

Here you're among friends!



From the President's Desk

A couple of weeks ago, Cordy and I attended the funeral of Sylvia, a dear friend we had known since high school. Our lives had been woven together

for decades: weddings, children, joys, setbacks, and all the ordinary moments that become extraordinary when shared with people you love.

In recent years her health declined, yet she faced every challenge with courage. When the Lord called her, she left peacefully at home, surrounded by her daughters. At her service, one of them read a letter Sylvia had painstakingly prepared to be read at her funeral. It was a beautiful message of gratitude to everyone who had touched her life. She individually thanked friends, coworkers, family, even her former boss. She spoke lovingly of, and to, her daughters, her remaining sister, and even her ex-husband who also attended the service. It was a farewell full of grace, honesty, and peace.

During our long drive back home, I found myself thinking about her letter. What a gift it is to leave this world with nothing left unsaid and nothing left unsettled. She had reached a place where she could say, with a clear heart, "I'm ready."

That thought stayed with me, not as something somber, but as something inspiring. Because readiness isn't about knowing when our time will come. It's about how we choose to live today. It's about forgiveness offered, gratitude expressed, faith strengthened, and love shared while we still can.

As we move through March, a month of renewal and quite preparation, I invite all of us to take one small step toward that kind of readiness. Maybe it's a phone call we've been meaning to make, a word of encouragement someone needs, or a quiet moment in prayer to steady our hearts. May we live in such a way that whenever our day comes, it finds us at peace, grateful, and surrounded, just as our friend Sylvia was, by the love we've given and received.

Warmly, Art

"I have competed well; I have finished the race; I have kept the faith. From now on the crown of righteousness awaits me..."

2 Timothy 4:7-8 (NABRE)

Why the Wedding Band Is Worn on the Left Hand

A journey through history, Christian tradition, and Catholic practice

By Art Dominguez SPN editor

Few symbols in human history carry as much quiet power as the wedding band. Simple in shape yet profound in meaning, the ring has traveled through thousands of years of custom, faith, and family life to arrive on the fourth finger of the left hand, where most of us wear it today. But how did that particular finger earn the honor, and what does the Catholic tradition say about it?

The custom of wearing a wedding ring dates back to ancient Egypt, where circular bands symbolized eternity, no beginning, no end. The Romans later added a romantic (though anatomically incorrect) belief: that a special blood vessel, the *vena amoris*, the "vein of love" ran directly from the fourth finger of the left hand to the heart.

(See **RING** on last page)



February Lunch at Red Robin

Thirteen Senior Pals gathered at Red Robin on February 25th for an afternoon of good food, and even better company. Thanks to **Carla Chambers**, who once again chose a terrific spot for us, we enjoyed a lively lunch filled with stories of family, grandkids, cooking, grilling, and the joy of long time friendships.

Upcoming Bus Trips in the Works:

- Astros Game will be scheduled after the summer months.
- Co-Cathedral of the Sacred Heart: A guided look at one of Houston's most impressive architectural and spiritual landmarks.
- Federal Reserve Bank Tour (Houston Branch): A rare behind-the-scenes visit to learn how our nation's central banking system operates.
- George H. W. Bush Presidential Library & Museum (College Station): A rich, interactive walk through American history and the life of President Bush.
- St. Mary's Catholic Church (College Station): A peaceful stop at a historic and well-loved parish, paired with the Bush Library visit.

More details will follow as dates are finalized.

February Speaker Spotlight: Susan Seypt

From Mardi Gras Royalty to Cajun Country Memories
We're in for a real treat this month, Senior Pals! Our February speaker is our very own Susan Seypt, a long-time member of the group and a woman with a truly remarkable story to share. Many years ago, Susan was crowned Mardi Gras princess in New Orleans, and she'll be giving us a behind-the-scenes look at what that experience was really like. But that's just the beginning. Susan will also talk us back to her childhood outside Baton Rouge, sharing warm, colorful stories of Cajun culture, family traditions, and the Louisiana way of life. And knowing Susan, we're sure a few delightful surprises will make their way into the program as well. Join us for a morning of charm, history, and Southern spirit all told by someone who lived it. This is one you won't want to miss.

Senior Pals Theater Presents: The Keys of the Kingdom (1944)

tells the moving life story of Father Francis Chisholm, played by a young Gregory Peck in the role that launched him into stardom. The film follows Chisholm from a difficult childhood in Scotland to his lifelong mission in rural China, where his quiet compassion, humility, and steady faith transform a struggling parish into a thriving community.

Where: The Conservatory at Alden Bridge

When: Wednesday, March 18th

Time: 1:00 PM with doors open at 12:30



Set Sail on a Mediterranean Adventure!

May 2nd thru May 12, 2026

Join Senior Pals friends Linda Saucedo and Elaine Wilson for an unforgettable journey across the sparkling Mediterranean Sea! This 10-day voyage begins in Naples, Italy, and return to Civitavecchia (Rome), Italy aboard the elegant **Enchanted Princess**. Imagine strolling ancient streets, savoring authentic cuisine, and sharing the beauty of Europe with your fellow Senior Pals. It's all waiting for you! For details and booking, contact:

Debbi Davis - Debs Tours and Cruises

Phone: (214) 784-9685

Be sure to mention: Group TN4/Deb & Linda's Europe Getaway.

Senior Pals Meeting Schedule 2025/2026

March 14, 2026

April 11, 2026

May 9, 2026

June 13, 2026

Meetings are from 10:00 am to 12:00 pm at Sheltz

Hall. For more information you can read our newsletter at: ap.church/seniorpals or scan this QR code:



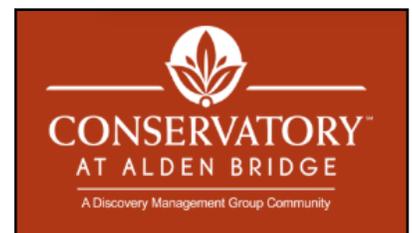
Senior Pals Officers 2025/2026

President	Art Dominguez
Vice-President	Cathy Landry
Vice-President Membership	Gladys Gordon
Treasurer	Linda Saucedo
Secretary	Carla Chambers
Trip Committee	Martha Britton
Ambassador	William Lessmann
Program Chair	Joan Sabino
Raffle	Sharon Bowen
Newsletter	Art Dominguez
Hospitality	Open
Happy Hours & Luncheons	All Senior Pals Members

For more information, email us at: seniorpals@ap.church

Acknowledgement of Gratitude

Senior Pals extends heartfelt thanks to The Conservatory at Alden Bridge for their continuing sponsorship of Senior Pals Theater. Their generous support helps keep our senior community connected, engaged, and enriched through shared films, conversation, and the joy of gathering together each month. We are deeply grateful for their partnership and the welcoming space they provide for our growing fellowship.





PALSPUZZLE



Spot the Differences Challenge

Our picture puzzle is back! This time with twelve sneaky little changes hiding in the scene. Take a good look at both pictures and see how many you can catch on the right. The answers are waiting for you on the last page... but try not to peek too soon!



Happy Birthday!



Joaquin Rodriguez	03/01
Mary Wagenhals	03/02
Sue Basuino	03/04
Jean Gionas	03/08
Gladys Gordon	03/08
Carol Saber	03/08
Teresa Hernandez	03/11
Sandy Lastrapes	03/11
Molly Smith	03/15
Brenda Trevino	03/16
Blanca Galano	03/17
Gertrudis Kirkland	03/17
Jack Angel	03/23

Ron Howard	03/01/1954
Dr. Seuss	03/02/1904
Knute Rockne	03/04/1888
Shaquil O'Neal	03/06/1972
Sharon Stone	03/10/1958
Carrie Underwood	03/10/1983
Albert Einstein	03/14/1879
Billy Crystal	03/14/1948
Nat King Cole	03/17/1919
Ruth Bader Ginsburg	03/15/1933
Mathew Broderick	03/21/1962
Aretha Franklin	03/25/1942
Celine Dion	03/30/1968



Grandpa's March Jokes

- ⇒ I told Senior Pals I'd be early to the meeting, they said, "Write that down it'll be the first miracle of Spring."
- ⇒ My daughter asked what I'm giving up for Lent. I said, "Walking fast." She said, "Dad you gave that up in 2001."
- ⇒ I told my wife I'm part Irish. She said, "Yes, the part that refuses to throw anything away."
- ⇒ I told my doctor I'm starting a new March fitness plan. He said, "Great, what's step one?" I said, Thinking about it."

March Lunch Outing: Good Charlie's Oyster & Seafood

This month we're heading to **Good Charlie's Oyster & Seafood**, located at **545 Woodland Square Blvd. (FM 1488 @ Old Conroe Rd, just down from Citizens Grill)**. Join us on **Wednesday, March 25th at 12:30 PM** for a lunch that's sure to brighten your week. Good Charlie's is known for its fresh Gulf oysters, crispy fish & shrimp baskets, po'boys, grilled seafood plates, and a great lunch menu with very affordable prices. Come enjoy good food, warm fellowship, and a relaxed afternoon together. Thank you Carla Chambers for setting up another great luncheon!

RING from page 1

While modern anatomy disproves the existence of such a vein, the symbolism endured. Christian marriage rites in the 4th–6th centuries absorbed Roman traditions, in fact early Christian writers mention rings as symbols of fidelity. Romans commonly used the left-hand fourth finger, influenced by the *vena amoris* belief, but they also wore wedding rings on other fingers and even the right hand depending on era and social class. Because early Christians lived inside the Roman world, they borrowed the ring practice, but not rigid rules about placement. The shift toward a consistent placement, the fourth finger of the left hand, becomes clear in medieval Christian Europe. The use of the ring in a marriage ceremony was codified by the church around the 1100s A.D., but even then the emphasis was on the symbol, not the specific hand. By the Middle Ages, Christians throughout Europe had adopted the left-hand ring tradition, and it gradually became the norm. About 1570 (post-Council of Trent), the Roman Ritual included the blessing and giving of the ring still only one ring.

Because the Church does not prescribe a specific hand, Catholics generally follow the custom of their culture or country. In the United States, that means the left hand. In Spain, Poland, and parts of Latin America, the right hand is traditional.

The shift to the right hand was a biblical one (i.e. “with His right hand he blesses”, “seated at the right hand”, and covenants were sealed with the right hand, oaths still are). As a result of cultural beliefs, it became the practice in Medieval Europe and was not due to a church mandate.

In Christian teaching, the ring is a visible sign of the vows exchanged, its circular shape symbolizes unity,

permanence, and fidelity, and the exchange of rings is part of the Nuptial Rite, expressing the couple’s life-long covenant before God.

For most of Christian history, only the bride wore a ring. For early Christians the ring symbolized the groom’s commitment to the bride. Only she received one. In Medieval Catholic Europe the ring became part of the marriage blessing, but still only the bride typically wore it. In the 19th century some regions began adopting “double-ring” ceremonies, but it was not widespread. However, in the 20th century, especially during World War II the double-ring ceremony was accelerated mostly due to the soldiers who wore wedding bands as reminders of home and fidelity. After the war, double-ring ceremonies became the norm in the United States and much of Western Europe. So the husband’s wedding band is a relatively modern custom, not an ancient Catholic requirement. Throughout this history, the Church has emphasized the sacrament, not the finger.

Whether worn on the left or right, and whether exchanged by one spouse or both, the wedding band remains one of the most recognizable signs of love and commitment. It reminds the couple, and the world, of a promise freely made and faithfully lived.

For Catholics, it also serves as a quiet testimony that marriage is not only a partnership between two people, but a covenant strengthened by God’s grace. The ring may be small, but the story it carries is vast.

Sources

The Catholic Spirit; Wikipedia “Wedding Ring”; *The Bridal Tip*; *OC Catholic*; Horvat & Lozowski, *The Wedding Ring: An Ancient Tradition*; *ShunBridal*; *Ancient Origins*.

Spot the Differences Clues-

1. Missing butterfly under the rainbow
2. Larger bunny’s eye is wider
3. Pink flower above rabbits changed to yellow
4. Extra spot on the Lady Bug
5. Extra rock in the Creek
6. Duck is missing a foot
7. Yellow bird’s wing is all black
8. Hummingbird has a white crest
9. Tree stump under the squirrel’s has knot
10. There is a yellow flower towards the bottom by the creek
11. Extra musical note between birds above
12. Pink flowers on bottom of the photo are now blue

Senior Pals Mission Statement

To foster a community of faith-minded seniors seeking to forge meaningful friendships within a small group setting. Aim to foster a sense of belonging for seniors of all faiths and provide opportunities for seniors to share their life experiences and interests. Through group activities, volunteering, and supporting one another, we aspire to instill a strong sense of community and provide comfort to those in need. Our forum serves as a trusted space for seniors to make new friends, explore new places at their own pace, and discover exciting events happening in our vibrant community.