

To see a community of God's beloved embracing His invitation to



BE WELL

336 Hall Street SE, Grand Rapids, MI 49507

August 2014

Dear Friends and Family,

Thanksgiving and prayer is the heading of the Scripture I am sharing with you and of this letter.

Ephesians 1:16 "I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of His glorious inheritance in His holy people and His incomparably great power for us who believe. That power is the same as the mighty strength He exerted when He raised Christ from the dead."



This is our thanks and our prayer for you and ourselves and for all we meet at BE WELL.

We are giving thanks for two beautiful works of art donated to us. Both quote Scripture and encourage us. Sara Ahime painted the beautiful and colorful two panel painting. Thank you for capturing our vision in art. Bill and Nancy Zeilstra gave us the acronym artwork with BE WELL spelled out. Thank you for this beautiful reminder.



On the practical side, the Websters donated a refrigerator. Now we can offer a cup of cold water in Jesus' name. Our lonely treadmill on the lower level has been joined by a donated elliptical and a stationary bike. Thank you Tim Jen, and Kim and Ben McKnight. We have beautiful donated exercise posters (also from Kim and Ben). We have been able to purchase free weights and a rack, weight benches, elastic bands, kettle balls and rubber mats. Upstairs we have a new white board for classes, Bunn coffee maker and other helpful supplies and equipment. We thank God for the Vanden Bosch Gospel Foundation and their generous grant to BE WELL. You really have to come and see it.



Exercise Room

On that note, we invite you to an open house on Saturday, September 6, 2014 from 10 am to 2 pm and on Sunday, September 7 from 10:30 am to 2 pm. On Saturday we will be offering short classes of yoga and Zumba. So come and see us and try a class. We will also have food and refreshments.



In Him we live and move and have our being – Acts 17:28

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Sometimes it feels like we are just getting started so an open house feels appropriate. Recently we have created a brochure (thanks to Cal), gotten up on the web with our new website at www.bewellcentergr.org (thank you Phil Grabowski) and started offering Holy yoga. Andre Daley is our yoga instructor and we are so blessed to continue with another excellent instructor to join Kristi Buurma, Judith Vanden Bosch and Mary Boes. Our exercise room is now open Tuesday and Wednesday mornings. A woman from Myanmar has been coming to exercise. Her English is very limited, but we're so glad she can come.

Ongoing classes are Zumba, 20/20/20 (Zumba/toning/stretching) and yoga. Our Healthy Eating class asked us to increase from meeting once a month to twice a month. This group has become a supportive group to all of us.



Zumba Class

Our fitness/Zumba/yoga large room tends to heat up during late spring, summer and early fall to over 95 degrees due to the lack of solar roller shades and bright sun in both morning and afternoons. So we're working on that to be able to hold classes all year long including the warmer months of the year.

So, we are busy and we pray to know His "incomparably great power for us who believe." We have seen Him at work.

You can imagine our joy when one of our attendees told us she had given her life to the Lord! In true BE WELL fashion we did a little dance and ran around the table! He is able! Now she knows the riches of His glorious inheritance.

Please join with us as **we praise God for:**

- a new sister in Christ
- generous donations, donors and supporters
- acquisitions for service

Please join with us as **we pray for:**

- the open house
- Fall classes and attendees
- a grant proposal we have submitted
- sale of our house
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If you would like to donate to our ministry, we would be so grateful. As a 501(c)3 organization, donations are fully deductible for tax purposes. Please make checks out to "BE WELL Center" and mail to:

BE WELL Center
336 Hall Street SE
Grand Rapids, MI 49507

Like us on Facebook! "BE WELL Center".

See us on our website at:
www.bewellcentergr.org

Serving Christ together through BE WELL, and many other partnerships and ways,

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