

**You are invited to  
join fellow clergy,  
and congregations  
in your district to  
reclaim your  
physical health.**

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John Wesley and other later Methodist leaders knew that the demands of ministry were far greater than theological and/or academic. They realized that clergy would need to care for their bodies just as much as they cared for their spirit in order to meet all of the demands of ministry.

Those demands have not changed, but our focus on physical care has changed. Take an opportunity to see the blessing that comes from caring for our bodies as an expression of love to God, ourselves, and the community we serve.

### District Event Dates

#### *Indiana District*

**September 13, 2014**

9 a.m.-12 p.m.

**Punxsutawney First UMC**

301 West Mahoning St.  
Punxsutawney, PA 15767

#### *Washington District*

**November 8, 2014**

9 a.m.-12 p.m.

**California UMC**

227 Third St  
California, PA 15419

#### *Greensburg & Pittsburgh Districts*

**November 22, 2014**

9 a.m.-12 p.m.

**Monroeville UMC**

219 Center Rd  
Monroeville, PA 15146

# Healthy Body for a Healthy Spirit

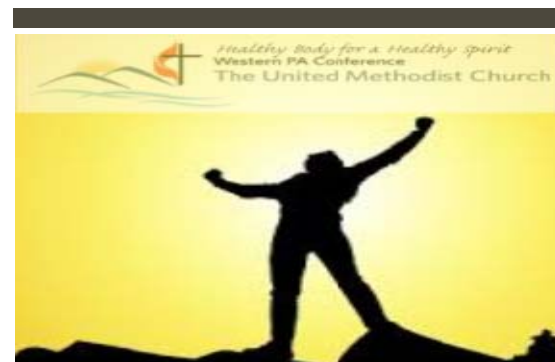
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Clergy and congregations working together to improve physical, spiritual, and emotional health as an expression of love.

Sponsored by the Indiana, Washington, Greensburg and Pittsburgh Districts and the Western PA Conference.

Led by:

Rev. Dr. Scott L.F. Gallagher



## Who should attend?

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### Clergy.

It is important that clergy take the initiative to care for their physical health. Not as a means to lower healthcare costs, but as a way to serve God as fully as possible.

Clergy are at a much higher risk for health issues than the general public. Much of that comes from the call to ministry being so servant minded, that many pastors feel that caring for their own body is selfish and takes away from what they have been called to do.

That reasoning is far from what God has called clergy, and all persons to do, when they serve. God calls us to care for the Temple, so that we can care for others.

### SPRC Chairpersons and members.

Studies show that most churches never have discussions about how pastors care for their physical health, or that it has never been a concern, until it becomes an issue. The SPRC is especially equipped to support the pastor as they begin the journey of caring for their physical health.

It is also important for the committee to understand why health is so important for all persons in service. And further to be able to educate the congregation that physical health is vital to ministry.

## The Day's Agenda

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**8:30 a.m.**

Registration and Fellowship

**9:00 a.m.**

“The Body as the Temple”

**10:00 a.m.**

“Importance of Clergy Health”

**11:00 a.m.**

“How to Create a Covenant Action Plan”

**11:30 a.m.**

Q&A



God has entrusted us with an amazing task. Sometimes that task is bigger than ~~we are, more difficult than we imagined,~~ and quite overwhelming. But, God has given us all we need at the moment of our creation and has equipped us to fulfill our call.

Come discover and reclaim God's Temple, your body, so that together we can fulfill the mission placed before us.

## To Register:

**Please contact the district office of the event you plan to attend.**

### Indiana District:

[Indiana.Office@wpaumc.org](mailto:Indiana.Office@wpaumc.org)

### Washington District:

[Washington.Office@wpaumc.org](mailto:Washington.Office@wpaumc.org)

### Greensburg &

### Pittsburgh Districts:

[Greensburg.Office@wpaumc.org](mailto:Greensburg.Office@wpaumc.org)