

health & wellness news

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Planting the Seeds for Your Tomorrow

By Pattie Christensen, ChFC, RICP

Spring is a time for growth. Starting to plant your financial seeds can mean a beneficial harvest down the road.

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Mindfulness for the Springtime

By Krishna Dholakia, MS, RD, CDN

Seasonal changes often bring a change in perspective. Here are simple suggestions for reducing stress and forming deeper connections to our faith and the people in our lives.

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Change Happens

By The Rev. Laura V. Queen

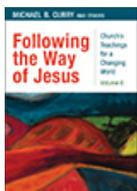
Grow with change and embrace it as part of your spiritual journey.

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Introducing Telemedicine

The Episcopal Church Medical Trust is pleased to announce telemedicine — a faster, more convenient way to address common health concerns. [Read more](#)



Book Look

Following the Way of Jesus

Re-energize yourself with this dynamic set of essays from Presiding Bishop Michael Curry and some of the church's brightest stars.

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Healthy Recipe

Roasted Asparagus

Fresh and vibrant vegetables are in abundance. What better way to showcase a seasonal food than letting it speak for itself?

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For information about revisions to pension plans and related benefits [click here](#).

Did You Know?

1917 – 2017

A Century of Service and Benefits for the Episcopal Church

The Church Pension Fund paid out its first pension benefit 100 years ago on March 1, 1917. [Learn more](#)

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Editor in Chief: Rori Grable; Clergy Editor: The Rev. Laura Queen

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