



# BROOKLYN\_BORN

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## Spreading the Spark and More

Sunday, May 31, 2015

I've been on the road since Wednesday morning with only enough spark time to post my status.

The last time I gave a conference presentation was just before my retirement and the focus was Educational Technology. My topic was "Virtual Field Trips."

If someone told me that 8 years later I would be invited to speak at a Diocesan Conference, I would have thought they were crazy. Yet, that's what I just did, along with my DD (Hayburner1969).

Our topic was "Health and Spirituality" and the importance of caring for the entire person – body, mind and spirit. We focused on the evolution of the program at our own church which began modestly with 6 people forming a team for a local race. It grew to a formal ministry reaching out to the entire congregation in areas of nutrition, fitness and spiritual growth.

We spoke about the value of the support of our virtual friends and I even quoted some wise words from your blogs. I described the different types of spark teams, both faith based and secular, and the motivation we receive from them.

We did this twice at the conferences in the eastern and central regions of Virginia – about 300 miles apart. The audiences were very receptive and we received an invitation to speak in the western part of the state in the future.

I expected to be home by now and back to my regular routine, but we received a call that my 95 year old MIL is having another crisis, so here we are in Tennessee. I don't know how long DH and I will be here.

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## Member Comments About This Blog Post



**CD4199227**

Sounds interesting - let us know what part of the country you will be in next presenting!  
2200 days ago



**BOILHAM**

What a great way to spread the mind, body and spirit connection to health and fitness. Best wishes for your MIL.  
2201 days ago





**BBEAGAN**

I hope things go okay with your mother-in-law...  
2201 days ago



**PHEBESS**

Glad it went so well!!!! Yay for your motivating others!

And I hope your MIL is doing better by now, or very soon!  
2202 days ago



**DOVESEYES**

Congrats on the presentation, it is a real motivation to all to have someone who has followed the plan and got great results.

My thoughts are with you and your family, with the news of your MIL.  
2202 days ago



**GINIEMIE**

I truly believe that we must work on Mind, Body and Spirit-not necessarily in that order. But if we do believe in God, and do practice in and organized faith group it is good to see the need for all three. As a Catholic, I believe my body is the Lord's temple so I must treat it with respect and reverence. I am not always good at this, but I keep trying. I love it that you parish as a ministry promoting this.

Prayers for your MIL, you and your DH.



2202 days ago



**WATERMELLEN**

I'm sure your presentation was terrific: and it's so very important. From a religious perspective (and I'm only a reverent agnostic) I'd suppose caring for our bodies is a way of honouring the gift of life given to us.

Hope your MIL's crisis passes and you can soon return to your regular routines . . . You are good people to be there for her.  
2202 days ago



**TERI-RIFIC**

You really are spreading the spark. Good for you. I hope your MIL is OK.  
I think most churches would be better off with less potlucks and more running groups!  
2202 days ago



**MARYJEANSL**

Your mother-in-law is in my prayers. I know how hard it is to have a loved one ill, and how hard it is to take care of an elderly parent (although, in my family, the majority of the burden has fallen upon my sister).

I was pleased to hear how well your presentations went. I hope that something like what your parish does might someday spread nationwide.  
2202 days ago



**KRISZTA11**

Congrats to your presentations and all the success!

**Get Well Soon** to your MIL.  
2202 days ago



**WALLAHALLA**

How exciting to be invited to speak about something you are passionate about!



Hugs and prayers as you care for your MIL.  
2202 days ago



**PHOENIX1949**

**WAY TO GO** on spreading the Spark.



Best wishes for quick resolution of MIL's latest challenge.  
2202 days ago



**MJREIMERS**

Congrats on the presentation and what a great way to reach out to others. I like that kind of mission! I hope your MIL gets over her crisis. Hang in there!

2202 days ago



**PRNCSCUP1-2FULL**

How exciting for you and your daughter! Wonderful way to spread the Spark! Wishing your MIL well. Hope you can get home and get some rest soon! Exciting how you were asked to speak again too! Godo for you!!

2202 days ago



**ONEKIDSMOM**

What a lovely "mission" to have. Hope things go well with your MIL.. sending prayers.

2202 days ago



**SWEETNEEY**

congratulation on spreading your own version of the Spark. Hope MIL gets better.

2202 days ago



**LIVEDAILY**

Congratulations on your presentations! That's wonderful that you were so well received! I hope your MIL is doing better, and that you'll be home soon.

2202 days ago



**SYLPHINPROGRESS**

What an interesting program. I offer my best wishes to your mother-in-law.

2202 days ago



**WILSONWR**

Sounds like a great presentation that was very well received! I hope your MIL is doing better.

2202 days ago



**SLIMMERJESSE**

Hope all goes well with MIL. Congrats on a good presentation.

2202 days ago



**MISCHAKEO**

It sounds like your presentations went well. That is a great development for your church to reach out and help people spiritually as well as taking care of their bodies. I am keeping your

family in my prayers.

2202 days ago



**NELLJONES**

What a wonderful idea!

2202 days ago



**JANETRW50**

This is such a wonderful idea! I am personally not one for organized religion but this strikes me as groundbreaking in the church's service to their congregations. I recently heard on NPR of a minister in the rural south whose church was undertaking the same mission. His congregation had extremely high obesity percentages and he felt the importance of ministering to both body and spirit. I wish I could have heard your presentation. Good work!

2203 days ago



**CD2244567**



2203 days ago



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