

May is “Let’s Keep Moving” Month

Genie Bushell, Health & Wellness Team Member

Greetings parishioners of St. Augustine of Canterbury! We have journeyed through another Lenten season, many fasting, some omitting favorite foods, drink or enjoyable activities. We gathered in fellowship on Wednesday evenings and shared savory potluck dinners as Fr. Wes reviewed and lectured on the first two books of the Torah, (Genesis and Exodus). The Health and Wellness Team offered an extension of this fellowship by inviting and encouraging walks on Thursday mornings in Riverside Park. All this as we reflected on the suffering and sacrifice of our dear Lord and Savior Jesus Christ, alone in that wilderness for forty days and forty nights.



And then, Easter Sunday arrived and we joined again in fellowship as we celebrated our Risen Lord, Alleluia!! As we continue the renewal of mind body and spirit, it is imperative that we maintain a sense of well-being also.

The Health and Wellness Team invites you to come out and continue these morning walks if you are able. The morning air is refreshing, the environment tranquil. Come see a magnificent display of God's creation. Massive trees with their rugged forms and expansive shapes, boasting branches which appear to be well-designed canopies, providing much welcome shade.

Meet and greet your neighbors from the various communities. Some run, some jog some take leisurely walks, but almost everyone says good morning! The trail is winding but accommodating and it permits getting on or off as you desire. The marker from start to end denotes one mile, and upon return to the starting point a second mile. We invite you to join us on our continued journey to Health & Wellness, Thursday mornings at 9 am. Please contact Sally Munson for more information.

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Questions? Contact Sally at: s.munson@hotmail.com