

Help Lord!

I'm Having a Senior Moment

Notes to God
on Growing Older



Karen O'Connor

Help Lord Im Having A Senior Moment

Karen O'Connor



Help Lord Im Having A Senior Moment:

Help, Lord! I'm Having a Senior Moment Karen O'Connor, Like it or not senior moments happen We might as well laugh about them and thank God for the way they add interest to our lives After all what would life be without the cordless phone ringing faintly from where you left it in the fridge Some senior moments are more heartbreaking or embarrassing than funny But in every case we can take them to the Lord who cares for us This book brings encouragement to people in their golden years Each of the 90 short pieces contains a note to God about a topic of special interest to seniors a word from God in Scripture a prayer and a place for the reader to write his or her note to God **Help, Lord! I'm Having a Senior**

Moment--Again! Karen O'Connor,2005 While growing older certainly has its benefits its downside poses big challenges Physical decline loss of spouses relatives and friends memory lapses feelings of inadequacy or uselessness such things can give us those senior moments that sidetrack us with fear and worry In this sequel to her bestselling book Karen O Connor brings even more encouragement to people in their golden years prompting them to reflect laugh play and take both burdens and joys to the Lord who cares for them **Help, Lord! I'm Having A Senior Moment** Karen O'Connor,2003-10-24 Like it or not senior moments happen We might as well laugh about them and thank God for the way they add interest to our lives

After all what would life be without the cordless phone ringing faintly from where you left it in the fridge Some senior moments are more heartbreaking or embarrassing than funny But in every case we can take them to the Lord who cares for us This book brings encouragement to people in their golden years Each of the 90 short pieces contains a note to God about a topic of special interest to seniors a word from God in Scripture a prayer and a place for the reader to write his or her note to God **Squeeze the Moment** Karen O'Connor,2006-02-10 Every day is filled with opportunities to seize joy Yet true joy cannot be forced It springs from the hearts of those who are content grateful and at peace with themselves with others and with God Though trials and challenges are a part of every life joy can be developed cultivated and then practiced on a daily basis Karen O Connor offers seven keys to finding true joy in Squeeze the Moment Learn how to look at life in a fresh way full of gratitude to God and to squeeze the moments the happy ones the tragic ones the predictable ones and the unexpected ones for all they re worth **God Bless My Senior Moments** Karen O'Connor,2014-04-01 Your later years can be golden

Humorist and bestselling author Karen O Connor offers brief daily prayers to highlight the joys of living while gently poking fun at the humorous moments we all experience These insightful prayers of gratitude grace and good humor will inspire you to take life in stride and look for the positives Good thinking Lord Thanks to you I remembered to take my mailbox key when I went to the post office Jesus be with me when I stumble over a word or trip on a step Pick me up dust me off and comfort me so I m ready to continue What a joy it is dear God to relax with my spouse We re as comfy and familiar with each other as a pair of worn slippers With more than 300 daily prayers God Bless My Senior Moments offers ample ways to find humor in common foibles and plenty of encouragement to help you stay enthusiastic and in touch with God *The Beauty of Aging*

Karen O'Connor, 2006-09-05 Getting older is portrayed in the media as something to dread We use Botox color our hair dress younger go on special diets anything we can do to put off the inevitable But rather than fearing aging it s time to embrace it says popular speaker Karen O Connor We can handle the aging process and its blessings and burdens with grace gratitude and grit By looking at seven areas of life faith family friends finances fitness food and fun O Connor shows you how getting older can mean getting better Learn how to raise your happiness quotient change your attitude and discover the delights of being 50 plus

Holy Moments Lenya Heitzig, It happens to everyone an aha moment an epiphany or serendipity But perhaps we didn t recognize it was no coincidence rather it was a holy moment God at work in the details of everyday life Maybe it was a timely phone call a chance meeting an unexpected windfall or a friend saying something when needed Holy moments happen all the time It s up to us however to recognize them Lenya Heitzig knows how to search out these holy moments and she wants to help others spot them too Through personal stories Scripture and beautiful photography she explores ways to see God s presence in ordinary events and occurrences Then in five biblical steps she helps readers appreciate and recognize God at work Find out how ordinary situations can have extraordinary outcomes through recognizing these simple holy moments

[333 Journal Pages](#) Linda Wright, 2018-02-05 In memory of my husband James A Wright I have written this book of 333 journal pages For each entry I have selected a Bible verse for you to reference or study and then some of my thoughts on the topic at hand After a short prayer there is room for your thoughts and ideas I love to journal and I pray you will join me in loving it too Discover why this book is titled 333 Journal Pages in my introduction and Journal Page 1

Walkin' with God Ain't for Wimps Karen O'Connor, **But Lord, I Was Happy Shallow** Marita Littauer, This book developed by the president of CLASServices is a light yet powerful affirmation of those lessons learned in difficult places After all some of the most laughable things now are those we once cried about

[PrayerStreaming](#) Janet Holm McHenry, 2010-04-28 Pray Your Way Through Your Day More than two thousand years ago Jesus taught about the importance of prayer and the apostle Paul urged Christians to pray without ceasing Yet a rewarding prayer life seems almost impossible for those of us juggling busy schedules family needs friendships home tasks or a demanding job We d love to engage constantly with God such as when we re working driving carpool or folding socks But how can we when we spend so much of our days just racing from one thing to another The author of three other books on prayer Janet Holm McHenry set out on a personal journey to learn how to draw even closer to God through this crucial spiritual discipline Her findings led to PrayerStreaming a life changing guide to praying through the clutter and clatter of everyday life Tap into History s Best Spiritual Wisdom Regarding Prayer Drawing from eight of the most respected and time tested spiritual classics on the subject of prayer as well as personal experiences of deepened intimacy with God Janet Holm McHenry illustrates that incorporating prayer into the rhythms of life is in fact far easier than you think and more beneficial than you could ever dream

Addicted to Shopping and Other Issues Women Have with Money Karen O'Connor, 2005-04-01 Born to shop

A woman's place is in the mall We laugh at the stereotype of woman shoppers but the reality is that millions of women struggle with handling money With compassion and understanding Karen O Connor helps women evaluate their spending habits through questions that include Does spending money make you feel better Do you shop when you're under stress Do you dread having your money handling habits exposed From excessive shopping to penny pinching from splurging to refusing to buy necessities Karen explores the reasons behind the misuse of money Then drawing on her experiences and biblical insights she reveals practical strategies readers can use to develop a healthy view of money and regain control of their spending

2nd Sunday Morning Glory Jane Ann Crenshaw, 2019-12-03 In the absence of the preacher Jim the elder was called to visit a woman who had lost her husband She was desolate and was threatening to commit suicide Jim was called by a mother of a child who attended the Sunday school I went with him that morning As we drove to this home Jim was at a loss as to what he could do or say This was something out of his realm of expertise We had prayed before we left the house but Jim was anxious God was putting this woman's life in his hands I picked up the Bible from the console and said Maybe I can find a verse that will help you I opened the Bible randomly and a verse jumped right out at me I read it to him For the Holy Spirit will teach you in that very hour what you ought to say Luke 12:12 NIV As we pulled up in front of her house Jim said Mark that page We quietly walked into this home Jim was directed to the woman in need He talked with her prayed with her and read the scriptures of comfort and encouragement He was with her a long time When the situation became calm we took our leave and the woman who contemplated suicide continued to live We never heard if she made a place for the Lord in her life but we knew that He had taken up permanent residence in ours We felt it We saw it We were lifted by His might and encouraged to keep on keeping on God is real

Are the Golden Years Tarnished? Diane Manning, 2011-05-19 This book is dedicated to men and women of the 21st century who are entering or already part of the so called golden years It describes the changes that have occurred over the years that affect our retirement years physically mentally emotionally socially and economically The author includes a bibliography citing many resources for seniors as they struggle to cope with the aging process Most of all the book communicates a message of hope for our future and the important role that seniors play in the future

Setting Boundaries with Food Allison Bottke, 2012-08-01 For the fourth book in her popular Setting Boundaries™ series Allison Bottke turns to our relationship with food and a problem that affects more than 200 million Americans 68 percent of the adult population obesity Setting Boundaries with Food is a very personal book for Allison She knows from personal experience about the struggle against obesity feeling trapped in a seemingly never ending cycle of dieting deprivation and despair At one time in her life Allison's scale hit the 300 pound mark Her overweight status resulted in Allison being the first full figure model ever signed by the prestigious Wilhelmina modeling agency where she worked for some of the biggest names in fashion such as Gloria Vanderbilt and Alfred Angelo From her struggle Allison offers more than just hope for the future By introducing readers to her popular S A N I T Y steps she encourages readers to turn away from

the insanity of dieting and deprivation and to focus instead on establishing healthy relationships with food self others and God Her words will strike a chord with millions who have struggled for years to lose weight as they are encouraged to examine the emotional and spiritual aspects of their bondage to food and obsession with weight **Setting Boundaries® for Women** Allison Bottke,2013-08-01 Women who have trouble setting and enforcing appropriate boundaries with the people in their lives will find help and inspiration in the latest offering in Allison Bottke s popular Setting Boundaries series Her six steps to SANITY are S Stop your own negative behavior A Assemble a support group N Nip excuses in the bud I Implement rules and boundaries T Trust your instincts Y Yield everything to God Allison s new book will help women who have allowed others to overstep their boundaries whether it s a spouse an adult child a boss a parent a neighbor or a friend Setting Boundaries For Women is designed to inspire empower and equip women with the tools to transform lives *Gettin' Old Still Ain't for Wimps* Karen O'Connor, [The Therapist's Notebook for Integrating Spirituality in Counseling II](#) Karen B. Helmeke,Catherine Ford Sori,2014-05-12 More activities to tap into the strength of your clients spiritual beliefs to achieve therapeutic goals The Therapist s Notebook for Integrating Spirituality in Counseling II is the second volume of a comprehensive two volume resource that provides practical interventions from respected experts from a wide range of backgrounds and theoretical perspectives This volume includes several practical strategies and techniques to easily incorporate spirituality into psychotherapy You ll find in session activities homework assignments and client and therapist handouts that utilize a variety of therapeutic models and techniques and address a broad range of topics and problems The chapters of The Therapist s Notebook for Integrating Spirituality in Counseling II are grouped into four sections Models of Therapy Used in Integrating Spirituality Integrating Spirituality with Age Specific Populations Children Adolescents and the Elderly Integrating Spirituality with Specific Multicultural Populations and Involving Spirituality when Dealing with Illness Loss and Trauma As in Volume One each clinician friendly chapter also includes sections on resources where the counselor can learn more about the topic or technique used in the chapter as well as suggested books articles chapters videos and Web sites to recommend to clients Every chapter follows the same easy to follow format objectives rationale for use instructions brief vignette suggestions for follow up contraindications references professional readings and resources and bibliotherapy sources for the client The Therapist s Notebook for Integrating Spirituality in Counseling II adds more useful activities and homework counselors can use in their practice such as using religion or spirituality in solution oriented brief therapy Cast of Character counseling using early memories to explore adolescent and adult spirituality cognitive behavioral treatment of obsessive compulsive disorder age specific clients such as children or the elderly multicultural populations and spirituality dealing with illness loss and trauma recovering from fetal loss creative art techniques with caregivers in group counseling and much more The Therapist s Notebook for Integrating Spirituality in Counseling II provides even more creative and helpful homework and activities that are perfect for pastoral counselors clergy social workers marriage and family therapists

counselors psychologists Christian counselors educators who teach professional issues ethics counseling and multicultural issues and students **Setting Boundaries® with Your Aging Parents** Allison Bottke, 2010-04-01 This important book from the author of *Setting Boundaries with Your Adult Children* more than 40 000 sold will help adult children who long for a better relationship with their parents but feel trapped in a never ending cycle of chaos crisis or drama With keen insight and a passion to empower adult children Allison charts a trustworthy roadmap through the often unfamiliar territory of setting boundaries with parents while maintaining personal balance and avoiding burnout Through the use of professional advice true stories and scriptural truth readers learn how to apply the 6 Steps to SANITY S STOP your own negative behavior A ASSEMBLE a support group N NIP excuses in the bud I IMPLEMENT rules and boundaries T TRUST your instincts Y YIELD everything to God Resources are available at the ministry website www.settingboundaries.com Presenting an Effective and Dynamic Technical Paper William B. Krantz, 2016-11-16 *Presenting an Effective and Dynamic Technical Paper A Guidebook for Novice and Experienced Speakers in a Multicultural World* is intended for inexperienced speakers as well as those aspiring to improve their communication skills in making either formal or informal presentations on a technical subject The book focuses on how to make presentations to a cross cultural audience including such tactics as how to list the names of the co authors on your presentation how to handle eye contact and use humor both of which can differ across the global spectrum of cultures The cross cultural focus of this book relates not only to the audience but also to the speaker This book also includes helpful tips for non native English speakers Discusses best practices in putting together an effective talk Focuses on leveraging the speaker s existing skillsets to develop the delivery style that works best for that individual Features one page quick reference guides for giving both formal oral and informal poster presentations Addresses cross cultural communication as well as particular concerns for non native English speakers Includes a companion site with tools and video examples of formal and informal presentations for further self guidance

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