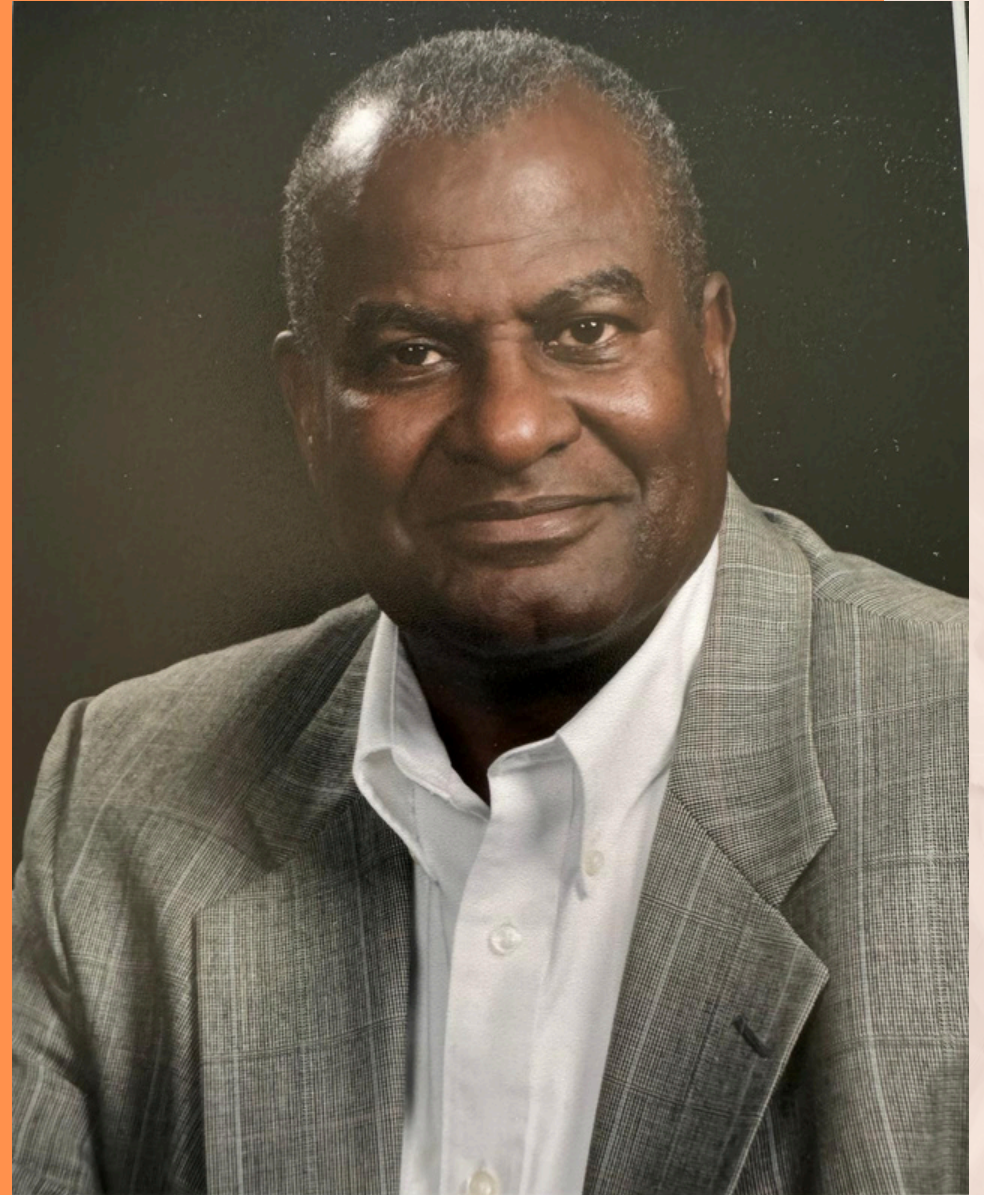

MEET WELLINGTON KAMALA

My name is Wellington Kamala, and I have been a member of St. Mark's Lutheran Church in Bowling Green, Ohio, since 1994. My wife, Mojabeng Kamala, and I have three children who are now independent and grown.



Over time, my methods for recharging and resting have evolved based on the demands of work, family, and my involvement with the church and community. It was initially difficult for me to set aside time and space for myself. However, I found great solace in my involvement with people of faith, particularly the multigenerational men's group that meets on Saturday mornings.

I also find fulfillment and rest while tending to my small vegetable garden—planting, weeding, and harvesting. Another way I recharge is through meditation during long bike rides, where I enjoy nature and encounter like-minded people.

Lastly, I feel truly recharged when I am in church on Sunday mornings, singing off-tune but knowing I am in the presence of God, surrounded by my fellow brothers and sisters in Christ.
