

Rev. Dr. Karen H. Webster

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QUALIFICATION SUMMARY:

- 20+ years serving with faith-based organizations
- 19+ years working in the health and wellness industry
- 14+ years ordination as a PC(USA) pastor
- 10+ years engaging seminarians, clergy, and congregations in health and wellness initiatives
- Extremely self-motivated, well organized, and flexible, and relates well with people of all ages

RECENT EXPERIENCE:

Healthy Seminarians – Healthy Church Initiative (HSHC): Decatur, GA July 2012 - present

Co-founder/Executive Director

- Turned a June 2012 conversation into a 501(c)(3) organization and validated ministry of Trinity Presbytery (SC) by Fall 2014.
- Current responsibilities include:
 - Overseeing the administration, programs, and strategic plan of the organization.
 - Designing and leading health-oriented experiences in a variety of educational contexts.
 - Serving as HSHC's primary spokesperson to the organization's constituents, the media, and the general public.
 - Establishing and sustaining good working relationships with seminaries, churches, other PC(USA) entities (local and national), and faith-based/health-based organizations outside of the denomination.
 - Creating and maintaining HSHC's social media presence, fundraising, and grant writing.

Pulpit Supply/Guest Preaching

Presbytery of Redstone, PA

Aug. 2021 - present

Presbytery of Greater Atlanta (and neighboring presbyteries)

Feb. 2015 – present

- Online since March 2020

Trinity Presbytery, SC (and neighboring presbytery)

Sept. 2010 – Sept. 2014

Webster's Wellness: Decatur, GA

Sept. 2014 - present

Owner

- Established my own mobile (in-person and online) fitness, nutrition, and wellness coaching business to complement the work I am doing with HSHC.

Pinnacle Physical Therapy and Rehabilitation Specialists: Columbia, SC

Feb. 2009 - Aug. 2014

Exercise Physiologist

- Provided strength-training workouts as well as overall health and nutritional information to clients of various ages and levels of physical ability, flexibly responding to a diverse and ever-changing array of needs.

- Assisted the owner/lead physical trainer with hiring and assessing staff.
- Adapted to the diverse daily needs of clients in a multiple-staff environment.
- Served unofficially as chaplain of the clinic.
- Performed administrative and management responsibilities as an independent contractor, including: scheduling all appointments, billing clients, processing payments, recruiting new clients, and maintaining good relationships with those who had been training for years.

Forest Lake Presbyterian Church: Columbia, SC

May 2009 - Aug. 2014

Co-founder/Director of Kids' Garden

- Designed and oversaw the building of the garden, shed, and irrigation system.
- Created a partnership between the church and the local food bank.
- Recruited and trained adult volunteers.
- Taught "kids" of all ages about biblical plants, organic gardening, and other sustainable practices inspired by God's mandate to care for all of creation

Pastoral Volunteer

Feb. 2009 - Aug. 2014

- Served on the Wednesday night educational programming planning team, taught Sunday school to all ages, and provided worship leadership as requested.
- Served on the Advent Retreat leadership team for four years and was the keynote speaker for one of the retreats.
- Helped organize and lead Forest Lake's Conflict Transformation Workshop for Church Officers.
- Served as a teaching elder on Trinity Presbytery's Committee on Preparation for Ministry (Feb. 2010 - Dec. 2015).

First Presbyterian Church: Meadville, PA

Aug. 2005 - Dec. 2008

Associate Pastor for Congregational Life

- Oversaw the 6th-12th grade youth ministry program; taught the high school Sunday school class, recruited and directed adult volunteers, provided pastoral care, and led mission trips.
- Created and directed a one-week Christian sports camp for 3rd-8th grades each summer.
- Provided congregational outreach opportunities to the college students in our community.
- Established and led a health ministry committee, which held such events as:
 - An intergenerational walking program and health fair.
 - Several presentations, including "Fitness as We Age" and "Food for the Spiritual Life."
 - Vegetarian/vegan cooking classes for the local college students.
- Other responsibilities included: maintaining several of the church's webpages, recruiting volunteers, overseeing Sunday night meals, and providing worship leadership in the traditional, contemporary, and Taizé-style services.
- Served as a teaching elder on the Presbytery of Lake Erie's Committee on Preparation for Ministry (Jan. 2006 - Dec. 2008).

EDUCATION

- **Columbia Theological Seminary: Decatur, GA**

May 2017

Doctor of Ministry: Christian Spirituality

Project Title: "Fit to Serve: Making Seminaries Models of Health and Wholeness"

- **Eberhard-Karls Universität: Tübingen, Germany** Sept. 2004 - June 2005
Exchange student
- **Princeton Theological Seminary: Princeton, NJ** May 2004
Master of Divinity
- **University of California: Berkeley, CA** May 1998
Bachelor of Arts in Exercise Physiology

ADDITIONAL TRAINING/SKILLS/ CERTIFICATIONS:

- **WPIE Specialist**, Whole Person Integrated Eating, Jan. 2021
- **Multicultural Competency Certificate**, National Wellness Institute, Fall 2019
- **WELCOA Faculty Status**, WELCOA, July 2018
- **Plant-Based Nutrition Certificate**, eCornell & T. Colin Campbell Center for Nutrition Studies, Dec. 2016
- **Green Faith Fellowship**, GreenFaith: Interfaith Partners for the Environment, Sept. 2014 - May 2016
- **Health and Wellness Coach**, Real Balance Global Wellness Services, Aug. 2015
- **Clergy Clinic in Family Emotional Process**, Lombard Mennonite Peace Center, Oct. 2012 - May 2013
- **Certified Nutrition Manager**, American Academy of Sports Dietitians and Nutritionists, Aug. 2012
- **Mediation Skills Training Institute for Church Leaders**, Lombard Mennonite Peace Center, May 2012
- **Certificate in Spiritual Formation**, Pittsburgh Theological Seminary, May 2011
- **Certified South Carolina Master Gardener**, Columbia, SC, May 2010
- **Ordained as PC(USA) Minister of Word and Sacrament**, Oct. 2005
- **Certified Exercise Physiologist**, American College of Sports Medicine, June 1998

PUBLICATIONS

- Campbell, Kelly, and Karen Webster. "Making Libraries an Unexpected Space and Place Supporting Health and Wholeness." In *Summary of Proceedings: Seventy-First Annual Conference of the American Theological Library Association*, edited by Miranda Bennett, 153-162. Chicago: American Theological Library Association, 2017.
- Webster, Karen H. "Fit to Serve: Making Seminaries Models of Health and Wholeness." DMin diss., Columbia Theological Seminary, 2016.

PRESENTATIONS AND OTHER PUBLIC SPEAKING ENGAGEMENTS (SELECTED since 2016)

- "Validating the Caring Factor Survey – Caring for Self with Clergy" Jun. 4 – Sept. 4, 2022
Virtual 43rd Annual [International Association for Human Caring](#) Conference
– Poster Presentation
- "Why Are Clergy So Unhealthy? Constructively Engaging Pastoral Wellness Challenges" Oct. 2019
Association for Clinical Pastoral Education Regional Conference (Hendersonville, NC)
– Workshop Presenter
- "You Feel What You Eat: The Role of Nutrition in Mental Health" June 2019
Training and Counseling Center (Atlanta, GA) – Workshop Leader

- "Why Are Clergy So Unhealthy? Constructively Engaging Pastoral Wellness Challenges" Feb. 2019
"The Cura Animarum: Care of Souls" National Conference (held by the C. G. Jung Institute of Seattle and the Washington Pastoral Counseling Association), Tacoma History Museum (Tacoma, WA) – Workshop Presenter
- "Working Out" Self-Care Feb. 2019
CTS Alumni Gathering, Columbia Theological Seminary (Decatur, GA) – Workshop Presenter
- "Working Out" Self-Care Oct. 2018
Resilience & Imagination Class, Columbia Theological Seminary (Decatur, GA) – Guest Lecturer
- "Benefits of Whole-Foods Plant-Based: Individuals, Communities, & God's Creation" May 2018
Decatur Area Clergy Cluster, Presbytery of Greater Atlanta, Columbia Theological Seminary, (Decatur, GA) – Presenter
- "Whole Foods Plant-Based Cooking Demo & Food Tasting" Apr. 2017 & 2018
Earth Day Sunday, Forest Lake Presbyterian Church (Columbia, SC) – Workshop Presenter
- "Nutritional Navigation" Mar. 2018
Spouses of Seminarians Retreat, Columbia Theological Seminary (Decatur, GA) – Workshop Presenter
- "Teaching Health and Wholeness in Seminaries" Mar. 2018
Southeast Symposium on Ecologically Informed Theological Education (part of the Seminary Environmental Leadership Initiative), Columbia Theological Seminary (Decatur, GA) – Workshop Presenter
- "Resources for Resilience: Pastoral Care" Mar. 2018
Columbia Theological Seminary Alumni Reunion (Decatur, GA) – Workshop Presenter
- "Current Health of Clergy and Seminarians" Nov. 2017
Resilience & Imagination Class, Columbia Theological Seminary (Decatur, GA) – Guest Lecturer
- "Intersections: Food, Agriculture, Health, Community and Hospitality" Nov. 2017
American Public Health Association National Conference (Atlanta, GA) – Workshop Leader
- Cooking Demonstration and Interview on the show "Grow" aired Oct. 1, 2017
Atlanta Interfaith Broadcast
- "Working Out: Self-Care" Sept. 2017
Training and Counseling Center (Atlanta, GA) – Retreat Workshop Leader
- "Staying Sane in Seminary" Aug. 2017
New Student Orientation, Columbia Theological Seminary (Decatur, GA) – Panelist
- "Cultivating a Healthier Church Culture for a Healthier World" Aug. 2017
STEPS Leadership Conference (Charleston Atlantic Presbytery, SC) – Featured Leader
- Cooking Demonstration on the show "Grow" aired Aug. 6, 2017
Atlanta Interfaith Broadcast
<https://www.youtube.com/watch?v=Qm4BxG4L8oA&t=1046s> (starting at 16:16)
<https://www.youtube.com/watch?v=AfVsogdVNfs> (starting at 16:42)
- "Self-Care CPE Didactic" Apr. & Oct. 2017
Training and Counseling Center (Atlanta, GA) – Workshop Facilitator
- "Fit to Serve: Defining and Exploring the Importance of Self-Care" Mar. 2017
PC501: An Introduction to Pastoral Care and Counseling, Emory (Atlanta, GA) – Guest Lecturer
- "Cultivating Healthier Seminaries for a Healthier World" Oct. 2016
Seminary Stewardship Alliance National Conference (Portland, OR) – Plenary Speaker
- "Fit to Serve: Making Seminaries Models of Health and Wholeness" Sept. 2016
Forum, Columbia Theological Seminary (Decatur, GA) – Presenter