



Lighthouse of Iowa

Keeping in touch with Iowa's Churches of Christ

November 2023

Life expectancy and living longer

Would you find it a bit difficult to believe that a man born in the 1700's during George Washington's administration, could have a grandson still living today? Wouldn't that require a Genesis-type of genealogy for that to be possible? Three generations living on 'this side of the sod' through 1790 to 2023? Consider that the entire 1800's and 1900's—two centuries—are packed in between these two dates! How is, what seems to be a defying of the human life span, even possible today?

Well meet President John Tyler, the tenth President of the United States. He was born in 1790. He became the Vice President of the United States in the 1840 election alongside Presidential candidate William Henry Harrison. Harrison and Tyler won the election but Harrison died only a month into his term, leaving Tyler to assume the office.

Tyler served one term as President from 1841 until 1845. He died in January 1862, one year into the Civil War. Despite living and dying in an era long ago, his grandson Harrison Ruffin Tyler is still alive today at 94 years of age.



John Tyler
1790 – 1862

Harrison Ruffin Tyler
1925 - _____

Are men and women living longer?

According to the U.S. Social Security's 'Period Life Table' 2020, a male can expect to live 74.12 years. A female has a higher life expectancy of 79.78 years.

<https://www.ssa.gov/oact/STATS/table4c6.html>

One theory for this disparity between sexes are the things in which males are inclined to engage themselves,

e.g., ladders, power tools, heavy equipment, contact sports, weapons, fuels, explosives, off-roading, etc.

These high-risk activities, combined with miscalculations and lack of good judgment that happens from time to time, seem to suggest that there are simply more 'Darwin Awards' won by the males than the females. (Further research is still needed.)

According to the John Hancock Insurance Life Expectancy Calculator, a male 63 years old, non-drinker, non-smoker, 5'11" and overweight, with high blood pressure and cholesterol, with no driving violations and exercises once a week—can expect to live until 83! Longer than I thought.

<https://www.johnhancock.com/life-insurance/life-expectancy-calculator.html>

But the question remains— are we in fact living longer?

The life expectancy myth

The CDC (Center for Disease Control and Prevention) report released in August 2022, found that overall Life Expectancy *dropped* in the U.S. in 2021.

- Women's life expectancy dropped from 79.9 years in 2020 to 79.1 years in 2021.
- Men's life expectancy dropped a full year from 74.2 years in 2020 to 73.2 years in 2021.

https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2022/20220831.htm

Are any of these life expectancies projecting our life expectancy into our 70's, the result of any kind of scientific achievement or medical breakthrough? Is the strong popular perception that we are indeed "*living longer than ever before*" a fact?

The answer is no.

One of the earliest life expectancy projections available (and most reliable having been proved by the test of time) was made roughly in 1,400 B.C. This projection has been published, read, and quoted on every continent on the planet consistently for centuries.

In the Scriptures, Psalm 90 reads,

*“The days of our years are threescore years and ten;
and if by reason of strength they be fourscore years,
yet is their strength labour and sorrow;
for it is soon cut off, and we fly away.”*

This life expectancy projection from biblical times, like those made today, has both males and females reaching 70 and 80 years of age. But this projection was made ~3,400 years ago. So what makes people believe that we’re living longer? Longer than what?

It's all relative

According to a *Harvard Health Publishing* article from October 20, 2022:

“With rare exceptions, life expectancy has been on the rise in the U.S.: it was 47 years in 1900, 68 years in 1950, and by 2019 it had risen to nearly 79 years.”

<https://www.health.harvard.edu/blog/why-life-expectancy-in-the-us-is-falling-202210202835#>

A life expectancy of 47 years in 1900? What were the living conditions like in the U.S. in 1900?

Let’s recall that 1900 was right in the middle of the Industrial Revolution. And at this time the working conditions in factories were quite harsh. The hours were long, typically ten to twelve hours a day, even for the children who worked to help support their families. Note there were no child labor laws then. Working conditions were risky—deadly accidents were not uncommon. Therefore, a life expectancy of 47 years was not normal or natural for the time, but rather the result of terrible living and working conditions.

If we lived under those conditions today, our life span would be 47 years! It’s all relative.

Is our mortality “curable”?

With our God-limited lifespan, a godless world gets a bit irrational and falls into a state of denial. In 2018, the World Health Organization, in their international disease codebook, declared aging “*a condition that is treatable*”, according to Harvard Medical School Genetics Professor David Sinclair.

<https://news.harvard.edu/gazette/story/2019/03/anti-aging-research-prime-time-for-an-impact-on-the-globe/>

That seems to be a bit too much faith in science.

Death is a problem. An unavoidable dread. With the two rare exceptions of Enoch and Elijah, all human beings must encounter and experience Death. However, our mortality is “curable”—there is a solution—but not through science and medicine. (*Genesis 5:24, 2 Kings 2:11*)

Death abolished

As President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863, announcing, “*that all persons held as slaves*” within the rebellious areas “*are, and henceforward shall be free.*”; all the more has Jesus Christ, through the Gospel, set us free from the bondage of the flesh, and of sin, and of death. The Scriptures put it this way:

*“ . . . [T]he appearing of our Saviour Jesus Christ,
Who has abolished death,
has brought Life and Immortality to Light
through the Gospel.”*
2 Timothy 1:8-11

As our death is more certain than tomorrow, much more so is Christ’s promise of eternal life to anyone who would believe and pursue it. As Christ asked all those centuries ago, “Believe ye that I am able to do this?”. Our part is to have faith, and believe He can.

What lies ahead?

- ☆ An entrance ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ.” *2 Peter 1:11*
- ☆ “For Christ is not entered into the holy places made with hands, which are the figures of the true; but into heaven itself, now to appear in the presence of God for us.” *Hebrews 9:24*
- ☆ He said, “In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.” *John 14:2*
- ☆ A heavenly home where God is not ashamed to be called our God: for he has prepared for us a city.” *Hebrews 11:16*

Well, according to the Word of God, life just gets started *after* our physical death! A very pleasant existence with no end looming ahead! In our Heavenly home there is no limited ‘Life Expectancy’. The expectation of life there? Eternal. Amen to that!

Tom Collier
iowalighthouseletter@gmail.com

*When we’ve been there 10,000 years, bright shining as the sun,
We’ve no less days, to sing God’s praise, than when we first begun.*

Chariton

Meeting times: Sundays: 10:00 a.m. (no evening services)

Location: Call for information.

For information call: Albert Schreck (641) 535-2381 or Brian Schreck (641) 203-2137

- Quiet month in Chariton.



November Birthdays

- None

November Anniversaries

- None

Dean Avenue

Meeting times: Sundays: 9:30 a.m. ♦ Wednesdays: 6:30 p.m.

Location: 2907 Dean Ave., Des Moines, Iowa / P.O. Box 57398, Pleasant Hill, IA 50327

For information call: John McNeece (515) 263-9428

- Dan Huff met with us, and gave three excellent lessons and lots to think about in our Christian walk.
- Peg Warren had a lot of bleeding from inside one of her ears. She has a scratch in the ear canal and is being treated with medication. She can't wear her hearing aids until it is healed.
- Candy Meek is in Powell, Room 385, at Methodist with a lung infection. She is being treated for lung cancer.
- Cathy Meek has had pneumonia and is doing better with medication.
- Jim Meek has had bronchitis and is doing better with medication.

Visitors: Ruth Sharp, Misti Hayes, Dani Strable, Sean, Piper, Parker & Payton Whitlatch, Paxon Boozell, Charlie Kelsey, Maverick Head, Jessica, Elsie & Maxine Higgins.

November Birthdays

- ☆ 03 Mary Dobberke
- ☆ 18 Karma Sharp

November Anniversaries

- ☆ 02 Skip & Risa Schamel

Fairview

Meeting times: Sundays: 10:00 a.m

Location: 1001 S. 22nd St, Clarinda, Iowa 51632

For information call: Richard Negley (712)695-9001 or Marvin Negley (712)303-7106

- We enjoyed having evangelist Rick Sparks with us for the weekend of October 7-8.
- Several Visitors this month
 - Vanessa Groves - Lee Summit, MO
 - Jerry & Shari Cowger - Boise, ID

November Birthdays

- ☆ 6 Marvin Negley

November Anniversary

- None

Martensdale

Meeting Times: Sundays: 10:00 a.m. & Wednesdays: 7:00 p.m.
Location: 10985 44th Lane, Prole, Iowa (1.5 miles east of Martensdale, IA on Hwy. 92)
Website: martensdalechurchofchrist.com
For information call: Duane Proudfit (515) 961-4470 or Mike Penick (515) 681-0279

- **Ethan & Megan Schreck** placed their membership with Martensdale Church of Christ on Sunday, October 15th! Our congregation is blessed to add this faithful couple to our church family!
- **Mary Proudfit** continues to experience falls and has been moved to a new room. Due to some complications, Mary was admitted to Lutheran Hospital for observation on Sunday, October 29th. Please keep Duane & Mary in your prayers.
Mary's address is:
Good Samaritan Society
Room 107
708 S. Jefferson Way
Indianola, IA 50125

- Trent, Leah, Eva and Josie Fiorentin from the Vandalia Church of Christ met with us on Sunday, October 29th. Trent gave a good sermon on 1st John 3 & 4.

Visitors: Brett & Chantelle, Quil and Titus Jackson.
Also Trent & Leah, Eva and Josie Fiorentin.

November Birthdays

- ☆ Finneas Wheeler - November 14
- ☆ Christy Henderson - November 16

November Anniversaries

- ☆ Tom & Dianne Collier – November 18 (1994)

Pleasant Hill

Meeting Times: Sundays: 9:30 a.m. ♦ Wednesdays: 6:30 p.m.
Location: 5091 E. University, Pleasant Hill, Iowa
Website: pleasanthillchurchofchrist.org
Contacts: Mike Warner 515-967-4529 / Marty Williamson 515-556-2394 / Marc Hermon 515- 554-3567

Announcements: ♥ Heartfelt Love & Prayers:

- Elliotte Claire Zinnel made her arrival on September 28 at 8:25 p.m. She weighed in at 6 pounds, 4.5 ounces, and 20 inches long. Mom & Dad are doing well and are absolutely in love with Elliotte! Congratulations to Ryan & Medina Zinnel on their precious little girl. As well, to Grandparents Paul & Michele Zinnel and Great Grandparents Steve & Pat Thompson.
- Marge Flack underwent hip surgery on October 4. Her daughters were wonderful to her taking turns spending the night and caring for her needs. All glory to God Marge returned to worship services on October 29. Let's do what we can to encourage and surround her in thoughts and prayer as she fully heals!
- Kelly George was hospitalized end of September/early October. Doctors found 3 arteries 90% blocked. Due to

Kelly's high risk with blood clotting the medical field decided to take a different route than open heart surgery. Praise God Kelly had a stent placed in his LAD (widow maker) artery. Please keep Kelly & family in your prayers for strength, courage, and healing through many medical trials. We are grateful Kelly praises God in all circumstances!

- Hallelujah over and over again! On Thursday Jason Brady was admitted to Iowa Lutheran Hospital in September. His heart was 80% blocked. The medical team put in a coronary stint in the lower wall. Jason has been recovering and we are all grateful our dear brothers-in-Christ are doing well and participating fully in the Lord's worship services this past month.
- Suzanne Harvey suffered a fall which resulted in a fractured sacrum. Suzanne has also been dealing with

Grave's Disease symptoms. Many thanks for praying for her health and healing.

- Congratulations to Ryan and Jamie Ingle as well as Eric & Whitney Thorson! Each family has built homes for their families to enjoy! The Ingles reside in Swan and the Thorsons are located in Pella.
- Many from the Pleasant Hill congregation enjoyed Bible study and fellowship at the Northwest Missouri Bible campout. Those who attended were Dave and Joyce Ingle, Ryan Ingle family, Marc Hermon family, and Josiah Pritchard.
- Gabriel Hermon had a foot injury which resulted in three hairline stress fractures.
- Julene Pappan is suffering from Lyme Disease. In the near future, she will have testing at the Mayo Clinic. Pray for the doctor's wisdom to help her!
- Stephen Thompson had another clear cancer screening checkup on October 3. Hallelujah!



Praise God! What a fabulous turnout of Bible students at October's ITBS. The Sons of Thunder and Daughters of Sarah teams enjoyed a competitive challenge with questions about the Life of Joseph. The students were well-prepared thanks to studying and having good Bible knowledge. After the Bible drill the kids had a fantastic time hanging out and playing mini golf at Toad Valley. Many thanks to Fred Brady and Ryane Needham for hosting a wonderful evening of food and fellowship!

ITBS hosts are needed for November and December. Let Marc Hermon or Alan Klein know if you're interested in this good work. Save the dates: Nov 18 and Dec 16.



Many thanks to all the Bible students who attended ITBS in September. A competitive Bible quiz about the Life of Joseph took place between "The Knights of Klein" and "Dew of Hermon" teams. We are grateful to Alan & Marc Hermon for their zeal for the Lord's work and teaching this group! Special thanks to Nick Hermon for creating a fun interactive quiz for the group. It was a fun night of learning and fellowship, as well as service. After the study, several ITBS students picked apples from Betty Warren's apple tree. Every ITBS family got to take home apples and following worship on Sunday they gifted apples to everyone in the congregation. Thank you, Lord, for these precious souls who love you!



November Birthdays

- ☆ Daniel Suhr, Nick Hermon – 11/3
- ☆ Tammy Brady – 11/8
- ☆ Patrick Ingle – 11/17
- ☆ Ryan Ingle – 11/18
- ☆ Marge Flack, Marty Williamson – 11/20
- ☆ Larry Brady – 11/26

November Anniversaries

- None

Vandalia

Meeting Times: Sunday: 9:30 a.m. and Wednesday: 7:00 p.m.
Location: 2.5 miles east of Runnells, Iowa on F70, then 1 mile north on 131st St.
For information call: Greg Ingle (515) 994-2824 or Charles Ingle (515) 238-3316
Website: <https://vandaliacoc.com>

- Michael Cummings, Matt, Sarah and Ethan Clark, Destry and Charity Klein, Alan, Shonya, Easton, Kiana, Tyrell, and Aryana Klein, Charles and Angie Ingle, Lucas, Shelby and Willem Ingle attended a weekend campout meeting at Unionville, Missouri.
- The group had a great time on the evening of Oct. 20 at Destry and Charity Klein's with a fire-pit fire, food, and fellowship.
- Lynnette Dowdy enjoyed visiting family in the Kansas City area for several days.
- Nathan Fiorentin is recovering after having some dental surgery.
- The Men's Bible Study and the Women's Bible Study have both resumed meeting.
- We have a new sister-in-Christ---Mindy Herick, a friend of Gavin Burkman's, was baptized recently and we rejoice with her for her decision.

- Visitors this month were: Randy and Kinnick Ingle, Ryan, Jamie Ingle and family, Randy and Bobbi Owens and family. 🐾

November Birthdays

- ☆ 3 Tina Hinckley
- ☆ 7 Isaac Miller
- ☆ 9 Abigail Dille
- ☆ 14 Adaline Dowdy
- ☆ 14 Alexander Dowdy
- ☆ 15 Cheyenne Goode
- ☆ 15 Gavin Burkman
- ☆ 16 Erin Ingle
- ☆ 17 Nancy Clark
- ☆ 24 Angela Ingle
- ☆ 29 Lynnette Dowdy
- ☆ 29 Doug Fiorentin

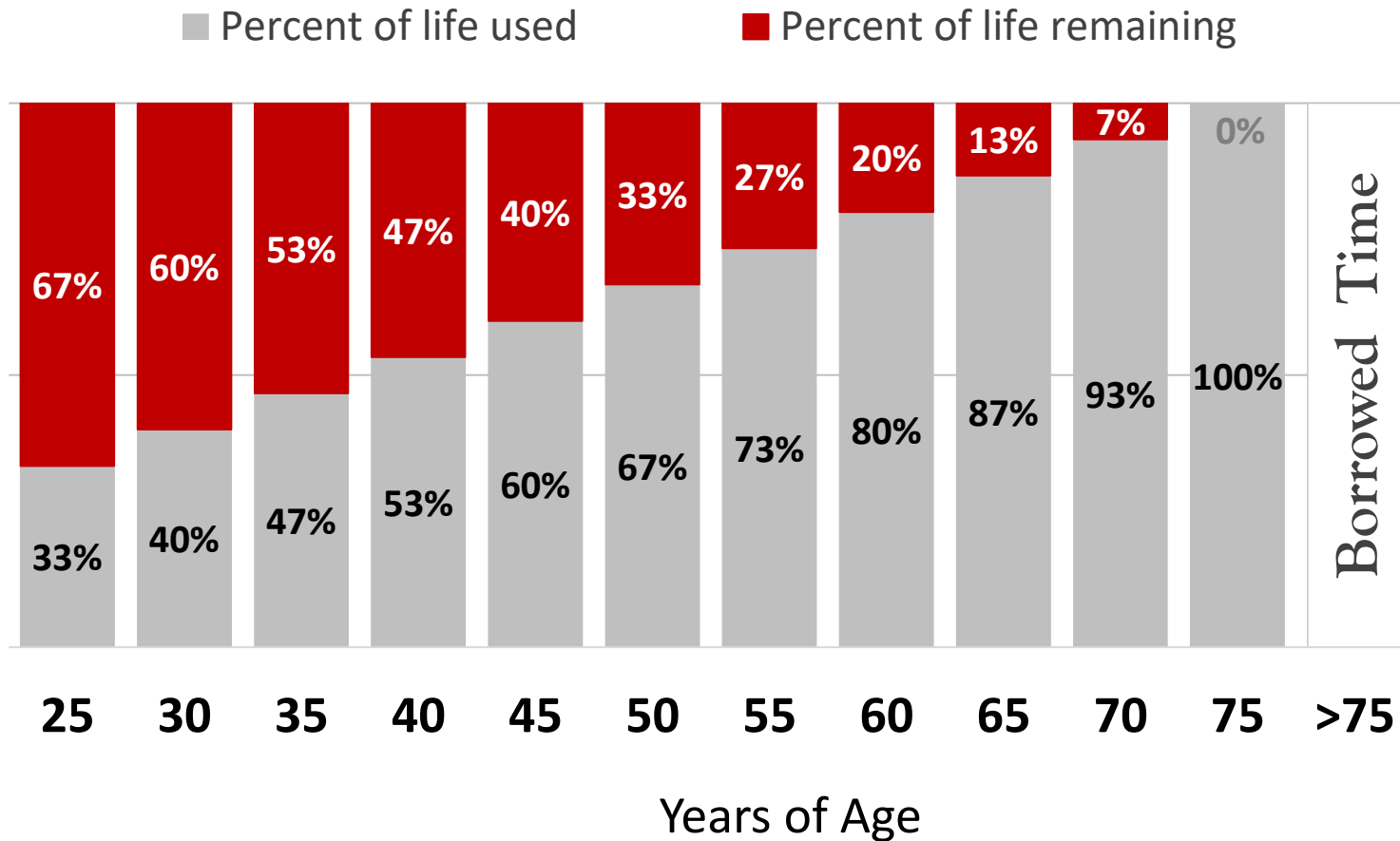
November Anniversaries

- None
-

Life Expectancy

Lifetime Depreciation Schedule

Based on a 75-year average life-span



*The days of our years are threescore years and ten;
and if by reason of strength they be fourscore years,
yet is their strength labour and sorrow;
for it is soon cut off, and we fly away.*

~ Psalms 90:10 ~