



Senior Newsletter

March 2017

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



When I was growing up,

we celebrated Saint Patrick's day a few times during the week of March 17th. My Great-Grandfather came from Ireland with his two brothers and settled in Wisconsin to farm and raise families. Even though we were far from our relatives, we still managed to have plenty of traditional Irish fare while wearing as much green as possible. We gave cards and gathered with others for meals and fun.

Yearly celebrations are very important to families. They keep traditions of culture and help us remember from whence we come. They provide memories through laughter, shared stories and time spent together. Because life is precious and fleeting, these moments are part of the glue that holds us together. They can lift our spirits and give us a place of belonging and love.

This month, I will be wearing green and honoring my family of origin. What important yearly traditions did you have growing up? Which ones did you keep going as you left home and made a life for yourself? Which ones are you mindful to keep going?

God created us for enjoying this life and one another. Our times at the lunch are lovely for me. . . a twice monthly tradition which is special and quite memorable. I hope to see you this month as we meet.





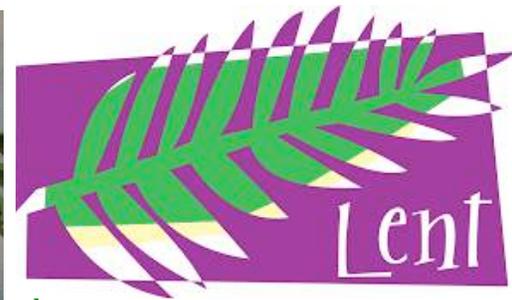
Wonderful Opportunity!

Our own **Mary Freericks** has a one woman show at **Max's Restaurant 3514 State Street**. She has over 25 paintings on display, large watercolors of flowers, Santa Barbara scenes, surfers, and Fiesta dancers, including a wall of small acrylic and oil abstracts. There are a number of oil monotypes including one of the Paris Opera. The show runs through May 1.

Mary's mother was an artist who studied at the Russian Art Institute in Moscow. She introduced Mary to art by giving her colored pencils, as well as taking her to art galleries and museums in Manhattan.

She became a serious painter after moving to Santa Barbara and taking classes and workshops. Mary discovered water color and started sailing off into the art world. She works in a variety of mediums and styles, including collage at the present. What gives unity to her art is a sense of joy she can express in her paintings. She shows regularly with a number of art groups and in various venues all over Santa Barbara. She has won prizes and her paintings have been purchased by customers as far away as England. We are proud of you, Mary!

If you have questions about her show, please call Max's at 898-9121.



Lent Begins

On Wednesday, March 1, we will be having an Ash Wednesday service at the Free Methodist Church at 7:00pm. This will be a wonderful time of music, readings, and silence as we mark the first day of Lent. All are welcome.

The Shamrock's 3 leaves are meant to represent the Trinity.

You may find the luck of the Irish in a four-leaf clover but the national symbol for Saint Patrick's Day is actually three-leaf shamrock. Though it may seem weird to have a plant represent a holiday, it makes more sense when you know that, according to legend, Saint Patrick used shamrocks to teach children about the Holy Trinity. (<http://hellogiggles.com/10-fun-bits-st-patricks-day-trivia/>)

The Lunch Bunch! 11AM-1PM

What's for Lunch This Month?

March 2



We have a special treat this week all the way from England. **Jess Williamson**, our church intern, will be continuing our discussion of 1 John. She will be exploring 1 John 2:7-11 and the importance of loving one another despite everything! Come join us as we continue our time in the first letter of John and enjoy a delicious lunch together. Please bring a friend and we look forward to having you! Lunch will be a robust spaghetti and meat balls, Caesar salad, garlic bread and a yummy dessert.

March 16



Haven't we had some wonderful music this year? Wow, it has been special. Today, we welcome the **Dix. E. Hix**, a local Santa Barbara band, who love to play music to local groups. They are all members of **AIMS (Accordion International Music Society)**, yet they play with a violin, guitar, banjo, as well as the accordion. They play all kinds of music, and today there will be a mix of Irish tunes, old favorites and just some fun music to tap your feet and sing along with. What's for lunch? What else? It's almost St. Patrick's Day, so our Irish chef will serve Corned Beef and Cabbage, potatoes, carrots along with a delightful dessert. Hope to see you there!



Saint Patrick was not even born in Ireland.

In fact, he was born somewhere in Great Britain. Rumor has it that when he was 16-years-old, he was kidnapped by pirates and held in captivity in Ireland for 6 years. During this time, he found religion, which gave him the hope to survive and eventually escape. He later proved that he was infinitely braver than I could ever be by returning to Ireland a few years later as a Christian missionary. If I were held captive in a foreign country for a little more than half a decade, I would move to the farthest geographical point possible, or Mars.

<http://hellogiggles.com/10-fun-bits-st-patricks-day-trivia/>

This Ministry Sponsored by

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Thank you!

Strange Words!

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 KAKISTOCRACY

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 MALLEMAROKING
 MELLIFLUOUS
 METANOIA
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 PALINDROME
 PANGLOSSIAN
 PETRICHOR
 POODLE FAKER
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 SUSURRUS
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 TERMAGANT
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