

# WELLNESS OF MIND, SPIRIT & BODY

Contributed by Associate Tina Butler, Administrator



*Evergreen,  
silent sentinel of hope  
through all seasons.*

*Somewhere  
deep within me  
an evergreen grows,  
strong, tall, resilient,  
always singing  
of life.*

*Her stouthearted green  
endures, thrives  
amid winter wilds.*

*She is strong.  
She is evergreen.  
She lives in me.*


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Thinking of the Martin de Porres Center as a health-care provider might provoke a few chuckles – initially. Upon further reflection, there is no doubt that our programming and the ambiance of our facilities encourage wellness of mind and spirit that directly impacts wellness of body. Visitors often speak to the way they feel at the end of a program or as they exit the building: “This is just what I needed, a time for peace and quiet,” or “Even the smell of the wood in this building lifts my spirit.” Written comments left for exhibiting artists often convey gratitude for their gifts that minister to all parts of our being: “My heart delights in stillness and peace,” or “This form of expression feeds my soul,” or even more directly to the point, “A mind/body/spirit connection is evident in these images.”

Our newest venture, the Institute for Maturing Spirituality, is designed to address the spiritual needs and general well being of those in the second half of life. The premier event on March 4, 2009, will feature Dr. Richard Johnson, author of Parish Ministry for Mature Adults, in a presentation called “As Our Spiritual Pace Quickens: Fully Living the Spiritual Adventure of the ‘Renewal Years’ (Ages 65+).” Dr. Johnson will bring us through the spiritual tasks of renewal that move us closer to capturing God’s promise of wholeness. He will also outline the unhealthy consequences of not addressing these spiritual developmental tasks.

As the Institute evolves, it will offer elders a variety of opportunities to assess and discuss their gifts of wisdom and grace and provide suggestions for sharing these gifts with others. In the company of peers, those attending will be able to compare strategies for coping with the challenges of aging while embracing its rewards. Other events scheduled for spring will include “The Mature Years As Soul Making” (March 24) and “Keeping Your Balance in Challenging Times” (April 27).

The interfaith committee of “visionaries” that has helped us design the Institute includes the coordinator of Mount Carmel Health Systems’ Church Partnerships Program, who assures us that our objectives for the Institute are entirely in synch with their objectives for elder health and well being. So maybe we *are* a health provider!

We are able to step forward courageously in developing this innovative way of preaching only because we know that you, our partners, are with us at every step along the way. We thank you and we thank God for you! 

[www.columbusdominicans.org/mdp](http://www.columbusdominicans.org/mdp)