**Exploring Strength in Community**

Fortifying your financial, emotional, and communal foundation.

**Building a Strong Financial Foundation**

By Pattie Christensen, CDFA, RICP®

What is financial well-being, and how can you begin to increase yours?

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By The Rev. J. William Harkins, Ph.D., LMFT

We live in a complex world that is always changing. How do we understand change and resilience in response to it?

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**We Make Plans, and God Laughs**

By The Rev. Reid Farrell

I tried making plans, and God laughed. I prayed, and God gave us community.

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Send us your stories and healthy recipes. Have you or your congregation made a health change? We’re looking for submissions for our Member Story and Healthy Recipe sections in the Summer issue of Health & Wellness News. The topic: Checking In on Your Goals. Email them to wellness@cpg.org. They could be published in an upcoming issue.

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