

delivered by Pastor Graham during the month of September. The sermon series which was entitled “The Blessed Life” reminded us that God has already, and will continue to bless each of us.

Two of the sermons really stayed with me. One entitled “Living Life with Something Missing,” (Matthew 19: 16-26) reminded me that “Our prize is not in our possessions, but in Jesus Christ.” We must: 1) observe God’s commandments 2) review our righteousness, and 3) anticipate the heaven experience. We must be obedient to God’s commandments; lose everything we have, by not focusing on material things, and know that as we focus on the riches of heaven, that “heaven has no limits.” We must know and believe “What God can do!”

The other, entitled “Living with Leftovers” (1 Kings 17:8-16), something I definitely can relate to. This message gave three simple, but powerful points: a) Be kind to others; b) Have a little faith (put others first, the tables will turn); and c) When God blesses you, you don’t know where it comes from. “Keep reaching in, there will be a little bit more.”

Let’s Get Physical



Everyday physical activity is very important. Indoor physical activity keeps you moving when you can’t enjoy the outdoor weather.

Below are suggestions of types of indoor activities that you can enjoy:

1. Join a gym (there are athletic centers that provide activities for all ages, Indoor rock climbing for youth and adults, etc.)
2. Indoor exercises like push-ups, sit-ups, jumping rope, aerobics exercises using apps on your television or DVD (exercises that can be done indoors for at least 30 minutes a day, any time of day)

***The key is to stay active!
Keep moving!***

Tips for Staying Mentally Healthy

Enjoying mental health means having a sense of wellbeing, being able to function during everyday life and feeling confident to rise to a challenge when the opportunity arises. Just like your physical health, there are actions you can take to increase your mental health. (<https://www.betterhealth.vic.gov.au/health/tentips/10-tips-to-stay-mentally-healthy>)

- ❖ **Connect with others.** Develop and maintain strong relationships with people around you who will support and enrich your life. The quality of our personal relationships has a great effect on our wellbeing. Putting time and effort into building strong relationships can bring great rewards.

- ❖ **Take time to enjoy.** Set aside time for activities, hobbies and projects you enjoy. Let yourself be spontaneous and creative when the urge takes you.

Upcoming Events

Ladies, join us in 2017 for our very own workout sessions!

***Each Saturday!
Unless otherwise noted
8:00 a.m. – 9:00 a.m.***

***First Session:
Saturday, January 14, 2017***

***All ages welcome!
Let’s Move Something!***

***For more information go to the Church’s website at
www.mtpleasantnlr.org***

***Feel free to invite friends
and/or relatives!***

If you have any medical concerns please consult a physician before starting a new exercise routine.

***Exercise sessions are strictly voluntary
and at your own risk. Let’s be careful!***

New to the Health & Wellness Ministry

The Health & Wellness Ministry is currently collecting nonperishable items for the "Blessing In A Box" Pantry.

Due to the holidays, the first Drive ends February 5, 2017 (Goal is 21 boxes)

Next drive: July 2017

To receive a box to fill, see Sis. Carolyn Washington, Sis. Rose Redus, and/or Sis. Verna Wilson.



We look forward to your donations and the future of this ministry.

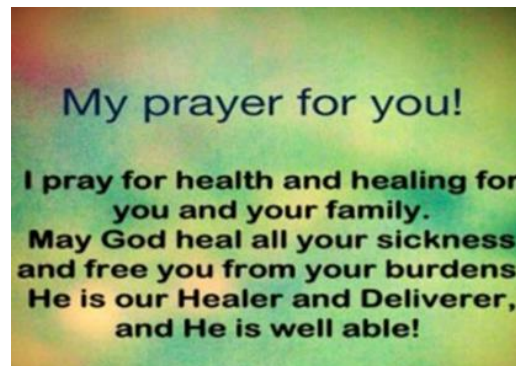
Thank you for your support!

Ministry Meetings Schedule
6:00 p.m.
2nd Monday of each month
unless otherwise stated.
Planning meeting January 9th.



Sunday, February 5, 2017
Wear Red Day for Women's Heart Health

Take an opportunity to donate one non-perishable item for the pantry!



Mt. Pleasant Baptist Church
Health & Wellness Ministry

Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise.
Jeremiah 17:14

2200 Willow St., North Little Rock, AR 72214
Dr. Earl M. Graham, Jr., Pastor
Dr. O. C. Jones, Pastor Emeritus

Thank you for picking up a copy of the Health & Wellness Ministry Newsletter. Our prayer is that you read something that will help you maintain or move towards a healthy lifestyle. We often take our health for granted ultimately finding ourselves in poor health. Spreading awareness is the key to helping others.

Through this newsletter, we want to build awareness of health-related issues or circumstances. Taking care of our mind, body, and soul puts us in a better position to take care of others.



Faith Space

To raise spiritual awareness, I want to take the opportunity to recollect on a series of sermons