

GADSDEN GAB

A publication by the BG Community, for the BG Community

Behind the Scenes: The Allison Library, the Heart of Bishop Gadsden

By Linda Dove

Located just down from Blackmer Hall, many would call the Allison Library “the heart of Bishop Gadsden.” There are books, yes. The morning papers, of course. The comfortable fireside reading chairs and, certainly, the finely crafted wood shelves, home to colorful volumes and magazines. But some would argue there is much more.

“It is a magical place,” says Connie Wyrick, chairman of the knowledgeable and enthusiastic committee of residents who keep the room organized, relevant, and user-friendly. “It has a message for the bird lover, the armchair traveler, the relaxed reader, the student. It is a terrific place to browse, to discover something you didn’t even know you were looking for.”

Time to go behind the scenes at Bishop Gadsden’s Allison Library.

First, some history: Dr. Marjorie Mengedoht spent eleven years as chairman of the BG Library Committee. The long-time Charleston pediatrician took on the task shortly after she moved to Bishop Gadsden in 2008. At that time the Library encompassed not only its current location but also occupied half of today’s mailroom. “The Library was there in the beginning when the building opened in 1999. It was simply a wide-open space with shelves. Very few books. No record keeping. But a group of very supportive volunteers,” says Dr. Marji.

Over the years, the Committee members consolidated and furnished the smaller space as it

exists today and instituted a very workable but simple handwritten system to track and record the donation and circulation of books. That system, along with a new digital scanning program, is still the basis for today’s Library use and management.

“I loved my work in the Library,” declares Dr. Marji. “For me, the Library has been a story of connection: a place to meet the past, to help understand the present, and to look toward the future. And, best of all, a place for residents to gather – to connect.”

When Connie Wyrick became chair of the Library Committee almost five years ago, she brought with her many years of editing and publishing experience. “Let’s face it. I believe in books,” she asserts.

The Library Committee itself is composed of ten active members, who spend hundreds of volunteer hours each year

keeping the ‘stacks’ in top order. “The Librarians are amazing,” reports Connie. “They know their readers and can predict exactly what books will be most popular. They are always prepared to assist readers in locating materials. They keep the shelves restocked with new donations and returns. And, they make the ‘tough love’ decisions to retire a book. Believe me, that’s the hardest thing. We never like to say goodbye to a book.”

As Bishop Gadsden has grown and expanded, the Library has grown as well. *(Continued on page 4)*



Library Committee

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Labyrinths - Bon Secours St. Francis Hospital and Bishop Gadsden

By Lynn Conley

The traditional definition of a labyrinth is a maze that has no dead ends, for the path always leads to the center; the traditional definition of a maze is a labyrinth with many choices and dead ends. In the Middle Ages, labyrinths took on a number of Christian interpretations. Some viewed the labyrinth as a representation of Christian life, full of many turns, but leading toward redemption. Others used it as a substitute for a pilgrimage to Jerusalem. Labyrinths help direct one’s focus toward Christ, and many regard a labyrinth like life – full of many twists and turns. Walking a labyrinth offers the opportunity to meditate along a spiritual journey as one moves toward the center. Walking allows time to reflect, release and receive.

First, upon entering a labyrinth, one reflects on what is happening in one’s life. Then, while walking along the path, one can release and let go of worries and just be in the present. Then, once in the center, one can receive - be still, rest, and stand in union with all that is. Then, one returns to the entry or exits the labyrinth.

There are two labyrinths at Bishop Gadsden. One is positioned next to the Chapel and encircled by the columbarium.



Miller Courtyard Labyrinth

among their midst a resident who is a labyrinth expert – Marcy Walsh. For more than 30 years, Marcy has been studying, walking, building, and consulting on labyrinths, including the one at Mepkin Abbey; she also built the labyrinth at Springbank Retreat Center in Kingstree, SC. Marcy is available to talk about this



Labyrinth next to the Chapel

fascinating subject, and she will be going along with us in April, leading us along the beautiful labyrinth located on the grounds of Bon Secours St. Francis in West Ashley.

A few words about Bon Secours St. Francis: located among the majestic oaks, the Meditation Garden was conceived as a “natural” cathedral and a place of reflection. The wheelchair-friendly Meditation Garden and labyrinth welcome all guests. Designed to fully engage the senses, the Meditation Garden takes you on an inward journey enhanced by fragrant lavender, rosemary and tea olive, along with the peaceful sounds of cascading water and wind chimes and the various textures of stone. In keeping with the cathedral motif, the garden is comprised of four sanctuaries, or smaller garden rooms, which one enters via a small circular cloister garden and the Grand Portal and then through smaller portals. The smaller garden rooms include the Prayer Garden, the Camellia Garden, the Labyrinth, and the Christ Statue Garden.

The Meditation Garden is dedicated in honor of The Sisters of Bon Secours and the Sisters of Charity of Our Lady of Mercy.

The labyrinth at Bon Secours is modeled after the historic Chartres Cathedral labyrinth in France, which was built during the early 13th century. The ancient labyrinth, constructed of limestone, spans the entire nave of the cathedral, famous for its Gothic architecture and stained-glass windows. At the Bon Secours labyrinth, fragrant herbs mark the turning points, and the four quadrants (like a cross) culminate in a central rose pattern.

One of the things all visitors notice and appreciate when visiting the Meditation Garden is the abundance of beautiful plants with their varying colors, textures, and fragrances. *(continued on page 11)*



Labyrinth at Bon Secours St. Francis

A Message From Our President/CEO

By Sarah Tipton

Alleluia! Happy Eastertide! The long wait is over. Our season of new life, lengthened days, and rejuvenation is here. Our faith tradition tells this truth in the blessing of the empty tomb and Jesus's resurrection. Nature paints the story in green shoots (and yes, the pollen as well). The bare branches are blooming once again, and we have another glimpse of hope and promise on the horizon. What may seem finished is not the end of the story – there is always more to come!

Looking back over the past decades, it occurred to me that our life in community takes us through similar seasons of change and renewal. I shared with a visitor recently the story of our campus evolution, describing various times we have renovated, repurposed or repositioned spaces. As we fulfill our mission call to “exercise wise stewardship” we continuously seek to renew the environment and the assets in our care, with a Strategic Plan to guide us.

The better part of last year's planning efforts focused on the portion of our Strategic Plan related to infrastructure – namely, our central plant replacement. Now, with that work underway, the Strategic Planning Committee has turned its attention back to the priorities set for the site of the former Read Cloister, which will become the centerpiece of Health and Wellness in Trawick Commons.

After extensive study, focus groups, and synthesis of ideas and

priorities from various groups, the plans now include the following:

- A pool to accommodate both lap swimming (with standard lengths) and group aquatic fitness
- Increased space for group fitness and mind-body classes
- New cardio and resistance training center with proximity to improved, larger locker rooms
- A health services area including updated medical clinic and pharmacy
- A larger/enhanced outpatient therapy space with flow between all health services areas and direct access from parking

A welcoming gathering space with a smoothie/juice bar concept will anchor it all, providing a place to socialize while transitioning from classes or before a workout. In addition, a large event space with a 350-seat capacity is envisioned nearby, separate from the health and wellness facilities but with proximity to courtyard areas and the pool for event opportunities. And, look for some new parking ideas in a few pages!

It is an exciting and bold plan. Our Strategic Planning Committee, including Trustees, resident leaders and management, will meet later this month to further refine and affirm the plan. In our mission to be wise stewards of a special community, this vision for our future is one that brings new life to “positive living for all”.



President/CEO
Sarah Tipton

In Loving Memory

Ruth Sloan
7/29/1939 - 3/13/2024

Diane Jaffe
6/27/1936 - 3/13/2024

Nina Bryant
9/2/1927 - 3/23/2024

Bruce Skidmore
8/30/1938 - 3/27/2024

Sister Mary Cyril Murray
9/28/1933 - 3/28/2024



Allison Library (Continued from page 1)

BY THE NUMBERS:

- There are currently 4,924 books on the Library shelves, representing 2,729 different authors.
- Residents borrowed more than 6,000 individual books in 2023, down from a record 10,000 during the COVID lockdown.
- The publications are housed in 27 different sections within the library:
 - 20 sections contain fiction books and publications, including a highlighted front and center section of newly donated hard back and paperback books.
 - 4 non-fiction sections focus on history, biography and memoirs.
 - 2 sections have materials about science and nature, health and wellness, religion and philosophy and information for the “armchair” traveler.
- A special non-circulating collection contains books and publications by Bishop Gadsden residents, as well as a small number of rare books, and a display of selected books with fine leather bindings.
- The newest addition is a shelf near the computer station: Books You Wished You Had Read!
- A varied selection of books is prominently sited to be especially accessible to visitors in wheelchairs.

The biggest change in the operation of the BG library has come in the last two years with the introduction of new technology that allows the Library Committee to provide users and residents with detailed information about each Library book, as well as recommendations for additional reading on related topics and by similar authors.

“This is the technology that we needed,” says Connie. The system is actually patented as “The Library Thing”, and it is designed especially for small non-profit private libraries like Bishop Gadsden. “I urge every resident to go to BG Life and explore the added information available about the Library collection,” says

Nell Evans and Faye Burke scanning a book into the database



Nell Evans and Faye Burke scanning a book into the database

Connie. “And then come on in and choose a new book.”

See below directions to access the Allison Library on BG Life and learn about the new information available to Library patrons.

MORE ABOUT THE ALLISON LIBRARY:

- All of the books and puzzles in the Library are donated by residents and team members. The Library does not have a budget nor does it pay for purchases or services. That’s 5,000 donated books!
- The Library has a very active give-away and share program for duplicate copies, books that become out of date, or which are not appropriate to the Library. Books which the Library Committee decides it cannot continue to use – that hard decision mentioned earlier -- are donated to the Charleston County’s Friends of the Library yearly sale, shared with other sister non-profit groups, or placed with several programs for military veterans.
- The Library Committee works closely with Britt Lock and Community Life Services staff to highlight and provide residents with books and materials about featured speakers and classes.
- The busiest time at the Library -- The first three hours each morning when a stalwart group of residents settle in with the morning papers.
- Most popular author – Apparently that is an easy one: any author of mysteries.

What’s next for the ‘heart of Bishop Gadsden’? The Library Committee is researching a number of new projects. The Committee is especially interested in exploring more access to audio books and is hard at work seeking out new opportunities for growth.

THE ALLISON LIBRARY COMMITTEE:

Connie Wyrick, Chair Faye Burke, Co-Chair
 Jean Breza Annie Bonk Nell Evans
 Inge Gabler Mimi MacNeish Carol McLaren
 Kathleen Turner Mary Wells



Annie Bonk organizing the DVD collection

CHECK OUT THE ALLISON LIBRARY ON THE NEW BG LIFE APP:

Sign in to BG Life and select the Directory button at the bottom right of the screen. Type ‘Allison Library’ into the search bar. Click into the Library’s page and tap on the website link to view the online database. A rotating picture of the newest donations will roll across the bottom of the screen. Simply click on any of the books for more information on the publication including recent reviews of the book, the author’s biography or background, additional reading by author and/or topic. You can also enter items such as a book’s title, an author’s name, or a term such as “new books” into the search bar. Detailed information about any of those areas will be available.

The Parisian Waiter

By Jerry Marterer

Parisian waiters are legendary for both their skill and their sometime-brusque attitude but above all, they are professionals ... even artistes in their own way. Waiters, (and I use this title for both sexes), should be addressed as Monsieur or Madame. Calling the waiter *garçon* went out with the 60s. The staff of a restaurant moves like a choreographed ballet. Whether a Michelin-starred legend or a small family-owned menu-on-the-chalkboard kind of place, waiters will discuss the daily offerings and recommend wine pairings. They are expected to be knowledgeable. Most are trained via apprenticeships beginning at age sixteen.

What does this mean, practically? Well, the following: Parisian waiters will never: Introduce themselves; as in “Hi, my name is Troy (or Tiffany) and I’ll be your server tonight.” They will never ask “Are you still working on that?” We hear this often in local restaurants. It makes me think of vultures and road-kill.

Why not just ask “Have you finished?” They will not remove one person’s plate from the table before all have finished. This has become a common practice in some American restaurants. It tends to make those still eating feel that they should hurry up and finish. In Paris, it helps to know the code. Only when everyone at the table has put their knife and fork next to each other diagonally on the plate, will the waiter ask, (phonetically) “*Termeenay?*” (“Finished?”). Just answer “*Out*” and the table will be skillfully cleared.

The waiter will not present the check before you ask for it. Just say, “*L’addition s’il vous plaît!*” The

check will not have a line to add a tip. Although gratuities and taxes are included in the prices, it is customary to leave some change on the table in a café and five-to-ten percent after a great experience in a great restaurant. Any tip should be in cash. Tips cannot be added onto a credit card. While tips are appreciated, wait staff do not rely on them for their livelihood. Their employers know how critical they are to success, and they are well paid. I’ve seen small restaurants operate smoothly with only one talented

server in the dining room, taking orders for three or four course dinners, uncorking bottles of wine, carving the roast tableside and lighting flaming desserts.

Dining out in Paris is always to be enjoyed at a relaxed pace. No one rushes diners to “turn over” tables. Smaller living quarters encourage people to linger at cafés until late in the evening. We don’t count calories, but it’s perfectly acceptable to share a first course by saying “*pour partager*” (for

sharing). Note that, in France, the first course is called the *entrée* (the entrance), but in the U.S., *entrée* means the main course. The main course, called the, *plat principal*, is never shared. When we succumb to dessert, it’s also acceptable to order “*un dessert, deux cuillères*”, (one dessert, two spoons). City living helps to work off long lunches or dinners. It’s normal for us to walk several to ten miles in a day strolling or running errands. Exiting the métro station does the job of a Stairmaster, and there are always the 100 steps up to our fifth-floor apartment if we eschew the elevator.



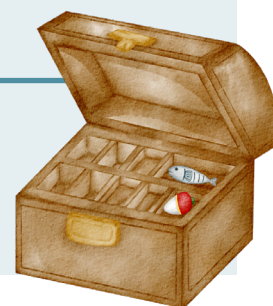
Parisian waiter at Bouillon Chartier

Welcome to BG!

Tony Willard

John & Alexandra Read

John Henderson & Anne Tinker



Doc Talk: Music Therapy

By Jack Hisley, M.D.

Listening to music is a major source of enjoyment for many of us and most people form their musical tastes during the teens and early twenties. While “new” music is good, science suggests that familiar old tunes work best in stimulating our memory centers. For over seven years, crooner Tony Bennett suffered from Alzheimer’s disease. Yet when Tony’s long-time piano accompanist played old, favorite songs for him, Tony would “come alive”, performing as he had professionally, recalling every word and melody along with the physical gestures he used when singing on stage.

The functions of memory are carried out in the hippocampus, the amygdala and the prefrontal cortex. However, MRI studies have demonstrated that listening to music “lights up” (stimulates) a wide distribution of additional brain structures such as those involved in the senses and the language center. Unfortunately, neurons that have become entangled with tau protein and beta amyloid plaques (hallmarks of Alzheimer’s disease) cannot be restored. However, music stimulates the development of new neurons, builds new pathways around destroyed neurons and creates a cognitive boost.

The most frightening symptom of memory loss is isolation, as individuals with memory loss slowly lose touch with their personal self and begin to live in a silent world. Seemingly aimless wandering has often been observed among many patients with dementia. However, the random, scattered, erratic behavior is not an aimless activity. Instead, people with memory loss are looking for something familiar, something that will put themselves in touch with themselves. Music, which activates long preserved neural networks, has been shown to help those with dementia reconnect with their personal selves.

Concetta Tomaino, who graduated from New York University in 1979 with a Master’s Degree in Music Therapy and later earned a Doctor of Arts in Music Therapy, is a well renowned pioneer in the use of music therapy to treat dementia. She worked at the Beth Abraham Hospital in the Bronx where Dr. Oliver Sacks practiced neurology. You may recall Dr. Sacks, who in 1973 wrote the book *Awakenings*, which told the story of his use of L-Dopa (Levodopa) in patients who had spent decades in comas caused by the enterovirus Encephalitis lethargica. More familiar is the use of the medication L-Dopa in Parkinson’s disease. Dr. Tomaino

educated Dr. Sacks on the use of music therapy in patients with dementia. Together they studied the value and wide-reaching benefits of music therapy and by 1991, Dr. Sacks called music a “neurologic necessity”. A national conference on the “Clinical Application of Music in Neurological Rehabilitation” was convened in 1993, providing the momentum for the founding of the Institute of Music and Neurologic Function at Beth Abraham Hospital. Since that time, there has been much interest in the burgeoning field of music therapy and memory.

According to Canadian journalist John Colapinto, “Melodies and lyrics link in our brains ready to be released, lifting our spirits, connecting us with ourselves, our past, and fellow humans.” Karen Armstrong, a religious historian, notes, “Scripture is usually sung or chanted in a way that separates it from mundane

speech. Words that are a product of the brain’s left hemisphere are fused with the emotions of the right”.

Actually, the roots of music therapy date back to World War I and II when countless service members were suffering from both moral and traumatic brain injuries, today referred to as “Post-traumatic stress disorder” (PTSD). By chance, after WWII ended, VA staff noticed that mood improved when service men and women listened to familiar old music. In 1934, Bing Crosby recorded the famous 1910 song *Let Me Call You Sweetheart*, which was a favorite during WWI, WWII, and the Depression, along with later hits including *Blue Moon*, *Catch A Falling Star*, and *You Are My Sunshine*. Like service men and women of both World Wars, people with dementia respond to old, familiar tunes. Areas of the brain that process music have been shown to be more resilient to cell damage than the classic memory centers usually associated with dementia.

Over the years, BG residents Sally Houlihan, Bob Voigt, and Susanne Emge have conducted music sessions in our memory care unit. The offerings are fun, well attended, and accompanied by smiles, humming, and toe tapping. Perhaps other residents with musical talent would be willing to engage in this rewarding activity as well. Also, research has shown that providing continuous background music from the 1930s, 1940s and 1950s may diminish or eliminate some of the isolation people with dementia often experience.



Concetta Tomaino
working with a patient

Parking Deck Paradise!



AI image of the new parking deck

BG leadership has heard your calls for closer parking to the Trawick Commons. Incorporating this request into our 2024 strategic planning and upcoming deconstruction on the former Read Cloister, BG has decided to build a parking deck at the entrance of Bishop Gadsden. This structure will be the tallest on campus at six stories! Residents and visitors will be able to easily see this new building on their way in and grab their spot before its taken! In case you have not realized yet...it's April 1st!

Team Member of the Month: Ken Noonan

The March Team Member of the Month is Security Guard, Ken Noonan!

While Ken is at work, one would think he has ESP! Be it a resident, family member, vendor, or employee who needs something done, he is there. The amazing part is you do not even have to ask. It truly is like magic – he comes from out of nowhere. While he does whatever it takes to get things done, he always does so with an extremely pleasant demeanor. He truly embodies BG's mission and vision.

Congratulations, Ken!

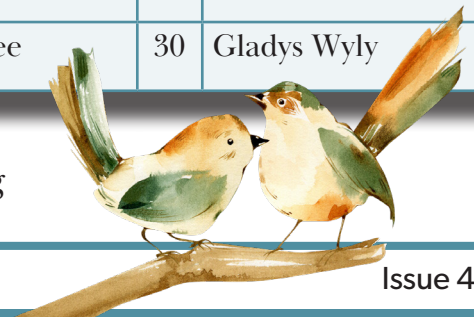


Sarah Tipton, Ken Noonan, Bruce Lowin, and Aaron Roop

April Birthdays

1	Chad Minifie	12	Tom McDermott	17	Dinah Harlow	24	Robin Mays
5	Jack Canter	12	John Scofield	17	Annie Keyser	24	Anne Prussing
5	Joanne McRae	12	Adelaide Wallinger	18	John Boatwright	25	Bill Palmer
7	John Breza	13	Rose Hendrickson	19	Chuck Davis	25	Liz Stewart
7	Frances Fawcett	14	Dargan Moore	19	Eleanor Mulbry	26	Miriam Bassett
8	Sue Brauer	14	Nancy Rohrbach	19	Patricia Muller	27	Peggy Buchanan
8	Dottie Pagliaro	15	Sarah Daley	20	Martha Roberts	27	Livingston Grant
10	Sarah Anderson	16	Lasca Lilly	23	Pat Mesel	27	Vernon Hill
10	David Mann	17	Pete Carter	23	Ellen Read	29	Richard Almeida
11	Pierce Stone	17	Mary Lou Cullen	24	Carolyn Lee	30	Gladys Wyly

Don't want your birthday included on this page?
Email us at officeofcommunications@bishopgadsden.org
and we'll remove you from the list.



BG Eats Out: Costa

By Adelaide Wallinger

This April is not a traveling month for us – but I still can experience an evening of coastal Italy at COSTA, the new restaurant downstairs at THE JASPER at the corner of Broad Street (320) and Lockwood Drive.

The restaurant has some of the same views through floor-to-ceiling windows as the 21st century luxury apartments that tower (12 stories) above it – especially the Ashley River and James Island beyond it.

I was lucky to have my friend and next-door neighbor, Courtenay McDowell, to accompany me for an early dinner at Costa. We were delighted to find that we could park for free in the Jasper Garage or drive into the roundabout in front of the apartments on Broad Street for valet parking (next time). We walked in at 5:15 pm on a Tuesday to find a restaurant filling up very fast for that time of day.

The restaurant has a large bar, with multilevel seating in the dining area and an open kitchen with an unobstructed view. We were lucky to be seated in a raised booth with a great view of the room and the sunset, too.

We had studied the menu and decided to order lots of items and share them so that we could stay hungry through dessert. As you would expect, the wine list is outstanding and the cocktails include APERITIVI, ZERO PROOF, SIGNATURE COCKTAILS and SEASONAL COCKTAILS. There are GIN drinks and VODKA, AGAVA, R(H)UM from islands all over the Caribbean, AMERICAN WHISKEY, SINGLE MALTS, BRANDY, AMARI & DIGESTIVI, VINTAGE AMARO and finally GRAPPA. And lots of BEER. (RHUM, spelled with an H, comes only from Martinique where it is made from fresh pressed sugar cane juice, not molasses.)

Megan Mina, regional restaurant director, focuses on wines across the globe for COSTA, including the above and Italian spritzes and even a tableside amaro cart for after-dinner drinks.

Courtenay ordered a ZERO PROOF DANTE with spirit of Milano, ginger, lemongrass, grapefruit and pine nut (\$12). I chose the MOTTO GUZZI (\$19) with Código rosa tequila, Italicus, earl grey and orange. I like something special because, as the driver, I limit myself to one drink before dinner. (That's a habit I developed from driving from Kiawah and Seabrook islands 24 years in total to be ready for the drive back on those narrow dark roads after dinner in Charleston.)

We began with an interesting starter: RED SHRIMP CRUDO (\$16) with Calabrian Chili, Shiso

and lemon sorbet (\$16). Very unusual but delicious with the delicate red shrimp starring. And the sorbet was not out of place at all as it cooled down the chili. Next came one of the simplest but best salads I've had. (I plan to try to make one at home.) The VERTICAL ROOTS GREEN SALAD (\$16) features a whole head of butter lettuce showered with wonderful ground Grana Padano, Peperoncino and Pistachio. Next time, we'll sample the HOUSEMADE MORTADELLA with Buffalo Mozzarella DOP, "Pizza Bianca" (\$16).

Main course time and we ordered two, a pasta dish and a meat one. I had been fascinated by a pasta called CANDELE and, when we looked it up, we found it's named after a candle. It is long like a candle and hollow, giving it more space inside and out for the sauce to coat. CANDELE (\$25) is topped with a sauce made of Anchovy, Lemon and Parmesan. Because the candele is so long, it must be broken to fit in the pasta pot.

We chose the HERITAGE BONE-IN MILANESE (\$48) a crispy pork cutlet with shaved vegetables and Parmesan Vinaigrette. A generous serving! We forgot to order a side: the CRISPY POTATOES with Taleggio Fondue (\$14) sound good for next time.

We were plenty ready for the dessert and chose two intriguing ones: LEMON TIRAMISU (\$14) with lemon curd and coriander. I'd never had the lemon variety before and it will not be the last time. High, delicate and lemony good. Had to have the ALMOND POLENTA CAKE (\$14) which is Pastry Chef Brook Lindsay's birthday cake recipe. So Italian and one to have again for sure. Other desserts, also at \$14, are CLASSIC TIRAMISU with Espresso and Borghetti and CHOCOLATE TORTE with Dark Chocolate and Crème Fraiche.

COSTA, which opened last fall, is led by Chef Vinson Petrillo of the Restaurant at Zero George who is known for his innovative food creations. An ode to the Mediterranean shores of Italy, COSTA is the latest concept of the Easton Porter Group, a family-owned boutique hospitality concern that offers varied Charleston restaurants to dine in like Zero George, Cannon Green and Wild Common.

COSTA is open from 5 to 9 pm Tuesday through Saturday. The bar is open from 5 to 10 pm those days. COSTA is closed Sunday and Monday. To reserve a table at COSTA, call 843-969-2555 or sign up on RESY. Get your reservation as far ahead as possible. Reservations may be made 30 days ahead.



What's Happening in Charleston? Everything!

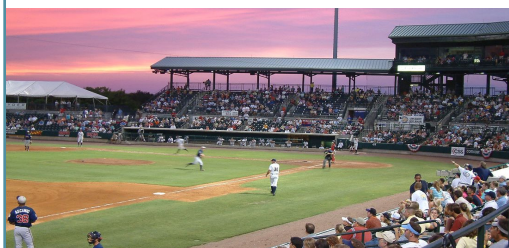
By Julie Klaper

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**Please note, these are events in Charleston, a BG bus is not be provided.*

April 5

“Charleston River Dogs Opener”
You are “out” if you don’t go.
7:05pm



April 7

“Blooms and Bubbles,” Heyward-Washington House Garden Tour. Yes, George did stay at this house, hence the name. The garden is reflective of the age of the house, late 1700s. Garden tour and refreshments are free with admission. Buy tickets on line, charlestonmuseum.org 4-5pm, 87 Church Street.

April 1 - 7

“Charleston Open” Largest, professional, women only, tennis tournament in the hemisphere. Daniel Island stadium creditonecharlestonopen.com



April 1 - 13

“CSOL Designer Showhouse” This is the 44th Show House. Local designers display their special touch in decorating the interior. The proceeds benefit the Charleston Symphony Orchestra and student scholarships. Lunch is served daily. There are special events and a pop-up shop. 6 Montagu. csolinc.org

April 12 & 13

“Charleston Library Society” Beethoven, Prokofiev and Strauss concert. Yuriy Bekker will perform. Too many events going on here to list all that CLS does, from chamber music to lectures to book reviews. Suggest you join and get their updates. 164 King Street. 7:30. <https://charlestonlibrarysociety.org/> Parking on Queen Street.

April 13

“Lowcountry Cajun Festival”. You can walk to this event as it is held at the James Island County Park. Spicy Creole cuisine and toe tapping music. 12-6.



April 1 - 14

“The Charleston Festival” It is not just about touring beautiful, historic homes but there are also other events. Charleston Singleton Beehive Jazz Orchestra, April 11, 7:30-9, at the Riviera Theater. The Plantation Singers at the historic Circular Congregational Church, April 4, 5:30-6:30 thecharlestonfestival.org

April 12 - 21

“The Importance of Being Earnest” Written by Oscar Wilde, its witty dialogue makes it an enduringly popular play. Performed by talented C of C students. Chapel Theater. Both evening and afternoon performances. 843-953-4726. Parking garage on St. Philip Street.

April 18 - 21

“Charleston Jazz Festival” Enjoy a fusion of rhythm, soul and passion, provided by local and national musicians, including the Preservation Hall Jazz Band. charlestonjazz.com for scheduling and venues.

April 10 - 24

“Beautiful: The Carol King Musical” If you missed it on Broadway, now is your chance. at Dock Street Theater. Evening and afternoon performances. 843-577-7183. Parking nearby at Cumberland Street garage.

April 4 - 27

“The Roommate” Dark comedy, “the odd couple breaking bad.” South Carolina premier. PURE theater. Evening and afternoon performances. 843-723-4444. Parking on site.

April 28

“Blessing of the Fleet” A tradition in Charleston with live music, a boat parade and, of course, a huge variety of fresh seafood. Shuttle from Cheryll Woods-Flowers Soccer complex, Mt. Pleasant. 11:00am-5:00pm



April 12-28

“Urinetown, The Musical” Don’t let the title scare you. Ten Tony Award nominations on Broadway. An irreverently humorous satire in which no one is safe from scrutiny. Evening and afternoon performances. Queen Street Theater Playhouse. 843-722-4487. Parking garage on Queen Street.

Healing in the Episcopal Tradition

by The Rev. Charles E. Jenkins, Chaplain

Every year in Holy Week, the clergy of the Episcopal Diocese of South Carolina gather together with our Bishop at a service held at the Cathedral. At this service, all of the clergy of the diocese renew our ordination vows and the Bishop blesses the oils we as priests use throughout the year in our ministries. Two oils are blessed during the service. One, *oleum sacrum*, Chrism oil, is used for baptism, and may only be blessed by a bishop in our practice. The other is *oleum infirmorum*, oil for the sick, and is used for anointing those who are ill or near death. This oil may be blessed by a priest, but traditionally is done by a bishop. This service held each year is rich in tradition and has roots dating back to before 200 AD when the Church was still in the Apostolic Age, meaning the first generation of the Church led by the apostles.

One of the major roles of my job here at Bishop Gadsden is to walk with you by your side through sickness and death, providing pastoral care and the assurance of God's steadfast love through faith and our beloved community. In our times together, we pray for God's guidance and we ultimately pray for healing. Healing is one of those words, in my opinion, that needs some clarification in how we define it. My belief is that God always heals, but does not always cure in the ways we wish, hope, and pray for. It is not uncommon for one to think that healing ultimately means curing, and for that, many think the Episcopal Church doesn't practice "healing ministries." Let me state that healing ministries are alive and well within the Episcopal Church!

Like many practices within the Episcopal tradition, there are many different approaches to

healing ministries within the Episcopal Church being practiced amongst those who are a part of the charismatic movement, to those who take a more Anglo-Catholic approach, and everything in between. Regardless of where you identify yourself in churchmanship, it absolutely imperative that a differentiation be made between the tension of healing and curing. While curing is seen as an end of disease or illness, healing is seen as an experience of transformation, peace, and improved relationship with God and other people. In other words, the theology of healing is based on the idea of a return to wholeness. Healing thus leads us to a transformed relationship with God, with others, and with self.

Starting after Easter, I will be offering a community healing service once a month. My prayer is that this

dedicated time to gather together in worship as a community will bring us all closer as we seek healing – healing from illness, healing from broken relationships, healing from grief, you name it. To broadly quote Thomas Merton, the purpose of healing is not to become more spiritual, but to become more yourself. There is a vulnerability in all of this, and what I believe we will experience is that healing happens not only for the person who is seeking it, but also in the person's family and their community. Healing is a process, it is not magic, and we must have faith that God always heals. Be on the lookout on the BG Life App and your mailbox for a postcard announcing the date and time of our healing service here at Bishop Gadsden. I look forward to sharing this time of renewal as we seek the many ways in which we all need healing.

Rev. Charles E. Jenkins



Did You Know? Security Mileage

By MP Wilkerson

Did you know that Bishop Gadsden security officers such as Andre Tillman walk 9 to 12 miles every day doing their job, which is to keep us safe?

You can see them walking both inside and outside the buildings and also in the little two-person cars, but their goal is always the same, to keep everyone safe.

Bruce Lowin, a former New York State Trooper, is Assistant Director for Environmental Services and handles security. He said the officers are responsible for everything from checking that all exterior doors are locked and functioning to answering medical pendant alerts. The officers undergo a 6-week training program where they learn security policy and procedures, customer service and first aid. They ensure that fire extinguishers and lights are in working order. They report if they spot any hazards and if there are maintenance issues, they put in a work order; they also check out suspicious people. It's all in their day's work.



BG Security Officer
Andre Tillman

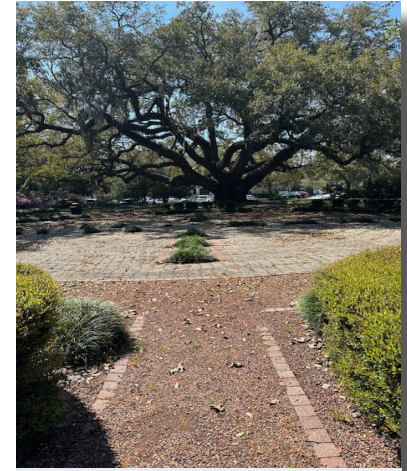
Labyrinths (Continued from page 2)

It is important to note that they were specifically chosen for their symbolic meaning and selected very carefully to ensure blooms and fragrance grace the garden each season.

Plants found throughout the garden:

- Oaks represent strength, glory and immortality
- Roses symbolize beauty, love, life, blood, death and rebirth
- Ivy symbolizes faithfulness and eternal life
- Ferns symbolize humility
- Lavender symbolizes Mary's purity and virtue
- Rosemary represents love and fidelity

On April 23, with a rain date of April 26, at 10:30 a.m., Bishop Gadsden residents will have an opportunity to visit the Bon Secours St. Francis Meditation Garden. Attendees may decide to walk the labyrinth, guided by expert Marcy Walsh, or simply meander through the beautiful sanctuaries of the Bon Secours Meditation Garden. Our wonderful resident event coordinator Britt Lock has arranged a boxed picnic lunch to enjoy while we are outside savoring this beautiful spot (benches and picnic tables are located all around the garden area). Whether one wishes to simply view, meditate, or sketch the flowers, this is a delightful opportunity to be outside now that the weather is nice.



Labyrinth at Bon Secours St. Francis

Chocolate Heaven

by Jamie Gough

I'm a chocoholic of high pedigree. Coming from good genes, my Mom was a champion as was my Dad and I am only rivaled by my sister as PCs (Premier chocoholic). I admit I've never tried to reform. Don't want to. Never will. I can say that I've discovered chocolate nirvana right here at Sunday brunch. Think about a creamy chocolate brownie with a crispy crunch. Make it warm and add a scoop or two of vanilla ice cream with ample chocolate sauce and that's as good as it gets. Having found heaven on earth, I had to discover how this perfect dessert came about. So I asked Anna Abram, our star baker, how she created this delicious delicacy. Anna said she put a couple of recipes together and presented it to us for our reaction. When asked what she called it, she hadn't named it so I have. ABCD, Anna's Beautiful Chocolate Divine. I'm now supporting Anna for President. Chocoholics unite. Not sorry.



Battle of the Sexes

By Elsa McDowell

Those of us of a certain age remember the Battle of the Sexes when Billie Jean King took on Bobby Riggs in 1973. The televised – and much hyped – contest ended with Bille Jean King

taking three sets and pocketing \$100,000 for the win. Now fast-forward to Bishop Gadsden, 2024, where another Battle of the Sexes stole the show. As the culmination of the first Bishop Gadsden Winter Games, top two male players, Lou Hethington and John Hollingsworth, faced the top two female players, Mollie Fair and Carolyn Titus. The women prevailed – urged on by a small army of supporters. It took one of each sex – Carolyn Titus and Norman Walsh – to take first place in the doubles competition.



Lou Hethington, Mollie Fair, John Hollingsworth, and Carolyn Titus

What to Watch

By Adelaide Wallinger

Each of you probably has a list of movies you have seen many times, just like a good book that you can read over and over again.

One of my very favorites is **OUT OF AFRICA** which is showing now on **NETFLIX**. Meryl Streep and Robert Redford at their best 39 years ago (Yes, 39!) play two lovers in the Africa of 1913. It's the story from Karen Blixen's book about her life in Kenya.

ELSPETH, a new comedy-drama, runs on CBS every Thursday evening. You may remember the unconventional, off beat, but astute attorney, Elspeth Tascioni, from shows of the recent past, the **GOOD WIFE** and **THE GOOD FIGHT**. Elspeth, played by Carrie Preston, works as a de-facto detective alongside the NYPD. Fun show to watch each week.



RIPLEY on **NETFLIX** premieres on April 4th (Thursday) on Netflix with eight episodes. Based on the book **THE TALENTED MR. RIPLEY**, this series is about Tom Ripley living in NYC in the '60's. He is hired by a rich man to convince his son to return to the U.S. Enter deceit, fraud and murder. Andrew Scott plays Ripley and Dakota Fanning plays Marge, an American living in Italy. The movie was filmed in New York and Italy. You may remember another **RIPLEY** film starring Matt Damon and Jude Law in 1999.

SUGAR premieres on April 5th (Friday) on Apple + TV. Two of the eight episodes will drop on the 5th and then one episode a week will follow each week on Fridays. Colin Farrell directed **SUGAR** and is the star. He plays John Sugar, an American private investigator in Los Angeles. The first case involves a mysterious disappearance and family secrets connected to it.

NCAA MARCH MADNESS's championship game takes place on Monday, April 8th, at 9 pm on TBS. Can't tell you who will be the college basketball champion for 2024. But we can enjoy the games on various networks leading up to it.

FOOD.INC.2 premieres on April 9th (Tuesday) at the Terrace Theater at 7:30 pm. It's the second documentary about multinational corporations that control our food system. It shows how corporate consolidation has gone unchecked by our government,

leaving us with a highly efficient, yet shockingly vulnerable food system dedicated only to increasing profits (1 hour 34 minutes).

FRANKLIN premieres on April 12th (Friday) on **APPLE + TV** starring and produced by veteran actor Michael Douglas. The first three episodes (of eight) of the mini-series come out on the 12th together. The other five come out each of the following weeks on Fridays. It is based on the Pulitzer Prize winning book, **A GREAT IMPROVISATION: FRANKLIN, FRANCE AND THE BIRTH OF AMERICA** by Stacy Schiff. Franklin, at the age of 70, goes to France, staying eight years there to bolster America's fledgling democracy.

GOING HOME WITH TYLER CAMERON, a home improvement show, premieres on April 18th (Thursday) on Amazon Prime. The former **BACHELORETTE** heart throb builds a construction company from scratch. Each of eight episodes shows the results of Cameron's work at the end of the program.

The movie, **LAND OF BAD** (114 minutes), premieres on April 26th (Friday) on **AMAZON PRIME**. A US Army Special Delta Force Unit is ambushed during a mission to retrieve an intelligence asset. Their only hope is an Air Force drone pilot who becomes their eyes in the sky during a brutal 48-hour battle for survival. Liam Hemsworth, Russell Crowe and Luke Hemsworth star.



ART OF LOVE (99 minutes) is showing now on **NETFLIX**. It has wonderful scenery set in Istanbul and then in Prague. A Turkish art heist and romantic thriller, it tells the story of artistic Alin and her Interpol Art-Theft group as they try to track down a thief that chooses less expensive art to steal. She finds herself involved again with a former lover who is also a billionaire and still in love with her.

THE LAST ENEMY shows on **AMAZON PRIME**. Mathematician Stephen Ezard returns to England for his brother's funeral. Almost isolated in his work in China, he now realizes he did not know his brother well and is bothered by the police-state aspect of London. He falls in love with his brother's widow and finds himself in the middle of an international conspiracy.

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