



"DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT, WHO IS IN YOU... THEREFORE HONOR GOD WITH YOUR BODIES."

— 1 CORINTHIANS 6:19-20 (NIV)

"Renewing Your Mind: Embracing Mental Health with Faith"

Grace and peace to you!

Welcome to this month's edition of The Well: Spiritual & Mental Wellness, where we gather to nourish our hearts, strengthen our minds, and restore our spirits through faith and wellness.

June is Men's Health Awareness Month. We often say men are the backbone of the family, but that doesn't mean you're unbreakable. You lead. You protect. You provide. You carry the weight of your families, ministries, and communities, often in silence. But silence can be heavy. Silence can hurt.

It's time to be reminded: you matter too. Not just for what you do, but for who you are. You deserve rest. You deserve healing. You deserve care.

Even the strongest men need moments to breathe, reset, and be poured into. Even Jesus stepped away to pray. So I encourage you this month, don't just survive, choose to live whole.

To every man reading this: You are not alone. You are seen. You are valued. You are deeply loved, not just by your family or your church, but by God, who created you for more than just survival. You were made to lead in wholeness, not just carry weight in silence.

This month, I encourage you to choose yourself too. **Take the walk. Talk to a brother. Call the doctor. Open your Bible. Rest without guilt.** And remember: **you don't have to do it all to be enough.**

*With love, honor and gratitude
Lady Umeka*

In this newsletter
you can expect:

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from Lady Umeka

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"Strong in Spirit,
Steady in Health"

Mental Health Corner:
"It's Okay to Not Be
Okay ~Even for Men"

Ten-Day "Men's
Wellness Challenge"

Church & Community
Wellness Initiatives



Faith & Wellness Focus: Strong in Spirit, Steady in Health

Faith & Wellness Focus: **Strong in Spirit, Steady in Health**

Scripture Reflection: “I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

~3 John 1:2

God cares about the total man—not just his spirit, but his body, mind, and relationships. That’s why we’re calling every brother in Christ to take inventory of their whole self with this:

Wholeness Check: 4 Areas of a Healthy Man

1. Physical Health

Your body is a temple (*1 Corinthians 6:19–20*). Schedule your annual checkups, monitor your blood pressure, get enough rest, and fuel yourself with nutrition that sustains, not just what’s fast and easy.

2. Emotional Health

Real men do feel. Talk to a brother. Speak with a counselor. Journaling, mentorship, and healthy friendships can ease the mental weight many carry in silence.

3. Spiritual Health

Are you spending time with God daily, not just leading, but being led by Him? A spiritually grounded man can withstand storms because his foundation is the Rock.

4. Relational Health

As the head of your home, love doesn’t mean sacrificing yourself to the point of emptiness. Lead by example, set boundaries, prioritize your marriage, and raise your children in grace, not guilt.

True wellness comes when all four areas are nourished. This month, take time to check-in and commit to strengthening what may be weak.

MENTAL HEALTH CORNER: “IT’S OKAY TO NOT BE OKAY- EVEN FOR MEN



Scripture Reflection: “He heals the brokenhearted and binds up their wounds.”— Psalm 147:3

Men often feel pressure to remain strong, silent, and self-reliant but emotional and mental struggles are real.

Mental health challenges like anxiety, burnout, and hidden grief don't make you less of a man. They make you human. This month, we encourage all men to release the stigma and reach for support whether it's a trusted friend, a counselor, or a moment alone with God in prayer.

You are not alone, and you don't have to carry it all.



10-Day Men's Wellness Challenge

"Whole Man, Whole Health"

A call to action! Here's a practical 10-day guide to jumpstart your health—mind, body, and spirit:

Day 1: Drink 64 oz. of Water

Your body needs water to function at its best. Hydration helps your energy, digestion, and brain clarity. Drink throughout the day and let this act remind you: "God, fill me up."

Day 2: Walk for 30 Minutes

Physical movement is worship too! Whether it's a brisk walk at lunch or a slow stroll in the evening, moving your body honors the temple God gave you (1 Cor. 6:19–20).

Day 3: Spend 15 Minutes in Prayer or Devotion

Carve out time to be still. Pray, read Scripture, or reflect on one of God's promises. Even 15 focused minutes can shift your mindset and center your soul.

Day 4: Make a Healthy Food Swap

Choose grilled over fried. Pick water over soda. Your body will thank you. Remember, nourishment is fuel give it what builds, not breaks.

Day 5: Encourage Another Man

Send a text, make a call, or pray with a brother. Men need men. Encouragement is strength passed on, and you never know how much it may mean.

Day 6: Get at Least 7 Hours of Sleep

Rest is spiritual. God Himself rested (Genesis 2:2). Don't glorify exhaustion. A healthy man honors the rhythm of rest and renewal.

Day 7: Journal Something You're Grateful For

Gratitude brings perspective. Write down one thing that blessed you today. A thankful heart strengthens emotional and spiritual well-being (1 Thess. 5:18).

Day 8: Read Isaiah 40:31 or a Verse of Strength

Meditate on Scripture that builds your endurance. Start with:

"They that wait upon the Lord shall renew their strength..."

Let His Word fill you more than social media or stress.

Day 9: Do Something Joyful and Refreshing

What fills your cup? Fishing, listening to music, playing ball, laughing with your children, do it. Joy is not a luxury; it's fuel for the soul.

Day 10: Invite a Man to Church or Online Bible Study

Someone is waiting for the invitation. Don't underestimate your influence. Your invite may be the key that unlocks healing for another brother.



👔 Happy Father's Day 🧔

On this special day, we pause to honor and celebrate the incredible men who lead with strength, love, and quiet courage. To every father, grandfather, godfather, and father figure, thank you for the sacrifices you make, the wisdom you share, and the example you set.

Your steady hands, faithful prayers, and protective hearts are a gift to your families and to our faith community. You are providers, protectors, teachers, and encouragers and your presence makes a lasting impact that echoes through generations.

To the men who rise early, pray often, and give deeply whether seen or unseen we celebrate you. Your strength reflects the strength of our Heavenly Father. Your leadership reflects His love.

As we honor you today, may you feel God's favor, the love of your family, and the appreciation of your church home.

You are seen. You are respected. You are deeply loved.



Seeking Counseling Services? We're Here to Help.

If you or your loved ones are in need of professional counseling, the Bridging The Gap Foundation is ready to assist.

They offer low cost counseling options for children 11 and over and adults.

Let us help you find the support you need. For more information, visit www.btgf.org.



BRIDGING THE GAP FOUNDATION

Making Access to Care a Reality

BRIDGING THE GAP FOUNDATION

ABOUT BTGF
Our Mission

To address the disparities associated with mental health and access to quality care within underserved communities.

Our Vision
A Dallas where there is mental health parity and equal access to quality mental health treatment regardless of demographics, ethnicity, geography, or socioeconomic status.

WE CAN HELP!

WHAT WE OFFER
Access to culturally competent mental health professionals.
Funding for ten (10) professional counseling sessions

WHO WE SERVE
Adults, Adolescents, and children ages 11 and older
Overlooked, underinsured, and uninsured residents of Dallas and the surrounding area.

WHAT TO EXPECT

- Acknowledgment
- Advocacy
- Assistance
- Non-judgmental listening approach
- Support
- Transparency

CONTACT US NOW

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YOU ARE NOT ALONE

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Thank you for reading!