



Faithfully Fit Newsletter

APRIL 2022: ISSUE 24

Check out these resources to support a healthy mind, body and spirit.

HEALTHY MIND

Uncertain times can breed uncertain feelings, concerns, and emotions. Staying positive and hopeful might seem like a chore. Having faith in God's love can help lead you through the toughest of times.

[The Long-Term Effects of Positive Thinking](#)

[Caring for Your Mental Health \(NIH\)](#)

HEALTHY BODY

As we prepare to enter a new calendar year, now more than ever is a great time to focus on our health and build a strong routine.

[Talk to Your Community About Health Misinformation](#)



[Talking with Your Teens About Sex: Going Beyond "the Talk"](#)



[Prepare Before You're There- Sexual Health Quiz](#)



[Why Should I Get Vaccinated? \(video by WHO\)](#)



FAITHFULLY FIT PARTICIPATING MINISTRIES:

Dupont Park SDA

First Rock Baptist

Galilee Baptist

Pilgrim Rest Baptist

St Theresa of Avila

Urban Outreach Ministries



National Minority Health Month



STD Awareness Week

(April 10-16)



World Immunization Week

(April 24-30)

HEALTHY EATING

Now is a great time to focus on creating healthy meals for you and your family. Experiment with canned goods mixed with fresh produce. Fuel your body right!

[Rethink Your Drink \(CDC\)](#)

[What's in Season- April Produce Guide](#)

The weather might be getting warmer, but we are still in a pandemic!



You can catch COVID-19, no matter how sunny or hot the weather is.

Countries with hot weather have reported cases of COVID-19.

To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth and nose.

FACT: Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent nor cure COVID-19



#Coronavirus

#COVID19

21 April 2020

COVID-19 INFO

Biden Administration Launches COIVD.gov, a New One-Stop-Shop Website for Vaccines, Tests, Treatments, Masks, and the Latest COVID-19 Information (March 30, 2022)

COVID.gov - Find COVID-19 Guidance for Your Community (HHS)



FDA Authorizes Second Booster Dose of Two COVID-19 Vaccines for Older and Immunocompromised Individuals (March 29, 2022)

GUIDE TO HOLY WEEK: APRIL 10-16



Palm Sunday

Sunday before Easter. Celebration of Jesus' triumphal entry into Jerusalem. Observed with palm branches, parades, and celebration.



Maundy Thursday

Thursday before Easter. Commemorates the Last Supper. Often observed with foot washing, stripping of the altar, and overnight prayer vigil to keep watch with Jesus in the garden.



Good Friday

Friday before Easter. Most solemn day of the church year. Observes the day Jesus was crucified. Observed by praying the Stations of the Cross and three hours of silent prayer while Jesus was on the cross.



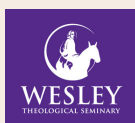
Holy Saturday

Saturday before Easter. Observes the day Jesus was in the tomb. This is a day of somber reflection, reflecting on what we'd miss in a world without Jesus.



Easter Sunday

Hallelujah! Christ has risen! This day we celebrate the resurrection of Jesus. Sing hallelujahs and celebrate with great joy.



Email awells@american.edu with any questions or if there are topics you would like included
A partnership between American University and Wesley Theological Seminary funded by DC Health.



JOHN 11:25-26

I am the resurrection and the life. He who believes in me, though he may die, he shall live. And whoever lives and believes in me shall never die.

 **HAPPY**
Easter


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