

Charlotte District E-Pistle

July 12, 2007

Colleagues:

Two weeks ago Richard Clough, Jr., pastor of St. Luke, suffered a light stroke and is now cautiously returning to the essential responsibilities of preaching and the care of his parish. He asks for our intercessory prayers. Rick is a diabetic and sees his experience as a blessing and wake-up call encouraging him to give more attention to his physical well-being.

All of us clergy will benefit from the wellness program that will soon be piloted through the incentives of Duke Endowment. Let us all join with Rick as we embrace a new resolve to focus upon physical fitness as an essential part of our spiritual pilgrimage. If you are not now engaged in some sort of physical exercise and intentional dietary program, I encourage you to begin a new pattern of behavior this summer. Contact an understanding colleague or special friend in the parish who will join you in this resolve. You may even want to initiate by this fall a colleague report/accountability group for the purpose of sustaining a pattern of sensible exercise and weight loss. God has called us for the long haul, not a quick dash to the finish line. Let us each take good care of the temple in which we live so that you and I may glorify God with our bodies.

--*George*