

BE WHOLE

Healthy Preacher Movement Monthly Newsletter

ISSUE 06 FEBRUARY 2015



A Message From the Founder

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospers.”

3 John 1:2

Preacher! Thank you for participating in the January 20:31 Challenge! We challenged everyone in the month of January to workout twenty out of thirty one days and you responded! There were over 300 posts uploaded to various social media accounts. You kept on pushing and were successful! Congratulations to you for remaining committed to being whole! In March we will issue another challenge. It will be difficult but not impossible.

A special thanks to our February contributors! Your commitment to quality and excellence are greatly appreciated. Your articles will bless the nation. Our lives have been enriched by your submissions.

We are gearing up for our first convening. The Be-Whole Retreat. The dates are August 26-28th in Baltimore, MD. Registration will open by March 1st. This retreat promises to be a rewarding encounter with movement supporters and experts of the church, psychiatry, nutrition and physical fitness. The workshops will cover the three areas of the movement, which are Spirituality, Scholarship and Somatics.

In addition to the workshops, we are also planning a 5K to be coursed around Baltimore's beautiful Downtown Inner Harbor. We are not wearing suits or anything remotely church. We are wearing active gear. We have over 250 supporters throughout 20 states! We are expecting a major turnout of enthused and motivated clergy who want to be whole! We will share stories, struggles and successes!

It is a privilege to introduce our retreat staff. These individuals have graciously lent their time, talent and treasures to insure a logistically well executed retreat that you would enjoy and return to. The staff is compiled of highly functional ministers who are deeply gifted in their individual skill settings. We are blessed and privileged to have them on board.

Mrs. Misha Renee Young, MBA

Pastor Phil Deal of Beulah Baptist Church Steelton, PA

Pastor Jevon Billups of Holy Comforter Baptist Church Washington, DC

Dr. Danielle Brown of Cathedral International Perth Amboy, NJ

Dr. Lori Spears of Carnegie Mellon University and Mount Ararat Baptist Church Pittsburgh, PA

Dr. Mark Johnson of Coppin State University and Morgan State University

BE-WHOLE

Dr. Robert E. Young-Founder

this issue

Message from the Founder P.1

Be Whole Retreat P. 2

Spirituality P.3

Scholarship P.4

Somatics P.5

Success Story P.6



Dr. Robert E. Young

Doctor of Ministry Program: Preaching Prophetically in a Postmodern Culture: Communicating with Contemporary Audiences, August 2011—May 2014
Dissertation: Soulful Sermonizing; Black Preaching with a Blues Motif
United Theological Seminary, Dayton, Ohio

Master of Divinity Degree, May 2008
Virginia Union University, Richmond, Virginia

Bachelor of Arts Degree: Music/Piano Performance and Education, May 2003
Morgan State University, Baltimore, Maryland

BEWHOLE



RETREAT

FOR LICENSED AND ORDAINED CLERGY

AUGUST

26TH - 28TH

AT THE RENAISSANCE
HARBORPLACE HOTEL
BALTIMORE, MD

PRESENTED BY

DR. ROBERT YOUNG

FACILITATED BY:

DR. WILLIAM H. CURTIS

MT. ARARAT BAPTIST CHURCH

DR. TAUNYA TINSLEY

TRANSITIONS COUNSELING SERVICE

CRYSTAL SPEARS-JONES

NUTRITIONAL EXPERT - CENTER FOR DISEASE CONTROL

ODELL DICKERSON

FITNESS TRAINER AND MOTIVATOR

SAVE THE DATE
REGISTRATION **BEGINS**
MARCH 1ST

ATTIRE IS ACTIVE GEAR

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Spirituality (Of the Spirit)

Spiritual Discipline: Achieving Solitude

By Dr. Dorothea Johnson James

Spiritual disciplines can be identified as principles practiced to maintain and to enhance a relationship with God. Identifying, defining, and practicing spiritual disciplines continue to be a subject of great interest for many scholars. Some of my favorite authors Richard J. Foster, *Celebration of Discipline: the Path to Spiritual Growth*; Donald S. Whitney, *Spiritual Disciplines for the Christian Life*; Dallas Willard, *The Spirit of Disciplines: Understanding How God Changes Lives*; and Adele A. Calhoun, *The Spiritual Disciplines Handbook: Practices That Transform Us*, have thoroughly comprehended the topic. All of these authors note solitude as a spiritual discipline and determine it as being alone, away from others in a secluded place with God. The spiritual discipline of solitude is easily defined, but not so easily executed.

Time alone with God has been a lifelong battle for many Christians, present company included. Although time alone with God is necessary, it can be so incredibly difficult to reach. Those of us who have had the grace of being in ministry have barely mastered time to contemplate the Holy Writ of God for Wednesday Bible Study, and time to develop the art of preaching for Sunday worship and of course the occasional invitation. However, time with God, with no schedule and no deadline, is a tad bit harder to reach. We must concentrate on mastering the art of solitude to achieve higher heights.

When it comes to mastering the art of solitude we have to draw near it like a date with the one we love most in the universe. When I saw my husband Lawrence, my life shifted. At a young age, I knew he was the one. From that point I realized it was my mission to be with him or in his proximity just about every day. I would sit in his presence even when he was busy playing in the music studio and did not receive the chance to entertain friends. I would travel to his house even when he was mad and refused to speak. It did not matter; I only wanted to be with him. When dealing with the discipline of solitude we have to be the same way with God. Nothing – not sin, nor events, nor other people – should interfere with us getting into the presence of God. We should just get in the face of God, even when it appears God is not talking. To master solitude we have to get in the presence of God.



Spirituality (Of the Spirit) cont.

Not only do we need to get in the presence of God, we have to freeze out all other distractions. When it comes to study, writing and reading I must have complete quiet. No television, no people talking, no dripping water, and no music. It is simply how my mind functions. It is the same for the discipline of solitude. We must not only purpose to be unaccompanied, but we must resolve to block out distractions around us and in our mind. Life usually overwhelms the average individual. If you are like me, we are ministering to a group of people [church and secular], we are parenting children, we experience many side opportunities [preaching, teaching, lecturing], and we are all struggling with the desire to be healthy preachers. We have busy mornings, afternoon, nights, and some over nights. Even Jesus had to juggle the ministry and time alone with God [Matthew 14:13; Mark 1:35, 6:45-46; Luke 4:42; and John 6:15]. To master solitude we have to grow in the presence of God and block out all extraneous distractions.

The discipline of solitude is hard to achieve, but we must make an effort every day. The time alone hearing from God alone will be what reproves, refines, and renews us for the work we have ahead. Progress to a date with God daily, mark it on your calendar, and pick a place where only you and God meet. Solitude time is for you and God, if for no other cause than getting

together with the one who loves you the most. It's a date with God, where you are not looking for the deepest theological, theoretical, or practical angle. All you want is time with God who knows you better than you know yourself; the God who holds the map to your past, your present, and your future; and the God who wants to reveal large and astonishing things you do not know.



*Dr. Dorothea Johnson James
Executive Pastor, Calvary Baptist Church
Baltimore, MD*

- Doctor of Ministry Program: Collaborative Leadership in the 21st Century, August 2011-May 2014 Dissertation: Reconciling Relationships: Through Spiritual Disciplines United Theological Seminary, Dayton, OH
- Masters of Divinity Degree, September 2007 Liberty Theological Seminary, Lynchburg, Virginia
- Bachelor of Arts Degree: Pastoral Counseling, May 2002 Washington Bible College, Lanham, Maryland

Scholarship (Of the Mind)

The Importance of Christian Education in the Local Church

By Dr. Jamison Hunter

In our Lord's final discourse with His disciples (see Matthew 28:18-19), he highlighted the need for holistic discipleship which included a teaching element. In short, Jesus underscores that Christian Education is a major component needful to equip believers for effective living and successful witness. Much like public school education is crucial for becoming wholesome and productive citizens in every community, equally critical is Christian Education for the church in order to produce skilled servants and disciples for advancing the message and ministry of the kingdom.

Without quality education, there cannot be adequate transformation. Equipping, then, must be intentional if the church is to succeed. Historically, the church has mainly relegated Christian Education to that scarcely attended hour that precedes worship in most church's ministries. The goal was to afford members (and visitors alike) an opportunity (in a small group setting) to dialogue about the uniform lesson, a given biblical subject, or at times a social matter that may have claimed the attention of the community (emphasizing the Christian angle from a biblical point of view). These days, Christian education has become broader and while it encompasses still (in many circles) the uniform lesson, it now includes dedicated training on relevant personal and corporate concerns like relationship development, marriage and family matters, health and wellness, financial investment and management, home buying, living wills, and more. These cover the gamut of things that Christians (and others) face, and doing so in a controlled Christian context, and from a distinctly Christian perspective.

With the host of complicated issues that continue to frustrate life for each of us, the best way to combat these ills is to "...know Him..." (Phil 3:10). The more we come to know who Christ is and discover His purposes for our lives—as His representatives until He returns—the better off we will be and the greater difference we will be able to make. A greater knowledge of the basic tenets of our faith, His will for our lives, and a deeper commitment to His holy word is key for success, survival and effective service.

The ministry of Christian Education is imperative (not an option) for the church. Jesus Christ ordered it (Matthew 28:19), the early church embraced it (see Acts 2:42), the Apostle Paul endorsed it (see 2 Timothy 2:15); and we should engage it to enjoy the kind of grace and favor God extended to them. In fact, Luke reminded us that twelve men so championed these principles given to them by Christ such that they "...turned the world upside down..." (Acts 17:6) They could; we can, too!

The mandate is simple and clear! If ever we are to do better, then we must learn better. An effective disciple is an informed disciple.



*Dr. Jamison Hunter, Pastor,
Macedonia Missionary Baptist
Church Dayton, Ohio*

- B. S. University of Maryland Eastern Shore, Princess Anne, MD M. Div.
- Howard University School of Divinity, Washington, DC D. Min.
- United Theological Seminary, Dayton OH
- Alpha Phi Alpha Fraternity, Inc. & Sigma Pi Phi Fraternity (The Boule')

Somatics (Of the Body)

No More Unhealthy Snack Attacks!

By Precious Frazier

If you're anything like me, you LOVE to snack. I'm sure there are times when you have found yourself looking into the bottom of the bag or container wondering where all the goodies went :o). You soon realize you've had yet another snack attack! This often happens as a result of having a hurried lifestyle. We go from one task/role/job/commitment to another often without leaving space and time to properly nourish our body. When we finally do grab something to eat, it's the first thing we can get our hands on...AND to satisfy our hunger, we consume more than we should. The truth is when you go long periods without eating, your blood sugar levels drop and this sends your body into fight-flight and starvation mode. In an effort to bring your blood sugar back to balance, your body prompts you to eat something that will bring the blood sugar up quickly. This is usually a sugary, fatty, or carb-filled food item.

The simple fix to unhealthy snacking is having healthy snacks on hand to eat. Healthy snacking keeps your blood sugar balanced, keeps your metabolism up, and keeps you nourished and full of energy.

Foods like fruits, vegetables, nuts, whole grains, and legumes are packed with the nutrients, fiber, and protein your body needs. These foods also guard against sugar highs and lows, so you are less likely to succumb to the processed, quick snack foods.

Here are a few healthy snacks for you to try.



Precious Frazier, Holistic Health Coach
Owner and Founder of Nutritional InnerG

Healthy Snacks

- Apple slices with nut butter—almond, cashew, sunflower, etc.
- Celery or carrot sticks with hummus
- Ezekiel Toast spread with hummus
- Ezekiel Toast spread with almond butter and topped with banana
- Green smoothie
- Edamame (soy beans) sprinkled with “Real” sea salt
- Rice cakes with nut butter
- Trail mix
- Fresh mixed berries mixed with plain yogurt and raw honey topped with granola
- Mary's Gone Raw Crackers with raw cheese or hummus
- Kale Chips
- Fresh fruit

Success Story (Member Testimonial)

Dr. William A. Jordan

Like most I would go to the doctor for my yearly exam. But in late January 2014, my doctor spoke these words to me, "Mr. Jordan, if you keep on the path of living an unhealthy lifestyle, you will not make it past the age of 45." Being told that I was a borderline diabetic and my blood pressure cholesterol was extremely high, I think finally made me say, "William, enough is enough." Initially a skeptic of working out and eating right, I knew this journey would not be an easy one. Having been told several times by others that working out was a great stress reliever and eating right is not as bad as I thought. I stopped and said to myself, "Do you want to live or die?"

On February 1, 2014, I began my new lifestyle. Let me say women tend to think it is easier for men. I disagree – the struggle of eating less and portion control, even going to the gym is just as real for us. However, it's easy for anyone when you trust in God and lean on Him. My daily routine begins with meditation and reading Psalm 1:

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers. Not so the wicked! They are like chaff that the wind blows away. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.

I shall prosper! My first goal was to acknowledge my stress-eating patterns and form some new habits to help with my weight loss journey. I joined a gym and next...the sweets (cookies, pie, cakes) I quickly realized had to go! During my first week, I tried the treadmill and elliptical machine and became tired fast so I set a smaller goal just to try and accomplish one machine. I began to do the elliptical machine for 2 miles and found that it wasn't so bad; I was

able to clear my mind, meditate and read on this machine. Having worked up a great sweat, I said to myself, "I shall prosper." My journey continued and I started doing 3 miles on the elliptical and 3 miles on the stationary bicycle. I found a new love in working out – it is my outlet. We often hear of so many pastors who have died from heart attacks, over weight and being stressed out, and I refused for that to be me. I found a source of hope, and grabbed onto it. I finally had enough and decided to save my life. I quickly realized that this isn't some impossible pipe dream but an attainable goal. My source of hope was being a part of my kid's life.



Dr. William A. Jordan

Senior Pastor, Lyons Missionary Baptist Church, LA

Doctor of Theology Slidell Baptist Seminary, Slidell, LA

Being told by my doctors that I was on a downward spiral and stepping on a scale weighing close to 300 pounds and remembering what it was like growing up without my father who I lost at the age of three to cancer, I decided to live every day of my life in such a way that I could do it every day for the rest of my life. If you're motivated enough, you get worse and worse at quitting, and replace it with a tendency to succeed! When I actually saw that I was making progress and having a different attitude, I thought change is possible. I slowly began to workout 3-4 times each week. By late July, I had lost almost forty pounds and my cholesterol and blood pressure were down. I've lost over 5 inches in my waist. I

can't even wear my favorite black suit or preaching robe anymore; I've gone to the seamstress for alterations and I'm amazed at the extra material. Today, I work out 5 times a week doing at least 5-6 miles on the elliptical and open-air glider, eat right and drink plenty of water. I leave you with this; the secret lies in whether you say you want it, or if you truly want it. If you've got the latter, you're going to be unstoppable. I shall prosper!

February – July 2014 Weight Loss Journey

290 LBS - 252 LBS

46 waist – 40 waist

19 neck – 17 ½ shirt neck

RESOURCE CENTER

RECHARGE

WITH

Dr. Young

"Devotional and Prayer Line"

WEDNESDAYS @ 6:00 AM



CALL: (712) 775-7031

Meeting ID: 281-642-720

RESOURCE CENTER

Spirituality

"Life of the Beloved: Spiritual Living in a Secular World"
Henri Nouwen

Scholarship

"The Black Church in the African American Experience"
Eric C. Lincoln, Duke University Press

Somatics

"Created for Worship: From Genesis to Revelation to You"
Noel Due, Christian Focus Publications, 2005.

"Engaging with God: A Biblical Theology of Worship"
David Peterson, Intervarsity Press, 1992.

"In Search of Wisdom: Faith Formation in the Black Church"
Anne E. Wimberly and Evelyn L. Parker, Abingdon Press, 2003.

Success

Falling Upward: A Spirituality for the Two Halves of Life by
Richard Rohr



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Dr. Robert E. Young,
Founder



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