



February - March Newsletter

♥ Happy Valentines Day ♥

➤ Friday, February 15, 2019

- Gather at 11:30 for a 11:45 meal
- Spaghetti, salad, French bread, dessert
- Exchange Secret pal gifts after lunch
- Michael Gruber is returning to entertain us with his "Guitar and Vocals" good time music review and requests
- All are Welcome

Our regular Friday Gatherings resume March 15, 2019

- 9:00 Gather for fellowship (Community Room)
- 9:30 Gather for chapel (Good Shepherd Chapel)
- 10:00 Fellowship and treats (Community Room)
- 10:30 Book study (Library), QiGong (room 216), Euchre (Community Room)
- 11:30 Gather in Borgwardt Hall
- 11:45 Lunch with program after

After lunch programs include: 1st Friday birthday celebrations
4th Friday service projects: Bagging laundry detergent & writing cards. Other Fridays feature interesting speakers, toe tapping music, and inspiring movies.
Let us know if you have any suggestions!

We hope you can join us!
Come every Friday or
just when you can.
First time visitors
receive a free lunch!

February Birthdays



March Birthdays

Vivian Potthast Feb 6
Donna Bredlow Feb 7
Carl Huber Feb 7
Bev Stephen Feb 9
Mary Savall Feb 11
Myrtle Lehnertz Feb 21
Margery Ross Feb 22

Fay Linehan Mar 3
Lori Poulson Mar 5
Diane Chambers Mar 7
Julie Evers Mar 7
Lois Thies Mar 7
Earl Mylrea Mar 21
Noreen Schmidt Mar 26
Reed Ellingson Mar 27

XYZ Membership Renewal Time!

Enclosed with this newsletter is a membership renewal form. Dues remain at \$10. Please return to Lisa by dropping off at the reception desk, sending by mail or bringing to XYZ. Your membership offers you our informational monthly newsletter and a price break on our trips.

Lent Bible Study during 9:30 chapel time on

March 15, 22, 29, April 5, 12

*Encountering the Risen Christ:
Trauma & Transformation*
LENT 2019

Just after the apostle Paul had a vision of the resurrected Christ on the road to Damascus, we learn that, **“though his eyes were open, he saw nothing”** (Acts 9:8). For any of us who have faced forceful disruptions to the stories of our lives, this is a palpably familiar experience. With eyes we know are open, we look out at our families, our work or our church, at our communities or our nation—sometimes at our very selves—with a confused and uncomprehending gaze. We simply cannot see how the stories will continue to unfold. This was exactly the case for the apostle Paul. Christian tradition celebrates Paul’s story as one of conversion, but that is really to jump to the story’s epilogue. Paul’s full story is much closer to our own personal and communal stories than we might imagine: ruptures with the past; disorientation, loss, and grief; and an urgent need to make sense of things that no longer make sense. This Lent we’ll take a closer look at Paul’s story in Acts 9, a story that brilliantly illuminates the trauma and transformation of our own spiritual stories.

March Schedule

March 15

Chapel Lent Bible Study

Program Celebrate birthdays with five card bingo and prizes

March 22

Chapel Lent Bible Study

Program Movie - Sing In a city of humanoid animals, a hustling theater impresario's attempt to save his theater with a singing competition becomes grander than he anticipates even as its finalists' find that their lives will never be the same.



March 29

Chapel Lent Bible Study

Program Mission Day packing laundry detergent - Bethel's Food Pantry & addressing cards

New this year is a 10:30 class offering of Qigong

QiGong is an ancient form of Chinese exercise and health movement used to help promote a strong but supple body and a relaxed yet creative mind. If you've heard of or seen Tai Chi, you've seen the martial arts form that developed out of QiGong but QiGong is not a martial art, so it is much easier to learn and to practice, emphasizing not specific, precise movement but moving in a way that feels right to each individual. Because there is no special equipment or clothing needed and the practice can be done seated or standing, there is virtually no limitation to who can participate—old and young, strong and frail, all can join in with little training. QiGong teaches deeper breathing, better posture and balance, letting the body flow through movements gently and gracefully and enhanced mindfulness.

A class begins with simple movements that tune us in to the way we are breathing and help us release the tension in the shoulders and neck. When tension is released, we have more energy. After our joints are opened up, we move into "flows", simple movements which are repeated in a flowing manner to help our bodies learn to move without tension. We come to a close by focusing again on the breath. The type of Qigong that I teach is called Five Element Qigong. That is what I have been trained in by my teacher, Jo Chern. Her website is www.fiveelementqigong.net. I became interested in Qigong as a moving meditation. I found the practice to be very easy and it helped me deal with the mental and physical stress in my life. ~ Nancy Osley



Book Group Schedule

- **March 15 & 22** Anne of Green Gables A 1908 novel by Canadian author Lucy Maud Montgomery. It recounts the adventures of Anne Shirley, an 11-year-old orphan girl who is mistakenly sent to Matthew and Marilla Cuthbert, a middle-aged brother and sister who had intended to adopt a boy to help them on their farm in Prince Edward Island. The novel recounts how Anne makes her way with the Cuthberts, in school, and within the town.
- **March 29** ELCA article – *Five gifts of Discipleship during Lent* When a baptized Christian affirms the faith (often called confirmation) the presiding minister addresses those making public affirmation of baptism and asks the question: Do you intend to continue in the covenant God made with you in holy baptism: to live among God’s faithful people, to hear the word of God and share in the Lord’s supper, to proclaim the good news of God in Christ through word and deed, to serve all people, following the example of Jesus, and to strive for justice and peace in all the earth?
RESPONSE: We do, and ask God to help and guide us. And so begins a daily claiming and re-discovering of the God-given gifts of discipleship. These gifts overlap and are intertwined as one gift flows into another and into faithful living.
- **April 5 & 12** And Then There Were None by Agatha Christie "Ten . . ." Ten strangers are lured to an isolated island mansion off the Devon coast by a mysterious U. N. Owen." "Nine . . ." At dinner a recorded message accuses each of them in turn of having a guilty secret, and by the end of the night one of the guests is dead. "Eight . . ." Stranded by a violent storm, and haunted by a nursery rhyme counting down one by one . . . as one by one . . . they begin to die. "Seven . . ." Which among them is the killer and will any of them survive?
- **April 19** – Do not meet Good Friday
- **April 26** Bold Café article – I loved you before your Instagram was pretty. What do you tell yourself when you look in the mirror or at a selfie or an unfiltered photo of yourself? Pay attention to that voice. It shapes your sense of reality.
- **May 3 & 10** Looking for Alaska by John Green Miles Halter is fascinated by famous last words—and tired of his safe life at home. He leaves for Culver Creek boarding school to seek what the dying poet François Rabelais called “The Great Perhaps.” Much awaits Miles at Culver Creek, including clever, beguiling, and self-destructive Alaska Young, who will pull Miles into her labyrinth and catapult him into the Great Perhaps. After. Nothing will ever be the same.
- **May 17** – article
- **May 24** – Do not meet Memorial Day Weekend



Happy
100th
Birthday
Delma
Baker



**XYZ Board’s First Meeting
February 15 at 10:15
(Borgwardt Hall)**

Noreen is stepping back from being president and we will have a board that will oversee our group. If you are interested in being a part of the board, Join us!