

Wellness Ministry

Jesus said, “I have come that they may have life, and have it to the full” (John 10:10).

What is a Wellness Ministry?

- Promoting Health and Wellness at the congregational level
- Focusing on health in the whole person- body, mind and spirit
- Complements pastors’ and doctors’ work

A Wellness Ministry invites us to think about health in relation to God’s plan for our well-being. It brings a whole new dimension of possibilities to what the church can do in our lives. Jesus asks us to use our gifts to help others achieve wellness. A Wellness Ministry demonstrates the connection between body, mind and spirit. Our Wellness Ministry ministers to the whole person through their whole life span.

Mission

Opening our hearts to all who walk through our doors, St. Paul’s Wellness Ministry is a Christ-Centered, caring ministry that promotes healing of body, mind and spirit in a compassionate sensitive and private setting.

Monthly Blood Pressure Screening

The first Sunday of every month, a registered nurse, who is part of the Wellness Ministry Team, offers free blood pressure checks. You can see the nurse in the office area after Sunday Worship Services. They also have information on common questions you may have about diet, blood pressure medications, exercise, understanding cholesterol and other laboratory readings.

Monthly blood pressure checks are a great way to keep track of your blood pressure between doctor visits and to see if your blood pressure medication is effective.

An Invitation TO:

Walk To Jerusalem

God has told you, O mortal, what is good;
and what does the LORD require of you but
to do justice and to love kindness,
and to walk humbly with your God?
Micah 6:8 (NRSV)

Join St. Paul's
Virtual Walk to Jerusalem
6,000 miles

Contribute by walking, running, swimming, cycling, stretching, weight training, yoga, tai chi, ect.

Seated activities are OK too.

Every *20 minutes* of physical activity counts as *one mile*.

Everyone's "miles" will be added up each week so that we can monitor our journey from Pittsburgh to Jerusalem

There will be a world map in the Koinea Hallway and a container for your weekly exercise record.

Lenten Journey

This walking program designed to increase the physical, spiritual and emotional health of participants.

We are suggesting that your personal pilgrimage through Lent will include purposeful body strengthening exercise and spirit strengthening devotional time.

You can turn in your miles in one of the following ways:

- Put your purple mileage card in the container located in the Koinonia Hallway
- Email Kathy at kbelcastro@stpaulsumc.com
- Call Kathy at 412-486-7006, voice mail #32

Get your packet and start adding up those miles!