

Issue # 106

March 4, 2009

55 Plus Group

SAGE = Spiritual Age

Mary Speaks: When the Holy Rosary is said well, it gives Jesus and Mary more glory and is more meritorious than any other prayer.

A friendly "hello" from the 55 Plus Group. Bernadette Stang lead us in prayer with thirty-seven members and guests attending. Wayne Allen presented us with his poem, "A Child's Prayer" .

Twenty-six of us gathered at Diana's Deli for a nice lunch and then onto The Chapel in Sandusky for a tour on February 18<sup>th</sup>. And yes, Mother Nature was good to us! It was a most interesting outing.

DID YOU KNOW?... Each year, thousands of Irish Americans share a "traditional" meal of corned beef and cabbage. Though cabbage has long been an Irish food, corned beef has only begun to be associated with St. Patrick's Day at the turn of the century. Irish immigrants living on New York City's lower East side substituted corn beef for their traditional dish of Irish bacon to save money. They learned about the cheaper alternative from their Jewish neighbors!

On Wednesday, March 18<sup>th</sup>, Jim Andrews, the chalk artist, will once again give us a demonstration of his beautiful art work ----- starting with nothing and making it into something amazing. We will meet at St. Anthony's Hall on Main St. in Milan, Oh at 1:00 P.M.. If there is a problem with transportation please give one of us a call. For those interested we will be meeting at Jim's Pizza Box on the square for lunch at 11:30 A.M.. The menu offers more than just pizza, so there should be something for everyone. All are welcome ---- come join us for a spiritual journey using art with music.

Lent is.... a journey.... a penitential period of time .... a time of fasting and abstinence ....a process of spiritual growth .... a detachment from material things .... a time of forgiveness .... a time for gratitude .... a time to rejoice .... and be brought to life in the glory of Christ.

Our next luncheon meeting will be  
Wednesday, April 1<sup>st</sup> at Sugar Creek  
Restaurant at 11:30 A.M. and this is  
no April Fool!!

JMJ

#### A March Springtime Prayer

Blessed Sweet Spirit of spring,  
Thank you for new beginnings;  
For health and wholeness, happiness, and peace;  
Abundance and prosperity in all things.  
Thank you, Dear God, as we breathe into our bodies  
the spirit of spring.

... in part by Jeral Supienza