



**Priest Wellness**

PROMOTE, SUPPORT, ADVOCATE

# Words of Wellness

A monthly newsletter for priests of the Diocese of Jefferson City

FEBRUARY 2021

I realize that the season of Lent is now upon us, but, in this month's newsletter, I want to offer you a couple of ways to help you keep warm and help you be mindful of taking time to be kind to yourself. To help you get started, here are some sweet treat ideas from the February 2021 issue of HyVee *Seasons* magazine...Remember, everything in moderation.

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.

## PEANUT BUTTER COCOA

Using milk, prepare 1 (1oz) pouch of instant hot cocoa mix according to directions. Stir in 1 tablespoon peanut butter powder. Top with whipped cream and drizzle with melted creamy peanut butter.



## SPICY CHOCOLATE SNACK MIX

In a 325 degree oven, toast 1 (10.3oz) can mixed nuts that has less than 50% peanuts for 8 minutes stirring halfway through.

Combine 1 (1oz) pouch instant hot cocoa mix and ¼ teaspoon chipotle chili powder. Sprinkle on nuts; drizzle with 2 tablespoons melted salted butter. Toss to combine. Return to oven and toast 5 more minutes. Serves 10



Coat the inside of a heavy glass with hot fudge sauce. Place in freezer. Using milk, prepare 1 (1oz) pouch of instant hot cocoa mix according to directions. Pour into glass. Top with a scoop of your favorite ice cream and, if desired, chocolate pieces.



**HOT  
COCOA  
ICE  
CREAM  
FLOAT**

I recently listened to an "All Things Catholic" podcast by Dr. Edward Sri titled "Giving Yourself Completely to God". In it, he reminded his listeners that yes, God wants our obedience, but more importantly, He wants our hearts...our whole hearts. Especially during this month, may we all be reminded of and recognize the ways in which God shows us how much He loves us. GOD LOVES YOU, and so do I.

Peace,

*Kimie*

Your Priest Wellness Nurse

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