



# Senior Newsletter

March 2023

Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter, spiritual care and a great lunch.



# HAPPY St. Patrick's DAY



RECENTLY, our family unearthed a video of a Christmas parade in my little town from when I was four years old. In it, I am marching with other majorettes with my baton. My sister had a friend who taught baton lessons and I was one of the youngest twirlers. Truthfully, I was more adorable than skilled, but it was such a delight to see that old footage and to remember something I learned how to do at a young age that I enjoyed. What did you learn how to do at a young age that made you proud or garnered you some attention or was unique in your family? When we are young, learning a new skill can be challenging, yet children often can see those situations as an adventure. As we get older, we can lose the verve to try new things or believe somehow that we don't have the capacity. While some of that might be accurate, I want to encourage all of us to learn how to do something new, or maybe to re-learn something we used to do. Something fun that will lift our spirits and give us confidence, or at least help us to remember a piece of life we used to love. God has given us this world for us to enjoy! I look forward to some of you telling me what you are learning in this season.

~Pastor Colleen



 **an IRISH Prayer**  
*May God give you...*  
*For every storm, a rainbow,*  
**For every tear, a smile,**  
*For every care, a promise,*  
**AND A BLESSING IN EACH TRIAL.**  
**FOR EVERY PROBLEM LIFE SENDS,**  
**A faithful friend to share,**  
**For every sigh, a sweet song,**  
*And an answer for each prayer.*

Thank You that Your blessings come to me abundantly, unexpectedly, delightfully—like showers from heaven.

Uplifting Conversations, Delectable Food, Fun! 11am-1pm

## BUNCHES OF LUNCHES

### March 2

A dear friend, **Brent Winebrenner**, is going to be with us today. Brent is a fantastic photographer who is involved with many projects around the world. Over the years, he has come to talk to us about Cuba and Guatemala. Another time, he helped us create a photo booth where we could take a picture with something we brought from home which epitomized our life. This time, he is coming to talk about Japan! We are so excited to see pictures of this beautiful country and hear about his adventure there. For lunch, we will serve lemon chicken, along with pearl pasta, a salad and yummy veggies. We hope to see you there!

### March 16

Well, it is time for putting on the green! We will be celebrating **St. Patrick's Day** at this gathering. Our talented friend, **Doug Giordani**, is going to come and sing for and with us. Doug has a beautiful voice, which you may remember from some of our times this year. He sings all over town and has graciously offered to come and use the voice God gave him with us! For lunch, our Irish chef will make corned beef and cabbage, with potatoes, carrots, and homemade Irish soda bread. Invite a friend to come and enjoy the time with you!

### Kindness

What a beautiful time we had thinking about the fruit of the Spirit with Pastor Shannon Balram! God is so kind to us and wants us to extend that same love to others. When we have a lot of people in a room we know sometimes tempers can flare and all of us have the capacity to be irritated or rude. Our hope is that we can continue to practice the kindness Jesus offers each person and when we fall short of that, we would apologize or talk it through. As a reminder, there are no set seats for people. When you come in, please be respectful of the speaker and those who are trying to listen. As you try to find a seat, be mindful of those who are already in their place. If you already have a spot, we ask that you consider being gracious to others. Thank you!

### Constraints

Due to the supply chain issues right now, sometimes we need to make a change to our published menu. As you know, three or four times we have had pivot on the lunches we planned because we discovered the stores did not have enough meat or produce for the 125 lunches we make each time we gather. This last time, Michele could not find bratwurst, and so she improvised with delicious pork ribs. We want to publish what our lunches will be, however sometimes it just isn't possible to serve what we thought we could. Thank you for understanding.



## Chef Michele's Art Show



Chef Michele is currently showing her art work at the Faulkner Gallery. A group of us went to see and enjoy it.



### “In Like a Lion, Out Like a Lamb”

As I was thinking about March and what happens in March, the above phrase popped into my head. So I decided to look it up and see where/why that saying got started.

Like many proverbs for the month of March, it can be traced back to Thomas Fuller's 1732 compendium, "Gnomologia; Adagies and Proverbs; Wise Sentences and Witty Sayings, Ancient and Modern, Foreign and British."

Fuller compiled numerous proverbs and studied weather lore across many countries through the late 1600s and early 1700s.

This proverb may have evolved into the weather saying we have today by first relating to the heavenly stars above. It is believed that this saying has more to do with the month beginning with the constellation Leo. Leo (the lion) rises in the east to start March and ends the month with the constellation Aries (the ram, or lamb) setting in the west.

With all the stormy weather we're having lately around the U.S., I thought it might be fun to have a "Around the Lighthouse" puzzle - a beacon in the storm.



ALARM  
ALERT  
BADWEATHER  
BEACON  
BOATS  
CAPE  
CAPTAIN  
CIRCULAR  
CLIFF  
COASTLINE  
CRASH  
CREW  
CYLINDRICAL  
DANGER  
DISTANCE  
FOG  
GUIDE

HARBOR  
HAZARD  
HORIZON  
ISLAND  
KEEPER  
LIGHTNING  
MAINE  
MIRRORS  
NIGHT  
OCEAN  
REEF  
REFLECTORS  
ROCKS  
ROTATE  
ROUGHSEAS  
SAFETY  
SCANNING

TALL  
TOURISTS  
TOWERS  
WARNING  
WATCHMAN  
WAVES  
WRECKAGE



SEASIDE  
SHIPWRECKS  
SHOALS  
SHORELINE  
SIGNAL  
SKY  
SPIRALSTAIRS  
STORMS



REFLECTORS  
ROCKS  
ROTATE  
ROUGHSEAS  
SAFETY  
SCANNING