



**Delaware Park Museum District**  
**2022 First Sunday of the Month Walks**  
**Franciscan-based 45 min. to 60 min. Reflective Walks since 2016\***

**Led by:** Dennis Galucki, Founder, C-SAAHN & 'IMAGINE Greater Buffalo' B&ECP Library Series

**WHEN:** First Sunday of the month mid-morning walks  
All year, rain or snow, cloudy, sunny or windy: 11 am - Noon  
All walks begin and end at the Hoyt Lake Marcy Casino area and are FREE.

**WHERE:** Three different walks - Four different months - Four different seasons.  
Hoyt Lake - January, April, July, October;  
Mirror Lake & Japanese Garden - February, May, August, November;  
Scajaquada Creek, Buffalo State College & Richardson Complex - March, June, September, December

**WHY:** Imagine quietly and reflectively walking and appreciating the beauty of Buffalo's Delaware Park Museum District - it can be both a physical and spiritual exercise; individual yet communal; as well as a pleasant and creative place-based lifelong learning experience and perhaps for participants, "the pursuit of Happiness."

**Sponsored by:** C-SAAHN & [ImagineLifelongLearning.com](http://ImagineLifelongLearning.com)  
An affiliate of the nonprofit Wellness Institute of Greater Buffalo  
**Partnered with:** SUNY Buffalo State Newman Center *Laudato Si'* Committee  
Buffalo Olmsted Parks Conservancy & Buffalo Niagara Waterkeeper

**\*First Sunday Franciscan-based Reflective Walks are inspired by Paragraph 215 of *Laudato Si'***

p 215. *In this regard, "the relationship between a good aesthetic education and the maintenance of a healthy environment cannot be overlooked." By learning to see and appreciate beauty, we learn to reject self-interested pragmatism. If someone has not learned to stop and admire something beautiful, we should not be surprised if he or she treats everything as an object to be used and abused without scruple. If we want to bring about deep change, we need to realize that certain mindsets really do influence our behaviour. Our efforts at education will be inadequate and ineffectual unless we strive to promote a new way of thinking about human beings, life, society and our relationship with nature. Otherwise, the paradigm of consumerism will continue to advance, with the help of the media and the highly effective workings of the market. (Emphasis by Galucki)*

ENCYCLICAL LETTER  
[LAUDATO SI'](#)  
OF THE HOLY FATHER FRANCIS  
FOR OUR COMMON HOME



ON CARE