

BE WHOLE

Healthy Preacher Movement Monthly Newsletter

ISSUE 02 OCTOBER 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

Preacher!

Welcome to the October edition of BE-WHOLE! A resource for the Healthy Preacher Movement. The Healthy Preacher Movement is a network that promotes wholeness amongst clergy in the areas of Spirituality, Scholarship and Somatics. We're not perfect but we're pushing! At present, our movement is 200 members strong with clergy representation throughout 20 states! Type in our tagline #healthypreacher movement using any search engine on the Internet to discover and connect with members. Continue to upload workouts, readings, meals, and "selfies" to your social media sites. Don't fall off in the fall!! Find out who we are and purchase your movement t-shirts online at www.healthypreacher movement.com

We are grateful for this month's stellar contributors Dr. Joseph Ford, Dr. Danielle Brown, Rev. Veronica Williams-Sewell and Dr. Steven Daniels Sr. Thank you for availing your gifting's and expertise towards the well being of clergy. I am confident that your quality renderings will motivate us to BE-WHOLE!

If you have any upcoming ministry events please email them to us at healthypreacher movement@gmail.com. We can include your event in our newsletter to aide in your promotional efforts. 200 people receive our newsletter and additional exposure may benefit your ministry event.

I will be ministering and sharing the movement at several convening's in the coming months; The Harford County Maryland Minister's Conference, D.C. Baptist Convention Annual Gathering, Ellison Jones Convocation at Virginia Union University and The How Shall They Hear Preaching Conference and numerous others. Lets save a preacher's life! The resounding cry throughout the kingdom is that preachers want to BE WHOLE!

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Dr. Robert E. Young

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Spirituality (Of the Spirit)

A God that Works with the Unlikely by Rev. Joseph G. Ford

God has a habit of doing unlikely things with unlikely people in unlikely places. You and I are living proof that God is still in the miracle working business. Every time I look in the mirror I am reminded how unworthy I am to be a herald of the Gospel; yet God still uses me.

Mark 5:18-20 is the culmination of Jesus healing the demoniac. The Bible says at the inception of the story, Jesus and his disciples made it to the other side of the sea to the region of the Gaderenes. As He was coming out of the ship, immediately there met Him a man with an unclean spirit who had his dwelling in the tombs. The Gaderenes was a Gentile land that was virtually considered unclean by Jews. This region was known for herding pigs. Jewish law forbid the people from having any contact with swine. Not only did the Jewish law forbid contact with pigs, but Jewish custom considered those who had contact with the dead unclean. The text states that this man had his dwelling in the tomb. Right away Mark sets up this scene. Mark suggests there is this man with an unclean spirit, living in an unclean land, and he is partaking in unclean practices.

Fast forward, there is a herd of pigs who the unclean spirits possessed and have run off a cliff and the healed man is sitting, clothed and in his right mind. Jesus is leaving the area because of the unrest of the people of the region. The man wants to go with Jesus. He says let me come with you. Let me be as one of your disciples, but Jesus sends him away. Jesus sends the man home to his family and friends to tell them the great things the Lord. This man wanted nothing more than to be of service to Christ, but the only way he thought he could do so was to go and be with Jesus. The man thought the only way to promote Christ's coming kingdom was to be as one of the 12, but Jesus sends him home. Jesus tells him, go home to your friends and family to tell them the great things the Lord has done for you, how He has had compassion on you. God's call on your life is better than any call you could give yourself. Jesus says go home; go home to those same folk who made you an outcast. Go home to the same ones who ostracized you. Go home to all those who labeled you by your condition. Go home to your family and friends who deserted you. Sometimes, God calls us to go to the most unlikely places because that is where we can be of best service to Him. Jesus tells this man to go home.

Now, I imagine this was no easy task. I imagine that he had some anxiety of having to go home and face his past. I imagine he had some hurts from being cast out and expelled to live among dead places. I imagine he had some questions on how the people would receive him, but he does as he's told. It can be difficult and even scary at times to follow the commands of Christ, but when you are obedient to the call of Christ then you set yourself up to experience an unlikely outcome. Well, I don't know what God is calling you to do or where He wants you to go, but be open to the call. The bible says this man went throughout not only his



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Spirituality (Of the Spirit) cont.

hometown, but throughout the Decapolis telling men of the great things the Lord had done for him. Mark records that all the men were amazed. They were astonished at his testimony. Who would have ever thought that this man who had an unclean spirit, living in an unclean land, partaking in unclean practices would have an unlikely encounter with Jesus which would lead to an unlikely calling? Who would have ever thought that he would receive such a response from all who heard him? Who would have ever thought that he would have such an impact on his community?

When you are obedient to the command of Christ, He will bless whatever you do. God will give you success in areas you thought were hopeless. Well, the good news of the text is this: Jesus takes a man with an unclean spirit, living in an unclean land, partaking in unclean practices and uses him to do unlikely things, and Jesus is still doing it today!

Scholarship (Of the Mind) Clergypersons as Lifelong Learners By Rev. Dr. Danielle L. Brown

The Gardner Sage Library on the campus of my Alma Mater, New Brunswick Theological Seminary is one of my favorite places. I visit regularly to study, prepare sermons and bible lessons, or simply explore the stacks in search of new knowledge. Frequently, I encounter matriculating students who are shocked to see me there. They ask, “Didn’t you graduate years ago?” or “Haven’t you had enough school?” The answer to both of these questions is indeed, YES! However, ministry has taught me that what I know now is not all there is to know. The Reverend Gardner C. Taylor wrote, “The one who is called to preach the Gospel must undertake thorough preparation and education – theological training.” Having earned five degrees, three of which are in a theological discipline, the classroom has provided valuable lessons. These lessons were not only about theology and ministry. In fact, I learned a great deal about myself as well. However, as the years have passed it has become clear that those lessons alone would not suffice the balance of life’s seasons in ministry. Therefore, as a clergyperson it is vital to be a lifelong learner.

In addition to the theological classroom, the source of our learning can be broad. Every clergyperson should have a Pastor and mentors who will contribute to and hold us accountable for our learning. Our Pastors and mentors are also able to challenge us by offering trusted opinions and perspectives outside of our own concerning our progress. Learning is stunted when we are only willing to hear from ourselves or those who know as much or less than we do.



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The ministry context also offers great space for learning as we navigate the complexities of translating what we have learned into action. The ministry context has a knack for showing us that the more we've learned, there is so much more we need to learn about God, ourselves, other people, the world and ministry. We also learn by taking full advantage of information that is available to us by various means to include reading books and articles, attending conferences and workshops, and even using social media to connect with peers and pioneers who share in this vocation. Finally, the moment we cease to learn, we cease to grow. Anything that is not growing, although it may take some time for others to notice, is dying. Our desire to learn should not be simply to be able to "do" great things in ministry. Instead our learning is first, so that we present our best to God who placed potential for ministry in us, then invited us to participate in his work by extending the call. Second, we love the people God has called us to serve and the more we have in us, the more we have to offer them. Essentially, clergypersons must be lifelong learners because a dying vessel does not have the capacity to offer life to a world that needs it desperately.

Somantics (Of the Body)

#TheStruggleIsReal

Rev. Veronica "Vee" Williams-Sewell

Matthew 7:1-5 The Message (MSG)

"Don't pick on people, jump on their failures, criticize their faults— unless, of course, you want the same treatment. That critical spirit has a way of boomeranging. It's easy to see a smudge on your neighbor's face and be oblivious to the ugly sneer on your own. Do you have the nerve to say, 'Let me wash your face for you,' when your own face is distorted by contempt? It's this whole traveling road-show mentality all over again, playing a holier-than-thou part instead of just living your part. Wipe that ugly sneer off your own face, and you might be fit to offer a washcloth to your neighbor". There is a daily struggle that women in both ministry and fitness face.

Before providing brief insight, it is beneficial to provide my credentials.

2002 – accepted my call to ministry

2005 – received a Masters of Divinity from Howard University

2007 – certified as a Group Fitness Instructor; Aerobics and Fitness Association of America (AAFA)

2012 – Ordained

Currently - matriculating through Ashland University where I am working on my Doctorate in Ministry.

The purpose of highlighting these credentials is to set the framework for my knowledge of this present day struggle: A female in ministry who is dedicated to being a healthy preacher and an over healthy person. The desire for everyone, but specifically for women is that we would continue to press through the stereotypes, the negativity and the criticism that keep many of us from reaching our goals not only in ministry but our overall health and wellness goals.



National Black Marathoners Association is a group of Black runners concerned with health and wellness as it pertains to running. An interesting topic was raised to the group by one of the females: "During my run I see a woman with a full head of rollers running and while I understand hair care and running can be a struggle, I find this unacceptable; am I being too critical?"

Somatics (Of the Body) cont.

The inquiry received many comments; both negative and positive in nature. Here are a few select responses:



Rev. Veronica "Vee" Williams-Sewell

- * At least she was running in rollers; that's better than not running at all. She can't win for losing.
- * It ain't that serious; by any means necessary.
- * Too many sisters go from the couch to the casket all for the sake of not ruining their hair.
- * Not working out because of your hair is unacceptable. She will get some side eyes, but good for her for getting it in by any means necessary.
- * Running is not a fashion show. Applaud another runner for at least getting out there to run. We fail to uplift but we will knock down or criticize very quickly.

The majority of the females in the group indicated that exercise should be completed "by any means necessary". This by any means necessary thought process is how we as women in ministry should approach our spirituality, scholarship, and somatics. As indicated in Matthew 7, we have a way of being critical of one another, which strikes me as odd. In the past women in ministry have endured predicated unfair treatment; yet this is the same posture used to mistreat one another today.

The ultimate goal should be to support one another not tear each other down. Our role in all things should be to embrace, uplift, and encourage one another in ministry, fitness, and life. Rollers in the hair, make-up, no make-up, jewelry, no jewelry, name brand clothes and shoes; are not and should not be the focus. The main mission is to GET UP, GET MOVING and GET HEALTHY!

Here is a question to ponder: Is vanity more important than our health? "I praise you because I am fearfully and wonderfully made; your works (including me) are wonderful, I know that full well" (Psalm 139:14, NIV). Dear, friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well (3 John 1:2, NIV).

As women in ministry we preach and teach the gospel; if we truly believe, we know that it is not about our outward appearance but it is about our bodies being temples for the Holy Spirit. We are by far more important than what people think of us. We need to exercise and celebrate those who exercise, by any means necessary. It is past time to stop condemning, stop criticizing, start congratulating, and start celebrating the physicality and spirituality of one another. The bottom line, ladies GET UP AND MOVE!



Success Story (Member Testimonial)

The Wake-up Call

By Dr. Steven Daniels Sr.

January 6, 2013 was a sobering day for me. It was the first Sunday of the New Year and I was excited and optimistic envisioning what the next 12 months held in store. Like so many others at the beginning of the year, I made personal goals for my life. One of my top priorities was to lose weight and become healthy. That morning I jumped on the scale and the vivid imagery of the scale's response still pushes me to this day. How in the world had I allowed myself to reach a weight of 300 pounds?! After jumping on and off the scale a few times, I realized the number was not going to change until I changed the number.

That day I promised myself I would NEVER revisit that neighborhood on the scale again! I began the painful process of losing my goal of 65 pounds in 2013. I knew I had to change my eating habits. I immediately added more vegetables to my diet. I cut out fried foods, desserts, and my personal kryptonite, bread. I

started cooking at home and using portion controlled meals. I replaced candy with nuts, sunflower seeds, and granola. And finally, I knew I needed to exercise.

I will never forget that first week in the gym. It was humbling to discover what fitness looks, sounds, and feels like in your forties. It is not pretty! I would encourage anyone beginning the weight loss process to be not dismayed at the beginning of the race. It is truly a marathon and not a sprint. In the beginning my cardiovascular endurance was so low I had to break up my workout into three 10 minute intervals. Because of cartilage thinning in my knees, I could not sprint or jog for an extended period of time. So I walked. Over time my endurance increased. I discovered it was not about how fast or far I

could run, but rather how many calories I burned during my cardio workout. So my focus was not on distance or time, but rather hitting my caloric goal for each workout. I achieved this by elevating the treadmill to a 15 incline and walking at speeds of 4.5-4.8 for 45-60 minutes. I do this 4-5 times a week to maintain my weight loss.

Slowly but surely the weight started to drop. I lost 50 pounds from January to August. However, the last 15 pounds made me call on the name of Jesus! I finally reached my goal of 235 pounds on December 13th. I was

extremely proud of myself. I transitioned from 48 to 38 inches in my waist. My jacket size dropped from 54 to 48. And my neck measurements decreased from 18.5 to 17. I am also proud of how my weight loss journey inspired so many others.

2014 has presented its own set of struggles. Losing the weight was difficult, maintaining the weight I lost has been challenging as well. But now healthy living is a lifestyle for me and not a fad. Contrary to what the health industry would have consumers

believe, losing weight is not the hard part, changing your mindset and lifestyle is. People are discovering there is no surgical procedure, magical pill, nor fad diet that will help you keep the weight off. You can cut out all the carbs you want, and eat all the cabbage soup you can stand, but without discipline that 7 day diet or 21 day fast will fail!

As clergy we are not allowed a free pass when it comes to our health and fitness. We must realize a tremendous opportunity lies before us to positively affect our families and the congregations we lead through our example of healthy eating and living. I appreciate Dr. Rob Young for his focus and clarion call to unite Healthy Preachers all over the world.



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THE GOSPEL IN THE MARKETPLACE
THEN PAUL STOOD IN THE MIDST OF MARS HILL
ACTS 17:22A



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