

TABOR MANOR



Tabor Times

February 2013

KEEPING QUIET

February 25 is Quiet Day, a day to retreat from the world's noisy hustle and bustle and enjoy a moment of silent reflection. For centuries, many religious orders have taken vows of silence. In fact, silence seems to be common practice across many diverse faiths. Why is silence such a powerful and profound practice?

Often, the first thing monks discover when they are quiet is that there are many things they do not have to say. Time and energy spent speaking can be used to look more deeply into the self and into the world. For this reason, silence can lead to insight and peace.

For some, even when they are quiet, they find their minds stay very loud and busy. It is only natural for people to think about their day, their family, or other deep-rooted problems. For even the most devout practitioners of silence, it may take days or months to calm these inner thoughts. But, silence is the first step on the path to finding calm and peace.

Excessive noise can also do harm to the body. Not only can loud sounds create hearing loss but loud ambient noises like passing cars and trucks or constant city noise can elevate blood pressure, increase stress, and lead to poor sleep and increased aggression.

There is no such thing as absolute silence. Birds chirp. Pipes clang. It is not realistic to think that an average person could maintain a monastic silence. On February 25, simply give yourself five to twenty minutes in a quiet place. Start the day in silence. Turn the TV and radio off during breakfast. Turn off your phone ringer. Focus on breathing. Listen to the world around you. Some people practice silent exercise. Some move their routine outside. Others go for a silent drive. Regardless of how you find your quiet place, enjoy the comfort of silence.



CELEBRATIONS

Henry Durksen - Feb 26
Katharine Enns - Feb 1
Erna Fast - Feb 27
Agatha Thiessen - Feb 9
Margaret Thiessen - Feb 27
Vera Voth - Feb 9
Marjorie Greenall - Feb 10
Annie Neufeld - Feb 19
Henry Petkau - Feb 2

IMPORTANT DATES

6 - Residents' Council Mtg
13 - Chinese New Year
12 - Pancake Tuesday
12 - Mardi Gras
14 - Valentines Day
16 - Birthday Party
18 - Family Day Holiday

GARDENING PROGRAM



It has now been one year since we started our monthly Gardening Program! This program, sponsored by the Ladies Auxiliary, has been greatly enjoyed by all residents who have participated. Various projects have included planting seeds and

cuttings, creating greenery arrangements, working with cactus, flowers, pumpkins, herbs and also assisting in planting the center courtyard! We thank Karin Vermeer for all of her help and the Auxiliary in making this program possible. ~Megan

You know you're in love when you can't fall asleep because reality is finally better than your dreams. (Dr. Suess)

CANDLEMAS

Candlemas, on February 2, is a Christian holiday that falls forty days after Christmas. It commemorates the presentation by Mary of the baby Jesus to the temple. Jesus, on this day, was proclaimed to be “the Light of the world.” Ever since, candles have been lit in Jesus’ honor.

Similar to the legend of Groundhog day, also on February 2, the following is said about Candlemas:

If Candlemas day is bright and clear, there'll be two winters in the year.

If Candlemas brings cloud and rain, winter will not come again.

Love

Love is a feeling in actions you show,

Now this is something that you likely do know,

I'll tell you the secret of real love divine,

It shows in the eyes of a real friend that is thine.

Then also to hear those sweet sounding words and that kind tender touch,

Which, of course is also appreciated so very much.

Then along come those whispers, right into your ear, “I love you my dear!”

Forever and ever you are mine, and that is now clear.

Now above all, the love that is forever so pure and so true,

Is the Lord's love who died on the Cross for me and for you.

Agatha Thiessen



Wedding Photos



Come and take a walk down memory lane....

We have been collecting wedding photos from residents and staff and they will be posted in the hallways at Tabor Manor through the month of February. See if you can guess who is who—some will be very easy while others will surprise you!