

# News From Home

MOTHER OF GOOD COUNSEL HOME  
6825 NATURAL BRIDGE ROAD  
ST. LOUIS, MISSOURI 63121  
314-383-4765  
www.mogch.org

VOLUME 21 ISSUE 3

MARCH 2019

## *A Few Thoughts from Sr. M. Christine*

Dear Friends,

This year, the first day of Lent begins on March 6, or Ash Wednesday. And as it seems to be every year, I find myself wondering how and when Ash Wednesday began, so I did a little research.

Ash Wednesday always falls 46 days before Easter; a day that was accepted as the beginning of the Lenten Season at the Council of Nicea in the year 325. This Council also set the 40-day fast period as the standard length to celebrate Lent. Almost 300 years later, in 601, Pope Gregory began the tradition of marking each person's forehead with ashes in the shape of a cross.

I also discovered in my search that Ash Wednesday is not specifically mentioned in the Bible. Nevertheless, from Biblical times, believers would sprinkle ashes over their heads and bodies as a sign of sorrow for their sins. For example, we see in the Book of Job, at Nineveh, in Daniel, and in Isaiah, 58:5-7, we see people repenting with dust and ashes. And this repentance was often accompanied with prayer and fasting.

As the ashes are placed on our foreheads we hear the words: "Turn away from sin and be faithful to the gospel," or "Remember that you are dust and to dust you shall return." As a child, I remember being quite proud of my ashes. I once went outside and made a cross on my forehead with dirt after noticing that the ashes on my head were barely visible (unsuccessful in impressing my suspicious friends).

Lent is a season of conversion, a turning, a returning to God, a God who is gracious and merciful. In today's world, we often get caught up in distractions that divide our hearts. Like the lost sheep in the gospel, we stray from the center of our being, or from focusing on "the one thing necessary."

During the Lenten season, we hear the call to return home. The words pronounced when we receive the ashes remind us to return to the Lord with our whole heart. We hear the words of the gospel, inviting us to pray, fast, and give alms. In *prayer*, we lift our minds and hearts to God. In *fasting*, we train our wills to do the will of God. And in *almsgiving*, we reach out to those in need of financial or physical assistance.

Lent is a time of renewal. It is the work of the Holy Spirit, and the initiative is always from God. However, we want to cooperate on this spiritual journey so that we are open to what the Lord wants to tell us or to give to us. Jesus is interested in the condition of the heart, and

not our external appearances. As you prepare for Lent, ask yourself these questions: Where is my heart? Do I have true repentance, or are my actions merely based on outward show? Which of the three -- prayer, fasting, and almsgiving -- do I feel is most important for me?

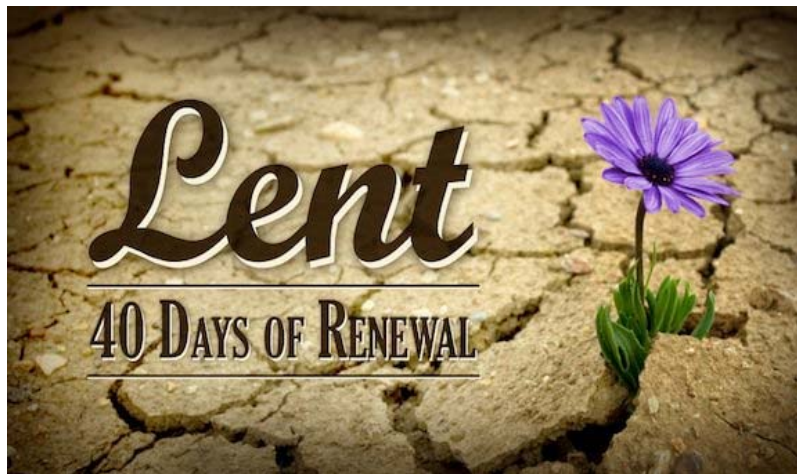
My prayer for us all: Gracious and merci-

ful Lord, as we begin this holy season of Lent, send Your Spirit of fidelity and hope into our hearts. Help us to focus on doing Your will and building Your kingdom. Help us to grow in our love for You and Your people. Amen.

Gratefully yours in Christ,

*Sister M. Christine, FSGM*

Sister M. Christine, FSGM





## MILESTONES

*Farewell*  
*Fr. Richard Creason*

*With Deepest Sympathy*  
*Clifford Neville*

*March Birthdays*  
*Residents*

*Virginia McGrellis—9th*  
*Rose Marie Gorczyca—23rd*  
*Mary Wesloh—26th*  
*Fr. Robert Manning—29th*  
*Eugene Gerard—30th*

*Staff Members*

*Glenda Walker—4th*  
*Stacey Judge-Ury—9th*  
*Kandice King-Jewett—9th*  
*Patricia Henderson—15th*  
*Danielle Davis—15th*  
*Judith Swoke—16th*  
*Orielle Ellis—16th*  
*Crystal Delee—20th*  
*Ashleigh Hatter—21st*  
*Jocelyn Holloman—23rd*  
*Jocklyn Hemphill—28th*



## DONATIONS NEEDED!

### 2019 TRIVIA NIGHT HELP NEEDED

WE NEED YOU to support the 2019 trivia night if you can. The event wouldn't happen without the support of many people. No amount of help is too small. Our theme this year is "**Through the Decades - The 70's, 80's and 90's**". Below are some of the ways you can donate or help!

1. Monetary donations for supplies needed.
2. Donate new or almost new items that can be raffled in baskets or auctioned.
3. Donate memorabilia or antiques, especially White Castle, Pepsi, Coke, signs, etc.
4. Donate gift cards, tickets to shows or events, attractions or for services. Especially needed are gift cards from Amazon, White Castle, Target, Walmart or any area popular chain restaurants. Amazon cards will be used to purchase items to compliment baskets/auction items already being assembled.
5. Donate a themed basket for our basket raffle.
6. 12 packs of Coke, Diet Coke, Sprite (need in March). These items will be served at the Trivia Night and/or to supplement baskets and silent auction items.
7. Let us know if someone you know in a business can make a donation. We will make the appropriate contacts.

Thank you in advance for whatever you do to help make the 2019 Trivia Night a success!!! Please bring items/donations to one of the Sisters or contact Dave Barnhart at (314) 452-0946 or email Dave at [barnharts2000@msn.com](mailto:barnharts2000@msn.com)

### Lenten prayer

Dear God, During Lent help us to keep our eyes on Jesus. Help us to spend more time talking and listening to you. Help us to share what we have with others and be sorry for times we have done wrong.  
Amen





## St. Patrick's Day Potluck!



Join us March 12th at 5 p.m. in the Activity Hall for our monthly potluck! The Home will supply the corned beef and sandwich fixing, drinks, and dessert. Please bring a voluminous side dish to share. If you plan to attend please contact Sr.M.Juliana at [smjuliana@mogch.org](mailto:smjuliana@mogch.org) or ext. 178, sign up at the front desk, or tell a member of the Activity Staff. Sign up sheets to be posted March 1st.

## April Potluck

Save the date for our Pasta potluck on Tuesday, April 9 at 5:00 p.m. Join us in the Activity Hall for food and fellowship. See the April News From Home for details.

*Just a friendly reminder...*

... to sign out your loved one when you accompany them off their floor. The sign out sheets are located at the nursing station. Help us keep your loved one safe at all times! Thank you for your assistance!



Our residents enjoy making valentine cards, playing, games and eating the special cake pops they made!

### March Coming Events

Playing Cards/Games—Mondays    Bingo—Tuesdays /Thursdays    Fridays (during Lent)—Stations of the Cross  
 Exposition/Benediction—1    Birthday Party—6    Potluck —12    Sing-A-Long w/Ed—13  
 Music w/Sr. Brenda & Louise—21    Round Table/Fold News From Home—28    Irish Dancers—30



Here's the 4th Edition of "How well do you know your MOGCH Sisters?" Match each Sister with her fun/interesting fact below. Can you beat the average of 4 correct answers?

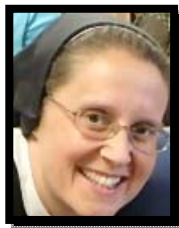
Answers are below!



A) Sr. M. Luka



B) Sr. M. Bernard



C) Sr. M. Beata



D) Sr. M. Elena



E) Sr. M. Juliana



F) Sr. M. Jessica



G) Sr. Mary Elizabeth



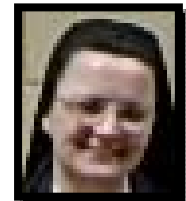
H) Sr. M. Clarita



I) Sr. M. Caterina



J) Sr. M. Christine



K) Sr. M. Jacoba

- 1) I practiced twirling the baton for HOURS in the backyard when I was young.
- 2) I was featured in People Magazine.
- 3) I once rode in a hot air balloon!
- 4) I've lived in California, Ohio, Illinois, Missouri, Nebraska, New Jersey, Wisconsin, Oklahoma, and Kansas.
- 5) I was expelled from kindergarten for being the ringleader of a group of students that ran out of the classroom in order to get a closer look at a train going by.
- 6) I won a flight lesson.
- 7) At the age of 7, my father caught me "tap dancing". He then proceeded to ask me to "perform" every time we had guests. I died of embarrassment, but made a small fortune doing it!
- 8) I wrote and directed a play when I was in 6th grade for our school.
- 9) When I was young, I taught myself to play the organ.
- 10) I slept under the stars without a tent, on a mountain; another time I slept on the top of a van.
- 11) In 4th grade my Girl Scout Troop put on a Christmas play. I played the role of Santa Claus!

1) C 2) I 3) J 4) A 5) F 6) B 7) E 8) K 9) H 10) G 11) D

Join Us!

**Silent Auction!**

**JKF Center**  
315 Howdershell Rd  
Doors Open: 6 pm  
Trivia Starts: 7 pm

**"Through the Decades 70's, 80's, 90's !"**

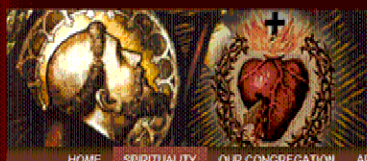
Dress in your favorite decade!  
\$200/Table of 8

**Free Beer, Soda, & Popcorn!**

**Basket Raffle**

**4th Annual Trivia night**  
Saturday, April 6th

Contact Dave Barnhart: [Barnhart@2000msn.com](mailto:Barnhart@2000msn.com)



**SISTERS OF ST. FRANCIS**  
OF THE MARTYR ST. GEORGE

HOME SPIRITUALITY OUR CONGREGATION APOSTOLATES VOCATIONS PARENTS CONTACT US GIVING

Visit our Community's website:  
[www.altonfranciscans.org](http://www.altonfranciscans.org)