



**Celebrating that Christ is all and in all by seeking, inviting, belonging,
serving and reverencing God's creation**

As you enjoy the beauty of Christmas trees this season, consider the gift of trees to humans. Trees transform light itself into the air we breathe. Ponder this miracle.

While they are silent and stationary, trees hold tremendous powers, including the power to make all our lives better and healthier. Most of us sense that taking a walk in a forest is good for us. We take a break from the events of our daily lives. We enjoy the beauty and peace of being in a natural setting. Now, research is showing that visiting a forest has real, quantifiable health benefits, both mental and physical. Even five minutes around trees or in green spaces may improve health. Seek the company of trees and breathe in their fragrance, formed from light. Merry Christmas to all!

Exposure to forests and trees:

- boosts the immune system
- lowers blood pressure
- reduces stress
- improves mood
- increases ability to focus
- accelerates recovery from surgery or illness
- increases energy level
- improves sleep

Source: Dept. of Environmental Conservation New York State

