

Wellspring



A publication of the Health & Healing Council

E. PA Conference of UMC

The Many Faces of Healing

By Barbara E. Drake, RN, MSN, Union UMC Parish Nurse

Issue 2

March-April 2016

Our congregations are made up of many people desiring good health while often living in ways that are less than healthy. Do you see these five faces in your church?

Frank is 75 years old and overweight. He stayed physically fit during his working years, but since retiring has become inactive and was recently diagnosed with diabetes and hypertension.

Alice is an 80 year old widow living alone one block from the church. She walks to church and has started showing up at the wrong time for services.

Cynthia is 50 and single with no family. Her work keeps her busy, but she has no close friends.

Eddy is 15 and struggling to keep up with school assignments. He thinks of himself as lacking the good looks that attract girls. He's facing peer pressure to use alcohol to feel better about life.

Sally is 40, recently divorced, and no longer comes to church regularly.

These folks represent the physical, mental, relational, emotional, and spiritual health issues facing our congregations. They provide clues to the many faces of health ministries that would bless them.

Frank needs health education focusing on improving his eating habits and in-

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|--------------------------------------|
| F Fitness of Body |
| A Acuteness of Mental Ability |
| C Caring relationships |
| E Emotional Stability |
| S Spiritual Wellbeing |

creasing his physical activity. Health ministries at his church might include a support group for diabetics, monthly blood pressure screening, a walking club or exercise class, sharing of healthy recipes, and encouragement to everyone to bring healthy foods to church suppers.

Alice needs to see her doctor for an evaluation of her mental status, and she needs a ride to get there. She could benefit from a seniors program providing companionship and activities to keep minds active.

Cynthia could benefit from ministries that focus on developing healthy relationships through fellowship meals, shared mission projects, and perhaps a singles group that goes interesting places.

Eddy needs a youth group with a leader qualified to guide teens in discussing their concerns and skilled in recognizing when a referral for professional counseling is needed.

Sally needs a church friend or pastor to help her reconnect with God and the church. She could also benefit from the support of a Stephen Minister as she walks through stressors associated with divorce and its aftermath.

Every church, large or small, has some components of a health ministry, whether intentional or not. Worship services, prayer chains, visitation of the homebound, and fellowship groups are health ministries which can be improved when they are recognized as the basis for dealing with health needs. An assessment of health needs and a look at the age range of the congregation will identify helpful additions to your health ministries. Parenting classes, retirement preparation, healing services, and blessing of the animals can bless the active members, bring estranged folks back to church, and reach out to the community with the love of God.

Health is multi-faceted and our health ministries need to focus on the wholeness that God intends for us all. We can "spell" the **FACES** of health ministries as programs promoting **F**itness of body, **A**cuteness of mental function, **C**aring relationships, **E**motional stability, and **S**piritual well-being.

A Note from the Editor

If you have not already discovered through reading the cover article, this issue of *“Wellspring”* seeks to introduce the concepts of wholism embraced by faith community nurses and other health care leaders in our churches.



We are indeed composed of “many faces” or components of wellness.

We are called to deeper understandings of health, healing, and wellbeing in accordance with God’s purposes in Ephesians 3:16-19

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That according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith— that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Train Up OUR Children: A Reflection Based on Proverbs 22:6



Promoting the physical activity of children at home, in schools, and throughout our communities can be a challenge in this age of web based activities and electronic games. Congregational church school programs can make a difference through encouraging parents, grandparents and children to make physical fitness a part of daily family life.

<http://www.cdc.gov/healthyschools/physicalactivity/>

Tools For Ministry: Spotlight on the Power of Healing Services

What is a Healing Service?

Simply put, it is a dedicated time when worshippers call upon the promises found in James 5:13-16. James tells us to pray for each other and to anoint the sick with oil. Healing is God’s work of love within us offering hope, balance, harmony and wholeness of the body, mind, and spirit. We are not promised a cure, but God promises to be with us through suffering, pain, illness, injury, grief or estrangement. “The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” (Deuteronomy 31:8).

Faith community nurses are leading sessions on “Healing Services” at two district “Tools for Ministry” events. Don’t miss these opportunities to equip your church in reaching out to those in need of hope and comfort:

Date:	District:	Presenter:
March 5	Southeast	Barbara Drake, RN, MSN, Parish Nurse
April 23	Northwest	Nancy Kraft, RN, BS, Parish Nurse



- ◆ National Colorectal Cancer Month
- ◆ National Kidney Month
- ◆ National Nutrition Month
- ◆ Save Your Vision Month
- ◆ 6-12 National Sleep Awareness
- ◆ 10 National Women and Girls HIV/AIDS Awareness Day
- ◆ 20-26 Nat'l Poison Prevention Week
- ◆ Alcohol Awareness Month
- ◆ National Autism Awareness Month
- ◆ National Child Abuse Prevention Month
- ◆ Sexual Assault Awareness Month
- ◆ 7 World Health Day
- ◆ 4-8 National Youth Violence Prevention Week
- ◆ 16-23 National Infant Immunization Week
- ◆ 25-29 Every Kid Healthy Week

The month of March is National Nutrition Month, sponsored by the American Dietetic Association. Join other churches in the EPA UMC Conference to encourage clergy and members in healthy eating habits and life-style change. Visit the Church Health Center website for healthy eating flyers that can be downloaded for church bulletin boards and postings:

<http://chreader.org/health-ministry-flyers/>

6 out of 10

60% of American children are exposed to violence, crime, or abuse in their homes, schools, and communities!

Consider how your church youth groups can support the daily foci:

- Day 1: Promote Respect and Tolerance!
- Day 2: Manage Your Anger, Don't Let It Manage You!
- Day 3: Resolve Conflicts Peacefully!
- Day 4: Support Safety!
- Day 5: Unite in Action!

The goal of this national initiative is to raise awareness and educate on effective ways to prevent or reduce youth violence. Young people can play positive roles in making communities safer. Christian youth leaders so often serve as role models and as "listening ears".



A Book Review - Stations of the Cross: Mental Illness

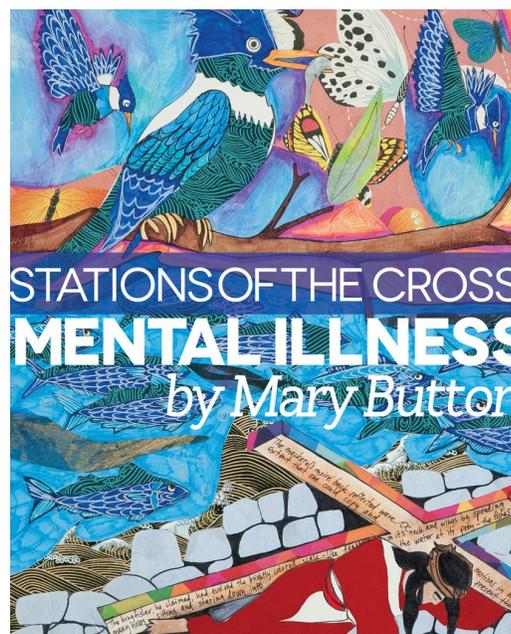
ChurchHealth Reader describes *Stations of the Cross: Mental Illness* as “A mixture of Christian Gospel accounts and tradition [that uses] 14 stations as stopping points on a journey we make with Christ toward the cross...artist and author Mary Button explores the brokenness of mental illness-and the equal brokenness of our response to it. Stations of the Cross: Mental Illness is an appropriate study during Lent, Holy Week, or any time of contemplation.”

Available through ChurchHealth Center Resource Center:

<http://store.churchhealthcenter.org/collections/lenten-season/products/stations-of-the-cross>

ChurchHealth Center was established in 1987 by Dr. Scott Morris, a family practice physician and ordained United Methodist minister. His goal was to provide quality, affordable healthcare for working, uninsured people and their families in Memphis Tennessee. The Center receives financial support from the faith community, and volunteer help from a wide range of healthcare professionals. Care is offered through a sliding-scale based on income.

*The core purpose of ChurchHealth Center is : **To improve health and well-being so people can experience the full richness of life.***



ChurchHealth Reader provides many resources on starting a Wellness Ministry. Check out their website:

chreader.org

Wellness Works: Featuring First UMC of Germantown

There are many arguments about what makes a healthy church, but there is much agreement about what makes healthy church members. Here are a few examples of wellness ministries that help members of First UMC of Germantown feel the care and concern of their church.

The *Caring Connection* tracks members who are ill or hospitalized. We make food for families, drive members to appointments, visit, and send cards. About a dozen church members are ready to pitch in at any moment. Recently, we got a grant for a defibrillator, covering half the price. A church member covered the rest. We were

concerned when a student with a heart problem died at our local high school. We trained a few ushers and our custodians. Our latest Health and Wellness Survey indicates that we need new training sessions. Recipients of knitted items from the *Prayer Shawl Ministry* are wonderfully blessed as they snuggle up with lovely gifts from the men and women who love to knit.

The spirit of good health and wellness is alive at FUMCOG.

Submitted by: Barbara Mitchell and Ruth Thornton

Parishioners with Vision Loss

Submitted by: Amy Luckowski, PhD RN, and Mark Luckowski, BSW



Over 10% of all Americans especially the elderly, have a significant vision loss. We wrote this article because Mark is blind and we wanted to share some suggestions for church services and some awareness tips:

◆ In Conversation

Address the person by name or touch them on the sleeve to get their attention. In a noisy environment it is difficult to know who is talking to whom. Always introduce yourself; it is difficult to recognize people by just their voices. Let the person know when you are leaving too. Don't worry about what you say- the person could have "seen" that movie or game.

◆ During "Meet and Greets"

Say the person's name aloud, then ask, "Shake?" or take the person's hand (If they appear to be receptive to this).

◆ White cane

If you see someone with a white cane, offer your assistance. They might not need it, but asking is always appreciated.

◆ Sighted guide

The visually impaired person puts a hand on the back of the sighted person's arm just above the elbow, and walks a step behind so they can sense where to go.

◆ Service dogs

It is the law that service dogs are permitted in any public place. Even though they are cute— DO NOT TOUCH them at all. If the harness is on —they are working and cannot be distracted.

◆ Some adaptations for services

- ◆ The minister or leader should always verbally tell everyone to rise and sit down.
- ◆ People who are recently visually impaired do not usually read braille. Programs and newsletters could be recorded and sent to the person's home.
- ◆ Communion-either serve the person in the pew or have someone walk them up using the sighted guide technique and hand them the elements.



There is no lovelier way of thanking God for your sight than by giving a helping hand to someone in the dark.

Helen Keller

COMING NEXT ISSUE: COMMUNITY RESOURCES FOR THE VISUALLY IMPAIRED





MARCH 1—MARCH 21

Support Our EPA PACERS as they race to win the NATIONAL UMC CHASING SPRING CHALLENGE sponsored by Virgin Pulse. Currently in the lead with 11 days to go, our 50 member team average of 88,138 steps has them holding first place against 20 other teams from across the country.

Use this challenge as a time to begin consistent prayers for the health and wellness of the clergy and clergy spouses across our conference. Be encouragers. Let them know you care!

A Word on Global Health from UMC Global Ministries: February 2016

As we celebrate these remarkable achievements and progress in the fight against malaria, HIV, and other preventable causes of death, we are also aware that many global health challenges remain. We recognize that every year nearly 6 million children under age five continue to die from preventable and treatable diseases...As a sign of our commitment, Global Ministries has joined "Every Woman, Every Child" a global initiative to reach 15 million children by the year 2020. - See more at:

<http://everywomaneverychild.org/#sthash.bEvebSJD.dpuf>

"This painting captures the poignancy and depth of love between one aged African-American grandmother and her youngest, free-spirited bi-racial granddaughter. It represents how intergenerational bonds unite all women and become the strength that lifts us all up in solidarity." -

Holly Angelique, Artist: A Grandmother's Love



Kindness

In addition to whatever else you offer, you can offer kindness. On top of whatever you're already doing, you can act with understanding and compassion. Not only is kindness a sure sign of strength. Living with kindness actually makes you even stronger, in ways that truly matter. Situations in life will constantly tempt you to be rude, angry and unforgiving. Each time that temptation comes, you can transform it into an opportunity to grow stronger with courtesy, caring and compassion. There may very well be people who by virtue of their actions do not deserve your understanding. But that's no reason to deny yourself the positive value of giving that understanding anyway. Sure, there are plenty of people who acquire coveted trinkets and tokens by putting others down. Yet no one gains anything of real, lasting value by collecting enemies. Love and kindness are available for you to express every day, no matter how anyone else behaves. Live with kindness, act out of love, lifting your life higher, and your whole world with it.

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OUR VISION:

To be a vessel for promoting God's intention of wellness for all people.

OUR MISSION:

To serve as a resource and communication link to promote physical, mental, emotional, social, and spiritual well-being in the churches of the Eastern Pennsylvania Conference and the communities which they serve.



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