



Mary: mlockhart.hosanna@comcast.net

Susan: srdistefano@comcast.net



WEEKLY ACTIVITIES

- Mon., May 25:** 10:00 a.m., Breathe In ... 30-Day Meditation Challenge continues
1:00 p.m.,  Memorial Day Parade!!!! 
- Tues., May 26:** 10:00 a.m., Breathe Out ... 30-Day Meditation Challenge continues
1:00 p.m., Picnic at Chester Frost Park (weather permitting)
- Wed., May 27:** 10:00 a.m., Yoga and Stretching
2:00 p.m., A menagerie of fun: watch funny animal videos. Enjoy a "Chicken Dance" marathon!
- Thur., May 28:** 10:00 a.m., 30-Day Meditation challenge continues
2:00 p.m., Peace, love and tie dye socks!
- Friday May 29:** 10:00 a.m., 30-Day Meditation challenge continues
2:00 p.m., Crafts with Mary

HAPPY BIRTHDAY, KELLER!! Hope it's a SUPER day 4 U!!

Get Ready for This!!!

Coming Soon ... Hosanna Silly Olympics!!



Admittedly, in past issues, I've focused on remaining positive while trying to dismiss the negatives of life. The coronavirus has and continues to devastate the world. With the death toll rising daily, you may question any positives. My friend and Hosanna co-resident Alice Turnage presented me with a poem she thought I'd like to share with you. I believe it will shape your thoughts on this epidemic.

Connor's

Corner

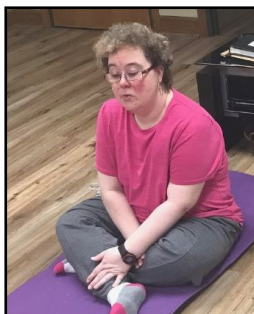
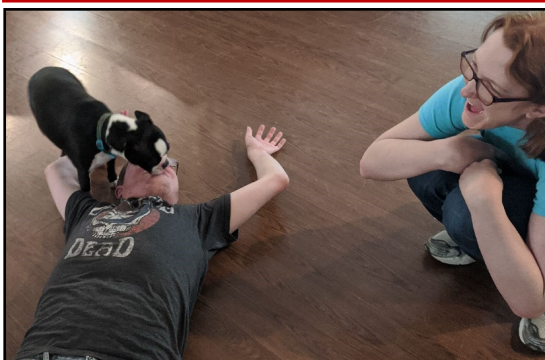
And the People Stayed Home, by Kitty O'Meara

And the people stayed home.
And read books and listened, and rested and exercised,
and made art and played games,
and learned new ways of being and were still.
And listened more deeply.
Some meditated, some prayed, some danced.
Some met their shadows.
And the people began to think differently.

And the people healed.
And, in the absence of people living in ignorant, dangerous, mindless and heartless ways
the earth began to heal.

And when the danger passed, and the people joined together again,
they grieved their losses, and made new choices,
and dreamed new images,
and created new ways to live and heal the earth fully,
as they had been healed. *

*Kitty O'Meara is a retired chaplain and former teacher who lives with her husband and five dogs near Madison, WI. Her poem, written in about 20 minutes, went viral (no pun intended) on Facebook in March 2020.



The 30-Day Meditation Challenge

We enjoyed an impromptu visit from "Walter and Lady," two escapee Boston Terriers that Susan D. found wandering around on Grubb Rd. Both are safely back at home.



May is Williams Syndrome Awareness Month. To recognize the month, Christina, who has Williams Syndrome, created sidewalk art at Hope House. In her words, "Hi, Hosanna family. I'm happy to share with you about Williams ... I'm happy the way God made me ... One of the good things about Williams is we Cher (sic) people up. I hope this Cher's (sic) you up. Love, Christina Sattler"