



Serving the elderly  
poor in Mobile  
since 1901.

## Jesus is waiting for you in the chapel

*“Jesus is waiting for you in the chapel. Go and find him when your strength and patience are giving out, when you feel lonely and helpless. Say to him: ‘You know well what is happening, my dear Jesus. I have only you. Come to my aid ...’ And then go your way. And don’t worry about knowing how you are going to manage. It is enough to have told our good Lord. He has an excellent memory.” - St. Jeanne Jugan*

Every residence of the Little Sisters of the Poor includes a chapel. It makes sense, right? Every day there are celebrations of the Mass and recitation of the Rosary. It is a beautiful part of the Sister’s ministry to the elderly.

But there is so much more. During all hours of the day, people come to the chapel to visit and pray. They take a few moments to listen ... to spend time in

the “classroom of silence,” as Matthew Kelly describes it. The well-known author often makes the point that we know how to pray, but we don’t know how to listen.

With today’s constant barrage of information and noise, we rarely take the time to listen to each other, much less listen to God. There is something very calming and reassuring about the chapel as each person prays and then listens for the answer.

Our chapel is here for the Little Sisters, the Residents, employees and families. Also, and you may not realize this, our chapel is here for you! Many speakers and authors suggest that each of us find time to stop in at a Catholic church during “non-Mass” times and visit for a few minutes in the “classroom of silence.” In today’s world, many of those doors are locked. Ours is not!

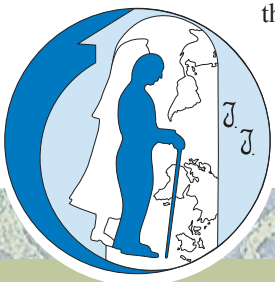
This is your invitation to come to the Sacred Heart Residence at any time and sit or kneel in the presence of Our Lord. As St. Jeanne Jugan mentions in the opening quote of this article, we can come to the chapel to lay down our thoughts, our worries, our

challenges and our gratitude in His presence.

You will discover the silent moment from which you can find clarity in your life. Even Jesus took time from His life to go to a quiet place to pray.

Whether you have family here at Sacred Heart Residence or not, you are welcome to come by, check in at the front desk and walk into the chapel. Take a seat or a kneeler, and quietly ask God what He wants of you. Then listen. The answer may not come immediately, but it will come.

As St. Jeanne Jugan says: “It is enough to have told our good Lord. He has an excellent memory.”



# Little Sisters of the Poor

## Laissez les bons temps rouler!

“Let the good times roll!” Mardi Gras 2018 exemplified this well-known expression. Each year we celebrate this wonderful time of the year in the city that started Mardi Gras. From parading through the Home with help from the Conde Cavaliers, to dressing up for the dinner-dance and coronation of our Queen and Court, our Residents enjoy the festive season of frivolity.

Activity director Tanya Haynes and her very capable staff, along with dietary manager Martha Slay and her kitchen staff, put so much effort and skill into the event! We are also grateful to the families who attend the coronation to see their loved ones portray the revelry that makes our community so happy!



*Nina Dang (Intern), Ruth Petrie, Joy Hart and Bessie Oliver with Conde Cavaliers.*



*Nina Dang (Intern) with Court Jester Ruth Petrie.*



*Lady-in-Waiting, Betty Spotswood escorted by Ensign Evan Sutton.*



*Grand Duchess, Lucille Egan, escorted by Ensign William Mason.*



*Tommy Fulton (Development Director) with Queen Rosa Jones.*



*Her Majesty, Queen Rosa Jones, escorted by Lt. James Brendel.*

## Centenarians



*"Mary Conner celebrates her 100th birthday in Holy Family lounge!"*



*Sarah Wilder, at 102 years old, welcomes Eleanor Hollinger to the "100-year-old club!"*

## Voluntarism, the Key to Our Success!

There is no doubt about it: without our volunteers, we would not be able to provide all the wonderful services for which our Home is so well-known. The Little Sisters, the Residents and their families, and our staff appreciate the time our volunteers take out of their lives to serve.

**Kathy Gradle** (pictured on the right) and her husband, Roy began volunteering after their retirements in 2014 and 2013, respectively. They helped serve breakfast meals and worked with the Annual Lawn Party.

Kathy started taking culinary vacations in France, Italy, Greece and Vermont, which sparked her love of cooking. She enrolled in the Chef John Folse Culinary Institute at Nicholls University and earned her associates degree in culinary arts.

She now uses those skills to help during special events at Sacred Heart Residence, as well as the bake sale booth at our Lawn Party.

**Vince Sgier** has been serving our Residents as a volunteer since 2004. On Thursdays Vince



drives from Gautier, MS to take Residents to their appointments. He also collects "wish list" items from his parish to give to Sacred Heart.

**Edith Gray** is a parishioner at St. Catherine of Siena. She contributes her time and talent by creating chapel veils for our gift shop. These include veils, mantillas and even the pouches that contain them.

We are so blessed to have all of these wonderful people who give their time to us. The stories are innumerable. We have 343 active volunteers, accomplishing an endless variety of tasks to help the Little Sisters care for our Residents.

We have featured just three in our newsletter. We could fill volumes with tales of gratitude, from both sides of the story. While each volunteer has a personal reason for giving their time, all of them share in the satisfaction of service.

Each time they serve, it is an answer to prayer. You can be sure they remain in ours!

## A Message from Mother



Dear Friends,

By the time you receive this newsletter, most, if not all of Lent will be complete. Hopefully, we have all used these 40 days to contemplate changes we need to make in our lives. In this year's Lenten message, Pope Francis urges us to come back to the Lord with all our hearts.

He warned against our tendency to turn away from helping our brothers and sisters as he quoted Matthew 24:12: "Because of the increase of iniquity, the love of many will grow cold."

We are blessed at Sacred Heart Residence to witness the warmth and caring of so many who serve our Residents. It manifests itself in the mission begun by St. Jeanne Jugan, and carried on to this day by the Little Sisters of the Poor.

As you can see in this newsletter, our volunteers, staff and Residents' families assist the Little Sisters in our mission. So many of our Residents also contribute to the feeling of family and home as they encourage each other.

Years ago, the late Pope St. John Paul II spoke to the Little Sisters in these words, "You have the precious task of helping the older members of the community to turn their later years into a time of fulfillment and completion."

Each and every day at Sacred Heart Residence, we Little Sisters pray in gratitude for the gifts of love and kindness our supporters bring to our elderly. It is certainly your way of coming "back to the Lord with all your heart!"

May God Bless,  
Mother Judith

## Save the Date

### 4th Annual Blisters for Sisters 5k and Fun Run

*Saturday,  
April 21, 2018*

