



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.

It’s that time of year, again, when new assignments are given and many of you are packing up to move on to a new flock and new opportunities for evangelization. I think that by comparison, the number of times a priest moves in his lifetime is probably only rivaled by that of a member of the military. But, even though you may be an expert at packing and have a method to the madness when it comes to moving day, here are a few moving tips that may help ease the stress. (For more tips, [Click here](#) or visit [moving.com/tips/36-moving-hacks](https://www.moving.com/tips/36-moving-hacks).)

START SOONER RATHER THAN LATER

- Attempt to eat as much food that’s in the house so you’re not worrying about it when moving day comes.
- Closet purge...If you haven’t worn it in a year, you may not need it.
- Make arrangements for donation items to be picked up.
- Ask for boxes from your local grocery store or parishioners.

PACKING

- Take out dresser drawers, but leave items in them. Wrap in plastic wrap to keep things from moving too much.
- Leave clothes on the hanger and group in large trash bags.
- Use your linens, towels and soft items to wrap breakables. Use kitchen towels to wrap knives and sharp objects securing with a rubber band.
- Use large pots and Tupperware-like containers to hold small items.
- Wrap plastic wrap around things that might spill.
- Suitcases with wheels can be used to pack heavy things, like books.
- Color code or mark

boxes with which room it goes in.

- Take a picture of the back of your TV before you unplug it, so it is easy to remember where all those wires go.
- Be packed up the day before moving day.
- Pack now and sort later when you aren’t under a deadline.

MOVING DAY

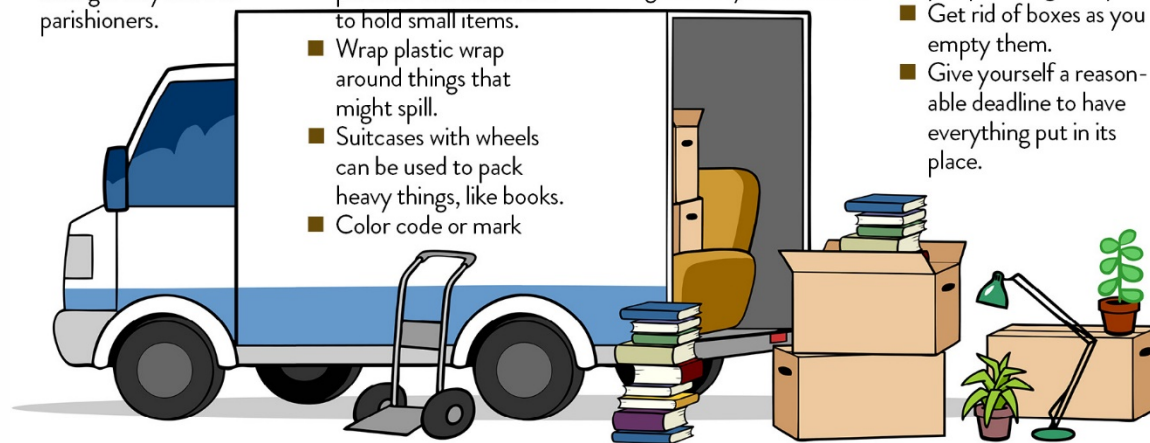
- Pack a small bag with essentials you will need right after you’ve arrived

at your new place like medications, chargers, toiletries and a couple of sets of clothes.

- Pack a cooler.

UNPACKING

- Tackle the kitchen first. You will feel a big sense of accomplishment.
- Turn on some tunes.
- Do a little at a time.
- If you want to be challenged, dump a box on your bed or in your tub which will really make you put things away.
- Get rid of boxes as you empty them.
- Give yourself a reasonable deadline to have everything put in its place.



Speaking of moving, I would like to welcome Fr. Anthony Onyeihe and Fr. Paschal Ihediohama to our diocese. May your suitcases be unpacked and may you be settling in nicely to your parishes.

Peace,
Kimie
Your Priest Wellness Nurse

