

The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

APRIL 2023



Reduce Stress!

Here are some tips from the Mayo Clinic to tame stress and restore serenity to your life:

Get Active

Any form of physical activity can pump up your feel-good endorphins and other natural neural chemicals that enhance your well-being.

Eat a Healthy Diet

Aim to eat a variety of fruits and vegetables, and whole grains.

Meditate

Meditation can instill a sense of calm, peace and balance. Meditation can be practiced anywhere at any time, whether you're out for a walk, riding a bus, or waiting at the doctor's office.

Laugh More

When you laugh, it not only lightens your mental load but also causes positive physical changes in your body. Laughter fires up and then cools down your stress response.

Connect with Others

Social contact is a good stress reliever because it can offer distraction, provide support, and help you tolerate life's up and downs. So take a coffee break with a friend, email a relative or visit your place of worship.

A few words from the CEO



Although the COVID-19 rates refuse to go away. . . that certainly doesn't stop the seasons from changing.

Signs of spring include outdoor walks, fresh breezes through an open window, and cedar waxwings in the trees. Residents Phill and Robbie were kind enough to invite me into their apartment where they have a front row seat to see

the return of all of our beautiful songbirds. The gardens are blooming, the trees are budding, and soon we will be awash in pastel color. It's also wonderful to see so many residents out and about, sharing meals together, walking and exercising, bringing families in, and enjoying music in the Madison Living room with each other!

I hope you enjoyed our St. Patrick's Day festivities and had some fun, Helen and the team outdid themselves this year!

April brings more entertainment in the form of the Heartland Handbell Choir, two new exciting speakers, a new artist for our gallery, and a host of musicians. You won't want to miss any of them!

Please don't forget to use the suggestions boxes for any ideas or thoughts that you would like to share. Or my door is always open—please stop any time you like. If I'm not in the office, send me an email or leave me a message!

Warmly,

Helen Dunn

Tip of the Month!

From the BSP Environmental Committee



Not only is food compostable, so are any fully paper containers, including boxes, that it may have been in. So put all those things in composting bags and place them in the composting containers in BSP refuse rooms. Go green!

Artist Reception for Painter D.J. Matheny Tuesday, April 25 | 4 p.m. | Art Gallery



Portrait and landscape artist D.J. Hyde Matheny studied studio art and psychology at the University of Wisconsin and briefly studied graphic design at Pratt Institute before finding a job at *House Beautiful Magazine*. Seeking stronger training in design, she moved to Los Angeles, where she pursued a BFA at Art Center College of Design in Pasadena, followed by employment at various design firms in Los Angeles, San Francisco, and Chicago, before becoming a designer for Hallmark Cards in Kansas City. Immersed in the creative community of artists at Hallmark, she experienced a rekindling of her first love—painting. From 2003 to 2015, she renewed her artistic pursuits by studying with Philomene Bennett and participating in local art shows.

During the Great Recession, when she lost her career as a designer, she earned an MSW degree at KU, and became a hospice social worker.

After working in hospice for five years, she retired to devote more of her energies to painting.

D.J. is the daughter-in-law of our dear BSP friend Ed Matheny.



Name That Resident!

- Born in Tulsa, moved to Great Bend, then Wichita.
- I got some bad marks in grade school: "He talks too much!"
- In junior high school, I may have talked too much still.
- In 10th grade, I was sent to military school and gave the valedictorian speech on racial injustice and what it will take to end it.
- I married the best woman ever.

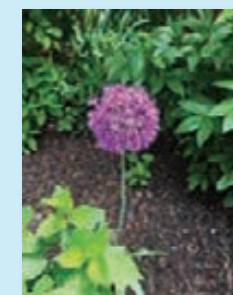
(Last month's answer was Mary Jo Hornaday!)



It's that time of year again! Mother Nature telling us spring is here. We will be busy deciding plant ideas, preparing the soil

and putting in our plants.

The garden committee is responsible for the Memorial Garden. We strive to create and maintain a beautiful garden space for all to enjoy.



If you would like to help with watering, weeding, deadheading, or pruning roses, or you just love gardening and have ideas and knowledge to share, you are welcome to join us.



- AC

Activity Center (above Bistro)

ART

Art Gallery

BG

Bishop's Garden

CDR

Canterbury Dining Room

CH

Chapel

JLR

Jefferson Living Room

MLR

Madison Living Room

MF2

Madison Second Floor

P

Pub

WR

Westport Room

Ch 1851

Channel 1851 on your Spectrum TV

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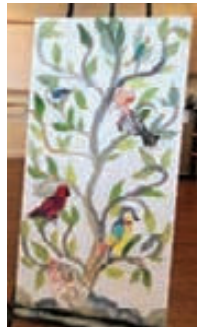
Sign up with the concierge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div><div>April Fools' Day</div><div>1</div><div>10 a.m. Grocery Trip</div><div>11 a.m. Rosary—CH</div><div>4 p.m. Book Club</div><div>7:15 p.m. Saturday Movie: Butch Cassidy & the Sundance Kid—JLR</div></div>
<div><div>Palm Sunday</div><div>2</div><div>10 a.m. Holy Eucharist—CH</div><div>11 a.m. Brunch—CDR</div></div>	<div><div>3</div><div>10 a.m. Stretch & Strengthen—AC</div><div>1 p.m. Tai Chi—AC</div><div>3 p.m. Susie & Bill Goldenberg—MLR</div></div>	<div><div>4</div><div>10:30 a.m. Strength & Balance—AC</div><div>11:15 a.m. Grocery Trip</div><div>12 p.m. Bridge Luncheon—CDR</div><div>2 p.m. Monday Movie on Tuesday—Ch 1851</div></div>	<div><div>5</div><div>10 a.m. Stretch & Strengthen—AC</div><div>11-1 BP Checks—MF2</div><div>1 p.m. Tai Chi—AC</div><div>2 p.m. Movie Committee—Bistro</div><div>3 p.m. Great Courses: Forbidden Books—Ch 1851</div></div>	<div><div>6</div><div>10:30 a.m. Strength & Balance—AC</div><div>2:30 p.m. Dining Committee—CDR</div><div>3 p.m. Maundy Thursday Services—CH</div></div>	<div><div>Good Friday</div><div>7</div><div>9 a.m. Morning Fitness—Ch 1851</div><div>10 a.m. Bridge & Games—P</div><div>3 p.m. Good Friday Services—CH</div><div>5 p.m. Heartland Handbells—MLR</div></div>	<div><div>8</div><div>10 a.m. Grocery Trip</div><div>11 a.m. Rosary—CH</div><div>7:15 p.m. Saturday Night Movie: The Pelican Brief—JLR</div></div>
<div><div>Easter Sunday</div><div>9</div><div>10 a.m. Easter Services—CH</div><div>11 a.m. Brunch—CDR</div></div>	<div><div>10</div><div>10 a.m. Stretch & Strengthen—AC</div><div>1 p.m. Tai Chi—AC</div><div>2 p.m. Monday Movie—Ch 1851</div></div>	<div><div>11</div><div>10:30 a.m. Strength & Balance—AC</div><div>11:15 a.m. Grocery Trip</div><div>1 p.m. Resident Council—WR</div><div>3 p.m. Speaker: Derek Donovan—WR</div></div>	<div><div>12</div><div>10 a.m. Stretch & Strengthen—AC</div><div>11-1 BP Checks—MF2</div><div>1 p.m. Tai Chi—AC</div><div>3 p.m. Great Courses: Forbidden Books—Ch 1851</div><div>4 p.m. Opus76 Students—MLR</div></div>	<div><div>13</div><div>10:30 a.m. Strength & Balance—AC</div><div>1 p.m. Nina Irwin Art Experience—AC</div></div>	<div><div>14</div><div>9 a.m. Morning Fitness—Ch 1851</div><div>10 a.m. Bridge & Games—P</div><div>10:30 a.m. Catholic Mass—CH</div><div>3 p.m. Michael McClintock & Jeff Freling—MLR</div></div>	<div><div>15</div><div>10 a.m. Grocery Trip</div><div>11 a.m. Rosary—CH</div><div>7:15 p.m. Saturday Night Movie: Dr. Strangelove—JLR</div></div>
<div><div>16</div><div>10 a.m. Holy Eucharist—CH</div><div>11 a.m. Brunch—CDR</div></div>	<div><div>17</div><div>10 a.m. Stretch & Strengthen—AC</div><div>1 p.m. Tai Chi—AC</div><div>2 p.m. Garden Committee—WR</div><div>2 p.m. Monday Movie—Ch 1851</div></div>	<div><div>18</div><div>10:30 a.m. Strength & Balance—AC</div><div>11:15 a.m. Grocery Trip</div><div>2 p.m. Movie Robert Butler: The Hustler—WR</div></div>	<div><div>19</div><div>10 a.m. Stretch & Strengthen—AC</div><div>11 a.m. Resident Remembrance—CH</div><div>11-1 BP Checks—MF2</div><div>1 p.m. Tai Chi—AC</div><div>3 p.m. Great Courses: Forbidden Books—Ch 1851</div></div>	<div><div>20</div><div>10:30 a.m. Strength & Balance—AC</div><div>2-4 p.m. Country Club Bank—MF2</div><div>2 p.m. Bible Study—CH</div><div>3 p.m. Speaker: Andrea Broomfield—WR</div></div>	<div><div>21</div><div>9 a.m. Morning Fitness—Ch 1851</div><div>10 a.m. Bridge & Games—P</div><div>3 p.m. Millie Edwards Trio—MLR</div></div>	<div><div>Earth Day</div><div>22</div><div>10 a.m. Grocery Trip</div><div>11 a.m. Rosary—CH</div><div>7:15 p.m. Saturday Night Movie: Secondhand Lions—JLR</div></div>
<div><div>23</div><div>10 a.m. Holy Eucharist—CH</div><div>11 a.m. Brunch—CDR</div></div> <div><div>30</div><div>10 a.m. Holy Eucharist—CH</div><div>11 a.m. Brunch—CDR</div></div>	<div><div>24</div><div>10 a.m. Stretch & Strengthen—AC</div><div>1 p.m. Tai Chi—AC</div><div>2 p.m. Monday Movie—Ch 1851</div></div>	<div><div>25</div><div>10:30 a.m. Strength & Balance—AC</div><div>11:15 a.m. Grocery Trip</div><div>4 p.m. Artist Reception: D.J. Matheny—ART</div></div>	<div><div>26</div><div>10 a.m. Stretch & Strengthen—AC</div><div>11-1 BP Checks—MF2</div><div>1 p.m. Tai Chi—AC</div><div>3 p.m. Great Courses: Banned, Burned, Forbidden Books—Ch 1851</div></div>	<div><div>27</div><div>10:30 a.m. Strength & Balance—AC</div><div>1 p.m. BSP Chorus Rehearsal—CH</div><div>2 p.m. Ukranian Freedom Orchestra at the Met—CH 1851</div></div>	<div><div>28</div><div>9 a.m. Morning Fitness—Ch 1851</div><div>10 a.m. Bridge & Games—P</div><div>10:30 a.m. Catholic Mass—CH</div><div>4 p.m. Happy Hour: Peter Schlamb—MLR</div></div>	<div><div>29</div><div>10 a.m. Grocery Trip</div><div>11 a.m. Rosary—CH</div><div>7:15 p.m. Saturday Night Movie: In the Heat of the Night—JLR</div></div>

Group activities subject to community status

Art Experience with Nina Irwin

Thursday, April 13
1-3 p.m. | Activity Center



Nina is back again this month with another new project. She has been coming to BSP with her art knowledge and her compassion

for more than a year now, teaching classes in Independent Living, Coventry, and York. We are so incredibly fortunate!

Please reserve your spot with Helen at **816-595-5015**.

Nina works from her painting and ceramics studio in the historic stockyards of Kansas City. She received her



B.A. in Studio Art from UMKC and is currently working on her M.A. in Art History. In addition to her studio work, Nina teaches unique art and art history classes at her West Bottoms Studio and also at the Nelson-Atkins Museum of Art. She is represented in collections regionally, nationally, and globally. You can learn more about Nina and her artwork at ninairwin.com.

You need not have any artistic abilities to get something from Nina's class. Come enjoy!

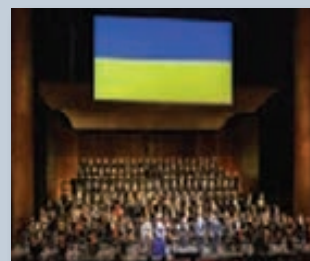
Art & Entertainment at BSP



Classic Movie with Robert Butler: *The Hustler* (1961) Tuesday, April 18 | 2 p.m. | Westport Room & Channel 1851

Fast Eddie Felson (Paul Newman) is a small-time pool hustler with a lot of talent but a self-destructive attitude. His bravado causes him to challenge the legendary Minnesota Fats (Jackie Gleason) to a high-stakes match, but he loses in a heartbreaking marathon. Now broke and without his long-time manager, Felson faces an uphill battle to regain his confidence and his game.

The Ukrainian Freedom Orchestra Thursday, April 27 | 2 p.m. | Channel 1851



In a gesture of solidarity with the victims of the war in Ukraine, the Metropolitan Opera and Polish National Opera gathered leading Ukrainian musicians into the Ukrainian Freedom Orchestra to tour Europe and America. The tour has been assembled with the cooperation of Ukraine's Ministry of Foreign Affairs and Ministry of Culture, and money raised from the tour will go to support Ukrainian artists.

BSP Chorus Rehearsal Thursday, April 27 | 1 p.m. | Chapel

Calling all members and want-to-be-members! Our Choral Group has added a few singers and is eager to start again. The first practice with Lyra Pherigo will be on April 27. We will practice for four consecutive Thursdays, followed by a performance on May 25.



A Season of Liturgy

by Bernie Jones



It's difficult to talk about Easter without talking about the liturgical days surrounding the holiday. Lent begins with Ash Wednesday, as priests make the sign of the cross on the foreheads of the faithful from the ashes of last year's Palm Sunday branches. Usually a celebration of the Mass or Eucharist is included. No live flowers are used until Easter Sunday, but living plants are commonly used.

The fourth Sunday of Lent, Laetare Sunday, is a pause to lighten up the Lenten season. The sixth Sunday, Palm Sunday marks the beginning of Holy Week. It starts with joyful processions of people waving palm fronds. The short liturgy for Palm Sunday leads into the solemn part of the service—the reading of one of the Passion Gospels or, in some churches, the Fourteen Stations of the Cross. There is a Mass or Eucharist and usually a silent recessional.

Maundy Thursday has a Eucharist or Mass followed by the complete stripping of the altars. In a side chapel, the Altar Guild arranges beautiful flowers for the Altar of Repose. The faithful take turns during the night praying where the body of Jesus lies in the tomb. The most solemn days in the church year are Good Friday and Holy Saturday. The liturgy on Good Friday provides for little music and the use of the solemn Collects by the clergy.

Early on Easter morning, churches are decorated with lilies and other white flowers. The services begin with the All Night Vigil, using fire and dark churches, until all the bells start to toll, the organ is at full blast, and as much noise as possible is made to symbolize that Jesus has broken the chains of the tomb. This is followed with the first baptisms and confirmations of Easter, then a sung High Mass or Eucharist. Then comes the great processions of Easter, with majestic music, and a festive Eucharist or Mass. Parishioners declare, "Christ has risen," followed by, "He is risen indeed." Easter is the most joyous occasion of the church year.

Liturgy has always been one of my great fascinations, and I have had much help in learning about the Episcopal Church through the clergy of the Diocese of West Missouri, especially those of St. Andrew's, Grace and Holy Trinity Episcopal Cathedral, St. Mary's and St. Paul's. I hope that this month's article has instilled a sense of how churches celebrate one of the great solemn seasons leading to a festival period. Nothing quite compares.

I wish all of you a very Blessed and Happy Easter season.



The Great Courses: Banned Books, Burned Books: Forbidden Literary Works

Wednesdays | 3-4:30 p.m.
Ch 1851
April 5, 12, 19, and 26

The Great Courses is back, featuring a look at book banning and forbidden literary works throughout the years.

We will consider some of the greatest works of literature ever and some literature that's considered. . . not so great. What these works have in common is that someone—a judge, vocal parent, government official, or a group of someones, like a PTA or school board—thought every one of these works was dangerous enough to challenge, or ban, or even burn.

Throughout these 24 lectures, author and book Professor Maureen Corrigan of Georgetown University will take you on a tour of some of the most challenged and controversial works of literature, from the plays of Shakespeare to 21st-century best-sellers—even including the dictionary and classic fairy tales.

April Speakers

**Derek Donovan of the
Kansas City Star**
Tuesday, April 11 | 3 p.m. | Westport Room



Derek Donovan is a member of the *Star's* editorial board and is the community engagement editor. He writes editorials, selects guest and syndicated commentaries, and edits the letters to the editor. His career at the *Star* began in 1995, and he was previously the paper's longtime public editor. Derek has a Master of Arts from Stephen F. Austin State University and a Bachelor of Arts from Truman State University.

Thank you, Katie Gusewelle, for facilitating Derek's visit to BSP. He is looking forward to your questions, so let's have ours ready!

World Health Day
Friday, April 7



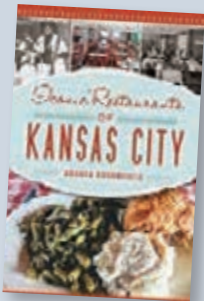
From its inception at the First Health Assembly in 1948 and since taking effect in 1950, World Health Day has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

Over the past 50 years, this has brought to light important health issues such as mental health,

Author Andrea Broomfield
Thursday, April 20 | 3 p.m. | Westport Room



Andrea Broomfield, Ph.D., is an author, food historian, and Chair and English Professor at Johnson County Community College. Her most recent book is *Iconic Restaurants of Kansas City*. Andrea will join us for a robust discussion of many highly regarded and fondly remembered restaurants of the past, as well as iconic restaurants still in business today. She will also discuss the important roles that restaurants play in establishing a city's culinary identity and sense of itself as distinctive from other cities. Bring your memories and your stories to share!



April Remembrance Service
Wednesday, April 19 | 11 a.m. | Chapel

Our monthly remembrance service is an opportunity to come together as a community to support one another through ritual. We light candles for our loved ones who have died and share memories of their lives. We'd love to have you attend each third Thursday of the month.



Beginning Bridge + Games
Fridays | 10 a.m.-Noon | Pub

Beginning Bridge with Christie Collier and Games continues—with coffee and pastries! We have many games, but if you think of any new ones, let us know.

Please notify Helen (816-595-5015) if you plan to come and enjoy time with fellow residents this month.



Bridge Luncheon
Tuesday, April 4 | Noon | Canterbury Dining Room
Bridge Luncheon is now the first Tuesday of the month!

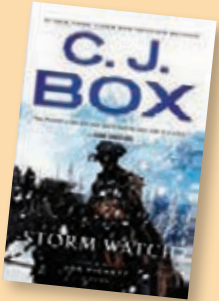
BSP Book Club
Saturday, April 1 | 4 p.m.
Westport Room
Contact Clark with any questions.



Bestselling BOOKS

Check out the fiction and nonfiction books that top the latest *New York Times* Best Seller List.

Fiction
STORM WATCH
C.J. Box



**LESSONS IN
CHEMISTRY**
Bonnie Garmus



**A DAY OF
FALLEN NIGHT**
Samantha Shannon

**TOMORROW AND
TOMORROW AND
TOMORROW**
Gabrielle Zevin

Nonfiction
SPARE
Prince Harry

THE LIGHT WE CARRY
Michelle Obama



**ENCHANTMENT:
AWAKENING WONDER
IN AN ANXIOUS AGE**
Katherine May

**WAKE UP WITH
PURPOSE**
Sister Jean Dolores
Schmidt



Saturday Night
Movies



7:15 p.m. | Jefferson Living Room

April 1
Butch Cassidy and the Sundance Kid (1969)



After a train robbery goes wrong, Butch (Paul Newman) and Sundance (Robert Redford) are on the run with a posse hard on their heels.

April 8
The Pelican Brief (1993)
A law student uncovers a conspiracy, putting herself danger. Starring Julia Roberts and Denzel Washington.

April 15
Dr. Strangelove (1964)
An American general orders an attack on the Soviet Union. The all-star cast includes Peter Sellers, George C. Scott, and James Earl Jones.

April 22
Secondhand Lions (2003)
A boy (Haley Joel Osment) spends the summer with his eccentric uncles (Michael Caine and Robert Duvall).

April 29
In the Heat of the Night (1967)
A black police detective (Sidney Poitier) is mistakenly suspected of murder, then asked by the police chief (Rod Steiger) to investigate the case.

Music

Susie and Bill Goldenberg
Monday, April 3 | 3 p.m. | Madison Living Room

Back for their bi-annual performance, the brother/sister duo, with Susie on violin and Bill on piano, will perform music from Mendelssohn to Guoquan Li.

Heartland Handbell Ringers
Friday, April 7 | 5 p.m. | Madison Living Room

The Ringers, under the tutelage of Marilyn Lake, will play songs for the Easter season.

Opus76 Student Youth String Quartet
Wednesday, April 12 | 4 p.m. | Madison Living Room

You asked for it, and they are back. Keith Stanfield and Opus 76's students will be here to dazzle us once again. If we're lucky, this might become a regular thing!



Michael McClintock & Jeff Freling
Friday, April 14 | 3 p.m. | Madison Living Room

Guitarists Michael and Jeff are back, blending sounds of 50s jazz, gypsy swing, vintage Cuban, and modern pop. Don't miss out!

Millie Edwards Trio
Friday, April 21 | 3 p.m. | Madison Living Room

BSP favorite Millie Edwards is returning with a trio this time, Chase McRoy on bass and Brian Ruskin on guitar.

Happy Hour: Jazz Pianist Peter Schlamb
Friday, April 28 | 4 p.m. | Madison Living Room

Vibraphonist and pianist Peter Schlamb is adjunct instructor at UMKC Conservatory. He recently released his second album *Electric Tinks* and is a member of Logan Richardson's Blues People, Matt Villinger's All Night Trio, and the Marcus Lewis Quintet and leads his own group.

Chaplain's
CORNER

Peace be with you. After a whirlwind of a ministry, a week of trials, torture, and death on the cross, Jesus rises from the dead and appears to those who followed most closely. The first words they hear are, "Peace be with you." The whole ministry comes down to this. Be at peace, for you are unconditionally forgiven and you are loved. Be at peace, and make peace with your neighbor—a true, lasting peace that overcomes all distaste and hatred.

In the Chapel of the Epiphany at Bishop Spencer Place, we begin this month with the foundational story of the Christian faith. On Palm Sunday, April 2, we begin our worship service waving palms, celebrating that God's promise is fulfilled by the arrival of the Messiah in Jerusalem. We end the service in silence, observing that within one week of the arrival in Jerusalem, Jesus is put on trial and dies on the cross. Palm Sunday is an invitation to enter into the journey as Jesus goes to the cross.

Throughout the first week of April, on Thursday, Friday, and Easter Sunday, we have the opportunity to gather together to worship, receive the sacraments, and reflect on what Jesus's death and resurrection mean in our lives today. All are welcome to join us for the following services in the chapel:

Palm Sunday | 10 a.m., April 2
Blessing of the Palms, Palm Processional, Holy Communion, Short Lectionary Passion Reading

Maundy Thursday | 3 p.m., April 6
Scripture, Holy Communion, Handwashing

Good Friday | 3 p.m., April 7
BSP Choir offering, Reading of the Passion

Easter Sunday | 10 a.m., April 9
Scripture, Holy Communion, Display of New Altar Paraments

If you appreciate attending services but feel uncomfortable receiving communion, you are welcome to come and simply indicate that you would not like to receive. Let's take this journey together.

—Ashley Masoni Huber

Livestreaming

SUNDAY SERVICES

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

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

Immaculate Conception
11 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
10:15 a.m.
kccathedral.org/worship

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

youtube.com/channel/UCdz9K078zd-zcFBEUzWu18g

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

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



