

Spring 2021

KOPERNIK LODGE

Newsletter

April Fools' Day
April 1

**16 Anniversary of
St. John Paul II death**
April 2

**172 Anniversary of
Juliusz Slowacki's death**
April 3

Easter
April 4

Mother's Day
May 9

"Spring adds new life
and new beauty to all
that is." —

Jessica Harrelson

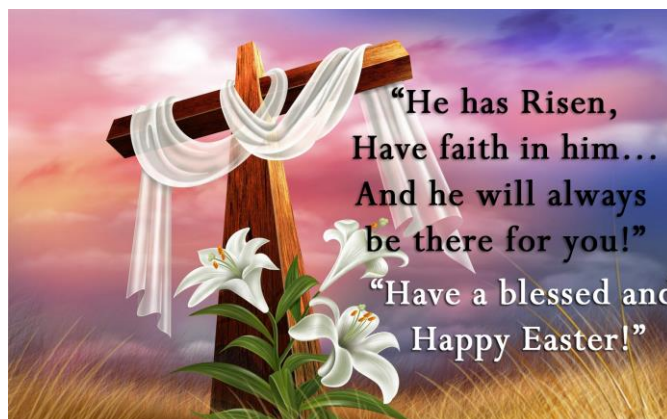
Happy Easter

Easter also called **Pascha** or **Resurrection** (coming back to life) **Sunday** is a Christian celebration commemorating the resurrection of Jesus Christ from the dead, described in the New Testament. It is the culmination of the Passion of Jesus, preceded by the Great Lent, a 40-period of fasting, prayer, and penance.

Jesus Christ was arrested by the Romans and put to death by crucifixion at Calvary, after being betrayed by his apostle Judas, who told the Romans where to find him. After Jesus's death, on what we now call Good Friday, Jesus' body was placed in a tomb that was covered by a large stone. Three days later, on Easter Sunday, the tomb was found empty, and news spread that Jesus had risen from the dead.

Easter and many church holidays related to it, such as Ash Wednesday, Palm Sunday, Good Friday, are called "moveable feasts," because they do not fall on a fixed date on the Gregorian calendar, which follows the cycle of the Sun and the seasons. Instead, they follow a lunisolar calendar and moon phases. Generally, Easter occurs somewhere between late March and late April.

Easter Sunday falls on the first Sunday after the full moon in autumn in the southern hemisphere and spring in the northern hemisphere. **This year we are celebrating Easter Sunday on April 4.**





Polish pisanka (plural pisanki)

or **jaja wielkanocne** (*Easter eggs*); *piski, kraszanki* is a common name for an egg (usually that of a chicken, although goose or duck eggs are also used) richly ornamented using various techniques. The word **pisanka** is derived from the verb 'pisać' which in contemporary Polish means exclusively 'to write' yet in old Polish meant also 'to paint'. Originating as a pagan tradition, pisanki were absorbed by Christianity to become the traditional Easter egg. Pisanki are now considered to symbolize the revival of nature and the hope that Christians gain from faith in the resurrection of Jesus Christ.



Easter Symbolism

There are many symbols that have come to be associated with Easter. Here are a few examples:

A Cross – Jesus was crucified on a wooden cross and these have come to symbolise his death and his resurrection three days later on Easter Sunday.

Eggs – symbolise new life and rebirth.

Rabbits – symbolise fertility and new life.

Lambs – represent spring and new life. Lambs also have links to Jesus who was called the 'Good Shepherd' and was referred to as a sacrificial lamb.

Palm fronds – symbolise peace and have links to the Bible which tells of Jesus being greeted with palm fronds when he arrived in Jerusalem just days before he was arrested.

Purple – the colour of royalty and a sign of mourning. Churches often use the colour purple throughout Easter to mourn Jesus' death.

Our Homegrown Artists

like they do for every season and special occasion created decorations that beautify the living spaces in our Kopernik Lodge. These decorations not only are lovely and colorful but also inform and remind everybody what time of the year it is.

Our artists, as always, did a great job and deserve a huge

THANK YOU.



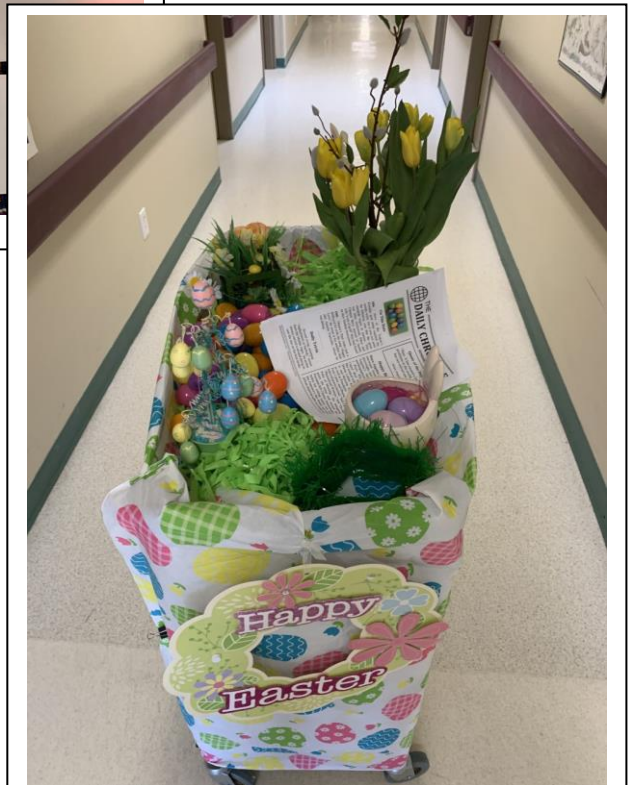
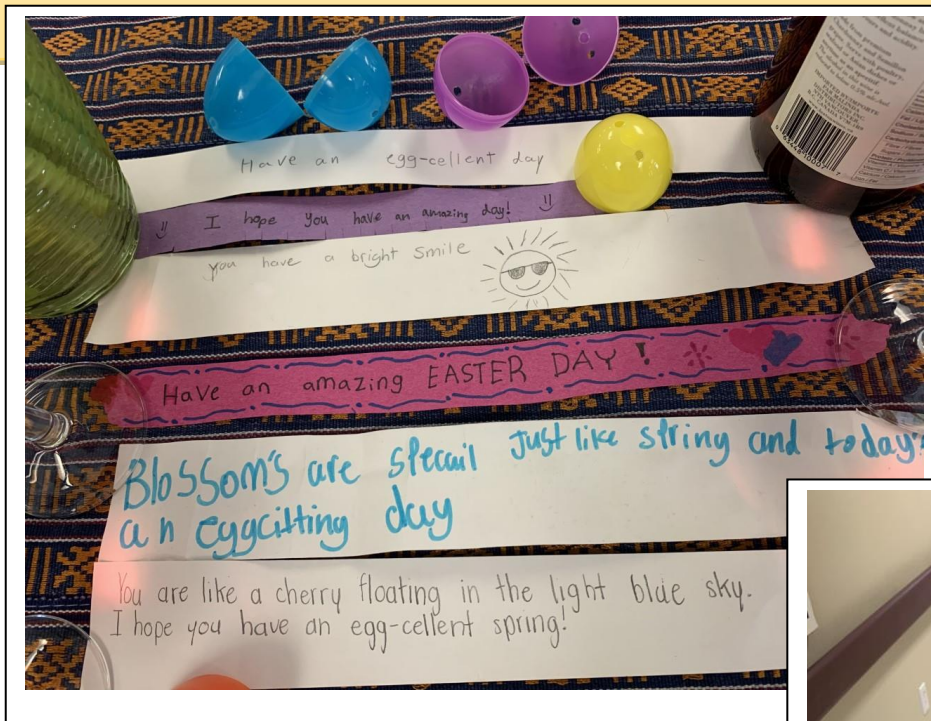
HAPPY
EASTER!





On Holy Thursday, children from the neighborhood elementary school visited our Kopernik Lodge. Due to Covid-19 restrictions they were not able to enter the building, so they all gathered in the garden. From there, they all together shouted, "Happy Easter." This made all residents very emotional and happy. Of course, our residents also sent the children warm Easter wishes.

The children also brought with them bags of Easter eggs, containing messages for our residents, written on strips of paper. On Easter Sunday the Easter eggs and fresh cupcakes were offered to all residents. Everybody had fun reading children's messages and eating sweet treats. It was a Happy Easter!







*Easter
2021
at
Kopernik
Lodge*



Kopernik's Intergenerational Pen Pal program:

It takes a village to age optimally.

The Recreation Therapy department at the Kopernik Lodge established a working relationship with the David Oppenheimer Elementary School in our area. Despite that due to Covid-19 protocols and restrictions, the children cannot come and visit us, they and our seniors benefit from support and companionship through a pen pal program; writing letters to each other.

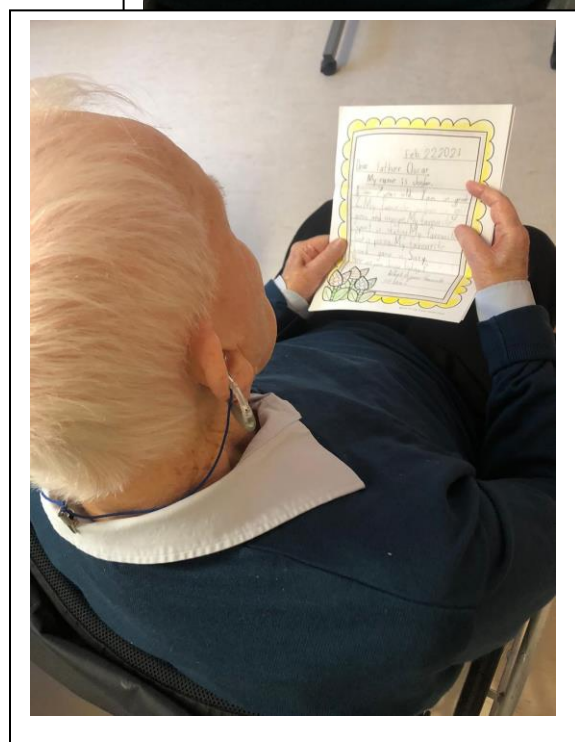
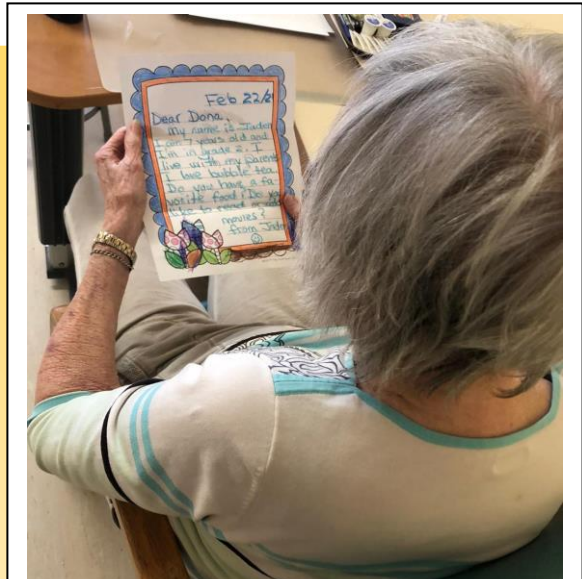
Our Pen Pal program fosters connections between 17 residents and 17 elementary students. The participants learn from each other about a range of interesting topics. The children, 7 and 8 years old, write letters and send their drawings. Their stories, often cheerful and funny, reflect their personal experiences and valuable lessons they learned. These boys and girls often share very important things that happen in their lives, such as losing their baby teeth; ... and what a story it is when it is not only one but two teeth at once! The seniors write their own letters, often several pages long. These letters, warm and fuzzy, feel like a big hug from a good friend.

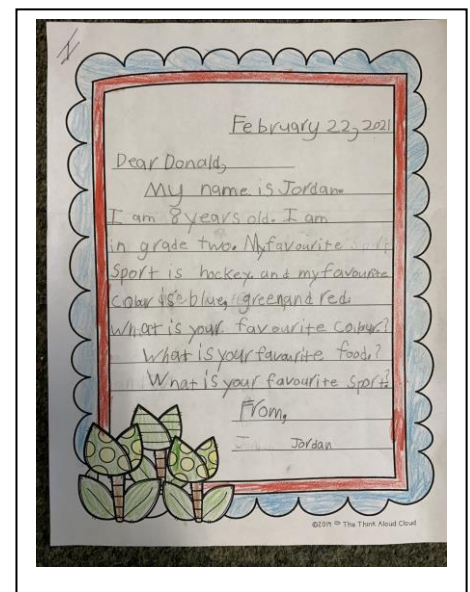
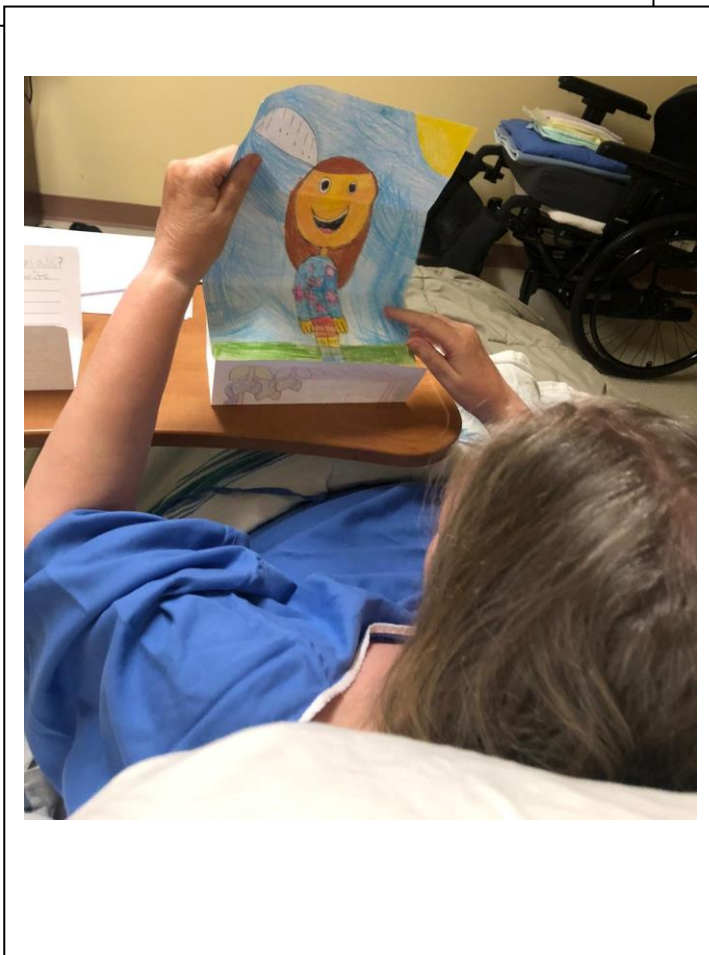
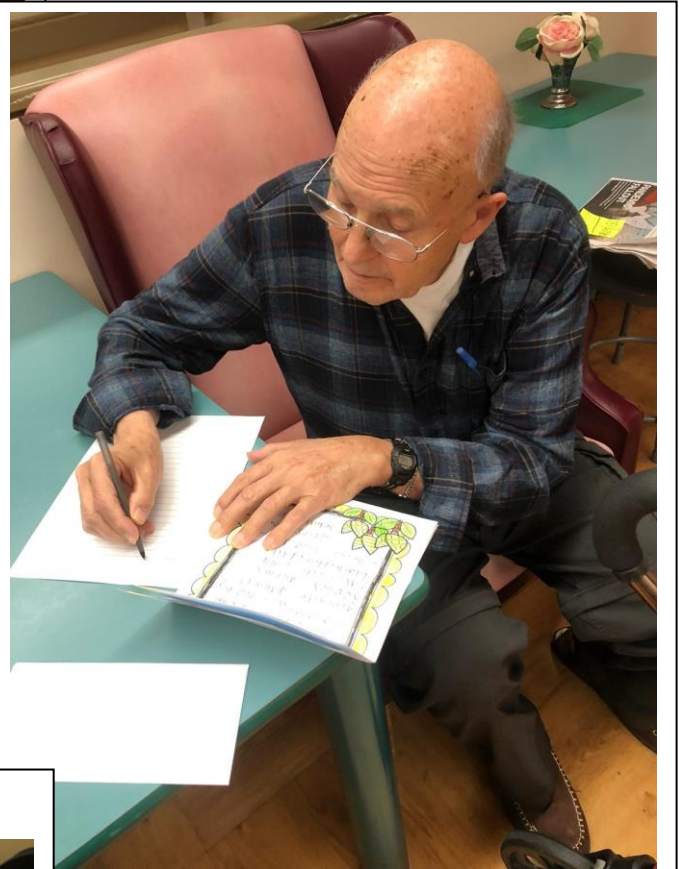
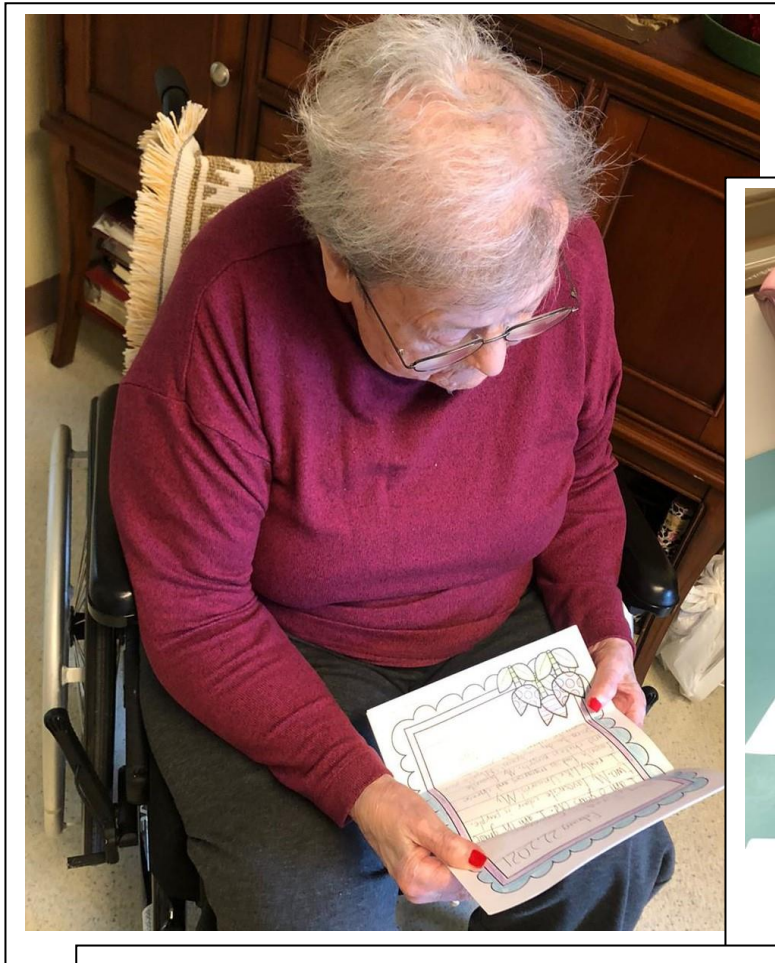


Research shows that intergenerational programs have positive impact and are appropriate and effective intervention for older adults, including people with dementia.

Intergenerational pen pal programs can improve the mental agility and socialization of senior participants. They have the potential to nurture a sense of being useful to society (such as the feeling that older people are able to guide and positively influence future generations), to improve the well-being of older adults, but also to reduce stigma associated with aging and discrimination against older adults. In addition, by enabling older adults to mentor or tutor children, intergenerational interventions have the potential to improve students' academic, behavioral, social-emotional and motivational outcomes. They can also improve comprehension and creative thinking.

In short, intergenerational programs seem to benefit young people, older adults, and society as a whole. Let's take advantage of them and build strong communities with strong intergenerational bonds!





Święconka (sh-vee-en-soon-kah) meaning “the blessing of the Easter baskets,” is one of the most enduring and beloved Polish traditions with roots dating back to the early history of Poland.

On Holy Saturday baskets containing a sampling of Easter foods are brought to church to be blessed. The basket is traditionally lined with a white linen or lace napkin and decorated with springs of boxwood (bukszpan), the typical Easter evergreen. Poles take special pride in preparing a decorative basket. Observing the creativity of other parishioners is one of the special joys of the event.

Blessing of the Food is a festive occasion. The three-part blessing prayers specifically address the various contents of the basket, with special prayers for the meats, eggs, cakes & breads. The priest or deacon then sprinkles the individual baskets with holy water.

On Easter morning (Sunday) Poles attended church (usually the Resurrection Mass at 6 am). When they get home, the head of the house takes one of the blessed eggs, removes the shell and cuts it into small pieces to share it among all the people in the family. The blessed egg is the symbol of life and eating it is believed to guarantee good health. Everyone exchanges wishes, sharing the blessed egg, and then eats their breakfast. Everyone has to eat at least a small piece of each of the blessed foods because it is believed that this would bring them good luck.



" Firecrackers for Easter "

The celebration of the Resurrection of the Lord, called Easter, as the oldest and most important holiday in the entire liturgical year of the Catholic Church, is an expression of joy because it symbolizes Christ's victory over death and sin. Centuries ago, Easter began with going to a Resurrection Mass, which ended with a festive procession. The mass was accompanied by an incredible bang of cannons. The first mention of the Resurrection mass in Poland, dates back to 1163. The custom of Easter noise making was noted as early as the 18th century; the shooting was supposed to awaken the world to life by proclaiming the Resurrection of the Lord. About the bang that accompanied the Resurrection Mass wrote Juliusz Słowacki, at the Resurrection at Radziwiłów in Niesvizh (Nieśwież).

"Twelve guns were fired, and the bell towers on the towers fired two mortars, and the whole community was firing from the keys, from the shotguns, from the spigots, and there was a bang that the ceiling in the house of a certain bourgeoisie had collapsed."

The bang, nowadays, continues in Poland, however the cannon explosions are replaced with firecrackers.

Śmigus-Dyngus aka Wet Easter Monday

Sounds peculiar, so let us explain. Śmigus-Dyngus, also known as lany poniedziałek (Wet Monday), is a Polish Easter Monday tradition which, in short, involves people throwing copious amounts of water at each other.

For more than 1,000 years, Poles have spent their Easter Mondays dousing unsuspecting folk in cold water. The origins of the celebration are uncertain, but it may date to pagan times before 1000 AD. Some have suggested that the custom began with the baptism of Prince Mieszko I in 966 A.D. and the celebrations following the first Polish monarch and Poland being baptized into Christianity. Originally śmigus and dyngus were two separate events, with śmigus involving the act of throwing water (oblewanki), and dyngus, bribing people with pisanki to escape from śmigus; later both traditions merged.

Today, the ancient ritual turned into a full-blown national water fight. It no longer only involves just young boys and girls. It can involve anyone. That's right-you may be just an innocent passer-by, but you too, could be soaked from head to toe. Śmigus-Dyngus has become a free-for-all: water guns, water bottles, water balloons and buckets of water from above – you never know where the water is going to come from ! In some cases, even fire trucks have been known to join in the festivities. So, you seem to have two choices: either run, or join the fight.



Pope Saint John Paul II, Święty Jan Paweł II

Latin **Johannes Paulus**, original name **Karol Józef Wojtyła**

Sixteen years ago, on April 2, the world bid farewell to a tenacious world leader whose life and words have much to offer us today. Even though Pope Saint John Paul II didn't live through a global pandemic, he was renowned for his fighting spirit and his ability to find hope in troubled times.

John Paul II was a bishop of Rome and the head of the Roman Catholic Church (1978–2005), the first non-Italian pope in 455 years and the first from a Slavic country.

As a young man, he survived the German occupation of his homeland before serving the church in Poland as a priest and bishop during the communist occupation of Eastern Europe. - until he eventually helped engineer its downfall.

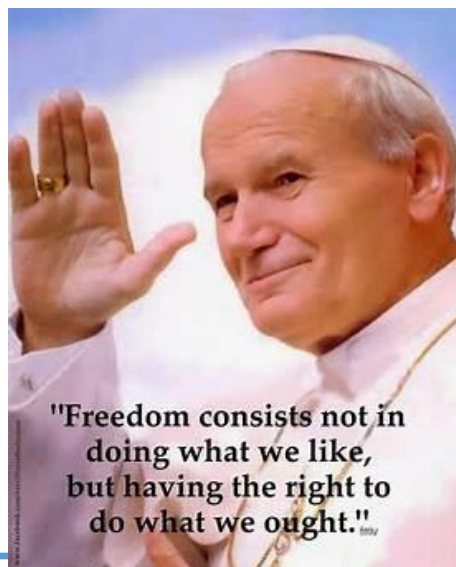
Until he died on April 2, 2005, at age 84, the Polish pope guided the Catholic Church for more than 26 years. His life and his death spoke of his unfading hope in God's providence and his mercy on all who turn their hearts heavenward.

What would John Paul say to today's world, filled with so much uncertainty amid this global pandemic? There's no way to know for sure, but when he spoke to global leaders at the United Nations in 1995, he told them to "be not afraid," the mantra he repeated often throughout his pontificate.

"We must overcome our fear of the future," the pope said. "But we will not be able to overcome it completely unless we do so together. The answer to that fear is neither coercion nor repression, nor the imposition of one social model on the entire world. The answer to the fear which darkens human existence ... is the common effort to build the civilization of love, founded on the universal values of peace, solidarity, justice, and liberty."

When he died on April 2, 16 years ago, tributes poured in from around the globe. Former U.S. Secretary of State Henry Kissinger said: "John Paul II was one of the greatest men of the last century. Perhaps the greatest..

St. John Paul II was beatified on May 1, 2011 and canonized on April 27, 2014.



An Olympian Task

On April 6, 1896, the first modern Olympic Games opened in Athens, Greece, nearly 1,500 years after they had been banned by the Roman



Emperor Theodosius I. The ancient games were a tribute to the Greek god Zeus. Theodosius, a Christian ruler, abolished the games as part of his campaign against paganism. It wasn't until 1894 that the Frenchman Pierre de Coubertin suggested reviving the competition. The 79 delegates in attendance unanimously approved the proposal, and the International Olympic Committee (IOC) was formed.

What drove De Coubertin to revive the lost tradition of the Olympic Games? In 1890, he paid a visit to the Wenlock Olympian Society, organizers of the annual Wenlock Olympian Games, held in Shropshire, England. These games were spearheaded by local doctor William Penny Brookes, a man who believed that sports and physical competition were as necessary for one's self-improvement as morality and education. Brookes organized the first Wenlock Olympian Games in 1850 as a mixture of athletics (such as running, hurdles, quoits, football, and bicycle racing on penny farthings) and traditional country games like blindfolded wheelbarrow races and even an "Old Women's Race" where the senior participants could win a pound of tea. Perhaps the most important aspect of the games was their egalitarianism. Aristocrats and working classes alike were invited to participate, for Brookes keenly felt that athletics and friendly competition could improve the entire town and community.

De Coubertin was deeply inspired by what Brookes had accomplished in Shropshire, and he modeled the IOC after Brookes' Wenlock Olympian Society. Although those very first Olympic Games in Athens featured 280 athletes from 13 nations, the games lacked popular support. Not until 1924 were the first truly successful Summer Olympics held in Paris. After the first Winter Olympics were held later that year, De Coubertin felt his work was finally done, and he retired as IOC president in 1925.

A Poem Like a Secret

April is Poetry Month, which gives us 30 days to appreciate poems and the creative minds that give them to us. For some, poetry is as necessary to life as breathing. Poems are unique expressions of thoughts and feelings that inspire epiphanies large and small. For others, poetry remains inaccessible and difficult to understand. You can almost hear the desperate cries of "30 days?!" Thirty days' worth of the stuff is torture for some, so for those in need of a smaller dose, April 29 is Poem in Your Pocket Day. On this day, choose any poem you like—long or short, modern or old-timey, humorous or serious, simple or complicated—and carry it in your pocket. Read it to yourself throughout the day or whenever the feeling strikes. Contemplate it. Puzzle over it. Question it. Share it with others, if you like. Or keep it to yourself, like a secret. No one has to know that you have a poem stashed away in your pocket. Above all else, enjoy it. If you need help getting started, consider these lines by Archibald MacLeish:

*A poem should be palpable and mute
As a globed fruit*

Poem by Maria Konopnicka

Wiosna nie znosi brudu,
bałaganu i nudy.
Wiosna ma skłonność
do porządku.
Zróbmy wiosnie przyjemność
i posprzątajmy -
najlepiej w każdym kątku.

Wiosna wie, że kiedy czystość
bije z każdego kącika,
lepiej się myśli,
lepiej wypoczywa
i chętniej czyta.

Wiosna nie znosi leni.
Wiosna jest pracowita.
Więc zacznij
wiosenne sprzątanie.
Wiosna cię wita.

Who was Juliusz Słowacki?

Juliusz Słowacki was a 19th century Polish poet, dramatic author, playwright and visionary philosopher. He was one of the most important poets of the Romantic period in Polish literature when much anguished poetry was written about the loss of Polish sovereignty. He was born on September 4, 1809, in Krzemieniec.

He is considered a national prophet, and one of the Three Bards of Polish literature. His father was a nobleman who taught literature and history. However, it was his mother, also of noble stock, whose literary salons exposed the boy to people who would inspire him to become a writer himself.

His works often feature elements of Slavic pagan traditions, Polish history, mysticism and orientalism. His style includes the employment of neologisms and irony. His primary genre was the drama, though his work included romantic poems, plays and sonnets. His most popular works include the dramas *Kordian* and *Balladyna* and the poems *Beniowski*, *Testament mój* and *Anielli*. Because of its specific character and sophistication, Słowacki's lyrics are very hard to translate.

Słowacki died in Paris, exactly 172 years ago, on 3 April 1849 from tuberculosis. He was buried in the Montmartre Cemetery in Paris.. Krasiński, wrote of the funeral:

There were 30 compatriots at the funeral – nobody rose to speak, nobody uttered even one word to honour the memory of the greatest master of Polish rhymes:

In 1927 Słowacki's remains were moved to Wawel Cathedral in Krakow, Poland, but an empty grave still remains.



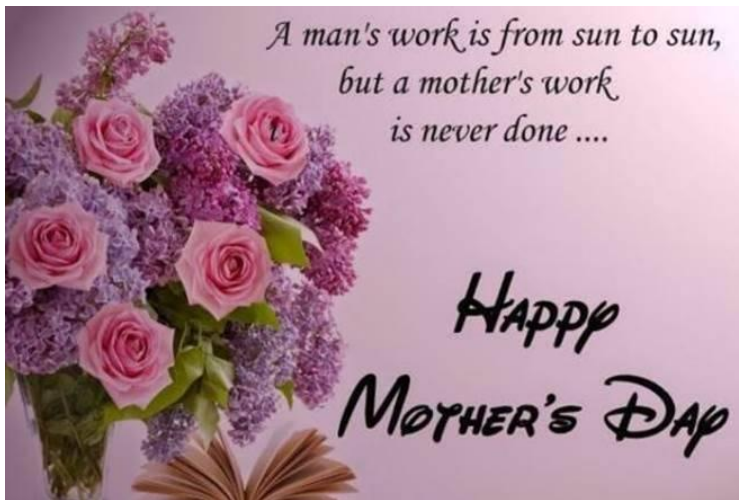
Origins of April Fools' Day

April Fools' Day—celebrated on April 1 each year—has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools' Day traditions include playing hoaxes or practical jokes on others, often yelling “April Fools!” at the end to clue in the subject of the April Fools' Day prank.

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around the 1st of April. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called “April fools.” These pranks included having paper fish placed on their backs and being referred to as “poisson d’avril” (April fish), said to symbolize a young, easily caught fish and a gullible person.

Historians have also linked April Fools' Day to festivals such as Hilaria (Latin for *joyful*), which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. It involved people dressing up in disguises and mocking fellow citizens and even magistrates and was said to be inspired by the Egyptian legend of Isis, Osiris and Seth.

There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.



Mother's Day

Is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the mothers of March or May.

The modern Mother's Day began in the United States, at the initiative of Anna Jarvis in the early 20th century.

It is not directly related to the many traditional celebrations of mothers and motherhood that have existed throughout the world over thousands of years, such as the Greek cult to Cybele, the mother god Rhea, the Roman festival of Hilaria, or the Christian Laetare Sunday celebration (associated with the image of Mother Church). However, in some countries, Mother's Day is still synonymous with these older traditions.

Blast from the March past

This past March 17, even the Covid-19 must have turned green with envy.

We could not have a party on the Saint Patrick day, but we sure had a lot of fun anyway.

On this day the leprechaun himself arrived in our Kopernik Lodge in his green carriage. He visited all residents in their rooms and brought them cupcakes, which were also green.

Needless to say, we also had some beer, to keep up with the Irish tradition. No, it was not the famous Guinness, but the root beer – which was really delicious.

The cheerful Irish music was heard during the whole day and everybody had a big smile on their face.

It was a great and happy St. Patrick's Day; and it came with the Irish blessing for the whole year.

May good luck be
always your friend
Through life in
all you do,
And may trouble
be always
A stranger to you.

Irish Blessing

