

March 2025

Common ground.

Soul Food.

From the office of Mission Integration and Spiritual Care.

Let me say at the beginning: this article is written for CHRISTIANS. Because Lent (which began/begins on Wednesday, March 5) “belongs” to us all, all may benefit from these reflections on Lent. I humbly submit to Catholics, Protestants and Pentecostals that, because God speaks in so many different ways, God may want to speak to you, now.

During the summers of '00 - '03, I went to Creighton University in Omaha, NE, and received a Master's degree in Spirituality. Creighton is a school operated by the religious order of the Society of Jesus, more commonly known as “the Jesuits.” The Jesuits were founded by St. Ignatius of Loyola in the sixteenth century. Central to our education at Creighton, therefore, was the spirituality of St. Ignatius. An important element of Ignatian spirituality is the idea of “detachment.”

Life in the world sometimes means “attaching” our hearts to that which the world deems important; for example, money, power, appearance, accumulation of “things,” reputation, excess food and drink. Detachment is the process by which we discover inner freedom, the process that leads our hearts to “prefer nothing to the love of Christ.” Detachment, it seems to me, is what Lent is about.

Lenten observances fall into three categories: Prayer, Fasting and Almsgiving (works of charity). A popular “fasting penance,” for example, is to fast from/give up chocolate during the six weeks of Lent; however, I recently read a “Facebook” post from someone who claimed that “God doesn't care whether or not we eat chocolate. God cares about what's in our hearts.” I agree and I disagree. Truly, God probably doesn't care much about our consumption of chocolate. Lent, however, is not for God but for us. We “give up” and “take on” during Lent as ways of disciplining ourselves, as ways of freeing ourselves from our attachments that can distract us from God and from one another.

If you haven't yet decided upon/begun a Lenten discipline of Prayer, Fasting or Almsgiving, detaching from the world and attaching to God are essential to growth in the spiritual life.

Sophia Lloyd
Director of Mission Integration and Spiritual Care



Employee spotlight.

Charli has been a dedicated STNA at St. Clare Commons for the past nine months. In her free time, she cherishes moments with her beloved daughter. Never one to leave home without her Stanley cup or cell phone, Charli also enjoys traveling to Baton Rouge and cheering for her favorite football team.

At work, you can always find her laughing, singing, and sharing jokes with residents. Charli loves the family atmosphere at St. Clare Commons and the wonderful people she serves. Her infectious joy brightens the workplace, and both staff and residents know they can always count on her for support!



Welcome.

St. Clare Commons is pleased to announce the appointment of Sophia Lloyd as the new Director of Mission Integration and Spiritual Care. Sophia brings with her a wealth of experience gained from her years of service with the Sisters of St. Francis, complemented by her training in Clinical Pastoral Education.

In her dual role at St. Clare Commons and the Franciscan Care Center, Sophia is committed to enhancing the spiritual care services offered and is eager to support the dedicated staff in fulfilling the mission of Catholic Health Initiatives (CHI).

A resident of Sylvania Township, Sophia enjoys spending time outdoors and cherishes moments with her husband, and daughter Sarah.

Sophia looks forward to contributing her expertise to our community and fostering an environment of compassionate care.

What a fantastic month!

Our maintenance department truly outdid themselves by helping us create beautiful napkin holders for our rooms. They turned out amazing, and we can't wait to see what we'll craft together next month!

Valentine's Day was a highlight as we celebrated our Sweetheart Social day! We crowned our queen and her court, and all the residents had a delightful time connecting with friends and our enthusiastic younger volunteers. The laughter and joy shared during these moments truly reflect the wonderful community spirit we have here. Here's to more fun activities ahead!



Important dates for family and residents.

March

- 4** Zoar Lutheran Church Service, 1 p.m.
- 5** Mardi Gras
- 6** Assisted and Independent Resident Council Meeting, 1 p.m.
- 11** Music with David Puanto, 2 p.m.
- 13** Happy Hour with Ragtime Rick, 3 p.m.
- 14** Bible Study, 2 p.m.
- 17** St. Patrick's Day
- 20** Spring Begins
- 20** Skilled Nursing Resident Council Meeting, 1 p.m.
- 28** Bible Study, 2 p.m.
- 30** National Doctors Day