

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



BE WELL

336 Hall Street SE, Grand Rapids, MI 49507

December 2012

Dear Family and Friends,

This is one of our new favorite verses at BE WELL: "In Him we live and move and have our being." (Acts 17:28). All good things come from God and He teaches us how to live and move (Zumba) and to be who He calls us to be. To Him be glory!

We would like to update you since our newsletter of July 2012.

In August, our small group (Cal and Karen's) joined together with Joel and Patty Hogan for listening prayer for the ministry of BE WELL. Among other things we heard: the importance of prayer, to welcome children, to lift high the cross and that BE WELL would be an intersection where people from Madison Square Church and the neighborhood would come together. We reference this precious prayer time often as we seek to follow God's leading.

Shortly thereafter, Pastor Dave Beelen and Laura Carpenter led us in praying over the building itself. Since our previous prayer time we had placed crosses over the doorways of every room and one at each entrance. We feel the building has been consecrated to God's use.



Pastor Dave Beelen and Laura Carpenter lead us in praying over the building

We were encouraged and called on by the prayer time for the building to have a potluck with our neighbors who attend Madison Square Church in order to share our vision and connect with them. It was a blessing to come together and share a meal and God's heart for the neighborhood.



Potluck with some Madison neighbors

In the summer and continuing on we have made a few improvements to the building. Cal painted one office, both office and conference room have new carpeting, two windows have been replaced, electricity hooked up to outlets and lighting restored, and doors aligned. Recently, we were greatly blessed by our son Matt, George Ahiome, and University Christian Outreach students from Calvin College who spent most of a Saturday cleaning in and out, and hauling away yard debris. Also, thanks to John Beute for the use of his trailer.



David and Ben working outside during the UCO clean up day



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

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Our leadership women have been dialoguing on racial reconciliation using a video series entitled “Black and White”. We have written into our aims as an organization our intention to be anti-racist. We need God’s help and grace to do this well.

We are now incorporated and our BE WELL Center, Inc. board has been established. We met for a morning and approved officers and bylaws. Soon thereafter, we set up a bank account. After much, much paperwork our application for not for profit status has been submitted. Many thanks to Bill Zeilstra, Enoch Jen, and Casey Cooper. We have also applied for a local grant which is contingent on receiving 501(c)3 approval. Thanks also to Bill and Nancy Zeilstra for taking on the accounting needs for BE WELL.

Thanks to our son, Michael, we have a beautiful logo. It represents women of all ages, races and socio-economic levels coming together with children and being embraced lovingly by God. Many thanks to Karen Zeilstra for her creativity and help with this 2nd edition of the BE WELL newsletter.

We are currently in the midst of a 6 week session of Zumba here at BE WELL. We have been blessed with good attendance (10 to 15 women each session) and good connections being made. Also, it is fun!



A Zumba class in full swing!

Cal and I are spending Tuesday nights overnight at the building after Zumba. On Wednesday morning, we worship and pray together there, and I stay to meet with people. Wednesdays have been a rich

time of sharing about God and His invitation to BE WELL in Him.



Exterior of BE WELL Building - 336 Hall SE

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

- Connections made at our potluck
- A parking agreement with the adjoining public library
- University Christian Outreach (UCO) clean up day with Matt and George
- A great instructor and well attended Zumba classes
- A wonderful board and advisory group
- God in whom we live and move and have our being

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

- 501(c)3 not for profit status approval from the IRS
- Our grant application and funding
- Safety for exercisers and health for our clients
- Our next steps: Sale of our house on Kissing Rock Lane (to free up additional possible funding for BE WELL)
- Both praise and prayer for one young woman from the neighborhood in our Zumba class who inquired about fellowship at Madison Square Church.

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

Karen Jen
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