

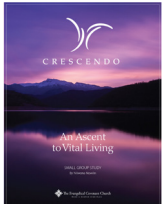


C R E S C E N D O
Lives of Lasting Purpose

2022 CRESCENDO RESOURCES

Small Group Studies

Easily adapted to the virtual environment. The downloadable studies are designed for 90 minutes except Adding Zest to Life which is for 60 minutes. Each can be adapted to your available timeframe.



- **Crescendo: An Ascent to Vital Living** (English and Spanish) - The six sessions explore the biblical basis and practical application for each of the six dimensions of the SPICES (Spiritual, Physical, Intellectual, Community, Emotional, and Service).
- **Mentoring** - This five-session guide explores biblical models of mentoring, with Jesus as the ultimate mentor, and different approaches including practical guidelines and tips.
- **Grandparenting** - The four sessions explore the biblical and historical insights for grandparenting, the characteristics of ages and stages of grandchildren (birth to 34), building and nurturing relationships, and creating a legacy.
- **Adding Zest to Life Video Curriculum** - The six sessions are based on the webinar series, Adding Zest to Life, in fall 2021, explores dimensions of the SPICES framework for purposeful, vital living in the later years. Selected videos are used as input in each session.

Seminars hosted or led by Crescendo Coaches

All seminars are 90 minutes plus breaks. All seminars are available via Zoom or in person, as agreed between local leaders and coach.



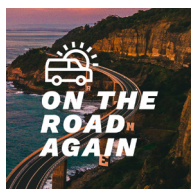
- **My Money Story in collaboration with Covenant Trust Company** focuses on exploring one's own unique relationship with money (my money story) and thinking about what he/she wants the next chapter of that story to be. A confidential online personal assessment, Habitudes, stimulates personal reflection in the process.
- **Introduction to SPICES** - The seminar provides a basic overview of the SPICES framework for wholistic growth as a missional disciple and entry points for meaningful engagement with 60+ age group.

Available for Personal Use



- **Crescendo Facebook** (crescendoecc) features inspirational quotes, reflections, practical resources, and recorded conversations with congregants engaged in "crescendo living."
- **Crescendo App** - (available free at the Apple, Google Play, and Amazon App Stores - Search Crescendo: Vital Living) The APP provides direct access to Crescendo information and resourcing from peers, including biblical reflections, testimonies of crescendo living, articles, and Lent/Advent devotionals.

Virtual Gatherings



- **On the Road Again: Onramps to Hope** Join us on Saturday, May 21, at 10am-12pm CST to share in a time of renewal as we explore "onramps to hope." Topics include naming and processing losses, investing in younger generations, and building connections through legacy stories. Invite a friend to join you or have a "watch party" with a group in a home or at church. Register at tinyurl.com/ontheroadagain2022.