

Quarterly Potlucks & Workdays

Once a quarter outside of Sundays we will look to gather around a meal for fellowship and conversation. On a Saturday once a quarter we invite the congregation to come and work at the church to help clean, spruce up, update, transform, and tidy up parts of our campus that need some wellness.

A New Ministry: The “Cares Team”

The needs of those within our church community are great. Some within our community are experiencing health challenges, financial stress, mobility issues, and isolation. The gifts we possess are even greater, however. We will look to create a new ministry called the “Cares Team” that gathers information about the needs and gifts within the congregation and will coordinate ways to sustainably match needs and resources.

All-Church Weekend Retreat

With adequate planning and funding, we will look to hold an all-church weekend retreat in the fall of 2025 or 2026 at Blowing Rock Conference Center. By taking time out of our usual environment, the retreat would provide extended opportunities to build relationships as we worship, reflect, play, rest and eat together.

Pick A Book on Wellness That Interests You and Read It!

The literature on well-being is vast and varied. In 2025, we recommend three books to the congregation that focus on the intersection of spirituality and wellness. We invite folks to pick one book and read it this year.

1. *“Field Notes for the Wilderness: Practices for an Evolving Faith,”* by Sarah Bessey
2. *“Sacred Self-Care: Daily Practices for Nurturing Our Whole Selves,”* by Chanequa Walker-Barnes
3. *“The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are,”* by Brené Brown

How You Can Support This Effort

A *Year of Wellness* will be the result of a combined community effort to make the ideas outlined in this brochure happen and they will only happen with involvement and participation from the wider church community. We believe through the integration of spirituality and the varying dimensions of wellness we will explore; this next year has the potential to offer Holy Covenant and its people a foundation for creating a more holistic life, and not only deepen our faith, but how we live out that faith. Join us by getting involved in a ministry team or effort you see described here.



YEAR OF WELLNESS 2025

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Why Wellness in 2025

Over the years Holy Covenant has been faced with many changes. Changes that have pushed it to stretch and grow, and others it has had to find ways to work together to survive through. Changes that have certainly had an impact on aspects of well-being in our church and personal lives.

As the church we are called to care for God's people, and as followers of Christ, we are to model his life and live by his example. One of the healthiest ways to do this is by first creating a solid foundation of wellness for ourselves, so we can then in turn be there for others in the ways God calls us to.

While wellness is commonly thought of as only being about health, it is much broader than that. It's an active process through which people become aware of, and make choices toward, a more successful existence. It includes health, but also includes dimensions such spiritual, emotional, and financial well-being. When these dimensions are integrated together, they can support a more holistic approach to living well.

In 2025, I'd like our church to focus on a theme I've titled "A Year of Wellness". I'd like for us to ask the question, "What does wellness look like through the lens of our church's different ministries?" "How can wellness enhance not only our own health, but how we function and live?" and "How can paying attention to wellness, in its different aspects, contribute to our sense of faith, how we serve the community, and how we seek to follow Christ?"

A Year of Wellness at A Glance

January

Pastor Chris shares the vision and more details about *A Year of Wellness* in 2025.

February

Relational Wellness
Theme: Connect with Others
Hospitality Team

March

Financial Wellness
Theme: Money with Purpose
Budget & Finance Team, Endowment Team

April

Environmental Wellness
Theme: Love the Earth
Creation Justice Team

May

Emotional Wellness
Theme: Practice Gratitude
W.I.S.E. Team, Health Response Team

June

Cultural Wellness
Theme: Celebrate Difference
Racial Justice & Equity Team

July

Physical Wellness
Theme: Move More, Eat Better
Buildings & Grounds Team

August

Intellectual Wellness
Theme: Boost Your Brain
Christian Education Team

September

Vocational Wellness
Theme: Live with Purpose
Missions & Justice Team

October

Spiritual Wellness
Theme: Nourish Your Soul
Worship Team

November

Sabbath
Theme: Rest in God
Active & Retired Clergy

December

Reflect & Celebrate
Theme: How Are You?
Pastor Chris & Consistory

Organization Wellness

During this year leadership and ministry teams can reflect on the way we work together and how well we function as an organization. What kinds of training or skills do we need to support how we want to be in ministry together?

This year will be a good time to review and update our bylaws, policies and other churchwide documents. It's time to make sure that we're all on the same page and that our written policies reflect who we are now.