



ST. BARTLEY

PB CHURCH EST. 1820

Meeting Needs. Making Disciples.

BE

WELL

Mind, Body, & Soul

*Beloved, I pray that you may prosper in all things
and be in health, just as your soul prospers.*

3 John 1:2

January 2024

Food Guidelines



Please Consult With Your Healthcare Provider Before Making Changes To Your Diet.

Food Fast: Wednesday, January 3rd-Wednesday, January 31st

**Fast Ends at 6 PM on Wednesday, January 31st*



Baked Chicken & Fish, Turkey, Fruits & Vegetables, Beans & Legumes, Seeds & Nuts, Water, 100% Fruit Juices, Smoothies



No Fried Foods, No Beef, No Pork, No Red Meat, No Sweets, No Junk Food



Seminars



Be Well Kickoff

"Growing Closer To God In 2024"

Wednesday, January 3rd @ 6:30 PM



Dr. Clarissa Tibbs, *Licensed Professional Counselor*

Joyful Healing Counseling & Psychotherapy, LLC

www.drclarissatibbs.com

"Be Well In Your Mind"

Tuesday, January 9th @ 6:30 PM

Valesia Crayton, *Certified Holistic Nutritionist*

Founder & Owner of Direction To Health, LLC

www.directiontohealth.com

"Be Well In Your Body": *3 Steps To Living A Healthier Lifestyle*

Tuesday, January 16th @ 6:30 PM



Saul Robinson, *Personal Trainer*

M.E.R.C Fitness Asylum

"Be Well In Your Body": *Saturday Morning Workouts*

Every Saturday in January @ 8:30 AM

Sign up at the Information Table or text "Fitness" To (256) 618-8889.



Pastor Jaymes R. Mooney

"Be Well In Your Soul"

*An Intimate Night With God: Worship, Affirmations,
Spiritual Practices, & Testimonies*

Tuesday, January 30th @ 6:30 PM



Accountability Partner



Consistency is often easier when there is accountability! During the month of January, we encourage you to find accountability partners or accountability groups to help you commit and stay motivated as we journey through our Be Well Series. The Be Well Series includes a corporate fast, spiritual growth opportunities, Be Well Seminars, and more! Our goal is to begin the year focusing on the importance of being well in our minds, bodies, and souls, and we believe that this journey is easier if we do it TOGETHER!

#BeWell2024
#BetterTogether



Daily Inspiration

Join us on Facebook & YouTube for daily inspiration, worship, prayer, devotionals, and more!

Read The Bible In A Year!

Let's read the Bible TOGETHER! Text "Bible" to (256) 618-8889 to join the Bible reading group or pick up a physical copy of the reading schedule at the Information Table!