

February 2022

# Bishop Hills Newsletter

Bishop Hills Assisted Living | 4951 11 Mile Rd NE, Rockford | 866-8227 | [www.bishophills.org](http://www.bishophills.org)



We send this mailing to the first contact. Please share the information with other family members. If you would like additional family members to receive this by e-mail please contact Rachel at [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org)

Julie Rick- Associate Administrator

Rachel Kooiman- Director of Life Enrichment

Paula Obiden- Resident Care Manager

Leigh Vest- Resident Care Manager

Chris Rolfe- Housekeeping

Tom Ruud- Maintenance

TJ Brodeur- Dietary Director

## February Events

No Rockford Library Book Delivery this month. If you would like to request a library book please let Rachel know.

1<sup>st</sup> Sing-A-Long with Judy at 2:15

4<sup>th</sup> Winter Olympics Starts!

9<sup>th</sup> Chaplain Val will be here visiting

14<sup>th</sup> Valentine's Day Party with dessert taste test

15<sup>th</sup> Fred Walker music program at 2:15

23<sup>rd</sup> Mass at 9:00

23<sup>rd</sup> Chaplain Val will be here visiting

23<sup>rd</sup> Music Man Program at 5:30 (early dinner at 4:45)

Volunteers needed for passing ice water Come and help our staff bring ice water room to room. We have weekday and weekend spots open twice a day 10:00 am and 2:00 pm. Contact Rachel at [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org) or 866-8227 if you are interested or have questions.

Volunteers needed to play games with residents We have a few residents that love playing games and need someone to play with. Time is flexible. Contact Rachel at [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org) or 866-8227 if you are interested or have questions.

### Ceramics Painting

During the month of February we will be painting ceramic pieces to give to our volunteers. Tuesdays at 3:30.

### Painting Class with Sue

Mondays at 1:00. Seats fill up quickly so let Rachel know if you are interested in being part of this class.

### Art Show this month

This month the art show will be residents of Bishop Hills and staff. If you have a family member or friend that might be interested in hanging a show in our halls have them contact Rachel at [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org) or 866-8227.



## THRIVING IN PRAYER

For the month of February we are going to practice THRIVING in prayer. As Believers, we are rooted in Jesus Christ and our way of communication with him is through prayer.

One way to THRIVE is to “Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge him and he will direct your path” Proverbs 3:5-6. Another way to THRIVE is found in 1 Thessalonians 5:17 where Paul encourages us “...to pray without ceasing..” in all the ups and downs of this life!

There are many ways in which we can THRIVE in prayer and I offer you four ways:

1. Thriving in prayer in a quiet place – this ‘quiet’ can be difficult in our day and age, however, it does offer less distractions, and as we have conversation with God, we “grow in the grace and knowledge of our Lord and Savior, Jesus Christ” 2 Peter 3:18.
2. Thriving in prayer outdoors – Jesus prayed in the wilderness, on a mountain and in the Garden of Gethsemane. You and I can pray in the very same places as well as a park, a river or while hiking. I challenge you to pray Psalm 19 while hiking and gazing upon the sky, or Psalm 42 while meditating near a body of water or Psalm 62 while sitting on a rock and “finding rest for your soul in God your rock and salvation”.

3. Thriving in prayer with others – Matthew 18:20 is encouraging, “for where two or three are gathered in my name, there am I among them”. Praying together is a time for you and me to be in community with fellow image bearers, seeing the very image of God in each other and bringing the work and power of the Holy Spirit into community. What an opportunity you and I have to practice this in our homes! If you and I don’t pray with and for each other, how will we THRIVE?

3. Thriving in prayer using images – If we are new to prayer or going through a difficult time in life and cannot find the words to pray, we can use images such as a picture, a poem, some memorabilia, a sunset, or a sunrise. Romans 8:26-27: “Meanwhile, the moment we get tired in the waiting, God’s Spirit is right alongside helping us along. If we don’t know how or what to pray, it doesn’t matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition and keeps us present before God. That’s why we can be so sure that every detail in our lives of love for God is worked into something good” (The Message).

This month of February, I challenge each one of you to pray and write down how you see yourself growing vigorously and flourishing in communication with God, yourself and others! Like a tree planted by the water, you will never run dry, living water flowing through you, you will thirst for more of God! (Paraphrased THRIVE by Casting Crowns).

Happy THRIVING!! Chaplain Val