



MAY 2024

Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 5

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LIFE ENRICHMENT

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Look for articles in this and future Tidings written by your creative neighbors. The talent is abundant at Trezevant, and we are delighted to feature content by these writers!

Ben Bledsoe
Perre Magness
Mike Osborn
Susie Osborn
Jack Richbourg
Beverly Williams
Ann Knox
Guests

† Cover Photo:
*Dina Smith Shannon &
Wayne Shannon at the So-
lar Eclipse Viewing Party.*
by Teresa Johnson

At Your Service

by Kim O'Donnell, Life Enrichment Director

May is a splendid time in Memphis, the weather is at its peak with lots of sunshine and low humidity. The azaleas, along with tulips and dogwoods, have exploded and pollen is on the decline.

May is also a time of celebration and commemoration with graduations, weddings, baptisms, Mother's Day, and Memorial Day. This line up of events makes for bittersweet experiences as we honor and remember family and friends.

A bittersweet occasion is on the horizon as our Artists-In-Residence friends, Christina, Pedro and Otavio, will be bidding us farewell. Their IRIS Collective Fellowship has come to completion. We will cherish the memories of their splendid musical performances, the camaraderie they shared with residents and staff, and the programs they instituted across the Trezevant campus. I speak for everyone in saying that they will be missed.

The goals for Trezevant's A.I.R. program are profound and significant. To elaborate, this program was instituted to raise the artistic profile of Trezevant making it a sought-after destination for artists, to provide increased opportunities for artistic engagement across the Memphis community, and to provide professional development, as well as educational and networking opportunities that will inspire local artists. Trezevant will continue to create and cultivate relations with local, national, and international arts and cultural organizations.

Join us for the A.I.R. Fellows bon voyage concert and reception on Wednesday, May 22 at 4pm PAC.

In true Trezevant fashion, we bid the trio a fond farewell and welcome their successors with open arms. Our new Artists-In-Residence will be arriving in August, and do they have "big shoes to fill"!

BE WELL!

Signs and Symptoms of UTIs in Seniors

by Valerie Smithers, RN

Urinary Tract Infections (UTIs) are the most common bacterial infections that affect millions of people each year. Although one may contract a urinary tract infection at any age, incidences of infection tend to rise as we age. The immune system of an older adult is very different from that of a young person. A urinary tract infection in seniors' places stress on their body, which can result in different and often much more severe symptoms.

Detecting UTI symptoms in seniors can be tricky because many of them affect behavior, so they can be missed or attributed to more serious illnesses. The classic symptoms for UTIs are frequent urination, burning pain, cloudy urine, and lower back pain. Because older adult immune systems are sometimes less effective at identifying and attacking infections, these common symptoms can potentially progress to be much more severe, including but not limited to:

- Confusion
- Disorientation
- Agitation
- Sometimes even depression
- Poor Motor Skills
- Dizziness
- Falling

If you feel you have any of these symptoms, please contact your physician to be tested and treated right away.

Of course, there are things we can do at home to treat discomfort, as well as decrease the frequency of infections. First, wear comfortable, loose-fitting clothing and maintaining personal hygiene. Drink plenty of caffeine-free beverages each day. Urinate frequently to flush out bacteria. Adjust your diet to include foods like tomatoes, broccoli, blueberries, cranberries, and spinach. Take probiotics and cranberry extract, which are the most effective natural remedies. Consume green tea and increase your intake of Vitamin C. Lastly, avoid irritants that can worsen your situation such as alcohol, coffee, tea and carbonated drinks.



WELLNESS SERVICES

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Sheila Rae, Instructor
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WEEKLY SCHEDULE

Worship & Holy Communion
Each Sunday at 10:30 a.m.
St. Edward Chapel

Lectio Divina
Each Monday at 2:00 p.m.
St. Edward Chapel

Mindfulness Meditation
Each Monday at 3:15 p.m.
St. Edward Chapel

Catholic Services
Each Wednesday at 10:00 a.m.
St. Edward Chapel

Chaplains' Classes
Each Wednesday at 3:00 p.m.
St. Edward Chapel

In St. Edward Chapel

by Rev. Julie McKenna

Each Sunday at 10:30 a.m. in St. Edward Chapel

Worship and Holy Communion

On Pentecost Sunday (May 19, 2024), we will have a guest musician, cellist Roberta Das Santos.

Each Wednesday in May at 3:00 p.m. in St. Edward Chapel

Chaplains' Class presents Transitions at Trezevant

Hear all about the different levels of care and what to expect when you or your spouse faces a transition at Trezevant.

May 1st-- Transitions: Independent Living

Join Valerie Smithers and Kim O'Donnell as they share what is involved on the Independent Living side as residents need to transition to a higher level of care.

May 8th—Transitions: Assisted Living

Hear from Kirk Pafford, Terrace administrator as he shares information about assisted living, and what life in the Terrace is like.

May 15th—Transitions: Memory Unit

What constitutes dementia? When is it appropriate for someone to move to the memory unit? Hear from Crystal Birch, Terrace Director of Nursing as she answers these and other questions related to dementia and the memory unit.

May 22nd —Transitions: Allen Morgan Health and Rehab

Terri Palmore, Director of Nursing at Allen Morgan, and Melissa Angus, Director of Rehab, will help us understand the different levels of care, and rehabilitation therapies available at Allen Morgan.

May 29th—Transitions: Hospice/ Future planning for Important End of Life Discussions with Family members

Baptist Trinity Hospice will be with us to answer questions about how Hospice Works. Chaplains will share steps you can take now, to prepare your family members for your eventual death—hard discussions—advance directives, funeral planning, and practical tips.

Mark Your Calendar

Trezevant's Featured Country is Portugal!

Learn about Trezevant Transitions in May's **CHAPLAINS' CLASSES** each Wed beginning 5/1 at 3:00 p.m. in the CH.

TAKE YOUR BRAIN TO THE GYM with Dr. Sharon Pollock happens on Wed, 5/1 & 5/15 at 4:00 p.m. in the MR.

Celebrate **CINCO DE MAYO** with neighbors and friends on Thu, 5/2 at 4:30 p.m. in the PAC.

TREZEVANT EXPLORES* hosts Lisa Anderson and a presentation on Room at the Inn on Fri, 5/3. Lunch begins at 11:30 a.m., presentation begins at Noon in the PAC. \$7.50 per person; sign up in the Activity Book or on CATIE.

View our newest **ART EXHIBIT** by Leigh Sandlin and attend the reception on Sat, 5/4 from 3:00-5:00 p.m. in the PAC.

Don your fanciest bonnet and attend the **KENTUCKY DERBY PARTY** on Sat, 5/4! Party begins at 5:00 p.m. in the PAC. Enjoy food & drinks and don't forget to bring some dollar bills!

Learn more about the Immigration situation at the **TAPESTRY EVENT** with Diane Sachs on Tue, 5/7 at 2:00 p.m. in the PAC.

Don't miss Part 2 of the **TAPESTRY SERIES** on Gardening (Flowers) on Wed, 5/8 at 2:00 p.m. in the PAC.

Rhodes Professor Marcia Walton will discuss Education & Psychology at this **TAPESTRY EVENT** on Thu, 5/9 at 7:15 p.m. in the PAC.

The **SPRING FILM FEST** continues with Steve Ross and *The Awful Truth* on Fri, 5/10 at 2:00 p.m. in the PAC.

Learn some facts and taste some flavors of our featured country at the **CELEBRATE PORTUGAL!** party on Tue, 5/14 at 4:00 p.m. in the PAC.

Get to know someone new or something new about your neighbor at this month's **MYSTERY DINNER*** on Mon, 5/20 in the Bistro. Sign up in the Activity Book or on CATIE.

Let's go **OUT TO DINNER*!** Ciao Bella awaits on Tue, 5/21. Bus will depart at 5:15 p.m. from WAY.

Don't miss the **TAPESTRY EVENT: GERIATRIC RESERACH** with Dr. Burns on Thu, 5/23 at 7:15 p.m. in the PAC.

Take the bus to the **TREZEVANT SPONSORED SUNSET SYMPHONY*** on Sun, 5/26. Bus departs at 6:00 p.m. from WAY.

Be sure to attend the **HOMES & COTTAGES ANNUAL PARTY** on Tue, 5/28 beginning at 5:30 p.m. in HG.

Check out some great **MOVIES:** New Releases, Classics, and movies about our featured country. Check calendars for titles and times.

BIRTHDAY NIGHT AT TREZ celebrates the month's birthdays on the FIRST Wed of each month in SDR.

Visit **DOTTIE'S DIGS' SALE** on Thu, 5/2 & 5/16 from 9:00 a.m. to 4:00 p.m. in G1.



HAPPY HOUR Every Mon and Thu, from 5:00 to 6:00 p.m. \$2 cover charge, free drinks. *See Weekly Calendar or CATIE for venue.*

TGIFT!

Times vary. See Weekly Calendar or CATIE to confirm.

- 5/3 David Virone (Oldies) SDR
- 5/10 RSVP Chorus (A Capella) PAC
- 5/17 Diana Stein (Oldies) MR
- 5/24 Wyly Bigger (Oldies) MR
- 5/31 Tim Stanek (Piano) SDR

Saturday Music Hour

Times vary. See Weekly Calendar or CATIE to confirm.

- 5/11 The Penny Kings (Oldies) PAC

Special Performances

- 5/2 at 7:15 p.m. Legends of Country & Western with Paul Morphis in the PAC
- 5/5 at 4:00 p.m. Dubois Duo (Classical) in the MR
- 5/12 at 3:00 p.m. Student Recital with IRIS Fellows PAC
- 5/22 at 4:00 p.m. Bon Voyage Concert & Reception for our Artists-in-Residence PAC

**Sign up in the Activity Book or on CATIE.*



MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DR. WARREN'S CLINIC HOURS</p> <p>Wed, May 8, 2024 Tue, May 14, 2024 Wed, May 22, 2024 Tue, May 28, 2024</p> <p>12:15-3:00 PM</p>	<p>LOCATION KEY</p> <p>G1-Garage 1st Floor 201-Fitness Room 310-Club Room 310 AC-Aquatic Center CH-St. Edward Chapel GAL-Gallery Dining Room HPL-Highland Parking Entrance</p> <p>MR-Music Room MWW-Manor Walkway PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance</p>		<p>1 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Transitions at Trezevant CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night SDR</p>	<p>2 8:15 AM Water Aerobics AC 9:00 AM-4:00 PM Dottie's Digs' G1 9:00 AM Noon Podiatrist* 318 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 3:00 PM Sewing Circle CR 310 4:30 PM CINCO DE MAYO PARTY! PAC 7:15 PM Legend of Country & Western with Paul Morphis PAC</p>	<p>3 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:30 AM TREZEVANT EXPLORES*: Lunch & Room at the Inn presentation PAC 2:00 PM MOVIE: Wonder (PG, 2017, 5*, 1h53m) PAC 5:30 PM Dinner with Music by David Virone (Piano) SDR</p>	<p>4 8:15 AM Strength & Balance PAC 9:15 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 3:00-5:00 PM Opening Reception to Leigh Sandlin Art Exhibit TWW 5:00 PM KY Derby Party! PAC</p>
<p>5 CINCO DE MAYO 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: The Beautiful Game (PG-13, 2024, 4.5* 2h5m) PAC 4:00 SPECIAL PERFORMANCE: Dubois Duo MR</p>	<p>6 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch & Balance 201 5:00 PM Happy Hour PAC</p>	<p>7 9:00 AM-4:00 PM Thrive Audiology* by appointment only 304 9:15 AM Advanced Core PAC 10:00 AM OUTING*: Walgreen's Senior Day WAY 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 2:00 PM TAPESTRY EVENT: All Else Failed with Dana Sachs PAC</p>	<p>8 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM TAPESTRY EVENT: Gardening 2 PAC 3:00 PM Chaplains' Class: Transitions at Trezevant Assisted Living CH 4:00 PM Conversations with Kent PAC</p>	<p>9 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC 7:15 PM TAPESTRY EVENT: Education & Psychology with Dr. Marcia Walton, Rhodes PAC</p>	<p>10 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM SPRING FILM FEST: The Awful Truth with Steve Ross PAC 7:15 PM TGIFT! with RSVP Chorus (A capella) PAC</p>	<p>11 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Terms of Endearment (PG, 1983, 5*, 2h11m) PAC 5:00 PM SATURDAY MUSIC HOUR: The Penny Kings (Oldies) PAC</p>
<p>12 MOTHER'S DAY 10:30 AM Worship & Holy Communion CH 3:00 PM SPECIAL EVENT: Student Recital with IRIS fellows PAC</p>	<p>13 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch & Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC</p>	<p>14 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Ladies' Coffee Hour MR 11:00 AM Gentle Aquatics AC 4:00 PM SPECIAL EVENT: Celebrate Portugal! PAC</p>	<p>15 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Mass CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Transitions at Trezevant-Memory Care CH 4:00 PM Take Your Brain to the Gym MR</p>	<p>16 9:00 AM-4:00 PM Dottie's Digs' G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC</p>	<p>17 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM MOVIE: Imitation of Life (R, 1959, 5*, 2h5m) PAC 5:00 PM TGIFT! with with Diana Stein (Oldies) MR</p>	<p>18 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Night Train to Lisbon (R, 2013, 4.5*, 1h51m) PAC</p>
<p>19 10:30 AM Worship & Holy Communion e CH 2:00 PM MOVIE: The Taste of Things (PG-13, 2024, 5*, 2h15m) PAC</p>	<p>20 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina with Anne Carriere CH 2:00 PM Stretch & Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC 6:00 PM SPECIAL EVENT: Mystery Dinner!* Bistro</p>	<p>21 9:00 AM-4:00 PM Thrive Audiology* by appointment only 304 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting PAC 4:00 PM Idlewild Communion Service CH 5:15 PM OUT TO DINNER*: Ciao Bella WAY</p>	<p>22 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Transitions at Trezevant-Rehab & AMHC CH 4:00 PM SPECIAL PERFORMANCE: IRIS Fellows Bon Voyage Concert & Reception PAC</p>	<p>23 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC 7:15 PM TAPESTRY EVENT: Geriatric Research with Dr. Burns PAC</p>	<p>24 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM MOVIE: Top Gun: Maverick (PG-13, 2022, 4.5*, 2h5m) PAC 5:00 PM TGIFT! Wyly Bigger (Oldies) MR</p>	<p>25 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The Longest Day (G, 1962, 4.5*, 2h55m) PAC</p>
<p>26 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: They Were Expendable (TV-14, 1945, 4.5*, 2h14m) PAC 6:00 PM OUTING*: Trezevant Sponsored Sunset Symphony WAY</p>	<p>27 MEMORIAL DAY HOLIDAY LUNCH-TWO SEATINGS 11:00 AM-12:30 AM & 12:30-2:00 PM Reserve your seat by calling 251-9212 and specify your seating preference.</p>	<p>28 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Coffee with Libby MR 11:00 AM Gentle Aquatics AC 5:30 PM Home & Cottages Annual Party HG</p>	<p>29 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Transitions at Trezevant-Hospice CH</p>	<p>30 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC</p>	<p>31 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM MOVIE: Forgotten Love (TV-14, 2023, 4.5*, 2h20m) PAC 5:30 PM Dinner with Music by Tim Stanek (Piano) SDR</p>	<p>PLEASE NOTE: Events are subject to change. Please check the weekly calendar for updated information. An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.</p>

MOVIES

AT TREZEVANT



5/3/2024 2:00 PM

Wonder

(PG, 2017, 5*, 1h53m)

Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie Pullman becomes the most unlikely of heroes when he enters the local fifth grade.



5/5/2024 2:00 PM

The Beautiful Game

(PG-13, 2024, 4.5*, 2h5m)

Mal is the manager of England's homeless football team, taking his players to Rome with the hope of being crowned champions of the Homeless World Cup. He brings with them a talented striker, Vinny, who could give them a real chance at winning.

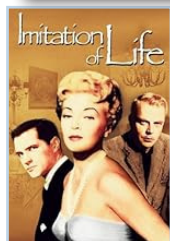


5/11/2024 2:00 PM

Terms of Endearment

(PG, 1983, 5*, 2h11m)

An audience favorite about hard-to-please Aurora who is looking for love, and her daughter, who has her own set of family problems.



5/17/2024 2:00 PM

Imitation of Life

(R, 1959, 5*, 2h5m)

Living a lie is a poor substitute for living the truth - sometimes it takes the harsh realities of life to help us discover who we truly are.



5/18/2024 2:00 PM

Night Train to Lisbon

(R, 2013, 4.5*, 1h51m)

Raimund Gregorius, a Swiss Professor, abandons his lectures and buttoned-down life to embark on a thrilling adventure that



will take him on a journey to the very heart of himself.

5/19/2024 2:00 PM

The Taste of Things

(PG-13, 2024, 5*, 2h15m)

France, 1889: simmering passions between a master chef and his longtime partner bubble over in this sumptuous award-winning period love story.



5/24/2024

Top Gun: Maverick

(PG-13, 2022, 4.5*, 2h5m)

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUNs elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.



5/25/2024 2:00 PM

The Longest Day

(G, 1962, 4.5*, 2h55m)

Allied forces prepare for a massive D-Day assault upon the beaches of Normandy during World War II.



5/26/2024

They Were Expendable

(TV-14, 1945, 4.5*, 2h14m)

Heroic PT boat captains fight Japanese ships in the World War II Philippines.



5/31/2024

Forgotten Love

(TV-14, 2023, 4.5*, 2h20m)

A once-respected surgeon who's lost his family and his memory gets a chance at redemption when he reconnects with someone from his forgotten past who can help him find the answers he needs.

May Birthdays

May 1

Sally Podesta

May 2

John Holmes

May 4

John Albritton

May 9

Doris Boone

Joe Hawes

Maggie Hollabaugh

May 11

Betty Brewster

May 12

John Mansfield

May 15

Ranna Christenson

May 17

Marion Quinlen

Betsy Rucks

Laurence Streuli

May 22

Milton Winter

May 23

Perre Magness

May 25

Mary Pat Custer

May 26

Claire Saino

May 30

Marion Morgan

May 31

Bill Creason

Judi Creason



Resident Reflections



- 1. Jan LaBeause, Kay Mills Due, Sue Myers, Alice Leslie and Pat Crone at the Eclipse Viewing Party
- 2. J.R. Dunkley at the Eclipse Viewing Party
- 3. TV and Alice Anne Miller at the Eclipse Viewing Party
- 4. Fontaine Taylor and Jimmie Pidgeon at the Eclipse Viewing Party
- 5. Sara Holmes and Virginia Trenholm at the Eclipse Viewing Party
- 6. Lillian Hammond, Betty Carter and Betty Green at the Eclipse Viewing Party
- 7. Margaret Taylor and Author Mike Cody
- 8. Dan Conaway at the Trezevant Author Event
- 9. Gail Murray at the Trezevant Author Event



Inner Journeys The Vine

by Jack Richbourg

John is my favorite gospel. In it, Jesus says, “I am the true one of Jesus’ many *I AM* statements found in John. I am the I am the life. I am the good shepherd, and here Jesus says is the vine grower, and you, my friends, are the branches

There is one thing I know about branches and vines, and that The life- giving sap that runs through the vine is transferred aratedfrom the vine, it withers and dies. Why? Because the same plant. They are one.

In John’s Gospel, Jesus repeatedly says, “I am in the father, am in you, and you are in me.” The better translation of the and the father abides in me,” or, “I abide in you, and you

That’s the goal, isn’t it, to abide in Christ. The goal Christ just as a branch is connected to the vine, to organism, to become one with Christ, one with you break it down . . . *at-one-ment*.

But what are we specifically called to do as branches of this vine bear much fruit, and what is this fruit we are called to bear? Jesus gives us the *Mandatum Novum*, the New Commandment. “I give to love one another as I have loved you.”

Our job is pretty simple, really. We just need to love one another, to care of each other. That *is* the way. That *is* the truth. That *is* the herds do. They love us.

And so, what do you say that we just all try to love one another- Christ and love one another as he loved us because love is the of Christ, and according to John, “God is love, and those who abide abides in them.”

May we all abide in love, and may all our branches bear much fruit.

vine,” and this is way. I am the truth. I am the true vine. God growing from that vine.

is that they are connected. to the branch. If the branch is sep- branch and the vine are really the

and the father is in me” adding, “I Greek is “I abide in the father, abide in me.”

is to become connected to one plant, to become one what atonement really is, if become God. That’s

of Christ? We are called to tells us in John when he unto you a new commandment

be kind to one another, to take life. That’s what good shep-

er. Let’s abide in the vine of fruit of the branch of the vine in love abide in God, and God



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