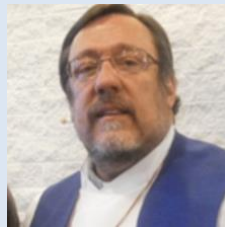


# Ministry in Motion Blog

**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](http://www.messiahgrh.org)**



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