

Wellspring

A publication of the Health & Healing Council



E. PA Conference of UMC

July-August 2017



Promoting Health At Annual Conference

Steering Team Members: Ruth Thornton & Barbara Mitchell

The Health and Healing Council was 'on the move' at this year's Eastern PA Annual Conference. The display table was a hub of activity, perhaps in part due to lures of free chapsticks and bottled water. Nourishing, healthy snacks found their way into sessions, fueling the energy of clergy and laity as we engaged in the business and joys of Christian community.

The main cause for celebration came in the response of 49 churches who answered our Bishop's challenge to join the General Board of Global Ministries 10,000 Church Challenge. They now have access to free GBGM resources for promoting health for their churches and communities.

There is NO requirement to follow any set program. We invite each church to creatively and prayerfully consider what health focused programs will benefit them in answering God's desire for us to live abundant lives.

Your church is invited to help increase opportunities for healthy lifestyle choices through promoting:

Physical Activity

Healthy Diet & Nutrition

Tobacco— and Drug-free Living

Mental Health Education and Promotion



MAKE A PROMISE!

Take action to address children's health locally and globally



CONNECTING THE CHURCH IN MISSION

Global Ministries
for the United Methodist Church

SIGN-UP YOUR CHURCH TODAY:

[CLICK HERE](#)

Follow prompt to go to form. Follow instructions on form.

All areas marked with * must have response even if "unknown".

Contact Sharon Hachtman (shhooma@live.com) with any questions.

Thank you for joining the 10,000 Church Challenge!!

10,000 Church Challenge: Diet & Nutrition



Food Allergies and Nutritive Snacks

By: Sharon Hachtman, RN, FCN

ARE WE PROMOTING THE HEALTH OF CHILDREN IN OUR CHURCHES??

In these times when knowledge about food allergies is paramount for the safety of children in our churches, it is necessary to plan ahead. What have you done to make Sunday School and church life safe for them? Has your church considered having kids with severe allergies wear wristbands to let adults know that they aren't allowed to eat certain foods? Volunteers and staff should be educated to look for these identifiers. Coffee hour hostesses/hosts should know that setting the coffee table with unsafe snacks within the reach of young children can set the scene for allergic reactions.

And while we're on the subject of kids and food, how nourishing are the snacks you provide? Nutritious snacking can help children curb hunger throughout the day, as well as provide energy and important nutrients. Find out how to make healthy snacks for kids. Here are some suggestions from Mayo Clinic which I've adapted for church settings (www.mayoclinic.com/health/aboutthissite/am00057):

- ◆ Keep junk food out of church. Set a good example by choosing healthy snacks for children and adults alike.
- ◆ Go for the grain – Whole-grain foods, such as whole-grain pretzels or tortillas and high-fiber, whole-grain cereals, provide energy with some staying power.
- ◆ Mix and match – Healthy snacks for kids don't have to be bland. Serve baby carrots or other raw veggies with fat-free ranch dressing or hummus. Dip graham cracker sticks or apple slices in fat-free yogurt.
- ◆ Have fun. Use a cookie cutter to make shapes out of low-fat cheese slices, whole-grain bread or whole-grain tortillas. Make fruit kebabs or show the children how to eat diced fruit with chopsticks. Make a tower out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using different types of fruit.

Healthy Eating/Living by Barbara Mitchell, PhD

Let us consider the sweet potato! Everyone loves sweet potato pie and French fried sweet potatoes. Some of us like mashed sweets with brown sugar or just butter and salt. But the Arthritis Foundation suggests an even healthier route to this wonderful food filled with Vitamin C and beta-carotene that has been linked to reducing the risk of knee and spinal osteoarthritis. Try chopping sweet potatoes into chunks, toss with olive oil, cumin and ginger and roast them. These two spices have anti-inflammatory properties and combined with the sweet potato give a powerful start to keeping arthritis at bay when eaten regularly. Turmeric, which can ease arthritis pain, also makes for a tasty side of sweet potato. Experiment with your baking time as some folks like them soft and others like them crispy. Cutting them in strips like fries should result in a crispier dish.



10,000 Church Challenge: Diet & Nutrition



Good and Healthy Summer Eating

By: Barbara Mitchell, PhD & Ruth Thornton, PhD



This summer we have made and enjoyed the refreshing coolness of several healthy cold soups. Gazpacho, vichyssoise, squash, beet, asparagus and cucumber soups were easy on the wallet and on the palate. These are savory soups and most could also be served hot during the fall and winter months. They are easy to make and only use one pot.

Each recipe starts with diced onions, celery, garlic, salt, pepper and water and chicken or vegetable broth. We make enough to have three meals for two people. If you can't abide garlic, use any flavor of Mrs. Dash. The gazpacho does not require any cooking, but if you use fresh tomatoes, boil them first for easy skin removal. For a stronger tomato flavor, put the skins in a strainer and keep pressing the juice from them. Add diced carrots, corn, peppers (all colors), fresh basil, parsley, dill and mint. Add hot peppers or hot sauce to your taste. You can serve it chunky or infuse it to smooth. Serve it topped with croutons, chopped celery and hard boiled egg.

The vichyssoise does require cooking the onions and leeks in lots of butter and then add water and broth and potatoes. Boil until the potatoes are soft then let it cool. We try our first bowls hot. But on the second day we infuse it and add cream or non-fat half and half and serve it cold. It's two totally different tastes!

The beets also require cooking. Like the tomatoes, boil the beets in their skin and the skins will come right off as they cool. Cut the beets into quarters and boil. You can add a potato to thicken if you like. We also like to use beef broth for this recipe. For a winter soup, you might like to boil beef bones for flavor and nutrition. Use your food processor or infuse to smooth and serve hot or cold with non-fat sour cream.

You may want to par boil the asparagus and squash and then follow the basic recipe. Cucumber soup needs no cooking, but remember to remove the cucumber seeds.

Tips from John Wesley on Diet:

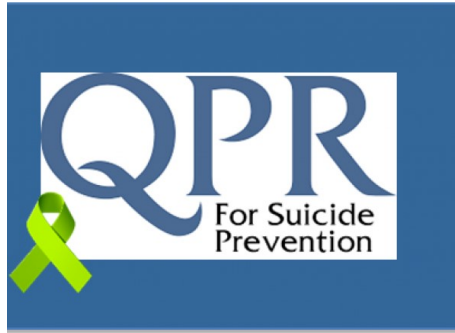
Water is the wholesomest of all drinks; quickens the appetite, and strengthens the digestion most. The great rule of eating and drinking is, to suit the quality and quantity of the food to the strength of our digestion; to take always such a sort and such a measure of food as sits light and easy to the stomach. (Wesley, J. The Primitive Physick. (1747)

10,000 Church Challenge: Mental Health

Suicide is a national and international epidemic. It is a leading cause of death around the world. Did you know that 64 people succumbed to suicide this past year in Chester County? Chances are you know someone who has died by suicide, attempted, or contemplated it.

Those at risk include “someone who was suddenly rejected by a loved one, a recent move, death of a spouse, child or friend, diagnosis of a terminal illness, flare up with friend or relative for no apparent reason, sudden unexpected loss of freedom, anticipated loss of financial security, and loss of a cherished counselor or therapist.”

Warning signs include: “suicide threats, previous attempts, alcohol



and drug abuse, statements revealing a desire to die, sudden changes in behavior, prolonged depression, making final arrangements, giving away prized possessions, purchasing a gun or stock - piling pills”.

Recently at Grove UMC Carrie Avery, Program Coordinator at the Youth Center of Chester County, trained us in the QPR method:

QUESTION. Ask if the person is unhappy or upset or thinking about suicide. This does not increase the risk of suicide.

PERSUADE them to get help. Offer to accompany them to see a counselor or offer to make an appointment.

REFER. Connect them with a mental health professional or National Suicide Prevention Lifeline 1-800-273-TALK.

Over the past 15 years the suicide rate in the US has increased by 24%. It is important that everyone be aware of this problem and help those in need. The QPR training takes only 2 hours of your time and every minute is worthwhile.

Amy Luckowski, RN PhD is the Chair of the Grove UMC Health and Welfare Team. She also serves on the EPA Conference Health & Healing Team.

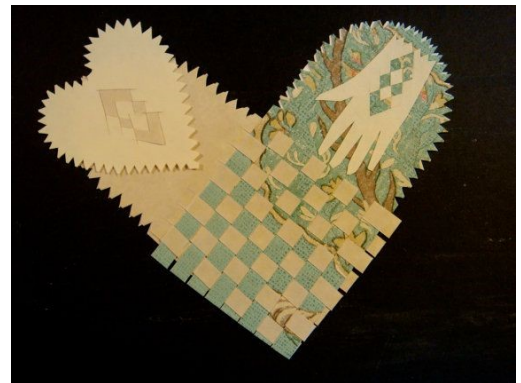
Wellness Works: HeARTS & Hands Ministry at Covenant UMC

Submitted by: Andrea Gillhooley

There's something powerful about art. The creative process in art making is both healing and life enhancing. According to the American Art Therapy Association, art is used for mental health issues to restore one's functioning and sense of well-being.

That's why a group of volunteers began the HeARTS & Hands Arts Ministry at Covenant United Methodist Church in Lebanon, Pa. Started by a small group of volunteers, this ministry is for people who want to add another layer to their recovery and wellness journey. The volunteers themselves

are not art therapy professionals, but facilitators who want to build fellowship in a safe, welcoming space for people to use their creativity. The group begins with a recovery devotional, then the group is led through a corresponding art project. Past projects include collage making, pocket Bibles and visual arts using acrylic paints and pastels.



Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.
(Philippians 2:1-4 New International Version (NIV))

10,000 Church Challenge: Mental Health

Stressful living in 2017: How Acceptance and Faith Can Help

Joseph Bene Jr., PsyD, Licensed Psychologist, Psychological Health Affiliates

The fact that life in the United States is stressful, and is becoming more so with each passing year, is well-known to us all. This is seen in the growing number of people struggling with high blood pressure, arthritis, and other stress-related illnesses, sleep disruption, reliance on anti-anxiety and other medications, as well as the rising number of people suffering from alcohol and drug abuse. Take a pill, and feel better, until its effect expires and then repeat or increase the dose. While there are many causes of these, and other life-struggles, foremost is the stress that we experience in our everyday lives, and the manner in which we deal with that stress.

The sources of stress are many. In a study commissioned by the American Psychological Association (APA) titled, "Stress in America: Paying for our Health," the top four sources of stress were identified as financial, health and healthcare, family issues, and work issues. Add the growing costs of buying a home, raising children, the competitive nature of work, combined with a world that seems increasingly dangerous and uncaring, you have the perfect storm for an American society whose citizens are suffering from the debilitating symptoms of stress.

WHAT IS HEALTHY?

TO HAVE YOUR WORK REFLECT YOUR
CORE VALUES OF INTEGRITY, HARD
WORK, EXCELLENCE AND HONOR,
AND ACCEPT ANY OUTCOME.

Joseph Bene, PsyD

But stress is not the enemy in this story. ***It is the manner in which this stress is viewed and managed. It can be our ally, providing motivation to help us to be our best.*** Consider this. You have a big work project that you want to go well. Stress is your partner in this endeavor and, if handled in a healthy manner, can be the key to success. What is healthy? To have your work reflect your core values of integrity, hard work, excellence and honor, and accept any outcome. It is the bottom of the ninth and you are at bat. Are you nervous and stressed? Sure, but that is okay, because you have faith in your ability, and accept whatever the outcome may be. You hit a walk-off homer! Great. You strike-out to end the game. Disappointing and painful. Okay. You did your best and honored your values of hard work and competition.

Having faith in yourself, living your life in a manner that honors your values as a human being, and accepting the pain and stress that naturally occur when living a value-rich life is the key to healthy living with stress. It is when we attempt to avoid the pain of failure, the pain of the death, difficulties from family or work, or a myriad of other uncomfortable and distressful life experiences, that stress becomes our enemy. When we use avoidance, suppression, drugs and alcohol, food, sex or other strategies to deal with this stress, rather than accepting it and moving forward with our values intact, is when we truly suffer. In future articles, there will be more on how to live a healthier life using Acceptance and Commitment Therapy.





Quenching Your Thirst

By: Barbara Drake, RN MSN, FCN



“All of you who are thirsty, come to the water” (Isaiah 55: 1 CEB)

We tend to drink less water than our bodies need, with the result that most Americans are chronically dehydrated. Regular coffee, tea, and soda contain caffeine which has a diuretic effect, so those beverages actually contribute to dehydration. The best thirst quencher is water. When we think we are hungry and reach for a snack, we are frequently experiencing thirst. One glass of water will stop the hunger pangs for almost all the people who want to avoid snacking in order to lose weight.

Water is essential for life and health by regulating body temperature and excreting toxic wastes. To be healthy, our skin, hair, and digestion need 6-8 glasses of water daily. If you are bothered by headaches, think about dehydration as a possible cause. Even a 2% decrease in the body's water content can result in fuzzy short-term memory and difficulty in doing basic math. Research has shown that drinking 5 glasses of water daily significantly decreases the risk of many cancers, including colon, breast, and bladder. So we all need to take a serious look at whether or not we are drinking enough water.

Thirst also affects us spiritually. Jesus spoke to the Samaritan woman at the well in John 4 about the living water he could provide her. Isaiah 55:6 provides a solution for spiritual thirst: “Seek the Lord when he can still be found; call upon him while he is yet near.” Later in chapter 55, Isaiah says: “Just as the rain and the snow come down from the sky and don't return there without watering the earth...so is my word that comes from my mouth; it does not return to me empty.” Prayer and reading scripture provide us with the living water that quenches our spiritual thirst. Fifty books of the Bible contain verses about water and thirst. That suggests the importance that God places on quenching our physical and spiritual thirst for wholistic health.

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AUGUST: NATIONAL IMMUNIZATION MONTH

Immunization, or vaccination helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get their shots—just like kids do. AUGUST is NATIONAL IMMUNIZATION AWARENESS MONTH and it is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots. For the immunization toolkit go to: <https://healthfinder.gov/NHO/AugustToolkit.aspx>



10,000 Church Challenge: Drug-free Living



A Letter to Our Youth:

As a young person, you'll hear everything there is to hear about alcohol and other drugs from friends, your brother or sister or other young people. Unfortunately, much of what you hear from them is based on myth and misconception and, as a result, it may not always be true or accurate. So, like anything else in life, you need to do your own homework.

Some of you have already seen firsthand the dangers of alcohol and drugs and the damage they can do to the individual, to relationships, to friendships and to families. Maybe you are concerned about mom or dad, an uncle, a friend, a neighbor or even yourself. If so, you will find this information helpful.

So, what's the REAL story about alcohol and other drugs?

FACT: Alcohol and drugs are the **leading causes of crime** among youth.

FACT: Alcohol and drugs are the **leading factors in teenage suicide**.

FACT: More than 23 million people over the age of 12 are **addicted** to alcohol and other drugs, affecting millions more people.....spouses, children, family members, friends, neighbors and colleagues at work.

FACT: Marijuana and Grades: 19.3% of students ages 12-17 who receive grades of "D" or lower on average used marijuana in the past month and 6.9% of students with grades of "C" or above used marijuana in the past month.

FACT: Most teens aren't using drugs. One reason some teens decide to start smoking marijuana, drinking alcohol or using other drugs is because they think "everyone is doing it." And, since they think that the majority of their peers are using drugs, they draw the conclusion that it must be OK. If most of the people that you are hanging out with are drinking alcohol or using drugs, it's easy to think that "everyone is doing it." But statistics don't back up that claim.

Make Your Own Choices: YOU DON'T HAVE TO GO ALONG TO GET ALONG!

Source: <https://www.ncadd.org/about-addiction/underage-issues/the-real-story-about-alcohol-and-other-drugs>

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Do you not know that your body is a temple of the Holy Spirit,

who is in you, whom you have received from God?

You are not your own; you were bought at a price.

Therefore honor God with your body. 1 Corinthians 6: 19-20



Formerly a resident of Bethlehem, PA, Mary Wilson is a Lay Servant Minister in the South Carolina Conference of the UMC and a 24/7 caregiver for her husband. She believes that churches can play a significant role in caring for caregivers. Mary blogs about caregiving, faith and a variety of life issues at: marywilsonsblog.wordpress.com/

One of the first things people tell you when you become a caregiver is that you must take care of yourself to best care for the patient. I have heard numerous stories about caregivers dying before the person they were caring for, so the danger is real. But what kind of self-care is realistic when you are the main/sole caregiver to a loved one? Just leaving the house for an hour takes the planning required for D-Day.

When I first began my caregiving journey, I was terrified because I felt ill-equipped, overwhelmed and only hastily “trained.” Before my husband left rehab the first time, I was given a 15-minute lesson on how to do everything from helping him take a shower when he could barely stand to managing a bucketful of medications. I found that a lot of articles on self-care were unrealistic and talked only about things like treating yourself to a manicure. Sure, that’s fine, but is a manicure really going to help on days when you’re tempted to jump into your car, drive away and just keep going? Believe me, I have had those days.

So what is realistic, helpful self-care? Here are just a few ideas gleaned from my 2 years of taking care of my husband 24/7, mostly by myself.

Find someone or a group to whom you can safely vent. Most people who have never had 24/7 caregiving responsibility do not understand the witches’ brew of emotions that the caregiver experiences, so it’s best to find fellow travelers. Since it’s difficult to leave the house, I have used online support groups in which people share experiences, resources and support. I also have a few friends who are in the same boat with me, and we have sometimes texted, cried and comforted each other at 3 a.m.

Ask others for **specific** help. Many people would like to assist but are understandably reluctant to jump in where they may not be wanted. I have asked people for prayers, help with errands, dog care, Christmas decorating, changing light bulbs and HVAC filters, cleaning up yard debris after a hurricane, lifting my husband off the couch at 10 p.m.

Do something creative, or at least something that will allow you to temporarily escape your responsibilities, even for 15 minutes. I acquired an electronic piano with headphones so I can play at any hour. I also started a blog where I can express feelings that I can’t quite say out loud. Fellow caregivers paint, knit, cook or do crafts to give themselves a mental or physical break.

Take steps to live a healthy lifestyle despite the restrictions you may face. Before my husband’s illness I was going to the gym several times a week but that was no longer feasible. Instead I joined a weekly yoga class near our home, bought a fitness tracker to count the steps I was taking while caring for him (usually 7,000-10,000 per day), used a variety of non-drug therapies for stress management, and cooked nutritious meals from scratch even though I’ve never been much of a cook. I also informed my doctors what I was dealing with so we could work together to come up with ways to stay healthy.

Don’t beat up on yourself when you feel you haven’t accomplished as much as you would like. Accept that most of your energy is going toward taking great care of your loved one and whatever you do is enough.

Nurture your support network by expressing gratitude for the smallest task and returning the favors whenever possible. By sending out Christian love to a wide band of friends, neighbors, business colleagues and church family, my husband and I have felt loved and cared for instead of angry and bitter. The attitude of gratitude goes a long way toward maintaining one’s health.

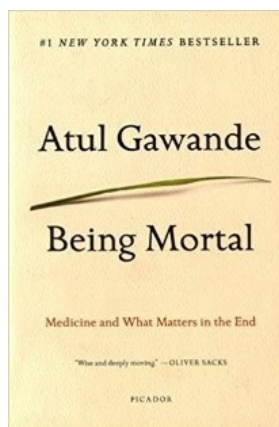
Health Care Issues in Later Life

By: Barbara Mitchell, PhD

Many of our churches are experiencing the aging of our congregations in which a majority of members are over 50. [An appropriate topic for an adult Sunday School might be a discussion of end-of-life issues.](#) This could be sponsored by your church in coalition with town or neighborhood organizations. Forum sponsors could include neighborhood associations, restaurants or food distributors/markets, legal associations, and so on.

Our community recently sponsored a forum hosted by First United Methodist Church of Germantown (FUMCOG). Our speakers were a local attorney, Daniel Ross, and a local physician, Dr. Linda Good, both members of FUMCOG. Dan recommended that everyone should have prepared, valid legal documents that are located in a place known to family members. Copies of these should always be available, even when traveling and should include:

- ⇒ Will
- ⇒ Durable power of attorney
- ⇒ Person designated to make your health-related decisions when you cannot
 - Dr. Good noted the importance of making one's wishes known in writing for getting the medical treatment one desires. This should be communicated to one's physician or specialist as well. Since 2016, doctors have been able to bill for end-of-life discussions, and many hospitals provide palliative care services.
- ⇒ Living will that denotes what medical treatment you want when terminally ill or in a vegetative state,
- ⇒ List of beneficiaries for assets such as insurance and investments.
 - Strategies to make funds quickly available after death for family members to meet expenses.
 - Asset management to help inheritors avoid large inheritance taxes



Suggested Reading:

Being Mortal (2014).
Atul Gawande



Suggested Website:

Compassion and Choices
<https://www.compassionandchoices.org/>

Compassion & Choices is a non-profit organization that improves care and expands options for the end of life. We support, educate and advocate. Across the nation, we work to ensure healthcare providers honor and enable patients' decisions about their care.

Books For Children and Churches By: Barbara Mitchell, PhD

There are many ways to promote reading through our churches. Have you considered starting a small adult lending library of books on religious history, theology, justice issues, or Methodism for your congregation? Have you considered an annual activity such as "One Church, One Book" in which everyone reads the same book over about six weeks and then you have a potluck dinner and discussion? You can consider books that middle and high school students read as well. One year at FUMCOG we read and discussed Kindred by Octavia Butler. This is a sci-fi American history story that is read in junior high, but all the adults loved it as well. It was a great way to promote communication between generations! Let us know what books you read with your church group, give a synopsis of the book and discussion, and we'll tell your church's story.

Summer vacation is upon us, and I want to emphasize the importance of keeping your children reading and even working at arithmetic and math during this time. Statistics show that this is a time when many children lose some of what they learned during the school year. Practice is important! Take your middle-schoolers grocery shopping with you and put them in charge of keeping track of what has been spent as you pick up groceries. Have your kids research baseball averages and compare them to history's best players. Have them convert to the metric system. Keep them reading and thinking in creative ways, and make it fun!

Curious Creatures in Peculiar Places by Amy Goldman Koss (Price Stein Sloan, 1989) is a delightful book for ages 7 through middle school. It looks at 14 unusual animals and where you find them. Poems from the auk to the duckbill platypus take us all over the world. It opens with a clever world map showing the spots where the animals are found. The drawings by the author are colorful and accurate; the poems are fun (See "The Tarsier" above).

The Cactus Wren and the Cholla/El Reyzeuelo y la Cholla by Valerie Chellew Garcia comes in English and Spanish. (Hispanic Book Distributors, 1997, grades 4-8). The illustrations by M. Fred Barvaza are beautiful and informing. The story starts with the development of the desert and how plants and then animals came to live there. But there were no trees as we know them and no birds. One day a small bird gets separated from its flock during a storm and needs to rest. It perches on a tall saguaro cactus but needs a tree for a nest. The thorny cholla offers a nesting place, but all the other plants and animals laugh because the cholla has so many thorns that everything fears it. Yet the bird is brave enough to try and takes the cholla up on it. When the bird finishes its nest, it calls on other birds to join him, and they come. The author says, "To me, he is a symbol of courage. Of what we can do if we believe in ourselves. A proof that nothing is impossible. Nothing too difficult if we work hard to make it happen. This is what the cactus wren means to me and why it reminds me of my Hispanic ancestors." The Spanish is closely translated from the English. Be sure to read both versions aloud.



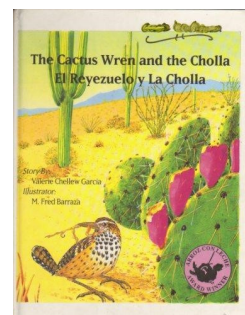
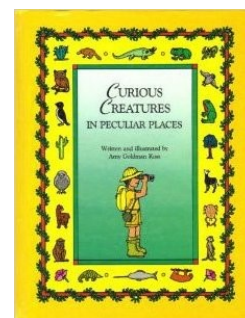
The Tarsier

"This Indonesian goblin
Has great big googly eyes
And hands that move so quickly they
Can even capture flies....."

From: *Curious Creatures in Peculiar Places*

Koss, Amy Goldman, 1989

This column has me looking everywhere for old and new books for children that can help them to see that the whole world is fascinating and that knowledge helps us to understand ourselves and others in positive ways. I found these two books in a used book store in Virginia. I am buying lots of books, but once they are reviewed for you, they will go off to Liberia for children in orphanages who lost their parents in the ebola pandemic.



Volunteering is Good for One's Health

A Personal Testimony from Barbara Drake, RN MSN, FCN

When we volunteer to work at an agency that helps people, we often find that the effort takes our minds off our own problems as we focus on the needs of others. Volunteering helps us to develop new relationships, to use our God-given abilities, and to learn new skills. Thus, we can say that volunteering is good for our mental, emotional, and spiritual health, and if it involves physical work, it also provides needed exercise for our physical health. We may even find a way to help the people with whom we are volunteering to improve their health.

Here is an example from my life. When I was 15 and wondering what to do for the summer, I learned of a live-in work program for teens at the Deaconess Home on S. 38th Street in Philadelphia. We were responsible for participating in daily devotions with Deaconess Hazel Horner, helping with Vacation Bible School and a children's craft program in different parts of the city. As a shy, suburban girl with little contact with African Americans, I was not sure how I would cope with the daily expectations, but I felt this was something God wanted me to do. The experiences of the summer helped me to grow into a more confident person who could interact with people of other races and get around the city on buses, subways and trolleys. I was even able to stand up in churches where we were invited to speak, and tell how the experiences had helped my faith grow.

But that is not the end of the story. I went back for two more summers and had experiences which helped to prepare me for college and a career in nursing. In order for you to understand you need to know a little history. The Methodist Episcopal Church approved the work of deaconesses as an official ministry of the church in 1888 at General Conference. The Deaconess Home in Philadelphia was started in 1890, and over the years provided services, such as after school programs, cooking classes for mothers, and a free medical dispensary. When a home for deaconesses was no longer needed, the name of the agency was changed to **Neighborhood Services**.

In 1976, with funding from the United Methodist Women of Eastern Pennsylvania, **Neighborhood Services** purchased a building at 804 N. Broad Street where services were provided to economically challenged people living in North Philadelphia for the next 40 years. In 2012, when I became Conference President of UMW, I was appointed to the Board of Directors of **United Methodist Neighborhood Services**. I soon recognized that the organization was facing many financial challenges of maintaining an aging building. Major amounts of money had to be borrowed to make repairs. In 2015 the Board decided to sell the building to pay debts and rent space in a church. My volunteer time for the next year was spent preparing for the move by cleaning out the closets and file cabinets on two floors. I certainly got physical and mental exercise as I sorted over 70 years of accumulated "stuff".

The most exciting day was when I found a file with my name on it from the years I had volunteered at the Deaconess Home as a teen, including letters I had written in my favorite turquoise ink. Reading comments about my work, written by Deaconess Hazel Horner, revealed that God had been preparing me back then for the call that God would make to me in 2014 to become a deaconess in my retirement years.

United Methodist Neighborhood Services is now renting space in the education building of Janes Memorial UMC in Germantown. In the first month of operation 33 families with 19 children received food, and six families received clothing. One family had lost everything in a fire. On move-in day, I realized that a large bulletin board over the freezers would be a good place for a colorful poster encouraging healthy eating, and a standing metal rack could hold health education pamphlets. This is the beginning of a fledgling health ministry for the people who will be served by **United Methodist Neighborhood Services**. It remains to be seen how God might use us all to promote healthy living through volunteerism.

Editor's Note: Barbara is currently completing Deaconess training. We look forward to her consecration in the near future and thank God for the many ways she answers God's call saying: "Here I am. Send me" (Is. 6:8)

(Prayer of St. Francis modified by Charles C. Wise)



Lord, make me an instrument of your health;
 Where there is sickness, let me bring cure; where there is injury, aid;
 Where there is suffering, ease; where there is sadness comfort;
 Where there is despair, hope; where there is death, acceptance and peace.
 Grant that I may not so much seek to be justified, as to console;
 To obey as to understand;
 To be honored as to love;
 For it is in giving of ourselves that we heal,
 It is in listening that we comfort, and in dying that we are born to eternal life.

Wellspring: A publication of the Health & Healing Council

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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The Health & Healing Council welcomes ideas and article submissions on health topics. We reserve the right to select and edit articles for publication. For additional information please contact:

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