



Rehabilitation | Assisted Living | Nursing Care | Memory Care | Hospice  
2161 Leonard St NW | Grand Rapids, MI | 616.453.7715  
Carmelite Sisters, CDCJ

## Lessons from The Star in the East

“We have seen his star in the East, and have come to worship him. When they arrived in Bethlehem, “they saw the child with Mary his mother, and they fell down and worshiped him.”

One year ago Pope Francis used those verses from the Gospel of Matthew in his Epiphany message. He continued:

"Worship means bending low before the

Most High and to discover in his presence that life's greatness does not consist in having, but in loving. Worship means recognizing that we are all brothers and sisters before the mystery of a love that bridges every distance: it is to encounter goodness at the source; it is to find in the God of closeness the courage to draw near to others. Worship means knowing how to be silent in the presence of the divine Word, and learning to use words that do not wound but console.

"Worship is an act of love that changes our lives. It is to do what the Magi did. To bring gold to the Lord and to tell him that nothing is more precious than he is. To offer him incense and to tell him that only in union with him can our lives rise up to heaven.



*Please see Sister, page 3*



# St. Ann's

## Tammy Lopez Earns December Honors

We are so excited to announce Tammy Lopez, C.N.A, as our Employee of the month for December.

Tammy has been with St. Ann's for a short time, but has a made a huge impact. Tammy we want to take a moment to thank you for your great attitude, positivity and your willingness to be a team player.

You are truly a huge asset to the St. Ann's team and we cannot thank you enough for your contributions!



*Sister, from page 1*

"To present him with myrrh, balm for the bruised and wounded, and to promise him that we will aid our marginalized and suffering neighbors, in whom he himself is present. We usually know how to pray – we ask the Lord, we thank him – but the Church must move forward in her prayer of worship; we must grow in worshiping. This is wisdom that we must learn each day. Praying by worshiping: the prayer of worship.

"Dear brothers and sisters, today each one of us can ask: 'Am I a Christian who worships?' Many Christians pray but they do not worship. Let us ask ourselves this question: Do we find time for worship in our daily schedules and do we make room for worship in our communities? It is up to us, as a Church, to put into practice the words we prayed in today's Psalm: 'All the peoples on earth will worship you, O Lord.' In worshiping, we too will discover, like the Magi, the meaning of our journey. And like the Magi, we too will experience "a great joy" (Mt2:10).

Just as we must remember the importance of worship, we also recall Epiphany, and that the baptism of Jesus is reported in each of the three Synoptic Gospels — Matthew, Mark, and Luke. Clearly, Jesus' baptism was an event of great significance for Jesus and for the early Christian community. Mark and Luke report the story from Jesus' perspective; the voice from heaven is addressed to Jesus. In Matthew's Gospel, the voice from heaven speaks to all who are present. The descent of the Holy Spirit on Jesus at his baptism shows that something new is beginning through the baptism and ministry of Jesus.

We welcome our new year with prayer.

Sister M. Gabriela, CDCJ

## COMMUNITY

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Carmelite Sisters, CDCJ

Sr. M. Giuseppe

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### Cover Photo

Crisp, cold, fresh. We are reminded of nature's beauty as a new year begins.

### ST. ANN'S MISSION

Our mission is to provide a loving and spiritual community for older adults to live lives of caring and wholeness inspired by our Carmelite foundation of fraternity, service and prayer.





# January BIRTHDAYS

JANE V.  
January 18

DAVID D.  
January 20

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"I hope you realize that every day is a fresh start for you. That every sunrise is a new chapter in your life waiting to be written."

- Juansen Dizon



"To improve is to change; to be perfect is to change often."  
- Winston Churchill

"And now we welcome the new year.  
Full of things that have never been."  
- Rainer Maria Rilke

"I like the dreams of the future better  
than the history of the past."  
- Thomas Jefferson



"You are never too old to set  
another goal or to dream  
a new dream."  
- C.S. Lewis



## JANUARY CALENDAR HIGHLIGHTS

DATE	TIME	EVENT
Jan. 1		Happy New Year
Jan. 3	3 p.m.	Marian procession from the Holy Land (EWTN)
Jan. 7	1:30 p.m.	Hallway Keyboard Tunes
Jan.11	1:30 p.m.	Piano Sing-A-Long (Dining Room)
Jan. 14	1:30 p.m.	Show Tunes & Pop Standards
Jan. 20	1:30 p.m.	The Fabulous 40's
Jan. 25	1:30 p.m.	Hallway Keyboard Tunes
Jan. 28	1:30 p.m.	Piano and violin Duet (Dining Room)
Please remember all events are subject to change. Be sure to thank all our generous event participants each month.		

## LIFE ENRICHMENT

### SPIRITUAL SUPPORT

Watch & Pray With  
Televised Masses and  
Liturgies:

St. Ann's residents may tune into WXMI TV 17 at 10 a.m. for Mass televised from the Cathedral of St. Andrew.

Mass may be watched anytime on the Cathedral website.

Residents will find a full slate of Catholic programming on the EWTN network. Ask a staff member if you need any help.



"Kindness, kindness, kindness. I want to make a New year's prayer, not a resolution. I'm praying for courage."

- Susan Sontag



"You don't have to see the whole staircase, just take the first step."  
- Martin Luther King



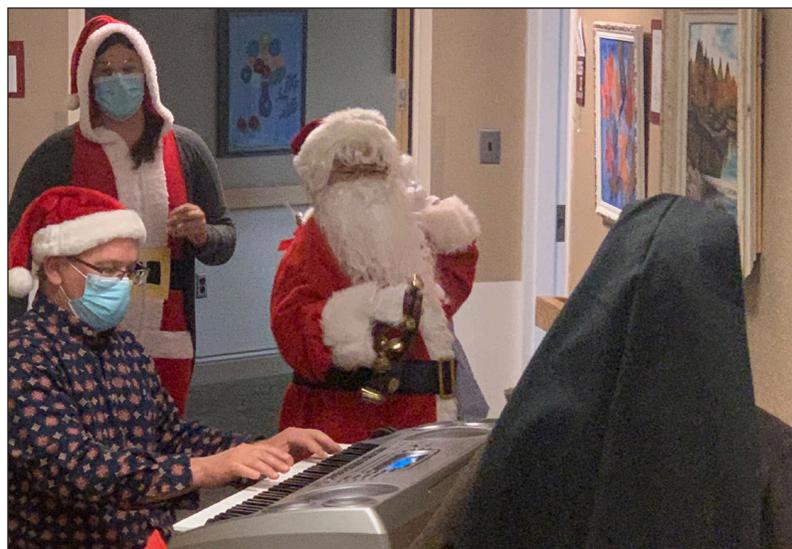
# Santa and the Elves at St. Ann's



**Santa and the elves visited St. Ann's just before Christmas arrived.**

**The gifts they delivered were a blend of gifts donated by family members, staff members, the Sisters, West Catholic High School, and the Salvation Army.**

**Leonard Kurtz provided roving music for the group on Christmas Eve.**



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## KEY CONTACT LIST

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Dir., Human Resources, ext. 1108

Tim Bulson  
Dir., Community Relations, ext. 1114

Kristi Williams  
Dir., Rehabilitation Services, ext. 1121

### ST. ANN'S OMBUDSMAN

Adult Well-Being Services  
1695 Service Rd. NE Suite 106  
Grand Rapids, MI 49503  
616-245-9451 or 1-800-782-2918

Public information is located on Joachim's Place North Bulletin Board, in the common area across from the bird display, and in the Front Lobby.



**St. Ann's**

2161 LEONARD ST. NW  
GRAND RAPIDS, MI

616.453.7715  
stannshome.com

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## Annual Gift Donation to Residents

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Representatives from West Catholic High School delivered more than 75 gifts for residents: Megan Eversman (L) and Jill Vanderende worked with students on gift donations, wrapping, and packaging. Eversman is a Development Assistant and Vanderende is Development Director in the West Catholic Development Office.

