALLY
DAVID McKEITHEN
DOUG MONROE
ELEANOR NORRIS
BOB OLMSTEAD
TED PECOT
JUDITH PRUESS-MELLOW
ROBIN ROGERS
JEANNE SANFORD
JAN SLORPE
LINDA SMITH
CAROLYN STAPLETON
JOHN TINCHER
MIKE TURGEON
SOLINNA VORN
AUDREY WARD
BARBARA WEBB
NAILYA WHITMER
LUA WOFFINDEN
ALLEN YAN-CHAMBERLIN
GRACE YANG

August

AFUHIA AKOLO
JUAN ARJONA
MARY ELYN BAHLERT
DOROTHY BAKER
EMILY BEALS
JACKIE BENNETT
CONNIE BERGQUIST
LOIS BLACK
BOB BRAZIE
LAUREN CHAFFEE
TOM CLARK
TOM COTA
DORIS DISBROW
JEAN FADO
PAM FINE
NORMA FLORENDO
DEBBI GRUNDMAN

DEBBY HICKS
DAWN HORDER
ALAN JONES
EUN-YOUNG KIM
MIKYUNG KANG KIM
TOM KIMBALL
MARLYSS KUBIK
STEVE LA POINT-COLLUP
ROSEMARY LANDRY
NANCY MC CONNELL
MARJORIE MILLER
CHERYL MURDOCK
GILLIAN MURPHY
KENT PARR
LARRY PEARSON
JOANNE PETERSON
LINDA PICKENS-JONES
LINDA PICKENS-JONES
RICHARD PITCHER
JANETTE SAAVEDRA
MARLYN SILVA-NETTO
BEN SILVA-NETTO
KIM SMITH
JANNA STEED
FRANK STONE
BARBARA STONE
PAUL SWEET
TIMOTHY TAM
DAVE THOMPSON
BARBARA TROXELL
CAROLE VINCENT
MARION WAKE
TAMARA WARREN
PAUL WEBB
BETTY WEISER
LAURA WHARFF
FAITH WHITMORE
JAMES WOFFINDEN
LESTER WOLFE
HARRY WOOD JR.
WESLEY YONG
MICHAEL YOSHII
SUK-CHONG YU
MARK ZIER

Anniversaries

August

July

PAM ABBEY & KEN PARR
LOIS & SHANNON BLACK
MARK & BONNIE BOLLWINKEL
CARIETA CAIN-GRIZZELL & MARTIN
GRIZZELL
JOHN CHAMBERLIN & ALLEN YAN-
CHAMBERLIN
TAE-JOON & KYUNGLA CHO
TOM & PAT CLARK
DAN DAMON & EILEEN JOHNSON
PAUL DIRDAK & WENDY POMEROY
DICK & BARBARA ERNST
DON & JEAN FADO
SHIM & MISRAK HABTE
HOLLY & TOM HILLMAN
TOM & HOLLY HILLMAN
EILEEN LINDSAY & BILL HUGHES
KAREN McCLINTOCK & MICK SMITH
MAGGIE McNAUGHT & CLIFF GASSOWAY
ANTHONY & MARGARET OROPEZA
JOAN & ADRIAN PELL
GAYLE PICKRELL & JOHN DAVENPORT
VICTORIA & GERRY SCHLINTZ
DANTE & VIVE SIMON
PAUL SWEET & SHEENA McKENDRICK
TED & CHARLIE VIRTS
FRANK & GRACE YANG

AFUHIA & CHARLOTTE AKOLO
DIANA BOHN & GRADY KNOWLES
BOB & DEBORAH BRAZIE
JAN & WALTER BRIM
ESTAN & MERCEDITA CUETO
NYMPHAS & LOIS EDWARDS
TEVITA & LITIA FANAIIKA
GINGER FOSTER & RAY JELLISON
JUDSON & BETTY GEARS
STEVE & CAROL JOHNSON
DOUGLAS & SUSAN JOHNSON
TOM & CONNIE KIMBALL
STEVE & KARLA LUNDIN
GARY & CHRIS McANNALLY
BILL & MARLEBA McCORD
JOHN & MARTHA McCORKELL
NORM & LINDA MOWERY
DOUGLAS & ELEANOR NORRIS
JOANNE PETERSON & DAN NEUMANN
DON & DONITA ROULSTEN
BERT & LINDA SCHNIEPP
DAVID & JAN SLORPE
BILLY & CAROLE SPARKMAN
FRANK & BARBARA STONE
DAVE & PATRICIA THOMPSON
DAVID & RUTH MARIE WOLF

Memorial Scholarship Awardees

Following a long standing tradition, the RCA awardee scholarships to those who are entering ministry. This year, we had 5 recipients.

Tara Macy is serving Shasta Lake Community and hopes to graduate in 2024 moving towards Associate Membership. Tara is also a Speech Pathologist.

Vaitafa Heimoana is attending Claremont for his DMin and is projected to graduate in 2026. He is active in his Tongan community and church.

Darrel Arnold is serving Hughson UMC and also attending Claremont. He will be halfway through his M.Div by the end of the summer.

Michael Bekstrom is serving Yreka UMC and provides Communion for Mt. Shasta Community UMC. He hopes to complete the Western Jurisdiction Course of Study by 2028.

Cheng Yang is serving Oroville, First with English and Hmong language services, Marysville First Hmong Ministry, Sacramento Trinity UMC Communion Sunday, Chair of Conference Hmong Ministry. He is attending Course of Study through Evanston and planning on becoming an Elder.



Three Stages of Retirement, continued from page 1.

No-Go can begin slowly or quickly. This is the final stage of retirement, with its own joys and challenges. Balance, strength, and endurance - perhaps even judgment - continue to diminish. Certain activities of Slow-Go are no longer attractive or possible: driving, cooking, cleaning, caring for home and yard - even for oneself and one's partner. Many at this stage move out of their own home and into the home of a relative or a retirement residence or hire caretakers. One person said, "No-Go began abruptly with my wife's diagnosis of dementia coupled with the onset of the pandemic." This person is now guided by the saying, "Be grateful for each day." One of our neighbors recently gave up her driver's license and moved into a nearby continuing care community, where she feels safer and less isolated. Another woman we know, now 100 years old, said, "My grandson moved in with me and made it possible for me to stay in my home." She still attends church online, reads, cooks, and welcomes visitors. One of our relatives in No-Go said, "We are just content to be at home now, enjoying each other, simple meals, the changing weather, the news, and visitors."

From the Editor.....

This issue's cover story was submitted from Jeff Kunkel, an RCA member. Content for Days of Grace is always welcomed. I'm looking for general interest articles on topics relevant to retirement and issues before the church. I would also welcome your artwork to illustrate our issues. Whether that be a painting, a photo, a drawing... I just need it in digital form (jpg is best). Short poems or witty life observations of 100 words or less are also great.

Please make sure your item is edited to your satisfaction because I will copy and paste to maintain your voice in the piece.

If it is a seasonally timely or other time important item, please make a note so I publish at the right time. Deadlines are the 15th of the **EVEN NUMBERED** months. (as in, the next deadline is August 15)



Have you moved?
Are you moving?
Please let us know!

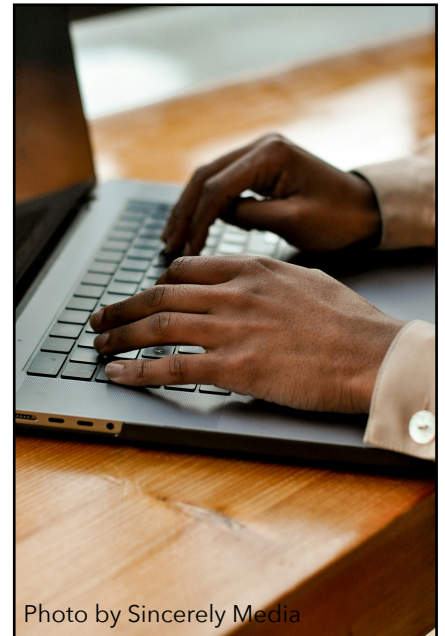
Please email your name(s), phone, email, mailing address and the effective date of the change to nancydaley@ca-nv-rca.org. You can also drop into a mailbox and send it to: RCA 9328 Elk Grove Blvd. #105-141, Elk Grove, CA 95624.

RCA Annual Survey

Earlier this year, the RCA Executive Committee and the Endowment Board Executive Committee met to brainstorm how to best serve the members of RCA. We had some great and creative ideas!

Now we want to hear from the members! Later this summer a survey will hit your email box. We aim for it to be a short, but significant survey. We had a GREAT response from our last survey but we are aiming for a higher participation rate this year. We will be asking better questions to get useful information as we chart our next year, five years, ten years.

Please watch for this survey and fill it out with your thoughts and ideas. We appreciate you!





Enclosed is my/our check in the amount of \$_____ Please designate as follows:

\$_____ Donation Level **July 1, 2024 - June 30, 2025**

Individual Couple

BASIC, SUPPORTING, SUSTAINING, SPONSOR, LIFETIME (circle level please)

Additional Donation to Support Designated Programs

\$_____ Seminary Student Scholarship Fund Donation

\$_____ Health Care Subsidy Fund Donation

\$_____ Other – *Please specify:* _____

My/our additional special gift is: In Memory Of: _____

In Honor Of: _____

Member Information: (please fill this out so we can keep accurate records)

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Make check out to:

RCA

Mail check and form to:

RCA * 9328 Elk Grove Blvd. #105-141 * Elk Grove, CA * 95624

Donation Levels

LEVEL	INDIVIDUAL	COUPLE	BENEFIT
BASIC: <i>Sing all... Sing lustily and with good courage</i>	\$25	\$40	
SUPPORTING: <i>Scripture, Tradition, Reason, and Experience</i>	\$60	\$75	5% discount Spring Fling 25% discount ACS Luncheon
SUSTAINING: <i>Give all you can... In all ways you can</i>	\$100	\$150	10% discount Spring Fling 50% discount ACS Luncheon
SPONSOR: <i>Hearts Strangely Warmed</i>	\$250	\$350	15% discount Spring Fling ACS Luncheon Included for Current Year
LIFETIME: <i>Going on to Perfection</i>	\$1000	\$1500	20% discount Spring Fling ACS Luncheon for Life

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Class of 2027: Kathryn Dunning, Holly Hillman, Jeff Holder, Norm Mowery

RCA CONTACT INFO

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916-539-4249 nancydaley@ca-nv-rca.org www.ca-nv-rca.org
Find us on Facebook! <https://www.facebook.com/groups/RetiredClergyAssociation>

UPCOMING EVENTS

Annual Conference Session

June 27-30, 2025

> Sacramento Convention
Center

Annual Luncheon

June 27, 2025

>TBA