



Spring has Sprung!

Hello, my dear Seniors~ In lieu of a reflection this month, I am going to share a beautiful poem I recently came across again, as part of my doctoral studies. May it cause you to reflect and to consider the voyage of your life. These are words written to God and attributed to the famous English explorer, from 1577.

Sir Frances Drake's Prayer

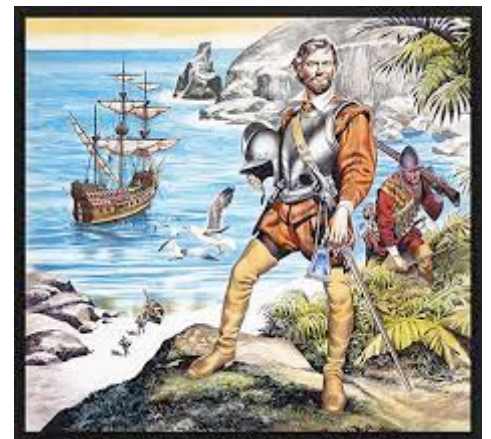
Disturb us, Lord, when
We are too pleased with ourselves,
When our dreams have come true
Because we dreamed too little,
When we arrived safely
Because we sailed too close to the shore.

Disturb us, Lord, when
with the abundance of things we possess
We have lost our thirst
For the waters of life;
Having fallen in love with life,
We have ceased to dream of eternity
And in our efforts to build a new earth,
We have allowed our vision
Of the new Heaven to dim.

Disturb us, Lord, to dare more boldly,
To venture on wilder seas
Where storms will show Your mastery;
Where losing sight of land,
We shall find the stars.

We ask you to push back
The horizons of our hopes;
And to push back the future
In strength, courage, hope, and love.

This we ask in the name of our Captain,
Who is Jesus Christ.





Here is what is happening at the lunches in May:

Thursday, May 4th: Today our speaker is **Joe Wheatley**, who has lived in Santa Barbara since 1973. He and his wife **Pat**, are active in our community with many organizations. Joe has done work with the Alzheimer's Association, Hospice, Cottage Hospital, Friendship Center, and our own CDCC. He is trained in Geriatric care, the Five Wishes, and has taught several classes in various places. Joe is coming to talk with us about the wisdom, generativity, and gifts that aging can bring. A senior himself, Joe will focus on what can it look like to thrive in the latter portion of one's life. Joe is an encourager who has a great deal of compassion for others. You will enjoy him very much.

We will talk about the significance of Cinco de Mayo together for a few minutes. For lunch, Michele and her team are making delicious Mexican fare! We will have chicken enchiladas, black beans and rice, a lovely caesar with pepitas, guacamole, and cheesecake with a delightful tres leches caramel sauce. Please invite a friend to join you.

Thursday, May 18th: We have a wonderful opportunity to hear from one of our Free Methodist missionaries today! **Pastor Dennis Leon**, who will be here from Costa Rica, is coming to teach on Patience as part of our Fruit of the Spirit series. **Kyle (Schmidt) Leon**, Dennis' wife, grew up on the Mesa. After they married, they ministered here for a while and then moved to the small town in Costa Rica, where Dennis is from. They have a wonderful church and outreach there. This will be a joyful day as we are reminded what it means to exercise forbearance and hear some good stories from a different part of the world. For lunch, we will be having salmon with basil butter, Caprese salad, and a lovely dessert.

Reminders!

-Parking: Please leave the front parking on Cliff Drive for those who have mobility issues. If you need help getting letting passengers off, there is now a person to assist from 10:30am-11:00am. They will also help with crossing Cliff Drive, if you live across the street or park over there.

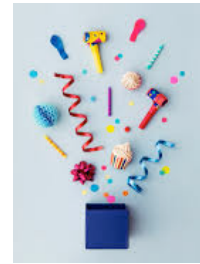
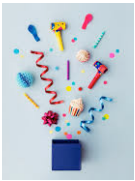
-If you come in when the program has started, please remember we have a speaker who is trying to communicate information or encouragement to those who arrived on time.

Please use very lowered voices and refrain from talking to your neighbor. We want to be respectful and remember how we would feel if we were doing the presentation.

-Let us continue to practice the fruit of the Spirit with one another. It is easy to be short or critical with one another. We are all asking God to help us be loving, kind, patient, and peaceful with others, wherever we go. A great place to practice is at the Lunch!

-If you see Chef Michele or a red-aproned volunteer, please say thank you!

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



MARK YOUR CALENDARS!

This year, Cliff Drive celebrates 60 years of serving our neighbors with the love of Jesus! This is an amazing opportunity to remember so many decades of thriving ministry. We are truly grateful for the ways God has used this place for good. The board is also using this opportunity to raise important funds for Cliff Drive. So, we are offering two different opportunities and want you to know about them.

August 12th will be another Day Of The Dip! This is an event we haven't had for a while, but are excited to offer a time of competitive salsa making, delicious food, a silent auction, live music and lots of fun.

October 7th will be a Home and Garden Tour. Various people will be opening up their spaces for us to go and see! It will be a wonderful and fun day.

50s History Questions

1. Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?
2. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
3. What was the name of the first satellite launched into orbit by Russia in 1957?
4. Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba?
5. What year did Disneyland open?
6. What famous explorer first climbed Mount Everest in 1953?
7. Who became Premier of the Soviet Union in 1958?
8. Senator Joseph McCarthy, who conducted a nationally televised hearing in 1954 to root out Communists in the government, represented what state?
9. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
10. Which member of the royal family became head of state in Great Britain in 1953?

ANSWERS:
 1. Dwight D Eisenhower 2. Polio 3. Sputnik 4. Fidel Castro 5. 1955 6. Sir Edmund Hillary 7. Nikita Khrushchev 8. Wisconsin 9. Rosa Parks 10. Queen Elizabeth II

WILDFLOWERS!

We've been hearing a lot about the Super Bloom this spring, so I thought it would be fun to seek and find the names of wildflowers. See if you recognize these flowers. If not, look them up!



- ACRE
- ANTHER
- ARUM
- BEE BALM
- BELLADONNA
- BLUET
- BONESET
- BRACT
- CACTUS
- CALLA
- CLUMP
- DAISY

- DANDLEION
- DISPLAYS
- DOGBANE
- DOMAIN
- EDENIC
- EYEBRIGHT
- GOURD
- GROWING
- HERB
- HILLTOP



- HOPS
- HYSSOP
- INTERMIXED
- IRIS
- LAMBS EARS
- LIANA
- MAY APPLE
- MILKWORT
- NETTLE
- NORDIC



- ONIONS
- OVERRUN
- PETAL
- REGION
- ROSE
- SEDGE
- SEEDS

- SPIDERWORT
- STALK
- TALES
- TWINING
- UNDERFOOT
- WATER LILY
- WAYSIDE
- WEED
- WHITE



- WILD OAT
- YARD

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 Santa Barbara Free Methodist Church And many generous donors
 Thank you!