



STAYING STRONG

August 2019 “You will call upon me and come and pray to me, and I will listen to you.”
Jeremiah 29:12

JESUS CHRIST IS THE BIG “C” IN OUR LIFE – relegate cancer to be the “little “c”

August! The heat and humidity have cranked up and of course, it doesn't help to have a hurricane/tropical storm swirling in our country's midsection. While whole swaths of that area have suffered from too much rain, our part of the country has become a bit thirsty. Have you noticed that the fireflies have seemed to dwindle, and the cicadas have really cranked it up? There are times when the racket they make is amazing. Seven years ago, when this writer relocated to the Triad, the cicadas were so loud, the AC unit was thought to be failing! The family still laughs about that! In the succeeding years, the cicadas have moved around the cul-de-sac getting further away. But this year, they are back again and in our trees. These amazing creatures are quite unseen while their presence is known, but their quite large bodies are iridescent even in an expired state. Even though summer is far from over, the cicadas' presence is a prelude to the coming of Fall.

Pastor Clocker was going to be on a bit of vacation and Elder Rich Essbach was asked to step in and lead the assembled group of approximately eighteen which included a visitor who saw the sign on Silas Creek and came in. Rich gave an introduction of the purpose of the Service for the benefit of our visitor. He said that all of us in the group have been touched by cancer: friends, co-workers, family members, and some present have walked the journey of treatment. Rich had his guitar and the group sang two “camp” songs: “God is so Good” and “Peace is Flowing Like a River.” Rich talked about the power of prayer and that we need to have patience. Having patience is really hard. It is not something that we humans do well. He talked about a personal experience involving his family along with Pastor's personal story during this morning's sermon. The waiting, having patience, is the point that was made. Both these stories ranged over a period of two years! But in the end, the Hand of God was absolutely visible in the resolutions of both. Rich also talked about not knowing what to pray for. We pray that God resolves these issues the way we want them to be, but God may have plans for us that are different from what we want, or when we want it. James 5:13 calls the Elders to action:

“Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. . . . The prayer of a righteous man is powerful and effective.”

The Lord would heal us as we need healing.

A small group stayed in the Sanctuary to pray over and anoint our visitor. The Ministry Team adjourned to the Social Hall to blend three recipes of smoothies from the kitchen of Julie Lanford from Cancer Services. Today, instead of a speaker, we were offering tastings of smoothies and granola and energy bites. And what an amazing discovery that turned out to be. The blue Strawberry-Blueberry-Banana smoothie turned out to be the hands down favorite of all who sampled it. And the Energy Bites that Sheryl made – WOW! Everyone loved these. And we also had samples of a granola that she made.

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If you wish to obtain copies of these recipes, please let the Cancer Ministry Team know; we have copies available in the Church office area.



Our Small Group with ten participants met on the third Monday and Sheryl and Ann were the facilitators for the reading and discussion of Reading #4 “When My Purpose and God’s Purpose Collide” in the book “Seeing God in Your Cancer Journey.” We marveled that Pastor had this as the subject of his sermon yesterday. Coincidence? Not on your life!

Again, we welcomed a visitor who had seen our sign on Silas Creek. Introductions were made and we proceeded. After going over the reading, we talked about what we thought our purpose was. Did we think there might be a conflict over these purposes? It is difficult to think that God is in control over our lives. That we do not have a say in this control. But God is with us every step of the way. The Bible says God knows every hair on our heads, and the exact time a sparrow falls. We need to “let go and let God.” This is true submission and not an easy thing to do.

Thinking that this reading was a short one, the group continued with Chapter 70 from “Cancer, Now What” -- Being Totally Honest with God. We do not need to hide our feelings when talking with God. He knows what is in our hearts – everything that we are anguishing over – whether we express it or not -- so let us not mince our words. We can be totally free and let it all out when talking to God. We are free to wail, scream, cry, and otherwise vent. God wants to hear it all. You don’t have to hold anything back with God.

SMALL GROUP PARTICIPANTS!

You are being given the opportunity to choose the first topic for discussion on August 19th.

Choices are:

Family communication

Depression, anxiety, anger

Guilt of survival

Coping with change

How to approach others with cancer

Responding to loss

Send your choices to Sheryl (sherlrn@triad.rr.com) or Ann (onehotdog2004@yahoo.com)!

BABY PRODUCTS THAT ADULTS CAN USE

Are you aware that many products for babies have very practical uses for adults, too? Here is a short list of alternative uses for some of these products.

Baby Wipes

These are super handy to have around: keep a pack in your car and in your home for all sorts of things. The most common use for adults is as a gentle makeup remover. Lots of folks use them to clean leather furniture and say that the ones with shea butter are the best for this chore. They are also great to wipe your hands with after you pump gas or before you eat, if you are on the go. Even though they aren't a disinfectant, they do clean up a variety of things very well.

Baby Skin Care Products

Skin care products for babies can be an excellent choice for adult skin. These products tend to have fewer additives and are very gentle. They often feel light on your skin and are absorbed quickly. You will still need to think about the dryness or oiliness of your skin before you find one that works best for you. The ones marketed for babies with eczema are excellent for dry skin. The everyday moisturizers work better for people who have oilier skin. Baby oil is excellent at gently removing waterproof mascara and can also help moisturize skin.

Baby Sunscreen

Baby sunscreen has fewer additives to protect baby's sensitive skin, and is designed to provide better coverage, as well as usually having a higher SPF. This probably isn't your top choice under your daily makeup but should be your go-to if you are spending the day on the lake or at the beach.

Baby Hair Products

These products are much gentler and safer for your hair. They have fewer of the additives that can be drying and damaging. Baby hair detangler is a great product for curly hair and can be used as a leave-in conditioner. Lots of people use baby shampoo as a gentle face wash. And it can also be used as a laundry detergent when hand washing your delicates. It is even safe and gentle enough to use on cashmere.

Baby Powder

Use it to help prevent chafing in sensitive areas. Of course, it also absorbs moisture which makes it a great stand-in for dry shampoo, deodorant, and foot powder. The best thing it can do is help remove sand that gets stuck on your body when you are at the beach. Who knew that!

Pedialyte

The electrolytes in Pedialyte can help replace the sodium and potassium you lose when drinking too much and helps you get hydrated faster. The flavors available might be a little easier to stomach than plain water, and even better, they make popsicles!

So many baby products are not just for babies. Most of them have several alternative adult uses you just don't know about. The ones listed above are merely a start to what you might discover when you explore the possibilities of use for these products.

THIS IS IMPORTANT: Now that the heat and humidity will be with us for a while, we all need to be aware to consume plenty of water in order to stay properly hydrated. Drinking enough water daily helps our bodies fight against sickness, disease and ailments. In contrast dehydration can lead to headaches and migraines, inflammation and joint pain. Arthritis, osteoarthritis, rheumatoid arthritis and gout can all benefit from drinking plenty of water to help reduce painful joint friction. Also, drinking plenty of water will help one's body cope with the harshness of chemotherapy by keeping the body in balance and properly flushed. Of course, water is the go-to liquid of choice: it has zero calories and does the best job of keeping the largest organ of our bodies properly hydrated: our skin!



ARE YOU BREATHING PROPERLY?

REMEMBER TO BELLY BREATHE!

Diaphragmatic breathing, or "belly breathing," engages the diaphragm, which is supposed to do most of the heavy lifting when it comes to breathing. This technique is particularly helpful in people with COPD as the diaphragm isn't as effective in these individuals and could be strengthened. The technique is best used when feeling rested. If you have COPD, ask your doctor or respiratory therapist to show you how to use this exercise for best results. According to the COPD Foundation, you should do the following to practice diaphragmatic breathing:

1. Relax your shoulders and sit back or lie down.
2. Place one hand on your belly and one on your chest.
3. Inhale through your nose for two seconds, feeling the air move into your abdomen and feeling your stomach move out. Your stomach should move more than your chest does.
4. Breathe out for two seconds through pursed lips while pressing on your abdomen.
5. Repeat.

ARE YOU EXERCISING EVERY DAY?

We need to keep our physicians, and, sometimes, our caregivers happy. When we keep "moving", our blood flows a bit better, and keeps our little Gray Cells happy, along with our joints and muscles.

If you are not steady on your feet, you might want to consider "chair" exercises. We received one several months ago for "chair yoga" that offers stretching and strengthening. If you wish to follow along watching TV, "Sit and Be Fit" at 5:00 am on Spectrum channel 4 (WUNL - base PBS) or on Spectrum 1221 (UNCHD PBS).

Mark Your Calendars:

- Fri, Aug 2, 10:00-2:00 pm **Feel Good Friday** Novant's Derrick Davis
Cancer Center, in the back behind the main hospital (parking is free)
- Sun, Aug 11, 2:00 pm** This is the second Sunday
Prayer and Praise Service, guest speaker is Katie Duckworth,
Counselor for Patient Support at Baptist Hospital
- Mon, Aug 19, 10:30 am** This is the third Monday, **Small Group Session**

Please check www.cancerservicesonline.org/events-calendar/ for additional activities that might interest you. They have all kinds of activities going on each month. Look and see for yourself!



Trusted websites:

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| www.cancer-companions.org | |
| www.cancerdietician.com | Julie Lanford, Cancer Services |
| www.cancer.org | American Cancer Society |
| www.mayoclinic.org | Mayo Clinic |
| www.mdanderson.org | MD Anderson Cancer Center |
| www.mskcc.org | Sloan Kettering Cancer Center |
| www.shepherdscenter.org | The Shepherd's Center |

"Draw near to God and He will draw near to you" James 4:8

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