Rev. Dr. Karen H. Webster
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(803) 873-1682

QUALIFICATION SUMMARY:

- 25+ years serving with faith-based organizations
- 20+ years working in the health and wellness industry
- 20+ years ordination as a PC(USA) pastor
- 13+ 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 seminary communities, houses of worship, 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 and continue to run 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.

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.
- 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.

First Presbyterian Church: Meadville, PA Aug. 2005 - Dec. 2008

Associate Pastor for Congregational Life

- Primary responsibility included: overseeing the 6^{th}-12^{th} grade youth ministry program.

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:

- **ACSM-ACS Certified Cancer Exercise Specialist (CES),** American College of Sports Medicine & American Cancer Society, currently in progress
- **Worksite Wellness Specialist Certificate,** Wellness Alliance, Jan. 2026
- **Adult CPR/AED,** American Red Cross, current through December 2027
- **Spiritual First Aid Certification,** Nov. 2024
- **Digital and Collaborative Teaching and Learning micro-credential,** AcademyEx, June 2022
- **WPIE Specialist,** Whole Person Integrated Eating, Jan. 2021
- **Multicultural Competency Certificate**, National Wellness Institute, Fall 2019
- **Plant-Based Nutrition Certificate**,T. Colin Campbell Center for Nutrition Studies, Dec. 2016
- **Green Faith Fellowship**, GreenFaith: Interfaith Partners for the Environment, Sept. 2014 - May 2016
- **Wellness and Health Coach**, Real Balance Global Wellness Services, Aug. 2015
- **Clergy Clinic in Family Emotional Process**, Lombard Mennonite Peace Center, Oct. 2012 - May 2013

- **Certified Nutrition Specialist**, 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

- Donley, B., Harmon, B.E., Hege, A., Nelson, J., West, N.T., Webb, B., Webster, K., Webster, T., Case, T., Leach, C. (2025). Examining demographic differences among clergy based on Caring Factor-Survey-Caring for Self, Clergy (CFS-CSC) scores. Appalachian State University Department of Nutrition and Health Care Management's Nutrition Summit, poster presentation.
- Harmon, B., Hill, A., Leach, C., Nelson, J., Webster, K., Webster, T., West, N., Webb, B., & Case, T. (2024). *10 Ways to Fill Your Cup*. Squarespace, https://static1.squarespace.com/static/60ad5a0314ed1f6d9f36b513/t/66041da15b9ffb595af36417/1711545761092/10+Caritas+for+Clergy+Handout+3+22+24.pdf
- Webster, Karen and Travis Webster, "Seeing Through the Muck." @ this point, Winter 2024. Retrieved from: https://www.ctsnet.edu/at-this-point/seeing-through-the-muck-by-rev-dr-karen-h-webster-and-rev-travis-a-webster-th-d/
- Harmon, BE, Nelson, J, West, NT, Webb, B, Webster, K, Webster, T, Case, T, Leach, C. "Establishing the Reliability and Validity of the Caring Factor Survey-Caring for Self among Protestant Clergy." *Pastoral Psychology (2024).* doi:10.1007/s11089-023-01121-8
- West, N.T., Case, T., Huey, M., Webb, B.L., Nelson, J., Webster, K., Webster, T., Leach, C., Harmon, B.E. (2023). A Scoping Review of Self-care within the context of obesity-related outcomes among faith leaders. American Public Health Association Annual Meeting, Atlanta, GA, round table presentation.
- Substance Abuse and Mental Health Services Administration. (2023). Strengthening the Mental Health and Wellbeing of Tomorrow's Faith Leaders in Theological Educational Settings [White paper]. https://www.hhs.gov/sites/default/files/partnership-center-strengthening-the-mental-hand-wellbeing-of-tomorrows-faith-leaders.pdf.
- Harmon, B.E., Nelson, J., Webb, B., Webster, K., Webster, T., West, N., Case, T., Leach, C. (2023). Psychometric Testing of a Caring for Self Survey for use with Clergy, Society of Behavioral Medicine, Annual Meeting, Phoenix, AZ, poster presentation.
- West NT, Harmon BE, Case T, Huey M, Webb BL, Nelson J, Webster KH, Webster TA, Leach CH. "A Scoping Review of Self-Care within the Context of Obesity-Related Outcomes Among Faith Leaders." *American Journal of Health Promotion* 2023;0(0). doi:10.1177/08901171231204669
- Webster, Karen and Travis Webster. "Health as Shalom: A Theological Understanding of Wholeness." Presbyterian Women's *Horizons* Magazine, Summer 2023.

- Harmon, B.E., Nelson, J., Webb, B., Webster, K., Webster, T., West, N., Case, T. (2022). Validating the Caring Factor Survey – Caring for Self with clergy, International Association for Human Caring Annual Conference, online poster presentation.
- 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 2023)

- West NT, Webb BL, Webster K, Webster T, The CM. Examining the perceived need of chronic disease prevention programming among clergy-in-training. Society of Behavioral Medicine 2026 Annual Meeting, Chicago, IL, poster presentation. Apr. 2026
- "Women in Ministry: The Experience and Challenges Women Face" Mar. 2025
  Common Table Collaborative: For Clergy and Congregational Well-being
  Online Webinar – Conversation Facilitator
- Common Table Collaborative Global Gathering (Los Angeles, CA) Jan. 2025
  Design Lab on Women in Ministry – Co-Facilitator
- "Being a Healthier Pastor in a Challenging World" Oct. 2024
  United Lutheran Seminary Pastoral Cohort Gathering (Camp Lutherlyn, PA) – Presenter
- "Building Greater Health Together Among Seminarians and Clergy" May 2024
  Association for Clinical Pastoral Education, Annual Gathering (Pittsburgh, PA) – Workshop Presenter
- "Taste and See: Discovering and Developing a Deeper Church Culture Through Biblical Foods" Apr. 2024
  Association of Partners in Christian Education, Eastern Region's Spring Event (Chambersburg, PA) – Workshop Presenter
- "Clergy Self-Care: How Do We Measure It? How Does It Relate to Overall Health" Mar. 2024
  Common Table Collaborative: For Clergy and Congregational Well-being
  Online Webinar – Conversation Facilitator
- "Caring-For-Self: Unique Challenges & Opportunities for Those in Ministry" Feb. 2024
  Claremont School of Theology (Claremont, CA) – Online Workshop Presenter
- "Moving Towards Greater Health for Seminarians and Clergy" Oct. 2023
  Association for Clinical Pastoral Education, Fall Gathering of Spiritually Integrated Practitioners (Atlanta, GA) – Workshop Presenter
- *Policy Priorities Meeting: Best Practices and Learning Collaborative for Theological Seminaries and Educational Institutions that Prepare Future Faith Leaders,* held by the 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. – Presenter Aug. 2023

- "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

Professional Memberships

- American Academy of Sports Dietitians and Nutritionists (AASDN)
- American College of Sports Medicine (ACSM)
- Association of Leaders in Lifelong Learning for Ministry (ALLLM)
- Real Balance Global Wellness Services
- Wellness Alliance