



## STAYING STRONG

June 2019

"We know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28

### JESUS CHRIST IS THE BIG "C" IN OUR LIFE – relegate cancer to be the "Little "c"

Here we are – June already. A month filled with celebrations of graduations, weddings, and Father's Day and the temperature is heating up! Soon school will be out for the summer and all those summertime activities will overtake us.

The Book of Romans was continued when the Cancer Prayer and Praise Service met on Mother's Day afternoon with eighteen in attendance. Pastor Clocker had the group turn to Chapter 8 – Life Through the Spirit. This wonderful gift of the Holy Spirit comes from Jesus and is part of a daily on-going ministry. Pastor says this is a foundational blessing – the forgiveness of our sins through Christ our savior who gives us peace. Through the gift of the Holy Spirit, God will abide with us and in us. We are a work in progress, always under construction with God working on us through the Holy Spirit, whispering in our ear, nudging us in the direction He would have us go. In the end, we are products of the ongoing attention of the Holy Spirit.

Angela Nicholson from Trellis was with us for the Prayer Service along with her mother, Ruth. She asked for prayers for her Pastor, Janice, who was to start chemo for pancreatic cancer the very next day.

We then adjourned to the Social Hall for a bit of refreshment as we listen to our friend from Trellis – Angela Nicholson. This is her third visit to St. John's and this ministry and we enjoy everything she shares with us. She is a Community Nurse Educator there. Anyone who has ever gardened knows that a trellis is support for the climbing vining plants. And so it is with Trellis. They give support to patients and their families in many different ways:

Palliative Care: this is the care and management of pain and symptoms, even as a person is undergoing aggressive treatment for a cure.

Advanced Care Planning: this is sharing and documenting your wishes so that healthcare professionals and your family understand what is important to you. This is offered FREE to prepare.

Grief Counseling: now includes help with the passing of our furry family members and is offered FREE whether in a group or one-on-one.

Hospice Care: which is the cornerstone of their care. Each of their Teams are available 24/7.

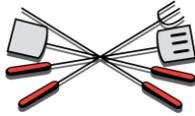
Angela also stressed the need for each of you to have several important documents:

Durable Power of Attorney (covers financial matters and appoints someone to handle things when you cannot)

Durable Power of Attorney for Health Care (appoints someone to speak for you when you cannot)

Advanced Care Planning (or Health Care Directive, or Living Will) (this is where you choose how much extraordinary efforts you want done on your behalf at your end of life). PREPARATION OF THIS DOCUMENT IS FREE AT TRELIS!!!

Angela advised that the Durable Power of Attorney is usually done through an attorney. But she advised that there is an Elder Law Clinic at Wake Forest University that might be able to assist with these documents.



Every one of us needs a Durable Power of Attorney (covers financial matters), a Durable Power of Attorney for Health Care, and a Health Care Directive (also known as a Living Will).

When Angela talked about these items, I was reminded of an occurrence involving my late husband who spent the last two months of his life in a nursing home with a roommate. He had several before the very last one before his passing. The elderly gentleman appeared to have suffered a stroke. He was still mobile but had difficulty in getting the fork or spoon to his mouth. Then one day he was gone to hospital due to another stroke. He came back after a week and was lying in a fetal position on his right side with a feeding tube going into his abdomen and the contents of that feeding tube was dribbling out of his mouth.

My first thoughts were who hates this man so much to allow this! I harbored these thoughts regarding this final roommate for eighteen years. But when Angela talked about these documents a lightning bolt struck: that poor gentleman probably did not have any of these wonderful documents that are meant to work for us individually – to advise our medical providers of what we want for our end of life situations. To have someone speak for us about what we want, and to have someone we trust to manage our financial situation when we can no longer do so. This man, that has been a part of my memories for so long, more than likely did not have any of these documents so he could not tell his providers what he wanted, and his family could not speak for him, and so the medical establishment did everything in their power to keep him “alive” (if you call it that).

Please, please, please do yourselves and your families an enormous favor and get these documents prepared if you haven’t already done so.



Our Small Group met on Monday, May 20<sup>th</sup> and we looked at Reading #3 – Looking at God’s Purpose. At the very beginning was a verse from Romans 8:28 – “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

What is God’s purpose?

God’s purpose is to be reunited with His children. He looks at you, His beloved child, and wants nothing more than to have you stand before Him so He can envelop you in the richness of His love. The problem is that He is perfect and we are not. We are human. We yell at our kids and we envy our neighbors. We say nothing when we should say something, and we say something when we should say nothing. People cannot stop being imperfect and God cannot stop being perfect. Here’s the problem: with our imperfections we cannot, one day, go to heaven and stand in God’s perfect, glorious presence.

Amazingly, this does not stop God from wanting each and every one of us by His side, so He sent his Son, Jesus Christ, to Earth. Jesus lived a perfect life, died an undeserved death and rose from the grave. Why? So when we stand before God, covered in all our imperfections, Christ’s glorious perfection will take away our every fault so we too will be perfect. Imagine every fault, every guilt, every shame washed away by Christ, not only for the moment we stand before the Lord, but from the moment Jesus became our Savior.

***ARE YOU BREATHING PROPERLY?***

***REMEMBER TO BELLY BREATHE!***

***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" can be viewed and exercised with on Tuesday mornings at 8:30 am on PBS channel UNCNC (#1276 if you have Spectrum cable programming). This program is also available at 5:00 am on Spectrum channel 4 (WUNL - base PBS) or on Spectrum 1221 (UNCHD PBS).

**Mark Your Calendars:**

Fri, June 7, 10:00-2:00 pm	Feel Good Friday, Novant Cancer Center
Sun, June 9, 2:00 pm	Prayer and Praise Service, no guest speaker Today is a day of celebration and fun!
Sun, June 16	<b>Father’s Day</b>
Mon, May 20, 10:30 am	Small Group Session

Please check [www.cancerservicesonline.org/events-calendar/](http://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:**

[www.cancer-companions.org](http://www.cancer-companions.org)

[www.cancerdietician.com](http://www.cancerdietician.com)

[www.cancer.org](http://www.cancer.org)

[www.mayoclinic.org](http://www.mayoclinic.org)

[www.mdanderson.org](http://www.mdanderson.org)

<http://www.mskcc.org>

[www.shepherdscenter.org](http://www.shepherdscenter.org)

Julie Lanford, Cancer Services

American Cancer Society

Mayo Clinic

MD Anderson Cancer Center

Sloan Kettering Cancer Center

The Shepherd's Center

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