



# PLACES OF PEACE

*Discover Spiritual Connection*

at Life Enriching Communities



# WESLEY WOODS

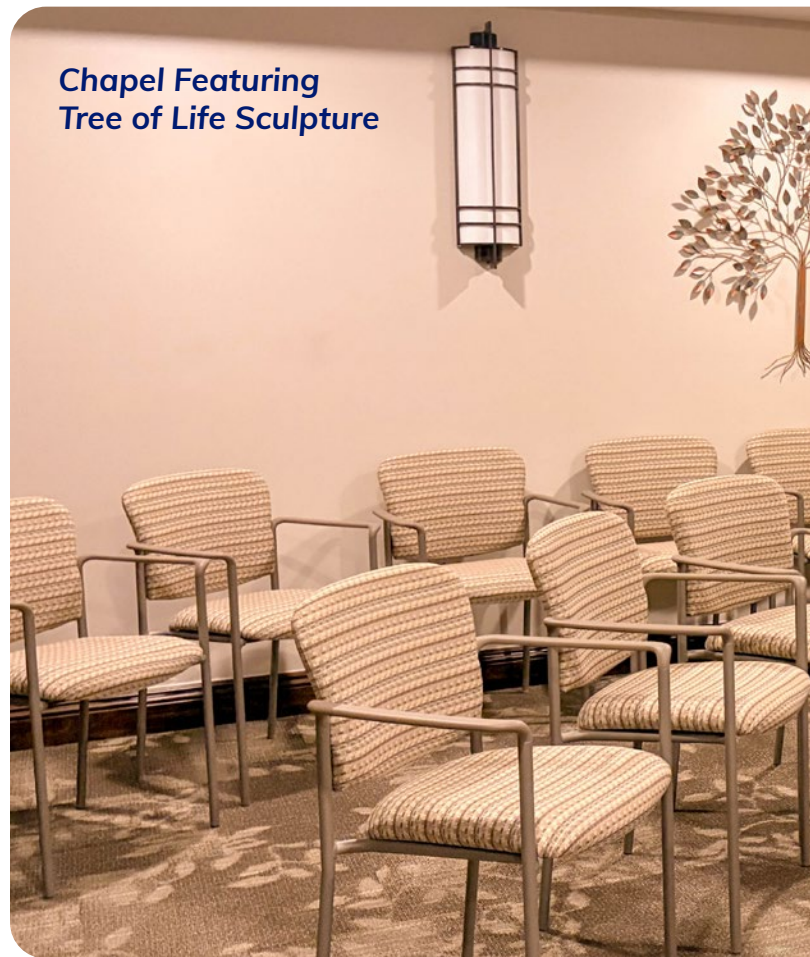
## *Spiritual Wellness and Pastoral Care*

Wesley Woods offers accessible pastoral care services that welcome individuals of all faith backgrounds, foster community and purpose, and extend support through life's transitions. Chaplain Mark Bair provides holistic wellness that nurtures meaningful living for all with a variety of spiritual wellness services in the chapel at Wesley Woods.

"It's simple and minimalist," Chaplain Mark explained. "But like a church, there is a cross and an altar table for communion. It is usually a quiet place, and since it is small, groups can see and hear each other well. Support groups and people to talk to are essential, and I've learned that safe groups and people help the physical body calm down and reduce anxiety."

A variety of spiritual wellness services and groups are available in the chapel, including Bible studies, prayer groups, the Resident Spiritual Care Work Group, mental health and end-of-life workshops, and caregiver, grief, and anxiety support groups. There are also non-denominational Vespers services every Sunday and mid-week services during Advent and Holy Week.

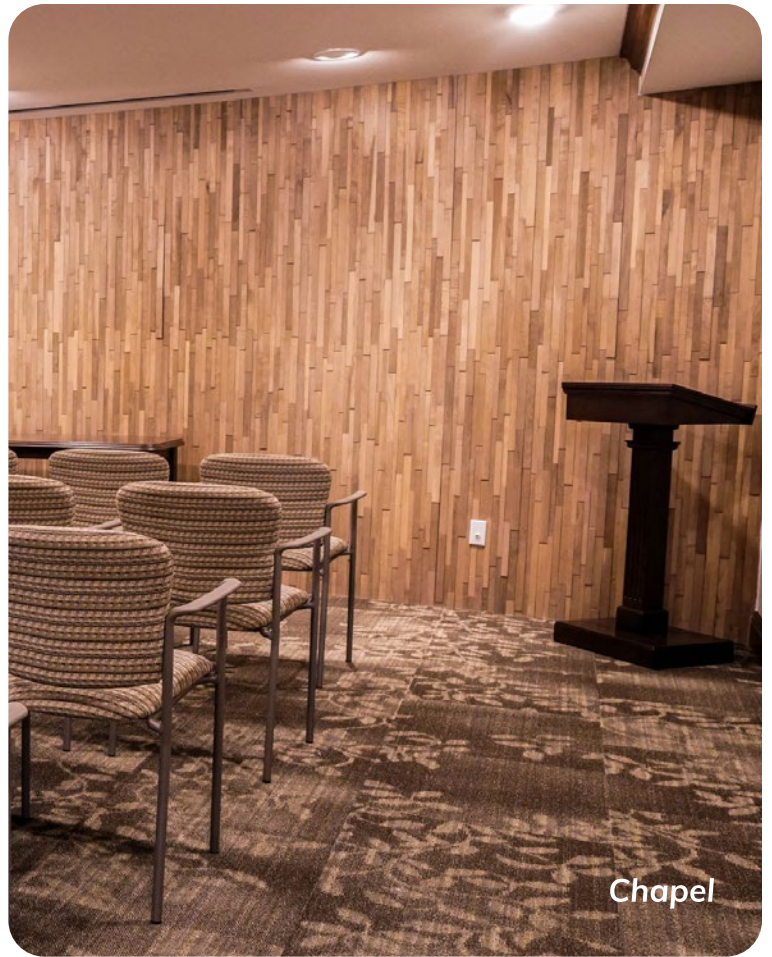
"A person might need pastoral care for several reasons," Chaplain Mark shared. "Pastoral care, whether for people with or without religious faith, is valuable for helping residents not become lonely or



isolated and providing the opportunity to share their sorrow or grief. But sometimes people just need to be able to tell their story, that their lives have mattered."

A feature of the chapel that Chaplain Mark admires is the tree of life sculpture. "It is important because it is a symbol of life, rootedness, and growth. There's a sense of the sacred due to the simplicity of adornment, the cross, and the tree of life. The projector is nice, too, so art and content can be displayed."

When asked what spiritual wellness means to him, especially as we age, Chaplain Mark said, "Spiritual wellness includes feeling known and loved, being seen and listened to, making friends and being comfortable in their own skin, learning how to unburden and express oneself in prayer, and understanding some religious texts. Spiritual wellness is important for us as



Chapel



Chapel

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we age because of losses of physical and cognitive strengths, which challenge one’s sense of usefulness, and loss of friends and loved ones, which can isolate and lead to depression.”

As a not-for-profit organization committed to providing all-inclusive services and programs for its residents, Wesley Woods is surely fortunate to have spiritual wellness services that guide and inspire others in community.

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