



The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

JANUARY 2024



Keeping Resolutions

Many of us make New Year's resolutions, often to improve our health and fitness. Here are tips to help you keep those resolutions.

- 1. Write it down.** Know what you want and make a plan.
- 2. Be specific.** Instead of resolving to lose weight or get in shape, resolve to lose ten pounds or walk 20 minutes each day.
- 3. Take small steps.** For example, to eat healthier, start by replacing one or two less healthy foods with healthier options, then build from there.
- 4. Link a new habit with a current habit.** To drink more water, make a rule that you drink a glass of water every time you brush your teeth.
- 5. Track your progress.** Seeing the steps you've already taken encourages you to take more.
- 6. Reward yourself.** Positive reinforcement makes resolutions more fun!



New Year's Day Monday, Jan. 1, 2024

BSP offices will be closed.

A few words from the CEO



Happy New Year!

I am excited about the start of a new year here at Bishop Spencer Place as we enter 2024. Each new year brings hope, reflections, and exciting opportunities for all of us, as individuals, as a family, and as a community.

In 2024, we have a long list of projects, including beginning construction on Memory Care along with another 12 to 15 projects to renovate areas of our campus. Most important will be our commitment to each other as we work together in a transparent and collaborative fashion for the continued advancement of our community. Bishop Spencer Place should continue to be the premier choice for people looking for a new home or a career.

As a new year begins, I also want to recognize the success of 2023. We moved toward returning to a "normal" environment after the pandemic, with all the challenges of returning to "business as usual." I must admit I have never been a fan of "business as usual." It exemplifies complacency, and I prefer to be the organization that sets its own path, chooses its own course, creates a culture unlike any other, and raises the bar. You, as residents, deserve our very best effort each day as we strive to get better by focusing on the small things and recognizing it takes all of us to make a difference on this campus. I sincerely feel that we have built a very solid foundation in 2023 that will enable us to markedly improve in several areas in 2024. I could not be more excited to be part of a group that will see 2024 as a defining year for all of us here at Bishop Spencer Place.

I cannot imagine anyone not choosing to be part of the Bishop Spencer Place community, part of Saint Luke's Health System, and part of Kansas City. This is a truly special place that is only going to continue to get better because of our residents and employees.

Wishing you and your family the absolute best in the new year. Thank you for choosing to reside here at Bishop Spencer Place and for allowing us to work in your home.

Louis

Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved. —Mattie Stepanek



More Than Reusing Plastic Bags by Clark Achelpohl

One of my few regrets in life is that my generation is leaving our children and grandchildren with the existential problem of climate change. We have known about it for decades. Yet we have done too little to fix it. We continue to put more carbon in the air than any generation in history.

The one bright spot is that we now have the technology, finances, and physical resources to change this—if we act decisively. Serious studies report that, worldwide, we will need \$4 trillion per year to reach carbon neutral by 2050.* Some 450 major financial institutions have committed the funds for transitioning to clean renewable energy, but that money is not flowing fast enough. The financial institutions say they need help from governments and investors like you and me to get money to the people and agencies that implement the actual transitions. That is where we come in.

Much of the action regarding switching to cleaner, greener infrastructure is local. We can ask our local government officials to streamline permitting regulations and complicated bureaucratic processes and offer guarantees to investors to help reduce profit risks. We need to let them know our concerns, and we need to support and vote for officials who respond favorably. In addition, we need to contact our pension funds, insurance funds, and investment fund managers (who control investment decisions for billions of our dollars), and let them know we care where our money is invested. We want priority given to clean energy and socially equitable projects, as opposed to investments in high carbon emitting industries. Climate change and many social equity problems like poverty and low-income housing are linked.

I have already contacted my wealth management adviser, and I plan to contact my pension plan, insurance carriers, and local city council members, county and state representatives, plus Mayor Lucas. Would you be willing to do the same?

*Veronica Chau explains this in her ten-minute TED talk, *3 Ways Your Money Can Fight Climate Change* (<https://tinyurl.com/3nca4fh5>), much better than I can in this short column.



January Flowers

January has two birth flowers—the carnation and the snowdrop.



Carnations symbolize love, devotion, and fascination. They are perennial flowers with a spicy scent and come in a variety of colors, including white, pink, red, yellow, and purple. Their scientific name, *Dianthus*, comes from the Greek words *dios* (god) and *anthus* (flower), so carnations are "divine flowers" or "flowers of the gods."



Snowdrops are early-blooming perennials—they often emerge through the snow—

with delicate, drooping white flowers. Since they are one of the first flowers to bloom each year, snowdrops are associated with hope and new beginnings. Their scientific name, *Galanthus*, comes from the Greek words *gála* (milk) and *anthus* (flower), alluding to the color of the blooms.

AC Activity Center (above Bistro)

CH Chapel

P Pub

ART Art Gallery

JLR Jefferson Living Room

WR Westport Room

BG Bishop's Garden

MLR Madison Living Room

Ch 1851 Channel 1851 on your Spectrum TV

CDR Canterbury Dining Room

MF2 Madison Second Floor

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <div>1</div> <div>HAPPY NEW YEAR!</div> <div>OFFICES CLOSED</div>	<div>2</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>3 p.m. Eboni Fondren & Mark Lowrey—MLR</div>	<div>3</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>12-1 p.m. BP Checks—MF2</div> <div>2 p.m. Movie Committee—P</div> <div>3 p.m. Great Courses: Post-Impressionism—Ch 1851</div>	<div>4</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>2:30 p.m. Dining Committee—CDR</div> <div>3 p.m. Movie: <i>The Lavender Hill Mob</i>—Ch 1851</div>	<div>5</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>3 p.m. Doug Talley Jazz Quartet—MLR</div>	<div>6</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. Movie: <i>Weekend at Bernie's</i>—JLR</div>
 <div>7</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div> <div>Chiefs vs. Chargers—TBD</div>	<div>8</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: One-hit Composers—WR</div>	<div>9</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. Women's Gathering—P</div>	<div>10</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>12-1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: Post-Impressionism—Ch 1851</div>	<div>11</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>3 p.m. Speaker: KU Professor Lisa McLendon—WR</div>	<div>12</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. Opus 76 String Quartet—MLR</div>	<div>13</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. Movie: <i>When Harry Met Sally</i>—JLR</div>
<div>14</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>Martin Luther King Jr. Day</div> <div>15</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11 a.m. DAR Meeting—WR</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: One-hit Composers—WR</div>	<div>16</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>2 p.m. Chair Volleyball—WR</div>	<div>17</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11 a.m. Resident Remembrance—CH</div> <div>12-1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. The Notables—MLR</div> <div>3 p.m. Great Courses—Ch 1851</div>	<div>18</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>1 p.m. Nina Irwin Art Experience—AC</div> <div>3 p.m. Speaker: Poet Toby Goostree—WR</div>	<div>19</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>4 p.m. Havilah Bruders & Guest Pianist—MLR</div>	<div>20</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. Movie: <i>First Monday in October</i>—JLR</div>
<div>21</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>22</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: One-hit Composers—WR</div>	<div>23</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>3 p.m. Councilwoman Andrea Bough—WR</div> <div>4:30 p.m. Men's Club—P</div>	<div>24</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11-1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: Post-Impressionism—Ch 1851</div>	<div>25</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>2-4 p.m. Country Club Bank—MF2</div> <div>2 p.m. Robert Butler Movie: <i>Howards End</i>—WR</div>	<div>26</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: Michael Pagán—MLR</div>	<div>27</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: <i>Hunt for Red October</i>—JLR</div>
<div>28</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>29</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: One-hit Composers—WR</div>	<div>30</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>7 p.m. Guitarist Clayton DeLong—P</div>	<div>31</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11-1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: Post-Impressionism—Ch 1851</div>			

Group activities subject to community status

Art Experience with Nina Irwin

Thursday, Jan. 18
1 p.m. | Activity Center



Nina is back. Reserve your spot with Helen at 816-595-5015.

You don't need training or artistic abilities, but you will benefit from participating.



The Great Courses: Post-Impressionism: The Beginnings of Modern Art

Wednesdays
Jan. 3, 10, 17, 24, & 31
3 - 4 p.m. | Channel 1851
Two classes per week.

Post-impressionist artists broke with artistic conventions of the past, developed new ways of seeing and painting, and paved the way for abstraction and movements like Cubism and Modernism. Our instructor is the highly-regarded Ricky Allman, a professor of painting and drawing at UMKC. His paintings have been exhibited in New York, Miami, Los Angeles, London, Beijing, and Edinburgh. His work has been featured in *Harper's*, *Harvard Business Review*, *New American Paintings*, *Juxtapoz*, and the *Los Angeles Times*.

Art & Entertainment at BSP



Don Dagenais: One-Hit Composers

Mondays, Jan. 8, 15, 22, & 29 | 3 p.m. | Westport Room

Don Dagenais recently taught a course at Bishop Spencer Place on the music and lives of great composers. But there are many composers who wrote just one or two hit pieces. In his new course, Don brings music from some of these one-hit wonders who aren't necessarily household names. Come and find out who they are and enjoy more memorable music.



Don, a retired attorney, has been a fan of classical music and opera for more than 40 years and has taught classes on those subjects for more than 30 years. He has been on the board of directors of many performing arts groups, including the Lyric Opera of Kansas City, Opera Volunteers International, Opera in the Ozarks (Eureka Springs, Arkansas), the Heart of America Shakespeare Festival, the UMKC Conservatory, and Summerfest Concerts. He is currently the president of a national organization of symphony volunteers.



Thursday Movie: *The Lavender Hill Mob*

Thursday, Jan. 4 | 3 p.m. | Channel 1851

In this 1951 British comedy, a bank clerk (Alec Guinness) joins with his eccentric neighbor to steal gold bars and smuggle them out of the country as miniature Eiffel Towers.

Classic Movie with Robert Butler: *Howard's End*

Thursday, Jan. 25 | 2 p.m. | Westport Room

In this 1992 drama, directed by James Ivory and starring Anthony Hopkins, Emma Thompson, and Helena Bonham Carter, a businessman thwarts his wife's bequest of an estate to another woman. It was adapted from the novel by E.M. Forster.

January—Huge for Sports But Some Frustration

by Bernie Jones



January has a lot going for it, but it can be so frustrating when you realize football is almost over, save for the Super Bowl. You have to figure, though, that for all of us basketball fans, the season has barely begun. As I write this in late November, basketball is just in it's infancy for this year's schedule.

Bishop Spencer Place was home for 1950 Basketball All-American Rick Harmon from Kansas State and his wife Suzie for a time in the 2000s. I know it brings up huge memories for Ed Matheny, of his time at Mizzou, where long-time coach Norm Stewart made life miserable for the Jayhawks. New residents at BSP, Steve and Martha Crider, bleed Hoosier blood for their legendary Indiana teams. If you saw them at our table at brunch in mid-November, you would know that. Indiana was also home to one of basketball's royalty—Bobby Knight. In fact, the Hoosiers are to Indiana as football is to Texas. January is a big basketball time even though we still will have two more months after that.

The Jayhawks opened the season with a number one ranking but lost to Marquette in the final of the Maui Tournament in Hawaii. Dr. James, Naismith, inventor of the game, was the Athletic Director at KU in the early days, circa 1900. The original handwritten rules for basketball by him reside on a scrap of paper in a building next to Allen Fieldhouse, thanks to KU alum David Booth, for footing the cost for \$4.3 million for buying the the rules auctioned off in 2010 at Sotheby's in New York. KU has been home to legendary coaches like Phog Allen, Roy Williams, and Bill Self.

On a lighter note, weather used to be a big factor in January, with the most snow of the year—that is, until these weird winter seasons

that have come with climate change. Now some years the biggest snow is is a dusting. Seventy years ago, Fort Scott, Kansas, had 28 inches of snow that started falling the day after Christmas. Fellow KU friends spent that week wondering how we would ever make it back to Lawrence when school started again. It even created chaos for our KU Student and Alumni Ball at Fort Scott Country Club. Our youthful minds coped, though, and our schedule became the norm again—two weeks of classes eventually getting to finals. Nothing could ever get in the way of finals. They were omnipotent.

January has a convoluted history. In the early days of history, January was a period of two months combined. A year was only ten months. January and February were added to coincide with the Lunar Year. It also appears that the Roman Catholic Church was involved, so feast days remained the same as today more or less.

January's *pièce de résistance* for much of the world is the celebration of January 1 as New Year's Day. So for a few seconds, lets let life return to normal, and January becomes the month to play catch up and get things back to as normal as we could. It is always amazing to think what we do in December would causing January to be such a hassle to get back to ordinary life. It really is a chore, and I sometimes wonder why we put this on our shoulders.

January serves a purpose. We might not ever figure it out, but we need January to keep this life on track. Let's just say we glorify it coming along when we really needed something like it to crown off the last year. So to all of you: *Auld Lang Syne*.



January Speakers

Lisa McClendon, Ph.D.

Thursday, Jan. 11 | 3 p.m. | Westport Room



We are fortunate to have Lisa McClendon back at BSP. This time her presentation is “Why English Spelling Is Such a Train Wreck!” Why do words that are spelled similarly not rhyme? Why do words spelled differently rhyme? There doesn’t seem to be much rhyme or reason behind English spelling, but by looking at the history and origin of words we can make a little more sense of spelling.

Dr. McClendon is the William Allen White Professor of Journalism and Mass Communications and Faculty affiliate in the Center for Russian, East European, and Eurasian Studies at the University of Kansas.

Author and Poet Toby Goostree

Thursday, Jan. 18 | 3 p.m. | Westport Room



Toby Goostree’s first book, *But There’s So Much DIY in IVF That We Can’t Be Sure*, will be published by Fernwood Press in January of 2024. His poems have appeared in *The Cincinnati Review*, *The Midwest Quarterly*, *Christianity and Literature*, and *Santa Clara Review*, among others. A graduate of The University of Arizona Writer’s Workshop, he is a native Kansas Citian. He returned after graduate school to join a family business, a financial planning practice he now owns.

Toby was a lifer at The Barstow School, starting in kindergarten and continuing through high school. His freshman year he was fortunate to be a part of **BSP Resident Berit Lindboe’s** English class, which led to him majoring in English in college. He did his undergraduate work at William Jewell College.

RESCHEDULED

Councilwoman Andrea Bough

Tuesday, Jan. 23 | 3 p.m. | Westport Room



Prior to being elected to the Kansas City city council, Andrea Bough served on Mayor Sly James’s transition team, chaired Mayor James’s Commission on Ethics Reform, and served on the Charter Review Commission.

Andrea received her B.S. in Political Science from Missouri State University and a J.D. from UMKC. She is a member of the Missouri Bar, the Kansas Bar, and the KC Metropolitan Bar.

She will speak on economic plans and TIF programs.

Women’s Gathering

Tuesday, Jan. 9 | 4:30 p.m. | Pub

Men’s Club

Tuesday, Jan. 23 | 4:30 p.m. | Pub

Remember, our Women’s Gathering is the second Tuesday of each month.

Our Men’s Club is the fourth Tuesday of each month.

Come for some treats and lively discussion before dinner!



Beginning Bridge + Games

Fridays | 10 a.m. – Noon | Pub

Beginning Bridge (with Christie Collier) and Games continues—enjoy treats and coffee with your fellow residents. As you know, we have finished our Game Room (next to the Bistro), so come play pool and board games.

If you need instructions on pool rules, contact Clark Achelpohl or Marvin Newton, and they will be happy to help. There are also printed instructions available. Clark and Una will schedule weekend lessons for you with resident teachers—stay tuned for women’s and men’s dates in the upcoming months.

Chair Volleyball

Tuesday, Jan. 16 | 2 p.m.

Westport Room

Chair Volleyball is back—we need a minimum of eight players. Wear comfy clothes and get ready for laughs!



Name That Resident!

- As a teen, I taught trick waterskiing on the Mississippi River.
- I was in a folk music group in Kansas City.
- I’ve traveled many states and Canada by motorcycle.
- I was a captain on the 100-ton Missouri River Queen.
- I’m now trying to teach myself to read music.

(Last month’s answer was Berit Lindboe!)

Bestselling BOOKS

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

Fiction

FOURTH WING

Rebecca Yarros

IRON FLAME

Rebecca Yarros

THE HEAVEN AND EARTH GROCERY STORE

James McBride

THE EXCHANGE: AFTER THE FIRM

John Grisham

Nonfiction

OATH AND HONOR

Liz Cheney

THE WAGER

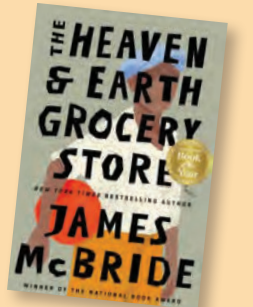
David Grann

MY NAME IS BARBRA

Barbra Streisand

THE KINGDOM, THE POWER, AND THE GLORY

Tim Alberta



Saturday Night Movies

7:15 p.m.
Jefferson Living Room



Jan. 6—Weekend at Bernie's (1989)
Two insurance corporation employees (Andrew McCarthy and Jonathan Silverman) try to convince people their dead boss is still alive to keep from being accused of his murder.

Jan. 13—When Harry Met Sally (1989)
Harry (Billy Crystal) and Sally (Meg Ryan) meet and become very good friends, but they fear a romantic relationship would ruin the friendship. Written by Nora Ephron and directed by Rob Reiner.



Jan. 20—First Monday in October (1981)
The first woman (Jill Clayburgh) appointed to the Supreme Court is a staunch conservative and becomes a friendly rival to a long-time liberal justice (Walter Matthau).

Jan. 27—The Hunt for Red October (1990)
When the Soviet Union's best submarine captain (Sean Connery) violates orders and heads for the U.S. in a new undetectable sub, the American CIA and military must quickly determine: Is he trying to defect or start a war? Based on Tom Clancy's novel, the film stars Alec Baldwin as CIA analyst Jack Ryan.

Music

Eboni Fondren & Mark Lowrey

Tuesday, Jan. 2 | 3 p.m. | Madison Living Room

Vocalist Eboni Fondren is a force in the Kansas City jazz scene. Pianist Mark Lowrey has entertained in his hometown and beyond for 20+ years.

Doug Talley Jazz Quartet

Friday, Jan. 5 | 3 p.m. | Madison Living Room

Doug Talley will be here with Charles Williams, Tim Brewer, and Keith Kavanaugh.

Opus 76 String Quartet

Friday, Jan. 12 | 3 p.m. | Madison Living Room

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.

Havilah Bruders & Guest Pianist

Friday, Jan. 19 | 3 p.m. | Madison Living Room

Fabulous vocalist Havilah Bruders and a guest pianist will be here to entertain us.

Happy Hour with Michael Pagán

Friday, Jan. 26 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy the always energetic Michael Pagán on piano.

Clayton DeLong

Tuesday, Jan. 30 | 7 p.m. | Pub

Join us for our new One-Pub Pub Crawl featuring live music, a friendly bartender, and your favorite libations. This month we'll enjoy music from guitarist Clayton DeLong. We hope to continue this event monthly!



Spiritual Wellness CORNER

At the beginning of a new year, some feel energized by the change, and others find themselves in the doldrums after the holidays. I find myself somewhere between the two; I get excited about fresh starts but the prospect of another three or more months of winter weather is enough to make me crawl back into bed.

I recently read the book *Wintering: The Power of Rest and Retreat in Difficult Times* by Katherine May. In it, she looks to nature, mythology, and literature as her guide for embracing the winters we experience within ourselves. May describes seasons of her own hardship and grief and how she is learning to let go and allow herself to rest through it rather than rush. She writes:

I recognized winter. I saw it coming (a mile off, since you ask), and I looked it in the eye. I greeted it and let it in. I had some tricks up my sleeve, you see. I've learned them the hard way. When I started feeling the drag of winter, I began to treat myself like a favored child: with kindness and love. I assumed my needs were reasonable and that my feelings were signals of something important. I kept myself well fed and made sure I was getting enough sleep. I took myself for walks in the fresh air and spent time doing things that soothed me. I asked myself: What is this winter all about? I asked myself: What change is coming?

As we begin this new year with a few months of winter still ahead, I wonder where we might give ourselves permission to treat ourselves, and indeed one another, with kindness and love. Whether predictable change is coming or not, we can use this season and its quiet to our advantage. Perhaps these are good days to rearrange a bookshelf or refresh a corner to sit and feel cozy. Would a new pillow or blanket give you the freedom to curl up and doze or watch a favorite movie? Perhaps a weekly coffee date with a friend would stave off winter's blues with spiritual warmth.

My prayer for each of you this month is that you are kind to yourselves as you enter this new year. As Charles Spurgeon said, "Begin as you mean to go on, and go on as you began, and let the Lord be all in all to you." Let us start with habits and grace that we hope to maintain for the year and may that same grace we practice offering ourselves extend outward to one another.

Thank you,
Janette

Gratitude Assignment

January gratitude assignment:

- What do I love about my community?
- Who has reached out to help me recently?
- What are some of the traits I admire about my friends?



Saturday Evening Book Club
Saturday, Jan. 6
4 p.m.
Westport Room

Contact Clark
with questions.



Remembrance Service

Wednesday, Jan. 17
11 a.m. | Chapel

This is a time to remember those who have passed at BSP and other losses close to our hearts. We light candles for the saints and share stories of their lives.

Most of all, it is a time for us to come together to support one another. Please make time to attend.





The
SCENE
RECENT EVENTS & PHOTOS

