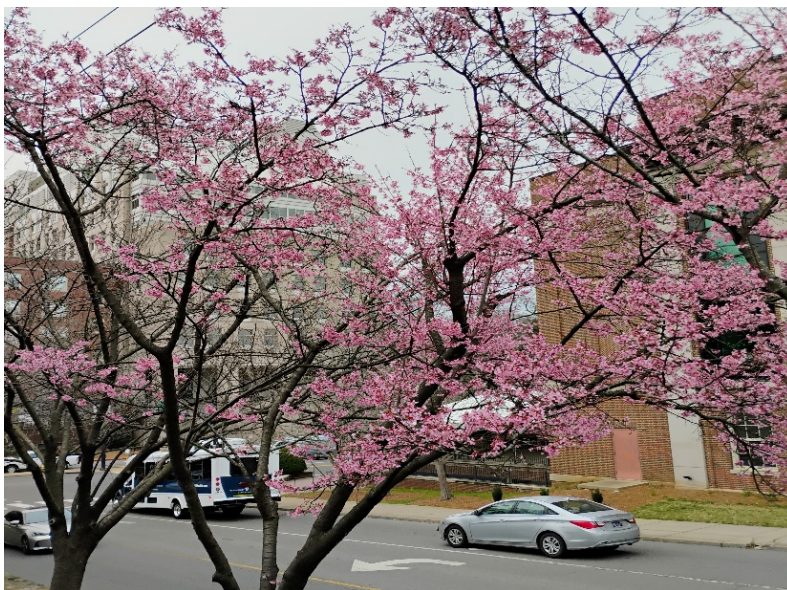




**March 2025**

**Diana Davis**



**"Dear God, as seeds are sown in hopeful expectation, we pray for the emergence of resilient crops that can withstand the trials of an often harsh world. May these plants take root deeply, drawing strength from the nourishing embrace of fertile soil. Bless them with the ability to flourish, even in the face of adversity, and may our farmers find solace in witnessing the miracle of life that unfolds before them".**

**Benjamin Reinke© 2025 Verse And Prayers**

**For more information, check out our website at**

**<https://www.umcnic.org/Healwell>**



**March 17, 7:30-8:30 p.m.**

**Guest Speaker Nathaniel Viets-VanLear - My Block, My Hood, My City**

**Saturday, April 12, 11:00 a.m.**

**Visit Olivet UMC for tree planning and prep**

**Monday, April 21, 7:30-8:45 p.m.**

**Heal Well Learning Session - Garrett Evangelical Seminary Center for Ecological Regeneration**

**Saturday, April 26, 2025**

**HEAL Well Kick-off Event**

- **10:30 a.m. - Forest Bathing lead by Barbara Collins**
- **Noon - eat lunch together at a local Black-owned business**

**Click [HERE](#) to register to participate in HEAL Well as a volunteer.**

We are growing.....

As of the end of January 2025

we have

11 volunteers,

1 partnering churches

6 partnering organizations



Invite your friends and neighbors.

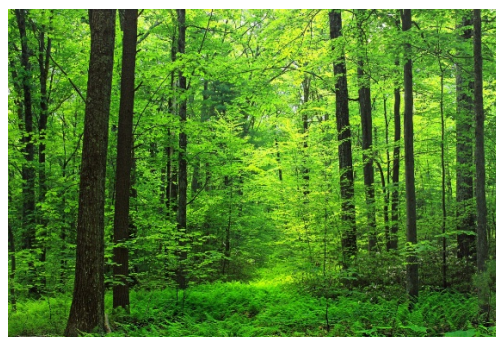
This project was made possible, in part, by a grant from the [Midwest Methodist Foundation](#)

**What are some ways that you can let your church community know about and engage in HEAL Well?**



*Above is a picture taken at the Chicago Temple second floor display case. FUMC tied Heal Well into Black History Month.*

**bulletin boards, invite your mission and justice team, make an announcement on Sundays, speak to your confirmation class as well as place information about our mission in your church bulletin. What other ways can you share?**



**What is Forest bathing? “Forest bathing is the practice of immersing yourself in nature in a mindful way, using your senses to derive a whole range of benefits for your physical, mental, emotional, and social health. It is also known as Shinrin-yoku. ‘Shinrin’ means forest and ‘Yoku’ stands for bathing. The idea took birth in Japan in the 1980’s and proved to be a very effective tool to overcome the ill effects of a hectic life and stressful work environment.**

**Forest Bathing allows the stressed portions of your brain to relax. Positive hormones are released in the body. You feel less sad, angry and anxious. It helps to avoid stress and burnout, and aids in fighting depression and anxiety. A forest bath is known to boost immunity and leads to lesser days of illness as well as faster recovery from injury or surgery. Nature has a positive effect on our mind as well as body. It improves heart and lung health, and is known to increase focus, concentration and memory.”**

**Healing Forest Website Built with WordPress.com**