

Senior Fellowship News & Views



Senior Fellowship Mission Statement

Promote fellowship and spirituality among parishioners 55 years and over through social activities, outreach projects, and a sharing of common interests

5 Dinner Events including invited speakers/entertainers.

Christmas Fun Bingo Party

Lunch, Games & Cards
Lunch Bunch at local restaurants.

Off Site spiritual visits & retreats.

Out Reach Projects
Jan. & July CCRT toiletries collection.

President's Ramblings

It looks like we've made it to that Holiday time of year again. As Andy Williams would sing it, *"It's the most wonderful time of the year / With the kid's jingle-belling and everyone telling you / Be of good cheer"*. So prepare to overeat like crazy on December 25 and stand in the long "returns" lines on December 26. And throughout it all, be prepared to enjoy the season with all those friends and loved ones. It always seems like the best time to renew these acquaintances when the weather's cold outside, there's a Christmas tree in the family room and hot chocolate (or something else) in your mug.

In the true spirit of the season, I thought I'd share something I came across recently that paints an old Christmas Carol in a different, and maybe more meaningful light the Twelve Days of Christmas. You see, according to this "alternative legend", the partridge in a pear tree is really Jesus Christ. Two turtle doves represent the Old and New Testaments. The three French hens are Faith, Hope and Charity. The four calling birds symbolize the gospels of Matthew, Mark, Luke and John. The five golden rings recall the Torah, or Law, the first five books of the Old Testament. Six geese a-laying stand for the six days of creation. Seven swans a-swimming can refer to the seven-fold gifts of the Holy Spirit – prophecy, serving, teaching, exhortation, contribution, leadership and mercy. The eight maids a-milking represent the eight beatitudes. Nine ladies dancing signify the nine fruits of the Holy Spirit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. The ten lords a-leaping are, of course, the ten commandments. Eleven pipers piping represent the eleven faithful disciples. And the twelve drummers drumming denote the twelve articles of belief in the Apostles' Creed. Well, come on, this is probably at least as credible as the descriptions of these silly gifts in the original carol.

And with that, I wish all of you and your families a very joyous and peaceful CHRISTMAS. Remember, it's not what's under the tree that matters, it's who's gathered around it. ---Bruce

The Senior Fellowship Board for 2023-2024

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Winter Fellowship Events

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Wednesday, December 20th., CHRISTMAS FUN BINGO & LUNCH at 11:30AM in the parish hall. Lunch followed by fun bingo games and a raffle.
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Thursday, January 18th CHILI NIGHT & SPEAKER, 5 PM in the Parish Hall
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Tuesday, January 23RD, SENIOR LUNCH BUNCH at 11:30 AM at C.K. Diggs Tavern, Corner of Auburn and Crooks Rds.
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Wednesday, February 21st. MOVIE 12:30 PM in the parish hall
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Tuesday, February 27th, SENIOR LUNCH BUNCH 11:30AM at Lucky's on University just west of Livernois.
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Thursday, March 21st., ST. PATRICK'S DINNER- 5PM in the Parish Hall. Catered Irish dinner followed by Irish entertainment.
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Tuesday, March 26th, SENIOR LUNCH BUNCH 11:30AM at The Marcus Grill on VanDyke just north of 25Mile Rd.
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Senior Fellowship members will receive an advance notice of events by email prior to publication in the parish bulletin.

Check the church bulletin or bulletin board in the church.



Birthdays—Enjoy your special day!!



December

Pam Feldstein
Bernadette Pruchnic
Bob Mack
Dan Medved
Angie Palazzolo
David Andrek
Dolores Kuczajda
Tom Meyer
Carmen Bonanni
Lorraine Harding

January

Toni Dobies
Tom Gov
Sharon Seidl
Pat Tahy
Nancy Knitter
Pat Fisher
Ron Melnik
Allan Adler
Jim Seidl
Meredith Scharf

February

Jim Dennis
Bob Jasinski
Lil Lauro
Mary Jane Galetto
Dorothy Bunnell
Irene Walsh
Larry Raisanen
Angie Bertolin
Fabiola Tonna
Charles Jaroh
Bruce Brandle
Tom Sheil
Fran Wamby

Happy New Year 2024

New Year's Traditions Around the World

In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune. (HiStoryy.com)

A Winter Prayer

- *God of creation, thank you for the beauty of winter- for snow, icy window panes, evergreen trees, warm coats, sledding, and hot cocoa. Let us enjoy Your creation in all its glory, this winter and always.*



Got the Winter Blues ?..... by Nancy Knitter

In the coming Winter season, we may be more restricted on traveling very far from home and enjoying a warm fire, hot cocoa, puzzles, etc. We often complain of the Winter Blues. January and February with gray days and long dark nights can put all 'down in the dumps". The Mayo Clinic has offered some resources and advice about humor and depression. Here are some of their suggestions followed by a few smile-producing humorous stories or cartoons.

Are you afraid that you have an underdeveloped — or nonexistent — sense of humor? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

Improve Your Sense of Humor—Mayo Clinic Website

- Put humor on your horizon. Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office, or collect them in a file or notebook. Keep funny movies, TV shows, books, magazines or comedy videos on hand for when you need an added humor boost. Look online at joke websites or silly videos. Listen to humorous podcasts. Go to a comedy club.
- Laugh and the world laughs with you. Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.

Consider trying laughter yoga. In laughter yoga, people practice laughter as a group. Laughter is forced at first, but it can soon turn into spontaneous laughter.

- Share a laugh. Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you.
- Knock, knock. Browse through your local bookstore or library's selection of joke books and add a few jokes to your list that you can share with friends.

. Laughter is the best medicine

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of humor.



Put a Smile  on Your Face

I asked a supermarket employee where they kept the canned peaches. He said, "I'll see," & walked away. I asked another & he also said, "I'll see," & walked away. In the end, I gave up & found them myself, in Aisle C.

Driver: "What am I supposed to do with this speeding ticket?" Officer, "Keep it. When you collect four of them, you get a bicycle."

I relabeled all of the jars in my wife's spice rack. I'm not in trouble yet, but the thyme is cumin.