

DISCERNMNET – the 9th JOY OF AGING

By Donna Deos



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The ninth joy of aging is discernment, or the ability to judge well. As we age, we experience things. Many things. Good, bad, easy, hard, fun, not fun, etc. Each of these experiences teaches us and we hopefully grow from them. They add to our makeup. We become who we are through our experiences. We gain values and opinions based on who we are and what we have lived through.

Sometimes this is good and makes us more open and understanding. Sometimes it is not good and makes us more closed off or rigid.

These experiences help us make decisions. When situations arise, we use our life experience help us make choices of what to do next and how to react to things that happen in our lives and the lives of those around us.

Discernment is using those experiences to decide, what is the best path for us? How do we wish to react to what is happening? The more you live, the more experiences you have, therefore, the better your discernment should be because you have a larger experience and knowledge base to pull from.

People who have only lived one certain portion of life, only have that experience to draw on. So, if they grew up in a hard time – like post-depression era, they tend to be frugal from that. They are very much colored or biased in their decision making by that experience. However, the post-depression era folk who are still alive have lived much more than just that era. They have lived through times of great prosperity too. So, they have both sides of the lack or plenty part of life with which to base their decisions on. Therefore, they should have better discernment.

People growing up now have only experienced the age of plenty, unless they are growing up in poverty. Fortunately, for our young people today not growing up in poverty they have many gadgets, many opportunities, many positive experiences and many advantages that other generations before them did not have. This is why they lack discernment in understanding where other people are coming from and why they think and believe the way they do. They have not had to overcome yet.

As you see in the opening paragraph, discernment is the ability to judge “well.” Well being the key word. Anyone can judge – and they do, right or wrong, good or bad. The world today is full of judgment. What is most often lacking is discernment.

So, congratulations to all of you who experience the 9th joy of aging. Perhaps you can use that along with your other gifts of aging to help our younger generations learn and grow. Put your time into educating them, put your attitude into helping them find positivity in a highly negative world, put your listening and wisdom into hearing their side and then share your experiences with them so they can gain a fuller picture. All of this will lead to your legacy of helping them become who they are meant to be in all good and positive ways. Which, in turn will provide freedom for all.

Until next month, take good care!



Donna Deos, LLC

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gsil is seeking caring individuals to provide personal care to consumers in their homes, allowing them to remain living independently. Duties include assisting with activities of daily living; meal prep, light house keeping and personal care.

Please contact Ashley at 603-568-4930 for more information

HISTORIC CHURCH Fundraising Brunch

The historic Bow Center Baptist Church will have a fund raising Brunch at the Old Town Hall on Saturday October 19 from 8:00 AM to 11:00 AM, to raise money for the shutter repairs and painting of the church building.

CHURCH GoFundMe

To assist in the restoration of the building shutters and painting, donations may be sent to GoFundMe.com, Bow Baptist Church repairs or Crossroads Community Church, 6 Branch Londonderry Turnpike East, Bow NH 03304. We have applied to LCHIP for a matching grant which if accepted would double your donation.



CONCORD REGIONAL VISITING NURSE ASSOCIATION

Concord Regional VNA is holding a Senior Health Clinic at the Bow Mills United Methodist Church, 505 South Street in Bow on **Friday, October 4 from 9 a.m. to noon.** All Senior Health Clinic services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Call (603) 224-4093 or (800) 924-8620, ext. 5815 for an appointment.



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580 Mountain Rd. Concord 224-8862 www.applehillfarmnh.com
Dir. I-93 to exit 17 head east to Rt.132, left to Canterbury/Concord town line