

## TidBytes – January 2021

CHM internal community news to CHM sisters, associates, and staff

### **From Des Moines – Sr. Jeanie Hagedorn**

The past weeks have been difficult ones for all of us with extreme winter weather conditions, the pandemic and other health challenges, and political division and insurrection by extremists at our nation’s Capital. Our time, attention, work and prayer has been on these current disturbing realities and on efforts to address the challenges as best we could.

As we begin these days of Lent we walk with the One who understands the meaning of suffering to the cross and death. In our ongoing efforts to face and respond to our current situation, I can only hope that all of us “keep hope alive” in this our own time of suffering. As people of faith, we believe that good can come out of evil, that love is stronger than hatred, and that Jesus showed us the way. At this writing, even though Elaine and I and many CHMs have now, gratefully, been able to get our COVID-19 vaccine, my heart is still heavy. So many in our country and world are suffering for many reasons. They need the hope we can share. May we use this time of Lent reflecting on “the signs of our time” and, like Jesus, offering comfort, hope and support to those who walk this Lenten journey with us.

“Hope is what sits by a window and waits for one more dawn, despite the fact that there isn’t an ounce of proof in tonight’s black, black sky that it can possibly come.” –from [\*Scarred by Struggle, Transformed by Hope\*](#) (Eerdmans)

### **From BDRC - S. Micheline Curtis**

Sisters have received their second vaccination shot.

Sister Ramona celebrated her birthday.

The state examiners have been here for several days—so we have been on our best behavior.

Mary Routh and husband Roger keep our bird feeders filled.

I am watching the sparrows going in and out of the Hawkeye Hilton!

### **From HMC – S. Mary Rehmann**

The Lunar New Year, actual date February 12, was celebrated the Sunday before, hosted by Sisters Hoa, Huyen, Nguyet and Nuong, the Vietnamese sisters who live at the Center. Lovely red tissue lanterns (31 in all!) hung from each dining room light, banners hung on the wall with “Happy lunar new year” in English and Vietnamese, with the year’s animal, the ox (water buffalo in South Vietnam), pictured. On a cart, draped with a silk cloth, was large basket with the “5 fruits”, special cakes, and branches with bright pink (N. Vietnam) or yellow (S. Vietnam) flowers, and hung with envelopes. Each CHM sister took an envelope containing a Scripture verse and a lucky dollar bill. The Vietnamese sisters described traditions associated with the celebration, the most important one in their culture. No matter where they are, all family members are expected to return home and celebrate. Thanks to the internet, the sisters have frequent interaction with family and community members back home.

Sr. Kathleen Henneberry displays a statue/figure of the Blessed Virgin in an alcove on the second floor of the west wing, changing it periodically. On February 11 she arranged for a picture of Our Lady of Lourdes appearing to St. Bernadette Soubirous in the community room.

Sr. Candida Massabo, who lived at the Center for 5 years while studying at St. Ambrose College, sent New Year's greetings from San Diego where she now works as a social worker in a hospital that has had many COVID patients. She went home to Tanzania at Christmas when her mother was very ill. She informed us that her mother was much better when she left Africa and requests continuing prayers for her, the hospital staff and patients, her community and her family.

Msgr. Frank Henricksen loaded the Center with chocolate – huge heart-shaped boxes of Russell Stover – for Valentine's Day and pre-Lenten consumption. Beautiful and delicious. He reports that the Cedar River is iced-over and it is risky to walk to his mailbox out on the road. So, his daily routine is to drive his car to the mailbox, then drive around the area to see what is going on. He is comfortable with his heated seats as well as heated steering wheel! He had some concern about getting COVID at his age of 92, but feels very confident after having had his second shot.

CHM staff, Kathy Kendall and Sue Newman, hosted a Valentine party in the Heritage area on February 12. The area was hung with hearts and banners. Entertainment included a miniature candy bar "toss" into a bucket, a "fun" story narrative, word puzzles and a quiz with names of candy bars or candy answers. What candy is described by "a dry cow"? (answer below)

Valentine's Day on Sunday was also "birthday Sunday", this time with a tall, red velvet, cherry, almond birthday cake. Srs. Rachel Beeson and Claudellen Pentecost had 89<sup>th</sup> birthdays this month. Sr. Rachel's family members from the area celebrated with her on the 7<sup>th</sup> and Sr. Claudellen had a lovely bouquet on the 13<sup>th</sup> from a niece who recently moved from Montana to Idaho. Supportive living assistant, Laurie Gibson, took a picture of Sr. Claudellen with the flowers and sent it to Lavonne.

A prayer service at noon in the chapel was the community introduction to Lent on Ash Wednesday. Sacristans adapted the Tibetan prayer flags to a practice of tying colored ribbons on a bare tree for special intentions. Normally outdoors, the wind blows the flags and their messages to spread good will and compassion. Electric fans, directed on wet carpet when snow and ice melt and leak into the chapel, may perform a similar function. Lunch was preceded by wine and cheese, followed by jambalaya and King cake. Sr. Judy Herold, SSND, got the "infant" so she hosts next year's celebration.

HMC sisters and staff will line up for the second vaccine shot on Tuesday, February 23. Most had only slight pain at the site after the first shot, but a couple sisters were very fatigued for the rest of the day. Will it be time, then, to consider "opening up" for Mass, at least??

[A dry cow is a "milk dud".]