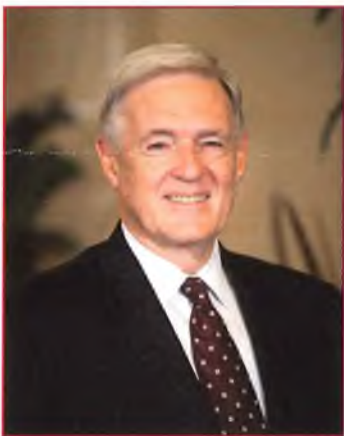


Our Speaker for the December 14 Luncheon will be Dr. Loren Gresham

In 1967, Loren P. Gresham and his wife, Linda, moved from California to Bethany, Oklahoma, where he joined the faculty of Bethany Nazarene College to teach political science and to coach men's basketball. This Fulbright Scholar and former college basketball All-American taught from 1967-1985. That year, he became provost at SNU, a responsibility he held until 1989, when he was elected Southern Nazarene University's 13th president.

On November 7, 2009 the Southern Nazarene University Alumni Association recognized Dr. Gresham for his first 20 years as president, making him Oklahoma's



longest-tenured, currently serving university president. The years of his presidency have witnessed many accomplishments. Physical improvements to the campus have included The Sawyer Center, Imel Townhouses, Southern Plaza, the Marchant Family Alumni & Welcome Center, the SNU Oklahoma Centennial Gates and the recent

groundbreaking for the planned A. M. Hills Residential Complex. Dr. Gresham led the campus through the *A Transforming Vision* campaign, which raised \$32.56 million, the largest fund development campaign in SNU history.

Dr. Gresham has put SNU on the map in many ways. He has served on the board of organizations such as

YMCA of Oklahoma City, Integris Baptist Medical Center, Community Bank of OKC, and the Greater Oklahoma City Chamber of Commerce. He has chaired the NAIA Council of Presidents, served on the board of directors for the National Association of Independent Colleges & Universities. He also chaired the board of directors of the Council for Christian Colleges & Universities for four years.

Early in his presidency Dr. Gresham discussed with Dr. Elbert Overholt the idea for an Academy of Senior Professionals, to be affiliated with SNU. Following Dr. Overholt's research of a similar program at another university, his enthusiasm and support for the idea grew. The idea ultimately developed into the founding of the organization we enjoy today as the Academy of Senior Professionals at Southern Nazarene University. We are thankful to President Gresham for believing in the dream of The Academy and for keeping it a vital part of the SNU experience.

Important luncheon reservation information:

Members: If you have not been contacted by one of our telephone callers by Thursday, December 10, then please call Mrs. Aleen Drumeller, ASP Telephone Committee Chairperson, at 405.265-0302

Guests: Please call the SNU Office of Alumni Relations at 491-6312 or email ASP@snu.edu

DECEMBER LUNCHEON SPONSOR

Southern Plaza

Our Thanks to John Stoddart



Merry Christmas



Your President's Point of View by Jack David Arnold

Finding peace and joy within myself in the "wilderness of this world" at Christmastide

On Christmas day in 1968, I sat alone on the twenty-third floor of my high-rise apartment and scanned the snow-capped buildings of Chicago and the deserted Oak Street beach bordering Lake Michigan. I was restless, irritable, and discontented. I was thinking about a geographical cure for my angst.

Because I had become weary of the frantic pace of city life and the heavy demands of my position as Director of Prosthetics and Orthotics in the Northwestern University Medical School, I decided to give up my job and accept an offer to go to Washington, D. C., to direct the Association of the Schools of the Allied Health Professions. I wanted to find an inner peace of mind that had deserted me in Chicago.

For the first few months in our nation's capitol, I was thrilled to be launching a national association which was sponsored by the Kellogg Foundation of Battle Creek, Michigan. Although I had found some contentment in the District, I soon began to miss my friends in Chicago and the life that I had there. When my restlessness grew acute, I felt the urge to move again in 1970. I found out what President Theodore Roosevelt said to be true after his stay in Washington, D.C., "It is a place where you go to, have great expectations, but come away from it with very little."

This time I decided to teach again at the University of Illinois at Urbana-Champaign, known as "the Athens of the cornfields." I moved to nearby Mansfield in the fall of 1970 where there would be people to talk to, and I could then enjoy the conveniences of the city without the pressure of bigness, noise, and the constant "hurry, hurry" atmosphere.

Surely, in this best of three worlds, I could find peace, I thought; however, life in the small town of Mansfield, Illinois, had problems I had not bargained for. People were slow to accept me as an outsider, intellectual, and faculty member, yet they were quick and eager to pry into my personal affairs. Soon I discovered that strange rumors were circulating about me. It was clear that there would be no peace for me here, even in a small town. Again, I grew restless and discontented; I concluded that it was not possible for me to find inner peace anywhere.

In my Slough of Despond, which John Bunyan wrote about in *The Pilgrim's Progress*, I cried out for help in prayer, and then
Arnold Continued on p. 6



"Sharing a Continuous Flight"

The Academy Perspective

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We value messages from our readers.

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To make contributions to the Academy of Senior Professionals:

Mail to: Roy Dorris, Treasurer

4607 N. College, Bethany, OK, 73008

Luncheon Sponsors for 2009-2010

October:	Jack David Arnold, Ph. D.
November:	Legend at Council Road, Connie Daniels
December:	Southern Plaza, John Stoddart
January:	F. Trent Densmore, Attorney, (PC), Trent Densmore
February:	Eunice Khoury Insurance Agency, Inc., Eunice Khoury
March:	Concordia Life Care Community, Lisa Vallekamp
April:	Southern Nazarene University
May:	Mercer Adams Funeral Service, Marla Cole

Advancing the Quality of Life A Lifelong Learning Conference

Presented by:

Speakers:



Chuck Schroeder

Executive Director of the National Cowboy and Western Heritage Museum



Dr. Stan Toler

General Superintendent Pastor, Author and Inspirational Speaker

Objectives:

- To assist senior adults in personal growth and development
- To use time and space more effectively and creatively
- To raise individual and community cultural levels
- To develop and increase lifelong learning
- To learn to adjust to life's crises
- To cooperate with local groups, individuals, and agencies to gain insight into the aging process
- To cooperate with SNU in bringing about a positive image and service to the local and extended communities

Seminar Topics Include: "Staying Independent", "Raising Charitable Children—Tax-free Giving", "Reaching the Children of 2070", "Drug Adverse Effects and Interactions", "Collecting and Preserving SNU and Bethany's History", "Ups and Downs of Downsizing", "Finishing Well", "Stages of Grief", "Fitness, Extending Your Warranty", "Identity Theft."

Senior Adult Conference
2010

Date: ▶ May 21, 2010

Time: ▶ 8 AM to 3 PM

Place: ▶ Bethany First Church of the Nazarene
6789 NW 39th Expr.

SAVE THE DATE

Vendors

Entertainment

Seminars

Certificates of attendance

Luncheon

Contacts:

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6729 NW Expressway
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BLINKING STARS


By Paul Scheie

 We are told the twinkling we associate with stars is due to changes in the starlight as it passes through dust and gases in space before it reaches our eyes. Since about 1950 a unique subcategory of stars has been studied in which the stars seem to turn off and on in a regular pattern, quite apart from the twinkling. The accepted interpretation of this behavior is that these stars are rotating and radiating energy only from two positions, believed to be their magnetic poles, and that we receive a pulse of radiation with each rotation of the star if and when a magnetic pole points toward the earth, reminiscent of light from a rotating airport beacon.

Stars that exhibit this behavior are called PULSARS. They are one of the final stages in a star's life. Most of the original fuel in these stars has been burned, after which much of the remaining energy and mass were ejected during a gigantic explosion, which is called a super nova. The pulsar is what remains, but it is certainly no heap of ashes. Usual pulsars are believed to be about 12 miles in diameter, yet with a mass greater than the mass of our sun! Recently a pulsar was observed from which the pulses of radiation occurred less than 2/1000 of a second apart. That calculates out to a rotational rate for the pulsar that exceeds 500 rotations each second! Without special instruments we would just "see" the usual twinkling.

Truly, our universe becomes ever more awesome the more we learn about it. And, undoubtedly, there remains much more to be learned. Wouldn't it be exciting to be an astronomer today?

WEWOKA TRIP REPORT

 IF ...we could learn how to be in more than one place at a time ... We would have had a large group go with us to Wewoka in October. But we had some powerful competition on that Saturday. The 100th birthday of Bethany First Church of the Nazarene, birthday parties for children and grandchildren, fall cruises, illnesses, etc., etc.

We had an enjoyable time at Wewoka. We visited the Wewoka Switch site, bought alpaca wool yarn (grown and spun in Oklahoma), saw sorghum molasses being made, bought sorghum molasses, saw the (Seminole) whipping tree, saw a collection of antique cars that some of us drooled over and visited in the Seminole County Court House.


The Seminole Museum is well worth the trip at any time. If you weren't able to go in 2009, it is offered every year on the 4th Saturday of October. It makes a great day-trip!

Mary Anna



LIBRARY NEWS

By Arlita Harris

 Your ASP ID card offers so many benefits (access to the gym, swimming pool, weight and exercise room, walking rack, bookstore discounts, dining in the cafeteria, discounts to fine arts and athletic events, tuition discounts, and shuttling to ASP luncheons), but it also is your SNU Library Card.

If you do not have a current ASP photo ID card, which has a barcode with a printed 2303 number below it, make your first stop at the Student Development Office on the lower level of Webster Commons. Staff there will take your photo and give you an ID card, which contains your SNU ID number (which begins with 700___) (some ASP members numbers start with 999) and your library barcode number (which begins with 2303___).

Your library barcode permits you to check out library books, DVDs, videos, books on CD, or other library materials that circulate. You may use the thousands of databases by logging in to www.snu.edu/library and, when a login and barcode number are required, use your name as it is printed on your ID card and your 2303___ number. You may also renew your library materials and even pay your fines by logging into "My account" from home. It's accessed from the navigation bar of www.snu.edu/library. The online catalog is on the navigation bar, along with other web resources and video resources. If you want to do discovery searching on Encore, use the google-type searchbox in the middle of the library homepage.

While on the library webpage, enjoy a video walk-through of the new Encore system and browse the archives virtual pages, including the old 1920's year-books. If you have a reference question, you may send it to "Ask a Librarian" and the librarian on duty will answer your question.

We look forward to serving you.





NEWS TO USE

by Shirley Mears

***Mentor: The Kid and the CEO* is an inspiring book to read.**

In 1987, Tom Pace, at the age of 30 had \$62.53 in his account, a fourth grade reading skill, and a confirmed reputation as a failure. Today, because someone cared enough to spend time with him, he is now spending time with others to encourage them.

Pace is the founder and CEO of the PaceButler Corporation; a multimillion dollar international company. Tom gives a major credit of his success to mentoring; which is the reason he wrote the book, *Mentor: The Kid & The CEO*.

As an ambassador for the book, *The Purpose-Driven Life*, by Rick Warren, Pace now gives cases of this book away every month. The interesting thing is that on many occasions, Pace delivers the books to the Oklahoma County jail inmates. He knows the power of an encouraging word that can change a life and change a person's destiny.

Pace now provides encouragement every Tuesday and Wednesday mornings at the ELC Roundtable. ELC stands for Entrepreneurs, Leaders and CEO's. The website is www.elcroundtable.com. Please let me know if you are interested in attending, and I will send in your RSVP!

To learn more about Tom Pace go online to www.thegospelstation.com, then click on the Ministry Interviews tab, and arrow down to interview number 80. If you have any questions, then send me a message to the following address: shirleym@thegospelstation.com. or call 405-514-8108.

To learn more visit the www.pamrosewellmoore.com and www.moorelifeession.net websites.

NEWS BRIEFS

Resignation and Appointment: ASP Secretary Gerald Knutson has found it necessary to resign because of Audette, his wife's, illness. Prayer is requested for her full recovery. President Arnold asked Aleen Drumeller, ASP member, to serve as ASP Secretary for November and December, 2009. A new Secretary will serve for the months of January through May, 2010.

Senior Adult Conference 2010 (SAC2010): All members and friends are asked to write the following information on their 2010 calendars: SAC2010, May 21, 8:00 a.m.-3:00 p.m., Bethany First Church of the Nazarene. (See: SAC2010 flyer, p. 3).

Future ASP Luncheon Dates:

January 18, 2010
February 8, 2010
March 8, 2010
April 29, 2010 (PLN),
May 10, 2010
Senior Adult Conference May 21, 2010



Arnold continued from p. 2

“God did for me what I could not do for myself.” I profited from an important truth realized by American essayist, philosopher, and poet, Ralph Waldo Emerson (1803-1882), who wrote: **“Nothing can bring you peace but yourself.”** He understood that his inner peace did not depend on where he lived or with whom he lived. True inner peace was a quality he carried within himself regardless of external circumstances.

To get in touch with my own inner peace, I began to reserve quality time to be alone and undisturbed. In this calm, I was freed from the clamors of this world. I knew that I was in God’s hands; my ultimate destiny was secured, here and hereafter, come what may. I was finding that prayer under pressure brought inner peace.

In the good times of meditation, I would sit in a comfortable chair, close my eyes, breathe deeply and slowly, and let my mind and body relax. I would repeat these words slowly to myself, “I am now letting go. I am now letting go.” I would mentally release the events of the day, one by one, as I felt myself moving into a realm of stillness and peace.

This simple, spiritual exercise taught me that it was not events themselves that robbed me of a sense of peace; it was a negative interpretation of events that disturbed me and caused me restlessness and stress.

I sought what American poet Henry Wadsworth Longfellow (1807-1882) called **“an inward stillness and an inward healing, that perfect silence where the lips and heart are still, and we no longer entertain our own imperfect thought and vain opinions, but God speaks in us. We wait in singleness of heart, that we may know His will, and in the silence of our spirits, that we may do His will, and do that only!”**

Whenever I found myself under acute tensions, I would lengthen my daily walks and slowly repeat the following *Serenity Prayer* in rhythm to my steps and breathing:

**God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.**

This physical exercise and prayer restored me to at least a workable emotional balance and clear perspective.

In 1972, in a moment of calm and peace, I wrote the following poem in my apartment in Champaign, Illinois, about my spiritual renaissance:

**I searched the world over,
but truth eluded me,
until I earnestly sought God,
and found all three:
solemnity, peace, and serenity.**

Arnold Continued



ASP Calendar

Monday: December 14, 2009

- 10:00 a.m. Shuttle Service begins at Sawyer Center
- 11:15-1:00 Luncheon begins: Heritage Room—Commons
- 1:15 p.m. Shuttle Service to the Loren Gresham home
- 2:00-4:00 Christmas reception for members and guests at the Loren Gresham home
- 4:00 p.m. Shuttle service returns members and guests to the Sawyer Center



Arnold Continued

Jesus, the Nazarene, said in John 14:27, **“Peace I leave with you, my peace I give unto you,”** and later the Apostle Paul wrote about that inner peace as **“... the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus”** (Philippians 4:7). When I rediscovered this inner realm of peace for myself, which was not dependent on circumstances, I realized that it is the only real peace that I can ever have. I do not have to travel far to find it; I need only look deep within myself.

In this Christmas season, I will try not to make the same futile mistake that I made by seeking external peace by moving from place to place. That route will lead to disappointment. Instead, I will spend some time each day in my quiet place to pray and meditate. I will release my cares until I make contact with my inner peace. I will cultivate an attitude of gratitude, of giving and forgiving. I expect to be amazed at how joyful I will feel, how in touch I am within myself in “the wilderness of this world.”

**In the depth of winter,
I finally learned that within me
there lay an invincible summer.**
Albert Camus (1913-1960, French writer)

May you, too, enjoy inner peace and ineffable joy in this Christmas season and in the 2010 New Year!