

FEBRUARY 2024 NEWSLETTER



FAITH IN OLDER PEOPLE

is a small voluntary organisation which aims to enhance the quality of life and well-being of older people by working with those providing practical, pastoral, or spiritual care

Faith in Older People has been working in partnership with Anna Chaplaincy over the past two years during which we have had several very well attended seminars and discussions. Last year we held a workshop as part of the BIG STORY Day at St Mary's Episcopal Cathedral to discuss the potential of becoming an Anna Chaplain. We are therefore delighted that an Anna Chaplain has been Commissioned. We now have two – one in the Scottish Episcopal Church and the other in the Church of Scotland. Please see below for information on a forthcoming conference and we look forward to welcoming you and to seeing more people become Anna Chaplains.

OUR LATEST BLOG

Celebrating Candlemas and the Commissioning of an Anna Chaplain

A very happy occasion took place in Holy Trinity, Haddington on February 4, 2024. Not only was Candlemas celebrated but also the Commissioning of me, Judith Wilkinson, as Anna Chaplain to Haddington. I am only the second Anna Chaplain in Scotland and the very first within the Scottish Episcopal Church! Here are some photos: -



In the summer of 2023, I first learned about Anna Chaplaincy (AC) at a workshop shared with Maureen O'Neill of Faith in Older people (FIOP) and Debbie Ducille of Anna Chaplaincy. I was

intrigued! As I had by that time been a Workplace Chaplain for 10 years, and I still am, and had for more than 30 years been part of a Pastoral Care Team within Holy Trinity, I was interested in pursuing a similar role within the local community. I undertook the online AC training course which led me to be Commissioned as an Anna Chaplain and I'm looking forward to establishing myself as Chaplain within the care homes of Haddington.

Anna Chaplaincy is about nurturing spirituality in its broadest sense. It is non-judgemental, person-centred spiritual care for older people of strong, little or no faith at all, in all faiths. The name "Anna" is taken from the woman who after only seven years of marriage, was widowed and spent the rest of her life in the Temple, praying, fasting, and acknowledging, along with Simeon, that the baby Jesus was indeed the Messiah.

My journey towards Anna Chaplaincy really began when I was 14 (although I didn't know it at the time!) when a visitor from Social Services, I think, came to our school asking for volunteers to join a "befriending programme" to the elderly, the sick and the lonely in our town. My best friend, Jen, and I decided this was something we could and wanted to do. We were each allocated one person to visit, who just happened to live on the same estate, so we decided it would be a good idea to visit both together. We were the only volunteers in the whole school and, within our own class, were the only churchgoers. I like to think that was the discerning factor. Sadly, Jen's man died after a couple of years and Jen moved away but I continued to regularly visit my lady for more than 6 years until she moved away to live with a relative until she died. I seem to have discovered an affinity with the elderly and seem to be able to empathise quite easily. Since moving to Scotland in 1988, I naturally joined the Scottish Episcopal Church having come from the Church of England. Within 12 months I was asked to join the Lay Pastor Group which entailed visiting the sick, the elderly, the housebound, those in the only Care Home at the time and administering Holy Communion if so desired. It was obvious to me that if these folk are unable to get to church, then church must go to them to give them spiritual care, even if it only means listening, reading from scripture or praying together. Of course, all faiths or none are included in the care offered.

I find it extremely rewarding listening to these folks' life stories and because they have lived long, interesting, and sometimes eventful lives, they have knowledge and wisdom which is worth hearing and passing on to others. It is a joy for me to spend time with these lovely people and I hope that I can bring something worthwhile to them.

Although I have undertaken this work for many years, it was the obvious route for me to join Anna Chaplaincy and having the title "Anna Chaplain" gives my role a degree of authenticity. I just hope and pray that the Lord allows me a decent span of years to minister to others.

Judith Wilkinson
Lay Pastor

20th March 2024

**FAITH IN OLDER PEOPLE IN COLLABORATION WITH THE ANNA CHAPLAINCY IS
HOLDING AN EVENT ON WEDNESDAY 20TH MARCH 2024 BY ZOOM 10-12.30am**

Practical approaches for spiritual care among older people- the potential of Anna Chaplaincy

There will be small group discussion and information about the specific training to become an Anna Chaplain.

Confirmed speakers include:

Rt Rev Sally Foster-Fulton, Moderator of the General Assembly of the Church of Scotland
Professor John Swinton, University of Aberdeen, Chair of Divinity, and Religious Studies
Dr Donald Macaskill, CEO Scottish Care

BOOKING FEE £20.00 - TO BOOK YOUR PLACE PLEASE CLICK [here](#)



Anna Chaplaincy
Offering spiritual care in later life

Extract from the Anna Chaplaincy website**What does an Anna Chaplain do?**

Most importantly, an Anna Chaplain is appointed and authorised by, and sent out under the authority of, their church or local group of 'Churches Together'.

An Anna Chaplain should never operate under his or her own auspices, because of the fundamental need for accountability. Best practice shows it is essential to have a dedicated line manager who is responsible for supervision.

Different regions will have some obvious and some subtle differences, and this may well require tailoring the chaplaincy approach to the specific needs of those communities. Anna Chaplaincy tends to flourish from the grassroots up wherever there is a desire to see it started up, by one or more people who genuinely catch the vision.

The main purposes of an Anna Chaplain are:

Offering spiritual support to older people who are living in care homes and sheltered housing complexes, their relatives and staff who look after them.

- Promoting the spiritual welfare of older people in the wider community, particularly those facing challenges living independently.

To find out more go to the Anna Chaplaincy website: [About Anna Chaplaincy | BRF](#)

Do remember that you can read all the previous posts on the [Anna Chaplaincy blog](#).

Latest posts from the blog

[Immanuel Church Southbourne seeks a new Memory Lane leader and offers a new resource](#)

Posted on 19 January 2024

[Theos research into funerals](#)

Posted on 19 January 2024

[Anna Chaplains providing hope and connection to isolated rural communities](#)
Posted on 19 January 2024
[Full house at St Mary's Ely](#)

Posted on 18 January 2024

[Spotlighting the Spiritual Care Series](#)
Posted on 18 January 2024

The Anna Chaplaincy team at BRF

annachaplaincy@brf.org.uk | annachaplaincy.org.uk | brf.org.uk

FORTHCOMING EVENTS FOR 2024

SAVE THE DATE

15th May 2024 2-4pm –

A Joint event with Generations Working Together

An on-line conference to explore the principles of intergenerational work and to consider examples of work and how it is differently perceived.

ONE STEP AT A TIME - LEARNING RESOURCE TO SUPPORT PEOPLE EXPERIENCING DEMENTIA IN OUR CONGREGATIONS

The resource is practical and can be considered in groups which include those who are experiencing dementia. It is not intended to be prescriptive but to ask questions to find out what might be helpful to all those wishing to be more inclusive.

We hope that you will find the resource helpful, and we would welcome your feedback. We would be pleased to discuss the resource with you as we recently did with Interfaith Scotland Council so that we can consider the way forward as we feel this is a resource which needs to evolve.

[FIOP-One-Step-at-a-Time-MAY-2023-version-for-website-etc.pdf \(faithinolderpeople.org.uk\)](#)

**Faith in Older People's workbook can be downloaded
free of charge from our website.**

Please click [HERE](#) to download a copy.



**Faith in Older People's ANNUAL REPORT 2022/2023
is available on our website.**

Please click [HERE](#) to read it

GENERAL INFORMATION

[View in browser](#)



**Generations
Working
Together**

Book events and training, access funding resources and read the latest Intergenerational Practice news

1 February 2024



Find out more about the latest packed issue below!

[SOPA | Newsletters \(scotopa.org.uk\)](https://scotopa.org.uk)

SOPA News:

- Meet our Lead Officer and Joint Vice-Chair

- SOPA's Three-year Plan 2024-2027 and the "to do" List for Members
- SOPA Annual General Meeting on 29th January 2024 in Glasgow
- Latest News on SOPA's Age Friendly Communities (AfC) Work
- SOPA Events and Members' Meetings Announced
- New SOPA Website Coming Soon

Features in this Issue:

- Interview with Older People's Champion, Councillor Alf Kelly, Falkirk Council
- Festival of Ageing - 17th January 2024 in Edinburgh

AGE SCOTLAND ABOUT DEMENTIA STORYTELLING RESOURCE

The new Storytelling Resource is aimed at people who run groups and organisations working with people living with dementia.

For more information on the Storytelling Resource, or to register an interest in receiving a pack and training, email aboutdementia@agescotland.org.uk



Faces of Faith Exhibition

The Faces of Faith exhibition is on tour, featuring beautiful images of 16 people of faith in Scotland and their stories.

The exhibition will be available to view at the University of Edinburgh for three weeks. It will be open to the public to view from 10am – 4pm, Monday to Friday.

Friday 9th February – Wednesday 28th February (University of Edinburgh Chaplaincy Centre Common Room, 1 Bristo Place)

Sage-ing International is a non-profit 501(c)3 organization open to anyone interested in conscious eldering. We are supported by your generous contributions of time, talent, creativity, and financial support. We welcome your financial contribution to support our Sage-ing work. Click on the donate button for details.

Join/Subscribe

In his 1995 book *From Age-ing to Sag-ing*, Rabbi Zalman Schachter-Shalomi, the most influential Jewish change-maker of his generation, created a new way of looking at aging in the second half of life called “Sage-ing.” Instead of seeing this stage of life as a time of loss and diminishment, Sage-ing affirms the importance of aging as a time for deep reflection, continued learning, and spiritual growth.

[Reb Zalman’s Commitment to Inclusiveness and “Deep Ecumenism” - Sage-ing International](#)



Welcome to our
January e-news

Welcome to our January e-news where we bring you the latest news and stories from Alzheimer Scotland



JOY IN AGEING

Poetry | Art | Multimedia

COMPETITION

Express the Joy: Celebrate Ageing with Poetry, Art, and Multimedia

Does the thought of ageing bring a smile to your face or a frown to your brow? Many people view ageing negatively, yet it is a universally experienced privilege for those of us with breath still in our lungs.

Embracing Age, a Christian charity working towards a world where older people are

valued, connected and full of hope, believe there is much joy to experience in growing older. To showcase the vibrant potential of later life, we are thrilled to announce JOY IN AGEING: a dynamic competition celebrating the joys of ageing through poetry, art and multimedia.

Unleash your creativity!

We invite you to capture the essence of ageing in its most joyful forms. We believe this Joy in Ageing competition will serve as a powerful

reminder that ageing is a journey filled with laughter, love, and continued discovery. Share your voice, unleash your creativity, and help us

rewrite the narrative on ageing – one
brushstroke and verse at a time.
The competition opens on 1st February 2024
to anyone aged over 50. Of course, we're all

ageing from the day we're born until the day
we die, but we want to hear from those in the
second half of life.

The closing date is 30th April 2024, and entries can be submitted by post or email. Full competition guidelines and details of where the poems should be submitted are on the Embracing Age website or can be requested by phone. Shortlisted poems and artwork will be published in an anthology to celebrate International Older Peoples Day on the 1st October 2024.

To learn more visit <http://www.embracingage.org.uk/joyinageing> or phone 0203 778 0035

MORE NEWS FROM HOURGLASS



[View this in your browser](#)



**Reasons for optimism:
some forms of
pessimism have
benefits too**

*"When you look for the bad,
expecting it, you will get it.
When you know you will find
the good—you will get that...."*
Eleanor H Porter
Pollyanna, 1913

Reasons for optimism - some pessimism is beneficial Last week we [wrote](#) about the body of evidence that being optimistic leads to better health and wellbeing. In response, however, one reader gave us pause for thought by highlighting the dangers of "false optimism" and raising interest in further research into people who "function daily without being motivated by hope or de-motivated by despair".

Pessimism is not about negative thinking. It also includes a focus on future outcomes and might often allow for a more realistic and informed approach. Personality scientists describe this as [defensive pessimism](#), where negative thinking is harnessed to help people succeed. However, the

other main form of pessimism, which involves [blaming](#) oneself for negative outcomes, has fewer positive effects.

On a population level, defensive pessimism is a necessary approach to prevent or mitigate negative outcomes from realistic challenges or threats such as pandemics, climate change and ageing populations. And this is possibly why the **ILC** has been described previously in a [UK newspaper](#) as “a gloomy think tank.” Having said that, the benefits of such realistic pessimism are best realised when combined with positive solutions and at least some optimism that such strategies will work.

If you think there are reasons for optimism (or realistic pessimism), we would like to hear more. Last year we were able to include some of them in our [One hundred not out](#) document. From cold water swimming to greeting the day with a smile, this year we aim to further explore the things that, like [Pollyanna](#), we can be glad about.

[READ MORE](#)

IF YOU HAVEN'T ALREADY –



we'd like to ask you to become a
FRIEND OF FIOP

Although, currently, most of our events are held by ZOOM – and are FREE - we still have overheads to cover from our limited budget.

An annual contribution of, say £25, would make an enormous difference to our small organisation. As a Friend you will receive our regular eNewsletter and invitations to our regular events.

PLEASE CONTACT US FOR AN APPLICATION
FORM – info@fiop.org.uk

You can find out more about our work at
www.faithinolderpeople.org.uk

OUR GRATEFUL THANKS TO THOSE WHO HAVE ALREADY BECOME A FRIEND

IF YOU WISH TO UNSUBSCRIBE FROM OUR NEWSLETTER, PLEASE EMAIL info@fiop.org.uk



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