

The SENIOR SAGE

A PUBLICATION OF THE OFFICE OF AGING MINISTRY FOR
THE ARCHDIOCESE OF GALVESTON-HOUSTON



2026 New Year Edition



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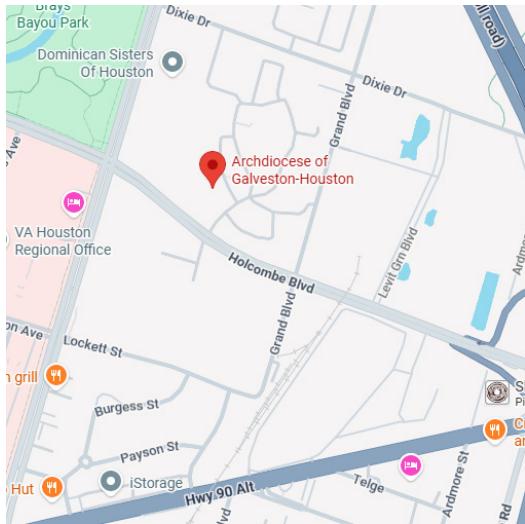
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THE OFFICE OF AGING MINISTRY

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MEET YOUR TEAM

At the Office of Aging

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Kris Kerlin, LPC-S
713-391-2678
kkerlin@archgh.org

Associate Director

Open Position

Associate Director

Gina Pasket
713-391-2671
gpasket@archgh.org

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Lily Marroquin
713-741-8712
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Join our community!

OFFICE OF AGING COMMUNITY



Text "aging" to 84576
or
Scan the QR Code

COMUNIDAD DE ADULTOS MAYORES



Envía un mensaje de
texto con la palabra
"Sabio"
a (202) 765-3441 o
Escanear código QR

Submit an article about your Senior Group to



Send Senior Sage articles to:

<https://forms.office.com/r/7BmS56u8Wk?origin=lprLink>

Or Scan this
QR Code



We love photos!

If you would like to include some photos with your article please email them to Lmarroquin@archgh.org with the name of your senior group and parish.

Please limit articles to 125-150 words.

All submissions are subject to editing based on space available.

DEADLINES FOR UPCOMING EDITIONS

Winter/Spring Edition: **April 30th**

Summer/Fall Edition: **Oct. 9th**

2027 New Year Edition: **Dec. 31st**

Editions will be published approximately 2 weeks after submission deadline.

Please email any questions to Lmarroquin@archgh.org

Dedicated to Blanca Cruz



We would like to dedicate this edition of the Senior Sage, to Blanca Cruz, a forever friend of the Office of Aging Ministry and our previous Executive Administrative Assistant for many years. Blanca is not only an efficient organizer, but she knows how to create a beautiful environment and has done so for baby showers, game days and celebrations of every kind.



"Now may the Lord of peace himself give you peace at all times in all ways" 2 Thess. 3:16

We are surrounding her with love and prayers in her cancer journey. Peace.



In Remembrance of Kate Loeffler

We are grateful that we were given the opportunity to honor Kate Loeffler from St. Maximilian Kolbe for her extraordinary service to others at the Northern Recognition event before she unexpectedly passed away on Dec. 27.

She touched many lives! Our prayers are with her family and we pray :

Eternal rest grant unto her, O Lord, and let perpetual light shine upon her. May she rest in peace. May her soul and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen



A Message from Director Kris Kerlin

As we begin 2026, you are at the center of all we do. Our vision remains the same this year, to ensure that YOU are seen and heard, valued and loved. Our hope is that whenever you participate in an event by the Office of Aging Ministry, you feel the love of God. This is our second year for SAINTS University and we continue to feel excited about creating more opportunities for you to enjoy and deepen your faith, fellowship with your Catholic family and have fun. We know that life is precious and how you spend your time is literally how you spend your life. We are so grateful that you share your lives with us, we love spending time with you and getting to know you. In this year of grace may we all experience the sufficiency of God's love and care.

Blessing, Kris Kerlin, Director



And he hath said unto me, My grace is sufficient for thee: for my power is made perfect in weakness. Most gladly therefore will I rather glory in my weaknesses, that the power of Christ may rest upon me.
2 Cor. 12:9

A Message from Associate Director Gina Pasket

The Central, Northern, and Southwest Senates had amazing topics and events in 2025 but what made it really special was each one of you! I want to wish YOU a Happy New Year!

Get ready for a Year of Discovery and Connection. 2026 is shaping up to be a landmark year, as we align our goals and initiatives with you in mind. That's right we listened, to your wishes, needs, and wants. The feedback forms that were filled out and given back to us gave us lots of insights into planning the 2026 Central, Northern, and Southwest Senior Senate calendars. The Senior Senate Officers and the Office of Aging Ministry have been hard at work in fulfilling your wishes.

I am excited to support and help bring great tips, education, awareness, and adventure to our “seasoned” (older adults) in their physical, emotional, spiritual, and social connections. I am thrilled to again bring all the Senior Senate Officers together in planning the “Day of Prayer”, to finalize the By-Laws, and look at future endeavors together.



“Heavenly Father, thank You for the gift of another year, for the lessons learned and the stories lived. As we step into this new season, grant us wisdom to hold time gently, not rushing, but savoring each moment, finding holiness in quiet mornings and meaningful conversations. Bless us with deep presence, renewed faith, and strength to serve, letting go of past burdens for Your peace. May our hearts be filled with gratitude, our lives with purpose, and our spirits with Your enduring love and light. Thank you for giving me mercy and grace. It is Your mercy that holds back what I deserve and Your grace that gives me what I don’t deserve.”

“So let us confidently approach the throne of grace to receive mercy and to find grace for timely help.” Hebrews 4:16

Loving Father, in Jesus’ Name. Amen

God's Blessings,
Gina Pasket, Associate Director

A Farewell Message to the Aging Ministry Community

Olga Najar

Dear Brothers and Sisters in Christ,

With a heart full of gratitude, I write to share my farewell as I conclude this chapter of service with the Catholic Ministry for Aging. I will be leaving the Office of Aging Ministry on January 20.

As I prepare to step into a new chapter of my life, I do so with a grateful heart and a deep sense of humility. Serving the Aging Ministry has been one of the greatest blessings of my journey, and saying farewell is not easy.

This ministry has been far more than a professional responsibility for me—it has been a true calling. Walking alongside older adults, caregivers, parish leaders, clergy, volunteers, community partners, part of the committee, and boards has shaped me in ways I will always cherish and be grateful. Through your stories, your faith, your perseverance, and your love, you have taught me what it truly means to trust God at every stage of life. Time and again, I have encountered Christ through you. Together, we have prayed, served, learned, and supported one another. We have celebrated joys and faced challenges with compassion and courage. Above all, we have worked to honor the dignity, wisdom, and sacred worth of older adults, especially those who are most vulnerable. I am profoundly thankful for your trust, your generosity, and the opportunity to serve God's people alongside you.

As I move forward, I do so with confidence and hope for the future of this ministry. I know it will continue to grow and flourish, guided by faith, hope, and love. I carry with me the lessons you have taught me, the friendships we have built, and the many stories that will forever remain in my heart.

Thank you for your support, collaboration, and kindness throughout this journey. I would like to extend a special thank you to my team of Hispanic leaders, my team, Kris Kerlin, my director, Gina Pasket, and Liliana Marroquin. Additionally, I want to acknowledge my former director, Mark Ciesielski, for his vision and opportunity, Sister Maureen O'Connell, and Franchelle Lee, who all served as directors of the secretariat. I am grateful to Blanca Cruz, Lázaro Contreras, and Adrian Herrera for their hard work and collaboration when we needed it most in this office. Once again, thank you for the opportunity and vision to serve the Hispanic community. Please know that you are all in my prayers. May the Lord bless you abundantly and continue to strengthen our shared commitment to accompanying, respecting, and supporting older adults in our Church and communities.

May God grant you continued wisdom, joy, and peace, and may Our Blessed Mother always keep you under her loving protection

With deep gratitude and prayers,
Olga Najar



Mensaje de despedida a la comunidad del Ministerio para Adultos Mayores

Olga Najar

Queridos hermanos y hermanas en Cristo:

Con un corazón lleno de gratitud, les escribo para compartir mi despedida al concluir esta etapa de servicio en el Ministerio Católico para Adultos Mayores.

Al prepararme para comenzar un nuevo capítulo en mi vida, lo hago con un corazón agradecido y un profundo sentido de humildad. Servir en el Ministerio para Adultos Mayores ha sido una de las mayores bendiciones de mi camino, y decir adiós no es fácil.

Este ministerio ha sido mucho más que una responsabilidad profesional para mí; ha sido una verdadera vocación. Caminar junto a adultos mayores, cuidadores, líderes parroquiales, clérigos, voluntarios, socios comunitarios, miembros del comité y juntas directivas me ha transformado de maneras que siempre atesoraré y por las que estaré siempre agradecida. A través de sus historias, su fe, su perseverancia y su amor, me han enseñado lo que significa verdaderamente confiar en Dios en cada etapa de la vida. Una y otra vez, he encontrado a Cristo a través de ustedes.

Juntos hemos orado, servido, aprendido y nos hemos apoyado mutuamente. Hemos celebrado alegrías y afrontado desafíos con compasión y valentía. Sobre todo, hemos trabajado para honrar la dignidad, la sabiduría y el valor sagrado de los adultos mayores, especialmente de los más vulnerables. Estoy profundamente agradecida por su confianza, su generosidad y la oportunidad de servir al pueblo de Dios junto a ustedes.

Al seguir adelante, lo hago con confianza y esperanza en el futuro de este ministerio. Sé que continuará creciendo y floreciendo, guiado por la fe, la esperanza y el amor. Llevo conmigo las lecciones que me han enseñado, las amistades que hemos forjado y las muchas historias que permanecerán para siempre en mi corazón.

Gracias por su apoyo, su colaboración y su bondad a lo largo de este camino. Un especial agradecimiento a mi equipo de líderes hispanos, a mi equipo de trabajo, Kris Kerlin, directora, Gina Pasket, Liliana Marroquin; pero también un agradecimiento especial a mi director anterior, Mark Ciesielski, por su visión y formación, Sr. Maureen O'Connell, y Franchelle Lee como directoras del secretariado. A Blanca Cruz, Lázaro Contreras y Adrian Herrera por su colaboración y trabajo cuando más lo necesitamos en esta oficina. Mil gracias una vez más por la oportunidad y visión para servir a la comunidad hispana. Sepan que permanecen en mis oraciones. Que el Señor los bendiga abundantemente y continúe fortaleciendo nuestro compromiso compartido de acompañar, respetar y apoyar a los adultos mayores en nuestra Iglesia y comunidades.

Que Dios les conceda sabiduría, alegría y paz, y que Nuestra Santísima Madre los mantenga siempre bajo su amorosa protección.

Con profunda gratitud y oraciones,
Olga Najar



Community Leaders

The officers and leaders from all four communities gathered to plan for 2026



SOUTHWEST COMMUNITY

John Johnson SW- President
Margaret Fuller SW- Vice President
Gwen Reinke SW- Treasurer
Dennis O'Driscoll SW- Secretary

Meeting: Bi-Monthly Meetings
St. Cyril of Alexandria Church- 10 A.M.
10503 Westheimer Rd.- Houston, Tx 77042

CENTRAL COMMUNITY

Barbara Murray CSS- President
Delois Semien CSS- Vice President
Earline Castex CSS- Treasurer
Barbara Nugent CSS- Secretary

Meeting: 1st Monday of each month
St. Dominic Auditorium- 10 A.M.
2403 Holcombe Blvd.- Houston, Tx 77021



NORTHERN COMMUNITY

Mary Jo Butler NSS- President
Mary Lou Helminak NSS- Vice President
Becky Keels NSS- Treasurer
Cheryl Park NSS- Secretary

Meeting: 2nd Monday of each month
Christ The Redeemer- 10 A.M.
11507 Huffmeister Rd.- Houston, Tx 77065

MIEMBROS DE LIDERAZGO-2025

Juan N Gomez Cony Traversa
Erika Gonzalez Linda Williams Hall
Benito Meza Cristina De La Rosa
Miguel Piñon

St. Dominic Chancery RM. 133
2403 Holcombe Blvd.- Houston, Tx 77021



SAINTS University: 2026 Calendar



Central

Monthly Meetings
1st Monday of the Month

Northern

Monthly Meetings
2nd Monday of the Month

Southwest

Bi-Monthly Meetings
4th Wednesday of the Month

Spanish

Monthly Events

January	Social Security Presentation	Social Security Presentation	Social Security Presentation	Epiphany of the Lord Reflection
February	Healthy Foods Presentation	Healthy Lifestyle Presentation	No Meeting	Heart Association
March				Presentación-Enrique Contreras y Martínez CCC
	Day of Prayer (Date TBD)			
April	Trip (April 9th)	Dementia & Alzheimer's Presentation	Retreat Day	
	Resource Fair- Southside			
May	Mental Health Presentation	Anniversary Mass	Healthy Foods Demo	Brain Health Conference
June	Game Day	Hurricane Preparedness	No Meeting	Mental Health Presentation-TBD
July	No Meeting	Aging Solo at Home	Game Day	No Meeting
August	No Meeting	Fun Day	No Meeting	EOL Seminar
September			Sit and Be Fit Presentation	
	Grandparents & Cherished Elders Celebration			
October	Healthy Lifestyle Presentation	Board Games	Painted Churches Trip	Altar de Muertos
November	Mass of Remembrance	Mass of Remembrance	Recognition	Empty Nester Presentation
December	Recognition and Christmas Event	Recognition and Christmas Event	No Meeting	Recognition and Advent Reflections

SAINTS University: 2026 Calendar

Central Senate

Monthly Meetings
1st Monday of the Month
10 AM - 12PM

Meeting Location:
St. Dominic Auditorium-
2401 Holcombe Blvd.
Houston, Tx 77021

January 5th	Social Security Presentation
February 2nd	Healthy Foods Presentation
March World Day of Prayer 6th	Day of Prayer (Hosted by the Northern Senate, Location and date TBD)
April 9th	Trip Details to be decided
May 4th	Mental Health Presentation
June 1st	Game Day
July	No Meeting
August	No Meeting
September 10th	Grandparents & Cherished Elders Celebration
October 5th	Healthy Lifestyle Presentation
November 2nd	Mass of Remembrance
December 2nd	Recognition and Christmas Event

SAINTS University: 2026 Calendar

Northern Senate

Monthly Meetings
2nd Monday of the Month
10AM - 12PM

Meeting Location:
Christ The Redeemer
11507 Huffmeister Rd.
Houston, Tx 77065

January 12th	Social Security Presentation
February 9th	Healthy Lifestyle Presentation
March World Day of Prayer on the 6th	Day of Prayer (Hosted by the Northern Senate, Location and date TBD)
April 13th	Dementia & Alzheimer's Presentation
May 11th	Wedding Anniversary Mass
June 8th	Hurricane Preparedness
July 13th	Aging Solo at Home
August 10th	Fun Day
September 14th	Grandparents & Cherished Elders Celebration
October 12th	Board Games
November 9th	Mass of Remembrance
December	Recognition and Christmas Event Date and Location TBD

SAINTS University: 2026 Calendar

Southwest Senate

Bi-Monthly Meetings
4th Wednesday of the Month
10AM- 12PM

Meeting Location:
St. Cyril of Alexandria- 10 A.M.
10503 Westheimer Rd.
Houston, Tx 77042

January 28th	Social Security Presentation
February	No Meeting
March World Day of Prayer 6th	Day of Prayer (Hosted by the Northern Senate, Location and date TBD)
April	Retreat Day
May 27th	Healthy Foods Demo
June	No Meeting
July	Game Day
August	No Meeting
September 23rd	Grandparents Day Sit and Be Fit Presentation
October	Painted Churches Trip
November 14th	Recognition Event
December	No Meeting

Universidad de los santos: 2026 Calendario

Spanish Community

Eventos mensuales
los horarios varían

Lugar de la reunión:
St. Dominic Chancery RM. 133
2403 Holcombe Blvd.
Houston, Tx 77021

Enero 6	Epifanía del Señor: Reflexión Evento Virtual
Febrero	Heart Association Asociación del Corazón
Marzo 21	Presentación-Enrique Contreras y Martínez CCC
Abril 18	Feria de Recursos - Southside
Mayo 16	Conferencia sobre la Salud Cerebral
Junio	Presentación sobre Salud Mental-TBD
Julio	No Habrá reunión
Agosto	EOL Seminario
Septiembre	Abuelos y Adultos Mayores Queridos Celebración
Octubre	Altar de Muertos
Noviembre	Presentación para padres con el nido vacío
Diciembre	Reconocimiento y Reflexiones de Adviento

Conscious Living

Conscious Aging 10 Week Online Book Study



Join us for this **ONLINE** event

Every Wednesday | 10-11:30 am

January 21- March 25, 2026

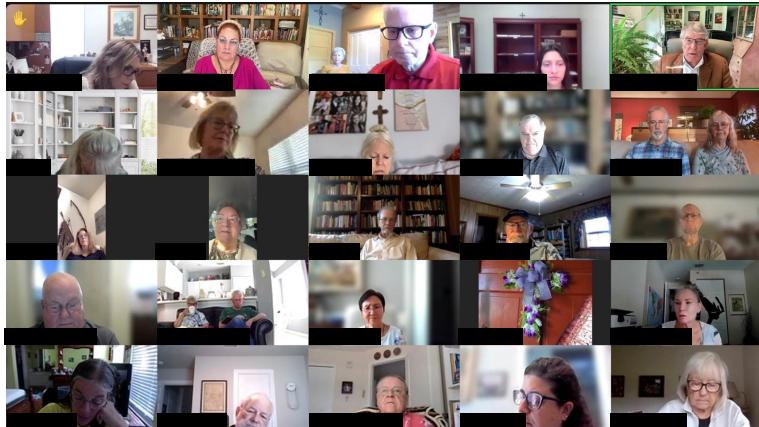
**Register with the QR Code
or use this link**

<https://forms.office.com/r/QBpei6x6dM?origin=lprLink>



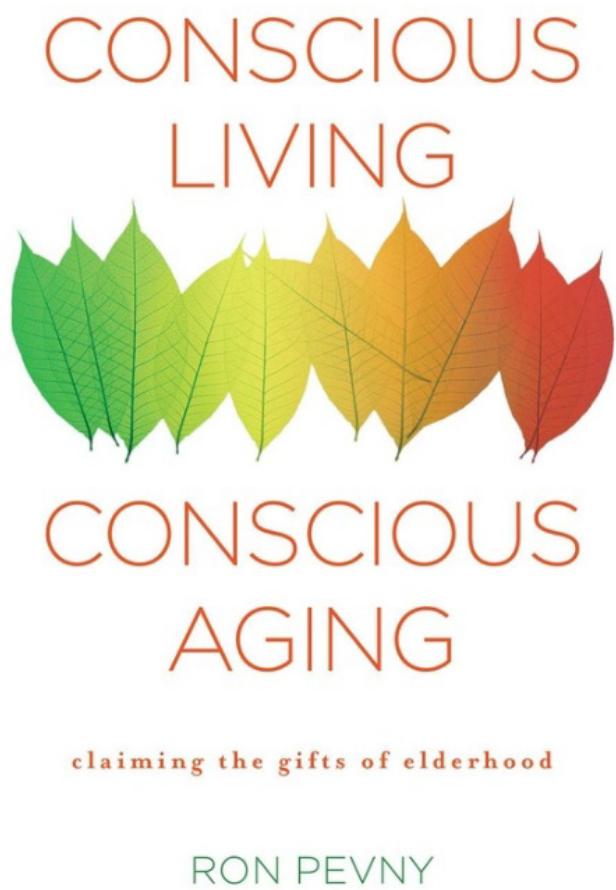
Conscious Living, Conscious Aging

The beginning of a journey ...
Conscious Eldering Webinar, October 14th, 2025



Diving deeper - upcoming Online Bookstudy Begins January 21st

"A unique and valuable resource for those seeking purpose, service, and continual growth in the later chapters of their lives."
—Rabbi Zalman Schachter-Shalomi,
coauthor of *From Aging to Sage-ing*



This is a 10 week book study where we will read chapters of the book, Conscious Living Conscious Aging by Ron Pevny and meet online for sharing and exploration. Please purchase your own copy of the book for the book study.

Here is the Amazon Link for the book:
<https://a.co/d/hF2qI1R>

Sessions are as follows:

Session 1	– January 21	– Intro. and Chapter 1
Session 2	– January 28	– Chapters 2 & 3
Session 3	– February 4	– Chapter 4
Session 4	– February 11	– Chapter 5 & 6
Session 5	– February 18	– Chapters 7 & 8
Session 6	– February 25	– Chapters 9 & 10
Session 7	– March 4	– Chapters 11 & 12
Session 8	– March 11	– Chapters 13 & 14
Session 9	– March 18	– Chapters 15 & 16
Session 10	– March 25	– Chapter 17 & Conclusion

A Reflection on CONSCIOUSNESS IN THE SECOND HALF OF LIFE

By Cony Travera, one of our Spanish Leadership team members



Our society conditions us to pursue happiness based on effort, sacrifice and short-term satisfaction. We evaluate success based on external factors.

The mind generates monumental stories that take up space in our brain. Our wounds generate unrealistic assumptions and automatic reactions. We live defensively, with the idea of competing to win or give in because, "I can't". This unconscious living leaves us feeling unfulfilled, and on many occasions, exhausted.

To stop this process and begin to live consciously, I believe that the first step is to observe ourselves and discover those patterns that act as triggers that make us "react" and not "act" in countless moments of our lives.

Another way to become more conscious is to start discovering those moments when we begin to feel uncomfortable. Conscious observation (full presence) in these moments is the primary objective to allow us to question our reactions and 'understand them to understand ourselves'. When we have moments where we are reacting or fleeing from a situation, it is important to stay there, in full presence and wait for the process to pass. Then, when we have tranquility we can decipher where our reaction comes from and we can begin to heal those wounds. We can give that experience new meaning and even create a beautiful work of art on that mental scar. The 'scar' reminds us that we went through something, we overcame it and now we can understand the purpose of that experience. We can achieve reconciliation with ourselves and with our world, both inner and outer.

A spiritual diary is another way we can capture experiences, emotions and reactions and how we relate to our environment.

In this way, we rediscover who we really are. This is a lifelong process. The fundamental thing is to be a little more aware, to work on our wounds, on our conditioning, on our distorted visions of reality and discover how to relate in a cordial, loving and respectful way with ourselves, with others and with the world.

Una reflexión de Cony Travera sobre LA CONSCIENCIA EN LA SEGUNDA MITAD DE LA VIDA.



Nuestra sociedad nos condiciona a buscar la felicidad basándonos en el esfuerzo, el sacrificio y la satisfacción a corto plazo. Evaluamos el éxito en función de factores externos.

La mente genera historias monumentales que ocupan espacio en nuestro cerebro. Nuestras heridas generan suposiciones irreales y reacciones automáticas. Vivimos a la defensiva, con la idea de competir para ganar o de rendirnos porque "no podemos". Esta forma de vida inconsciente nos deja con una sensación de insatisfacción y, en muchas ocasiones, agotados. Para detener este proceso y empezar a vivir conscientemente, creo que el primer paso es observarnos a nosotros mismos y descubrir esos patrones que actúan como desencadenantes que nos hacen "reaccionar" en lugar de "actuar" en innumerables momentos de nuestra vida.

Otra forma de ser más conscientes es empezar a identificar los momentos en que nos sentimos incómodos. La observación consciente (presencia plena) en esos momentos es el objetivo principal para poder cuestionar nuestras reacciones y comprenderlas, y así comprendernos a nosotros mismos. Cuando reaccionamos o huimos de una situación, es importante permanecer presentes y esperar a que pase el proceso. Luego, con tranquilidad, podemos descifrar el origen de nuestra reacción y empezar a sanar esas heridas. Podemos darle un nuevo significado a esa experiencia e incluso crear una hermosa obra de arte a partir de esa cicatriz mental. La "cicatriz" nos recuerda que hemos superado algo y que ahora podemos comprender el propósito de esa experiencia. Podemos lograr la reconciliación con nosotros mismos y con nuestro mundo, tanto interior como exterior.

Un diario espiritual es otra forma de registrar experiencias, emociones y reacciones, y cómo nos relacionamos con nuestro entorno.

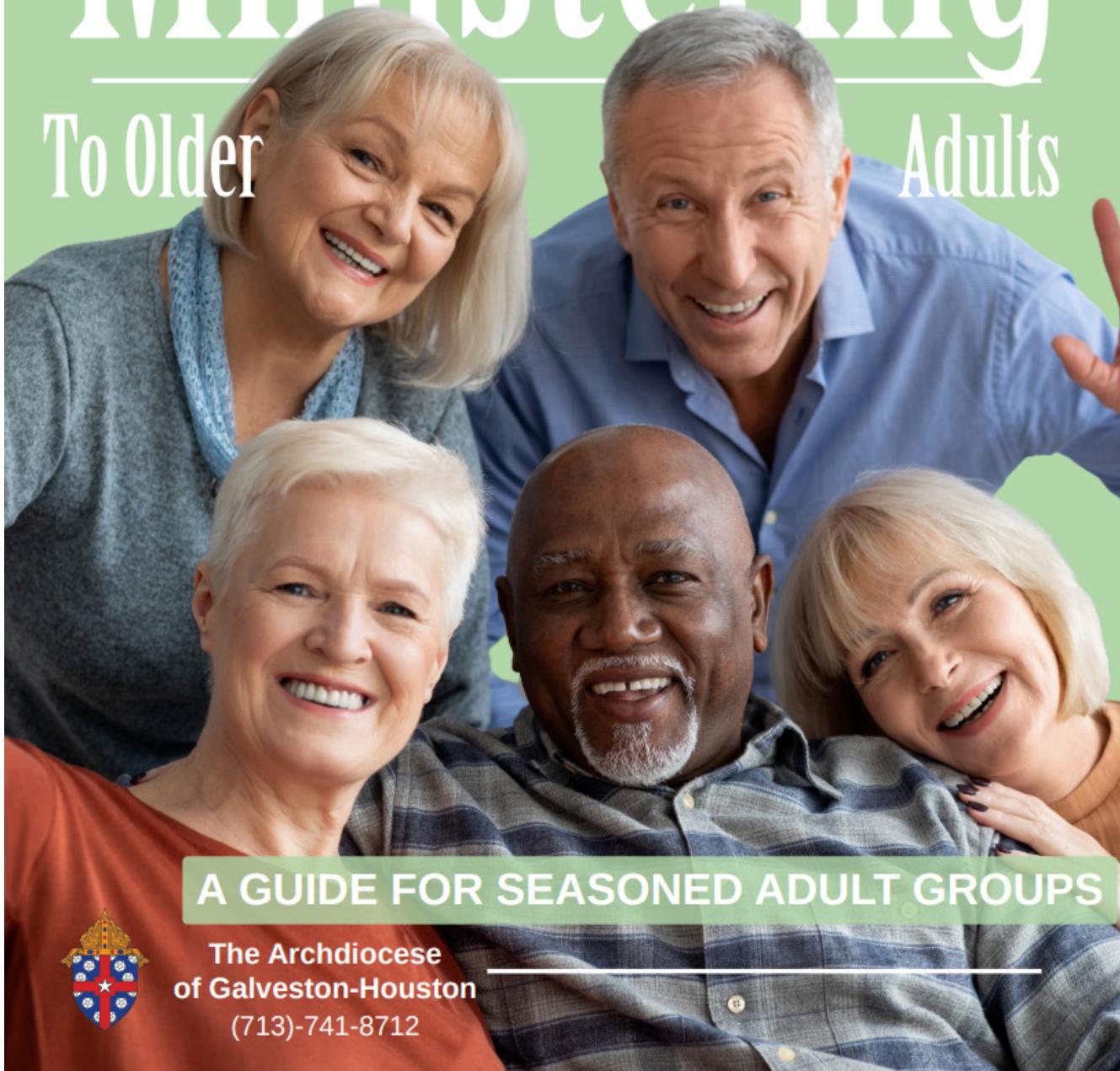
De esta manera, redescubrimos quiénes somos realmente. Este es un proceso que dura toda la vida. Lo fundamental es ser un poco más conscientes, trabajar en nuestras heridas, en nuestros condicionamientos, en nuestras visiones distorsionadas de la realidad y descubrir cómo relacionarnos de forma cordial, amorosa y respetuosa con nosotros mismos, con los demás y con el mundo.

Now Available for Senior Ministry!

AUGUST 26, 2025

BROUGHT TO YOU BY THE OFFICE OF AGING

Ministering To Older Adults



A GUIDE FOR SEASONED ADULT GROUPS



The Archdiocese
of Galveston-Houston
(713)-741-8712

To receive a copy, please email: lmarroquin@archgh.org

Ahora disponible para grupos de personas mayores!

AGOSTO, 2025

PRESENTADO POR LA OFICINA DE AGING

Ministerio

Para Personas Mayores



UNA GUÍA PARA GRUPOS DE ADULTOS MAYORES



The Archdiocese
of Galveston-Houston
(713)-741-8712

Para recibir una copia, por favor envíe
un correo electrónico a: lmarroquin@archgh.org

WISDOM CLUB



St. Theresa Catholic Church
in Memorial Park



The Wisdom Club is an intergenerational ministry where our experienced parishioners and young adults come together to share, learn, and grow in faith and life. Many young and older adults shared "we love being a part of this meaningful gathering."

They enjoy coffee and refreshments at this gathering and continue meaningful dialogue with guided conversation cards. Through shared faith and life experiences, we will deepen connections between generations.



If you are interested in being part of a Wisdom Club, register your interest using the QR Code

or

follow this link:
<https://forms.office.com/r/qVXjuuWXRy?origin=lprLink>



SCAN HERE

Articles from Parish Ministries

Faith, Fun and Fellowship in our Parishes

55 PLUS GROUP- Christ the Good Shepherd

Wishing Everyone a Healthy Happy New Year! We've enjoyed more trips; August – St. Anthony Basilica, September -Brookwood Community tour and October - Space Center Houston. I almost forgot about the November trip to Gadelia Winery. Guess what happened there stays there. September's Cheeseburger in Paradise had to be #1 or at least top 3 of all socials. Plenty of Jimmy Buffett music and great burgers. The Fall Festival was well attended and great fun for the whole family, proven by the most sales ever at our bake sale. Thanks to everyone who helped and those that came and enjoyed. November's social was all about the Veterans, red, white and blue. Amidst all the fun we remembered those who need a little extra love. In August, we collected school supplies for children K-12. We also collected breakfast foods for the Hope Center. At our December Advent Dinner we collected an offering for the Hope Center by selling raffle tickets for a 65" tv donated by Robert & Marilyn Topacio. At the Northern Senior Senate luncheon, we honored Jane Johnson for her outstanding creativity and support of our club. The Advent Dinner at Shirley Acres was the perfect way to end 2025. Great food, music, gifts and the Mariachi Band from Klein Collins High School provided for a wonderful evening of fellowship. By: Martye Davis



Articles from Parish Ministries

Faith, Fun and Fellowship in our Parishes

Continued...

Silver Steppers- St. Monica

The Silver Steppers gather each month for fellowship, which gives our members a time to be together and socialize. We would like to thank the Northern Senate for all it has done. We try to have someone attend monthly, because they bring back great information that we need to know. We attended several events they sponsored during the year which we enjoyed. The summer fun day, The Christmas Party, where our member Carol Mccloud was recognized, for all that she does for our group. Over 20 members attended. We went to Kemah for a day of sightseeing on the Boardwalk and had lunch. We also stopped by a seafood market on our way home. We ended the year with a Holiday Party in December. A great time was had by all. I'd like to end on a more somber note, remembering those that have passed in 2025: Pauline Newman, Connie Leday, Dorothy Parker, Marvin Griffin, Doc and Olivia Henderson. God rest their souls.

By Sonya Guidry

Senior Friends- St. Ignatius of Loyola

For Christmas we hosted a Potluck Luncheon this month and everyone brought a dish to share with fellow members. We were entertained with Christmas songs by our pre-school children and by the Tomball Promenaders Square Dancers, who got some of our members up and dancing. A representative from the Houston Symphony came to talk about their illustrious history. Our past year took us all over Houston. We visited the Hemi Hideout, Port of Houston, Museum of Fine Arts, Annunciation Greek Orthodox church, the HPD Mounted Patrol Horse stables and KPRC Channel 2 studios with an appearance on "Houston Life". We also toured Life Flight at Memorial Hermann, attended an Astros game, and shopped at the Guild Resale Shop. At Christmas we'll take a trip to see lights in Pecan Grove. We are blessed to have support from our church and precinct. Merry Christmas and Happy New Year. Pray for Peace in the World, our military, and our seniors, especially those that have departed.

By Sarah Doyle

Articles from Parish Ministries

Faith, Fun and Fellowship in our Parishes

Continued...

Kolbe Seniors- St Maximilian Kolbe

The St. Max Kolbe Seniors held their July monthly meeting on July 11, 2025, with Andy Chapman who gave an interesting presentation on DNA and scams. Our Seniors also donated school supplies for a worthy cause. Our July bus outing was to cheer the Houston Astros as they played the Cleveland Guardians. A loss for our team, but a fun time for our Senior Group. For August, the Seniors Group did not meet, however, many Seniors traveled to the NSS Fun Day on July 31, 2025 at Christ the Redeemer. Some Seniors went on a Precinct bus and some carpooled individually. A fun day of Bingo, lunch and a short meeting was enjoyed by many. For our September meeting held on September 19, Commissioner Tom Ramsey from Precinct 3, was our speaker. His informative presentation focused on road and park improvements, flooding issues and infrastructure, as well as info on our police services. Our September trip was to watch Astros vs. Texas Rangers.. YEA for our team... Astros Won! At our October 17, 2025 meeting, the Seniors decorated lunch bags for the Kid's Meal program. Erin Horton, who is with Kid's Meal shared the story of how this program started in 2006 with two vans delivering meals to two zip codes. Today the program serves 56 zip codes with over 20 vans delivering the meals that young kids need to grow & thrive. Our October 6th bus trip took us to the Peek a Alpaca Ranch in Burton, TX. Afterward, the group enjoyed lunch at a Brenham restaurant. At our November monthly meeting on November 21, we had an informative presentation on Home Care, Assisted Living and Hospice by individuals from Windermere Estates Senior Living. Our monthly bus trip on November 1st took us to St. Anthony of Padua for the All Saints Relic Veneration and mass. At our December meeting on December 19, our entertainment was provided by The Sunshine Band. Our monthly bus trip, on Sunday December 14th, took us to Navasota for the Tuna Christmas play. Lunch was held at Martha's Bloomer prior to the play. We have visited the Navasota Theater Alliance on many occasions - always a fun day and great performances.

By Becky Keels

Articles from Parish Ministries

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J.O.Y. Club (Just Older Youth)- St. Laurence

The JOY Club at St. Laurence is growing in numbers, activities and enthusiasm. To accommodate this growing interest, meetings were set during the summer to create an Executive Committee and teams to lead Activities, Hospitality, Travel, Prayers, and a Lunch Bunch.



In September, 50 members traveled to Nashville. Some of the sights enjoyed were, of course, the Grand Ole Opry which included an evening performance and a backstage tour the following day. A visit was made to the Belle Meade Historic Mansion and Winery and the group was provided with a tour of the historic mansion, the history of the horse farm and carriage house, and finally a wine tasting in their Tasting Room. Also, a couple of fun experiences were visiting the Madame Tussaud's Wax Museum and the Country Music Hall of Fame. One of the highlights of the trip included a tour of the Mother house of the Dominican Sisters of St. Cecilia. Several of the sisters provided a history of the convent, which houses 300 sisters. At the end of the tour, the sisters joined the group in their chapel to pray the Rosary. On the route back to Sugar Land, the group visited and toured the Casey Jones Home and Railroad Museum in Jackson, TN.



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J.O.Y. Club (Just Older Youth)- St. Laurence

For October, Father Wayne Ly, Parochial Vicar, was the guest speaker and warmed the hearts of everyone present with the discussion of his life and path to the priesthood. After Father Wayne's presentation, everyone enjoyed a soup lunch and played Thanksgiving Trivia, which believe it or not, wasn't easy. The following week, some of the JOY Club members visited Sacred Heart Co-Cathedral for a choir concert and a tour of the church.



The JOY Club of St. Laurence hosted the Southwest Senate Recognition Lunch with 96 participating from eight parishes. Martha Duran Garcia was the St. Laurence honoree, and she was given a certificate, and thanked for her years of work with the JOY Club.

On December 1, 64 JOY Club members enjoyed a Fiesta Christmas with festive decorations and delicious food. St. John Fisher Parish provided the fabulous pork tamales, and the JOY Club members brought enchiladas, chili, rice, beans, and all the trimmings along with tons of tasty desserts. Festivities included a fun gift exchange and lots of door prizes. After lunch, the precious and adorable St. Laurence 3rd grade class sang Christmas carols for the club in Spanish.

The JOY Club's charity for Christmas was Loving Choice, the only Catholic pregnancy center in the Galveston-Houston Archdiocese. John Hinojosa, Executive Director, and Martha Villegas attended the party and were so thankful and humbled as they loaded a truckload of donations for expectant mothers and babies.

The JOY Club is looking forward to another busy year in 2026 as the schedule of events has already been planned and will begin in January by playing Bible Family Feud with the St. Laurence Life Teen Group. Game prizes will be awarded, and everyone will "Float into the New Year" with ice cream floats.

By Carolyn Bosco

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SAM Seniors- St. Angela Merici

SAM's Seniors (St. Angela Merici's Seniors) 2025 Year in Review

Saint Angela Merici's Senior Ministry had a wonderfully full year! We met monthly on the 1st Thursday of each month and most months we had speakers who provided members with rich, diverse, and relevant presentations. Topics included: A Medicare advisor sharing upcoming changes to Medicare plans, "Fitness and Nutrition for Seniors" by Cheryl McClamrock of 4D Health and Wellness, and the Missouri City Police Department on "Safety for Seniors". Our own Kris Kerlin shared a wonderful presentation on "The Journey Home: Preparing for Heaven with Peace and Purpose." "Food for a Healthier Brain" was presented by Sally Davis from Amazing Place. Lastly in December, we hosted our second annual Christmas Party. The day was full of faith, food, fellowship, and fun! Members shared holiday traditions.

In addition to our monthly meetings, members had the opportunity to attend two trips this Jubilee Year. In the spring, we hosted a trip to St. Mary's Seminary, the Co-Cathedral of the Sacred Heart (both in Houston) and the Cathedral of St. Mary's pictured below. Our last stop was the Bishops' Palace in Galveston.



In the fall we visited Villa De Matel Chapel (first photo below), Co-Cathedral of the Sacred Heart, The Holocaust Museum and Our Lady of Lourdes (second photo below) in Houston.



We look forward to another wonderful year with our active seniors and will be brainstorming ideas for the year at our first meeting January 8th. Happy and Blessed New Year to our faith communities!

By Kathy Jacobs

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The Gathering Place- Epiphany of the Lord

A Day Her Heart Will Always Remember. At 81 years old, my Venezuelan elder lives with Alzheimer's, a disease that slowly alters memory but never diminishes the soul. At The Gathering Place, she experienced something she never had the opportunity to enjoy in her younger years: a prom filled with music, dance, friendship, and love. For her, this was more than an event, it was a return to life. From the moment she arrived, she was surrounded by kindness. The incredible crew and devoted volunteers did not see her diagnosis, her age, or her limitations. They saw a woman worthy of celebration. As the music began, something beautiful awakened within her. The rhythms invited her body to move, and familiar melodies sparked smiles words could not express. Music reached places Alzheimer's cannot erase. She danced. She laughed. She felt beautiful. This became the prom she never had, the moment she didn't know she was missing, but her soul remembered. The experience also transformed the relationship between her and her caregiver. Alzheimer's can be isolating and exhausting, yet that evening replaced routine with connection and sorrow with shared joy. "That night reminded us that Alzheimer's does not take away the ability to feel joy, love, and dignity. We didn't just attend an event, we lived fully in the moment, together." With deep gratitude, we thank The Gathering Place, its extraordinary team, and its loving volunteers. You did more than host a prom, you created a moment of abundant life that will live on in our hearts.

By Ana Marcano

Kings and Queens- Saint Anne de Beaupre

We are back! Our first meeting in September was with Gina Pasket from the Office of Aging. In the month of October we had a Membership Party to build up our membership. Refreshments were served and a good time was had by all. In November we attended the Mass for the Deceased. The Kings and Queens honored Mr. Irvin Bertrand and Mr. Theogene Riggs. December was AWESOME, we provided gift bags for about 35 homeless individuals. FINALLY, the Recognition Luncheon was great. Mr Hamner Johnson was our Honoree with over 20 members in attendance. So there it is, looking forward to 2026 working for God and all Seniors. I would like to take this time to thank Mrs. Sarah Kirby for all of her dedicated and tireless work through the years. THANK YOU Mrs. Kirby we love you!

By Sandra Taylor

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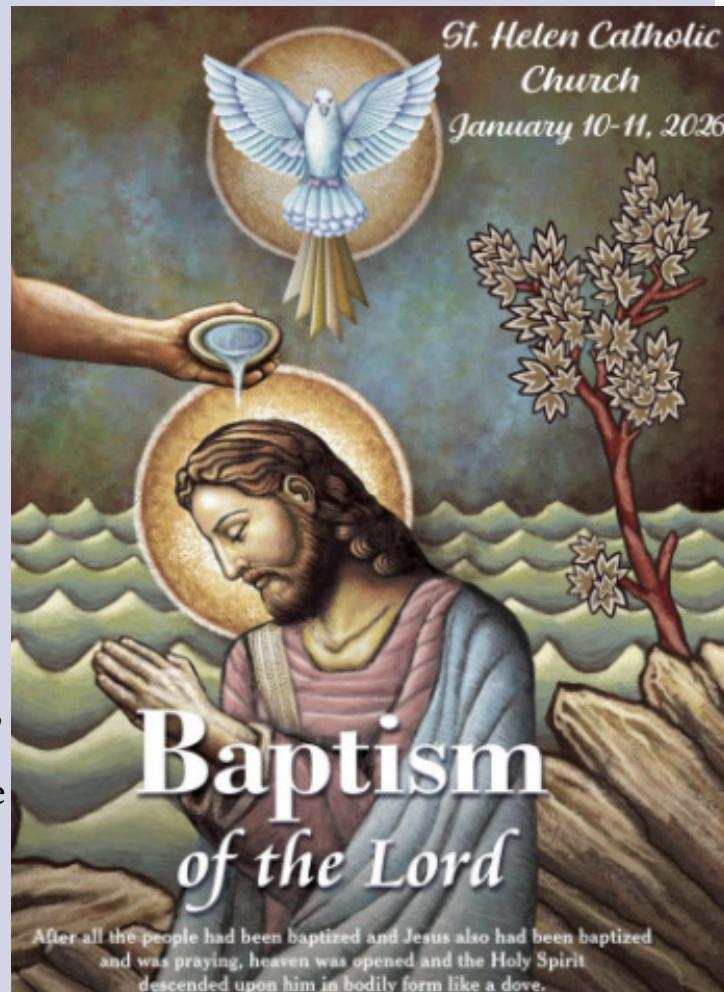
Super Seniors- St. Helen's

Pearland's St Helen Super Seniors celebrated their Christmas Luncheon at Monument Inn Restaurant in December and introduced all of the new officers. We look forward to an active year ahead.

Happy New Year, President Ginger Shea
Incoming President

Our members of St. Helen's Super Seniors are a group of caring and able people who are filled with faith and enjoy spending time together helping with parish functions such as The St. Joseph's Altar, Funeral Meals, Altar Flowers, Altar Care, First Communion and Confirmation Celebrations, and special Diocese Function Arrangements. We recognize our members birthdays. We had speakers from City of Pearland with a CPR demo, Medicare, Health Care. Our new Pastor Rev. Philip Wilhite visited us and took time to talk with each member. We have visited several interesting places, George Bush Library at A&M, Hemi Hideout in Brookshire, and the Painted Churches. In Galveston, we visited The Bishops Palace, the Genealogy Library, Bryan Museum and St. Mary's Cathedral in the Year of the Jubilee . We also enjoyed visiting with Camp Hope for Veterans, Villa De Matel Convent, Bryer Museum, Texas Quilt Museum, Callahan County Jail, and our monthly Pasadena Old Time Opry. We have had some monthly luncheons. We go to Golden Corral in the summer and for Christmas, we enjoy our Annual Luncheon at The San Jacinto Monument Inn. We also attend monthly Mass before our Meetings.

By Ethel Wind
Outgoing President



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The Golden Friendship Group-Holy Family

Our meetings continue with bingo games, pot luck lunches, speakers, and door prizes. Many of us also enjoy attending Missouri City's monthly bingos. Twenty-six of us had a good time at the Fort Bend County Fair's Senior Citizen Day in September. We also had members who enjoyed the Office of Aging's jubilee trips. Sixteen members attended the SW Senior Senate's Recognition Event in November. Our honorees were Joe and Gloria Cardenas. But, sadly, they could not attend due to illness. We applaud them for all of their help for our ministry. We enjoy our monthly outings to nearby restaurants. In November, we remembered our deceased members at Mass. At our Christmas party, we played bingo, charades and Christmas Trivia, enjoyed a tamale pot luck lunch, and also had a gift exchange.

By Gwen Reinke



Keenagers- Prince of Peace

Prince of Peace Keenagers wrapped up 2025 at the Northern Senior Senate Recognition luncheon where we honored Val & Connie Garcia. We kick off 2026 with a speaker from Harris County Property Tax office. The spring 2026 speaker list includes heart health, FBI Senior Scam safety and Fall prevention. We have some other new ideas we will be introducing so stay tuned.

By Gloria Sequeira

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Senior Saints- Saint Edwards

September we traveled to Orange TX for a 90 minute Swamp Boat tour, but life can be unpredictable and we got more excitement than we paid for. We ate at Ten West Diner. October we toured the Museum of American GI in Bryan College Station and had lunch at Chuys. November we gathered for a Thanksgiving feast. We also enjoyed an Eagles tribute in Huntsville and dinner at City Hall Cafe. December we enjoyed our Christmas feast and Recognition of our St Edwards Senior Saint member Karen Maxwell. She does a lot to keep us in line on our trips. Then off to the Owens Theater for Christmas Carol and dinner at Pacific Yard House.

By Pam Barrow

Mavericks- Saint Justin Martyr

The great Jubilee became the context for many activities here at Saint Justin Martyr Parish in Alief West Houston. The Mavericks took part in many of them. One of the activities was the all-day Adoration of the Blessed Sacrament on the First Wednesday of each month. The Mavericks accepted and accomplished a valued and blessed part of the day -- the hour 5-6 p.m. Sometimes a few, sometimes many -- but they were faithful to the privilege of representing the whole parish for one hour with our Lord. Many of them individually participated in the pilgrimage visits to St. Mary's Cathedral Basilica in Galveston and to the Co-Cathedral of the Sacred Heart in downtown Houston. Impressively, several Mavericks took part in the weekly distribution of groceries to more than 200 families each Wednesday morning. Prior to the Jubilee, we were hitting a slump in membership and participation, but the grace of the Jubilee Year has infused new energy into the parish Mavericks, and we are looking forward to a bright future. The Mavericks of Saint Justin Martyr Parish are active in many ways -- regular meetings (all announced in advance) with great food, bus trips to interesting places, performances of their "Kitchen Band" at nursing homes, game meetings, and more. One of the best things that the Mavericks do is to attend the parish Mass every First Friday of the Month, and occasionally the Kitchen Band turns into a multi-voice choir, and they sing the hymns at the Mass. These Mavericks never miss a chance to get together, and serve the parish, and have a lot of fun in the process. All this bodes well for their future; we're looking forward to 2026. The Co-presidents of the Mavericks are Raymond and Lupe Torres.

By Rev. Paul Chovanec

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The Goldenrods- St. Matthias the Apostle in Magnolia

The Goldenrod's of St. Matthias The Apostle in Magnolia are alive and well! 2025 was a great year for our senior social group. We started out with a new President (Danny Pevoto) and new Vice-President (Mary Warley). We had our annual St. Patrick's Day party in March with music from the Cookie Crumbs and all the traditional Irish foods. In April we had an Italian theme. Lots of love and pasta! We enjoyed lunches during the summer celebrating birthdays and September brought us back from summer break. We had a wonderful Thanksgiving luncheon where we honored our veterans with music from the Cookie Crumbs. We had our Christmas luncheon from Mel's Country Cafe in Tomball, it was fabulous! Fr. Nicholas Divine, CP, Dina Smith and Debbie Ramos-Trainor sang Christmas carols and we all joined in. Delightful!! Wishing everyone a blessed 2026!

By Danny Pevoto



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Sociable Seniors- St. Michael's

Our wrap-up of summer events included some special Luau dancers. These two lovely ladies came in native costume and taught many brave volunteers in our group, both men and women, the fine art of island dancing. A blessed trip celebrated the Jubilee year of Hope in our local Cathedral of Our Lady of Walsingham. All were prepared to receive all the special indulgences to be given along with a tour of the church itself. Fall season continued with our annual Heritage Potluck luncheon. To go along with that elaborate buffet of food we had a Sit and Be Fit, exercise class after lunch. A homemade Thanksgiving lunch provided by Judy and Russ Labrasca was an excellent way to start the holidays. Chicos presented a wonderful collection of clothes selected and modeled by our own members. They all performed beautifully on the Red Carpet. We experienced a brand new museum in the East of town, Houston Maritime Center and Museum. Docents gave the general history of ships as well as Houston maritime industry over the years. Christmas was the theme for many events in December. Starting with a catered lunch. We had an additional luncheon at 51fifteen (Saks Café). We celebrated so many ways. Our Seniors helped support our CDA court's 3rd Annual Market with our "Reading Corner" for all the children. Then we also supported the Parish's Adopt a Family's "Photos with Santa", the "Reading Corner" and distributing the gifts to over 80 families.

By Margaret Fuller



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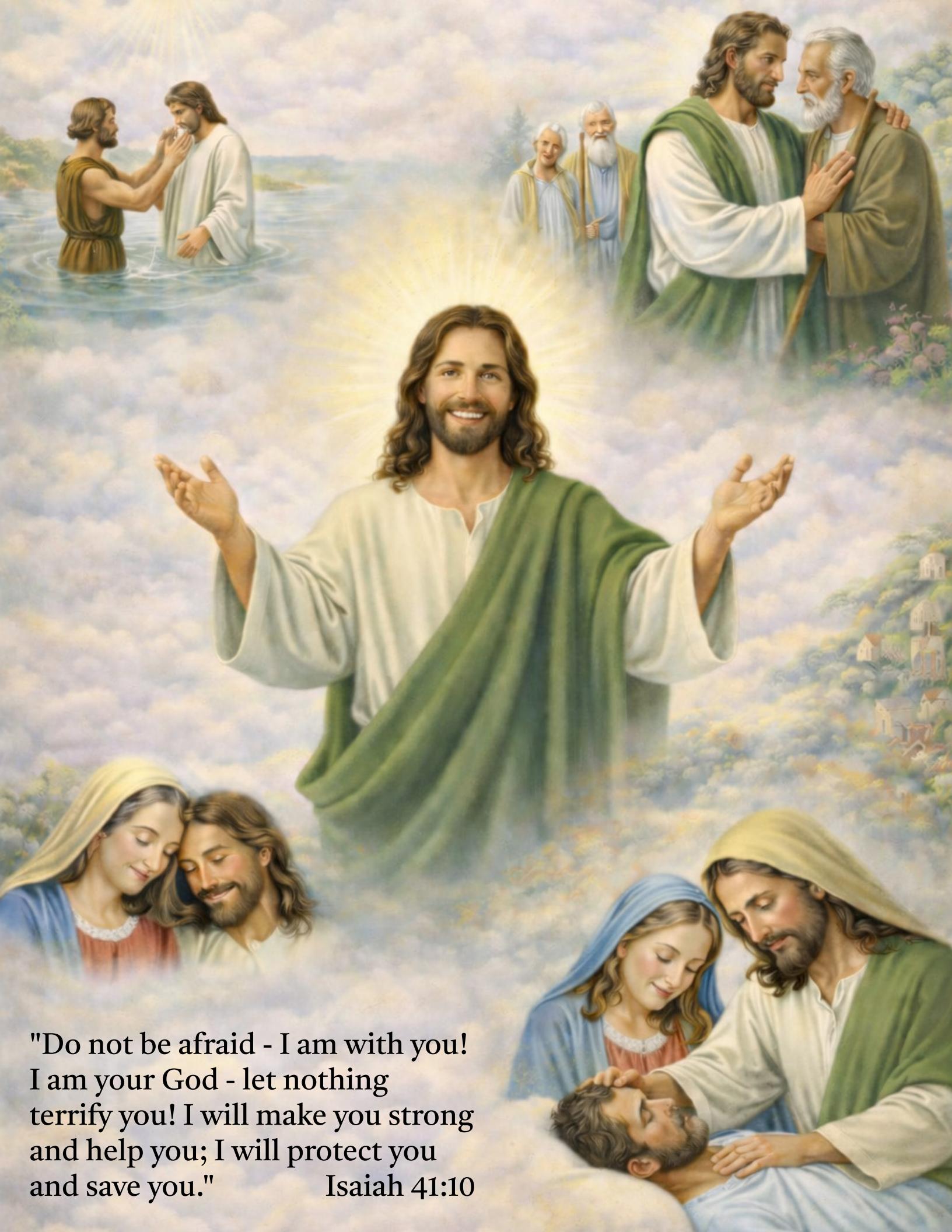
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Harvest Years Seniors- Assumption Catholic Church

The Harvest Years Seniors resumed meetings in September, after a summer break. This meeting involved planning for events and activities for the coming year. We had a special presentation to Ft. Giulio on the occasion of his 50th anniversary in the priesthood. Our October meeting included a special blessing for healing given to each member by Fr. Raju. Our November meeting was truly one of Thanksgiving. Members constructed our own Memory Altar in honor of deceased Harvest Years members as well as family members. A short prayer service recognized ALL previous deceased members. Our monthly meeting was enjoyed with a Thanksgiving Feast provided by members. December brought a whirlwind of activities. Members attended the Christmas Recognition Event at Prince of Peace Church. We honored our nominee Mr. Kenneth Bollom for his continued service and dedication to our Harvest Years Organization. Many of our Seniors ventured out for a delightful bus tour of Christmas Lights followed by dinner at House of Pies. We conducted the election of officers for the New Year 2026. Installation of officers will take place at our January meeting. Members enjoyed a healthy, catered luncheon from Local Table. ***Attached pictures show members at our Thanksgiving Luncheon and our Memory Altar

By Judy Hoya





"Do not be afraid - I am with you!
I am your God - let nothing
terrify you! I will make you strong
and help you; I will protect you
and save you."

Isaiah 41:10