

# Healthy Leaders “Living Well at Luther”

*'When I look at your heavens, the work of your fingers, the moon and the stars, that you have established; what are human beings that you are mindful of them, mortals that you care for them?'*  
*Psalm 8:3-4 (NRSV)*

The cosmos dreams in me  
while I wait in stillness,  
ready to lean a little further  
into the heart of the Holy.

I, a little blip of life,  
a wisp of unassuming love,  
a quickly passing breeze,  
come once more into Lent.

No need to sign me  
with the black bleeding ash  
of palms, fried and baked.  
I know my humus place.

This Lent I will sail  
on the graced wings of desire,  
yearning to go deeper  
to the place where  
I am one in the One.

Oh, may I go there soon,  
in the same breath  
that takes me to the stars  
when the cosmos dreams in me.

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<http://www.joycerupp.com/lent2001.html>

## **Augsburg College offers use of their gym**

Cost \$36. Contact Karen Treat for more information and to purchase the required key [ktreat@luthersem.edu](mailto:ktreat@luthersem.edu).

**Coming in February:** Blood Cholesterol and Blood Sugar screening February 14th. Details on Inside Luther.

**Coming in March.** Retreat during Reading Days, Hermitage stay at *Pacem in Terris* March 18-20. Details on Inside Luther.



## **Health Tip: Eat an orange**

An orange contains of your recommended daily allowance:  
Vitamin C 116.1%, dietary fiber 12.5%, folate 9.8%, vitamin B1 (thiamin) 7.3%, potassium 6.7%, Calories (61) 3%



### **Emotional and Spiritual Well-being**

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