



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.

I hope you are having a June filled with joyful moments. As we talked about in last month’s newsletter, it is a great time of year to be adding in, creating and/or maintaining healthy lifestyle habits and routines.

I would love to hear of some of your “wins” in adding more movement or activity to your day, but, more importantly, how it makes you feel or what’s changed because you are moving more. Are your joints a little looser? Are you sleeping better? Are you able to tighten your belt a notch? All of these seemingly minor changes can be powerful motivators to keep going. Pay attention to them. Remember the rewards will show up if you show up.

Not only is it a good time of year to get moving, but it is also a good time of year to make some healthy eating choices. With fresh produce readily available (some of which may be randomly showing up on your doorsteps from your parishioners), summertime is a great time to move away from the processed foods and eat fresh. The American Heart Association recommends

eating a healthy diet that includes the following:



- A variety of fruits and vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils (i.e., canola, corn, olive, peanut, safflower, soybean, sunflower)

For more detail and lots of healthy eating links to click on, please visit www.heart.org and click on “Healthy Living.”

Personally, I am more successful at eating well when I meal plan and prepare. For those of you who want to eat well, but do not want to plan or shop, meal delivery may be for you. I have tried home meal delivery. It was easy, convenient and the meals were delicious. However, I stopped using the service as our family got larger and so did the bill. If interested, you may want to visit www.health.com/food/best-meal-prep-delivery-services, which compares several of the top meal delivery companies in the country to see if it is right for you.

I continue to have all of you in my prayers, and will especially be praying for those of you who will soon be retiring or moving to your new parishes and/or assignments. Change can be challenging, so be patient and go easy on yourself. I would like to welcome **Fr. Benedict Chagula** who will be serving at Immaculate Conception in Jefferson City.

I would also like to ask for your continued prayers and support for **Fr. Chris Aubuchon**, and for **Fr. Mike Coleman** and **Fr. Ken Steinhauser** who will be having surgery on Friday, June 19.

Peace,
Kimie
Your Priest Wellness Nurse

