

**ST. PAUL MISSIONARY BAPTIST CHURCH**  
**900 Lloyd Street (P.O. Box 1307)**  
**Tarboro, North Carolina 27886**  
**252-823-4483**  
**Pastor George A. Terry**

**2023 Health Ministry Newsletter**

*“Faithful Families Thriving Communities” (Matthew 28:16-20)*

**ECU HEALTH EDGECOMBE HOSPITAL AQUATICS**



The benefits of aquatics are many and proven. It's great for low-impact aerobics, improved muscle tone and strength, flexibility through a full body workout, burning calories, heart health, stress relief, improved sleep, and more. Get the most out of your membership in the classes, lessons and/or recreational use of our indoor heated pools, at all locations. (Mrs. Barbara Vicks & Others) ([www.ecuhealth.org](http://www.ecuhealth.org))

**ECU HEALTH EDGECOMBE HOSPITAL WALKING TRAIL (Tarboro, NC)**



**You can join Mary Shaw, Barbara Whitakers, and others as they walk around the walking trail in Tarboro, NC.**

## ST. PAUL MISSIONARY BAPTIST CHURCH FAITHFUL/PRAYER WALKERS



You can join Minister Ann Evans, Jeanette Pettaway, Delphine Carr, Melvin Betrand, Linda Moten, Cynthia Johnson and Jeanne Suggs and they walk around the neighborhood in East Tarboro/Tarboro.

One April 4, 2023, we signed up for a Community Program Plan with Down East Partnership for Children. We set a goal to continue to promote physical activities and healthy eating among intergenerational solidarity (different generations) among members, and the community. We planned to work toward getting diabetic A1C's and blood pressures down. We also are focusing on other diseases such as Cancer.

Today we are presenting 5 - \$5.00 gift cards that DEPC donated to us to: Melvin Betrand, Delphine Carr, Minister Ann Evans, Linda Moten, and Mary Shaw. We have other gifts that we are presenting to: Cathy Williams Davis, Cynthia Johnson, Jeanette Pettaway, Jeanne Suggs, Barbara Vick, and Barbara Whitakers. This is not a competition; it is a continued lifestyle change for our health.

We also planned to address resources for people in the church and community with cancer. (Edgecombe Cancer Support Foundation [www.edgecombecancersupport.org](http://www.edgecombecancersupport.org)). The Run for Your Life Race is a fundraiser for the Edgecombe Cancer Support Foundation Inc. – Saturday, October 28, 2023.

Thank you to Delphine Carr for preparing the Chicken Fruit Salad sample using one of the Faithful Families recipes.

Thank you to all of you for taking ownership of your health by Eating Smart and Moving More. (<https://www.eatsmartmovemorenc.com>) and Viola Barnes Gray & Donia Simmons, Down East Partnership for Children (depc.org "Faithful Families")



**Left:** Viola Barnes Gray (DEPC) **Right:** Debra Allen (EBC Lay Leader), Donia Simmons (DEPC) and Hilda Morris (SPMBC Lay Leader) (DEPC Faithful Families presentations at ECU Health, Greenville, NC – June 27, 2023)