

Get Moving for Spiritual, Physical Health

“Fail not, on any account whatever, to walk an hour every day,” the Rev. Samuel Wesley told his son John years before the young man started the Methodist movement.

John took it further, advocating three hours of physical activity daily, along with 3 hours of prayer!

“John Wesley seemed to understand what was needed to form faithful, fruitful and effective Christians,” says Barbara Lewis of the Western PA Conference Health as Wholeness Team.

“It’s significant that we use images of pilgrimage and journey frequently in spiritual formation,” notes the Rev. Lisa Grant, Conference director of connectional ministries.

“Research shows that there are mental and emotional benefits to physical activity,” she adds. “Our brains are stimulated: it helps our memory; it helps us learn; it sparks creativity, and it helps battle depression and anxiety.

“Walking a prayer labyrinth shows the connection between physical movement and opening ourselves to the movement of God’s spirit.”

So get moving! Here are some ideas: Get started with our Conference Health as Wholeness Team’s **Strides for Health**



A WPAUMC image

Choose an activity that works for you.

campaign, which kicks off Sept. 14. The self-directed program helps you set your own goals and work toward them at a pace that’s right for you. Don’t like to walk -- or need an alternative activity? Check the Walking Conversion Chart on www.wpaumc.org. (Search the word “health.”) You’ll also find

chair exercises, a walking log and other information. Miles walked by pastors and church members during the eight-week period will count toward the 2010 Golden Sneaker Award, presented at annual conference to the WPAUMC district that logs the most physical activity. Check the website or e-mail healthteam@wpaumc.org for info.

Form a small group to walk together. Add a spiritual component by praying or discussing a devotional reading or scripture verse. Walk the neighborhoods around your church and pray for those you pass. Invite others to join you.

Walk in a CROP Walk this fall to benefit hunger ministries. If there’s no CROP Walk in your community, organize one. Learn more at www.CROPWalk.org.

By Jackie Campbell, WPAUMC News

Strides for Health is a Highmark program adapted with permission by the Conference Health as Wholeness Team.

Bible Study and Prayer

Join United Methodists throughout Western Pennsylvania in studying these Bible passages from the *Revised Common Lectionary* and praying for these ministries and persons:

September 6-12

Fourteenth Sunday after Pentecost - Green

Read: Prov. 22:1-2, 8-9, 22-23; Ps. 125 or 124 (UMH 846), James 2:1-10 (11-13) 14-17; Mark 7:24-37

Pray for:

- † Pittsfield: Otterbein UMC, Kane Dist., Steven Gruver, pastor, William R. Beatty, associate
- † Faithful Followers, Indiana Dist., Leslie A. Hutchins, pastor
- † Jacob's Creek & Owensdale UMCs, Connellsville Dist., Kimberly M. King, pastor
- † Springdale UMC, Butler Dist., Wayne Schar, pastor, Patricia Boring, certified lay minister
- † Brave Charge, Washington Dist., Lanfer Simpson, pastor

September 13-19

Fifteenth Sunday after Pentecost - Green

Read: Prov. 1:20-33; Ps. 19 (UMH 750); James 3:1-12; Mark 8:27-38

Pray for:

- † New Alexandria UMC, Greensburg Dist., Linda D. Landers, pastor
- † Mt. Jewett and Hazel Hurst UMCs, Kane Dist., W. Craig Smith, pastor
- † State Line UMC, Erie-Meadville Dist., Robert Howles, pastor
- † Christ UMC, Franklin Dist., David D. Janz, pastor, Samuel J. Wagner, associate
- † Conemaugh: First UMC, Johnstown Dist., Cleo Carr, pastor
- † Grace UMC, Franklin Dist., Edmond C. Gresick, pastor
- † Bellview Charge, Indiana Dist., Roger P. Howard, pastor

September 20-26

Sixteenth Sunday after Pentecost - Green

Read: Prov. 31:10-31; Ps. 1 (UMH 738); James 3:13-4:3, 7-8a; Mark 9:30-37

Pray for:

- † Trinity, Luxor & Gethsemane UMCs, Greensburg Dist., Rebecca W. Patterson, pastor
- † Hays UMC, Pittsburgh District, James A. Cannistraci, pastor
- † Jackson Community Charge, Washington Dist., Benjamin R. Williamson, pastor
- † Mars UMC, Butler Dist., Barry L. Lewis, pastor
- † Covenant Communities, Connellsville Dist., Randy C. Costolo, pastor

September 27-October 3

Eighteenth Sunday after Pentecost - Green

Read: Job 1:1; 2:1-10; Ps. 26 or 25 (UMH 756); Heb. 1:1-4; 2:5-12; Mark 10:2-16

Pray for:

- † Lakewood UMC, Erie Dist., Robert H. Lewis, pastor
- † Ebsenburg UMC, Johnstown Dist., Roger A. Johnson, pastor
- † Bear Lake & Chandlers Valley UMCs, Kane Dist., Larry A. Condron & John Murray, pastors
- † WPAUMC Conference, Robert W. Higginbotham, assistant to the Bishop
- † WPAUMC Conference, Lisa A. Grant, director of Connectional Ministries