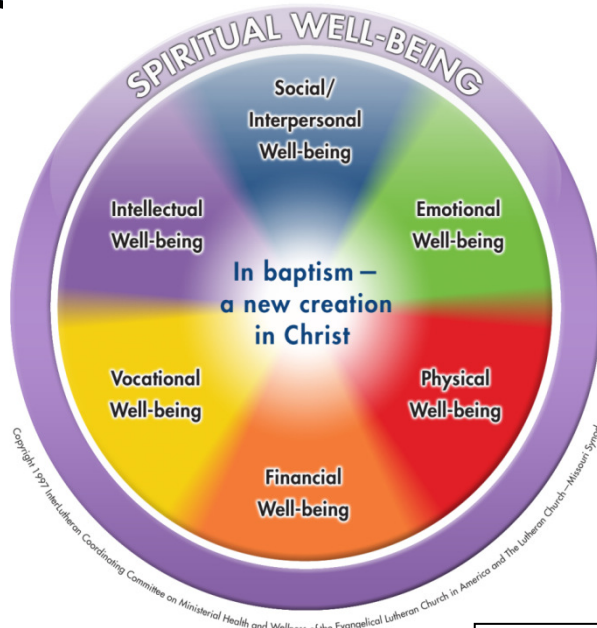




Wellness Beat

-Promote Spiritual Well Being through Social and Interpersonal Interaction- Feb. 2012



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!

Just for Fun- Social Interpersonal Well Being

When Does 9=10?

At the 9-Pin Tap Bowling Event at Beloit Lanes on Sunday February 26!

Join us for Fellowship, Door prizes, Raffles, & White Elephant gifts as we help raise funds for the St. Paul's S.O.S. (Save Our Staff).

Everyone (16yrs+) is invited, but space is limited so don't delay.

You don't have to be a "Bowler" - This is just for fun & fellowship.

Sign up forms are available in the Narthex, Church office & February Herald.
Call Bob & Terri Stryck 414-545-1308 or Jeff & Darla Leiternann 414-327-4252 with any questions

"God's alternative to revenge is not truce or standoff or cold war or isolationism. It is forgiveness."

(from Invitations from God by Adele Ahlberg Calhoun)

Let's Get Moving- Physical Well Being

ADULT OPEN GYM

Looking for some physical activity on the weekends? Come to Adult Open Gym will run from 7:00 9:00 p.m. on Sunday evenings. Any male or female 18 years or older will be allowed to attend. High school students accompanied by a parent may also attend, as long as the parent stays the entire time. There will not be a charge for these open gyms but we are asking everyone to make a donation to the St. Paul's Athletics program.

DISCLAIMER: Please understand that we are doing this to have fun and get some exercise. If anyone is asked to leave due to behavior, they will not be allowed to attend future open gyms. **For security reasons, we will be locking the door at 7:30.**

Committee Members:

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

Just for Fun- *Social Interpersonal Well Being*

Family Movie Night

March 10, 2012, after the 5:00 pm service

“A Dolphin’s Tale” will start promptly at 7:00 pm.

Bring your own comfy chair or sleeping bag/pillow for a night of fun and relaxation.

Popcorn will be available for purchase. This is one theatre that you are allowed to bring your own candy treats and beverage if desired.

Due to the family nature of this event, each child must be accompanied by a parent/adult.

Let's Get Moving- *Physical Well Being*

Laura Haas, St. Paul’s member and certified instructor, continuing classes:

Come check out the first class for free

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.

Session started 9/20/11 -10:00AM Tues. at the Fellowship Hall. Start anytime and will be continuous to end of year.

\$14/7weeks- **Control Your Health:** The beginning 15 minutes will be a discussion on the nutrition and healthy living. This will be followed by 35 minutes of varied exercises, including shaping up core muscles.

\$14/7weeks session at the ECC

Second session: 6:00PM Mon. from 11/7 to12/19

Checks made payable to Laura Haas.

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

Tai Chi Wellness Continues

Tai Chi Wellness Classes are still being held on Monday and Thursday at 9 am.

Come and check it out.



Book Club Corner- Recommended Reading

Reading and Website Suggestions from the Wellness Committee:

- “The Mentor Leader”, by Tony Dungy
Tony Dungy co-founded "All Pro Dad", a non-profit that encourages strong bonds between fathers and children.
www.allprodad.com.
- "Word Power" by Emily Cox & Henry Rathvon in Reader's Digest

ST. PAUL’S NOW HAS A BOOK CLUB

January was the initiation of St. Paul’s Book Club with great success. The next book club is Monday, February 13th at 6:30 p.m. We will meet in the foyer at the Grant Street building. Our book selection is The Judgement. If you are coming to the February book club, please read The Thorn (last month’s selection) and The Judgement.

We will read The Mercy for the March book club. If you would like to come to book club, we would love to have you. These are really great books and are a pretty easy read. The books can be found at the library or can be purchased at the Family Christian bookstore on 76th Street.

If you have any questions, please call or email me at 546-4652 or 4ricards@att.net. Thanks!
Jennifer Ricard

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Praise God Highlights

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- Pastor Stanton and Pastor O'Connor sharing the Gospel with us
- Volunteers continue to bless our church with their time and talents
- New students coming to our school
- No "snow" cancellations for church
- Members continue to invite others to our church
- Over 10 ladies attending the new Christian book club
- 2-year old program continues to bless little ones and their families
- Blessings received from over 25 years of teaching by Mr. Woller and Mrs. Van Dyke
- How many coats do you think Ellen has zipped in those 25 years? 😊

Thank you, Lord for Your continued blessings to our church and school.

Money Matters- Financial Well

Make easy energy-saving upgrades.

Minor household improvements such as:

- Sealing electrical outlets
- Installing high performance showerheads
- Switching to compact fluorescent light bulbs
- Upgrading heating and cooling systems

This can equal substantial savings over the course of the year.

Even making simple changes to daily habits like:

- Washing your clothes in cold water
- Closing or opening your blinds to help regulate temperature

This will slash your energy bill. Plus, you'll be helping the environment too.

(Welch)

Cook's Corner- Physical Well Being

Ideas to Cut 250 Calories from your Daily Food Intake

Cut 250 Calories at Breakfast

- Trade a reduced-fat blueberry muffin for instant oatmeal topped with 1/4 cup of fresh blueberries. Bonus: You'll stay satisfied all morning.
- Measure out your breakfast cereal; overestimating by just 1/3 cup can add 100 calories.
- Enjoy it with a 16-ounce chai latte with skim milk rather than a green tea latte with 2 percent.

Cut 250 Calories at Lunch

- Pick turkey over tuna in your 6-inch sub.
- At the salad bar, reach for shredded Parmesan instead of cheddar and skip the bread.
- Nuke a Lean Cuisine chicken parmesan instead of having one delivered.

Cut 250 Calories at Dinner

- Make your own salad dressing using low-sodium, fat-free broth in place of 2 tablespoons of oil.
- Having fajitas? Fill up one tortilla rather than three, Eat the rest of your fixings with a fork.
- Sub black beans for refried and hold the side of Mexican rice.
- Order filet mignon instead of a New York strip steak.
- Opt for broccoli chicken over sweet-and-sour, and for steamed brown rice, not fried.

Cut 250 Calories from a Snack

- Bite into a chocolate-covered strawberry rather than a chocolate chip cookie.
- Skip the small movie-theater popcorn and bring your own 1-ounce bag of Lay's.
- Switch from juice to Crystal Light twice a day.
- At the mall, curb a craving for a soft pretzel with a 100-calorie pretzel pack

(www.fitnessmagazine.com)

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God's Gifts- Vocational Well Being

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

Let's Get Moving- Physical Well Being

Workshops being offered by St. Paul's member
Dr. Jeff Durski, a Chiropractic Doctor practicing in the Milwaukee area for the last 22 years

Thursday March 8, 2012 @ 7:30 pm at the ECC

Five Secrets to Permanent Weight Loss: (Back by popular demand)

Learn why diets don't work, why eating fat doesn't make you fat, what hormone is out of control in your body, how to gain energy and vitality, what exercise program you should be on, and much, much more.

Thursday April 26, 2012 @7:30pm at the ECC- Family Health Starts at Home:

Covers the basics that all families should be aware of in order to raise a healthy family in today's environment. It covers proper nutrition, environmental toxicity, exercise and proper function. From the birth process to high school sports, from learning to walk to carrying a backpack, children are subjected to health problems and trauma that can affect the well-being of their lives. Infantile colic, ear infections, tonsillitis, scoliosis, adolescent low back pain and even so-called "ADD" can all be related to treatable health problems such as allergies, low blood sugar, nutritional deficiency and impurities in the body. The purpose of this workshop is to educate parents on safe, natural alternatives to treating family health problems that don't involve drugs or surgery.

We're Listening

Contact us via e-mail at splcbeat@yahoo.com. if you have any ideas, input or would like connections for volunteer opportunities.

Sources and Credits

Welch, L. (n.d.). *6 Simple Energy-Saving Home Fixes*. Retrieved from <http://www.realsimple.com>.

www.fitnessmagazine.com. (n.d.). *weight-loss/eating-help/calories/the-no-hunger-way-to-cut-100s-of-calories*. Retrieved from www.fitnessmagazine.com.

The Wellness Committee is in the planning process for future events.

Look for:

- ✚ Summer Biking to return
- ✚ Family Skating Event
- ✚ Preparation for Ride for the Arts and Al's/Briggs run/walk
- ✚ Church Picnic planning
- ✚ Health Faire at St. Paul's
- ✚ Cooking classes at St. Paul's

Please contact us if you would like to participate or if you have any suggestions for social events or have an event you would like to promote. splcbeat@yahoo.com.

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