



Our Lady of Prompt Succor Nursing Home C'est la Vie Apartments Newsletter – January 2021

Beginning this New Year of 2021

There are many and varied thoughts and feelings being expressed as we end the year of 2020 and begin 2021. Most hope that the year will bring newness of life – of family dynamics, of health, of employment, of education, of social and spiritual interactions, of a return to some sense of normality. However, before we rush into the days of this new year, what are some of the leanings we experienced in 2020? We learned it was difficult to stay home; exercise could be done in new and creative ways; electronic devices could be used for spiritual formation; it was difficult to follow guidelines of health care experts; it was painful to watch the public grief of those who lost loved ones; it was frustrating to watch people blatantly and selfishly ignore the directions of health care experts; it was challenging to relate to others at a distance with face covering; humor was crucial to balance the daily difficulties; people felt isolated and persecuted because of the color of their skin and choice of lifestyle; health care workers were willing to risk their lives to attend to the sick and dying; loss and death were not singular but multiple; eyes smiled even when the mouth was covered.

In the midst of so much pain and distress, there were blessings. Some folks reached out to others and assisted with food, with transportation, with phone calls. Some created new employment opportunities addressing the needs of the time and creating new jobs. The planet profited from the shut down by a decrease in carbon gases in the air and less pollution in the seas. Physicians and scientists worked together to understand the virus and develop a vaccine. People volunteered to receive experimental vaccines. We are most grateful for each person who helped us to live through 2020 and the challenges of COVID-19. However, there are challenges that remain before us. With reflection on 2020 offering us some hindsight, how do we proceed into this new year? In all these experiences, the gift of time was given to each one of us and this gift may have been cast aside as we wanted it all to end, to get better, to move on....

However, in reality, time is the only gift we really have each day. The following article was written by an anonymous author in 2013 and offers us some insights as we begin this new year.

The Value of Time

Imagine there is a bank that credits your account each morning with \$86,400.

It carries over no balance from day to day. Every evening it deletes whatever part of the balance you failed to use during the day.

What would you do? Draw out every cent, of course!!! Each of us has such a bank. Its name is TIME.

Every morning, the bank credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow". You must live in the present on today's deposits. Invest it so as to get from it the utmost in health and happiness, in peace and joy!

The clock is running. Make the most of today. To add perspective, reflect on the following:

To realize the value of one year, ask a student who has failed his final exam.

To realize the value of one month, ask the parent of a premature baby.

To realize the value of one week, ask the editor of a weekly newspaper or magazine.

To realize the value of one day, ask a daily wage laborer who has a large family to feed.

To realize the value of one hour, ask lovers who are waiting to meet.

To realize the value of one minute, ask a person who has missed the train, the bus, or a plane.

To realize the value of one second, ask a person who has survived an accident.

To realize the value of one millisecond, ask the person who has won a silver medal at the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to offer the gift of your time. And remember that time waits and is saved for no one.

A New Year's Prayer

Dear God, when I was born, the breath of your Spirit, rushed into my lungs. I sometimes take that for granted and yet, this year there have been many who could not take it for granted, who have struggled to breathe, and some have lost the struggle due to the virus. Now as I begin this new year, I want to be especially attentive to your breath in me. I do not want to take it for granted. Everyday, every moment, every second that I breathe, I want to remember that I need you. I need You to teach me to live well the sacred moments of each day. I need You to teach me to treasure time and to be grateful for this gift entrusted to me. With your breath breathing in me, may I give each moment the opportunity to become the most beautiful one of my life.

† Recently Deceased Residents & Staff †

Constance Lalonde 12/06/2020
Theresa Dupre 12/11/2020
Allen Penick, Jr. 12/12/2020
Sr. Mary David Hecker, MSC 12/20/2020
Sr. Lurlie Boudoin, MSC 12/23/2020
Mary Montelaro 12/27/2020

❁ Residents celebrating Birthdays in January ❁

B. Guidry 1/27
P. Hackett 1/27
L. Meyers 1/12
M. Ragsdale 1/06



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