



St. Joseph the Worker Dinner

St. Mary Parish, the Benedictine Sisters of Mount Angel and CCS hosted the 15th Annual St. Joseph the Worker Fundraising Dinner in Mount Angel on Sunday, May 5. Nearly 200 community members, volunteers and partners came together to support St. Joseph Family Shelter and its ministries. This year's dinner raised \$65,000, which was matched by a generous donor.

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Culture of Wellness Corner - 80% Rule

Hara hachi bu is the 2,500-year-old Confucian mantra that reminds Okinawans to stop eating when their stomachs are 80% full. The 20% gap between not being hungry and feeling full could be the difference between losing or gaining weight. People in the Blue Zones eat their smallest meal in the late afternoon or early evening, and then don't eat again for the rest of the day.

Join the Culture of Wellness Committee for the next Community Lunch on **Thursday, June 13** from **12:00pm-1:00pm** in Room 300. All employees are encouraged to come and "build your tribe" at CCS!



United Way Plant Sale

Thanks to all who donated plants, volunteered or purchased plants at our annual plant sale. Together, we raised more than \$800 for United Way!

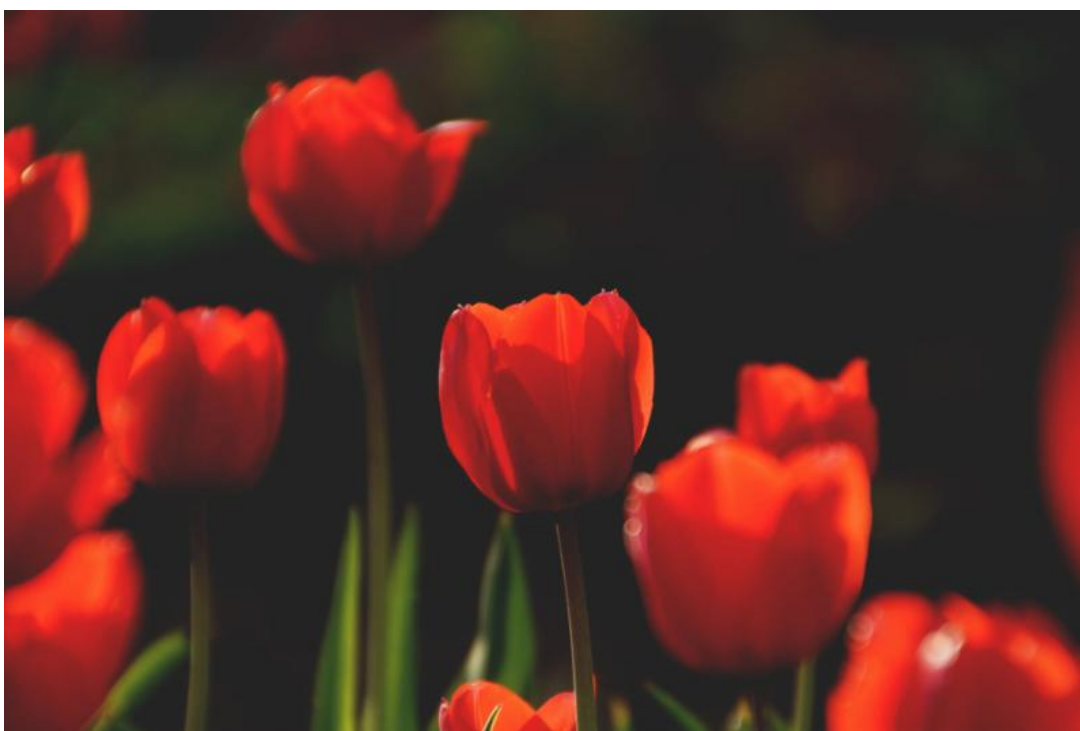
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Fun, Fit Fridays are Back!

Now that the sunshine is back (briefly) and it will rain no more until next winter (or next week, whichever comes first), we are starting Fun, Fit Fridays again! Starting **Friday, June 7** through **Friday, November 1**, the BSB walking group will meet every Friday at 1:00pm near the healthy snacks vending machine on the 1st floor.

[Learn More](#)



Sanctuary Theme of the Month - Growth and Change

As summer draws near, the world around us begins to change. A world of muted grays blossoms into one of vibrant reds and yellows. This is a wonderful time for us to reflect upon our own growth and change by reflecting on the four big questions:

1. Who am I?
2. What do I cherish most?
3. What do I need to learn?
4. What do I need to do with my time?

These questions can serve as affirmations to help us stay grounded and true to ourselves and make sure that we are acting in such a way that a stranger could plainly see what we cherish by looking at our actions.

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