



S.F. KOLPING Newsletter

MARCH 2023

SAN FRANCISCO KOLPING

Making a quiet mark on its community.



Principal Kimble and Lisa at St. Finn Barr.

Unlike many nonprofits, the San Francisco Kolping has been blessed with smart investments made by past members. The rent from the apartment upstairs, together with proceeds from individual stocks, has allowed us to subsidize many of our activities. Our dues are

low and just cover the fee we pay to National Kolping. Monies collected from our raffles go directly to local nonprofits. And dividends we receive from our stocks are donated back to the community through our annual grant program.



Principal Moodie with KidStock crew.

This year we will be distributing over \$90,000 to local Catholic schools, soup kitchen, safe havens and scholarship programs. We feel this is one way we can uphold the values of Father Kolping, namely self-help, education, family and faith.

Bill & Chris with a class at St. Paul's that will benefit from the grant.



Lisa with Christena Papavero, DC and Principal de Guzman at Our Lady of the Visitation.

Our contributions will help purchase computers, send kids in our lower income neighborhoods to faith formation programs, rejuvenate school libraries, pay for meals for they need, help at-risk women get back on their

feet and encourage young people to learn, explore and meet new friends.

This year, rather than just send a check, we decided to deliver as many grants to the recipients in-person, to help put a "face" behind the organization. Lisa had a lot of fun, following the GPS map on her cellphone around the City, finding the quickest route from 27th and Guerrero to Sunnydale, and from Italy



Principal Joost at School of the Epiphany.

St. to Hearst Ave. Almost like a treasure hunt, she was just awarding the treasures. All recipients were surprised, ecstatic and grateful.



Louis Kolenda at YouthSF.

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Principal McKeever and Bill & Chris at St. Philip's.



The Benefits of Bingo

Did you know that participating in our monthly bingo games not only give you a chance to win a blackout prize, but it also can benefit your physical and emotional well-being! The following are excerpts from a recent Seniors at Home eblast:

Emotional wellness is closely linked to social connection, whether it's through friendships, intimate relationships, or being part of a community—and is especially important for seniors. Seniors are more likely to live alone, have limited mobility, and experience the loss of family or friends, all of which put them at risk of social isolation.

Social connectedness is associated with stronger immune systems, better healing after surgery, and increased longevity. When compared to seniors with strong relationships, those who are socially isolated are 50% more likely to develop dementia, 29% more likely to develop heart disease, and 32% more likely to suffer a stroke.

Social connectedness impacts seniors' mental health, as well. Connection helps ward off feelings of isolation and depression, and decreases the risk of developing Alzheimer's disease and other forms of dementia. It also can help improve cognitive function and memory recall, helping older adults stay sharp in later life.

The events that come along with being in community—like playing cards or bingo, or meeting with a knitting or book club—contribute to better moods and a greater sense of well-being.

So I guess we're all winners after an afternoon at the Kolping!

MARDI GRAS BINGO!



GAME DAY BINGO!



Kolping Suessen

by Monika Weiss



Monika and Wolfgang Weiss are not only members of the Kolping Society San Francisco, but have also been members of Kolping Society Suessen (Germany) for 50 years. On the

occasion of its 75th anniversary, they were asked to send a congratulatory video message. Below are some of the highlights:

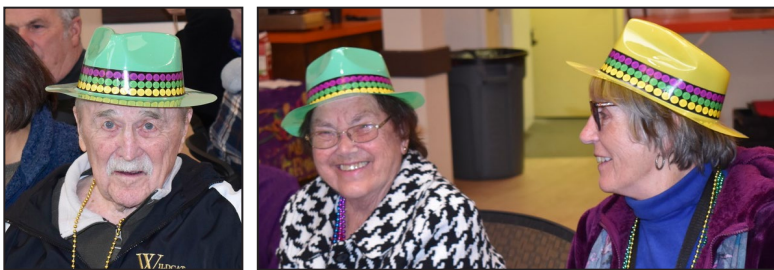
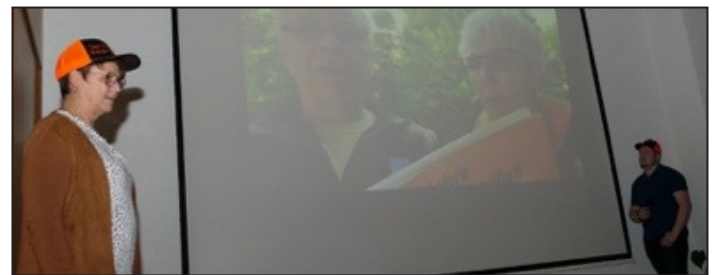
The "75 years of Kolping Society Suessen" kicked off on Sunday, October 16, 2022 with a well-attended Mass, followed by the unveiling and blessing of the Kolping Stele in front of the church. The Stele shows Father Adolph Kolping with the quote "Wer Mut zeigt, macht Mut" (He who shows courage, encourages/gives courage). This place shall invite everybody in the community to take a seat on the benches next to the Stele to reflect, pause and gather new strength.

On October 22, 2022, all members were welcomed to celebrate the jubilee in the parish hall to enjoy a delicious

dinner, joyful cross-section of music group's repertoire, photo show from the beginnings of the Kolping family until today, and sketches and performances from past Kolping events and carnivals evening. Monika and Wolfgang appeared in a video with their Suessen Board members donning our San Francisco Kolping caps.

What became evident when reflecting on just what 75 years of Kolping Family has meant was it:

- brings innumerable moments of community, solidarity and love of neighbors.
- represents a steadfast social gathering, with many activities, bring together young and old.
- means courageously lending a hand wherever there was and is a need.



Do you know what the colors of Mardi Gras signify?

PURPLE = JUSTICE

GREEN = FAITH

GOLD = POWER



In Memory

I am so sorry to share with you that **Jean Nelson** passed away on Friday, March 3rd. She always had a big smile and brought her "signature"

chips and dip to share. Jean would have celebrated her 25th year with our Kolping family. While we haven't seen her at the recent Kolping activities, Jean Nelson followed the fun at home, through the newsletters and pictures. We send our condolences to her relatives, the Biesty family, and her long-time caregiver/friend, Malia Teaup.

(Continued from the front page.)

Below are the 2023 San Francisco Grant recipients:

Local Nonprofits:

- Catholic Professional Women
- Good Shephard Grace Center
- St Martin de Porres Soup Kitchen
- St. Matthew's Luthern Church
- YouthSF

Local Elementary Schools:

- Our Lady of the Visitation
- School of the Ephiphany
- St. Anthony-Immaculate Conception
- St. Finn Barr's
- St. John's
- St. Peter's
- St. James
- St. Paul's
- St. Philip's

Other donations:

- National Kolping Lenten Project
- National Kolping Endowment Fund
- Irish Cultural Center Scholarship Fund

Bill with Principal Endo and staff at St. James's.



Don't forget!

The 2023 National Kolping Scholarship Program is now accepting submissions. If you or an immediate family member is interested in applying, check out our website at Kolping.org. This is open to college/university/trade school students, as well as students who will be seniors in high school starting Fall 2023.

CALENDAR OF ACTIVITIES

COMING UP

 We hope you will be able to join us at our upcoming events:

St. Patrick's Day Bingo

Saturday, March 18th at 1:30

Palm Sunday Mass and Brunch

Sunday, April 2nd at 11:00

See RSVP included.

Installation Luncheon

Saturday, April 22 at 12:00 noon

At Nick's in Pacifica

See RSVP included.

Spring Bingo

Saturday, May 13th at 1:30

NOTE: this is NOT the 3rd Saturday

Western Round-Up

Saturday, June 17th at 1:30



If you are wondering what our members do in their free time — **Cathy Mibach and Connie Sorenson** decorating the float for the St. Patrick's Day parade.

Please feel free to give us ideas and suggestions for future events as we can always add to the schedule. We welcome submissions for the newsletters and topics that might be of interest to all.

Warmly, Lisa Brinkmann and Kathy Biesty