



As a priest, you tend to the needs—body and soul—of the people of the Diocese of Jefferson City. Serving Christ's flock, in their wide range of human frailties, can be both rewarding and exhausting. As a priest, your health and well-being are vital to the health and well-being of Christ's Church. The Priest Wellness Program exists to promote, support and advocate for your health and well-being through a three-dimensional approach—physically, emotionally and professionally.

Best of blessings to you in the year 2020! Doesn't that sound like a futuristic, science fiction movie title? Well, it's not and here I am wondering what time machine got me here but failed to keep my hair its natural born color.

### Welcome to your Words of Wellness Newsletter!

Beginning January 2020, you will receive a monthly newsletter, which will contain information on various topics related to health and wellness. These newsletters will arrive via email, unless you prefer to receive them via USPS mail. If this is the case, please notify Kimie at 573-953-9031 or email [kbax@diojeffcity.org](mailto:kbax@diojeffcity.org).

The information contained in the Words of Wellness newsletters may be in the form of factual health information, stories from my journeys as your priest wellness coordinator, anecdotal stories of my successes and failures in my own health journey and/or words of encouragement as you journey toward your own health and wellness goals.

Since stepping into this role as your Priest Wellness Coordinator in July 2019, I have been travelling around the diocese and have been blessed to meet with 50 of the almost 100 men with whom you serve. I have lived most of my life in, what I call, the bubble of Jefferson City. I left the area only to go to college and graduate with a BSN from Mizzou and then married my husband who has only one first cousin that tried to leave the area but returned six months later leaving the circle unbroken. Where else can you find a town of around 50,000 with three solid parishes in its city limits

surrounded by small town USA and their faith-filled solid parish communities? But, this role has helped me to get outside this bubble to see and experience the beauty of our diocese, its people and its priests.

With my visits to you as your Priest Wellness Coordinator, I will...

- Always wear my diocesan name badge;
- Always arrive no later than 5 minutes past when I am supposed to be there (punctuality is a weakness of mine);
- Always respect your time and keep our visits to under one hour;
- For those in active ministry, avoid phone calls and visits on Mondays which tends to typically be your day off; and
- Carry with me a profound gratefulness and respect for who you are and what you do in loving and serving Christ and His people.

By the way, did you know that laughing is good for the heart and can increase blood flow by 20 percent?

Happy January,  
*Kimie Bax, RN*  
Your Priest Wellness Coordinator

*P.S. Since Sr. Kathleen Wegman has retired, Fr. Jason Doke will serve as the contact person for any professional needs you may have. He may be contacted at 573-635-9127 ext. 213 or by email at [mcuria@diojeffcity.org](mailto:mcuria@diojeffcity.org).*

