

BODY AND SOUL

Body and Soul meets every Friday morning when school is in session. We congregate inside the Church right after school begins, at 8:15am. We are blessed to have Abbot Richard with us every Friday to lead us in rosary. We begin with praying for all those in the community who have asked for intentions.

We have rosary beads available for all and have a printed sheet of the prayers to follow along.

After rosary, we offer the option to join us on a hike through Jockey Hollow. There is a 3 mile or a 5 mile option, depending on your time or how you are feeling that morning. You are not obligated to join in the hike but it is fun and you burn calories!

Body and Soul delivers what it promises. You get a nice workout and your soul feels fulfilled after prayer to Our Lady. Plus you are able to meet other moms in a small and informal setting.

If you have any questions, please do not hesitate to reach out to us.

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