



Out With the Old and In With the New

It was an exciting ten days around Holy Family Residence as the huge trucks, back hoe and multiple crews of workers arrived to complete the tank project that began on October 10.

First came the jackhammers to break up the parking lot pavement and asphalt followed by the digging to uncover the 40-foot underground storage tank. Residents had a first-hand look through various vantage points in the Home as the excavation took place.

Once uncovered, the mud-crusted tank, resembling a sunken submarine, was hoisted onto flatbed truck and then replaced by a shiny blue, 14-foot energy

efficient, state-of-the-art storage tank.

Finally, the new tank was covered with soil, the ground was prepared, and the asphalt and cement were replaced, restoring the parking lot to its present condition.

Progress was monitored by many in the Home during the ten-day replacement process. It was fascinating to watch the skillful crews running the large equipment necessary for the job.

It isn't every day that you see a huge hole dug in front of your home to uncover a monstrous sized object that is lifted out of the ground, seemingly effortlessly, before your eyes.

Then the soil had to be tested and analyzed, and thankfully that resulted in the good news of no leakage.

When the replacement was concluded, the routines resumed, but memories of those days provided interesting tidbits for discussions at meal times, and appreciation for the efficient completion of the project.

We are grateful for the many who made the replacement possible. Thank you to all who supported our appeal for this new tank, as well as the various work crews that came to our Home and made it a reality.

This new tank will serve the needs of the Home for decades to come.

Tiger Crawls Out as the Rabbit Hops In

The Chinese celebration of the Lunar New Year began on January 22 and lasted until February 5. It was a two-week cultural festival marked by family reunions, parades, and fireworks that ended the year of the Tiger and rang in the year of the Rabbit. According to Chinese culture, longevity, peace and prosperity are symbolized by the rabbit, and because of that, 2023 is predicted to be a hope-filled year.

Everyone at Holy Family Residence had the opportunity to join in the celebration of the Year of the Rabbit on January 31. A festive meal of beef with pea pods, chicken chow mein, fried rice, white rice, sweet and sour chicken, stir fry vegetables, and egg rolls, along with cream cheese wontons and fortune cookies, was served and enjoyed. Party favors and red envelopes containing Lucky scratch cards delighted everyone! Residents and employees were eager to scratch



off their cards to discover who the winners were.

Senior citizens born in the year of the Rabbit will be celebrating their 72nd, 84th, or 96th birthday. Albert Einstein, Michael Jordan, Tiger Woods, Bob Hope, Pope Benedict



XVI, Ingrid Bergman and Frank Sinatra are some of the well-known names of people born in the Year of the Rabbit. Everyone celebrates festive occasions in different ways, and to paraphrase Frank, this Lunar New Year, 'we did it our way.'

The Eucharistic Revival

The Catholic Church is presently in the first year of a three-year initiative to educate, inspire, and unite believers through a renewal of worship of Jesus Christ in the Eucharist. This Eucharistic Revival, which began in June of 2022 with a Year of Diocesan Renewal, will then progress to a Year of Parish Revival in June of 2023, and conclude with a Year of Mission beginning in June of 2024. Dioceses and parishes will strive to cultivate and encourage a deeper love of the Holy Eucharist during this time.

According to Fr. Edward Looney, the four steps for the Eucharistic Revival in the Catholic Church are to reflect on one's own First Communion, pray a holy hour, discover the miracles of the Eucharist, and make a commitment to learn about the Eucharist. These steps will help individuals to grow in one's faith as well as to increase knowledge of, and devotion to, the Blessed Sacrament.

Spending an hour in prayer before the Blessed Sacrament is an invitation to bring your cares and worries to the Lord, and to be filled with the grace and strength needed to meet the challenges in life. Perhaps during this Lenten season spending an hour of quiet prayer will allow your heart to listen carefully to what God is asking of you.



The Work of Ordinary Hands and Extraordinary Hearts

It is with great delight that we have been able to gradually welcome back some of our dedicated volunteers as well as to welcome friendly new faces to our Home. Volunteers are so important in providing listening ears, helping hands, and warm smiles that touch the hearts of our Residents. Assisting with activities, sharing skills and talents, providing support in accompanying Residents to the onsite “gym” for physical exercise, or sorting food for the kitchen staff are some of the ways in which our wonderful volunteers make a difference in our Home.

Dave and Shirley Crawford have been volunteering at our Home for 25 years. For the past year, they have come each Wednesday to sort the food items donated to our Home by Lunds & Byerlys. They meticulously check the dates, and sort the dry goods and cans, as well as box up some items that are shared with our employees. They provide wonderful assistance to our kitchen staff, and they do it all with a smile!

We also have Bill Krebsbach back,



**Blessed are the
Individuals who good
Naturedly
Give of their time to
Others!**

our fantastic BINGO caller of ten years, who could compete with the best of them in providing a loud and clear voice with appropriate timing to ensure that all cards can be checked for the lucky numbers. Bill does his job with gusto and clarity and just the right amount of humor to make the weekly game of dime BINGO a beloved activity in our Home.

We are very grateful for all who choose to spend time at our Home with our elderly, offering service in a variety of ways. Both the Residents

and the volunteers are winners with the friendships that blossom from time spent together.

If you are interested in having fun while sharing a skill, assisting with activities, or visiting our elderly at Holy Family Residence, we are waiting to meet you! If you would like to know more about our volunteer program, please contact our Volunteer Coordinator, Jeanie Greene, at volstpaul@littlesistersofthepoor.org or at 651-227-0336.

Easter Table Treats Needed

We will be holding our second annual Spring Meat Drive on Saturday, April 1. We are so grateful for your support in providing turkey, ham, sausage, bacon and beef that will be used for hearty breakfasts, delightful dinners, and sumptuous suppers for our Residents during the upcoming Easter season.

Just drive to our front entrance and volunteers will be there to accept your thoughtful donations during the hours of 11 a.m. and 3 p.m. If you are not able to stop by and would like to help by sending cash or a check, we welcome all donations. Thank you for your kind consideration of this special event and for adding a little special joy for our Easter table!

MOTHER'S MESSAGE

Dear Friends,

Our hearts are filled with gratitude for all the wonderful love and support extended to our elderly each and every day by our benefactors like you. Each gift, act of kindness, and thoughtful gesture has a profound impact on all who live in Holy Family Residence.

We are in the process of sprucing up some of the offices in the Home after many years of use. Along with painting, carpeting and flooring, new machines will be purchased to update the equipment currently in use to be more energy efficient and cost effective. The staff that work in these offices directly impact the lives of our elderly every day by the services they provide. Proceeds from this newsletter will help defray the cost of this project.

We are now in the season of Lent, a time of new beginnings, as we journey towards the celebration of Easter. Our Lenten journey involves our entire being. During this time, we strive to welcome God into our lives in a deeper sense through fasting, almsgiving and personal prayer.

Pope Francis said, "Dear grandparents, dear elderly persons, we are called to be artisans of the revolution of tenderness in our world" and "poets of prayers" by making "more frequent and better use of the most valuable instrument at our disposal," that is, prayer. Be assured that our Residents are fervent in their prayers for the intentions of our Home, families, staff, benefactors, volunteers, and all connected to our mission of care for the elderly.

Pope Francis asks us to think of Lent as "...a time to reconsider the roads we are taking, to find the way back home, to rediscover the fundamental bond with God, on which everything depends."

The Sisters and I pray that this Lent will be an uplifting journey for everyone.

May God bless you,

Mother Theresa



See you on the 19th Hole!

Hats off to our fabulous committee of three volunteers who have been busily preparing for a great day of fun, food and fantastic swings on the green! Patty Turi, Christine Steigauf, and Tina Warren have been working tirelessly to ensure that this will be a "hole in one" type of day.

Mark your calendars and gather your friends and plan to join us for our annual golf tournament.

Jeanne Jugan Golf Classic
June 5, 2023
Indian Hills Golf Course, Stillwater
1 p.m. Shotgun Start

For reservations and information please visit our website at www.littlesistersofthepoorstpaul.org, scan the QR code to the right, or call Jeanie Greene at 651-227-0336.



DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your hearts with joy.
Fast from selfishness and be compassionate with others.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.

