

January 2025

# Common ground.

## Soul Food.

From the office of Mission Integration and Spiritual Care.

When angels appear in Scripture, often some of the first words they speak are, "Fear not," or, "Do not be afraid." An example is the Gospel of Christmas Eve: "Do not be afraid," the angel said to the shepherds, "for behold, I proclaim to you good news of great joy that will be for all the people." The words, "Do not be afraid," tell us that people must be scared when these beings appear. But there's no reason to be afraid. Angels, despite appearances, mean no harm. The appearance of angels simply means that God is on the move.

When the angel Gabriel appears to Mary at the Annunciation (celebrated March 25) to announce that she would conceive of the Holy Spirit, his opening line is, "Hail, full of grace! The Lord is with you." Maybe Gabriel knew that Mary would interpret his presence not as an indicator of some kind of trouble but as a sign that God was on the move.

God surely was on the move because the angel then tells Mary that she will soon bear a child who will be called, "the Son of the Most High." "I am the Lord's servant," she said in reply. "Let it be done for me as you have said." It is a "yes" that changed the world. Mary's "fiat" led to the birth of Jesus; the birth of Jesus led to the life of Jesus; the life of Jesus led to the death and resurrection of Jesus; the resurrection of Jesus led to the Church; and the birth of the Church led to our own baptisms into our discipleship of Jesus.

As we mark these last few days of the season of Advent, as the birth of the one for whom we wait is "oh-so-close," may we re-commit ourselves to living like Jesus, loving like Jesus. Not only will that fulfill the will of God in our world, but it will be the best Christmas present we could possibly give! To God, to ourselves.

**Chaplain Lola Alokán**

*Director of Mission Integration and Spiritual Care*



## Employee spotlight.

**Deanna** has been a part of St. Clare Commons for 4 months. In her spare time she enjoys bowling with her family. A typical day in her role involves checking on all the residents in AL/MC, assisting with any tasks they may need, doing laundry, and helping deliver food. Deanna's favorite parts about working at St. Clare Commons are the residents and her coworkers. She loves to travel to New York and Mexico and her favorite season is Fall. We are so thankful that Deanna has joined our team!



# Happy New Year to all!

All of the managers at St. Clare Commons would like to thank all the residents, family members, volunteers and staff for another great year of support. We look forward to 2025 to being a great year if not better than the last.

This past month we celebrated the holidays and brought on the new year with joy and the people we love. All of our Christmas trees were decorated by residents of all of our levels of care with staff assistance. Christmas dinner was a great hit once again with friends and families all around.



## Important dates for family and residents.

### January

- 7** Zoar Lutheran Church, 1 p.m.
- 9** Happy Hour with Ragtime Rick, 3 p.m.
- 14** AL/IL Resident Council, 1 p.m.
- 14** Live Music with David Puatno, 2 p.m.
- 16** Happy Hour with Ira Morehart, 3 p.m.
- 20** Martin Luther King Jr. Day
- 28** Skilled Nursing Resident Council, 1 p.m.