

# Trinity Wellness Ministry

Integrating mind, body and soul



Trinity Episcopal Church of Shepherdstown is proud to host a wellness ministry working to integrate mind, body and soul. **Trinity Wellness Ministry (TWM)** will provide hands on, interactive and educational experiences to aid the community in weaving mind, body and soul. Please join us for any of the following experiences that we will be offering during our Spring 2007 session. Please call the Parish Office with any questions (304.876.6990).

**Saturdays, April 14 & May 12, 2007 from 10:00am – 12:00pm -- Blood Pressure Clinic** -- A *free* blood pressure clinic, sponsored by the Shepherdstown Ministerial Association, is offered in the Chapel at Trinity Church the second Saturday of each month.

**Thursday April 19, 2007 at 7:00pm -- “Servant Leadership & Fostering Covenant Relationships”** -- Shepherd University student, Chris Scott, will host this open forum in the Fellowship Hall. Every physical body is strengthened by regular exercise and care, and our strengthening our commitment to the Body of Christ is no different. Our own personal faith journey is a collective process that is intimately connected to our relationships with God and each other. What does it mean to be called to one Body in a broken world? How do we nurture the gifts that God has given all of us? Come learn practices that help us live more faithful, compassionate lives and seek to raise us all toward our greatest common good.

**Fridays, April 20 – May 11, 2007 at 10:00am -- Walking Group** -- Come one, come all to an intergenerational walking group. Ladies, gentlemen, mothers and children are all invited to share fresh air and fellowship while walking the towpath. This TWM experience has been created to nourish mind, body and soul while bridging gender and generation. We will meet at the towpath parking lot for a series of four Friday morning walks led by Ann Craig.

**Thursday April 26, 2007 at 9:30am -- Centering Prayer & Meditation** -- Join Ann Craig and the Rev. Siobhán Patterson in the Fellowship Hall for a guided meditation experience using creative visualization to bring participants to a place of balance and peace.

**Tuesday May 8, 2007 at 7pm -- Open Q & A Forum on Women’s Health** with Dr. Craig Winkel in the Fellowship Hall. This will be an open forum question and answer session regarding women’s health issues.

**Wednesday May 23, 2007 at 6pm -- Fellowship Potluck** -- May we gather together to nourish our bodies with food and our souls with fellowship. Please bring a dish to share for a collective gathering and meal in the Fellowship Hall. If you wish to help with these collective gatherings, please call Mary Ann Hammann at 304.876.2386.

**Thursday May 24, 2007 at 7:00pm -- Centering Prayer & Meditation** -- Join Ann Craig and the Rev. Siobhán Patterson in the Fellowship Hall for a guided meditation experience using creative visualization to bring participants to a place of balance and peace.