

OctoberF.I.T.

Faithful Intentional Time

This month we are focusing on wellness of body, mind, and spirit. We invite you to use the daily suggestions and wild card activities listed here to bring a little more wellness into your life.

See details about specific Christ Church events (*) at christchurchcharlotte.org.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Join us live or online for Celebration Sunday*	3 Take time for prayer	4 Take 5 minutes to stretch	5 Enjoy your favorite fruit or veggie	6 Dedicate 30 minutes to exercise , perhaps at Pilates*	7 Make a doctor's appt. you've been putting off (dermatologist, PT, eye exam, etc.)	8 Savor a cup of coffee, cocoa, or tea
9 Enjoy the St Thomas Gospel Choir* live in person or online at 10am in All Saints' Hall	10 Enjoy 30 minutes of technology-free time	11 Give yourself intentional time to recenter , perhaps at Chair Yoga*	12 Participate in the Parish Choir* practice!	13 Write down 3 positive things about your day	14 Host or invite friends to share a meal	15 Take a walk or bike ride on one of Charlotte's public greenways
16 Be in community , perhaps at Songs of Freedom, Evensong , or the Fall Family Service Project*	17 Practice generosity, perhaps at the Baby Bundles MVP* event	18 Enjoy 10 minutes in the sun or shade contemplating spirituality	19 Enjoy a different type of cuisine for dinner.	20 Hold a smile for 2 minutes and notice what happens next	21 Invite a friend to join you at church or in prayer	22 Enjoy the outdoors with a friend, perhaps on a Holy Hike*
23 Explore movement as a spiritual practice, perhaps at Yoga for the Spirit*	24 Dedicate 10 minutes to exploring devotions or Scripture	25 Relish some Halloween candy and memories , perhaps at Trunk or Treat*	26 Reach out to a friend and let them know you've been thinking of them or praying for them	27 Take 15 minutes to learn about something new to you	28 Invite a friend(s) to share in an activity together (cards, golf, exercise, craft, movies, etc.)	29 Enjoy the fall weather with a friend, perhaps on a Christ Church Bike Ride*
30 Enjoy some seasonal fun - carve pumpkins, view the changing leaves, watch sports with others	31 Practice an act of generosity (Candy, anyone?)	BONUS: Set a wellness intention for November!				

Wild Cards

Swap these for suggested calendar activities!

- Sing or hum a song
- Enjoy your pet's company
- Spend 15 minutes reading for pleasure
- Enjoy cloud watching or star gazing
- Read a poem
- Create a doodle or 3
- Draw, paint, or take a picture
- Engage with nature by playing in the garden or raking leaves
- Plan a specific time in your calendar to do an activity you've been putting off
- Create your own!

