

Here you're among friends!



From the President's Desk

May has a way of opening the door to memory. The flowers come back, the days stretch out a little longer, and suddenly we find ourselves thinking about the women who shaped us, the moms, grandmoms, aunts, and mother-figures, who stitched strength, humor, and common sense into our lives long before we knew how much we'd need it.

This month, we celebrate them, not with store-bought cards or fancy brunches, but with the kind of appreciation that only comes from people who have been there and done that. Our group is full of women who raised families, held communities together, worked hard, prayed hard, and somehow managed to keep everyone fed, clothed, and pointed in the right direction. And for the men among us, many were blessed with mothers and grandmothers who taught them how to stand tall, treat people right, and laugh even when life got complicated.

We honor the moms who juggled more than anyone ever realized. We honor the grandmoms who became soft places to land. We honor the women who weren't mothers by birth, but by heart, the ones who stepped in, stepped up, and made all the difference.

And we honor the truth that motherhood doesn't end when the children grow up. It simply changes shape. Many of you are still the quiet anchors of your families, the storytellers, the encouragers, the steady hands guiding younger generations who are still figuring life out.

As we move through May, I hope each of us takes a moment to reflect on the women who helped us become who we are, and on the ways we, in turn, have shaped others. At this stage of life, we can see the long arc of things more clearly. We can see how love given decades ago still echoes forward. And we can appreciate, with a full and grateful heart, that the real legacy of motherhood is not perfection, but presence, the simple, steady gift of showing up.

May this month bring you peace, warm memories, and the quiet satisfaction of knowing your life has mattered more than you may ever fully realize.

Happy Mother's Day!
Art Dominguez

The Ministry of Showing Up

By Art Dominguez, SPN Editor

There are many ministries in the Church that require special training, deep theological knowledge, or at least the ability to lift something heavier than a folding chair. And then there's the one ministry that every single one of us is already qualified for, no certification required: the Ministry of Showing Up.

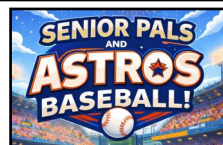
Now, don't laugh. This is a real thing. In fact, it may be one of the most underrated, under-celebrated, and under-appreciated ministries in parish life. We tend to think of "ministry" as something grand like preaching, teaching, feeding the hungry, or heroically wrestling with the getting the closest parking spot at the church. But the truth is, the Church runs on something far simpler than being the people who show up. Showing up is not glamorous. No one gets a medal for it. There's no "Best Attendance" sash handed out at Mass (though some of us would be strong contenders). But showing up is the quiet glue that holds a parish together. It's the difference between a community and a collection of strangers who happen to sit in the same pews.

And let's be honest showing up gets harder as we get older. Not because we don't want to, we do, but because our bodies sometimes file formal complaints.

See *Ministry* on page 2



Cruises, Spain, grilling tips, basketball games, beer flights, car talk - nothing was off the table at BJ's. Best of all, it was shared among friends. Come join the fun next month!



Senior Pals Astros Game!

Our annual Astros adventure is back, and it just keeps getting better! Each year, this outing has grown into one of our most laughter-filled, memory-making Senior Pals traditions. If you've been before, you know the fun. If you haven't, well, this is the year you don't want to miss it.

We're planning a trip to Daiken Park on Thursday, September 3rd, at 1:30PM, for a game against the Chicago White Sox.

Cost: \$85.00 per person Includes:

- Comfortable charter bus transportation
- At-the-gate drop-off and pickup
- Your game entrance ticket

Space is limited, so hurry and sign up before seats are gone. All tickets must be paid by our July meeting.

It's going to be a great afternoon of baseball, fellowship, and summer fun, we hope you'll join us!

May Speaker Spotlight: Fr. Viet Nguyen

This Month we're delighted to welcome Father Viet. He'll be guiding us through a fascinating look at something we see every Sunday but may not fully understand, the vestments worn at Mass.

Father Viet will explain the meaning behind each garment, the history that shaped them, and the quiet, beautiful prayers priests say as they put on each piece. It's a glimpse into the reverence and symbolism that prepares a priest for the sacred work of the liturgy.

This presentation promises to be both enlightening and deeply enriching. Join us for a morning of learning, reflection, and appreciation for the beauty woven into our faith.

your hands, it's about what you carry in your heart. And that, thank God, doesn't diminish with age. In fact, it often grows stronger.

Showing up says: "I'm still part of this." "I still care." "I still believe in what we're doing." "I'm here for you."

And sometimes, showing up is downright heroic. We've all had those mornings when the alarm goes off and we think, "Surely the Lord will understand if I stay in bed just this once." But then we remember that someone is counting on us, or that the coffee at the meeting is surprisingly good, and we get up, get dressed, and show up anyway. That's ministry.

Now, let's talk about the humor of it all. Because if there's one thing Senior Pals excel at, it's finding the comedy in everyday life. We show up (or at least I do) with mismatched socks, forgotten reading glasses, and stories that begin with, "Now what was I saying?" We show up with casseroles that may or may not contain the correct ingredients.

See *MINISTRY* on last page

A big round of applause to **Carla Chambers**, who has done a wonderful job arranging our monthly luncheons through June! Each spot offers great food, good company, and plenty of laughter. So mark your calendars and make every effort to join us.

May Lunch Outing - Sakakawea Restaurant
4221 Research Forest Dr., The Woodlands, Wednesday, May 27th at 12:30 PM We'll be seated in the Teppan Room, enjoying their good and affordable lunch menu. Bring your appetite and your best stories!

June Lunch Outing - Lupe Tortilla Tex-Mex
19437 I-45 N (Frontage Rd), next to Red Robin Wednesday, June 24th at 12:30 PM Lupe Tortilla serves up a large variety of Mexican favorites perfect for a lively summer lunch with friends.

Thank you, Carla, for your thoughtful planning and cheerful leadership! Each outing is a chance to share food, friendship, and a few good laughs, the true spirit of Senior Pals.

MINISTRY from page 1

Knees creak, backs protest, and the simple act of getting out the door can feel like a small pilgrimage. Yet somehow, we keep showing up anyway. Rain or shine. Cold or hot. Whether we slept well or tossed and turned like a rotisserie chicken. We show up at Senior Pals meetings, Senior Pals Theater, Senior Pals Luncheons, and Mass. And that, my friends, is ministry.

Think about the last time you walked into a meeting, a potluck, or Sunday Mass and saw a familiar face. Did-

"In every gathering, there's a quiet holiness in simply being there. A presence as comforting as a familiar face in a Norman Rockwell crowd."

didn't your heart lift just a little? Didn't you think, "Ah, good, they're here"? In every gathering, there's a quiet holiness in simply being there. A presence as comforting as a familiar face in a Norman Rockwell crowd. It's the ministry of presence, of encouragement, of quiet companionship. It's the ministry of saying without words, "You matter. This matters. We matter."

Some people think they have nothing to offer because they can't do what they used to. They can't run the festival booth anymore, or climb ladders to hang decorations, or carry heavy boxes of canned goods.

But showing up is not about what you can carry in

PAZLE

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Senior Pals Theater Presents: Operation Petticoat (Our last movie before summer break!)

Grab your popcorn May's movie is a submarine-sized dose of fun. We're diving into Operation Petticoat, the classic 1959 comedy starring the incomparable Cary Grant as a perpetually exasperated submarine captain and Tony Curtis as the smooth-talking, rule-bending young officer who keeps him on his toes. As if that duo weren't enough, the chaos rally begins when a group of stranded Army nurses must board the already-overcrowded submarine. Along with a crew of wide-eyed young sailors who suddenly forget how to act normal. Add in familiar faces like Joan O'Brian, dina Merrill, Dick Sargent, Arthur O'Connell and you've got a madcap adventure.

When: Wednesday, May 20th

Time: Movie starts at 1:00PM (doors open at 12:30)

Where: The Conservatory at Alden Bridge
6203 Alden Bridge Drive, The Woodlands

We'll have free popcorn, candy, and bottled water, because a submarine comedy is best enjoyed fully supplied

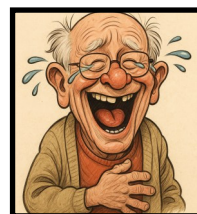
Across

1. Track shape
5. Have a thought
9. Majestic
14. Atom with a charge
17. Quiche base
21. Suffix of pay, agree, & state
25. Guantanamo nickname
31. Falsehood
34. Sky hunter of myth
39. Sushi fish
42. word of dissent
44. Not to be out
48. A-bomb plane name
53. Useful
58. It's not you, it's ___
60. Suffix meaning negative ion
63. Fabled monster

Down

1. Mine product
2. Meatless snack tray nickname
3. Texas A&M University Campus nickname
4. Came in after all others
6. Feminine German article
7. A very long period
8. Old TVs needed one
21. Genius opposite
28. Legal tender
31. Remini of the "King of Queens"
37. Former Houston NFL player
50. Shocked texter's reply.
54. Machine smarts for short
56. Country code for Germany

Clues on last page



Grandpa's May Jokes

- ⇒ My doctor said to enjoy the fresh May air, so I opened the window and took a nap. Mission accomplished.
- ⇒ My doctor said to get in better shape, so I decided to get a little more rounder.
- ⇒ I tried to do some spring cleaning, but everything I picked up sparked a memory, so now the house is still messy and I'm sentimental.
- ⇒ My neighbor said he's doing a "spring cleanse." I said, "Me too, I'm cleansing my calendar of anything before 10 a.m."
- ⇒ I told my wife I love May because everything is blooming. She said "Yes, including your excuses for not mowing the lawn."



Patti Schmidt	05/01	Audrey Hepburn	05/04/1929
Heinz Kotzot	05/03	Karl Marx	05/05/1818
Chanita Hernandez	05/05	Sigmund Freud	05/06/1856
Linda Saucedo	05/05	Harry S. Truman	05/08/1884
E. Dee Crocker	05/07	Billy Joel	05/09/1949
Bruce Froelich	05/18	Salvador Dali	05/11/1904
Sonia DeLeon	05/19	Florence Nightingale	05/12/1820

MINISTRY from page 2

We show up with phones that refuse to stay silent during prayer. We show up with hearing aids that sometimes pick up radio stations from Louisiana. And yet, we show up. We show up even when we're tired. We show up even when we're busy. We show up even when we're not entirely sure what we're showing up for.

And that's the beauty of it. Because showing up isn't about perfection. It's about presence. It's about being part of something bigger than ourselves. It's about saying, "Here I am, Lord, creaky knees, mismatched socks, and all."

The Ministry of Showing Up also has a ripple effect. When one person shows up, others follow.

The Ministry of Showing Up also has a ripple effect. When one person shows up, others follow. When a room fills with familiar faces, the energy changes. Conversations spark. Laughter spreads. Ideas grow. A meeting becomes a gathering. A gathering becomes a community. And a community becomes a family.

That's what Senior Pals is, at its heart, a family. A family that laughs together, prays together, eats together, and occasionally forgets why we walked into the kitchen.

A family that supports the parish, supports each other, and supports the ministries that keep our church vibrant and alive. And none of that happens without the ministry of showing up.

So the next time you wonder whether your presence makes a difference, let me assure you that it does. More than you know. More than you see. More than anyone may ever say out loud. Because when you show up, you bring your wisdom, your humor, your faith, your stories, your compassion, your resilience, and your irreplaceable self. You bring the gift of presence and that is a ministry the Church will always need.

So keep showing up, Senior Pals. With your smiles. With your jokes. With your casseroles. With your hearts. Because in a world that often rushes past the quiet things, the simple act of being there is one of the holiest things we can do. **

"We must consider how to rouse one another to love and good works. We should not stay away from our assembly, as is the custom of some, but encourage one another..."
- Hebrews 10:24-25 (NABRE)

Events Reminder from Martha Britton, Trip Committee Chair

A friendly reminder for all our Senior Pals: if you haven't yet registered with the **Kevin Brady Community Center**, now is the perfect time to do so. The center has provided us with information packets detailing the many events, activities, and trips planned for the coming months, and there truly is something for everyone.

Important notes for our members:

- Registration is free for all Montgomery County residents.
- The packet must be filled out and returned to the center in order to participate in any of their events or outings, please do so if haven't already.

Returning the packet ensures you're officially on their roster and eligible for all upcoming programs.

Don't miss out on the wonderful opportunities they're offering this spring.

And while you're at it, be sure to visit our sign-up table at the next Senior Pals meeting for details on our own upcoming events and outings.

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 Editor	Art Dominguez
Hospitality	Open
Happy Hours & Luncheons	All Senior Pals Members

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

Senior Pals Meeting Schedule 2025/2026 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	E	R	G	O		E	D	I	
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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.