



## God-Centered Wellbeing

**Wellbeing Connection: Your Wellbeing Matters!**  
**New Initiatives, Human Connection Groups, Wellness Tips**

### Walk or Ride Your Bike to Church Sunday June 4<sup>th</sup>

If you are able, plan to walk or ride your bike to church on Sunday June 4<sup>th</sup>. 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=1eiVkJKuHxDH0rxvwj\\_1KolcRZG9I](https://www.google.com/maps/d/u/0/viewer?mid=1eiVkJKuHxDH0rxvwj_1KolcRZG9I)

### God-Centered Wellbeing Sermon Series

Pastor Glenn is preaching on God-Centered Calling Wellbeing during the summer. The Summer Lunch and Learn Series will support our growth in God-Centered Calling Wellbeing. Plan to join us!

### Summer Lunch and Learn Series: What is our Purpose?

The summer Sunday Lunch and Learn Series will challenge each of us to reflect on our own personal mission statement and on a credo for Maple Grove.

- **June 25<sup>th</sup> 11:15 to 1:30 –Personal Mission Statement Workshop**

What is your Brand? What are you passionate about? What are your values? What makes you great? What guides you in your decision-making? The workshop will provide guidance for you to identify your brand - your legacy and help you put into words what you believe your personal purpose statement is! The workshop will be led by Marialice Bennett and Pastor Glenn.

- **July 30<sup>th</sup> and August 13<sup>th</sup> – Credo Workshops**

CREDO will be a series of two summer “Lunch and Learn” events. As Christians and as people of Maple Grove, it is often easier for us to state what we DON’T believe and what we DON’T like about religion than it is for us to state what we DO believe and what our values ARE. Under the gentle guidance of Don Ackerman, we will focus not on what may divide us, but on what binds us together. Let’s discover and name the values and commitments that are at the heart of Maple Grove.

Don Ackerman is active duty military, teaches at Capital University, and is a seminary student and candidate for ministry in East Ohio Conference. Don and his wife, Erin, have two young sons, James and Luke.

**Walking Human Connection Group** is in full swing! Please come join us on Saturday mornings at 9:00 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!

**“Come and See” and walk the labyrinth as part of your personal wellbeing!**

A labyrinth will be available in Fellowship Hall from June 23<sup>rd</sup> through July 5th. Learn more about walking a labyrinth at <https://sacredwalk.com>

**Are you a Maple Grove attended between the age of 20 and 40? Are you interested in connecting with other millennials at church? Questions? Contact Emily Scarborough, [e.scarborought@gmail.com](mailto:e.scarborought@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)

**Do you suffer from Fibromyalgia or Chronic Pain?** This newly formed group will be meeting after church on the third Sunday of every month. Please contact Beth Molino at [bamcuts@aol.com](mailto:bamcuts@aol.com) if you are 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>