



PASTOR'S CORNER

One of the first images we have of God in the Bible is found in Genesis 1:2, "And the Spirit of God was hovering over the face of the waters."

God was moving and He got everything moving with Him!

We are made in God's image and we are also made to move. When Jesus gave the Great Commission to His followers he said, "go" (Matthew 28:19). We were made to move and we are called to move!

What are you waiting? Start moving now! (Just make sure you are moving in the right direction).



Benefits of Brain Activity for ALL Age Groups:

"Brain Activities" help protect and improve memory and thinking skills. It's also shown to help reduce anxiety and depression! Brain Activities to include in your NEW YEAR Goals:

- Start a puzzle or a crossword game
- Plan a Game Night with friends or family; chess, scrabble, card games etc
- Start learning a new Language
- Sign up for a dance class at your gym
- Learn a new instrument
- Balancing exercises-try Yoga for beginners (great for all ages)
- Walk DAILY!

ANNOUNCEMENTS:

- **JANUARY 14** CREATION SERIES: TOPIC: **ACTIVITY /PICNIC IN THE PARK.**
LOCATION: LANGFORD PARK
- **JANUARY 16:** FLAGFOOTBALL STARTS!
- **DATE TBD:** YOGA FOR BEGINNERS:
- **APRIL 16TH:** COCOA BEATH TRIATHLON

from our CREATION SERIES:



ACTIVITY

"Do you know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it."

1 Corinthians 9:24



SUPER NOURISHING BEANS AND GREENS!

- 2 Tbsp olive oil or avocado oil
- 1 large shallot, finely diced (1 large shallot yields ~3/4 cup or 120 g)
- 4 large cloves garlic, minced or **pressed**
- 1/2 tsp red pepper flakes (omit or reduce if not a fan of spice)
- 1 bunch chard or other greens of choice, chopped (1 bunch yields ~5 cups or 200 g // mustard greens, kale, or collards would all work)
- 1 (15 oz.) can white beans (butter beans or cannellini), drained and rinsed
- 1/2 tsp sea salt
- 3/4-1 cup filtered water
- 1 Tbsp lemon juice

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OUR MISSION

To educate, inspire, and grow our community in health, lifestyle, and prevention.



About Us

**Danielle King, Ministry Lead: RN/BSN,
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HEALTH AND WELLNESS MINISTRY



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