



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.

Happy warm Summer July!

July is typically a month set aside for vacation. According to my *Webster New Collegiate Dictionary* (yes, I still have it although I don’t think it would be considered “new” any longer, and, yes, I really looked it up), vacation means “a time of respite from something.” And, according to my *Webster Dictionary*, respite means “an interval of rest or relief.” Do you take time away from your normal activity, your usual surroundings, and your preoccupations in life to rest, rejuvenate and refresh? According to *Travel + Leisure* magazine, vacationing has scientifically proven health benefits. Check out their article here: [“Why Vacation Matters.”](#)



Much like stepping outside clears my head after a long day of working inside, taking a vacation refreshes my outlook and helps to place things in a more healthy perspective. My family and I intentionally set aside one week every summer and every winter to get away, but this year of pandemic has brought challenges as to where and how to travel, so we’re keeping it closer to home, and you can, too. Consider the following:

- 1 Find accommodations through websites like Airbnb or Vacation Rental By Owner (VRBO) to help avoid being around larger groups of people and, if travelling with others, provide larger spaces in which to spread out.
- 2 Plan multiple day trips in a row centered on a theme like best restaurants, wineries, breweries, fishing spots, or museums in Missouri. Check out this link to [Rural Missouri Magazine’s Best of Missouri](#)
- 3 Visit some of what Missouri has to offer in beautiful shrines: [Missouri Department of Tourism’s “Show Me 5 Missouri Shrines”](#)
- 4 If you find it difficult to get away or feel more comfortable staying home, shake things up with a staycation. Mark it on your calendar and prepare to disconnect from your normal daily activities. Plan activities around “visiting” somewhere you have always wanted to go.





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- 5 **AT ALL TIMES, STAY SAFE.** Remember to avoid crowds, social distance, wash/sanitize your hands, and keep your hands away from your face. Although the jury is still out as to a definitive recommendation on mask wearing, take one along just in case.

Happy Vacationing!

As a side note, I have yet to resume my routine of travelling around the diocese for in-person visits with you, our priests. Although I would love nothing more than to be seeing your smiling faces, I will continue to put visits on hold until the time comes when it seems more safe to be out and about. Please know that if you have health issues arise and are in need of assistance, I am here to help and can be contacted by phone at any time.

Please continue to hold all our priests who are dealing with health issues in your prayers.

Peace,

Kimie

Your Priest Wellness Nurse

