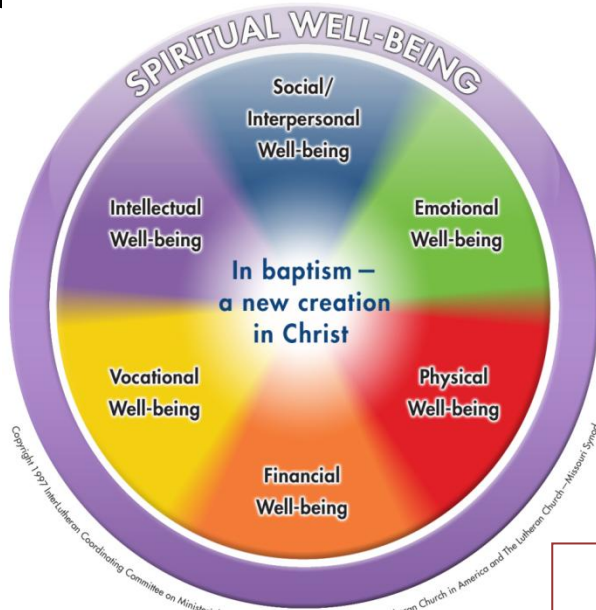


Wellness Beat

-Promote Spiritual Well Being through Social and Interpersonal Interaction- November 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!

Let's Get Moving- Physical Well Being

History of T'ai Chi

One of the most relaxing forms of martial arts, T'ai Chi, can help overcome such problems as arthritis, rheumatism, back problems, lack of balance, high blood pressure, stress, post-traumatic stress, lack of energy, and more. T'ai Chi is a non violent form of the martial arts whose roots are derived from the Chinese and correlated with Traditional Chinese Medicinal techniques. There are many forms of T'ai Chi, including T'ai Chi Chuan and T'ai Chi Chih; all of which have been studied for thousands of years to improve the Chinese way of life. There have been many records of the origin of T'ai Chi reaching as far back as over 3500 years ago. In addition to a Chinese Marital Art, T' Ai Chi has origins related to Taoism, which revolved around calmness, "tranquility of mind," and the improvement of health and persona([wysiwig/25http://www. Spiritweb.org/Spirit/tai-chi.html](http://www.Spiritweb.org/Spirit/tai-chi.html)). Monks employed T'ai Chi as means of becoming more in tune with their bodies and their environment. Therefore, this marital art helped them to "defend themselves against bandits and warlords through physical health and spiritual growth" (<http://www/maui.net/~taichi4u/overview.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

- Our food pantry continues to serve people, including those stopping in our church.
- Many seniors are enjoying trips and tours with the "Fun Seekers" group.
- Wonderful experience during Outdoor Ed. for the 7th and 8th Graders.
- Faithful Leaders in Rangers and Rangerettes
- Successful Youth Lock-in with college students from Concordia Chicago.
- Money raised and fellowship enjoyed at the faculty spaghetti dinner.
- Beautiful quilts made and sent to people all over the world.
- Snow equipment bought, paid for and ready to use.
- Volunteers working hard at "Buy Seasons" raising money for SOS
- God's blessings pouring 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

Money Matters- Financial Well Being

A Finance Check List

1. Find a Financial Planner at napfa.com or garrettplanning.com
2. Keep a home inventory video of your belongings for home insurance purposes.
3. Spend your gifts cards in case they have an expiration date.
4. Walk a close relative through your affairs in case something happens to you.
5. Remember that you can get loans for college costs, but not for retirement.
6. Diversify your stocks, bonds and investments for the best returns.
7. Open a home equity line of credit.
8. Ask for better credit card rates.
9. Read the rules on your Rewards Cards.
10. Check your credit report at annualcreditreport.com
11. Enroll in your employers Flexible Spending Account program if offered.
12. Automate your gift giving.

(Lieber)



Just for Fun- Social Interpersonal Well Being

LAST MINUTE SHOPPING JUST GOT EASIER
St. Paul's youth attending the National Youth Gathering will be offering babysitting for all school age children

Saturday, December 8, 2012
Drop of at the ECC from 1:30-4:30 pm.

Activities to keep your children busy:

- ✚ retro-movie with popcorn and pretzels
- ✚ Games and projects.

A free will offering will be taken.

Get ready to drop off the kids and run!
Contact Crystal Barry 414-423-0244 with any questions.

"Perseverance is a great element of success. If you only knock long enough and loud enough at the gate, you are sure to wake up somebody."
– Henry Wadsworth Longfellow

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.

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***Slow Cooker Chicken Teriyaki**

Yields 4-6 servings

3 lbs boneless skinless chicken breasts

3/4 cup low sodium soy sauce (regular would work too)

1/4 cup + 2 Tbsp apple cider vinegar

1/3 cup packed light-brown sugar

1/4 cup honey

3 Tbsp orange marmalade

1 tbsp finely grated fresh ginger

2 cloves garlic, finely minced

1/2 tsp freshly ground black pepper

1 1/2 Tbsp cold water

1 1/2 Tbsp cornstarch

Cooked long grain white rice, for serving

Sesame seeds, for garnish (optional)

Directions:

Place chicken in a slow cooker, set aside. In a mixing bowl, whisk together soy sauce, apple cider vinegar, light-brown sugar, honey, orange marmalade, ginger, garlic and pepper. Pour mixture over chicken in slow cooker, cover with lid and cook on low heat 5 - 6 hours. Remove chicken from slow cooker and shred. Strain sauce from slow cooker through a fine mesh strainer into a medium saucepan. In a small mixing bowl whisk together 1 1/2 Tbsp cold water and cornstarch. Pour cornstarch mixture into liquid in saucepan and heat mixture over medium high heat, stirring constantly, until mixture begins to gently boil. Allow mixture to gently boil about 20 seconds until thickened. Return chicken to slow cooker and pour teriyaki sauce from saucepan over chicken. Toss mixture gently to evenly coat. Serve warm over cooked rice garnished with optional sesame seeds and serve with diced fresh pineapple if desired.

Recipe Source: slightly adapted from [Lake Lure Cottage Kitchen](#)

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.

Let's Get Moving- *Physical Well Being*

Glory Striders and Glory Riders are finished for the season. Look in the spring for:

- Start dates for Glory Striders
- Dates for Glory Striders participation in Briggs & Al's Run/Walk for Children's Hospital
- Start dates for Glory Riders
- Dates for Glory Riders family weekend rides-route suggestions welcome
- Glory Riders participation in Miller Ride for the Arts

See you all next spring.

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

Sources and Credits

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