



# The SENIOR SAGE

A PUBLICATION OF THE OFFICE OF AGING MINISTRY FOR  
THE ARCHDIOCESE OF GALVESTON-HOUSTON

Winter 2024 / Spring 2025

Volume 49 Issue 1

## 2025 – A YEAR OF CHANGE AND SIGNIFICANCE

This year, 2025, is a year of change and significance. As a year of jubilee that only happens in the life of the church every 25 years, 2025 is a time for reenergizing the faithful, this year with a focus on being Pilgrims of Hope in the world. This is a year for us in the Archdiocese of Galveston Houston with a new Archbishop, Most Reverend Joe S. Vasquez, an event that has not happened since Cardinal DiNardo succeeded Archbishop Joseph Fiorenza in 2006. Now it is also a time for a new Pope with the recent death of Pope Francis and election of Pope Leo XIV.

Here in the Office of Aging Ministry, 2025 is also a year of change and significance. At the beginning of this year we launched the new SAINTS University, a community of faith, fellowship and fun with classes and events in four communities – the central community, northern community, the southwest community and, for the first time, the Spanish community. Previously known as senates, the three communities – central, northern and southwest have been identified as communities to emphasize the goal of each community as a place where everyone attending is seen and heard, valued and loved. All three communities are open to anyone 50+ years and the people who love them. No longer is membership limited to two representatives from each parish in the region. We are hopeful that the communities are a place to meet peers from other parishes and for those of you who may not have a senior program in your parish, we hope to provide one here in the Archdiocese.

This year we also began our newest community, our Spanish community where seniors, and the people who love them, who are Spanish-speaking can gather for faith, fellowship and fun. Each community has a calendar of activities and events. A full calendar for all four communities within SAINTS University is included in this newsletter. Please join us and bring a friend or come and make a new friend!

In addition to the four communities, SAINTS University also has other programs and events for all four communities and the community generally, such as the Day of Prayer in March and the Senior Resource Fair we held in April. In addition, there is a monthly online newsletter called the SAINTS Messenger that features upcoming events, introductions to various saints, prayers, resources and other current news items. If you have not yet received a copy of the SAINTS Messenger and you would like to, please use the QR code to join our community.

Please know that no matter the season of change, we are thinking of you, praying for you and you are at the center of all we are doing.

If you have any questions or concerns, if you have ideas you'd like to share, if you'd like to share your expertise in a subject, please reach out and contact me.

Blessings to each one of you!

Kris Kerlin

### NEW NAME :



Same great content

To further emphasize our high regard for you, our seasoned and sensational seniors, and to esteem you as seen and heard, valued and loved, we are changing the name of this printed newsletter from the Senior Chatter to the Senior Sage.

*Sage refers to a person who is very wise. It can also refer to someone venerated for the possession of wisdom, judgment, and experience.*

Overall, Sage is used to describe someone who is wise, especially as a result of great experience and we believe that is YOU. We hope you will continue sending in your articles to let us know what you are doing. Sharing your experiences is an inspiration!

# MEET YOUR TEAM

**We love our ministry!**

**Kris Kerlin, LPC-S**  
Director

kkerlin@archgh.org  
713-391-2678

**Olga Najar, MATP**  
Associate Director

onajar@archgh.org  
713-391-2615

**Gina Pasket**  
Associate Director  
gpasket@archgh.org  
713-391-2671

**Blanca Cruz**  
Executive Administrative Assistant  
bcruz@archgh.org  
713-741-8712

## THE OFFICE OF AGING MINISTRY

2403 Holcombe Boulevard  
Houston, Texas 77021  
Office Hours (M-F): 8:30 am - 4:30 pm  
Phone: 713-741-8712 Fax: 713-741-8775

## COMMUNITY LEADERS

The senior communities are communities for faith, fellowship and fun, for all seniors led by seniors.

### CENTRAL COMMUNITY

Barbara Murray, CSS - President  
Delois Semien CSS - Vice-President  
Earline Castex CSS - Treasurer  
Barbara Nugent CSS - Secretary

Meeting: 1st Monday of each month  
St. Dominic Auditorium - 10 a.m.  
2403 Holcombe Blvd. - Houston, TX 77021

### NORTHERN COMMUNITY

Mary Jo Butler NSS - President  
Mary Loo Helminiak NSS - Vice President  
Becky Keels NSS - Treasurer  
Cheryl Park NSS - Secretary

Meeting: 2nd Monday of each month 10AM  
Christ, the Redeemer  
11507 Huffmiester Rd., Houston, TX 77065

### SOUTHWEST COMMUNITY

John Johnson SW - President  
Margaret Fuller SW - VP  
Gwen Reinke SW - Treasurer  
Dennis O'Driscoll SW - Secretary

Meeting: Quarterly meetings-10 a.m.  
St. Cyril of Alexandria Church  
10503 Westheimer Rd. - Houston, TX 77042

### MIEMBROS DE LIDERAZGO-2025

Juan G Gomez Alba Rubio  
Erika Gonzalez Cony Travera  
Patricia Martinez Linda Williams Hall

Próxima Reunión: 23 de mayo, 2025  
St. Dominic Chancery/RM. 133  
3:00 PM - 4:30 PM  
2403 Holcombe Blvd. - Houston, TX 77021

### COMUNIDAD DE ALDUTOS MAYORES



Envía un mensaje de texto con la palabra "SABIO"  
a 202-765-3441 o  
Escanear código QR

### OFFICE OF AGING COMMUNITY



text "AGING" to 84576  
or  
Scan QR Code



A PUBLICATION OF THE OFFICE OF AGING MINISTRY FOR THE ARCHDIOCESE OF GALVESTON-HOUSTON

**NEXT CHATTER DEADLINE:  
AUGUST 15, 2025**

Send Senior Sage articles to:  
[Chatter@archgh.org](mailto:Chatter@archgh.org)

Please limit articles to 125-150 words.  
All submissions are subject to editing based on space available. Be sure to visit the Office of Aging on the web at:

[www.archgh.org/aging](http://www.archgh.org/aging)



SENIOR COMMUNITIES: FAITH, FELLOWSHIP, AND FUN  
**U P C O M I N G   E V E N T S**

## CENTRAL



**Game Day**  
**Registration Required**

**TIME:**  
**10:00 AM - NOON**

**LOCATION:**  
**ST. DOMINIC AUDITORIUM**  
**2401 HOLCOMBE BLVD.**  
**HOUSTON, TX 77021**

## SOUTHWEST



**Game Day**  
**Registration Required**

**TIME:**  
**10:00 AM - NOON**

**LOCATION:**  
**St. Laurence Catholic Church**  
**Ave Maria Center**  
**Marian Hall**  
**3103 Sweetwater Blvd.**  
**Sugar Land, Texas 77479**

## NORTHERN



**Health and Wellness,**  
**Self-Care, and Healthy**  
**Lifestyle**

**Speaker:**  
**Dr. Jessica Lee**

**TIME:**  
**10:00 AM - NOON**

**LOCATION:**  
**CHRIST THE REDEEMER**  
**11507 HUFFMEISTER ROAD**  
**HOUSTON, TX 77065**

## MIEMBROS DE LIDERAZGO



**Reunión de liderazgo**

**TIEMPO:**  
**3:00 PM - 4:30 PM**

**UBICACIÓN:**  
**ST. DOMINIC AUDITORIUM**  
**ROOM 133**  
**2401 HOLCOMBE BLVD.**  
**HOUSTON, TX 77021**

# FAITH, FELLOWSHIP, AND FUN IN OUR COMMUNITIES

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## CENTRAL SENIOR COMMUNITY

*In the first quarter this community has been focused on health and well-beings with presentations on “Health and Wellness, Self-Care, Healthy Lifestyle” by Sin Ying Chan from MD Anderson, and on “The Nutrition Ambassador Program – Healthy Foods” by Dr. Rhonda Scherer from University of Houston, and most recently on the “Second Half of Life: Third Age” by Kris Kerlin. Several women from the Central community participated in an Office of Worship service project, to assist with preparation for the Chrism mass on April 15. They participated in the "Day of Prayer."*

## NORTHERN SENIOR COMMUNITY

*This community meets monthly and has a speaker at each gathering in addition to other events offered such as the Day of Prayer and Resource Fair. Topics covered this first quarter were: History of the Livestock Show and Rodeo by Richard L. Gruen in February, Spirituality & Spiritual Direction presented by four spiritual directors from the Marian Servant in March, and Grandparents by Marilyn Henry of the Catholic Grandparents Association in April. An anniversary mass and luncheon celebrating couples in the Northern community who have been married, 50, 55 or 60 plus years was held on May 12. Keep an eye out for the June edition of the SAINTS Messenger for pictures and reflections on this event.*

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### Upcoming Events for Northern Senior Community

**“Fun Day”** Thursday, July 31, 2025, from 10 AM – 2 PM at Christ the Redemer. The cost for the event is \$15.00  
Registration deadline July 18th. Contact your Senior Group to register or contact Gina Pasket at [gpasket@archgh.org](mailto:gpasket@archgh.org) or 713-391-2671 for more details.  
It's a FUN DAY filled with Bingo, Lunch, Door Prizes, and more.

### **“Save the Date” Recognition and Christmas Event**

Tuesday, December 16, 2025, at Prince of Peace to honor seniors with outstanding service to their parish and community.

# FAITH, FELLOWSHIP, AND FUN IN OUR COMMUNITIES

## SOUTHWEST SENIOR COMMUNITY

*In addition to planning and hosting the Day of Prayer event, this community, that meets quarterly, gathered on April 23rd for a presentation on "Living through Loss" by Kris Kerlin. This community is growing with parishioners from two new parishes, St. Angela Merici and St. Charles Borromeo now attending gatherings.*

We had a great time in our last 2 meetings this year! In October, Gayle Naar shared a "legacy item" with us. Our speaker was Dr. Patricia Horace, Director of Nursing and master certified Health Education Specialist and Faith Community Nurse (FCN). She gave an informative presentation on Heart Health. We also enjoyed a "pot luck" lunch. In November, we had our annual Recognition event recognizing seniors from each of our 5 participating parishes (Holy Family in Missouri City, St. Cyril of Alexandria, St. Justin Martyr, St. Laurence, and St. Michael the Archangel) for their outstanding service to their parish, fellow seniors, and their community. We look forward to the Day of Prayer in March!

-John Johnson and Gwen Reinke

## SPANISH SENIOR COMMUNITY

Dear Brothers and Sisters in Christ,

More than 50 years after establishing our archdiocesan office, we see the positive outcomes of the National Pastoral Plan for Hispanic Latinos, an initiative from the United States Conference of Catholic Bishops (USCCB). This effort involves Their Eminences Archbishop Joe S. Vásquez, the current Archbishop of the Archdiocese of Galveston-Houston, and Bishop Italo Dell'Oro.

The vision and mission of this pastoral plan are to foster connections with marginalized, lonely, or isolated individuals, thereby creating a culture of encounter.

I am honored to share some of the events and initiatives we have developed with Hispanic communities through our Office of Aging during this first quarter.

On Saturday, February 15, we held a training session for Hispanic leaders to enhance their capacity to serve Hispanic older adults within parish communities. This event was a tremendous success, with 24 leaders from 10 parishes across the diocese in attendance. As a result of this training, we formed a Spanish-speaking leadership team consisting of six members dedicated to serving Spanish-speaking older adults. On March 24, these six leadership team members, representing the Hispanic community, attended the Day of Prayer for the first time. They received a blessing and were officially inducted as members of the Hispanic Leadership Team (names and photos are included).

On April 12, I was honored to lead a Resource Fair at St. Ignatius Loyola for the first time. We brought together more than 50 exhibitors, conducted twelve presentations, and had five food sponsors, attracting over 150 attendees. The event received excellent feedback, and we are grateful for the fantastic turnout and support from 37 volunteers. Lázaro Contreras, the Director of Hispanic Ministry, served as our master of ceremonies for the presentations.

I am also pleased to announce that we will hold our first in-person leadership meeting on May 23rd. We are confident that this will mark the beginning of significant projects to benefit Hispanic communities.

You represent the communities that serve older adults in Spanish and are pioneers and key players in various projects, events, and participation within faith communities. Therefore, I invite you to encourage your members, family, and parish communities to join us and subscribe to our emails for information about our projects planned for 2025. This invitation is open to all, both Catholics and non-Catholics.

We thank God and the Virgin Mary for the opportunity to continue working for the common good, serving, accompanying, and being a source of transformation and evangelization. Together, we aim to foster a culture of encounter where our older adults experience the presence of the risen Christ, feeling seen, valued, and loved.

By Olga Najjar, Associate Director

***ALL people, Catholic or non-Catholic 50+ years and the people who love them are welcome to attend community events.***

## COMUNIDAD DE ADULTOS MAYORES ESPAÑOL

Queridos Hermanos y Hermanas en Cristo: Más de 50 años después de establecer nuestra oficina arquidiocesana, vemos los resultados positivos del Plan Pastoral Nacional para los Hispanos Latinos, una iniciativa de la Conferencia de Obispos Católicos de los Estados Unidos (USCCB). Este esfuerzo involucra a Sus Eminencias, el Arzobispo Joe S. Vásquez, actual Arzobispo de la Arquidiócesis de Galveston-Houston, y el Obispo Italo Dell'Oro. La visión y la misión de este plan pastoral son fomentar conexiones con personas marginadas, solitarias o aisladas, creando así una cultura de encuentro.

Me honra compartir algunos de los eventos e iniciativas que hemos desarrollado con las comunidades hispanas a través de nuestra Oficina de Envejecimiento durante este primer trimestre.

El sábado 15 de febrero, realizamos una sesión de capacitación para líderes hispanos con el fin de fortalecer su capacidad para servir a los adultos mayores hispanos en las comunidades parroquiales. Este evento fue todo un éxito, con la asistencia de 24 líderes de 10 parroquias de toda la diócesis. Como resultado de esta capacitación, formamos un equipo de liderazgo hispanohablante compuesto por seis miembros dedicados a servir a los adultos mayores hispanohablantes.

El 24 de marzo, estos seis miembros del equipo de liderazgo, en representación de la comunidad hispana, asistieron por primera vez al Día de Oración. Recibieron una bendición y fueron incorporados oficialmente como miembros del Equipo de Liderazgo Hispano (se incluyen nombres y fotos).



El 12 de abril, tuve el honor de dirigir por primera vez una Feria de Recursos en San Ignacio de Loyola. Reunimos a más de 50 expositores, realizamos doce presentaciones y contamos con cinco patrocinadores de alimentos, atrayendo a más de 150 asistentes. El evento recibió excelentes comentarios y agradecemos la fantástica participación y el apoyo de 37 voluntarios. Lázaro Contreras, director del Ministerio Hispano, fue nuestro maestro de ceremonias para las presentaciones.

También me complace anunciar que celebraremos nuestra primera reunión presencial de liderazgo el 23 de mayo. Confiamos en que esto marcará el inicio de proyectos significativos en beneficio de las comunidades hispanas. Ustedes representan a las comunidades que atienden a los adultos mayores en español y son pioneros y actores clave en diversos proyectos, eventos y participación dentro de las comunidades de fe. Por lo tanto, los invito a animar a sus miembros, familiares y comunidades parroquiales a unirse a nosotros y suscribirse a nuestros correos electrónicos para obtener información sobre nuestros proyectos planificados para 2025. Esta invitación está abierta a todos, tanto católicos como no católicos.

Agradecemos a Dios y a la Virgen María por la oportunidad de seguir trabajando por el bien común, sirviendo, acompañando y siendo fuente de transformación y evangelización.

Juntos, buscamos fomentar una cultura de encuentro donde nuestros adultos mayores experimenten la presencia de Cristo resucitado, sintiéndose vistos, valorados y amados.

Por Olga Najjar, Directora Asociada



## DAY OF PRAYER



It's been an amazing first quarter in the life of our four communities!

Day of Prayer: On March 24th, the Southwest community planned and hosted the Day of Prayer, where all four communities came together for mass and prayer at St. Cyril of Alexandria. Mass was presided by Fr. Christopher Shackelford – Pastor. It was a very spiritual experience with 27 parishes represented. During mass, Fr. Christopher commissioned the officers and leaders from the four communities – Northern, Southwest, Central and Spanish. 152 people attended Mass & 145 were in attendance for the luncheon. Luncheon speaker, Rev. Thomas Frank brought the spirit of Jubilee to all with an amazing presentation on the topic: “Jesus Christ, Our Living Hope”.





## SAINTS University – 2025 Calendar ALL COMMUNITIES

	<b>CENTRAL</b> Monthly Meetings 1st Monday of the month	<b>NORTHERN</b> Monthly Meetings 2nd Monday of the month	<b>SOUTHWEST</b> Quarterly meetings 4th Monday	<b>SPANISH</b> Quarterly Events
<b>January</b> New Year - 1 Martin Luther King Day - 20	<b>6</b>	<b>13</b>	<b>27</b>	
Elections and Installation of New Officers Commissioning and Training				
<b>February</b> Valentine's - 14	<b>3</b>	<b>10</b>		<b>15</b> LIDERAZGO SERVICIAL PARA LIDERES PARROQUIALES
<b>March</b> St. Patrick's Day - 17 Doctor wk 25-31 Anunciation - 25	World Day of Prayer is Friday, March 7 St. Joseph table - Prince of Peace, March 22 Day of Prayer - 4th , SW Hosting, March 24			
<b>April</b> Holy Thursday - 17 Good Friday - 18 Easter - 20 Easter Monday - 21 Earth Day - 22	<b>7</b> <b>Topic:</b> Nutrition Ambassador Program Healthy Foods <b>Speaker:</b> Lizzette Tienda, Chef & Team	<b>14</b> <b>Topic:</b> Grandparents <b>Speaker:</b> Marilyn Henry	<b>23</b> <b>Topic:</b> Dealing with grief and loss in your life. <b>Speaker:</b> Kris Kerlin, LPC-S, Director of Office of Aging	<b>12</b> <b>Resource fair</b> <b>Feria de Recursos</b> Bilingual - English and Spanish Resources St. Ignatius of Loyola 10AM - 1PM ALL ARE WELCOME
<b>May</b> Mother's Day - 11 Memorial Day - 26 Nurse's wk 6-12	<b>5</b> <b>Topic:</b> Second Half of Life : Third Age <b>Speaker:</b> Kris Kerlin	<b>12</b> <b>Anniversary Mass</b> <b>Topic:</b> Second Half of Life : Third Age <b>Speaker:</b> Kris Kerlin	<b>No Meeting</b>	
<b>June</b> Father's Day - 15 Juneteenth - 19	<b>2</b> <b>Game Day</b>	<b>9</b> <b>Topic:</b> Health and Wellness, Self-Care, Healthy Lifestyle <b>Speaker:</b> Dr. Jessica Lee	<b>No Meeting</b>	
<b>July</b> Independence Day - 4	<b>No Meeting</b>	<b>14</b> Topic: Nutrition Ambassador Program Healthy Foods Speaker: Lizzette Tienda, Chef & Team	<b>23</b> <b>Game Day</b>	
<b>August</b> Feast of the Assumption - 15	<b>No Meeting</b>	<b>July 31</b> FUN Day	<b>No Meeting</b>	
<b>September</b> Labor Day - 1	<b>4 * (Thursday)</b> Topic: Current Events - discussion of Social Justice Teaching <b>Speaker:</b> Sr. Maureen O'Connell, Secretariat for Social Concerns	<b>8</b> Topic: Medicare/Social Security Speaker: TBD	<b>24</b> Quarterly Gathering with a Spin	<b>27</b> End-of- Life seminar <b>Seminario</b> <b>Prepararandose Al Final</b> <b>de la Vida</b> St Bartholomew
<b>October</b> Halloween - 31	<b>6</b> <b>Topic:</b> What does the Bible have to say about seniors <b>Speaker:</b> TBD	<b>13</b> <b>Topic:</b> Preparing for heaven emotionally, mentally, spiritually and physically <b>Speaker:</b> Kris Kerlin	Date and place pending <b>Resource fair - SW</b>	<b>Dia de los Muertes</b> <b>Celebracion</b>
<b>November</b> All Saints Day - 1 All Souls Day - 2 Thanksgiving - 27-28	<b>3</b> <b>Topic:</b> Preparing for heaven emotionally, mentally, spiritually and physically <b>Speaker:</b> Kris Kerlin	<b>10</b> <b>Memorial Mass for</b> <b>Deceased Members</b>	<b>15</b> <b>Recognition Event</b>	
<b>December</b> Immaculate Conception - 8 Christmas - 24 PM - 26	<b>3 - Wednesday</b> Recognition and Christmas Event	<b>16 - Tuesday</b> Recognition and Christmas event		



# ALZHEIMER'S ASSOCIATION®

**Friday, June 20**

9:00 a.m. - 12:30 p.m.

Followed by Optional Breakout  
Sessions with Vendors & Resources

## CAREGIVER SYMPOSIUM COURAGE TO CARE

**HYBRID  
EVENT**

Virtual & In-Person



### HEAR FROM THE EXPERTS ON ALZHEIMER'S DISEASE & CONNECT WITH OTHER CAREGIVERS

Whether you're a professional caregiver or a family member looking for support, the Alzheimer's Association Houston & Southeast Texas Chapter invites you to attend our **FREE** Caregiver Symposium.

Join us for a day filled with insightful sessions, workshops and networking opportunities to help you on your caregiving journey.



**St. Dominic Chancery**

2403 Holcombe Blvd. | Houston, TX 77021

**OR virtually via Zoom**

**Learn practical strategies for  
caring for yourself that will help  
you support your loved one.**

**Sessions will address multiple types of  
dementia in addition to Alzheimer's disease  
such as Parkinson's, Lewy Body,  
Frontotemporal & more, and will address  
caregiving skills, including effective  
communication, encouragement and self-care.**

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or call 800.272.3900



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**Presented in collaboration with**



The Association for  
Frontotemporal Degeneration  
**AND HELP SHARE HOPE**



**Houston Area  
Parkinson Society**

Sponsorship opportunities are available, please contact **Adrianne McGee** at [ammcgee@alz.org](mailto:ammcgee@alz.org)

## KOLBE SENIORS

### *St. Maximilian Kolbe*

Our October trip was a day at the Zoo. The weather was perfect and we were able to visit the new Galapagos Island exhibit in addition to all the other exhibits. We walked until we dropped into a chair for a cool drink. Our presenter at the October meeting was Denna Everest sharing a video presentation of her recent trip to Poland to trace the life of St Maximilian Kolbe. She was with a large pilgrimage from our church. Our church returned with a relic(hair) from St Max. The presentation was outstanding. Please consider going to Youtube and selecting Saint Maximilian Kolbe Window Tour 2021, a video that Deena created to showcase our church windows and the story of the life of St Maximilian Kolbe.

On a beautiful day in November we traveled to Caldwell, Tx and the Royalty Pecan Farm. The manager Andy did a great tour and we bought many items from the gift shop. We really learned so much and enjoyed our day out by finishing with a great buffet meal at the Surry Restaurant. November 11 we honored seven of our members who died this year. The Memorial Mass is hosted by the Northern Senior Senate and gives us another way to say goodbye. Our November 15 meeting was a crowd favorite of Bingo.

December 3 at the Northern Senior Senate Recognition Luncheon our Kolbe Seniors group honored Gayle Shearer for her service to our group. Gayle is a talented photographer and our Church Librarian. She is a wonderful asset to our group. December 6 we were able to attend the Lessons and Carols Concert at Prince of Peace Catholic church. And we finished off the year with our Christmas Luncheon and entertainment by Cantus Musical group.

Mary Ann Harvey

## GOLDEN FRIENDSHIP GROUP

### *Holy Family-Missouri City*

Hello everyone!

Octoberfest was a blast! Even with the heat, the Holy Family crew had an absolutely fantastic time, enjoying all the delicious food and fun! We heard amazing things about Senior Day at the County Fair – it sounds like everyone had a wonderful time! The Precinct 2 luncheon was also a huge success! A big thank you to everyone who made these events so memorable!

November was another great month! JoAnn Bowman and Glenda Mockel were celebrated at St. Cyril's for receiving their well-deserved Members of the Year awards! We also had our annual Thanksgiving luncheon – turkey and all the fixings! It's a tradition we all look forward to every year!

Our December meeting welcomed two fantastic new members, John and Angela Escalon! A huge welcome to you both! We're so happy to have you! We enjoyed a delicious tamale luncheon, thanks to John and Gwen Johnson, with everyone bringing yummy sides!

For the past couple of months, our "get-together" luncheons have been at some fantastic places: El Regio Mexican Restaurant, Willie's, and another great time at El Regio!

Clara Lyons



## ST. IGNATIUS OF LOYOLA SENIOR FRIENDS

*St. Ignatius of Loyola*

We made a day trip to visit the Aquarium Downtown for lunch and to ride their train. Always a fun time! We continued keeping busy with a visit to Father Jose Kumbloickal's new parish, St. Bartholomew the Apostle, followed by lunch and shopping at La Centerra in Cinco Ranch. Everyone was so happy to visit with Father Jose.

We had a speaker from the Barbara Bush Community Center give us all an update about the available classes they offer to the community, especially the Seniors. Some of our Seniors attended the Northern Senior Senate's "Recognition and Christmas Celebration" at Prince of Peace. Our very own wonderful couple, Don and Rosie Theesfeld, were recognized for their willingness to be helpful for anything that was needed.

At our Christmas party, Peter Ramirez, our Assistant Music Director was accompanied by Danielle Bosch. They entertained us with a Christmas sing-a-long. We ended 2024 with plenty of delicious food and fun. We look forward to 2025 with more trips, speakers and fellowship.

May your New Year be full of love, kindness, charity and always pray to the Blessed Mother for peace around the world.

Please pray for all Seniors, our Veterans and those currently serving in the Military.

Sarah Doyle, Senior Friends of St. Ignatius of Loyola Catholic Community



## SENIOR FRIENDS

*St. Philip Neri Parish*

Mr. Charles Hendricks, Minister of Music, was our honoree from St. Philip Neri Parish. He is a long time parishioner and has served for 40 years in this capacity. He traveled with many music artists such as Otis Redding and worked with James Brown in the studio. Charles formed the first all children's orchestra which was selected by the late Mickey Leland to perform on the steps of our Nation's Capital. He received a Bachelor's Degree from Jackson State University (JSU). His accomplishments are amazing and too many to mention.

Our Senior Friends held their Annual Christmas Luncheon December 11, 2024. All of our senior parishioners and other guests were invited to attend. Everyone enjoyed good food, games, music, dancing, and fellowshiping.

Sherry Chilo

## SILVER STEPPERS

**St. Monica**

Hello everyone, Happy New Year. Just to recoup a few things from last year. We had several members attend the Memorial Service in November. The Christmas party in December was attended by 27 of our members, our members Norita Griffin-Richard were honored and Pauline Newman was acknowledged for her assistance with different things. We had our Silver Steppers annual Christmas party in December, and all had a good time.

We hope and pray that this year is a good year for all. God Bless and stay safe.

*Subsequent to this article Pauline Newman went home to God. May she rest in eternal peace. Please see the SAINTS Messenger for a special tribute to her.*



June Boutte  
St. Monica Silver Steppers

## HARVEST YEARS SENIORS

**Assumption**

Greetings from Assumption from Assumption Harvest Years Seniors.

For our October meeting we sponsored a potluck with tailgate party food and games. We also sponsored a bake sale after Masses on 10/13/24. In November, we were off to the Boomtown Museum in Beaumont followed by a delicious seafood luncheon at Floyd's. From there, we traveled to Port Arthur to visit Our Lady of Guadalupe Church and Shrine.

We celebrated Thanksgiving with our annual dinner/meeting in November. Members also attended a Mass for deceased Harvest Years members on 11/10/24.

Members attended the annual NSS Recognition/Christmas Luncheon on 12/3/24. We recognized Bertha Walkowiak for her outstanding dedication to Harvest Years.

We closed out 2024 with our annual Christmas Luncheon followed by election of officers for the coming New Year 2025!

## ST. MATTHEW'S 50+

**St. Matthew the Evangelist**

The Fifty Plus group at St. Matthew's the Evangelist was happy to welcome in the New Year! We celebrated Chinese Lunar New Year in January with a wonderful meal of various delicious Chinese foods & deserts. Ten members of The Strummers from the Chinese Community Center provided lovely entertainment with traditional songs & Lunar New Year customs.

In February, we celebrated Valentine's Day with an amazing lasagna/Italian wedding soup & chicken dish with white sauce whipped up by our president Linda Hall along with a variety of sides and deserts brought in by our generous members.

On February 20th, we were graced with a fantastic tour of St. Mary's Seminary where our seminarians are hard at work studying to become priests. A seminarian conducted our tour of the entire campus plus we attended a beautiful mass at their newly renovated St Mary's Chapel.

For March, we celebrated St. Patrick's Day with traditional foods and all things green! Parishioner Rose Penaloza gave a presentation on "Senior Fraud", what to look out for and keeping up to date on the latest scams.



## SENIOR SAINTS

*St. Edwards*

Greetings from St. Edwards Senior Saints.  
May 2025 bring you many blessings.

SEPTEMBER: We boarded a bus to support the Space Cowboys in Sugarland...and they WON!! So much fun by all.

October we traveled to West Columbia, which was briefly the Capital of The State of Texas. The trip included a tour of The Columbia Historical Museum and the Varner-Hogg Plantation. Originally the home of Martin Varner who was a veteran of the Texas Revolution. Also home to the former Governor of Texas, James S. Hogg. We gathered for lunch in between these two stops.

We celebrated a Thanksgiving feast during our November Senior Saint meeting. This month also took us to Conroe to see the play "Steel Magnolias". What a wonderful theater and the seating is so comfortable. We stopped first for dinner at Ransom's Steakhouse in Montgomery. They have welcomed us before and the food is always wonderful.

We celebrated a Christmas feast during our December Senior Saint meeting. The Owen Theater couldn't keep us away. We had a wonderful lunch at The Pacific Yard House. The play we saw was "White Christmas". Great play. And we got a chance to have our picture taken with "Santa Claus". It was a rainy night, but it did not dampen our spirits.

Several St. Edwards Senior Saints attended the Senior Senate Recognition and Christmas luncheon. We were pleased to see our Mary Gallo recognized for all she has done with the Sunshine Committee.

Pam Barrow

## THE MAVERICKS

*St. Justin Martyr*

The Mavericks loaded up the Precinct 4 bus in October that took us to the Eternal Gand Museum in Houston. The museum is dedicated to preserving and promoting Mahatma Gandhi's philosophy of non-violence in resolving conflicts. After lunch at Luby's we stopped at Froberg's Farm in Alvin to buy some fresh fruits and vegetables. We had our annual cookout at a local park. President Raymond Torres grilled hamburgers and hot dogs and members brought side dishes and drinks.

In November, 24 members attended the Southwest Senior Appreciation Luncheon held at St. Cyril's parish hall. Founding member Marge Quin was honored as our outstanding member of the year. Later in the month our group attended a chamber music concert at Rice University.

We boarded the bus in December and headed for the Richmond area to see Christmas lights. We ended the year with a Christmas party of a potluck dinner followed with a gift exchange.



## SOCIALABLE SENIORS

### *St. Michaels*

Our Seniors have been even busier than usual these last few months. We took a bus load to the Wendish Heritage Museum and enjoyed touring their village church and other historical buildings. And then enjoyed a wonderful homemade lunch.

In November we had a special wine tasting event. We also had a bus trip to NASA, always great to catch up on their current projects.

Getting into the Christmas spirit many of our members volunteered to help the CDA Christmas Market. We had Mrs Clause and a few helpers reading to children. And also donating books to our parishes 82 adopted families. Later a group toured Moody Garden lights. Then we helped support CDA project of a special Mass, brunch and gifts for the seminarians.

January brought us beautiful sunshine but cold day to visit Calhoun County Museum, Lighthouse, etc. And celebrated a French explorer at Matagorda Bay.

We continue our regular activities: Coffee & Chat, Mah Jongg, Mexican Train, etc.

Margaret Fuller, Treasurer





## J.O.Y. Club (Just Older Youth)

*St. Laurence*



Our lively bunch of Seniors enjoyed games, parties, and travel these past few months. There was such a positive response to our trip to Branson in the fall, we followed it up with a December visit to San Antonio to see the Christmas lights on the river and the historical missions among other attractions. Thank you Maria for making all the arrangements.

Our Christmas pot luck complete with turkey and ham provided by the church was followed by a fun White Elephant gift exchange. Thank you Mel for leading us in carols with your trusty guitar.

We "floated" into the New Year with Root Beer floats and a bevy of games to play at our January meeting. The JOY Club members are a competitive crew.

February is the month to celebrate Love... Love for our Father in heaven, and love for our family and friends. We used it as a time to show our appreciation for our new pastor, Father Reginald Samuels and all the church staff who support him and ministries like our JOY Club. They received homemade Valentines along with residents of St. Dominic's Village.

While we enjoyed the historic snowfall with visits from Frosty and all his friends, we look forward to Lent and Easter with warmer days of spring picnics, and walks in the park.

submitted by Leslye Henderson



## 55 PLUS GROUP

### *Christ, the Good Shepherd*

Summer went quickly – two fun social events – “ Back to School ” luncheon with sharing early school pictures, and “ Fond Memories – 40’s,50’s,60’s, – kept us entertained! Lots of pictures to share on our Pixstar and can be seen randomly at our monthly meetings. What fun ! We also like our trips. Visiting the Texas Bucket Store in Bryan,Tx, was a treat following the Truman Chocolate Tour. Shopping and chocolate! Who doesn’t like that!

Our fall project was to create a picture roster of all the club members. Individual pictures have been taken and can be shared only by the President when there is a prayer request. Names may be hard to remember, but, faces are not. Has proven very helpful when a family member notifies the club.

Our annual Bake Sale was again a success. Even having to label all items per the health department. We were not deterred! Thank you community for making this possible ! We

celebrated Thanksgiving early at our November meeting with a pot luck and fun games. We certainly enjoyed the bounty God has provided. We are very thankful !

Before we knew it, it was December . Our president, Andrew Singer and wife, Shirley were honored at the Northern Senior Senate recognition luncheon. They have done an outstanding job for our community, especially the 55+ club ! Shirley Acres provided the perfect location for our Advent Social. Lots of fun, dancing and prizes. Our entertainment was the Mariachi Band from Klein Collins High School. An outstanding group of talented musicians . Finishing out the month with a trip to Conroe, Tx to see the play, ‘ Inspecting Carol “. A Good time was had by all!

## 50+ CLUB

### *St. Hyacinth Catholic Church*

The St. Hyacinth 50+ Club for Senior Citizens ( “The 50+ club”) was organized in September 2001. This non-profit club provides social gatherings and spiritual guidance to its members. All St. Hyacinth parishioners 50 years of age and older, their spouses and friends are eligible for membership. This group meets either at a local restaurant or St. Hyacinth Guyot Hall on the second Saturday monthly. Some of the activities over the last few years have included entertainment,i.e., speakers about crime prevention, fraud, safety, and aging, and bingo. This last Christmas, the 50+ club attended a Christmas play at a local theater.

Mitchell C. Contreras, President  
St. Hyacinth Catholic Church 50+ Club

## 55 PLUS GROUP

### *Christ, the Good Shepherd*

Welcome to Jubilee 2025 ! An exciting time to be alive. Our 55Plus group is enjoying our regular monthly activities – Fun Day, Bridge Night and Game Day. We also look forward to our monthly trips as well. Willing and eager to be out and about , our venture took us back in time to the 1940 Air Terminal Museum. Airplanes have certainly changed. Remember the deck of cards we were given for free !

Come February, the rodeo catches our attention as the trail riders arrive in town. To celebrate, we went to see the Harris County Mounted Patrol horses. We took lots of carrots ( as was suggested) and boy! do they love carrots!

Being in the western mood, we had a Go Western / Chili Cook-off . Line dancing , western photo op, trying to identify the old Hollywood cowboys photos was quite entertaining. Oh, by the way, the chilis were delicious !

We are visiting the Annunciation Greek Orthodox Cathedral mid-month so will share the next time.

As March arrived , we welcomed the burning pf the palms which leads us to our season of Lent. Our parish mission ,

– Pilgrims of Hope –  
may we embrace our journey forward.

## ST. IGNATIUS OF LOYOLA SENIOR FRIENDS

### *St. Ignatius of Loyola*

2025 started off with our first official "Chili Cook Off" - the winners were, in First Place, Julie & Jerry Esguerra, Second Place, Don & Rose Theesfeld and in Third Place was Gloria Gomez. Congratulations to all. Not only did we get to sample delicious, homemade chili, we played Trivial Pursuit to keep our minds and competitive spirits active. We also took a day trip to visit Father Justin Cormier at his new parish, Our Lady of Fatima and reflect on the upcoming Lenten Season. We are blessed to be able to visit our former Parochial Vicars at their new parishes.

In February, we had Erma Garcia, a local travel agent, who gave an interesting talk on cruises. Everyone is excited to learn more about her upcoming travel opportunities. We celebrated Mardi Gras with dinner and Senior Friends helped decorate the hall. Beads were flying and the good times were rolling!

March brought one of our favorite speakers, Marcia Burk, from the nearby Conservatory at Champion Forest. Marcia spoke about senior well being and the benefits of keeping active. Our day trip this month was to the Annunciation Greek Orthodox Cathedral in the Museum District. Several seniors volunteered with the St. Joseph Guild to host the annual St. Joseph Guild Dinner. Viva San Giuseppe!

More day trips are coming up, Chris & Barbara are doing a fantastic job finding interesting and entertaining places to visit.

We hosted at our parish on April 12, 2025, from 10am to 1pm, the Resource Fair. Vendors were in our Christus Center and McGivney Hall giving presentations. It was wonderful to see everyone!

Pray for all Seniors, those serving in the Military, peace in the Ukraine and especially Pope Francis.

## KOLBE SENIORS

### *St. Maximilian Kolbe*

In January, Kolbe Seniors had a representative from the Area Agency on Aging come tell us about all the services the agency provides for seniors. It was very informative. For our monthly day trip on the Precinct 3 bus, we visited the Sugarland Houston Museum of Natural Science and enjoyed lunch at Cheddars afterwards.

In February, Karen Butts, a photographer, shared her experiences and photographs that she has taken over the years. She has some beautiful portraits. Our February trip took us to Navasota where we had a delicious lunch at Joe's Italian Restaurant and then saw the hilarious live performance of 4 Old Breads put on by the Navasota Theater Alliance.

March brings Kroger Pharmacist, Victoria Nguyen, to share her knowledge with our senior group. There were 39 of us that were finally able to do the Houston Ship Channel Tour followed by a seafood lunch at the famous San Jacinto Inn on Ash Wednesday.

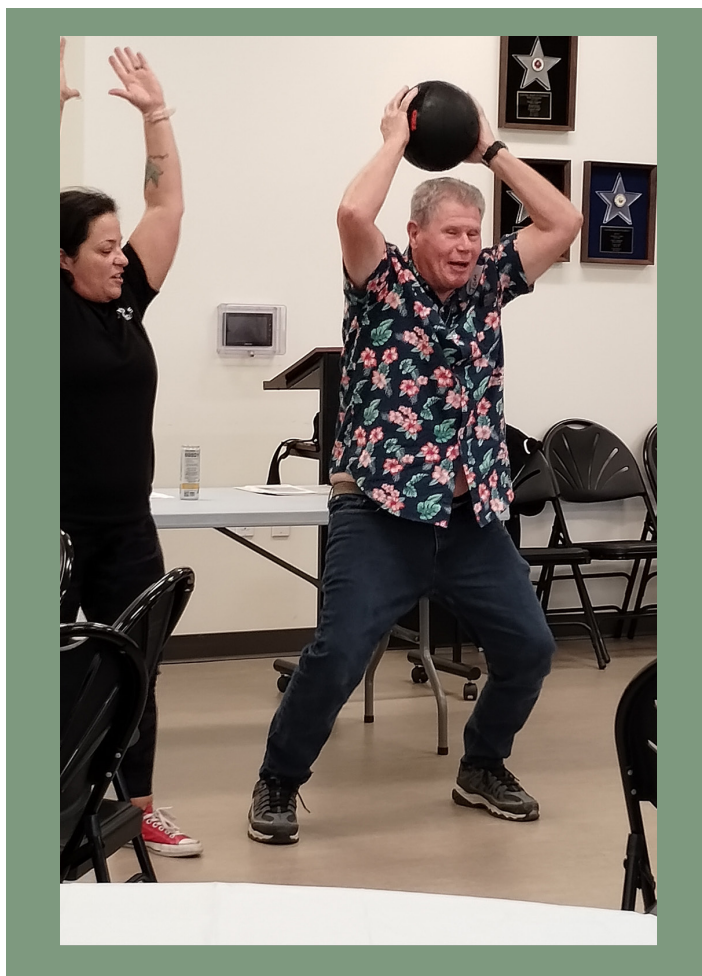
Each month brings more friendship and adventure to Kolbe Seniors.



# Saint Angela Merici Seniors

*St. Angela Merici*

Seniors actively participated in the Fitness and Wellness program, which was a key component of their Health Education.





## GOLDEN FRIENDSHIP GROUP

### *Holy Family Church*

Due to unforeseen circumstances, we regrettably had to postpone our January gathering due to illnesses. However, February's Valentine's Day luncheon proved to be a success, the homemade hamburgers were particularly enjoyable due to the efforts of Gwen and John, our chair and co-chair and sides were provided by members.

March's event, featuring a welcome for new members, was equally engaging. The bingo and luncheon provided ample opportunity for socializing, friendly competition, and, of course, delightful refreshments.

On March 15 and 16 in our Parish Hall our parish was privileged to host a presentation on "The Miracles of the Eucharist," which was a very informative presentation of what God is doing in our world and how He is using the Holy Eucharist as an "eye opening" experience for his people to bring them back to Him.

Clara Lyons





# LET US BE THE LIGHT IN 2025!

During this year, 2025, we embrace the hope and love that empowers us to shine as children of Christ for those around us—whether they are friends, family, community members, or even strangers. During the Epiphany Mass in 2025, Pope Francis emphasized that the star guiding the three Wise Men is a reminder that God seeks everyone without exception, regardless of age or race. He stated, “God seeks everyone.” “He does not deny or forget anyone because He is a Father whose greatest joy is to see His children united and return home from all parts of the world.”

In this context, I want to highlight the importance of older adults. Just as Pope Francis pointed out, referencing Luke the Evangelist:

1) The star that guides the Three Wise Men is luminous: The Epiphany shines brightly, providing a visible path for all. I see older adults as those stars illuminating our lives with the light of love, encouraging us to love God and bring faith to those on their journey, showing compassion and tenderness.

2) The light of the star of Bethlehem is visible to all: This enduring, accessible, and hopeful light represents older adults who embody a space of encounter, integration, and sharing places where families find warmth and safety.

3) The star that guides the Three Wise Men indicates a path: As we celebrate the Jubilee Year 2025 as pilgrims of hope, I invite all older adults to embark on a journey within our hearts to meet Christ, affirm our faith, and receive His mercy. Pope Francis calls us to be the light that guides others to Him, embodying the qualities of Mary: generous in giving and humble in walking together, bringing the light of love to the world.

This is what the Lord has commanded us: “I have made you a light for the nations, that you may bring my salvation to the ends of the earth.”

—Acts 13:47

Written by Olga Najjar

# ¡SEAMOS LUZ EN EL 2025!

Durante este año, 2025, abrazamos la esperanza y el amor que nos da el poder de brillar como hijos de Cristo para quienes nos rodean, ya sean amigos, familiares, miembros de la comunidad o incluso desconocidos. Durante la Misa de Epifanía de 2025, el Papa Francisco enfatizó que la estrella que guía a los Reyes Magos es un recordatorio de que Dios busca a todos sin excepción, sin importar la edad o la raza. Afirmó: “Dios busca a todos”. “Él no niega ni olvida a nadie porque es un Padre cuya mayor alegría es ver a sus hijos unidos y regresar a casa desde todas las partes del mundo”.

En este contexto, quiero destacar la importancia de los adultos mayores. Tal como señaló el Papa Francisco, haciendo referencia al evangelista Lucas:

1) La estrella que guía a los Reyes Magos es luminosa: La Epifanía brilla con fuerza, proporcionando un camino visible para todos. Veo a los adultos mayores como esas estrellas que iluminan nuestras vidas con la luz del amor, animándonos a amar a Dios y a llevar la fe a quienes están en su camino, mostrando compasión y ternura.

2) La luz de la estrella de Belén es visible para todos: Esta luz duradera, accesible y esperanzadora representa a los adultos mayores que encarnan un espacio de encuentro, integración y lugares de convivencia donde las familias encuentran calor y seguridad.

3) La estrella que guía a los Reyes Magos indica un camino: Al celebrar el Año Jubilar 2025 como peregrinos de la esperanza, invito a todos los adultos mayores a emprender un viaje dentro de nuestros corazones para encontrarnos con Cristo, afirmar nuestra fe y recibir su misericordia. El Papa Francisco nos llama a ser la luz que guía a los demás hacia Él, encarnando las cualidades de María: generosa en la entrega y humilde en el caminar juntos, llevando la luz del amor al mundo.

Esto es lo que el Señor nos ha ordenado: “Te he puesto como luz de las naciones, para que lleves mi salvación hasta los confines de la tierra”.

—Hechos 13:47

Escrito por Olga Najjar