

Unity Fellowship Church Movement

# HEALTH & WELLNESS NEWSLETTER

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**UFCM EXTERNAL DEPARTMENT**



## **HEALTH & WELLNESS INITIATIVE**

TO SUPPORT THE WHOLISTIC HEALTH OF UNITY FELLOWSHIP CHURCH MOVEMENT AND THE COMMUNITITES THEY SERVE.

UFCM House of Bishops- Beatitude Bishop Zachary G. Jones – Sr. Bishop Jacquelyn D. Holland - Bishop Harris Thomas (Emeritus)  
Bishop Benita Ramsey (J1) - Bishop Kevin E. Taylor (J2) – Bishop Dorothy Parrish-Harris (J3)

DISCLAIMER: The Unity Fellowship Church Movement's Health Innovative wants our readers to know the views and testimonials shared are that of our writers. Please consult your medical providers with health concerns.

IS THERE A HEALTH ISSUE YOU WOULD LIKE TO SEE ADDRESSED  
THROUGH THE UFCM HEALTH & WELLNESS IINITIATIVE?  
PLEASE SEND IT TO: [gjerrilee@gmail.com](mailto:gjerrilee@gmail.com)

### **WELCOME TO WELLNESS**

**This is your first step to healthier living. Unity Fellowship Church Movement Health and Wellness Initiative encourages you to move in the direction of self-care, self-love, and wellness.**



# UFCM Health Initiative Newsletter

## January 2025

### A Word from the Editor...

A new year brings new hope, new faith and new dreams. It also brings the new promises we make to ourselves to do better. The best way to avoid broken promises is to be honest in what you are asking of yourself.

“Begin the new year feeling peace, not pain. Look back with gratitude, not regret. Accept the past and stay confident in the present. Be ready to step boldly into what is ahead.

## Be Well...Be Hopeful

Reverend Jerri Lee

For a while now, Rev. Jerri-Lee has been asking me to share something here in the newsletter, and for a while, I have resisted. I will share a little secret, though I am often thrust into the forefront, I struggle most times to find the right words, and I am always concerned about saying the wrong thing. However, as a musician, I have learned as the saying goes, ‘when words fail, music speaks.’ So, today as we embark on a new year, I offer the words of one of my songs, written early in Whosoever Music’s history.

Renew me by Thy Spirit Lord  
I need a fresh touch  
Renew me, restore me  
I need you oh so much  
Come Holy Spirit  
Touch Holy Spirit  
Cleanse by Thy Spirit  
Renew my spirit

God Bless & Happy New Year!  
Rev. Cheryl

<https://youtu.be/7E5qyQ0GQz0?si=zK4aMZacTa1mxHI3>

## WINTERIZE YOUR BODY



Exercise to enhance balance and keep you limber during the winter season.

- ❖ **Standing Wall Stretch:** loosens calf muscles and the Achilles tendon. Stand facing a wall with your hands flat against it. Take a small step back with your left foot. Your feet should be flat on the floor and your arms fully extended. Without raising your heels, gently bend until you feel a stretch in your left calf. Hold for 8 seconds, then switch positions. Alternate from left to right until each leg is stretched two or three times. (don't look down or arch your back)
- ❖ **Single Leg Hamstring Stretch:** Loosens the hamstrings, lower back and calves. Sit on the floor or bed with your legs extended straight in front of you. Bend your right knee and tuck your right foot along the side of your left thigh. Slowly bend at the waist and reach with both hands towards your left foot as far as you can. Hold for 3 deep breaths. Then switch sides to reach toward your right foot. Alternate from left to right to stretch each side three or four times.
- ❖ **Knee to Chest Stretch:** Loosens the Lower Back. Lie flat on your back on the bed or an exercise mat, knees bent and feet flat. Raise your left knee towards your chest and grab your leg below the knee with both hands. Keeping your back flat, gently pull your left leg into your chest as far as you can without discomfort. Hold for 3-5 seconds, then lower it back down. Repeat the stretch with your right leg. Stretch each side 4-6 times.
- ❖ **Doorjamb Stretch:** Loosens the anterior deltoids. (connects to the clavicle, and helps your arm move forward). Stand inside an open doorway and raise your left arm out to the side with your elbow bent at a 90-degree angle, upper arm parallel to the floor, fingers pointing upward. Place your left hand and upper arm flat along the frame of the doorway. Gently lean forward until you feel a slight stretch within the front of your shoulder and chest. Hold for 8 seconds then switch to stretch your right arm. Alternate from left to right to stretch each side 2-3 times.
- ❖ An added benefit when you breathe deeply and slowly while stretching.

# RETHINKING YOUR NET WORTH FOR THE NEW YEAR

Deacon Paul Green, Senior Outreach, UFC Seattle - Matt Bell Contributor

*"Be sure you know the condition of your flocks, give careful attention to your herds."* Proverbs 27:23

I'm going to go way out on a limb and guess that you don't have very many sheep or cattle to look after. But you probably do have investments, a home, a car, and some other stuff. All are modern day equivalents of the flocks and herds of biblical times.

While the Bible teaches us Matthew 6:25 over our stuff or to make it the Luke 12:15, it does instruct us to pay attention to our assets and keep tabs on their condition.

The end of the year is a good time to assess the condition of our finances and make plans for improvement in the year ahead.

The classic net worth statement is one helpful tool. However, it also completely misses some very important aspects of our financial lives. To help fill the gap, consider using an Experiential Net Worth Statement and an Emotional Net Worth Statement.

## Experiential Net Worth

There's a large body of research pointing to the fact that experiences give us more joy than the fleeting pleasure of things. So, as you think back on the year, what were some of your better experiential "investments?" I'd also recommend including charitable contributions on the Experiential Net Worth statement. Depending on where you make such contributions, they can constitute investments of truly Matthew 6:19. And the joy we derive from generosity deserves some acknowledgment as well. Some such contributions won't even show up on your tax return, such as financial gifts you gave to friends in need.

For charitable contributions, you could list the actual amounts given, but also indicate what percentage of your income you gave away. There are two reasons for this. First, the Bible teaches us to base our giving on a percentage of income (see Deuteronomy 16:17 and 1 Corinthians 1:2). Second, if your income went down this past year but the percentage that you gave away remained the same, that's reason to celebrate. In essence, you were just as generous as when your income was higher.

There isn't one absolutely right way to fill out an Experiential Net Worth Statement. The important thing is to use the exercise to remember the experiences and acknowledge the value they added to your life.

As you think about the year ahead, how can you be intentional about using money to build your Experiential Net Worth?

### **Emotional Net Worth**

Emotional Net Worth has to do with how we're feeling about our finances—our financial confidence, contentment, stress, or fear. These are subjective measures, to be sure, but it's helpful to score yourself on such factors, nonetheless.

As you think back on the year, what overall emotion best describes your financial life? And what financial changes may help you get to a better place in the New Year?

You'll find some very simple forms for each type of net worth available for free download on the Sound Mind Investing web site.



Some additional ways to think about net worth include:

### **Relational Net Worth**

How did your use of money this past year impact your valued relationships? Did you have any recurring financial disagreements with your significant other? What money-related changes in the year ahead may pay the best relational dividends?

### **Physical Net Worth**

Did you make any investments in your health this year? Should you make any in the New Year?

How might thinking about net worth in these ways shape your use of money in the coming year?

*Be affirmed that through thoughtful generosity, more money will flow back to you!*

*Prosperity, Peace, Love & Good Health to Everyone in the New Year 2025!*

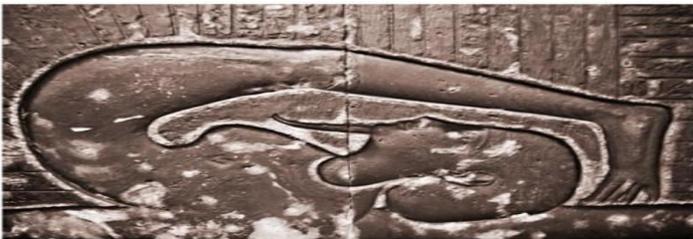
## WADJ (YOUR HEALTH IS YOUR WEALTH): THE ANCIENT EGYPTIAN CONCEPT OF WELLNESS By Queen Mother Imakhu

“Ankh! Udja! Seneb! (Life! Health! Strength!) was a common greeting in Kamet (the original name of Ancient Egypt). It is still a heavily used salutation among today’s Kametic faith practitioners. There is a general misconception that ancient Kamites were preoccupied with death. In truth, given the dangerous daily conditions they faced (wild animals, communal illnesses, possible drought, the threat of starvation), they were more concerned with staying alive. Wadj is the original term meaning, “Health is wealth!”

The notion of wellness began in Kamet. When Kamites visited their physicians, they knew that the examination would include standard questions of, “How do you feel? Are you exercising? What’s in your diet? How is your home life? How’s the job? Are you experiencing stress? Are you praying daily?”

Patient wellness plans were based on the replies. A remedy could very well include specific prayers. Charei (CHA-ray) means total wellness, including a sound mind, body, and soul. The zunu(t) was the priestly physician or scholar. The earliest temples were community hospitals and student learning centers. Female and male physicians, dentists, and scientists performed sophisticated procedures, yet had no problem recommending folk remedies, herbalism, gemstone jewelry, aromatherapy, mental wellness counseling, and religious rites. A plethora of treatment information was left behind in medical papyri.

Yoga, first credited to India, actually had its origins in Kamet. The terms *iqā*, *iugah*, have hieroglyphs that are clearly yoga poses. There are also stone carvings that capture the poses.



Today’s Kametic faith practitioner often include Kametic yoga in daily prayers and meditations.

The well-to-do, politicians, and regents had greater access to better health care and safety. Their diets consisted of rich, sumptuous foods that brought their own adverse health concerns. Writings in Kametic sacred texts warned against taking on the eating habits of the wealthy and ungodly. The Book of Amen-Em-Apet says”

“Be kind to thyself. Make your body strong and happy. Take good heed to thyself in respect to The Most High God.”

The priesthood engaged in routine fasting and cleansing. In the Book of Ankhsheshonki, the following health proverbs are stated:

“Do not say, ‘My illness has passed, I will not use medication.’”

“Do not clean yourself with water only.” (In other words, “Clean up your life.”)

“Do not be despondent when you are ill, your landing is not made yet.” (Meaning, “Be glad you’re still alive.”)

“He who is alive, his herb grows.”

“A remedy is effective only in the hands of his physician.”

From the Book of Phebor, we hear:

“The life that controls excess is a life according to a wise man’s heart.”

“Vegetables and natron are the best foods that can be found.”

“Illness befalls a man because the food harms him.”

“He who eats too much bread will suffer illness.”

“He who drinks too much wine lies down in a stupor.”

“All kinds of ailments are in the limbs because of overeating.”

“He who is moderate in his manner of life, his flesh will not be disturbed.”

“Illness does not burn him who is moderate with food.”

“The heart cannot rise up when there is affliction in it.”

“Do not make your voice harsh, do not speak loudly with your tongue. A loud voice causes harm to parts of the body just like an illness.”



## SUGGESTED PREVENTIVE HEALTH CARE FOR ADULTS

- ❖ Blood pressure checks- regularly monitoring blood pressure helps to manage hypertension, a major risk factor for heart disease and stroke.
- ❖ Cholesterol screenings- enables early detection and management of high cholesterol.
- ❖ Blood sugar tests- identifying and managing diabetes, a chronic condition affecting blood sugar levels.
- ❖ Cancer screenings- regular screening for specific types of cancer, such as breast, cervical, colon, and prostate can lead to earlier detection and improve treatment outcomes.
- ❖ Dental checkups cleanings- maintaining good oral hygiene and regular dental checkups (every six months) help prevent dental problems and promotes overall health.



## SUGGESTED PREVENTIVE HEALTHCARE FOR CHILDRENS

- ❖ Regular well-child visits- allowing pediatricians to monitor growth and assess development, administer vaccines and address health concerns.
- ❖ Vaccinations- following the recommended childhood immunization schedule.
- ❖ Vision and hearing screenings- early detection and intervention for vision and hearing impairments are necessary for optimal development and learning.
- ❖ Dental checkups and cleanings- practicing good oral hygiene habits early helps prevent dental issues in the future.

## SLEEP APNEA AWARENESS

A common sign of sleep apnea can be loud snoring. However, symptoms may show up in many ways. For some people, sleep apnea may be present for long period of time and not be noticed. The get used to the daytime fatigue and it becomes a “new normal.” Other indications can be:

- ❖ middle of the night or mid-morning headaches, which can also be linked to high blood pressure. Night sweats not associated with any other health issues can also be a sign.
- ❖ Frequent movement during sleep, which may or may not be accompanied by snoring.
- ❖ Frequent urination, which may be caused by increased adrenaline, creates the feeling that the bladder is full.
- ❖ Additional things to look for are asthma, diabetes, heart disease, daytime fatigue, stroke and negative moods.

If you are experiencing any of these symptoms, please check with you health provider.

## SHINGLES PROTECTION AFTER 50

### WHAT IS SHINGLES?

Shingles, also known as herpes zoster, is a viral infection that causes a painful blistering rash. The rash usually appears on one side of the face or body and lasts two to four weeks. The virus can affect older adults or those with weakened immune systems and cause rash, vision issues and pain. Shingles is caused by the same virus that causes chickenpox. After a person recovers from chicken pox the virus stays dormant in the body and reacts years later, causing shingles.

HOW TO TAKE PREVENTIVE STEPS: The immune system naturally weakens as you age. As a result, the risk of shingles increases as you get older. Vaccination against shingles is the best preventive measure against shingles. It is a series of two shots is required to complete the vaccination.

## IS SHINGLES CONTAGIOUS?

You cannot get shingles from someone who has shingles. However, a person with active shingles can spread the virus to someone who has not been vaccinated, or never had the chickenpox.

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Unity Fellowship Health Initiative Newsletter is looking for informative health articles and anyone interested in working on the newsletter monthly. We need writers and researchers.

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## **UNITY FELLOWSHIP CHURCH MOVEMENT HEALTH INITIATIVE PREVENTIVE HEALTHCARE**

**FIND OUT MORE:**

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**“Wellness is an Energy: Healing is a Process”**