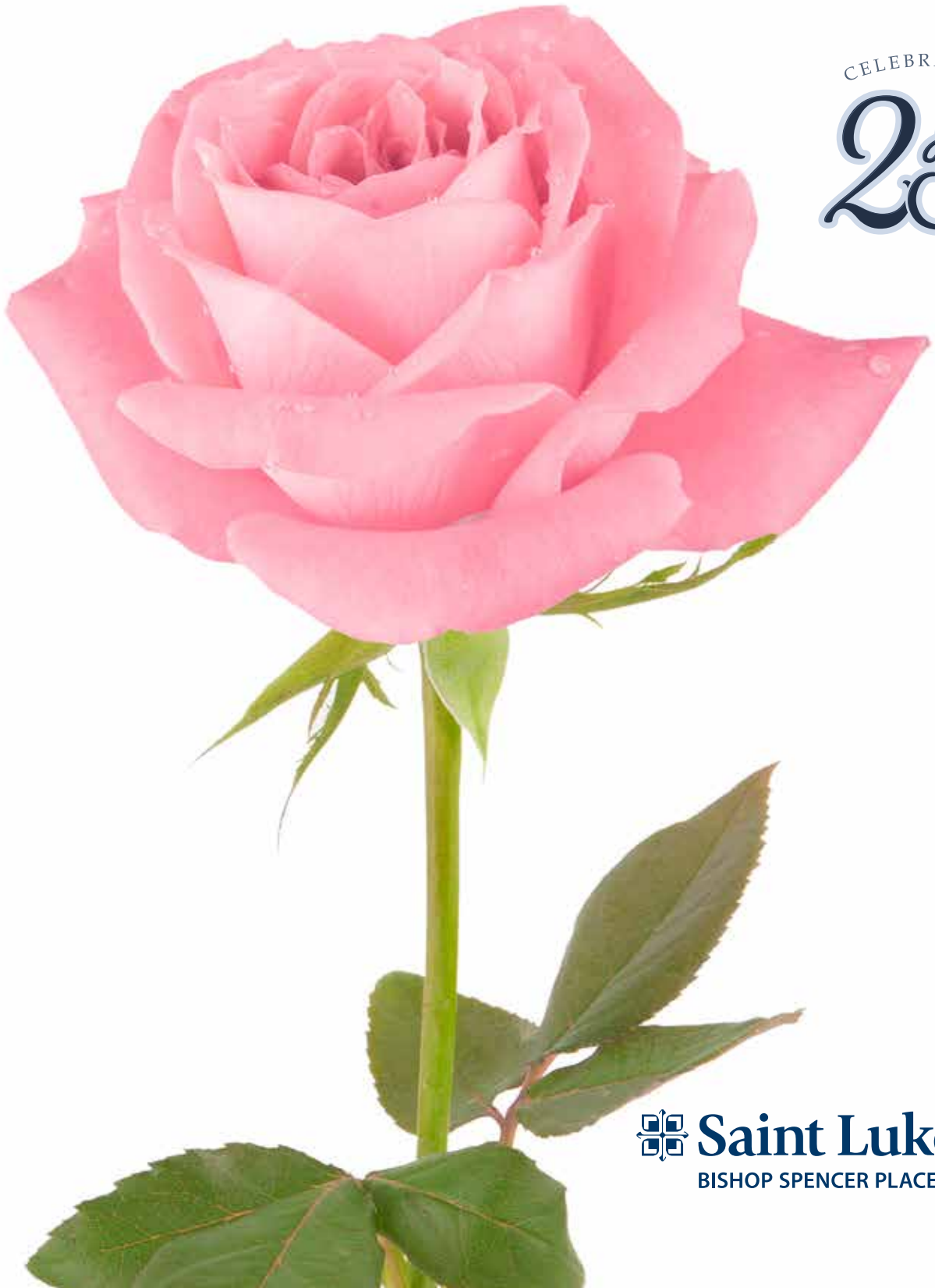


The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

February 2021



CELEBRATING
25
Years

 **Saint Luke's**
BISHOP SPENCER PLACE



Chair pilates
bit.ly/BSPchairPilates

Four routines to build strength and flexibility from Daily Caring.

Walk your way to health
heart.org

Research has shown that walking at a lively pace can help you:

- Think and sleep better
- Reduce your risk of serious diseases like heart disease, stroke, diabetes, and several types of cancer
- Improve your blood pressure, blood sugar, and cholesterol levels
- Increase your energy and stamina
- Improve your mental and emotional well-being and reduce risk of depression
- Improve memory and reduce your risk of dementia
- Boost bone strength and reduce your risk of osteoporosis
- Prevent weight gain

A few words from the CEO



What does hope feel like? For me, it feels like a little soreness in my arm and a little fatigue.

Hope recently came to BSP in the form of a tiny little dose of vaccine. With that tiny little dose and the dose to follow, hope is now on our radar. So many of us have hope for family, hope for community, and hope for togetherness.

I'm excited and full of hope thinking about our vibrant community coming alive with music and laughter once again.

In the meantime, following are some words of wisdom directly from Saint Luke's experts about keeping our minds and bodies fit as we look forward to the future with hope.

Be grateful and focus on positivity. Focus on what you have and what is good rather than complaining about what you don't have. Some ways to do this include maintaining a gratitude journal, expressing sincere thanks, and learning to recognize and acknowledge the positives that come from the little things in life.

Let go of negativity. Embrace failure and challenges. View both as learning opportunities.

Take care of yourself. Regular exercise, eating well, and getting adequate sleep will help you take care of your body. Taking care of your spirit is also important to remember. Practice being more accepting of who you are. Cut out comparisons and become more aware of what it is that you are working towards. You can do this by decluttering your space, connecting with nature, listening to music, and visualizing your happiness. You can also try learning something new or pursuing a new hobby.

Live in the moment. Be present because that is all there is right now. Enjoy everything you are fortunate enough to have. Set limits and boundaries for consuming news.

Nurture human connections. Human connections can be sustained in many ways. Because we cannot gather during this time, technology allows us to connect virtually. Think to yourself: Are you using the technology to communicate by reaching out, or are you using it to isolate further? Make a conscious choice to seek human connection.

Make your life meaningful to others. Bring positive energy into your space and community. Find ways to spread joy and make someone else feel good.

Wishing you a wonderful February,

Dee Dunn



Happy Valentine's Day
Sunday, Feb. 14

Valentine's Day, also called St. Valentine's Day, has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing of women with men by lottery. At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day. It came to be celebrated as a day of romance around 14th century.

Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred around 270 CE by the emperor Claudius II Gothicus. According to legend, the priest signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and, by some accounts, healed from blindness. Other accounts hold that it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it is possible the two saints were actually one person. Another common legend states that St. Valentine defied the emperor's orders and secretly married couples to spare the husbands from war. It is for this reason that his feast day is associated with love.

Formal messages, or valentines, appeared in the 1500s and by the 1700s commercially printed cards were being used. The first commercial valentines in the United States were printed in the mid-1800s. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love.



This is such an exciting time. Have you noticed the green of various groundcovers? Parts of our Memorial Garden are experiencing an early blossoming. If you're like me, I'm sure you can't wait until our spring beauties fully bloom.

This is just the start of our beautiful Memorial Garden. We hope all residents will visit it every week to enjoy nature. Invite your neighbors to walk with you and rest in our garden chairs. They are movable, so please stay six feet apart.

Plus, remember there are many pretty plants we can all enjoy that live indoors. A few of these include, English Ivy, Bamboo Palm, Mother-in-Law's Tongue, Spider Plant, Pothos, and Philodendron.

For all of you who are excited about St. Patrick's Day, it is around the corner. There is plenty of time to prepare to celebrate. We trust that all of our friends will enjoy the day while observing the Wearin' O' the Green!

- Bobbie Ellis

In Loving Memory



Ingeborg Brooks

Linda Talbott






Moulton Green

Dru Breidenthal

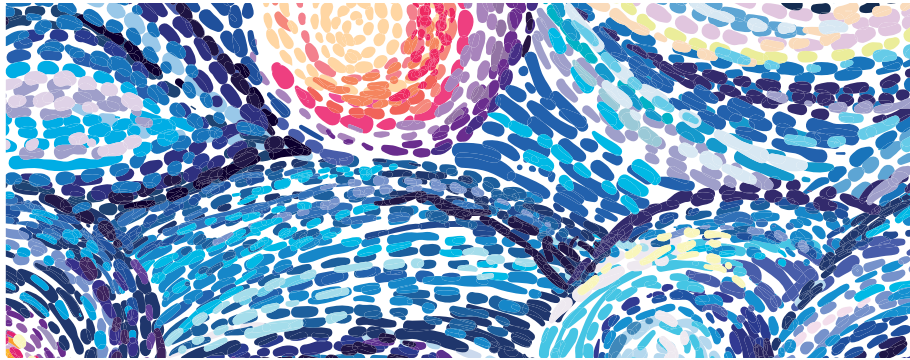
Isaac "Jack" Jonathan

BG Bishop's Garden

February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 7 10 a.m. Holy Eucharist—CH	1 10 a.m. Stretch—AC 2 p.m. Movie Monday—CH 1851	GROUNDHOG DAY 2 10 a.m. Stretch—AC 1 p.m. All Creatures Great & Small (original series)—CH 1851	3 10 a.m. Stretch—AC 3 p.m. Great Courses: — History of Impressionism: CH 1851 (13 & 14)	4 10 a.m. Strength & Balance—AC 2 p.m. Dining Comm—TBD 4 p.m. Tony Bennett's Wonderful World Concert—CH 1851*	NATIONAL WEAR RED DAY 5 10 a.m. Friday Morning Fitness—CH 1851 	6 10 a.m. Mass—CH
SUPER BOWL SUNDAY GO CHIEFS! 7 10 a.m. Holy Eucharist—CH	8 10 a.m. Stretch—AC 2 p.m. Monday Movie—CH 1851	NATIONAL PIZZA DAY 9 10 a.m. Strength & Balance—AC 12:30 p.m. Resident Council—WR 1 p.m. All Creatures Great & Small (original series): Final Episodes of Season One.—CH 1851	10 10 a.m. Stretch—AC 3 p.m. Great Courses: — History of Impressionism: CH 1851	11 10 a.m. Strength & Balance—AC 4 p.m. Frank Sinatra and Friends, "Where or When" Concert—CH 1851*	12 10 a.m. Friday Morning Fitness—CH 1851 3 p.m. Christmas in February! Chaplain Kathy's Saints and Singers—Channel 1851	13 10 a.m. Mass—CH
VALENTINE'S DAY 14 10 a.m. Holy Eucharist—CH 	PRESIDENT'S DAY 15 10 a.m. Stretch—AC 2 p.m. Monday Movie—CH 1851	16 10 a.m. Strength & Balance—AC 1 p.m. All Creatures Great & Small (original series)—CH 1851	ASH WEDNESDAY 17 10 a.m. Stretch—AC 2 p.m. Great Courses: — History of Impressionism: CH 1851 3 p.m. Ash Wednesday Service—CH	NATIONAL DRINK WINE DAY 18 10 a.m. Strength & Balance—AC 3 p.m. Wine Delivery for Wine Day — from apartment to apartment	19 10 a.m. Friday Morning Fitness—CH 1851	20 10 a.m. Mass—CH
21 10 a.m. Holy Eucharist—CH	22 10 a.m. Stretch—AC 2 p.m. Monday Movie—CH 1851 3 p.m. Good Book with Chaplain - Ch 1851	23 10 a.m. Strength & Balance—AC 1 p.m. All Creatures Great & Small (original series)—CH 1851	24 10 a.m. Stretch—AC 1:30 pm. Lenten Studies - CH 3 p.m. Great Courses: — History of Impressionism: CH 1851	NATIONAL CHILI DAY 25 10 a.m. Strength & Balance—AC 	26 10 a.m. Friday Morning Fitness—CH 1851	27 10 a.m. Mass—CH
28 10 a.m. Holy Eucharist—CH	<i>Group activities subject to community status</i>					

D



The Great Courses: “Impressionism: From Monet to van Gogh”

Wednesdays, 3 p.m. | Channel 1851

These artists documented life in the latter half of the 19th century and provided models of behavior, decorum, and urban beauty that persist today. This series of lectures includes Monet, Renoir, Cassatt, Cézanne, Toulouse-Lautrec, and van Gogh. Separate analysis is given to the important Impressionist exhibitions and contemporary critics such as writer Baudelaire. Key topics covered are the public and private worlds of Parisian modernity, life in the countryside, the new leisure class, and the influential legacy of Impressionism.

Dr. Brettell, Professor of Aesthetic Studies at The University of Texas at Dallas, is a teacher and curator of international renown and is widely published on 19th- and 20th-century art. His lectures are designed to help audiences view and discuss the Impressionist revolution through the combination of history, biography, and art.



HAPPY BIRTHDAY

- Clara Christiansen**, Feb. 9
- Ann Hotchkiss**, Feb. 9
- Jane Williams**, Feb. 15
- Jeffrey Weidman**, Feb. 17
- Jean Green**, Feb. 11
- Margie Orr**, Feb. 20
- Bobbie Ellis**, Feb. 14
- Jane Leifer**, Feb. 25
- Len Horwitz**, Feb. 15



All Creatures Great and Small

Tuesday, Feb. 2, 9, 6, and 23
1 p.m. Channel 1851

We will continue to show the original PBS series *All Creatures Great and Small*. WITH We know many of you are enjoying the enchanting 2020 remake on your local PBS station on Sunday nights.

Fresh out of Glasgow Veterinary College, James Herriot (Nicholas Ralph), follows his dream to become a vet in the magnificent Yorkshire Dales. He soon discovers that treating animals is as much about treating their owners, and the Dales farmers are a tough crowd to please.

The acclaimed series is based on the beloved books of James Alfred Wight, published under the pen name James Herriot, which have held a special place in people’s hearts throughout the world since their first publication in the 1970s. The books introduced readers to the eclectic cast of farmers and townsfolk who lived and worked in the Dales in the 1930s.



Take a “Trip” to The Nelson-Atkins Museum
Daily

The Nelson-Atkins Museum of Art in Kansas City is a world-class treasure. For an overall view of the museum, take a virtual look. More than 35,000 images can be viewed online. You could spend days looking at the museum’s artistic wonders. Enjoy your trip and please feel free to make a donation.

View images art.nelson-atkins.org/collections

Nelson-at-Home series

nelson-atkins.org/nelson-atkins-at-home/endurance-patience/
nelson-atkins.org/nelson-atkins-at-home/compassion/

Dates to Celebrate
Friday, Feb. 5

February is American Heart Month and the first Friday in the month is National Wear Red Day. On this day, people across the country wear red to raise and spread awareness and hope for eradicating heart disease and stroke in millions of women across the nation. So, put on your reddest red—whether it is lipstick, a pair of pants, a sweater, or your favorite hat.

Tuesday, Feb. 9

Join us as we celebrate National Pizza Day. It’s hard to imagine that before World War II, pizza was hardly known outside of Italy or Italian immigrant communities. This cheesy disc went from a niche cultural meal to the star of the show anywhere it turns up. Chef Cruz will offer up pizza on this day.

Thursday, Feb. 25

Though many people believe chili originated in Mexico, modern thinking suggests it was actually created in Texas and is a blend of Native American, Spanish, and Mexican cuisines. This claim is supported by the first-ever written reference to chili which occurred in San Antonio in 1828. Chili Day is widely celebrated with many restaurants offering free samples of their unique recipes. Others mark the day with a huge chill party for family and friends—or they simply make sure they have chili for lunch or dinner.



Christmas in February

Friday, Feb. 12, 3 p.m. | Channel 1851

Tune into our in-house channel for a Christmas concert with Saints and Singers. We had to forgo our annual festive concert last year, hosted by Chaplain Kathy and friends, but they were kind to hire a friend to make a DVD of their inspiring music. Enjoy their holiday, folk, and Celtic music for Christmas in February.

Thoughtful Quote

Groundhog found fog. New snows and blue toes. Fine and dandy for Valentine candy. Snow spittin'; if you're not mitten-smitten, you'll be frostbitten! By jing-y feels spring-y.

— Old Farmer’s Almanac



Art History Trivia

1. Which town in Italy was Leonardo da Vinci born?
2. Name the extravagant period of art and architecture prevalent in Europe during most of the 17th century.
3. Which artist died poor, but his estate became incredibly rich after his death?
4. Which abstract artist was blamed for stealing the Mona Lisa?
5. Which Renaissance artist is the most famous procrastinator of all time?
6. This painter continued his work, despite having crippling arthritis.
7. Which famous American painter was initially rejected by the U.S. Navy during World War I for being underweight?
8. To try and prove that Michelangelo couldn't paint, this was the artist who suggested to the Pope he should paint the Sistine Chapel.
9. This famous painting by Leonardo da Vinci was used for target practice by Napoleon's soldiers.
10. This artist was struck in the face with a mallet by an envious rival, permanently disfiguring him.
11. Which Spanish painter is referred to as both the last of the old masters and moderns?



Did you know? About the Iris Flower

The iris is the birth month flower of February, the 25th anniversary flower, and the official flower of Kansas City. The flower is named after Greek mythology's goddess, Iris, messenger of the gods and the personification of the rainbow. The aesthetic beauty of the iris has been celebrated for thousands of years. On the walls inside the Egyptian pyramids, there are paintings of the flower that scientists have dated back to 1500 BC. With over 200 varieties in a wide spectrum of colors, the iris can be found growing naturally in virtually every part of the world.



Art History Trivia Answers

1. The village of Vinci, near Florence
2. Baroque,
3. Vincent van Gogh
4. Pablo Picasso
5. Leonardo da Vinci
6. Pierre-Auguste Renoir
7. Norman Rockwell
8. Raffaello Sanzio da Urbino, aka Raphael
9. The Last Supper
10. Michelangelo
11. Francisco Goya



Inspiring Quotes on Love

Love is life. All, everything that I understand, I understand only because I love. Everything is, everything exists, only because I love.
— *Leo Tolstoy*

Love is the voice under all silences, the hope which has no opposite in fear; the strength so strong mere force is feebleness: the truth more first than sun, more last than star.
— *E.E. Cummings*

I have learned not to worry about love; but to honor its coming with all my heart.
— *Alice Walker*

We're all a little weird, and life's a little weird. And when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love.
— *Dr. Seuss*

There is no remedy for love but to love more.
— *Henry David Thoreau*



Ah, February! What can one say? In an endeavor to figure that out, I went looking for quotes about the month when love is on full display. A few of those quotes, I would like to share with you. Clive Barker offers this pithy description of the month: “a great grey beast.”

Todd Stocker asks, “Why does February feel like one big Tuesday?” Lemony Snicket (pen name of Daniel Handler) takes a practical approach: “February is the shortest month, so if you’re having a miserable month, try to schedule it for February.”

Katherine Patterson takes a theological approach to the month: “The reason God made February short a few days was because he knew that by the time people came to the end of it, they would die if they had to stand one more blasted day!”

“Without Valentine’s Day, February would be ...well, January,” writes comic Jim Gaffigan, reminding us that there’s more to February than miserable weather. And after the year we’ve been through, with most of us separated from our loved ones and some of us losing loved ones, we should take full advantage of any opportunity to say “I love you” to those we hold dear.

February also brings us to Ash Wednesday (Feb. 17), ushering in the season of Lent, a time during which we take stock of our relationship with the One who loved us into being and who commands us to love one another. This year’s Ash Wednesday service will take place in the Chapel on Feb. 17 at 3 p.m. Social distancing limits our seating capacity, and I know some people simply prefer to shelter in place, so if you can’t attend service and still want to receive the ashes, please call me at 595-5017. I will be happy to bring the ashes to you.

Finally, we will celebrate Christmas in February this year! To be more precise, we will broadcast a Christmas concert on Channel 1851 on Feb. 12 at 3 p.m. Why are we doing this? Because Saints and Singers, my musical trio, could not do our annual Christmas concert live at BSP for obvious reasons, so we created a video to share with you. Unfortunately, the technical side of things took longer than expected, and we didn’t get the final DVD completed until after Christmas. So, for those of you who watch, we will wish you a Merry Christmas on your way to Valentine’s Day and Lent!

February may be gray and cold, but to paraphrase the psalm, it is the month the Lord has made, so let us give thanks and rejoice in it!

—Chaplain Kathy Hall



St. Andrew’s Episcopal
8 a.m., 10:15 a.m.
standrewkc.org/live-worship

All Souls Unitarian Universalist
11:10 a.m.
bit.ly/3g7G62f

Immaculate Conception
11:00 a.m.
facebook.com/golddomekc

Community Christian Church
10:30 a.m.
facebook.com/Community4KC

Conception Abbey
7:45 a.m., 10:30 a.m., 5:30 p.m.
conceptionabbey.org/live

Grace and Holy Trinity Cathedral
9 a.m. and 10:40 a.m.
kccathedral.org/worship

St. Paul's Episcopal
10 a.m.; Wednesday, 6 p.m.
facebook.com/StPaulsKCMO

Unity Temple on the Plaza
10:30 a.m.
bit.ly/2yfspgE

Village Presbyterian Church
9:30 a.m.
villagepres.org/online

