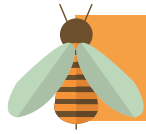


# THE JOURNAL

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April 2022 Edition



**Welcome** to the April 2022 edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Reminders, Pray With Us, Thank you Volunteers, Veteran-to-Veteran, Earth Day, and Riddles & Games.

## **Starting Off With a Couple of Reminders:**

### **Holidays in April:**

Happy Easter (April 4): Happy Easter!

Happy Passover (March 27 to April 4): Chag Pesach Sameach!

Happy Eid (breaking the Ramadan fast) (April 22): Eid Mubarak!

Happy Earth Day (April 22): Happy Earth Day!

### **Important dates in U.S. military history:**

April 4th, 1949: Twelve nations establish NATO, the North Atlantic Treaty Organization to stem the spread of communism.

April 6th, 1917: the U.S. enters World War I.

April 11th, 1991: Desert Storm cease-fire, Persian Gulf War





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# Pray With Us



Easter, Passover, and Ramadan – more than just bunnies, flat bread, and fasting! What comes to your mind when you think of Easter? For many people, I believe they think primarily of Easter baskets filled with Easter bunnies (either chocolate bunnies or “Peeps”) and other candies. They may also think of showing off their newest and best Easter outfit, including an Easter bonnet. All of these things help us to celebrate Easter, but if we just leave it there, with the baskets, bunnies, and bonnets, then we have missed the real meaning of Easter.

Easter is not the only holy festival that is celebrated during this time of year. In the Jewish faith, Passover is celebrated. During the eight days of Passover the faithful Jewish people refrain from eating anything with leaven (yeast). But there is more to Passover than avoiding leaven. Muslims also commemorate Ramadan, with an emphasis on fasting. However, if the only emphasis for Jewish people is not eating leaven, and the only emphasis for Muslims is fasting, then they are missing out on the fuller meaning of their holy days.

All three of these faiths have fuller meanings that emphasize the blessings that are given to the faithful people. For Muslims, Ramadan was the month when they believe Allah gave his written word to his people. The practice of fasting apparently came to be in order to promote a fear of God. For Jewish people, the blessing of the Passover was that God rescued the Children of Israel, through Moses, from slavery in Egypt and, from there, led them to the Promised Land. The practice of not eating leaven was to remind them that their ancestors had to leave quickly for their journey and, thus, could not wait for the bread to rise.

For the Easter celebration to be full, we need to look at the full meaning of the holy day. Easter is the day we celebrate how, after Jesus was nailed to the cross and crucified for our sins on that first Good Friday, rose from the dead and left the tomb. His grave became empty and He showed the world that He was alive. Because Jesus rose from the dead, He promised that we also would rise from the dead and live with Him forever.

During this holy time of the year, I encourage you to look closely at your faith and find the fuller meaning of it. It will give you so much greater joy than simply dressing fancy and eating a chocolate bunny!

# Thank you Volunteers

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” Margaret Mead

Did you know Journey Hospice has eight volunteers: visiting people, working with Veterans, creating newsletters and memory bears? We are so thankful for these dedicated volunteers who give of their time and talents freely. Volunteers receive thorough training as well as the same background and medical checks as employees. They take great care in making visits and sharing compassion.

Thank you for all you do!

Alexis – our newest volunteer from Stockton University, she has a quite presence and winning smile that makes people feel at ease talking with her. Barbara – shares her musical gifts with the people she visits, her patience and willingness to meet new people is a true gift.

Betsy – is the friend we all wish we had and could be, she spoils the person she visits with surprise treats, books and a willingness to listen with compassion.

Dhanya – produces the newsletter, she is artistic and creative as she thinks up new articles and puzzles for each addition. She is also a Senior in high school who takes the time to volunteer.

Dottie – has a smile that lights up the room, she pours her love into each memory bear that she creates for families. She is amazing creating lovely cards for every occasion.

Janet – the sweetest soul, somehow, she manages to give each memory bear the personality of the person the bear represents. Her work is heartwarming.

Patti – never says no to any request for a memory bear. She is astonishing with a needle and thread. Not only does she make memory bears, but hug pillows and fidget blankets. There is no one better to be on your team.

Robert – is the hardworking Veteran Journey has been seeking. He is so knowledgeable about veteran affairs and is more than willing to lend an empathic ear. He understand the Veteran experience.

Thank you for your service. We are blessed to have each of you as members of Journey family. Thank you for your willingness to make a difference.

Beth Gebhart



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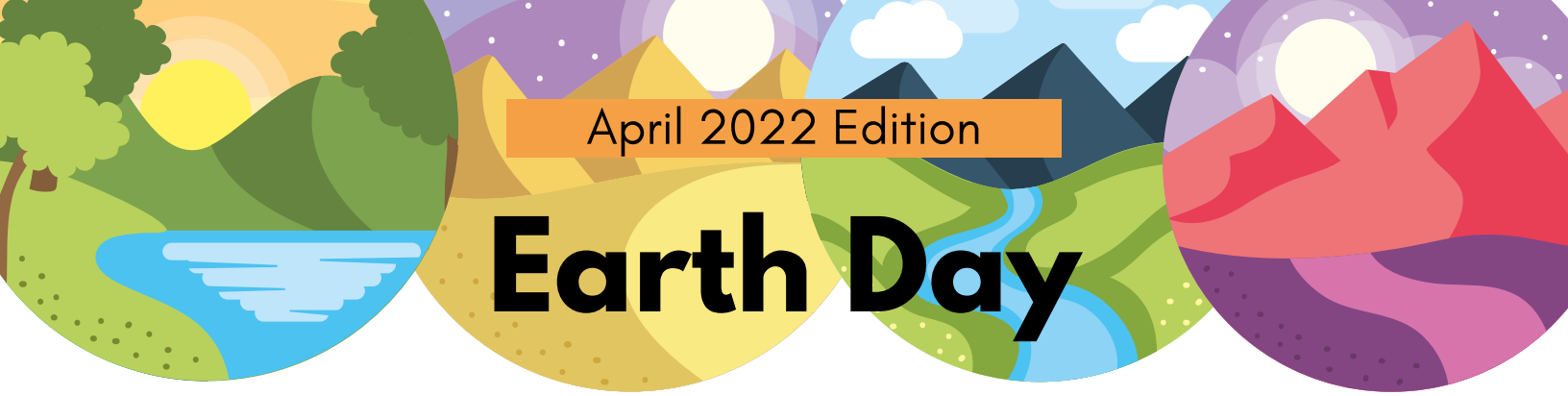
# **eteran-to-** **eteran**

Greetings from the bunker,

On Tuesday, April 5th we will observe Gold Star spouse's day. Gold Star spouses refers to the surviving loved ones of military personnel who have paid the ultimate price in service to their country. We honor their sacrifice, and provide comfort, and prayers to their spouses. The Blue Star/ Gold Star tradition had it's beginning during World War I. A blue star hanging in the window of their home indicated a family members service during the war. If that member lost their life in defense of their country the Blue Star would be replaced with a Gold Star. The Gold Star

Mother's Day is observed on the last Sunday in September, and now includes all immediate members of their family. We have a great tradition here in New Jersey known as "Run for the Fallen" which takes place from September 22nd through September 25th. Police, Firemen, and members of the 177th Fighter group participate in the run and stop at designated mile markers with the servicemen's name. Members of the VFW, American Legion, Cape-Atlantic Marine Corps League, and Elks send members to honor these men and women. It is a very moving, short ceremony which tells everyone we will never forget their sacrifice.

To obtain more information on this important event you can access: [Mike@NJRunForTheFallen.org](mailto:Mike@NJRunForTheFallen.org), [www.NJRun.org](http://www.NJRun.org) or [www.facebook.com/NJRFTF](https://www.facebook.com/NJRFTF). At many of these mile markers you can meet the family members who come each year, and offer your support. I hope many of you will start a new tradition and come out to support our countries heroes. Please remember everyone deployed with the recent events in eastern Europe. We currently have over 150,000 troops in eastern Europe serving with NATO forces. Have a great month of April; and next month I will offer ways to support our military, both home and abroad. Bob Groeber



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# Earth Day

Earth Day is a day in which we celebrate the planet that we call home.

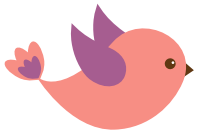
Our Earth is truly amazing; it sustains life and gives us the resources we need to thrive. Recently, the effects of climate change have reached extreme levels with events; such as wildfires and flooding becoming more and more common across the world. We as humans are using up the Earth's resources and polluting the environment at a rate too fast for even this planet to handle, and it is only negatively affecting us.

The World Health Organization approximates that 150,000 deaths annually are related to climate change and its effects. It is important that we work to appreciate the Earth we have and protect it from our own pollutants.

Here are some ways in which you can do your part in helping our Earth:

1. Create a compost: Creating a compost bin in which to throw your food scraps is an easy way to prevent food from going to waste. Here is a link discussing how to find the right composting system for you: <https://extension.umd.edu/resource/how-make-compost-home>
2. Reuse: There are many things that we have in our households that can be reused for something else. For example, you can reuse things like bubble wrap and packing peanuts from the packages you receive in your own shipments.
3. Try Greener Transportation: Whether it be walking, biking, or taking public transportation, trying out greener modes of transportation can help you reduce your carbon footprint.





# Riddles & Games



S J Z J J C F V E E E C W R B W H F C B  
 Y L T D M L O H N E H Q Q E P M P L O C  
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 D L I D Q Z H C C Y Z Z V K H P N Z F W  
 I W F L O S F K A D A P N X Q A C X H O  
 N I D A N F S E N V I R O N M E N T G V  
 Z R B U D B F Y E U E M X K O P K K L Y  
 E D S U I Y E A I F R M Z O W E M A J F  
 M C Y K D O W T D V W V H A K V Z X N P  
 V R K N V J F O S I D E G T R A N P A D  
 T W I P H G A M I Z N U R D P L C X M T  
 B W U D T W L V Q G R S S R E A S T E R  
 X L X A R C L F T M I G I V V B I U R Q  
 S P O W A N E U G B R L E K T S I J H P  
 M D T O E O R B V O F G N I R P S G L V  
 P A R O M D B D G O Y S R E W O H S S Z  
 K Z D I I A M J O A I E A Z Y B T X U Q  
 M Z A M B I U L C B K I I Q U J C N L N  
 O O D V Q S S S M A J P H Y I B Q N M N  
 Z A M U B Y V H Y K H S D E V P Q I Q L

## Word Search

- April Fools
- Birds
- Bloom
- Chicks
- Daffodils
- Daisy
- Earth
- Easter
- Environment
- Showers
- Spring
- Sunshine
- Umbrella
- Windy



8	÷		-		-7
+		+		+	
6	×		-		37
+		+		-	
	+		-		2
15		14		12	

## Math Squares

**Fill in the missing numbers**

The missing values are the whole numbers between 1 and 9.

Each number is only used once.

Each row is a math equation.

Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.