



HOLY INFANT SENIOR NEWSLETTER

January 2023
Issue # 198



FROM THE EDITOR - By: Maria Dorn

Happy New Year! I hope that each of you had "The Best Christmas Ever" and are very Enthusiastic about 2023 and what lies ahead for all of us. I went on the White House retreat and it ended up that the one day retreats don't require you to be quiet the whole time, so I survived. I'm planning on going on a 3-day retreat later this year, and I'm not sure I'll be able to do that. Bob says he'll be happy to help me practice if I want. 😊 While you are reading this, Bob and I are in the Caribbean in what we hope to be nice, warm, sunny weather! We did enjoy our holiday with family and friends and were looking for an opportunity to reset and refresh and this cruise opportunity on Norwegian (which we've never sailed on) presented itself. We'll be back on the 14th and I'm looking forward to hearing how everyone enjoyed the potluck here in January and that you are all on an ongoing exercise routine. I'm guessing after this cruise; I'll be looking for some guidance on setting up a program of my own.

If you ever have suggestions or an article that you think other members would enjoy, you can call or send an email to mariadorn@hotmail.com. Be sure to put HIS in the subject line. Thanks, and I look forward to keeping you 'in the know'.

Remember, you can access the HIS Newsletter through the online bulletin by clicking on this link and scrolling down till you see HIS Newsletters. We have them all from September of 2015.

<https://holysinfballwin.org/news/newsletter/>



Members of the month - Dan and Peggy Buechler

Dan and Peggy grew up in St. Louis: he in Affton, she in Webster Groves. He went to Bayless grade school and South County Technical high school. She went to Annunciation grade school and Bishop DuBourg High School. They met in 1971 while working at Seven Kitchens in South County mall and have been together ever since. They married in 1976 and settled in Ballwin at their current home the next year. They joined Holy Infant in 1979 when their first child was born. His profession was IT at various companies, and she was a Physical Therapist for 40 years treating all ages and conditions. Dan went through RCIA program in 1985 which was right before our 4th child was born. He was a sponsor for several years afterwards. They have 5 children -3 boys and 2 girls who all live in St. Louis and attended Holy Infant. They currently have 7 grandchildren and one on the way in early 2023. They are retired and babysit 2 days a week which brings them much joy. In their spare time they love to travel,

walk, read, and go on retreats. They love being a part of this beautiful faith-filled community and have served in the Joyful Noise choir, Stephen ministry and currently KOC, food pantry and bible studies. This HIS group is a wonderful, welcoming extension of God's love. Blessings in 2023 to all!

If you or someone you know would like to be featured as the Member of the Month, please let me know at our meeting, by calling me at 314-610-8784 or emailing me at mariadorn@hotmail.com.



STEPHEN MINISTRY

By Gene Bestgen

Who will know about my problem if I talk to a Stephen Minister?

Many people ask this question. Confidentiality is the cornerstone of Stephen Ministry. No one will find out. If you have a burden you need to share, perhaps a Stephen Minister can help. For someone who will listen and help you find the resources you need to get through this tough time. To learn more about this caring ministry, call Patricia at 636 227-0802, opt #3. There is a confidential email as well stephenministryhi@yahoo.com that you can use if you prefer.

Members of HIS that are current Stephen Ministers, or have retired as Stephen Ministers are: Alberta McGilligan, Maureen Richter, Monica Vaccaro, Paul Mallery, Pauline Nocifora, Mary Salvia, Bob Komor, Jack Birkner, Peggy Buechler, Hank Kraichely, Linda Gatton, Mary Emke, Carol Laupp, Carol Wolf and Gene Bestgen.

If you or a loved one can benefit from a Stephen's Minister, **check out Stephen Ministry on our church website** www.holyinfantballwin.org



Odds and Ends

By HIS members

Meal Train – Maria Dorn

We are not feeding anyone at present but will be ready to go with delicious meals when the need arises. Thanks to all who generously volunteer already and if you want to be added to the list of volunteers, let Maria know by calling 314-610-8784 or email to mariadorn@hotmail.com.

Please keep this program in mind when **you or one of HIS members** needs some support.

An opportunity to help our community – Theresa Bichsel

The second is this: “You shall love your neighbor as yourself. There is no other commandment greater than these”. Matt 25:35

Dear Senior Friends: I have been involved with the St. Louis Assistance League and their Project ROSE the last few months. This 100% volunteer organization does an amazing amount of good in our community. ROSE is just one of the programs the Assistance League has to assist those in need in the St. Louis area.

It is my hope that we can support their efforts with a collection of goods needed especially in the shelters where women & their children seek refuge from abuse. Often, they come into a shelter with nothing. ROSE strives to restore a little of the client’s dignity by providing essentials at first, and ultimately sending them on in their journey with a bare minimum of needed items.

I am happy to answer any questions you have about the Assistance League, and if you’d like to volunteer, I can give you information for that as well. Please email me if you have questions about the donation items. bichselfam@gmail.com

February is the month of love, so let’s show some extra love to those in need. We will be collecting the items at the February Seniors meeting on February 2nd. Thank you for your generosity!

Items needed:

Hotel size toiletries

Full size body wash & Lotion Dental Floss

Individual packages toothbrushes

Travel & full-size toothpaste

Deodorant

Bristle hairbrushes

Hair scrunchies

Socks

Underwear

flip flops

Toiletry/cosmetic bags

Journal with blank pages

New or gently used luggage/duffle bags



Sentiments

By Carol Laupp

Since our last HIS Newsletter, these sentiments were sent:

Get Well Card: Bob Schlemeier, Mary Salvia, Ging Ruiz, Kathie Hanneke

If you know of anyone in our HIS group that could use a Get-Well card, a Thinking or Praying for you card, a Sympathy card, etc. please call Carol Laupp at 636-256-0924 and she will send them a card from our HIS group.

Christmas Party Pictures - Olivia Pieknik





Parish News

By Sandy Hughes



JANUARY

- 8 Feast of the Epiphany
- 12 Holy Happy Hour: 6:30pm - Church
- 19 Seniors' Board Meeting: 10:00am - Holy Infant Room
- 21 K of C BINGO! Doors open at 5:30pm, Upper Cafeteria
- 22 Adult Faith Presents: "Stories Worth Sharing - Fr. Smith & Deacon Deters"
6:30pm-8:00pm; Upper Cafeteria
- 28 Men's Club Trivia Night - Doors open at 5:30pm Trivia starts at 7:00pm

FEBRUARY

- 2 HaPpY GrOuNdHoG DaY!!
- 2 Seniors' Meeting: 10:00am, Lower Cafeteria

ADULT BINGO

January 21, 2023
Holy Infant School – Upper
Cafeteria
248 New Ballwin Road
Doors Open at 5:30 P.M.
Bingo Starts at 7:00 P.M.



\$25.00 per Person
Admission includes 15 Games of Bingo
Beer, Soda, Wine and Water
Food available for purchase
Sponsored by the Holy Infant
Knights of Columbus



Birthdays - January

By Theresa Bichsel

Wishing each of you, and any others I may have missed, a very Happy Birthday!

Mary Ann	East	Birthday	01/07
Sharon	Morgenthaler	Birthday	01/10
Rose	Birkner	Birthday	01/18
Maria	Dorn	Birthday	01/25
Joyce	Betz	Birthday	01/26
Gary	DeLancey	Birthday	01/26



Carol's Corner - by Carol Komor

EMPOWERMENT IN THE NEW YEAR

In the December issue of our Newsletter, Editor Maria Dorn shared that she was following Matthew Kelley's 28 days of Advent to have "The Best Christmas Ever".

I feel compelled to share his ideas about setting goals and forming new habits to help each of us become the "very best version of ourselves" in the New Year.....NEW YEAR'S RESOLUTIONS.

This is only possible if we are fulfilled in the following four areas of our lives: Physical, Emotional, Intellectual and Spiritual.

1. PHYSICAL: Exercise one time per week.... every week. (It will provide the energy we need to enjoy life to the full.)

2. EMOTIONAL: Cultivate carefree timelessness in our relationships once a month.... every month.... set a date and make plans. (Our happiness depends on having close meaningful relationships with others.... spouses, children, extended family, friends....and begin to ask yourselves if certain friendships actually help you or

hinder you in being the "best versions of yourself possible.")

3. INTELLECTUAL: Read something meaningful for 10 minutes each day.... every day. Books can change our lives...what we read today walks and talks with us tomorrow.... we become the stories we listen to.

4. SPIRITUAL: Buy a journal and each Sunday, ask God to show you one way (not two or three) that you can become a better person during the week.....write it down....you will suddenly listen more closely to the lyrics of the songs, the words of scripture, the message in the homily, waiting for God to speak. (If you don't bring a pen and paper to church with you, you aren't expecting God to speak to you.... what an awesome thought.)

Wishing each of you a New Year filled with God's richest blessings.

There it is.....hope you like it.



ADULT FAITH FORMATION OPPORTUNITIES

By Kathie Hanneke



Sunday, January 22

6:30-7:30 pm

Upper Cafeteria

*Sponsored by
Holy Infant's Adult Faith
Formation Team*

Stories Worth Sharing



Join Fr. Chris Smith and Deacon Josh Deters to hear their inspirational stories of conversion to the Catholic faith.

All are welcome!



OUR THANKS GO OUT TO....

By Jo Lewis & various HIS Members

- Alberta McGilligan for being the Chairman of the Christmas party for many years and doing it so very well. Consider that includes decorations, food, and entertainment ---- and starting early. It is a BIG JOB!
- Gene and Kathi Hanneke for their graphics for any, and all, our HIS needs, including the Rummage Sale.
- Rev. Msgr. Dieckmann for being present at our meetings with a prayer and often with words of wisdom.
- Liz DeRum for watching our 50/50 tickets at the Christmas party and getting the \$50 winnings to us!
- Jo Lewis for sharing great ideas with us in the Did You Know section of our Newsletter. It keeps us informed of cutting-edge products and methods of success she's experienced.



DID YOU KNOW

By Jo Lewis, Theresa Bischel, Nancy Turpin

- That while Air Fryers are very popular, there have been several kitchen fires due to air fryers turning on due to a power surge. Fire investigators are pursuing this with manufacturers. But important tip. ALWAYS UNPLUG AN AIR FRYER AFTER USE!
- That Covid tests expire? You can get additional free covid tests at www.COVID.gov/tests.
- That you can boost your memory? Fish oil supplements don't improve cognitive function – just enjoy some nuts!!
- That you can save on gas? Buy it on Monday – Thursday is the most expensive day at the pumps.
- That you can prolong the life of your fruits and vegetables? Wrap them in a paper towel and place them in a container or plastic bag.
- That any of our HI Seniors can submit words of wisdom they may want to share to this column? We can all benefit from these little gems. Just send to mariadorn@hotmail.com or call Maria at 314-610-8784.

Recipe of the Month – Sloppy Joes

By: Brenda George



Ingredients:

- 1 lb Lean Ground Beef
- 1 small or medium onion – chopped
- 1 (8oz) can tomato sauce
- ½ cup Ketchup
- 1 Tbs Packed Brown Sugar
- 1 Tbs Worcestershire Sauce
- 1 Tbs Cider Vinegar
- 1 Tsp Dry Mustard

Directions

1. Cook beef and onion in large skillet
2. When meat is cooked through, drain fat
3. Stir in tomato sauce, ketchup, brown sugar, Worcestershire sauce, vinegar, mustard
4. Add Salt and Pepper to taste.

Directory Corrections – Theresa Bischel

Mary Schlemeier's phone number in the HIS Board Members list is incorrect. The correct number is 636-391-9556

Please add:

Manuel Ventus

314-341-2277
Kerryton Place Cr
Ballwin, MO 63021
maventus@att.net
Birthday: 07/24

Wardenburg, Rose

636-391-0794
16362 Amble Ridge Ln
Glencoe, MO 63038
Rmw1947@att.net
Birthday: 03/18

Wardenburg, Tom

636-577-0748
16362 Amble Ridge Ln
Glencoe, MO 63038
Rmw1947@att.net
Birthday: 10/04

2022-2023 H.I.S. Board Members

Bob Maloney	President	636-346-1765	Maria Dorn	Newsletter	314-610-8784
Paul Bichsel	VP	314-564-7568	Gene Hanneke	Recycle Coord.	227-8163
Becky O'Brien	Secretary	314-973-4515	Nancy Turpin &	Refreshment	314-800-7420
Ken Velten	Treasurer	636-386-5208	Bernie Flacke		227-3825
Audrey Westmoreland	Attendance	636-394-7919	Marie Fox &	Resurrection Choir	227-2750
Dolores Kaemmerer	Attendance	391-7743	Dolores Kaemmerer		391-7743
Mary Mallery	Attendance	391-9716	Eileen Buehrle	Service & PAC	230-5435
Carol Laupp	Sentiments	256-0924	Rev. Edward Stanger	Spiritual Dir.	227-7440
Kathie & Gene			Gene & Rosemary Bestgen		527-5385
Hanneke	Graphics	314-913-4230	& Mary Jane Bahr	Trips	227-8927
Mary Mallery	Historian	391-9716	Carol Wolf &	50/50	227-6214
Mary Schlemeier &	Hospitality	636-391-9556	Carol Komor &		230-9697
Brenda George		636-394-2286	Rose Birkner		636-458-6415
Theresa Bichsel	Directory	314-564-7591			
Membership					

