

## **Rev. Dr. Karen H. Webster**

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### **QUALIFICATION SUMMARY:**

- 25+ years serving with faith-based organizations
- 20+ years working in the health and wellness industry
- 18+ years ordination as a PC(USA) pastor
- 11+ 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): Murrysville, PA** 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.

#### **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**

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 6<sup>th</sup>-12<sup>th</sup> 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 3<sup>rd</sup>-8<sup>th</sup> 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**

- Webster, Karen and Travis Webster. "Health as Shalom: A Theological Understanding of Wholeness." Presbyterian Women's *Horizons* Magazine, Summer 2023.
- 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)**

- "*Policy Priorities Meeting: Best Practices and Learning Collaborative for Theological Seminaries and Educational Institutions that Prepare Future Faith Leaders*" held by U.S. Department of Health and Human Services Center for Faith-Based and Neighborhood Partnerships (Partnership Center) and Substance Abuse and Mental Health Services (SAMHSA) in Washington D.C. – Speaker
- "Cooking Up Shalom in Our Kitchens" Mar. 2023  
Just Creation: Shalom for Our Common Home National Conference (held by Columbia Theological Seminary, Decatur, GA) – Workshop Presenter

- "Taste and See: Discovering and Developing a Deeper Church Culture Through Biblical Foods" Feb. 2023  
Pastors and Leaders Annual Conference (held by Anabaptist Mennonite Biblical Seminary, Elkhart, IN) – Workshop Presenter
- "Rooted and Whole" 2-Part Series Jan. 2023  
Contextual Education Class, Claremont School of Theology (Claremont, CA)  
– Guest Lecturer
- "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 Presenter
- "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 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) – Workshop Presenter
- "Whole Foods Plant-Based Cooking Demo & Food Tasting" Apr. 2017 & 2018  
Earth Day Sunday, Forest Lake Presbyterian Church (Columbia, SC) – 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 Presenter
- Cooking Demonstration and Interview on the show "Grow" aired Aug. 6 & 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
- "Cultivating Healthier Seminaries for a Healthier World" Oct. 2016  
Seminary Stewardship Alliance National Conference (Portland, OR) – Plenary Speaker