



LADIES ANCIENT ORDER OF HIBERNIANS

“Our Lady of Knock”

Division #87 – Organized February 4, 1992

February 2025 Newsletter

President's Message

Hello Sisters,

Have you had enough of the winter cold?? Well, the good news is only 57 days until Spring.

January was a quiet month but probably much needed after the busy holidays. Staying in reading a book with a cup of tea or hot chocolate helped me get through some of the time. Now we get ready to slowly start coming out of hibernation.

On February 1st, the AOH/LAOH Philadelphia County Boards are hosting an **Installation of Officer's Mass** at St Cecilia Church (525 Rhawn Street, Philadelphia). The Installation mass will be celebrated during St. Cecelia's regularly scheduled 5:00 pm mass. Please note, this is also the Feast of our Patron Saint, Saint Brigid. All are encouraged to attend.

After mass, the Installation of Officers ceremony will take place in the church hall. There will be food and draft beer for a \$25.00 donation. All members are welcome to attend, please consider attending to support our Division 87 officers while being installed for the 2025-2027 term. If you are interested, please let me know.

Listed below are those elected at our November meeting along with the appointed officers for the 2025-2027 term.

Chaplain:	Sr. Lisa Breslin, SSJ
President:	Maria Gallagher
Vice President:	Kathy Annan
Recording Secretary:	Terry Welsh
Treasurer:	Bernadette Coyne
Financial Secretary:	Donna Kearney
Irish Historian:	Anne Foody
Missions and Charities:	Kris Bucko
Catholic Actions:	Ann Marie Kuvik
Mistress at Arms:	Sr. Lisa Breslin, SSJ
Sentinel:	Angie Hines
Freedom for all Ireland:	Tish Dugan
By-Laws:	Eileen Smith
Hibernian Hunger Project:	Bernadette Coyne
Immigration & Education:	Peggy Hanratty
Publicity/Newsletter:	Terry Welsh
Webmaster:	Nancy Jones

February 9th - Superbowl LIX will take place and of course our very own PHILADELPHIA EAGLES are going to the big game!!!! There will be a party at the club so join us in cheering our EAGLES on to victory and get ready for the Parade down Broad Street. We are also doing a Block Pool for the Superbowl; \$10 per block with payouts at the end of each quarter. Please watch Facebook and your email for a chance to get your blocks. Consider asking your friends and family to support us, proceeds benefit our charity fund.

February 14th - Happy Valentine's Day

February 16th - Mark your calendar for "The Best Party In Town". AOH 87 Annual Beef and Beer See more information in the Upcoming Events section.

St Patrick's Day Parade is coming up on March 16th. This year we will be wearing our black jackets with the claddagh on the pocket from a few years ago. If you do not have one, we will be taking orders at the February meeting. We are hoping to have sizes for you to try on.

OK now I saved the best for last. We will be starting **the weekend of 02-21-25** on our biggest fundraiser of the year. Irish Potatoes will start with mixing and rolling at St George's cafeteria, NOT the hall! Downstairs in the school is the cafeteria where the children eat lunch. In case you didn't know the mixer was moved once again so it is now in its final resting place!! PLEASE plan on spending some time rolling because we must be finished and cleaned up by the end of Sunday. I know I can count on you all to come, bring a friend and give some time. Please watch your email for more information about ordering, mixing and rolling!

I'm looking forward to seeing you at the February meeting on Tuesday February 4th. As always, the meeting will be held at the AOH clubhouse at 7:00 pm. We will also send a Zoom link in case you can't join us in person. There were 4 new applications read at the last meeting so hopefully we have some new members to install. Please consider inviting your friends and family to join our ranks as sisters.

After the meeting join us downstairs at Bin Lids for some socialization with our Sister, Angie, behind the bar. Angie always has a special drink to celebrate the month.

Sincerely,
Maria Gallagher
LAOH Division 87 President



Rest in Peace

To our sister,

Helene Riley

**She went to her eternal rest on
Monday, January 27, 2025**

Prayer Requests



Gracious and Merciful Father,

As we gather before Your presence, we bring before You our joys and concerns, knowing that You care for every detail of our lives. We thank You for the moments of joy that have filled our hearts—a new life welcomed into this world, a restored relationship, answered prayers, and the simple pleasures that remind us of Your goodness. Our hearts overflow with gratitude for these blessings.

Yet, Lord, we also lift up our concerns and burdens before You. We think of those who are facing health challenges, financial difficulties, and emotional struggles. We ask for Your healing touch, provision, and comfort to be upon them. We remember those who are grieving the loss of loved ones, and we pray for Your peace that surpasses understanding to envelop their hearts.

In this sacred time, we lay our joys and concerns at Your feet, trusting in Your unfailing love and wisdom. May Your grace sustain us, Your peace guard our hearts, and Your presence guide us through every joy and every trial.

We offer these prayers in the name of Jesus, our Savior, and Redeemer. Amen.

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A MESSAGE FROM OUR FINANCIAL SECRETARY

2025 DUES ARE NOW DUE!

Annual dues remain \$25 for the year. Make checks payable to LAOH Division 87. You may also Venmo your dues to @LAOH-DivisionEightySeven. Be sure to include your name and "2025 Dues".

If you are unable to attend the meeting mail your dues to: Donna Kearney; 4540 Almond Street; Philadelphia, PA 19137

Please remember you must be a member in good standing in order to remain on the membership list.

LAOH 87 BOOK CLUB



Current Book Club Choice:

The Best American Short Stories 2023
Edited by Min Jin Lee



Next Meeting date on Zoom:
February 11, 2025 at 7:00 pm

We will be discussing the following stories (we are not reading the short stories in order):

- Camp Emeline
- The Muddle
- Trash

Interested in joining or have any questions please contact:
Terry Welsh (215) 280-5992 or via email at
TerryLAOH87@gmail.com

MISSIONS & CHARITIES COIN DROP!



There's no better time to clean out that purse, empty those pockets and lift those couch cushions!! Gather up all that spare change that is weighing you down and bring it to the meeting and drop off to Kris Bucko. Kris will accept the folding stuff too!

All proceeds benefit Columban Missions.

The LAOH has maintained a strong relationship with the Columban Fathers and Columban Sisters. The Columban Fathers have been the primary charity of the LAOH since 1935, and the LAOH added the Columban Sisters in 2006. The donations collected help those that answered the call to mission and help facilitate their work across the world.



GENERAL MEETING:

Tuesday, February 4th, 2025

7:00 PM

3524 E. Thompson Street, Philadelphia, PA.
Parking at Thompson and Tioga Streets.
Please do not park in numbered spaces

ZOOM LINK WILL BE SENT THE DAY OF THE MEETING!!

IMPORTANT WEBSITES

LAOH DIVISION 87 – www.laoh87.com

LAOH PA STATE – www.statepalaoh.com

LAOH Division 87 Facebook Group –
<https://www.facebook.com/LAOH87>

LAOH NATIONAL – www.ladiesaoh.com

ARE YOU ON OUR EMAIL LIST?

If you aren't receiving division email news, please send your email address to TerryLAOH87@gmail.com in order to be added.

BIRTHDAY BLESSINGS TO OUR SISTERS!



January

Ann Marie Parkinson.....	19
Colleen Sutor (Kolb).....	23
Patricia Carty	25
Charlotte Delaney	25
Susan Sabbi	30


February

Christi Riley-Hensler	11
Nancy Jones.....	12
Debbie Bednarz	15
Grace McDowell	17
Eleanor Zimmerman	22

It brings us so much joy to celebrate your birthday with you. We pray that God blesses you and wraps His mighty arms of protection around you on this extra special day and forever.

UPcoming EVENTS

GOOD TIME FOR A GOOD CAUSE  ALERT
SUNDAY PRESIDENTS' DAY WEEKEND:
NO WORK MONDAY
FEBRUARY 16, 2025. 2:00 TO 7:00 PM.

AOH  LAOH 87 Port Richmond
Annual Beef and Beer fundraiser
SAINT GEORGE'S HALL SALMON & VENANGO


•HOT BEEF •HOT TURKEY •CZERW'S KIELBASA.
•SALADS •COFFEE AND DESSERTS.
•DOMESTIC CAN BEER •SOFT DRINKS •MIXERS,
BYOBOTTLE AND FANCY BEERS.

THE BEST ENTERTAINMENT
IN TOWN!

•THE SHANTY'S
•THE WATERJACKS
•STALL THE DIGGER
A GUARANTEED GOOD TIME!
\$60 pp

WIN BIG!
50/50 DRAWING AT 6:00 PM
GET A SPOT ON THE WHEEL
VENMO: PORTRICHMOND@AOH87
NO NEED TO BE PRESENT TO WIN

RAFFLES
BASKETS
GREAT FUN!



**ST. PATRICK'S
DAY PARADE**

Sunday,
March 16, 2025

More details to
come!



FreePrintbale.com- 100% Easy, 100% Fun.

**LAOH Division 87
Spring Retreat**



SUNDAY, APRIL 6, 2025
Details to follow soon!

Francis House of Prayer
84 Wainford Road
Allentown, New Jersey 08501

CHAPLAIN'S CORNER

By Sr. Lisa Breslin, SSJ

When you give thanks, you express the certainty of being loved. This is a big step; to have the certainty of being loved.
Pope Francis.

Think about a gift, a favor, a kind word you have received lately. Let yourself feel grateful. For that brief moment of giving thanks, love is certain. When you doubt love, offer thanks.

Red is ubiquitous (I love that word!) during February. Red hearts abound. As you know, the day honors a third century Roman Saint. Not much is known about St. Valentine, but we do know that he was martyred for secretly marrying Christian couples. I wonder if this part of his story is why the Saint's Day morphed into a Hallmark Holiday.

I am not anti-Valentine's Day, even though Jesus hasn't sent me flowers in years! During these dreary dark winter months, we need reminders that love is certain. We often feel alone at this time of year and not just because of the holiday. We are creatures of the earth, and our bodies respond to these cold dark months. We are tempted to stay in our cave and hibernate. What's the remedy? Well, a trip to Jamaica would cheer us up for a bit or even a day at the shore, a few strong cocktails or a couple of Tastykake's would help. Fill in your blank. Temporary relief helps but does it sustain us?

Gratitude does sustain! But how? In my Spiritual Direction Program, we commit to a practice that has made a huge difference in my life. It's called *Examen*. It is rooted in Ignatian Spirituality, and it has sustained me through dark months and very dark periods of my life. Examen is basically a way to review the day and see how God was with you. The first two steps speak to the link between gratitude and love.

Step 1: LIGHT- Ask God to be present with you as you look back at the day. Imagine God and you sitting on a bench looking back at the day together. Ask God for light to help you see what God sees. Talk to God about your day.

Step 2: THANKS- With God, look at what you are grateful for in your day. For example, I got to work safely, or a stranger held the door for me. But here is the key...don't just list that for which you are grateful, think about and talk to God about WHY you are grateful. Not reflecting on why is like never taking the wrapping off of a gift. When you do, explore what you felt at that moment and why you are grateful, you see and even feel the love. WOW!



A real-life example: I received a text from a friend. When I reflected on why I was grateful, it occurred to me that I felt included, loved. Even remembering the text made me feel the certainty of love.

In God's light we see love. By the way, the word Eucharist means thanksgiving.

Happy Valentine's Day!!
Sister Lisa

STATE OF THE HEART



The next State of the Heart will be held February 24th, 2025, at 7:00 pm. It will be held at AOH 87 Hall (2nd floor).

State of the Heart is a monthly meeting facilitated by Sister Lisa Breslin. This is a space for meditation, prayer and sharing where you are at the present moment.



Please be aware this is my first Medical Minute column for the newsletter. My goal is to keep people informed of terms they may hear and not know the true meaning of. This information is NOT intended to replace any medical advice you receive from your healthcare provider.

My first topic is "Sepsis"

I personally had sepsis not long ago. It is far worse than the flu and if not treated it could be fatal. Your heart rate goes up, blood pressure goes down and you pretty much feel like you cannot function. It usually requires ICU admission.

SEPSIS

A life-threatening complication to an infection.

Sepsis occurs when the body puts out life threatening chemicals in reaction to the infection. This can cause multiple organ failure or may even cause death (in my case, my kidneys started to fail)

Symptoms:

- Fever
- Increased Heart Rate
- Shortness of breath
- Decreased blood pressure
- Sometimes, mental confusion

Treatment:

- IV fluids
- Antibiotics

If treated successfully, people may return to a full life.

There are times where not treated successfully patients are required to be on a ventilator and drugs to maintain their blood pressure.

Please let me know if there are any topics of interest you would like me to discuss in future issues. You can contact me at (215) 901-3364 or via email at Annank73@gmail.com



Word Search Puzzle



Amethyst
Coconut
Eleanor Zimmerman
Happy Anniversary
Our Lady of Lourdes
Superbowl

Christi Hensler
Czerws
Feabhra
Installation
Presidents Day
Valentines Day

Cinnamon
Debbie Bednarz
Grace McDowell
Irish Potatoes
St Brigid
Violets

Claddagh
Eagles
Groundhog Day
Nancy Jones
St George
Volunteer



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