

Pete Samra's Pembrokeshire Spiritual Nutrition and Body Building.

No stranger to hard work, endurance and providing the correct nutrients to the body, former Mr Natural USA and founder of Samra Nutrition has turned his head to helping build up The Church.

It seems it was just at the right time that Pete Samra recently visited Pembrokeshire, as many people attending the meetings reported that they were going through difficult times; some with serious illnesses, others with family struggles, financial pressures and many felt spiritually weak, or in need of a word of challenging encouragement. During the local meetings God worked through Pete and the other leaders to give refreshment, so people felt revived and ready to carry on.

Pete Samra formerly helped people to build and properly feed their bodies, so they could gain peak fitness.

At one time Pete was the manager of the world famous *Gold's Gym* in Santa Monica and appeared in Arnold Schwarzenegger's movie *Pumping Iron*. He founded the *Christian Bodybuilding Association* and headed the *Samra Anti-Drug Team*. The team consisted of Natural Bodybuilders, who visited schools with an anti-drug message. He developed the world famous *R.E.S.T.* system of training and has trained many bodybuilding champions. He published *Power Magazine*, a Christian bodybuilding magazine.

"Through his ministry, Pete now uses his gifts to strengthen The Church, put flesh on weary bones and build up muscles by God's Holy Spirit." Shared one local Pastor.

During the recent *UK UNITE Wales* conference, held in Pembrokeshire, and meeting with New Life Christian Fellowship Pete, joined by Vince Altamura and Steve Whitton of Narberth Community Church, shared encouraging messages for local Christians to keep going, remain faithful and serve God. Pete reminded us to not let set backs hold us back and to pray for God's favour to be with us, as we agree to faithfully look for and do whatever God asks us to.

"Before meeting with The Church I had a terrible night of stress and anxiety because of a loved one who was really not well. I was at my wit's end. Feeling the blessing of God's Spirit and hearing Pete and others sharing The Word from God, I can honestly say has given me the strength to carry on. Pete always prays for us, he is God's strong man who reminds us that God promises to give strength to the weak and giving us hope as we Trust in God." shared one lady.

Pete Samra hopes to revisit Pembrokeshire next year and those involved would encourage locals to come along and join them in what is anticipated to be another good spiritual work out.

For more information visit www.petesamraministries.com www.pembsevents.co.uk or call Vince on [07799372161](tel:07799372161).

