

The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

AUGUST 2023



Hydrate!

During the record-breaking temperatures we've been experiencing, it's more important than ever that we stay safe from the heat.

According to the Centers for Disease Control and Prevention (CDC), drinking enough fluids is the one of the most important things you can do to prevent heat illness. They recommend:

Drink before you feel thirsty.

By the time you do feel thirsty, you're already behind in fluid replacement.

When out in the heat, drink one cup (eight ounces) of water every 15-20 minutes. But don't drink more than 48 ounces of water per hour. Too much fluid can cause the salt concentration in your blood to become too low.

Rely on water. Water will maintain hydration as long as you eat regular meals to replace salt lost in sweat.

Avoid energy drinks. Energy drinks can raise your caffeine levels, and high caffeine can add to the strain placed on your body by heat. Many energy drinks also contain a lot of sugar.

Avoid alcohol. Alcohol can cause dehydration and increase risk of heat illness.

A few words from the CEO



Hello, all! Summer has come and is almost over! There are flowers everywhere. We have blue skies with fluffy clouds and warm temperatures. I hope everyone has taken some time to enjoy the sunshine especially on the days we were not showered with thunderstorms.

The end of summer marks a start of change. A change of season, fall colors, crispness in the air. Apples flooding markets where berries used to be, and children going back to school. Bittersweet change, but part of life.

I am reminded of a favorite poem of mine regarding summer and love, "Sonnet 18" by William Shakespeare.

*Shall I compare thee to a summer's day?
Thou art more lovely and more temperate.
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date.
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimmed;
And every fair from fair sometime declines,
By chance, or nature's changing course, untrimmed;
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st,
Nor shall death brag thou wand'rest in his shade,
When in eternal lines to Time thou grow'st.
So long as men can breathe, or eyes can see,
So long lives this, and this gives life to thee.*

It continues to be my goal to be available to each of you and make a positive impact on your lives and home. My office is on Madison third floor, #308, my direct phone number is 816-595-5003, and my email is rmistry@saintlukes.org

If you have recently joined our community, thank you for choosing Bishop Spencer Place! I value every one of our residents. If you've been with us for a while, I want you to know how much I appreciate your continued residency. It takes special people like you to make our community a great place to call home.

Here's to a continued happy summer and welcome to the fall season!

Rupal J. Mistry

Origami with Betse Ellis

Thursday, August 24 | 3 p.m. | Activity Center



Origami is the art of folding paper into objects to create both two-dimensional and three-dimensional subjects. The word origami (from Japanese *oru*—"to fold"—and *kami*—"paper") has become the generic description of this art form, although some European historians feel it places undue weight on the Japanese origins of an art that may well have developed independently around the world.

There are many differing styles of origami, as in any art form. Betse (yes, Bobbie Ellis' daughter!) makes this a no-pressure, fun, yet creative activity, and we'll provide gorgeous paper choices. If the heart or butterfly proves too simple, Betse can work with more complex designs in future lessons.

Please sign up with Helen for this class at 816-595-5015.



Tip of the Month!

From the BSP Environmental Committee



Use LED light bulbs. They are more efficient (using 75% less energy) and last much longer than incandescent bulbs.

Gratitude Assignment

Try this gratitude assignment for August.

- What was my favorite meal this week and why?
- What is a habit or hobby of mine that contributes positively to my life?
- In what ways have I been pleasantly surprised this week?



Gardening Quotes

Gardens are not made by singing "Oh, how beautiful," and sitting in the shade.
—Rudyard Kipling

The garden suggests there might be a place where we can meet nature halfway.
—Michael Pollan

I like gardening—it's a place where I find myself when I need to lose myself.
—Alice Sebold

When the world wearies and society fails to satisfy, there is always the garden.
—Minnie Aumonier

If a tree dies, plant another in its place.
—Carl Linnaeus

If you have a garden and a library, you have everything you need.
—Marcus Tullius Cicero

My garden is my most beautiful masterpiece.
—Claude Monet

There are no gardening mistakes, only experiments.
—Janet Kilburn Phillips

All gardeners know better than other gardeners.
—Chinese proverb

A society grows great when old men plant trees whose shade they know they shall never sit in.
—Greek proverb

- 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
- *** Sign up with Helen

August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</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>4 p.m. Pianist Humberto Sierralta—MLR</div>	<div>2</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11–noon BP Checks—MF2</div> <div>2 p.m. Movie Committee—P</div> <div>3 p.m. Great Tours: England, Scotland, & Wales—Ch 1851</div>	<div>3</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>2:30 p.m. Dining Committee—CDR</div> <div>3:30 p.m. Speaker: Lisa McLendon—WR</div>	<div>4</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>3 p.m. Eboni Fondren & Mark Lowrey—MLR</div>	<div>5</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1–3 p.m. Open Bridge—CDR</div> <div>4 p.m. Saturday Book Club—WR</div> <div>7:15 p.m. Saturday Movie: Tea with Mussolini—JLR</div>
<div>6</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>7</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: Great Composers—WR</div>	<div>8</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>4:30 p.m. Ladies' Club—P</div>	<div>Book Lover's Day</div> <div>9</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11–noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Tours: England, Scotland, & Wales—Ch 1851</div>	<div>10</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>1 p.m. Nina Irwin Art Experience—AC *</div>	<div>11</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. Beau Bledsoe Group—MLR</div>	<div>12</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1–3 p.m. Open Bridge—CDR</div> <div>7:15 p.m. Saturday Movie: Airplane—JLR</div>
<div>13</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>14</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: Great Composers—WR</div>	<div>15</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>2:30 p.m. SLHS Presentation: Dr. Karin Olds—WR</div>	<div>16</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11 a.m. Resident Remembrance—CH</div> <div>11–noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Tours: England, Scotland, & Wales—Ch 1851</div>	<div>17</div> <div>10:30 Strength & Balance—AC</div> <div>2 p.m. Bible Study: Pastor Ashley—CH</div> <div>3 p.m. Opera: Massenet's Manon—Ch 1851</div>	<div>18</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>4 p.m. Tom's Town Band—MLR</div>	<div>19</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1–3 p.m. Open Bridge—CDR</div> <div>7:15 p.m. Saturday Movie: Singin' in the Rain—JLR</div>
<div>20</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>21</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>3 p.m. Don Dagenais: Great Composers—WR</div>	<div>22</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Life Enrichment Committee—P</div> <div>4:30 p.m.. Men's Club—P</div>	<div>23</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11–noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Tours: England, Scotland, & Wales—Ch 1851</div>	<div>24</div> <div>10:30 Strength & Balance—AC</div> <div>1 p.m. Ward Pkwy Target *</div> <div>2–4 p.m. Country Club Bank—MF2</div> <div>3 p.m. Origami with Betsee Ellis—AC *</div>	<div>25</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: Opus 76 Quartet—MLR</div>	<div>26</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1–3 p.m. Open Bridge—CDR</div> <div>7:15 p.m. Saturday Movie: Hidden Figures—JLR</div>
<div>27</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>28</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: Great Composers—WR</div>	<div>29</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>2 p.m. Robert Butler Classic Movie: The Ladykillers—WR</div>	<div>30</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11–noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Tours: England, Scotland, & Wales—Ch 1851</div>	<div>31</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>3 p.m. Speaker: Steve Sitton, Thomas Hart Benton Site—WR</div>		

Group activities subject to community status

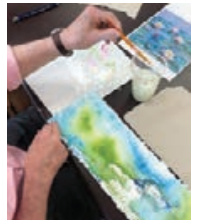
Art Experience with Nina Irwin

Thursday, August 10
1 p.m. | Activity Center



Nina is back with another new project. She has been coming to BSP for more than a year now, and we are so incredibly fortunate to have her!

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



We hope more of you can attend. You don't need training or artistic abilities, but you will certainly benefit from participating.



The Great Tours: England, Scotland, and Wales

Wednesdays
August 2, 9, 16, 23, & 30
3-4:30 p.m. | Ch 1851
Three lessons per week

Taught by professor Patrick Allitt, a British-born scholar at Emory University, these highly recommended lectures give you an insider's take on traveling through Great Britain, including little-known gems.

Art & Entertainment at BSP



Music and Lives of the Great Composers

Mondays | 3-5 p.m. | Westport Room



Don Dagenais's series has been such a success, he will continue the Great Composer series for at least six more sessions.

August 7—Grieg and Johann Strauss, Jr.
August 14—Copland and Bernstein
August 21—Berlioz and Schubert
August 28—Faure and Offenbach

Metropolitan Opera: *Manon*

Thursday, August 17 | 3 p.m. | Channel 1851

Manon, Jules Massenet's most popular and enduring opera, is the quintessential example of the charm and vitality of the music and culture of the Parisian Belle Époque. It tells the story of Manon, a lively girl who is being sent to a convent by her family. But when her coach stops in Paris, she meets two noblemen who are both determined to have her as his own.

Classic Movie with Robert Butler: *The Ladykillers*

Tuesday, August 29 | 2 p.m. | Westport Room

In *The Ladykillers*, a 1955 British dark comedy starring Alec Guinness, Peter Sellers, and Jack Warner, five oddball criminals planning a bank robbery rent rooms on from an octogenarian widow under the pretext that they are classical musicians.



August—Supposedly a Very Quiet Month

by Bernie Jones



There are no national holidays and only a few significant events that have happened during this month. So bear with me as I snoop around and find enough August events to make it to the end of this article. Research found some things that border on significant.

The World Wide Web was conceived in 1990—how did we ever live prior to that day? Probably without it, we wouldn't have anything to do. Christopher Columbus set sail on his first voyage to the "Indies" with his three ships. Think of what might have happened without his vision. It has many possibilities—good and bad. On the bad side, Adolph Hitler declared himself as der Führer of the Third Reich.

The U.S. tax man collected income tax for the first time. Things were never the same after that. Champagne was invented by Dom Perignon—I'll drink to that! The cornerstone for the Statue of Liberty was laid. The atom bomb was dropped on Hiroshima by the U.S. The Order of the Purple Heart was created by President George Washington—a significant precedent for our country.

President Harry Truman signed the United Nations Charter. Richard Nixon became the first and only president to resign while in office. I sometimes think, are we any better off today? Whether you're Republican or Democrat, we have really had some bad stuff.

I was born August 10, 1933. I shared this birthdate with Bob Steinbach, and I will miss that honor this year. The Smithsonian Institution was created. Candid Camera debuted, and a 100-year-old fruitcake was found that was almost edible. (As bad as they get in one week, think how bad that was!) In 1877, Thomas Edison invented the phonograph, and in 1879,

dime stores appeared. They are gone, but now dollar stores have replaced them. In 1955, the minimum wage was raised to \$1.00.

The Roman Catholic, Anglican Catholic (Episcopal Church in the U.S.), and Eastern Orthodox churches around the world celebrate the Assumption of the Blessed Virgin Mary on August 15. Japan surrendered on August 15, ending WWII, although the peace treaty was not signed until September 2. The Social Security bill was signed into law—you've come a long way, baby! The Panama Canal opened in 1914. Elvis Presley died, and Ringo Starr joined the Beatles. Packard Motor Company folded. In their day, they were quite a car.

The Civil War was formally declared to be over by President Andrew Johnson. The dial telephone was patented in 1896. What in the world were those? Maybe SIRI can tell us. For all you lawyers, the American Bar Association was founded in 1878. Hawaii became the 50th State, the first Cadillac began production, and "Gasoline Alley" made his debut. Is he still around? Mount Vesuvius erupted, and previous to that, the banana split was invented in 1904. Women were granted the right to vote with the 19th Amendment, and toilet paper was first sold. There must be some connection there, but I wouldn't dare comment.

The first oil well was drilled near Titusville, Pennsylvania, the Guinness Book was first published in 1955, and Worcestershire Sauce was patented. The Beatles played their last concert in San Francisco in 1966, David Letterman premiered on CBS in 1993, and Jack the Ripper killed his first victim in 1888. Princess Diana died in a tragic accident, bringing us to the end of August.

Hail to Caesar Augustus, the first Emperor of the Roman Empire!

August Speakers

Dr. Lisa McClendon
Thursday, August 3 | 3:30 p.m.
Westport Room



We are fortunate to have Lisa McClendon back at BSP. In June, she discussed the changing rules of grammar. This month her presentation is “Grammar Arcana: The Hidden Grammar You Didn’t

Know You Knew.” She will explore some of the elements of the English language you probably know but don’t know what they’re called. The discussion will include possessives vs. attributives, agreement, subjunctives, and some fun things such as ablaut reduplication, order of adjectives, and anthimeria. When you know what things are called and how they work, you know why sometimes things “just don’t sound right.”

Dr. Karin Olds
Tuesday, August 15 | 2:30 p.m.
Westport Room



Dr. Karin Olds began her health care career as a neuroscience nurse at Saint Luke’s in 1993. She went on to complete medical school at the University of Kansas and a neurology residency

at University of Alabama-Birmingham. She rejoined Saint Luke’s in 2006. As the medical director of the Comprehensive Stroke Center at Saint Luke’s Marion Bloch Neuroscience Institute, she leads a team of experts who treated more than 4,000 patients for suspected strokes last year.

In her presentation “Boost Your Brain Health to Help Prevent a Stroke,” Dr. Olds will discuss the steps you can take to optimize your brain health and help prevent a stroke.

Steve Sitton
Thursday, August 31 | 3 p.m. | Westport Room



Steve Sitton is the site administrator of the Thomas Hart Benton Home & Studio State Historic Site. Steve will take us through a photo and video

tour of the home, see Tom’s timeline and career, and get a look at his typical and atypical artwork.

The video tour of the home and studio of the renowned painter, sculptor, lecturer and writer will give us a glimpse into how the talented Benton lived and worked. Benton converted half his carriage house into his art studio, which remains as he left it. Visitors can still see coffee cans full of paintbrushes, numerous paints, and a stretched canvas waiting to be transformed into another of his masterpieces. Thomas Hart Benton died in his studio in 1975.



Name That Resident!

- My favorite drink is a mocha.
- I was born in Kansas City.
- I have three children.
- I attended the University of Missouri at Columbia.
- Any show on PBS is my favorite!

(Last month’s answer was Barbara Weary!)



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

Beginning Bridge (with Christie Collier) and Games continues—with coffee, fruit, and sweets. We’ve started a Scrabble group. Come enjoy some time with fellow residents.

Saturday Night Movies

7:15 p.m. | Jefferson Living Room



August 5—Tea with Mussolini (1999)
An orphaned Italian boy is raised by women (Maggie Smith, Judi Dench, and Joan Plowright) living in Mussolini’s Italy before and during World War II.


August 12—Airplane (1980)
After the crew becomes sick, a neurotic ex-fighter pilot must safely land a commercial airplane.

August 19—Singin’ in the Rain (1952)
Iconic musical starring Debbie Reynolds, Gene Kelly, and Donald O’Connor, set during the transition from silent films to talkies.

August 26—Hidden Figures (2016)
Female African-American mathematicians serve a vital role in the early years of the space program. Stars Octavia Spencer, Janelle Monáe, and Kevin Costner.

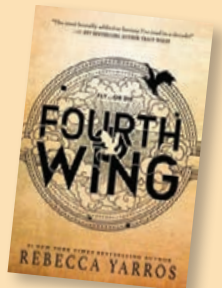
Saturday Evening Book Club
Saturday, August 5
4 p.m.
Westport Room

Contact Clark with questions.



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

Fiction
FOURTH WING
Rebecca Yarros



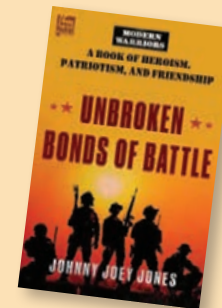
HAPPY PLACE
Emily Henry

LESSONS IN CHEMISTRY
Bonnie Garmus



THE FIVE-STAR WEEKEND
Elin Hilderbrand

Nonfiction
OUTLIVE: THE SCIENCE & ART OF LONGEVITY
Peter Attia, MD



THE WAGER: A TALE OF SHIPWRECK, MUTINY, AND MURDER
David Grann

UNBROKEN BONDS OF BATTLE
Johnny Joe Jones



1964: EYES OF THE STORM
Paul McCartney

Wisdom

In May, we asked you to share your wisdom: What's the best advice you've ever received? We wanted thoughts from your parents, quotes you love, advice of your own, and more. It could be serious, touching, humorous, or doggone weird! Here are some of the wonderful responses we've received so far. Thank you for sending them.

My mother: Pick your fights.

A friend: When you are presiding over a meeting, keep it brief and to the point. No one likes a long meeting!—*Barbara Buehrer*

My parents always emphasized honesty. They also made it clear that I was as good as, but no better, than anyone else.—*Jenifer Lucas*

Have a place for everything and put everything in its place. Don't put it down, put it away!—*Anonymous*

My great-uncle: Get up! Get up! Too many people die in bed!

My dad: No matter how often you fall, pick yourself back up.
—*Jim Houston*

Engage brain before opening mouth!
—*Barbara Weary*

A friend: Don't fix it if it ain't broke (regarding a dental procedure I really didn't need).—*Ed Matheny*

My first boss after a successful event: Larry, it's hard to be humble when you're so successful.
—*Larry Bilotta*

Look for more quotes in the September issue!

Music

Humberto Sierralta

Tuesday, August 1 | 4 p.m. | Madison Living Room

Humberto Sierralta is sorry he had to miss his date with us last month, but—lucky us!—this month he's back. Humberto plays with a flair and flourish we love.

Eboni Fondren & Mark Lowrey

Friday, August 4 | 3 p.m.

Madison Living Room

Pianist Mark Lowrey is an explorer of all flavors of music who has entertained in his hometown and beyond for more than half of his 40+ years. Dynamic vocalist Eboni Fondren is a force on the jazz scene here in Kansas City.

Beau Bledsoe Group

Friday, August 11 | 3 p.m. | Madison Living Room

Ensemble Ibérica performs music from Ibéria (Spain and Portugal). Beau assembles different performers each time he comes to BSP, and we are always guaranteed exciting and entertaining music!

Tom's Town Band

Friday, August 18 | 4 p.m. | Madison Living Room

Tom's Town returns! The band was formed to honor the legacy of Kansas City jazz and the amazing musicians who created it. Performing outrageously hot swing music of the Golden Era in KC, every song celebrates why KC is famous for jazz, with great commentary by Kent Rausch.

Happy Hour with Opus 76 Quartet

Friday, August 25 | 4 p.m. | Madison Living Room

We are mixing it up this month. Instead of a jazz pianist, we were able to book Opus 76. This incredible string quartet is made up of Keith Stanfield on violin, Zsolt Eder on violin, Ashley Stanfield on viola, and Daniel Ketter on cello.



Chaplain's CORNER

Chaplain Ashley Masoni Huber

When I was growing up, my grandparents lived in Portland, Oregon. They were the ones with the big, fifth-wheel RV and lifetime passes to the national parks. The summers of my childhood are blurs of campouts and hikes in national parks and forests all along the West Coast and even farther in, like Glacier and Yellowstone.

This was a time before the fancy camping equipment, when we carried water that got warm in canteens and simply wore a ballcap instead of smothering ourselves in sunscreen. At each campground, Grandpa would have us find a stick that he would whittle into a skewer so we could roast marshmallows. There are still certain things that remind me of that time: campfires with s'mores, the smell of pine needles, and the feel of an ocean breeze on my skin.

Of all the beauty that my grandparents showed me in the parks, there was nothing like that of the Redwood trees. Having grown up in Kansas, where most of the trees we see are not there naturally, seeing the biggest, tallest trees in the world, literal giants that are hundreds of feet tall and thousands of years old, was truly breathtaking.

My husband and I visited the Redwoods again a couple of years ago, 35 years after I first saw them. The same feeling I had when I visited as a child returned. Standing among them, I could feel that we shared the same breath, that all of creation was connected.

The roots of these trees ran deep into the earth, the birds of the air and the creatures of the land survive because of them. The ocean, just west of the giant groves, fed them and nurtured them. Being there, it's easy just to know: I am because they are; they are because I am.

The presiding bishop of the Episcopal Church, Michael Curry, tells a story about when he was a child. His father always used to tell him, "the Lord didn't put you here just to consume oxygen." There was nothing philosophical about it; his dad was just telling him that he was supposed to do what he was told.

On the other hand, though, we are here partially to consume oxygen. All of life, not just ours, depends on it. It is our purpose. We are here to receive and we are here to give.

There is a Scripture verse that says, "for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words." (Romans 8:26b)

When we stand among trees, or wander through Bishop's Garden, or sit among our community of friends here at BSP, may we feel a connection to all of creation. May we breathe together and intercede with sighs too deep for words.

—Chaplain Ashley

Remembrance Service

Wednesday, August 16 | 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 passed and share memories of their lives. We'd love to have you attend each third Wednesday of the month.



