

MARCH 2021

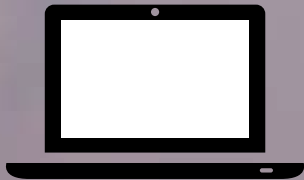
FERNWOOD NEWS

Steinbach Housing



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Ron's health update:

Due to the rapid decline of my health, I have decided to leave my work as the chaplain at Fernwood and Linden Place. I am not taking this decision lightly and know that I will miss the many people I call my friends. It has been a privilege and honor to travel these past three years of our lives together, and it is time for me to take a turn and change direction.

May the LORD bless you and keep you. May the LORD make his face shine upon you and be gracious to you. May He turn toward you and give you peace
(Numbers 6:24).

Ron Babel, chaplain

Missing Shopping Cart

The shopping carts are there for all tenants to use. Please make sure they are returned in a timely manner. We are currently missing the large cart and it has been gone for several weeks.





Spring
forward

**Sunday, March 14
at 2:00 A.M.**

Income Tax Time

Ed Klassen (CPA) is available once again to do your taxes, **cost \$50.**

Bring all your information to Eva **BEFORE MARCH 11** and she will forward it on to Ed. Please call Eva if you have questions





New Tenants

Eva Kehler

503

Jacob Dyck

122

William & Alice Cable

221

March Birthdays

- 2 Connie Wiebe
- 7 Evelyn Bergen
- 8 Klaas Giesbrecht
- 9 Aganetha Peters
- 9 Frieda Duerksen
- 10 Marlene Klassen
- 12 Susan Watling
- 13 John Neufeld
- 17 Irene Giesbrecht
- 17 Brenda Ward
- 21 Mary Friesen
- 23 Debbie Giesbrecht
- 24 Martha Klassen
- 28 Tina Hildebrand
- 30 Katherine Unrau





VICTORIA LIFELINE
Safe and independent living.

IMPORTANT NOTICE!

To all Lifeline subscribers: As of March 31, Eva will no longer be able to service your Lifeline equipment. Your button, and the system, will continue to work as always. More information and details to come in the next few weeks.

Book Mobile Drop Off

Jake Epp library will be coming on Friday, March 5th with books for anyone wanting to participate. Please make your library book requests to Eva by Thursday, March 4th.





MARCH 2021

FERNWOOD MENU



S	M	T	W	T	F	S
	1 Orange Juice Breakfast Omelet Hashbrowns Biscuit Bran Muffin	2 Iced Tea Chicken Drumsticks Mashed Potatoes Peas & Carrots Cheesecake	3 Kommest Borsht Brown Bread Fruit Crumble Bars w/ Ice Cream	4 Cranberry Juice Meatballs Mashed Potatoes Cucumber Salad Pecan Tarts	5 Apple Juice Chicken Burgers House Salad Cherry Cha Cha	6
7	8 Tomato Juice Sweet & Sour Breaded Pork Chops O'Brein Potatoes Mixed Veggies Banana Dessert	9 Apple Juice Lazy Cabbage Roll Casserole Garlic Bread Caeser Salad Layered Lemon Dessert	10 Green Bean Soup Sandwich Chocolate Pie	11 Fruit Punch Lemon Butter Chicken Mashed Potatoes Carrots Cookies	12 Cherry Juice Fish Rice Cranberry Coleslaw Tapioca Pudding	13
14	15 Iced Tea Sweet & Sour Veal Rice Lettuce Salad Buttermilk Fruit Salad	16 Cranberry Juice Meatloaf Mashed Potatoes Carrots Cream Puff Dessert	17 Cream of Potato Soup Brown Bread Fruit Tarts	18 Orange Juice Ranch Chicken Mashed Potatoes Peas Pineapple Sunshine Cake	19 Fruit Punch Hotdogs Layered Salad Trifle	20
21	22 Cherry Juice Cottage Cheese Perogies Farmer Sausage Peas Strawberry Sauce Ice Cream Sandwich	23 Apple Juice Roasted Chicken Bubbat Mashed Potatoes Peas & Carrots Keylime Squares	24 Juice Baked Sweet & Sour Chicken Meatballs Mashed Potatoes Mixed Vegetables Paska Bun Lemon Blueberry Dessert	25 Tomato Juice Pork Cutlets O'Brien Potatoes Mixed Vegetables Sour Cream Coffee Cake	26 Cranberry Juice Taco Bake Rice Tossed Salad Dreamsicle Salad	27
28	29 Orange Juice Breakfast Omelet Hashbrowns Biscuit Bran Muffin	30 Iced Tea Chicken Drumsticks Mashed Potatoes Peas & Carrots Cheesecake	31 Kommest Borsht Brown Bread Fruit Crumble Bars w/ Ice Cream			

Menu subject to change. Please order at least 24 hours in advance--by noon the day before. There is no cost if you cancel before 10 am. You will still be charged if you cancel after 10 am.

From the Chaplain's Desk

I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, so that one way or another, I will experience the resurrection from the dead! (Philippians 3:10-11)

It is unbelievable that I am writing the article for the March newsletter already. In Germany, where I grew up, people talk already about spring, which comes much earlier there. For us, it will probably take yet a while before we can see spring flowers. But I thought of something much more appealing and purposeful than that. I remembered that the Lent season begins on February 17 this year. Lent is, for me personally, a time of anticipation and self-examination, a time to turn inward and examine my life in the light of God's Word.

It is a tradition in many churches to set aside a forty-day period of preparation for Good Friday and Easter Sunday, just like we set aside a time of preparation for Christmas. Like Advent, Lent is a time that invites us to open the doors of our hearts a little wider, to reevaluate and deepen our relationship with the Lord Jesus. The Lenten season invites us to faith-filled meditation, fasting, and repentance from Ash Wednesday until Easter.

Observing Lent looks different for every believer, though fasting is usually a significant factor. Some chose to fast the traditional way, giving up a meal or certain types of food. Because fasting from food is not possible for everyone, some people evaluate their lifestyle and give up a luxury to focus more on their walk with their Heavenly Father.

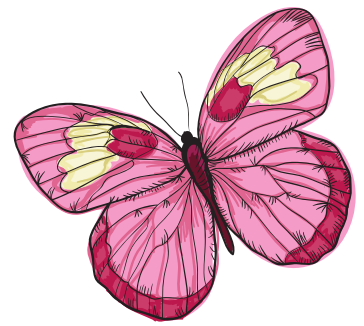
In any case, Lent should be a time of self-examination and commitment to change in areas we might not have submitted to the Lord. An excellent way to begin is by praying Psalm 139:23-24: "Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life."



Just as Jesus was tempted forty days in the wilderness, for us, our self-pleasing nature will wage forty days against our desire to deny ourselves and to move closer to the Lord. However you decide to observe Lent, let us purpose our heart to be steadfast in this time of consecration to God, as we spiritually prepare for Easter.

Ron Babel, chaplain



MARCH 2021 ACTIVITY IDEAS



S	M	T	W	T	F	S
	1 Borrow a book from the Fernwood library.	2 Treat yourself to a nice long bubble bath.	3 Try listening to a new radio station that you've never listened to before.	4 Thankful Thursday! Count your blessings, name them one by one!	5 Call a young friend or a grandchild - ask them how school is going.	6 Make a plan to connect with others for an outdoor walk.
7 Pray for your neighbours who live on your floor.	8 Focus on what's good, even if today is tough.	9 Mail a note of encouragement to a friend.	10 Check on someone who may be struggling and offer to help however you can.	11 Thankful Thursday! Choose to be thankful today even if it's difficult.	12 Pick out a puzzle from the puzzle shelf in the library.	13 Look for a positive news story and phone a friend to share it with them.
14 SPRING AHEAD!  Read through a few Psalms of encouragement.	15 Do an act of kindness today, perhaps making life easier for someone else.	16 Select a Bible verse to memorize. Try saying it out loud a few times at each meal.	17 Happy St. Patrick's Day! 	18 Thankful Thursday! Breathing, alive and blessed - I'm thankful.	19 Call a friend or a family member and encourage them; a little encouragement goes a long way.	20 Take some time for self care - do something kind for yourself.
21 Give sincere compliments to people who you talk to today.	22 Try watching a new TV show or find a documentary about something that interests you.	23 Make some popcorn and watch a movie tonight.	24 Help yourself to one of the puzzles and/or colouring sheets on the fireplace on the main floor.	25 Thankful Thursday! Make a list of three things that you are thankful for today.	26 Share what you're feeling today with someone you trust.	27 Take some time to stretch - do it sitting in your chair or lying in bed.
28 Pray for a friend. Palm Sunday - Easter is coming!	29 Call the friend you prayed for yesterday and tell them that you prayed for them.	30 Make a meal or two for the freezer - you'll be glad you did.	31 Make a pot of soup or chilli and freeze or can some for future meals.			

Ron Babel will not be available to provide spiritual care services after March 1. Further details to follow.