



“God has planted deep within each of us a call to co-create and to meaningful participation in community.”

Fr. Angelo Amaral  
Chaplain  
(b. 1957)

Last week I shared the importance of carving out time and space in our lives for things that bring joy. This week I wish to focus on two additional life-giving activities to enhance the quality of our days: co-creating and community.

Our hospital recently embarked on a “Hello Wellness” creative project in which each service line received their own poster with instructions to participate together in coloring it in. The Security and Mission and Spiritual Care poster is a beautiful floral piece. I hung it in the hallway with a Post-It note encouraging my suite-mates to, “Add your favorite colors. #bettertogether.”

Blue, pink, purple, red and orange fill the poster bringing this work of art to life. It has taken a few weeks, little by little, but we are closing in on its completion. This simple project brought our teams together to achieve a common goal—one that we can see from beginning to end—spending time talking to one another about things besides work. It is a creative outlet and opportunity to strengthen our sense of belonging through community. A chance to pause from our tasks and simply enjoy co-creating together.