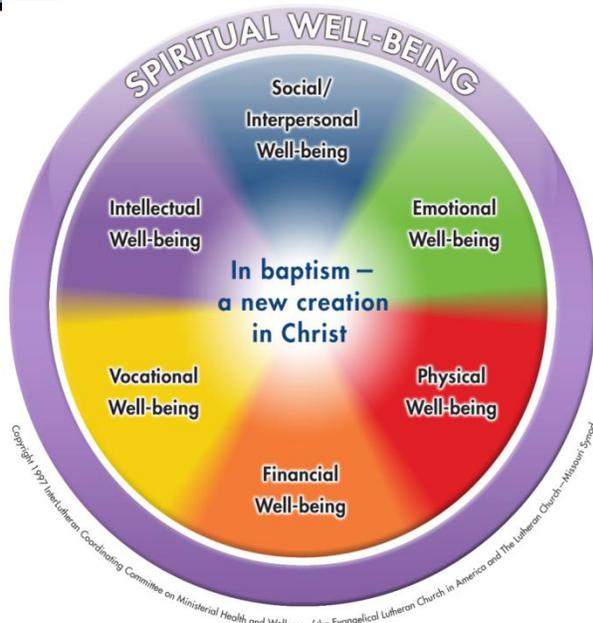




Wellness Beat

-Promote Spiritual Well Being through Social and Interpersonal Interaction- February 2013



Our Continuing Story

Using the Wholeness Wheel developed by Inter-Lutheran Coordinating Committee on Ministerial Health and Wellness, we have developed a fun and informational newsletter to provide information and activities relating to your Spiritual Well Being. Look for events and activities each month to help you keep in touch with others as well as in touch with your own spiritual growth. God's Blessings and Enjoy!

Let's Get Moving- Physical Well Being

What is T'ai Chi?

T'ai Chi is an entire body experience meant to relax its participant and allow awareness of one's movements and thoughts

(<http://members.tripod.com/~donalo/introd.htm>)

This experience differs from other "hard" martial arts, by its softness and sensitivity to one's body.

Its slow, precise movements strengthen both one's mind and body. T'ai Chi can help one to become a better person through promoting growth and learning about oneself free from limitations and inhibitions. The martial Arts Institute says that this exercise "combines relaxation in motion with precise breathing to stimulate the inner energies of the body, strengthening the immune systems, nervous system, and regulating the metabolic processes

(http://www.hsingi.com/tai_chi/index.html).

(Hasel, 2011)

Tai Chi Wellness Continues
Tai Chi Wellness Classes are still being held on Monday and Thursday at 9 am. Come and check it out.

Praise God Highlights

- Members participating in the Stewardship program, Consecrated Stewards, including a celebration service and meal.
- Thirteen Youth attending the National Youth Gathering had a successful fundraiser knocking down bowling pins.
- Over \$600 raised for Place of Refuge by the 4K-2nd Grade children by filling baby bottles with their coins.
- Fellowship, singing and fourteen lovely decorated tables, all part of Advent By Candlelight
- SMART boards added to help in education
- New congregation members and four new students
- People giving countless hours through various organization at church and school
- Items gathered including Christmas gifts for school children, mittens by the Ladies Guild, and blankets by Rangerettes
- Special Advent Service by Upper Grade students and other beautiful worship services during the Christmas season.
- God's blessings continuing to pour out in so many ways at St. Paul's.

Please remember if you have something that you would like to add, just contact Barb Heimsoth (barb@splcwa.org) Thanks!

Committee Members:

Darla Leiternann, Terri Stryck, Crystal Barry, Barb Heimsoth, Janet Johnson, Larry Hoffman, Carol Hoffman, Frank Coogan

Just for Fun- *Social Interpersonal Well Being*

St. Paul's Brewer Outing

Mark your calendars for
Sunday July 21, 2013
Brewers vs. Marlins
Game Time 1:10 pm

Loge Bleacher Tickets are located Section 204 rows 6-9 @
\$23 each

Because of the limited tickets available, advance purchases
welcome

Tailgating details to be announced

Contact Crystal Barry 414-423-0244 with any questions.



Let's Get Moving- *Physical Well Being*

Money Matters- *Financial Well Being*

Joyful Response Reminder

Did you know you have the option of having your church offering paid automatically from either your savings or checking account? All you have to do is fill out a form and you will no longer have to worry about forgetting your envelope or doubling up your giving because you were out of town. The forms are available in the church office or on the rack in the Narthex. You will be able to select which account the money comes out of and how often. Make sure you sign and date the form and then return it to the church office/Bev Baumgart. The offerings are credited monthly to your offering envelope number.

Glory Riders to begin

Come join our weekend family bike rides:

Sunday May 19

Sunday June 30

Sunday July 14

Sunday August 18

Sunday Sept 15

(Locations and times to be announced)

Stay tuned for:

- Glory Riders participation in Miller Ride for the Arts
- Dates for Glory Striders participation in Briggs & Al's Run/Walk for Children's Hospital
- Glory Striders weekly schedule start dates

"Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important for it promises a reward in both this life and the next. This is true and everyone should accept it."
Timothy 4:7-9 (NLT)

Let's Get Moving- *Physical Well Being*

Laura's classes are going strong.

Core Workout: Come for a 45 minute core workout, Monday evenings @ 5:00 PM at the ECC. Please call Barb Heimsoth 545-6618 if you plan to attend in event class has moved or rescheduled.

Healthy Joints: Help improve movement in all the joints and muscle strength. This class is for all but especially helpful to those suffering from arthritis and fibromyalgia. This class will be a full 50 minutes of movement.

Tuesdays @ 10:00 am @ the Fellowship Hall

Please contact Laura Haas at 541-7656 with any questions.

Committee Members:

Darla Leitermann, Terri Stryck, Crystal Barry, Barb Heimsoth,
Janet Johnson, Larry Hoffman, Carol Hoffman, Frank Coogan

Cook's Corner- *Physical Well Being***Cajun Jambalaya**

12 medium shrimp, peeled, deveined and chopped
 4 ounces chicken, diced
 1 tablespoon Creole seasoning
 2 tablespoons olive oil
 1/4 cup chopped onion
 1/4 cup chopped green bell pepper
 1/4 cup chopped celery
 2 tablespoons chopped garlic
 1/2 cup chopped tomatoes
 3 bay leaves
 1 teaspoon Worcestershire sauce
 1 teaspoon hot sauce
 3/4 cup rice
 3 cups chicken stock
 5 ounces Andouille sausage, sliced
 Salt and pepper

Directions

In a bowl combine shrimp, chicken and Creole seasoning, and work in seasoning well. In a large saucepan heat oil over high heat with onion, pepper and celery, 3 minutes. Add garlic, tomatoes, bay leaves, Worcestershire and hot sauces. Stir in rice and slowly add broth. Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally, about 15 minutes. When rice is just tender add shrimp and chicken mixture and sausage. Cook until meat is done, about 10 minutes more. Season to taste with salt and pepper and Creole seasoning

Per Serving: Calories: 402; Fat: 16g (Saturated Fat: 4 grams); Protein: 24g; Carbohydrates: 38g; Sugar: 4g; Fiber 0g; Cholesterol: 97mg; Sodium: 800mg

(Lagasse)

Good Brain Foods

Avocados, bananas, lean beef, brewer's yeast, broccoli, brown rice, brussel sprouts, cantaloupe, cheese, chicken, collard greens, eggs, flaxseed oil, legumes, milk, oatmeal, oranges, peanut butter, peas, potatoes, romaine lettuce, salmon, soybeans, spinach, tuna, turkey, wheat germ, yogurt

Bad Brain Foods

Alcohol, artificial food coloring, artificial sweeteners, colas, corn syrup, frostings, high-sugar drinks, hydrogenated fats, junk sugars, nicotine, white bread

We're Listening

Please contact us if you:

- + Would like to participate
- + Have any suggestions for social events
- + Have items relating to health for both mind and body
- + Have an event you would like to promote

splcbeat@yahoo.com

God's Gifts- Vocational Well Being

How are you using your God given talents? St. Paul's has some great opportunities. Contact the church or school office for details.

Sources and Credits

Hasel, J. (2011, 12 24). *The Benefits fo T'ai Chi*. Retrieved from www.vanderbilt.edu/ans/psychology/health_psychology/taichi2.htm.

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<http://www.foodnetwork.com/recipes/emeril-lagasse/cajun-jambalaya-recipe2/index.html?oc=linkback>. (n.d.).

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