Responding to the call of the Gospel, Christopher Homes, Inc. strives to provide decent, affordable housing to vulnerable members of our community.

All who are associated with Christopher Homes, Inc. have the right to respect, dignity and a sense of well being. Therefore, through the service and commitment of our staff and volunteers, we will enable our residents to grow spiritually, socially, and intellectually, empowering them to develop their optimal potential.

*Christopher Homes is a senior living ministry of the Archdiocese of New Orleans.*

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**“In the year 2018, with the Lord’s grace I want to continue to be healthy, walk in faith with my fellow brethren.”**  
- Ms. S. Stelly, Villa St. Maurice resident

**“To be healthier.”**  
- Lenora Crump, Wynhoven Resident

**“Explore new volunteer opportunities. Volunteering is a great way to give back to the community.”**  
- DeChaun Hicks  
Annunciation Inn  
Community Manager

**“Saying the rosary every morning, praying for my family and friends and the marginalized. I say it most days but when I am running late that’s the first thing that I eliminate thinking I’ll do in the evening and it never happens. If I can’t do in the morning, I’ll do it by lunch.”**  
- Debra Stepter  
Contract Administrator, Christopher Homes

**“Become a better listener.”**  
- Tamara Clarke  
Property Accountant, Christopher Homes

**“Happiness for my niece & nephew.”**  
- Robert Taylor  
Annunciation Inn resident

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Make a Plan for Your Health in 2018

The beginning of a new year is the perfect time to plan and make resolutions. This year, be sure to put your health at the top of your list. Choosing to eat healthier or exercise is great, but planning for routine care is important, too. A good place to start is to schedule a yearly checkup with your doctor.

During your checkup, your doctor may recommended certain preventive screenings for you. These can help you and your doctor find potential concerns as early as possible, when treatment is easier. Talk to your doctor about which screenings are right for you, which may include:

- Cholesterol screening
- Osteoporosis screening
- Breast cancer screening
- Colon cancer screening
- Glaucoma screening
- Diabetic retinopathy screening

Making a plan for your health this year will help you stick to your resolution. Schedule visits or screenings in advance to make sure you set aside time throughout the year to take care of you. Use a small appointment book or journal to keep track of your scheduled appointments.

Remember: It’s not about finding time to take care of your health, it’s about making time. Schedule a screening or checkup today and get your new year off to a great start.
Fat Tuesday: February 13th

Saturday: February 3rd
UPTOWN
Krewe of Pontchartrain: 1 p.m.
Krewe of Choctaw: Follows
Krewe of Freret: Follows
Knights of Sparta: 6 p.m.
Krewe of Pygmalion: Follows
METAIRIE
Krewe of Caesar: 6 p.m.

Sunday: February 4th
UPTOWN
Krewe of Femme Fatale: 11 a.m.
Krewe of Carrollton: Follows
Krewe of King Arthur: Follows
Krewe of Alla: Follows
SLIDELL
Krewe of Claude: 1 p.m.
Krewe of Dionysus: Follows

Wednesday: February 7th
UPTOWN
Krewe of Druids: 6:30 p.m.
Krewe of Nyx: 7 p.m.

Thursday: February 8th
UPTOWN
Knights of Babylon: 5:30 p.m.
Knights of Chaos: 6:15 p.m.
Krewe of Muses: 6:30 p.m.

Friday: February 9th
UPTOWN
Krewe of Hermes: 6 p.m.
Krewe d’Etat: 6:30 p.m.
Krewe of Morpheus: 7 p.m.
SLIDELL
Krewe of Selene: 6:30 p.m.
METAIRIE
Krewe of Centurions: 7 p.m.
MANDEVILLE
Original Krewe of Orpheus: 7 p.m.

Saturday: February 10th
WESTBANK
Krewe of Nomtoc: 10:45 a.m.
UPTOWN
Krewe of Iris: 11 a.m.
Krewe of Tucks: Noon
METAIRIE
Krewe of Isis: 6:30 p.m.

Sunday: February 11th
UPTOWN
Krewe of Okeanos: 11 a.m.
Krewe of Mid-City: 11:45 a.m.
Krewe of Thoth: Noon
Krewe of Bacchus: 5:15 p.m.
METAIRIE
Corps de Napoleon: 5 p.m.
Krewe of Athena: 5:30 p.m.

Monday: February 12th
UPTOWN
Krewe of Proteus: 5:15 p.m.
Krewe of Orpheus: 6 p.m.

MARDI GRAS: February 13th
UPTOWN
Zulu: 8 a.m.
Rex: 10 a.m.
METAIRIE
Krewe of Argus: 10 a.m.
Now that we’re starting a new year there are some foods that could bring you more luck than others.

1. **Greens**: Greens symbolize luck in many cultures
2. **Pork**: Pork symbolizes wealth and prosperity
3. **Black-Eyed Peas**: They symbolize prosperity
4. **Cabbage**: It symbolizes fortune
5. **Pomegranate**: The fruit is associated with abundance and is eaten on the New Year by people in Mediterranean countries
6. **Lentils**: They are eaten throughout Italy for good luck

**Lucky Food: 2018**

Now that we’re starting a new year there are some foods that could bring you more luck than others.

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**Ingredients:**

- 3 tablespoons cooking oil
- 1 onion, chopped
- 4 scallions, white bulbs sliced and green tops cut into 1/2-inch pieces
- 1/2 pound collard greens, tough stems removed, leaves washed well and shredded
- 1 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1/2 pound kielbasa or other smoked sausage halved length-wise then cut cross-wise into 1-inch slices
- 1 10-ounce package frozen black eyed peas
- 1 1/2 cups long grain rice
- 3 cups canned low-sodium chicken broth

**Directions:**

In a large saucepan, heat oil over moderately low heat. Add the onion and scallion bulbs and cook until the onion is translucent.

Add collard greens, salt, pepper and cook, stirring, until the greens wilt.

Increase the heat to moderately high. Add the sausage, black-eyed peas and rice. Cook, stirring for 30 seconds. Stir in the broth and bring to a simmer. Reduce the heat to low and cook, covered, until the rice is tender and all the liquid is absorbed, about 20 minutes. Remove from heat and stir in scallion tops.

**Hoppin’ John Recipe**

**Resolutions For Saving Money in 2018**

1. Make your own coffee
2. Cutting out impulse shopping
3. Ditching Take-Out
4. Cancelling unused gym memberships
5. Pay off high-interest credit card debt
6. Clear out clutter & sell online

The #1 cause of financial stress is paying down debt.
It’s 2018 and that means New Orleans is 300 years old!

To celebrate the City of New Orleans has many events planned.

It is working with many organizations including the Archdiocese of New Orleans to honor the 300 years of New Orleans.

It’s also partnering with “The Historic New Orleans Collection” to present an exhibition titled, “New Orleans: The Founding Era”.

Exhibition Details:
February 27, 2018 to May 27, 2018
Tuesday–Saturday, 9:30 a.m.–4:30 p.m.
Sunday, 10:30 a.m.–4:30 p.m.
533 Royal Street
Admission is free

**Tricentennial Opening Mass**

St. Louis Cathedral

Sunday, January 7, 2018 at 11 a.m.

**Tricentennial Interfaith Prayer Service**

St. Louis Cathedral

Tuesday, April 17, 2018 at 7 p.m.

The service will be an opportunity of various faiths of New Orleans to come together in thankfulness and unity.

The Old Ursuline Convent Museum

*Historic French Quarter - 1100 Chartres Street*

Now Open Monday—Saturday  (504) 529-3040
St. John Bosco: Feast Day January 31st

O glorious Saint John Bosco, who in order to lead young people to the feet of the divine Master and to mould them in the light of faith and Christian morality didst heroically sacrifice thyself to the very end of thy life and didst set up a proper religious Institute destined to endure and to bring to the farthest boundaries of the earth thy glorious work, obtain also for us from Our Lord a holy love for young people who are exposed to so many seductions in order that we may generously spend ourselves in supporting them against the snares of the devil, in keeping them safe from the dangers of the world, and in guiding them, pure and holy, in the path that leads to God. Amen.

(1815-1888)
Beatified 2-5-1929
Canonized 1-4-1934
Merry Christmas
“Be still and know that I am God!” Psalm 46:11

These past couple of weeks have been a blessing for me, and I pray for you too. It is natural for us to remember and reflect on the year past, those memories both happy and sorrowful. In addition, it is a time of looking forward to the New Year, to the making of resolutions to do things differently or try new challenges. The past and the future, both meaningful for reflection. However, we should be especially mindful of the present. Just this morning I saw a message from Bishop Frank Caggiano of the Diocese of Bridgeport, which speaks to this thought, “The present can easily be lost when we become consumed with the past or fretful for the future. Yet the only moment we have is the present moment. It is God’s gift to you and me. My single New Year’s resolution is to deepen my ability to live in the present, one moment at a time.”

This reflection by Bishop Caggiano reminded me of a great blessing I experienced the Friday before Christmas. Unfortunately, a rare occasion these days, my wife and I were able to gather with all three of our children, their spouses, and our two grandchildren in our home for dinner, gifts, and just time together. That evening brought together all three aspects of time. The remembrance of joyful Christmases past, the bright future of our two toddlers, but most especially our presence shared with each other. I was able to have my grandson in my lap and read to him the Cajun Night before Christmas, in my version of a Cajun dialect, just as I did for his mother some 30 years prior.

To be present to those you love and have them present to you is a great blessing. Although some of our loved ones are no longer with us and that can be difficult during the holidays, their memories are a blessing and we pray that they rest in the peace of our Lord.

Another thought from Bishop Caggiano in closing, “Each present moment gives us the opportunity to love those around us, notice the simple blessings of life, hear the whispers of God’s voice in our hearts and to become joyful in Christ.”

God’s blessings,

Deacon Dennis F. Adams
Executive Director, Christopher Homes