

Mother's Musings

BY: MOTHER MARIE EDWARD



“Christ has no body now on earth but yours, no hands but yours, no feet but yours. Yours are the eyes through which he looks with compassion on the world. Yours are the feet with which he goes about doing good, and yours are the hands with which he blessed all the world”-

St. Teresa of Avila.

As I reflect upon this beautiful season of sharing, of giving, of exchanging good wishes, I have been absolutely awestruck as I have witnessed the outpouring of loving support of our friends and benefactors. It is because of you, your acts of benevolence, of generosity, of prayerful support that we are able to fulfill this caption of St. Teresa in the spirit of St. Jeanne Jugan. It is because of you that we can keep our doors open and continue welcoming the Elderly Poor, the forgotten of society.

As we enter 2015, be assured of our continued prayers and those of our Residents for you and your loved ones. We need one another to fulfill God's plan which calls to mind these words of St. Ignatius of Loyola: “Lord, teach me to be generous...to fight and not to heed the wounds...to labor and not to ask for reward, except to know that I am doing your will!”

UPCOMING EVENTS

Mark Your Calendars!

- **7th Annual RVA French Food Festival**
Saturday, April 25, 2015
11:00a.m. - 9:00p.m.
1503 Michaels Road
www.RVAfrenchfoodfestival.com

For more information about this event, please contact Christy Heinen at (804) 377-4627 or email devrichmond@littlesistersofthepoor.org.

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Visit us at www.littlesistersofthepoorVirginia.org

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Little Sisters of the Poor
St. Joseph's Home for the Aged
1503 Michaels Road
Henrico, Virginia 23229-4899



LITTLE SISTERS OF THE POOR

St. Joseph's Home

Serving the elderly poor in Virginia since 1874

Mission Statement

As Little Sisters of the Poor, our mission is to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.

Our Home in Virginia

Following St. Jeanne Jugan's example throughout our 140 years in Virginia, the Little Sisters of the Poor have relied on God's Providence, manifested through the kindness of benefactors, to continue our work of caring for the elderly poor.

A financial statement is available upon request from the Commonwealth of Virginia Office of Consumer Affairs.



Residents enjoying their ukulele lessons with Sr. Ophelia. Left: Esperanza (last name) Top Right Picture (listed from left to right): Esperanza, Name, Name Bottom Right: Resident Name, Sr. Ophelia

Won't You Play a Tune for Me?

When Sr. Jeanne Emmanuel first proposed starting up ukulele lessons for the Residents, she was met with some hesitation. Nonetheless, she worked hard to secure the donation of (#?) of ukuleles and, with a bit of convincing, was able to gather a group of Residents to try their hand at learning the classic Hawaiian instrument.

Now, a few months into the pilot program, she has a devoted following of about twenty Residents who attend her upbeat lessons twice a week. Residents are enjoying learning new songs and it is truly heartwarming to hear the

music ringing through the halls here at our Home and to see the joy the Residents get from honing their newfound musical talents.

Playing an instrument and listening to music has clear benefits to spiritual, mental and even physical health, so we are so thankful for this new way for Residents to engage their minds and senses all while having fun! The ukulele lessons have truly become a wonderful addition to our calendar of activities, and we hope to see even more interest and engagement with this unique musical pursuit.

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Little Sisters of the Poor

Thrifty Is Thriving

Thrifty Sisters Thrift Shop has had an amazing second year in business. The shop is thriving thanks to very dedicated teams of Volunteers and tremendous community support. This year, the organization graciously donated \$110,000 to help us care for our dear Residents.

The shop is always looking for volunteers to help and in need of item donations. To find out more about the types of items they are looking for or more information on volunteer opportunities, please visit their website at www.thriftysistersrva.org or call 804-658-4163.

41st Annual Benefit Dinner

We enjoyed another wonderful evening this year at the Little Sisters of the Poor's 41st Annual Benefit Dinner. Hosted by co-chair couples Michael and Beth Siewers, Chris and Lisa Brennan, and Tom and Liz Benedetti, the night was filled with good fun, laughs and a true outpouring of generosity.

It was lovely to see so many familiar faces, and we were thrilled to raise a recordbreaking

\$250,000! One of the evening's highlights was during the live auction, when Fr. Renninger of St. Mary's Church encouraged the bidding by serenading bidders with lively tunes.

Thank you to all who helped support our mission, and a special thanks to this year's Seraphim and Cherubin sponsors:



Seventh Annual RVA French Food Festival Coming Soon!

Exciting additions are coming to this year's RVA French Food Festival, which will take place on Saturday, April 25! With five new chefs and restaurants including Balliceaux, BRUX'L Cafe, the Jefferson Hotel, Patina RVA, and Pomegranate, festival-goers will have even more authentic French dishes to

savor throughout the day. Don't worry, we haven't forgotten the original favorites either, including Chef Paul's gourmet dishes and Chef Sean's delicious cajun offerings. For more information about the festival, or to become a volunteer or sponsor of this great event, visit www.RVAfrenchfoodfestival.com.



Thrifty Sisters Volunteer, Beth McElroy, with Thrifty Sisters Volunteer and LSP Board Member, Siobhan Dunnavant (not pictured), present a check to Mother Marie Edward from Thrifty Sisters.

Around Our Home



The students pose with the project "Hang It On the Cross." Standing, from left: Marc Breidenbaugh, Will Gibson, Fr. James Glass. Middle: Marissa Welch, Laura Stephens, Monica Cronin, Jenna Tan. Bottom: Alyssa DeRaymond, Mary Ellen Garrett

Spring Break Service

Recently we had the good fortune of hosting students from the Catholic Campus Ministry of the College of William and Mary. They spent social time and prayer time not only with the Little Sisters but also with the Residents. Everyone enjoyed their youthful vitality, their contagious enthusiasm, and their willingness to serve. We thank them for bringing their joyful spirit to our Residents.

Curating a Crafty Christmas

The annual Christmas Bazaar was a great success again this year, thanks to our incredibly dedicated and hardworking Volunteers. We loved seeing so many familiar faces, and the event brought an abundance of joy, excitement, and Christmas cheer to our Residents.

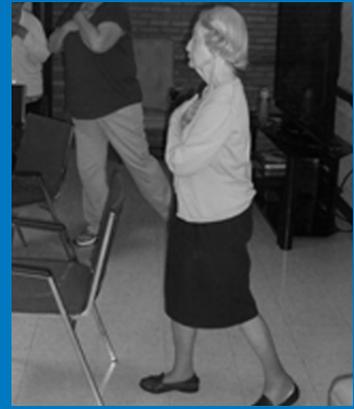
Between the Volunteers' arts and crafts, the needle crafts done by Sr. Angela and the Residents, Sr. Teresa's creme puffs, Chef Phillip's cookies, and delicious frozen foods, we

raised over \$16,000 for our Residents.

Big thanks to all who came out to support us and helped to make the Bazaar such a success. If you're interested in helping out with the 2015 Christmas Bazaar, please send an email to ecrichmond@littlesistersofthepoor.org.



Volunteers spreading Christmas cheer through their beautiful handmade arts & crafts.



Stretch it Out

Monday and Wednesday mornings are calm, peaceful times for the Residents at our home, who have been enjoying twice weekly morning yoga sessions. Taught by the lovely Linda, the classes offer an adapted version of the traditional exercises to help improve the spiritual, mental and physical health of our Residents. It is truly a rejuvenating experience for everyone involved, with soft music playing in the background and the soothing voice of the instructor leading the Residents through the exercises.

Begun with a prayer and gentle breathing exercises, the class progresses through a series of seated yoga poses and stretches and then finally into the standing exercises. The classes offer our Residents a wonderful opportunity to not only enjoy a tranquil start to their day but also help with balance, flexibility, and breathing.

As the class wraps up with a final prayer, our Residents are treated to a relaxing shoulder rub by the instructor, leaving them smiling, relaxed, and ready for their day! We are so happy to see our Residents enjoying another wonderful program made possible by the generous contributions of our donors.