How can I nourish my mind, body and spirit with good news?

Look around and observe the scene in front of you. Welch Field is in the heart of USF campus and is often full of students, faculty, staff and community members nourishing themselves with good news of laughter, love, joy and friendship. From this perspective you can see Gleeson Library where you can nourish your mind and St. Ignatius Church where you can nourish your spirit.

“Good news usually comes from life going on all around us.”
- Hal Urban

NEXT STOP:
7. Pass it On, St. Ignatius Church Bell Tower

Continue nourishing your body by briskly walking around the church to the next stop...