

March 2019 Newsletter



The History and Legend of St. Patrick Day

The person who was to become St. Patrick, the patron saint of Ireland, was born in Wales about AD 385. His given name was Maewyn, and he almost didn't get the job of bishop of Ireland because he lacked the required scholarship. Far from being a saint, until he was 16, he considered himself a pagan. At that age, he was sold into slavery by a group of Irish marauders that raided his village. During his captivity, he became closer to God. He escaped from slavery after six years and went to Gaul where he studied in the monastery under St. Germain, Bishop of Auxerre for a period of twelve years. During his training he became aware that his calling was to convert the pagans to Christianity. His wishes were to return to Ireland, to convert the native pagans to Christianity. But his superiors instead appointed St. Palladius. But two years later, Palladius transferred to Scotland. Patrick, having adopted that Christian name earlier, was then appointed as second Bishop to Ireland. Patrick was quite successful at winning converts. And

this fact upset the Celtic Druids. Patrick was arrested several times, but escaped each time. He traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches which would aid him in his conversion of the Irish country to Christianity. His mission in Ireland lasted for thirty years. After that time, Patrick retired to County Down. He died on March 17 in AD 461. That day has been commemorated as St. Patrick's Day ever since. Much Irish folklore surrounds St. Patrick's Day. Not much of it is actually substantiated. Some of this lore includes the belief that Patrick raised people from the dead. He also is said to have given a sermon from a hilltop that drove all the snakes from Ireland. Of course, no snakes were ever native to Ireland, and some people think this is a metaphor for the conversion of the pagans. Though originally a Catholic holy day, St. Patrick's Day has evolved into more of a secular holiday. One traditional icon of the day is the shamrock. And this stems from a more bona fide Irish tale that



tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son, and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day. The St. Patrick's Day custom came to America in 1737. That was the first year St. Patrick's Day was publicly celebrated in this country, in Boston.

BAKED REUBEN



photo from <https://realhousemoms.com>

Ingredients:

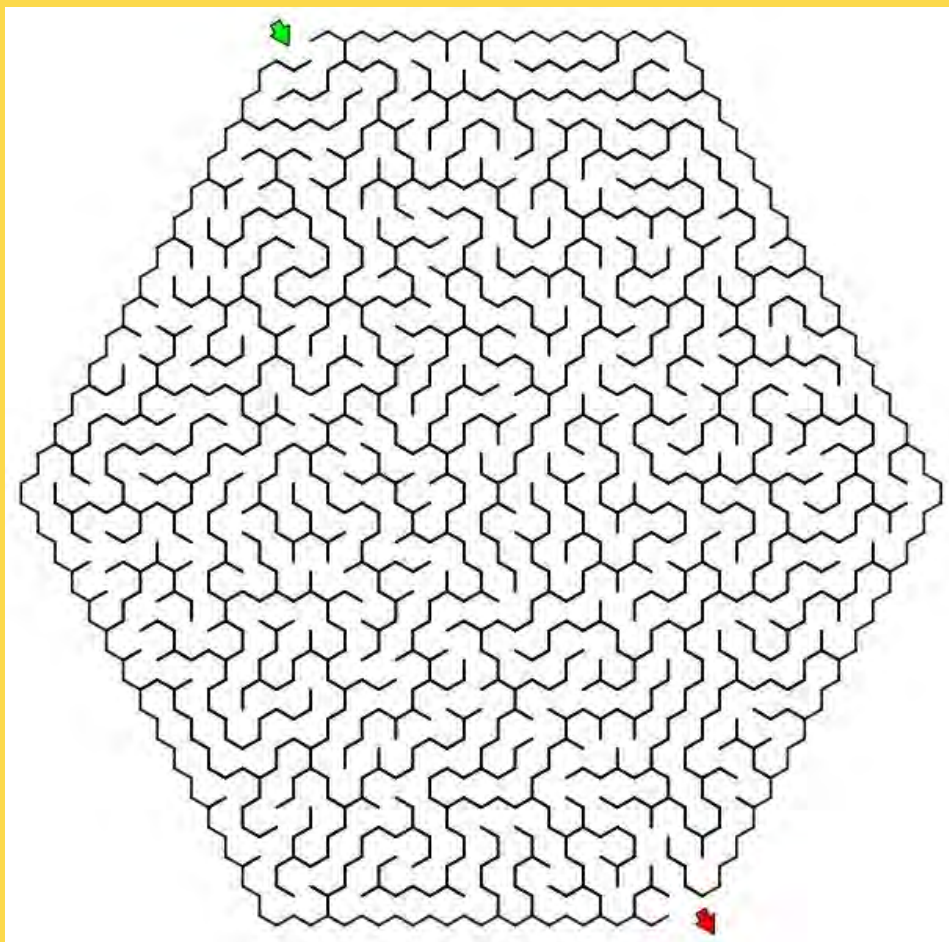
- 12 ct pkg. Hawaiian Sweet rolls sliced open
- 1/2 cup Thousand Island dressing
- 1/4 to 1/2 lb of Corned Beef sliced thin
- 1 lb Sauerkraut drained
- 1/4 lb Swiss cheese sliced
- 2 tbsp butter melted

Directions:

1. Preheat oven to 350 degrees.
2. Butter the bottom of a 13x9 baking dish.
3. Place the bottoms of the rolls in the dish.
4. Spread 1/4 cup of Thousand Island on the roll bottom halves.
5. Lay out the Corned Beef slices over all the rolls.
6. Spread the Sauerkraut over the top of the Corned Beef.
7. Lay the Swiss cheese slices over the top of the Sauerkraut.
8. Spread the remaining Thousand Island dressing over the inside of the top halves of the rolls and place on top of the Swiss cheese.
9. Use a pastry brush to spread the butter over the tops of the rolls.
10. Place in the oven to bake for 15-20 minutes or until the cheese is completely melted.
11. Remove from the oven and cut each roll out, place on plate and serve.

Find the recipe at:
<https://realhousemoms.com/baked-reuben-sliders/>

PUZZLE CORNER



https://krazydad.com/mazes/sfiles/KD_Mazes_IM_v3.pdf

FOR YOUR HEALTH

Feeling uptight or stressed out? You can help your body to feel immediately more relaxed and refreshed in moments with some simple deep breathing techniques.

Steps on How to Do Deep Breathing

1. Sit upright in a comfortable chair with your feet placed side by side on the floor. Close your eyes.
2. Place one hand on your belly, with your pinky finger just above your belly button.
3. Start to pay attention to the rise and fall of your belly. What you are feeling is your diaphragm, working to draw air in and out of your lungs.
4. Notice that as you breathe in, it feels like a balloon is being filled with your hand. As you breathe out it should feel like the balloon is deflating.
5. Place your other hand on your chest. You will want to try to keep this hand as still as possible and to just let the diaphragm do all of the work of breathing. While you are at it, keep your shoulders relaxed - you don't need your shoulders to breathe!
6. Inhale slowly to the count of three.
7. Then exhale slowly to the count of three, thinking the word "relax" as you do so.
8. Stay focused on the action of your diaphragm. Your bottom hand should move outward as you fill your lungs with air and move inward as you exhale.

For the full article go to: <https://www.verywellhealth.com/how-to-do-deep-breathing-exercises-1945350>

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CALENDAR MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rent Due	2
3	4	5 Exterminator 3rd Floor	6	7	8	9
10 Daylight Savings Time	11 Late Notices at 10:00 am	12 Exterminator 2nd Floor	13	14	15	16
17 St. Patrick's Day 	18	19 Exterminator 1st Floor	20 1st Day of Spring	21	22	23
24	25	26	27	28	29	30
31						

COMMUNITY NEWS:

- ▶ Happy St. Patrick's Day to all our residents!
- ▶ A friendly reminder that all rent is due on the 1st of the month.
- ▶ Do not forget to set your clocks forward 1 hour for Daylights Savings Time on March 10th.