



## God-Centered Wellbeing

**Wellbeing Connection: Your Wellbeing Matters!**

**Bulletin Board, Human Connection Groups, Wellness Tips**

Check out the God-centered Wellbeing Bulletin Board in the east hallway! Enjoy the pictures of "I spy God" that are also on display in the east hallway.

### Walk or Ride Your Bike to Church

If you are able, plan to walk or ride your bike to church while the weather is nice! Please bring your own lock to secure your bicycle during church. And feel free to attend church in your walking/riding clothes. Think about extending your walk or ride after church and planning a picnic with family or friends. Our website has a map showing safe routes to Maple Grove <http://www.maplegroveumc.org/connect/bike.html>. Full-page version of the map: [https://www.google.com/maps/d/u/0/viewer?mid=1eiVvKuHxDH0rxvwj\\_1KolcRZG9I](https://www.google.com/maps/d/u/0/viewer?mid=1eiVvKuHxDH0rxvwj_1KolcRZG9I)

**Walking Human Connection Group** is in full swing! Please come join us on Saturday mornings at 8:30 a.m. We will meet at the deck at Antrim Park and walk around the lake. This year we are going to use the book Walk & Talk – Walking Together with Scripture. We will start with a brief scripture reading for the day's topic. Then there are several suggested questions that we can talk about with each other as we walk. If you have questions or let us know that you'd like to come please contact Mary Jo Weaver at [mjweaver@wideopenwest.com](mailto:mjweaver@wideopenwest.com) or at 614-582-0278 or Sandy Freer at [sfreer@columbus.rr.com](mailto:sfreer@columbus.rr.com) or 614-530-7971. Walking is good for our bodies and our souls so please come join us!

**Are you a Maple Grove attendee between the age of 20 and 40? Are you interested in connection with other millennials at church?** Questions? Contact Emily Scarborough, [e.scarborough@gmail.com](mailto:e.scarborough@gmail.com) or Bethany Glick [bak614@gmail.com](mailto:bak614@gmail.com).

### **An Addiction Ministry Team is forming. *For Jake's Sake: In honor of Jake Rantz***

A group is forming to bring awareness and education about addictions to Maple Grove and our surrounding community. If you are interested in joining this group, please contact Marialice Bennett at [bennett.10@hotmail.com](mailto:bennett.10@hotmail.com)

Interested in connecting with others to form a human connection group to journey together? **We all need someone to help us find peace and hope! Get connected with one of our Human Connection Groups.**

### **Groups for Resources and Human Connections**

- ♥ Pregnancy and Infant Loss, facilitator Janet Thode, [janetthode@insight.rr.com](mailto:janetthode@insight.rr.com)
- ♥ Coloring , facilitator Sandy Boger, [Sandra.boger@yahoo.com](mailto:Sandra.boger@yahoo.com)
- ♥ Chronic Pain and Fibromyalgia, facilitator Beth Molino, [bamcuts@aol.com](mailto:bamcuts@aol.com)
- ♥ Walking and Talking facilitators [sfreer@columbus.rr.com](mailto:sfreer@columbus.rr.com) or [mjweaver@wideopenwest.com](mailto:mjweaver@wideopenwest.com)
- ♥ Diabetes, facilitator Bethany Glick, [bak614@gmail.com](mailto:bak614@gmail.com)
- ♥ Veterans/Military, facilitator Bill Tenney, [bent777@aol.com](mailto:bent777@aol.com)
- ♥ Caregivers, contact person Marialice Bennett, [bennett.10@hotmail.com](mailto:bennett.10@hotmail.com)
- ♥ Personal Family & Friends of Addicts, facilitator Jane Rantz [janeprantz@icloud.com](mailto:janeprantz@icloud.com)

**You are invited to join any of these groups. Don't see what you are looking for? Suggest a new Human Connection Group! If you would like more information on a group contact the group facilitator or Marialice Bennett, [bennett.10@hotmail.com](mailto:bennett.10@hotmail.com)**

See **Central Ohio Diabetes Association** website for information and education opportunities <http://www.diabetesohio.org/>. **Dining with Diabetes: Beyond the Kitchen** - FREE online course created by OSU Extension Family and Consumer Sciences. See <http://fcs.osu.edu/BTK> for more details! **Buckeye Wellness Tips** <https://nursing.osu.edu/sidebar-content/buckeye-wellness/buckeye-wellness-tips.html>

<https://www.osu.edu/features/2017/simple-steps-to-a-healthy-new-year.html>