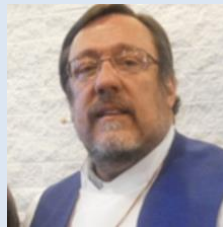


Ministry in Motion Blog

This blog is an effort to encourage one another to care for both body and soul, to the glory of God.

Support one another and encourage regular physical activity at any level. Fellowship opportunities such as walking/jogging groups, 5k races, yoga classes may arise as a result of this online conversation.

**Link to this blog is located at the bottom of the Messiah web page
www.messiahgrh.org**



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