



Serving the elderly poor in San Francisco since 1901.



## 2016 Walk for Life - West Coast

BY SR. DARA

Did tens of thousands of people get the date wrong for Super Bowl 50 and show up two weeks early in San Francisco? Not a chance! Instead of witnessing a showdown of brawn and big bucks, there was a much more profound witness that took place on January 23, 2016, the 12th Annual Walk for Life West Coast! Our own participation began months in advance, as plans were made to host the Sisters of Life, Fr. Mark from EWTN, and other small groups of pilgrims at St. Anne's Home. A couple weeks before the event we received news from Mother Provincial that eight Little Sisters from our homes in the Midwest would be joining us



as well! It was a delight to, for the first time, have the Little Sisters of the Poor markedly well represented at the West Coast – Walk for Life. We had 12 Little Sisters, including Mother Provincial Maria Christine, attend this meaningful event.

Friday, January 22 started with Little Sisters attending Mass at Mission Dolores and spending time with Archdiocesan youth, focusing on the theme "YOU: chosen and loved from all eternity." The day full of prayer and meditation set the peaceful tone and blessed us with the graces needed for the next day's march.

The morning of Saturday, January 23 saw our Walk for Life pilgrims packing the needed supplies for the big day. The Becket Fund, our representatives for our case before the Supreme Court on March 23, 2016, made bags and buttons for us with the words: "I'll have NUN of it. Protect the nuns from the HHS Mandate" along with postcard images encouraging people to pray for us. With gear in hand, including the banner bearing our name and logo, we headed to The Cathedral

of St Mary of the Assumption. The standing room only Mass was presided by Archbishop Salvatore Cordileone and with the final blessing, a flood of pilgrims headed to Civic Center Plaza, the site of the Walk for Life Info Fair, which hosted an array of booths and testimonials. Sharing the weekend with the much-anticipated secular celebration of San Francisco's Super Bowl City presented challenges for Walk for Life organizers as well as walkers, but it never dampened the spirit or purpose. The official Walk began at 1:30 p.m. sharp, and although the route was roughly one mile, due to the crowds, we didn't pass the 'finish line' until 3 p.m., but even the weather cooperated for the walkers with the rain staying at bay during their march.

It was particularly touching to see how many college aged students were present - the vibrant face of the pro-life movement! Also present in great numbers were young families with many a stroller and little feet swinging along the way. How blessed we were to be a part of this prayerful celebration, and may we see many of you next year!

# Little Sisters of the Poor

## St. Anne's Goes Green

Too little rain, too much rain, and our own beautiful topography took its toll on our grounds and structure, but we came up smelling like roses. In 2015, thankful for the kindness of benefactors, we undertook a variety of moisture mitigation repairs to prevent underground water run-off from seriously corroding our foundation. We removed dead trees and began the process of sustainability for St. Anne's Home. Very special and dedicated volunteers have worked tirelessly with the assistance of our own staff to replace many plants and much of our greenery with rocks and drought resistant plants. We are blessed with an active well on our property, and although the water is not suitable for drinking, it is ideal for the maintenance of our landscape. Indoors, we have replaced light bulbs with energy efficient options and worked with the San Francisco Water Department to get our toilets replaced with low flush options.

It is only the beginning of our plan to go "green," but we have already seen substantial maintenance savings, while saving water and respecting our environment. These changes that are only a part of our overall plan to adhere to energy efficient practices have

already put us on a notable cost savings course, as well as in a mode of significant energy conservation. Our goal is to continue, with the help of our benefactors and governmental incentive programs, to make changes and improvements that take advantage of energy conserving programs and help us to keep keen vigilance on decreasing our expenses. As we move forward with our future energy management plans we remain mindful of Pope Francis' words that it is our responsibility to protect "this common home of all men and women."



## Celebrating Our Centenarians



One hundred years ago we were in the midst of World War I and the cost of a movie ticket was \$0.07. It was also when our very own Queen of Buttons, Peg Webber, came into the world! Peg has lived at St. Anne's Home for the last eight years and says about her time here, "I don't have to cook, clean or wash clothes. Instead, I get to do all of my favorite things, and they take wonderful care of me here — I can't complain."

it – it just happens. Peg brands great quotable statements that make you think, laugh and remember that life is meant to be spent doing your favorite things. We all look forward to having her join the 100 Club and sharing in her favorite things as we celebrate her big day. Happy 100th Birthday Peg!



This summer we will also be celebrating a special birthday for another member of the 100 Club. Julia Parque will be celebrating her 104th birthday! Julia is known to have always enjoyed fashion and that still rings true today. Her sense of style lives on. Rich in a variety of experiences throughout her life, she remains full of great stories that she loves to share. She recalls many of her favorite things and activities, like traveling with her younger sister, and even winning the bathing suit contest on one of the cruises they took. Julia is a spirited centenarian, and although the years have taken a toll on her vision, she does not let that stop her from enjoying life. She maintains a spring in her step and remains prepared to share her next story. Happy 104th Birthday Julia!

Our centenarians remind us that it is not about chronological age, but about enjoying the beauty of each day and the blessing of life.

**Top: Centenarian Peg Webber with her Golden Gate Bridge masterpiece**

**Bottom: Centenarian Julia Parque sharing one of her stories with Sr. Mary Eva**



## The Jubilee Year of Mercy

December 8, 2015 to November 20, 2016

*A jubilee year is celebrated by the church to mark an important anniversary or highlight a particular theme, in this case the theme of Mercy; hence the motto for this jubilee: "Merciful like the Father" LK 6:36*

Pope Francis declared this year to be "a time for Catholics to contemplate just how merciful God has been to them and to understand better how they are called to be merciful to others in turn." Many of us focus on carrying out good deeds during the Lenten Season; however, Pope Francis encourages us during this year of mercy and time of much turbulence in our world to make kindness and mercy central to our daily lives. He calls mercy, "the bridge that connects God and humanity, opening our hearts to the hope of being loved forever despite our sinfulness." He urges Catholics to devote time to practicing corporal and spiritual works of mercy. The corporal works are: feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick, visiting the imprisoned, giving drink to the thirsty and burying the dead. The spiritual works are: converting sinners, instructing the ignorant, advising the doubtful, comforting

the sorrowful, bearing wrongs patiently, forgiving injuries, and praying for the living and dead.

In thinking about what the year of Mercy could mean in terms of everyday purposes, I recalled a conversation I had with one of our Little Sisters about what called her to enter religious life. She explained that since childhood she knew she wanted to devote her life to the works of mercy. In discovering the work of the Little Sisters of the Poor, she was elated to see that she could devote herself to these works by being a Little Sister because that is what they do every day! As we live out our busy lives full of work and family obligations, it can become commonplace to forget to share our blessings or extend kindness beyond our own personal borders. However, as you watch others involve themselves in routine acts of kindness and you see the joy and fulfillment gained from helping, serving, and sharing – it can become contagious, perhaps even the new normal. As non-religious working at St. Anne's Home, we witness the work of the Little Sisters on a

### Corporal and Spiritual Works of Mercy

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regular basis, where they so lovingly bring to our Residents the "goodness and tenderness of God" that Pope Francis hopes will be the renewal that the world needs. Some of our wonderful volunteers, who assist with hands on care also truly partner with the Sisters in bringing joy and comfort to our most vulnerable.

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So, when asking, "What am I supposed to do for the year of Mercy," it is easy to see that we at St. Anne's Home are blessed with ideal examples. Yet we can all extend our boundaries of kindness and mercy in ways that are meaningful to us, and we too can try to make change in the world by spreading the attitude of mercy.

## A Simple Note

By: Mother Superior



We at St. Anne's, Residents and Little Sisters alike, extend our most heartfelt thanks to you, our Christmas Angels, who so generously came to our aid and helped us raise the necessary funds to replace Resident beds. At a cost of about \$2,500 each, replacing beds is not something that we could do without your help, but thanks to your kindness, we will now be able to replace beds and necessary linens. This means so much to the comfort of our Residents. We are truly blessed by God to have you, our benefactors! You are integral to our mission, and we cannot thank you enough for your support. May God bless you!

We have many exciting things planned for 2016 for our Residents as well as for our community. We will continue to introduce programs that engage our Residents in physical, social, creative and cognitive activities to promote healthy aging. This ranges from Music and Memory Programs to our Senior University, which includes computer classes, as well as other programs that focus on learning or re-learning concepts that spark interest and promote life-long learning. We also look forward to many faith-filled activities during this the Year of Mercy, including our participation in planned diocesan activities and pilgrimages.

In the fall of this year, we will be delighted to host a celebration at which we will present the first St. Jeanne Jugan Award from the Little Sisters of the Poor at St. Anne's Home to a very special friend, volunteer and benefactor, who has devoted a significant part of the last three decades to partnering with us in our mission of care and hospitality. We hope that you will join us in honoring, Yvonne Sangiacomo on September 15th!

May your Easter Season be filled with peace and joy and in the words of Pope Francis with regard to this year of mercy, "May the balm of mercy reach everyone, both believers and those far away, as a sign that the kingdom of God is already present in our midst."

*Mother Theresa*

## 2016 Calendar of Events

### Spring Carriage House Sale

Friday, April 15 & 16  
9 a.m. to 3 p.m.  
St. Anne's Home  
San Francisco

### 7th Annual Swing and a Prayer

Golf Tournament  
Friday, April 29  
10 a.m. Check-In  
Noon Shotgun Start  
Peacock Gap Golf Course  
San Rafael

### Auxiliary Spring Luncheon

Tuesday, May 24  
11 a.m. Cocktails  
Noon Luncheon  
Olympic Club – Lakeside  
11:30 a.m. Cocktails  
Noon Luncheon

### St. Jeanne Jugan Award Dinner

Thursday, September 15  
Honoring Yvonne Sangiacomo  
St. Mary's Cathedral Event Center  
San Francisco

*Details to follow*

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OR NOT - FREE PICK UP 7 DAYS A WEEK!**

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