



(Ministry for Adults 55+)  
**in this issue**

Happy New Year! [P.1](#)

Upcoming ACL Luncheon Calendar [P.2](#)

Upcoming ACL Day Trips [P.3](#)

Calendar at a Glance/Service Teams [P.4](#)

## New Year, New Beginnings: Embracing the Power of S.M.A.R.T. Resolutions

As the clock strikes midnight, heralding the arrival of a new year, many of us find ourselves reflecting on the past and contemplating the possibilities that lie ahead. New Year's resolutions have become a tradition—an annual ritual that symbolizes the opportunity for personal growth, positive change, and the pursuit of aspirations. It is a time when individuals across the globe set intentions to transform their lives in meaningful ways.

The act of making New Year's resolutions is, at its core, a journey of self-reflection. It prompts us to examine our lives, acknowledging both our accomplishments and areas where we seek improvement. Whether it's a commitment to physical health, mental well-being, or fostering deeper connections with loved ones, resolutions serve as a roadmap for personal development, encouraging us to strive for a better version of ourselves.

While the enthusiasm behind New Year's resolutions is palpable, it's crucial to set realistic and attainable goals. I would offer this acronym from George T. Doran. S.M.A.R.T. goals are as follows:

S - SMART goals are Specific. Goals must be clear and well-defined to be achievable.

M- SMART goals are Measurable. Goals must be quantifiable to track progress.

A - SMART goals are Achievable. Goals must be realistic and attainable to be motivating

R - SMART goals are Relevant. Goals must align with your personal values and larger objectives.

T - SMART goals are Time-Bound. Goals must have a deadline for the sake of accountability.

My hope for you this year is that you are able to accomplish all the goals you set for yourself, whatever they may be.

# Upcoming ACL Monthly Luncheon

**Rebecca Slane LD RD**  
**Licensed and Registered Dietician**

**January 11th, 2024**

**Lunch at 11:30 a.m.**

**Cost: \$8**



Our first luncheon of the 2024 calendar is one that is sure to help you kick off the year the right way! Many take this time to set goals and aspirations that they may need a little help achieving. One of those goals for a lot of people is to eat better, whether to lose weight or maintain. Rebecca Slane (LD RD) will join us to help us get our nutrition right. The food we eat is the fuel we run on, so please join us to learn more about how you can eat better in the new year!

Rebecca Slane is a Registered Dietitian Nutritionist licensed in Alabama who provides virtual nutrition education and counseling to men and women who desire to improve their health status, prevent or treat diseases through diet and lifestyle interventions, develop a healthier relationship with food, or grow in the knowledge and skills needed to own their own nutrition and fuel their future well. Rebecca obtained her Bachelor's of Science in Nutrition & Dietetics from Samford University in Birmingham, AL. She then completed her Dietetic Internship at Massachusetts General Hospital in Boston, MA. Shortly thereafter, she passed the national credentialing exam to become a Registered Dietitian (RD) and became licensed to practice medical nutrition therapy in the state of Alabama, where she resides with her husband.

Please make your reservation online through Realm or by calling the church office by Tuesday, January 9th



## Planning with Purpose: A Guide to End-of-Life Legal Preparedness

**Baker Crow, Retired Wealth Manager, Church Member**

**February 8th, 11:30am Heritage Hall**

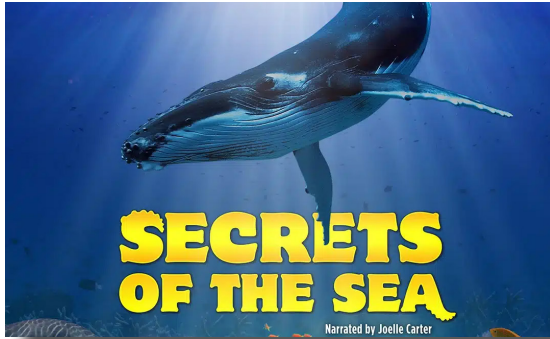
**Lunch \$8**

Embark on a journey of wisdom and foresight with our upcoming luncheon, "Planning with Purpose: A Guide to End-of-Life Legal Preparedness." Join us as we welcome a seasoned Wealth Manager, Baker Crow who will illuminate the path to comprehensive legal preparedness for the golden years. In this enlightening gathering, seniors will gain invaluable insights into the crucial steps that can be taken to navigate the legal landscape before they pass. From estate planning and healthcare directives to guardianship considerations, our expert will provide tailored guidance, empowering attendees to proactively shape their legacy and ensure that their wishes are respected.

"Planning with Purpose" is more than just a seminar—it's an opportunity for our community to approach the future with confidence and purpose. Our distinguished speaker will demystify the legal aspects of aging, offering practical advice and addressing common concerns. Whether you're considering the creation of a will, exploring long-term care options, or pondering healthcare decisions, this event is designed to equip you with the knowledge needed to make informed choices. Together, let's embrace the journey ahead, fostering a sense of preparedness, empowerment, and peace of mind as we navigate the road to legal readiness in our later years.

Please make your reservation online through Realm or by calling the church office by Tuesday, February 6th

# Upcoming ACL Trips



## IMAX, Secrets of the Sea

McWane Science Center

Friday January 19th, 2024

Cost:\$9, Lunch on your own

Pizitz Food Hall

We are excited for our first trip of the 2024 calendar year! We will be head downtown to the Mcwane Science Center for a movie in their IMAX dome.

Secrets of the Sea is a giant screen film featuring the ocean's strangest and most spectacular creatures. In the ocean, each species is dependent upon many others for survival. Captured in locations all over the world, the film demonstrates the critical importance of marine biodiversity by illustrating the astonishing ways different marine species interact with each other and their environment.

From award-winning underwater filmmakers Howard and Michele Hall (Into The Deep, Deep Sea 3D, Under the Sea 3D) and Jonathan Bird (Ancient Caves) comes an exciting new giant screen film, shot entirely "dome-friendly," and featuring incredible underwater cinematography from around the world, a strong environmental message and a powerful score from renowned giant screen film composer Alan Williams. Secrets of the Sea is sure to thrill audiences in both Dome and 3D formats.

We will have lunch at the Pizitz food hall where there are a plethora of options for food. From burgers and fries at The Standard to Mediterranean food, I am sure you will find something very appetizing!

Please make your reservation online through Realm or by calling the church office by Friday, January 5th

## Voces 8, Choir Concert

Cathedral Church of the Advent

Thursday February 22, 2024 7:00pm

Meet at 6:15

Cost:\$25

Only 14 Tickets Available. Register Early!



We are thrilled to have the opportunity to hear VOCES8 at the Cathedral Church of the Advent for a wonderful evening of music on Thursday, February 22, 2024 at 7:00 p.m.

The 2023 Grammy-nominated British vocal ensemble VOCES8 is proud to inspire people through music and share the joy of singing. Touring globally, the group performs an extensive repertoire both in its a cappella concerts and in collaborations with leading musicians, orchestras and conductors. Versatility and a celebration of diverse musical expression are central to the ensemble's performance and education ethos which is shared both online and in person. VOCES8 is the flagship ensemble of the VOCES8 Foundation which actively promotes 'Music Education For All', reaching up to 40,000 people annually.

We will meet at the church at 6:15 p.m. and depart at 6:30 p.m. so that we have ample time to get downtown and find our seats. We only have 14 tickets available for this event. Please register early.

Please make your reservation online through Realm or by calling the church office by Tuesday, February 20th



**Make Your  
Reservations  
TODAY!**

#### ACTIVITY SCALE

Level	Definition
	<b>Easy:</b> minimal walking
	<b>Moderate:</b> walk up to a mile
	<b>Active:</b> walk as much as two miles
	<b>Challenging:</b> spend most of the day on the go

## Calendar At A Glance

- Active Christian Living Luncheon– Thursday January 11th | 11:30 a.m. Heritage Hall | Rebecca Slane, Licensed and Registered Dietician| Cost: Lunch \$8
- Active Christian Living Day Trip– Friday January 19th | 11:30 a.m. | McWane Science Center IMAX Theatre| Cost: Ticket: \$9, Lunch: Pizitz Food Hall
- Active Christian Living Luncheon– Thursday February 8th | 11:30 a.m. | Heritage Hall | Baker Crow, Church Member| Cost: Lunch \$8
- Active Christian Living Night Trip – Thursday February 22nd | 7:00 p.m. | Cathedral Church of the Advent | Voces8 Choir Concert | Cost: \$25

ACTIVE Christian Living Issue 101 January 2024



MOUNTAIN BROOK BAPTIST CHURCH  
JAMES D. MOEBES

## FOUNDATION

The Mountain Brook Baptist Church/James D. Moebes Foundation is delighted to provide financial support for the ministries, events, and activities of Active Christian Living.

If you'd like to learn more about the foundation and how you can give to it, please contact Debbie Hix or Baker Crow.

## ACTIVE Christian Living Service Teams

### Monthly Luncheon Team:

Peggy Holmes , Joy Cooper, Carol Perez, Kay Formby, Clyde McCain, Bob Formby, Louise Gore, Jane Green

### Mail Team:

Jane Green, Tallulah Hargrove, Gail Moebes, Royce Tinsley, Larry Moon, Linda Moon, Lowell Broom, Cathy Benton, Lawson Hubert

### Day Trips Team:

Sale Calhoun, John Calhoun, Carol Perez, Charles Stover, Louise Gore

### Missions Team:

David Jackson, Cathy Benton, Sue Watkins, Bob Formby

### At-Home Visitation Team:

Cathy Benton, Cecil Avery, Jane Green, Anna Lu Hemphill, Retta Dean, Greg Robinson, Brenda Atkins

### Decorator's Team:

Nancy Lewis, Ina Faye Anderson, Claudette Bearden, Emma Laura Patrick, Carol Perez, Chris Clark, Ann McGuire

### ACL Advisory Council:

Sale Calhoun, John Calhoun, Carol Perez, Louise Gore, Clyde McCain, Shirley McCain, Redonda Broom, Lowell Broom, Claudette Bearden, Larry Bearden, Jane Green, Mike McGuire, Ann McGuire