



# Walnut Grove Cultural Center

Striving for personal excellence in the service of others



“Let us not forget that the cross is a sign of divine favor...”

*Alvaro Del Portillo~Bishop Prelate of Opus Dei  
Celebrating the centenary of his birth and beatification*



## CALENDAR SUMMARY:

- **Lecture Series, The Ten Commandments:** 10:00 to 11:00 am  
**Theology Seminars, What Catholics Believe,** 11:15 am – 12:15 pm.  
Meets every 1st Saturday of the month: Jan 4: no class; Feb 1; Mar 1; April 5; May 3; June 7; July–Aug–Sept: no class; Oct 4, Nov 1, Dec 6.
- **Evenings & Days of Recollection** for women at Walnut Grove **every 4th Mondays at 6:15 – 9:00 pm and 4th Tuesdays at 9:30 am – 12:30 pm.**
- **Women’s Retreat:** Jan 18–20, April 4–6, Oct 10–12, Nov 7–9 @ Holiday Inn, La Mirada. May 24–26 @TAC. To reserve, email Naida: [ramzen@aol.com](mailto:ramzen@aol.com)
- **Stepping-up Mentoring Program for High School Students.**  
2014 Meetings: Jan 18, Feb 15, Mar 15, April 26 (4th Sat), & May 17.
- **Living Essentials**, a three-part seminar:  
1. **The Well-Stocked, Well-Organized Kitchen**, on February 8, 2014, 10am–3:15pm.  
2. **A Bright and Peaceful Home**, on April 12, 2014, 10am–3:15pm  
3. **The Welcoming Home: Entertaining**, on November 8, 2014, 10am–3:15pm  
**Cost: \$60 all three or \$25 per seminar. To register, download form**  
[www.walnutgrovecenter.org](http://www.walnutgrovecenter.org)

Dear Friends,

*Happy New Year!! As you are making your resolutions for this upcoming year, please consider including a resolution to attend our upcoming **Living Essentials** series beginning this February. Living Essentials is a three-seminar series with classes and hands-on experience giving you the skills you need to take care of your family with confidence and artistry. The first class, **The Well-Stocked, Well-Organized Kitchen**, will take place on **February 8<sup>th</sup>** and will touch on the following*

*topics: kitchen equipment, physical layout, stocking a pantry, basic nutrition, menu planning, use of leftovers, five quick meals that can be put together from a properly stocked pantry, and slow-cooker and freezer cooking. Lunch will be provided as well as taste-testing of the Five Quick Meals segment. Please join us as we learn how to simplify the tasks involved in caring for our families and homes and discuss the beauty and dignity of homemaking as a service to the human person.*

*Lauren Ellis, President*

## Caring and Loving our Elderly Parents

**On Saturday, November 2<sup>nd</sup>** Walnut Grove Cultural Center proudly presented the Cooperator’s Workshop on *Caring and Loving Our Elderly Parents*. The workshop featured three dynamic speakers who provided many resources and tools of how to navigate caring for the elderly with respect and dignity.

**Dr. Larry Boggeln, M.D.** shared his expertise in caring for his patients in his medical practice of hospice care. He gave a medical background of the various stages and symptoms of what to expect when caring for someone with dementia or Alzheimer’s.

**Andrea Swez, Esq.** demystified some legal aspects of estate planning in creating wills, living trusts, and medical directives, as she stressed the importance of preparing for the future to protect one’s assets and to honor our loved one’s wishes.

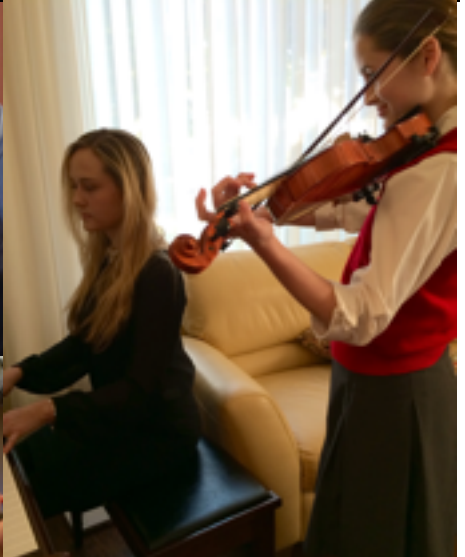
**Maureen McCarthy, R.N.** provided us with some practical tips of how to deal with family aspects of caring for an aging parent and how to involve the entire family in the care taking process.

The audience asked some very poignant and specific questions to the panel of experts, as



they often times shared some personal examples of the challenges and blessings in caring for an elderly family member. *Christina Corrales*

C  
H  
R  
I  
S  
T  
M  
A  
S  
at  
WG  
2  
0  
1  
3



December 16, 2013 ~ A Christmas Meditation by Fr. Bill ~ Meet and greet and eat ~ Sing Christmas Carols ~ Visit with friends and family ~ Join us again next year...

### OPUS DEI AROUND THE WORLD

#### SAXUM

On December 30, 2013, the Prelate of Opus Dei, Bishop Javier Echeverria visited *Saxum*, a retreat and pilgrim center being built in the Holy Land. He blessed *Saxum's* first stone and asked all the members and cooperators of Opus Dei to get involved in making *Saxum* possible.



Estimated date of completion  
2015



Located 15 km from Jerusalem, along the road to Emmaus, *Saxum* was inspired by St. Josemaria Escriva and Venerable Alvaro Del Portillo. *Saxum* aims to offer a place where people from all over the world can feel at home in the Holy Land and can obtain the spiritual means and essential instruction and resources to enter more deeply into the Gospels, preparing them for a personal and transformative encounter with Jesus Christ.

The *Saxum* project is being built with donations from all over the world. To learn how you can help support the project visit [www.Saxum.org](http://www.Saxum.org)