



STAYING STRONG

March 2019

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

So far, no snow – although we've suffered thru two or more Arctic Blasts with temps down in the teens. This writer is really tired of fleece lined leggings layered under pants, thermal underwear under tops, and snuggling up to a space heater. Anyone else ready and waiting for warmer weather? Change seems to be coming as we are seeing teasing glimpses of Spring thru pink flowering trees! Very encouraging!

Sunday morning February 10 run up to the Cancer Prayer Service was very exhausting as right after second service the baby shower for Ben and Michaela was held. A dozen different soups and a baked potato bar offered the attendees delicious sustenance while gifts were opened. Afterwards, it was a mad scramble for everything to be put back for the school cafeteria set up, and the Cancer Prayer Service.

Again, a smaller group met in the sanctuary for the Prayer Service. Pastor Clocker had us turn to John 10:14. This is the Good Shepherd Chapter. Verses 14-16: "I am the good shepherd: I know my sheep and my sheep know me – just as the Father knows me and I know the Father – and I lay down my life for the sheep. I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice and there shall be one flock and one shepherd." What a comfort we should realize in being one of Jesus' sheep. We concluded with singing Hymn 748: I Am But a Stranger Here, and then adjourned to the Social Hall for the guest speaker.

After settling down with a bit of refreshment, Sheryl introduced the guest speaker: Stephanie Morris Langford. She is with the American Cancer Society in Greensboro and is their Community Development Manager overseeing Guilford, Forsyth and Yadkin counties. After spending twenty years in corporate, she shared with the group her somewhat "rough" journey of running away from what God wanted her to do by having numerous "doors" slammed in her face. It took a while for Stephanie to hear what God had wanted for her, and when she acquiesced, the "doors" began to open for her. Stephanie is a very dynamic speaker that is filled with the Holy Spirit and of hope. We will be hearing more about the Sunday of Hope, and the Relay for Life.

Our small group met on the third Monday, February 18, Presidents Day, and we went over the readings on Relationships: with one's medical team, one's primary caregiver(s), and one's secondary caregivers. We need to strengthen the communication in these relationships to try to keep stress levels in control. How? You break through the unspokenness. You share, listen, brainstorm until the communication is clear and the stress is reduced. This is easiest if change is attempted by all involved, but can be initiated by one.

Many newly-diagnosed families decide to "keep everything the same." This isn't a bad coping strategy but there may come a time when that doesn't work, and you realize that you can't keep everything the same. And when they need to change, things need to change. One area that often needs change is one's ability to ask for help. Family and friends may not be able to meet your biggest needs, but that doesn't mean you don't have needs which they can fulfill.

Most changes or help is needed on the home front and how that change will be accommodated. This is usually to take care of the caregiver and the home and to remove stresses when requested. The primary caregiver needs to be cared for so he/she can care for the patient. Friends and family members can help by taking care of chores like doing the laundry, vacuuming, dusting, preparing meals, help with child care if needed, running errands, and the list can go one and on.

Usually there is a TON of little things. This is where we as a church can look out for each other and especially for our friends to step up and help where we can.



The first few months of each new year seems to have an emphasis on cleaning up, clearing out, and getting a handle on better home organization. There have been many books and articles over the years advising on how to accomplish it all. But the big word now in the publishing world is “tidying up” and the book of the moment is by Japanese author Marie Kondo: “The Life Changing Magic of Tidying Up.” She coaches her clients to follow a system or order of tasks:

Clothes	start here by piling up every piece of clothing you own and sorting by “does this spark joy?” if not, out
Books	sort with the same mantra
Papers	can be tricky; a lot of papers need to be held and not tossed
Miscellaneous	is huge and covers everything else: kitchen, bathrooms, garage, etc., (do you need ALL this stuff?)
Sentimental Stuff	do this last as it is the hardest to do for obvious reasons

“Tidying Up” is now a series on Netflix and has spawned such a cleaning frenzy across the nation that Goodwill and other charities have seen a major uptick in quality donations.

A parred down home is a calmer environment than one that is overloaded. Clearing the clutter takes zero skill, and the payback is immense. If your home is a frustration of clutter, it won’t function at its best and it won’t feel right to you. When you cherish and honor your home, it becomes a place where being in the present moment comes naturally and intentionally.

Beginning the practice of mindful tidying up requires a shift in awareness and a change of habits, such as putting things back where they belong immediately, so clutter doesn’t pile up. Know when it’s time to let go of what you don’t need and what doesn’t make you happy.

If you’re having a tough time deciding, ask yourself if it makes you smile.

Love the home you have now. It doesn’t require a lot of money or time to create an environment that supports your best life. With intention and mindfulness, you can take small actions with big results. Most importantly, you will make your now home a place for you and your family to thrive in.

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:

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| Fri, March 1, 10:00-2:00 pm | Feel Good Friday, Novant Cancer Center |
| Sun, March 10, 2:00 pm | Prayer and Praise Service, Guest speaker: Typhany Morrison-Brooks, Patient Advocate for Cancer Services at Baptist Hospital |
| Mon, March 18, 10:30 am | Group Session |

Please check www.cancerservicesonline.org 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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| https://www.cancer-companions.org | |
| 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