

BE WHOLE

Healthy Preacher Movement Monthly Newsletter

ISSUE 04 DECEMBER 2014



A Message From the Founder

"Beloved, I wish above all things that thou mayest prosper
and be in health, even as thy soul prospers."
3 John 1:2

I greet you in the wholeness of Christ. It's hard to believe, but this is our last newsletter for the year 2014! A special thanks to all of our contributors from September to December. You have established a standard of literary excellence that is to be maintained in future issues. Your gifts have exemplified the quality we seek to promote in the movement.

Preacher, your support and participation in the movement has been superb.

The movement that promotes wholeness amongst clergy has mushroomed and exploded – we are a nationwide body! After several conferences and seminars, we have expanded our borders and increased our exposure. In 2015, we intend to establish HPM Regional Coordinators for the movement who will host Quarterly Connections with members. If you have a passion to save a preacher's life, then we need you to be a HPM Regional Coordinator; email me if you are interested!

Having now identified our core members, we are preparing to launch the "Be Whole Campaign" a full fledged 90-day wholeness program beginning January 2015. This program will feature devotionals, workouts, meal suggestions, accountability networks, conference calls and webinars. We aren't perfect but we are pushing! Additionally, we are planning to host our first convening as a movement – the Be Whole Conference 2015 sponsored by the Healthy Preacher Movement.

It will be an exciting gathering of like-minded believers who have embraced the wholeness philosophy with guest speakers, seminars and panelists. The time and location is to be determined. We are actively seeking partners and sponsors for the conference. As you can see, the movement is making moves! Help us to spread this life changing message challenging men and women to answer the question "Wilt Thou Be Made Whole?"

BE WHOLE!

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Prophetically in a Postmodern Culture:
Communicating with Contemporary
Audiences, August 2011—May 2014
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REPRESENT THE MOVEMENT

All T-shirt styles are on sale during our
holiday special from December 1st -31st!!!

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NEW STYLE!!! "Be Whole" T-Shirt

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Color Logo T-Shirt

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OUT OF STOCK PRE-ORDER SALE: Hashtag T-Shirt

~~\$20.00~~
\$15.00

Spirituality (Of the Spirit)

Clergy Spiritual Growth

By Reverend Deborah M. Martin

The flow of our lives as clergy is directly affected by the conditions of our spirits. Everything we seek to accomplish as called servants of God is heavily impacted by where we are on our spiritual journeys. Continual spiritual growth is not only imperative to our effectiveness as spiritual leaders, but also vital to our spiritual wellbeing as children of God. The process in which we must undergo in order to grow spiritually is dependent on our steady and unwavering connection with a God who desires to remain consistent in His connection with us. But, during a time when possessing Godly "favor" seems to be the ultimate measurement of ones connection with the Divine, spiritual maturity becomes solely contingent on what God has done for us and not through us. Seeking approval, acceptance and pleasure from God often times leads Christians, even clergy, to relate with God through a lens of spiritual favoritism, favoring only certain characteristics and natures of God. We respond easily to the God who opens up doors that no person can shut. We enjoy the God who pours out blessings upon blessings causing our spiritual cups to run over. We brag on the God who only causes justice to roll on like a river in the lives of those who we feel deserve it the most. But what is our response to the character of God that holds back when we push back? How do we act toward the nature of God that holds us accountable when we are disobedient? How does one grow spiritually and remain connected to a God who seems to be silent while grand juries deliberate?

During this Advent season, a season in which Christians purposely recall God's act of grace toward a people who forgot to look when God's goodness was abundant, let us continuously center ourselves in a God that will intervene; not because the nature of God's people is so good, but because the total nature of God is so merciful. Let us remain connected to a God whose decisive intervention techniques sometimes presents itself in ways that is not always pleasing to us but in a manner that will ultimately get our attention. As clergy, let us remain spiritually centered in a God that will intervene not because life is always shaped and formed with precession but because God's precession is evident through God's grace. During this Advent season consider how to establish a spiritual regiment that is built on the assured knowledge that God's grace is always sufficient. Before we spend another day preparing to execute our Godly assignments out of empty places, let us agree to find ways in which our spiritually lives are intertwined with God. Whether it be sitting in silence and solitude listening for God to speak or allowing your favorite music playlist to minister to your spirit, find a way to remain united with a God who has not and will not forget about His people even when others seem to have amnesia. Take some time to find organizations that provide resources to assist clergy in clergy care and development. Practice helping those around you understand that your overall wellbeing as a pastor, minister, preacher, teacher, spouse, parent, and friend is tied to your ability to steal away for intentional quality time with the Divine. Do yourself a favor and give yourself permission to develop healthy practices that leads to your continuous spiritual growth and development believing that even when God seems to be invisible, God is still present. Stay centered....be whole!



Reverend Deborah M. Martin is the Pastor of New Chestnut Baptist Church.

As the first African American female called to pastoral leadership in Hanover County, Virginia, Reverend Martin also serves as the 1st Vice Moderator and President of the Division of Clergy for the Chickahominy Baptist Association. She also serves as the Coordinator of Graduate Admissions and Development for the Virginia Union University's Samuel DeWitt Proctor School of Theology in Richmond, Virginia where she is responsible for recruiting, alumni relations, job placement and special events. She is an elected member of the Advisory Council of Student Resources for the Association of Theological Schools in the United States and Canada.

Reverend Martin holds a Bachelor of Arts degree in Public Relations from the University of North Florida, a Master of Divinity degree from Virginia Union University's School of Theology and will graduate in December with a Doctor of Ministry degree from the United Theological Seminary in Dayton, Ohio.

She is the overjoyed mother of two daughters, Alyse, 9 and Asha, 6.

Scholarship (Of the Mind)

And So We Wait...

By Rev. April Roebuck

Luke chapter one is a familiar story. An angel of the Lord visits the Virgin Mary and says that she will conceive and give birth to Jesus, Son of the Most High. While I have no children of my own, I can only imagine what that divine visitation was like. I can only imagine the change that took place in her life and in her thinking; especially about God. No longer is she responsible for caring for herself but now she has to care for a child. I can only imagine the expectation that she must have had, eager to see her son's face. Her prayer life must have extended to now include Jesus. The months of waiting and preparation she had to endure for the birth of our soon coming King. The joy she felt as she pushed and the expectation, now a reality.

This season of waiting, expectation and joy is called Advent. The term Advent was first coined in the 3rd century. Advent derives from the Latin root *Adventus*, meaning coming. Advent is a season of joy and celebration of God coming incarnate in the person of Jesus Christ during the Christmas season. In His birth we have hope that we will be reconciled with God. His birth is just as important as His death because Christ first had to come in order to live and die and be resurrected as Savior of the world. We cannot think of or celebrate His first coming without the expectation of His second coming. As we reflect on what the first waiting was like, we also have this expectant waiting of Christ's return. Advent in the Greek language is *Parousia* meaning coming, but not as in the first coming but as in the second coming of Christ. Advent is the waiting within the waiting, so to speak. The first Advent we spend reflecting on the birth of Jesus. The Second Advent we actively wait in anticipation for His second coming. We reflect on the past and look forward to the future. It's a reflective time on the truth that Christ was and is and is to come. The season of Advent begins the fourth Sunday prior to Christmas Day. This year, the season of Advent begins November 30th. While Advent is not practiced at large in the Baptist tradition as it is in others, I think we may want to take a closer look at the idea. Not so much in the tradition of lighting candles or hanging wreaths but more so the prayer aspect. Advent is a great way for us to end the year and begin the New Year in a spiritual journey of reflection on what Christ has done and expectation in what Christ will do in our lives and in our ministries.

While we look back and look forward, we still have to live in the in between time. What do we do in the meanwhile? We wait. Most think the in between time of waiting for something is dormant time, when really it's a time that God works and we work. Waiting is active. Waiting is never from nothing. Waiting is always from something to something more. Waiting is from the faith of our heart that tugged at us to ask and the lips which spoke it in prayer. And so we wait in faith. We do not know the day or the time of His return but we are called to active waiting in the between time. Actively waiting for Christ's second return means that we are about our Father's business until He comes. The apostles stood staring at the sky for a short while but then they went to work. On the second watch for Christ we are called to work while we wait. Active waiting is being in prayer, serving, reflecting and expecting God to make a triumphant reentry.

As the Christmas or Advent season is upon us, our attitude should be that of the fruit of the Spirit. We wait in love of ourselves and others. We wait in the joy of the Lord. We wait in peace of mind that God is working. We wait in patience for the One who a day is like a thousand years and not be tempted to move ahead of God. We wait in kindness to all we come in contact with. We wait in seeing the goodness of our situations and others. We wait in faithfulness. We wait in gentleness and we wait in self-control. Just like Mary we pray, prepare, endure, push and we wait for our expectation to become a reality. And so we wait....



Rev. April Roebuck

Associate of Mount Ararat Baptist Church, Pittsburgh, PA

- Associate Degree of Information Technology 2001, ICM School of Business, Pittsburgh, PA
- Bachelor of Science Information Technology 2009, Point Park University, Pittsburgh, PA
- Master of Divinity 2014, Pittsburgh Theological Seminary, Pittsburgh, PA

Somatics (Of the Body)

Exercising with God

By Reverend Ademuyiwa T. Bamiduro

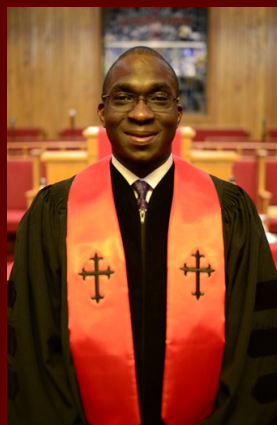
Never underestimate the value of exercise. Indeed, the Bible tells us that our individual and collective bodies are a temple of God, and because the body is created by and belongs to God, taking care of the body and healthy living should be a priority. Beyond this seemingly obvious point, however, is another important reason to prioritize exercise. Exercise, specifically running and swimming for me, is worship. As a pastor, working out is an awesome time to praise God, thank God, talk to and listen to God, and to seek communion with the Lord. The gravity of the minister's call to serve is weighty, and exercising with God informs fulfilling this assignment.

As an initial matter, preaching and proclaiming the gospel of Jesus Christ is my chief responsibility. In a time where the corruptive nature of secularism has perhaps invaded our very places of worship through plain and complex avenues, God's word remains relevant and even more critical. As such, exercising with God is revelatory, because during this time of intense concentration on God, God reveals the applicability of God's Word to our present-day situations. To be sure, exercising with God is a platform for sermon preparation.

In addition to preaching, exercising with God provides insight for pastoring. With daily challenges, emotional rigors, ministry and personnel matters, and unexpected occurrences, exercising provides additional focused-time to talk with God about how to handle pressing situations that may have significant consequences. Worship through swimming and running provides clarity; it helps me to hear from God and to decipher what is critical, of moderate significance, or a distraction. At the same time, seeking God through exercise helps to regulate my disposition and perspective about ministry, and to answer several questions including, am I making more of a situation than necessary, do I need an attitude adjustment, or are my actions in agreement with God's direction?

Worship through exercise also sheds light in the area of pastoral care, congregational care and self-care. Exercise enables hearing from God about how best to nurture God's people, while demonstrating the importance of self-care through healthy living. Studies show that exercising with an accelerated heart rate several times a week lowers the risk for certain health ailments, including heart disease. Consequently, exercise is conducive to not only modeling a way of living for the congregation, but also to reducing the chances of a physical breakdown, thereby increasing capacity to minister to and care for God's people.

The point here is not to exercise just to exercise or to look good, but to exercise for Christ's sake—to intentionally focus on God while running, swimming, biking, walking, or any form of exercise. I am not advocating or suggesting that exercising should replace meditation or sitting in silence and solitude with God. I am saying that exercising with God is a method of communing with the Almighty, while equally focusing on healthy living as commanded by God. For me, worshiping through exercise provides such a high, authentic, and transformative experience, that not exercising eliminates an avenue to engage in complete fellowship with God. After all, we are called to love God with our mind, body, and soul!



Reverend Ademuyiwa T. Bamiduro

Senior Pastor, Walker Memorial Baptist Church, Washington, D.C.

- Masters of Divinity Degree, Yale Divinity School, New Haven, CT
- Juris Doctor Degree, University of Maryland School of Law, Baltimore, MD
- Bachelors of Mechanical Engineering Degree, Magna Cum Laude, University of Detroit Mercy, Detroit, MI

Success Story (Member Testimonial)

A Success Story Still in Progress...

By Brodes C. Perry

It was 10 years ago this month when I found myself the Friday after Thanksgiving in the Emergency Room of the Tallahassee Regional Medical Center with a blood glucose levels of over 600. It wasn't the meal the day before that caused this, but years of eating whatever I wanted to, and attributing it to being a "growing boy." Not to mention that both Type 1 & 2 Diabetes was prevalent on both sides of my family, that reality was lost to me. Even on that day. I listened to the doctor's advice, filled the prescription as instructed and went on with life as usual.

Fast forward to 2012. After being diagnosed with Type 2 Diabetes over 7 years earlier, I found myself back in an Emergency Room. This time, it was my father, who, having been diabetic for over 20 years, found himself on the verge of losing his legs. It was in that room, listening to the doctors explain to us the inevitability of saving his extremities due to uncontrolled diabetes that has only gotten worse. I sat in that room thinking about the conversation I had 7 years earlier with the doctor and how I hadn't taken this disease seriously over the years because I never "felt bad."

I scheduled a doctor's appointment with my doctor and told her that I was ready to take diabetes seriously. I explained to her that my father was losing his legs and I didn't want that to be my reality so I was ready to do whatever it took to get this under control. Weighing in at 308 pounds at the time, I was advised that in addition to taking my medication, and changing my eating habits, I needed to exercise consistently.

The doctor's advice was to start running. Much to my dismay, I explained that I needed to walk first. So that's where I began. I can still remember the first time I walked a mile. It took 38:14. I was embarrassed and frustrated at the same time. 30 years old and completely out of shape and grossly overweight. But I persevered. I decided to enter into 5Ks to encourage me to stay motivated and take this healthy living seriously. I don't consider myself a runner, but a person who loves to run.



Brodes C. Perry
Pastor of Assimilation
St. Mark Baptist Church - Little Rock, AR
B.S., Florida A&M University

Today, I have lost 58 pounds with a goal of 50 more. My glucose levels are improving, and I feel better today than I have over the last 10 years. I realized that day looking at my dad, that while he is my hero, I didn't want that reality for my life. I deserved a healthy life, but I was in charge of that healthy life. I have to fight for my health. It's a daily struggle. But this Healthy Preacher Movement has been such a positive influence, along with Black Men Run (www.blkmenrun.com), as running is my preferred fitness of choice to help me overcome the struggle.

My story is still in progress because I've learned that this fitness journey, much like our Christian journey is just that, a journey. But if I can do it, I believe that anyone can. And I am grateful to be able to share my story of Progress, not Success. My advice to all who read this - keep progressing and in that, you will find success.

BLACK LIVES MATTER

**December 14th Is
"National Black Solidarity Sunday!"**

The black church refuses to be silent with injustice facing our black males. On that Sunday all our congregations will pray for our males and ask you to wear black in solidarity.

AME Church, AME Zion, CME, Progressive Baptist, Black Presbyterian, COGIC,
Full Gospel Baptist Church Fellowship along with PAW and College of Bishops

#BlackLivesMatter



RESOURCE CENTER

Spirituality

"Life of the Beloved: Spiritual Living in a Secular World"
Henri Nouwen

Scholarship

"The Black Church in the African American Experience"
Eric C. Lincoln, Duke University Press

Somatics

"Created for Worship: From Genesis to Revelation to You"
Noel Due, Christian Focus Publications, 2005.

"Engaging with God: A Biblical Theology of Worship"
David Peterson, Intervarsity Press, 1992.

"In Search of Wisdom: Faith Formation in the Black Church" Anne E. Wimberly and Evelyn L. Parker, Abingdon Press, 2003.

Success

"Brothers, We Are Not Professionals: A Plea to Pastors for Radical Ministry"
John Piper



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Dr. Robert E. Young,
Founder



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