

Wholeness Wheel

You are the center of the wheel as a new creation through baptism and a member of the body of Christ. Spiritual health surrounds, contains and supports us through faith and our relationship with God. Within the wheel are the individual aspects of wellness — physical, emotional, social/interpersonal, vocational and intellectual. To be whole means to keep these aspects in balance by intentionally nurturing and attending to each. If one area is neglected the whole will be out of balance. The Wholeness Wheel reflects our call to care for one's whole self. By balancing the inter-connected dimensions of well-being, we are able to live well in Christ and pass on our faith.

