

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



BE WELL

336 Hall Street SE, Grand Rapids, MI 49507

September 2015

Friends, Floors, Faithfulness

Dear Friends,

Greetings to all as a busy summer comes to an end. May you experience God's nearness as for many of us new schedules begin or old schedules resume.

We at BE WELL slowed down a bit in the summer. We took a break from some of our classes so now we eagerly anticipate getting moving together. We will continue with yoga and Zumba and Health Eating classes, and are renaming our Wednesday class to Cross Training fitness.

We received another visit from our friend, Nema Aluku. This amazing woman blessed us with stories and encouragement from her work with World Renew in East and Southern Africa. She even invited us to Dar es Salaam, Tanzania, to meet women. Nema, we want to come.



Our friend, Kendra Gail Beelen returned to lead us in a class. We are always blessed by a high energy, creative work out and this passionate woman of God.



This summer our friend, Sean Johnson-Moore, came for a first for us: a class just for men. He combines Bible study and strength training in a class named T48, based on 1 Timothy 4:8 ("physical training is good, but training in godliness is better"). So glad to be able to offer this excellent class and hope to offer it again in the future.

This winter I received a call from a woman who is a political and religious refugee. Her future was tenuous. Exercise had been important to her physically and emotionally, but with Michigan weather, her lack of warm gear and her lack of finances, she had been unable to run. When I told her how we could help, the line went still as she collected her emotions. She was able to come and exercise to our great joy.



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

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The “Rock the Block” street fair and Dickinson health fair offered us an opportunity to meet neighbors and potential new friends.



Through the generosity of the Vanden Bosch Gospel foundation, we were able to carpet and put lighting in the community room. It has become a welcoming space.



Generous anonymous friends enabled us to put beautiful wood flooring in the group exercise room. Thank you! I can’t wait for our regular attenders to see it.



Friends at Festida have underwritten some of our classes. Thank you for helping us offer great classes with great instructors.

So you see we have been busy and we are ready for fall.

Recently, I was encouraged by scripture from Genesis 5 where in a long genealogy of those who lived a number of years and died comes Enoch, who walked faithfully with God. My commentary said this: “There is a difference between walking faithfully with God and merely living.” May it be true of all of us that we walk faithfully with God and not merely live.

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

- Good friends
- Beautiful floors
- T48 Class

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

- Grant writing success
- Fall classes
- Peace in our neighborhood

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

To Him be glory. May He bless you to BE WELL.

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