



for mission

Top 10 Mutual Health Resources

7 Secrets to an Awesome Marriage (Kim Kimberling)

Belonging and Becoming: Creating a Thriving Family Culture (Lisa & Mark Scandrette)

Becoming a Healthy Team: 5 Traits of Vital Leadership (Stephen Macchia)

H3 Leadership: Be Humble, Stay Hungry, Always Hustle (Brad Lomenick)

Sticky Teams: Keeping Your Leadership Team and Staff on the Same Page (Larry Osborne)

Emotionally Healthy Relationships (Peter Scazzero)

Restoring Broken Relationships: The Path to Peace and Forgiveness (Neil Anderson)

The Power of the Other (Henry Cloud)

How to be a Team Player (Matt Williams)

A Family Shaped by Grace (Gary Morland)

Available at RBBH

Get Fit and Support Missions

Through a unique partnership with the PAONL and My Trainer Online, we are pleased to offer a "Get Fit and Support Missions" program! Some of us live in areas without access to gyms or trainers, or perhaps we have access to these things but find it difficult to squeeze physical fitness into our busy schedules. My Trainer Online makes a personal trainer available to anyone with Internet access!

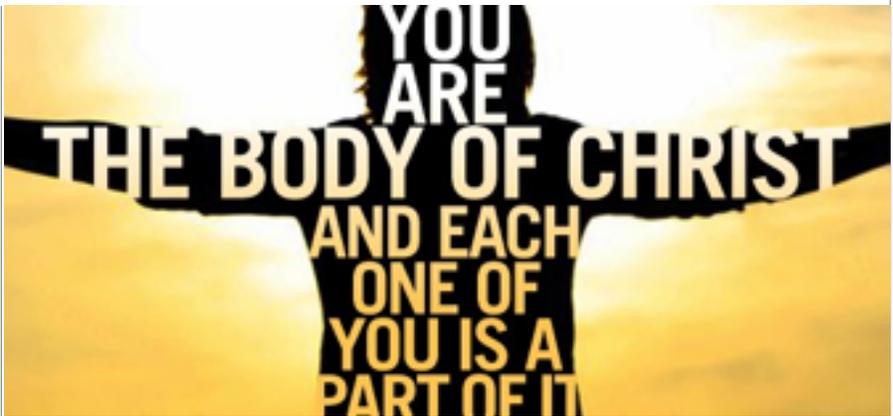
My Trainer Online is a 6-week health and fitness program that works with people to help them meet their individual goals. The program provides access to qualified personal trainers/kinesiologists, personalized workout programs, nutrition guidance, accountability check-ups, access to chat with your trainer regarding concerns or questions, progress tracker, and live interactive weekly webinars.

Given that Newfoundland and Labrador has the highest levels of obesity, diabetes, and hypertension in Canada, it's time for the PAONL to raise the bar for standards of health and wellness across the province!



Top 10 Mutual Health Principles

1. Whoever walks with the wise becomes wise (Prov. 13:20).
2. Don't give up meeting together (Heb. 10:25).
3. Do to others what you would have them do to you (Mt. 7:12).
4. Two are better than one (Ecc. 4:9).
5. Above all, love one another deeply (1 Pt. 4:8).
6. If one member suffers, all suffer together; if one member is honoured, all rejoice together (1 Cor. 12:26).
7. Pay careful attention to yourselves and to all the flock (Acts 20:28).
8. Speak the truth in love (Eph. 4:15).
9. You are fellow citizens (Eph. 2:19).
10. Go and make disciples (Mt. 28:19).



Stage 2: Mutual Health

We've spent the past few years focusing on personal and spiritual growth. It's quite likely you've noticed that the more you grow and the closer you become to Christ, the greater your awareness is of areas needing growth! While we all need to continue working on areas of personal health we are now ready, as a Movement, to begin the transition into Mutual Health.

A focus on Mutual Health will lead us toward greater organizational and relational health. It will involve the development of relational structures and events to enable us to move toward authentic community. It will assist us in building stronger relationships with those closest to us: our spouse, children, extended families, friends, church leadership teams, congregations, and so on.

We know that the greatest missional tool we have at our disposal is that of unity. Jesus declared to his followers in John 13:35, "By this will everyone know that you are my disciples, if you love one another." This kind of relational love is not optional. It is essential in our personal and corporate spiritual vitality. It's an exciting transition!

