

Wellness

F U M C T

HEART, SOUL, MIND & STRENGTH

Lent 2023 40 Days of Wellness: Feeding the Body, Mind, & Soul A Guide for Self-Examination

“So whether you eat or drink or whatever you do, do it all for the glory of God.” -1 Corinthians 10:31

Since Lent is a season of reflection, it is the ideal time to examine your habits and the ways you practice self-care. How well do you feed your body, mind, and soul? Do you provide the minimal requirements for energy, or do you fill yourself for nourishment, growth, and abundant living? Below are questions and suggestions to help you consider YOUR overall wellness during Lent. Experiment with the ones that catch your attention as being the most meaningful and helpful for YOU.

FEEDING THE BODY

Examine your eating habits over the last few days, noticing what you ate (and drank), why you ate it, and how the meals were planned and prepared. Did you eat because you were hungry or for other reasons?

- Refuse to eat in front of the tv or to multitask during meals.**
- Plan your meals/shopping list for the week (recruiting help if you need it). Stock your refrigerator and pantry with fresh fruits and vegetables, low fat dairy products, lean meats, whole grains, and healthy snacks. Choose whole foods over processed foods. Read labels and avoid products with ingredient lists that are long or full of words that you can't pronounce.**
- Take a look at your favorite recipes. Can you substitute herbs and spices for salt, cut back on butter and fat, or reduce the amount of sugar?**
- Replace sugary drinks and sodas with water; limit caffeine and alcohol consumption.**

FEEDING THE MIND

What do you read, watch, listen to, and spend your time thinking about? How are you challenging yourself, learning, and expressing your creativity? Do you set aside time to be still?

- Try a new game or puzzle. Read or listen to something that you wouldn't normally read or listen to. Take up a new hobby or rediscover an old one. Audit a class, join a discussion group, learn a skill.**
- Refuse to hurry. Be mindful, giving your complete attention to one task, activity, or conversation.**
- Fill your mind with the good, the pure, the positive. Fast from social media and unfollow negative social media accounts. Don't compare yourself to others; acknowledge your harmful self-talk.**
- Get moving. Physical exercise is just as beneficial to the mind as it is to the body.**

FEEDING THE SOUL

Do you experience God's Presence through prayer, study, worship, and service? Do you feel connected to the church family? Do you make time to be with people who encourage you and hold you accountable?

- Find ways to remember God's promises: write a breath prayer, memorize Bible verses or display them in key places, meditate on this week's sermon or a favorite worship song...**
- Spend 10 minutes in true silence without set expectations – no phone, computer, or books.**
- Honor and observe the Sabbath, putting aside daily distractions as you stop to rest in God.**
- Join a small group or attend the WNA Lenten study; invite someone to start a Sole to Soul walking group with you; volunteer to work with a ministry that needs your gifts/talents.**
- Focus on gratitude and joy. Think of at least 10 things that you're thankful for every day and create space in your weekly schedule for activities that bring you joy.**

LENT & EASTER 2023 SCHEDULE

WEDNESDAY, FEBRUARY 22ND | Lunch at 11:45 a.m. & Service at Noon in Chitwood Hall

Lunch with the imposition of ashes and worship led by Dr. Clinton Hubbard, Jr. (NOTE: Pick up a Lenten study book after the service.)

Evening Service at 6:00 p.m. in the Sanctuary | Imposition of ashes and worship led by Rev. Amy Howard

CHURCH-WIDE LENTEN STUDY: *FINDING JESUS IN THE PSALMS*

March 1st-April 5th from 6:00-7:00 p.m. led by Dr. Clinton Hubbard, Jr. | One book per household will be available for pick up outside Chitwood and the sanctuary after the Ash Wednesday services on February 22nd.

CHILDREN'S PALM SUNDAY PROCESSIONAL

Sunday, April 2nd at 11:00 a.m. | After Sunday school & before worship at 10:45 a.m. on the Sanctuary steps and Courtyard.

SPRING FLING & EASTER THINGS

Palm Sunday, April 2nd from 2:00-4:00 p.m. at Camp Tuscoba (off Union Chapel Road, Northport) | Egg hunts at 2:30 p.m. (hunts staggered by age group.)

MAUNDY THURSDAY SERVICE

Thursday, April 6th at 6:00 p.m. in the Sanctuary | This service will be a service that includes ancient Tenebrae, and have music, communion, and the stripping of the altar.

GOOD FRIDAY SERVICE

Friday, April 7th, 6:00 pm at the Bama Theatre Join the Bridge Worship Team for a live Good Friday Service in the amazingly renovated the Bama Theatre. This will be a worship experience you don't want to miss.

EASTER SUNDAY

Sunday, April 9th | Sunrise Bridge & Traditions Services (church-wide) at 6:00 a.m., 9:00 a.m. & 11:00 a.m. (both Bridge & Traditions)

CHILDREN'S BUTTERFLY RELEASE Immediately After all Worship Services

Children's ministry butterfly release in the Courtyard and outside the Sanctuary (steps & sidewalk).

Questions about the Wellness Ministry? Contact Janice Stewart, Wellness Director at janice@fumct.org.



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