

Spiritually Speaking-Rest for the Weary

Jesus' prayer in the Gospel of Matthew 11: 25-30, is the invitation we have been waiting for: "Come to me, all you that are weary and are carrying heavy burdens and I will give you rest." These days, with the advent of the coronavirus, experiencing weariness and shouldering burdens has taken on new meaning. Perhaps you are weary from the need to isolate ourselves from others, frustrated and impatient as we deeply miss the spontaneity of communing with others, or the warm embrace of family. Perhaps you labor under the weight of worry, fearing the unknown, our spirits heavy, grieving the loss of the familiar. To all of us laboring under these harsh circumstances of our daily lives, Jesus says, "Come to me... and I will give you rest."

In promising "rest," Jesus promises life under God's reign in the new world that he is bringing into being. Jesus then invites us, the weary and oppressively burdened, to "Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." The yoke was a familiar symbol of burden-bearing and oppression. Jesus' yoke was entirely different. Jesus is saying: "Take my teachings, take my life, take my spirit, take my way of life and learn from me instead."

We constantly are learning from Jesus how to love our heavenly Father and learning how to love our neighbor as ourselves. To be yoked with Jesus means that He shares in our burdens, refreshes us and refocuses our efforts to love God and love neighbor; to love the Lord your God with all your heart, mind and soul and your neighbor as yourself; to be merciful, loving and kind. Wear the "yoke" of Jesus; love of God, love of neighbor; displaying acts of mercy and kindness. Learn His gentleness and humility, love and forgiveness, faith and trust in the goodness of God.

To all who are weary to the bone and weighed down, Jesus says, "Come to me...and I will give you rest," free to rest deeply and securely in God's grace. Jesus' invitation...COME!

Pastor Fred Brumm, M.Div.



THE DEERFIELD NEWS

Gables Star of the Month: Lyle Burke

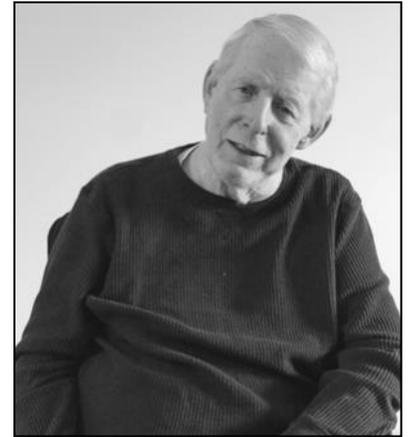
Lyle Burke was born on July 27, 1935 to Helen and Irvin Burke in Little Falls, Wisconsin. He was one of five children, with two brothers and twin sisters. Lyle remembers that while growing up, he spent a lot of his free time fishing and chasing girls. He loved the outdoors, but loathed gardening. He recalls working in the garden as being more like a punishment.

Lyle graduated from New Richmond High School. During his time in school, he enjoyed boxing and playing football. He went on to study computer science and business administration at the University of Wisconsin-River Falls.

Lyle also served our country and was stationed at the Pearl Harbor naval base in Hawaii from 1956 to 1960. During that time he worked hard, studied meteorology and enjoyed the sunshine.

Lyle has two daughters, five grandchildren and one great-granddaughter.

Lyle is proud of his Norwegian heritage and uses his stubbornness to his advantage! When asked if he had any advice for other generations, Lyle said, "Always keep busy and don't loaf." Lyle continues to keep busy at The Deerfield and enjoys exercise, music, games and any social gathering.



National Day of Prayer – May 7, 2020

The **National Day of Prayer** is an annual observance held on the first Thursday of May. It is a day, designated by the United States Congress, when people are asked "to turn to God in prayer and meditation."

On the National Day of Prayer, many Americans would normally assemble in prayer in front of courthouses, and in houses of worship. But this year we come together in spirit, physically forsaking the familiar to find a "new normal." We are drawn to prayer, particularly in this time of great anxiety and uncertainty, giving thanks to God for how we are blessed, and seeking His hand to intervene and protect. Let us pray!

Dear heavenly Father, we come to you today as a humble people seeking your blessings and protection on behalf of our beloved nation. We thank you for the abundance you have graciously bestowed on our land.

Our hearts and lives are nourished in your presence and by your love. We pray that we, as your children, would be moved each day to honor you.

Lord, grant that we may be strengthened in the trials of this life, especially during this global pandemic. Heal those who are sick. Protect and strengthen those who provide care; nurses, physicians, therapists and technicians. By your grace, bring a quick and miraculous end to this darkness in our world.

With great hope and confidence, we seek your guidance into all the affairs of our nation, praising you for your abiding presence.

In Jesus' name we pray.

Amen.

THE DEERFIELD NEWS

Deerfield Birthdays

We wish you all a happy birthday and blessed year!

Gables Residents

Thomas Meade 5-10

Dale Goreham 5-11

Gwendolyn Aubineau 5-24

Housing Residents

Paul Anderson 5-4

Naomi Bibeau 5-17

Linda Cords 5-17

Irja Edgett 5-21



Happy Birthday

If we have missed your birthday, we apologize! Please let us know.

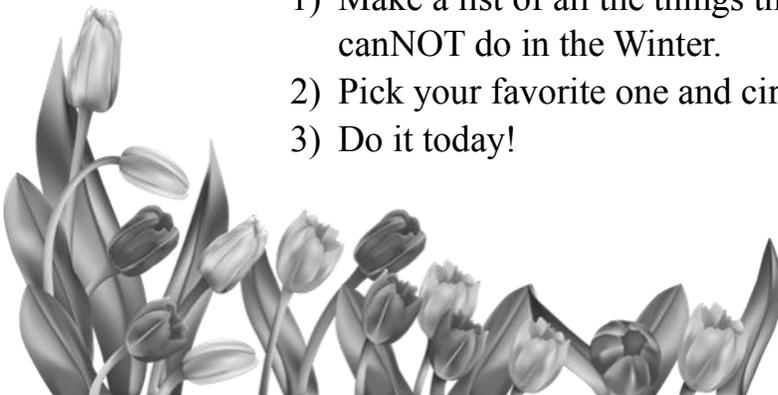
Wellness Thought

Spring is finally here! It's the season of renewal, planting, and fertilizing or feeding plants so that they will grow well into the later months of harvesting. Did you know that we can also feed our brains to give our brain cells a better chance of living well?

When we exercise, our body produces a neuropeptide hormone that crosses the blood-brain barrier and is often referred to as the "Miracle Gro" for the brain. Scientifically speaking, it is the brain-derived neurotrophic factor (BDNF). BDNF feeds our brain cells and helps them to live. Just like the seeds that are planted and fertilized this spring in the farmers' fields, we can help to improve our brain health by fertilizing our brain with exercise. 30 minutes of moderate exercise, 5 times a week is what is recommended.

Here's an exercise to get you started:

- 1) Make a list of all the things that you CAN do in the Spring that you canNOT do in the Winter.
- 2) Pick your favorite one and circle it.
- 3) Do it today!



THE DEERFIELD NEWS

Notes from the Culinary and Life Enrichment Teams

Although all organized activities are postponed, we want to remind you of a few things that you can enjoy from the comfort of your own home.



- ♥ Send a card to a friend
- ♥ Watch your favorite movie
 - ♥ Call your family
 - ♥ Take a walk outside
- ♥ Do a puzzle (e.g. Sudoku; crossword)
 - ♥ Read a book
 - ♥ Do daily stretches
 - ♥ Read a devotional



You Are in Our Prayers

Thank you for your patience during these unsettling times. We know it is challenging and pray that you are protected and remain healthy during this time when there are many unknowns.

Presbyterian Homes & Services is doing what it can to help all residents and employees remain safe. We appreciate the kindness and concern that you are showing to your neighbors, family and PHS employees.

Please feel free to reach out to the Presbyterian Homes Foundation should you have questions about giving. We are here and welcome the chance to say “hello” and help you in any way we can. Please call a Presbyterian Homes Foundation staff member at your community or:

Janene Connelly at 651-631-6408

Jill Kane at 651-631-6418

Camille Schafer at 651-631-6105

You may also visit our website for information at www.preshomes.org and click on Make a Gift.

While we know that this is a time of unease, please know that you are in our prayers. We wish you well.



THE DEERFIELD NEWS



“ I find joy in every day.
Not because life is always good,
but because God is.”



How to find this newsletter online

- Go to www.deerfieldphs.org
- Look at the “In this Section: navigation menu on the right side of the screen.
- From there you can click on “Newsletter” or “Activities and Events” to find social calendars for the Terrace, Commons, Arbor and Gables.



Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Vision

To provide more choices and opportunities for more older adults to live well.

Values

Christian Ministry
Ready & Engaged People
Operational Integrity
Service Excellence
Stewardship

EQUAL HOUSING OPPORTUNITY
ALL FAITHS WELCOME

From Dan Lindh, CEO: “Thank you for rising up.”

“Rise in the presence of the aged, show respect for the elderly and revere your God: I am the Lord.”

~ Leviticus 19:32

For months now, we have been living through a season that is astonishing and unprecedented. The coronavirus pandemic has required us to be vigilant and nimble as conditions change daily. As a faith-based organization, PHS weaves our best operational practices with our value of Christian ministry. One of our biblical foundations is Leviticus 19:32, calling us to act with our hearts, minds and hands. Every day we work to protect and promote the health and well-being of residents and staff. And every day we pray. We haven’t done this alone and for that I want to say thank you.

Thank you, residents, for rising up

PHS residents, you have been champions in your patience, understanding and cooperation. You teach us how to remain resilient and hope-filled and, with wisdom earned by years, remind us that this too shall pass.

Thank you, employees, for rising up

As other businesses have been sending their employees home, we count on our employees coming

to work every day and serving others. I draw strength when I witness the dedication of our employees who steadfastly fulfill their work and our mission with diligence, courage and compassion.

Thank you volunteers, families and friends, for rising up

While we have been required to restrict visitors and volunteers, I am amazed and blessed by their faithful and creative connections. Without even walking through the door, their acts of kindness and understanding have kept us all going at moments when we’ve felt exhausted, worried or discouraged.

The demands of these days require us all to rise up higher than we ever imagined, receiving strength and fortitude from our faith in God and in each other. Together we hold fast, we persevere, we thrive and we remain true to our mission “to honor God by enriching the lives and touching the hearts of older adults.”

With deep gratitude,