



STAYING STRONG

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

October 2020

SPECIAL EDITION 7

This Month’s Topics:

Traveling Virtually

Inspirational Verses

“The Other Side,” Dr. Debbie Lanier, Pastor, Hope Community Church

The Importance of Staying Connected

**MAKE SURE YOU GET YOUR FLU SHOT!
THIS FLU SEASON MAY BE WORSE
SINCE IT IS COMPOUNDED BY COVID**

**WE HOPE TO CONNECT TO ZOOM IN OCTOBER!
STAY HEALTHY EVERYONE!**

Hello Friends! How would you like to travel to some of the greatest museums of the world? To some amazing Zoos? How about to world-class Aquariums, and outstanding theme parks? What? No, you say! . . . It’s too dangerous to go anywhere with the COVID-19 virus everywhere.

Well, we have a delightful surprise. We can all “travel” to some of these places *virtually!* A wonderful listing comes to us from our friends at Trellis Supportive Care and more specifically, from Rebecca Sink, Manager of Volunteer Service. She says: “please check them out and enjoy!”

The listing is quite lengthy, so it will be broken down and several more added each month. So, let’s continue our great adventure with these wonderful destination offerings:

Museums:

Metropolitan Museum of Art: 26 online exhibits

High Museum of Art, Atlanta: Several online exhibits including “Civil Rights Photography”

Detroit Institute of Arts: Four online exhibits including Frida Kahlo

Rijksmuseum, Amsterdam: Online tours including the work of Vermeer and Rembrandt

National Museum of the United States Air Force: The Air Force’s official museum

MoMA (the Museum of Modern Art): view online

Museum of Fine Arts, Boston: 16 virtual exhibits

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Here is one inspirational Bible verse for **Peace and Comfort**: and two secular quotes to consider:

James 1: 2-3

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

Secular quotes about **Resilience and Strength during hard times** .:

Marcus Aurelius

“You have power over your mind – not outside events. Realize this, and you will find strength.”

Inspirational quotes about **Moving On**:

Margaret Atwood

“When we think of the past, it’s the beautiful things we pick out. We want to believe it was all like that.”

EVERYONE: Many of you have concerns on a variety of matters. **Please feel free to contact us for prayer, help with questions, or just to say hello.** We are to stay strong and don’t lose hope! There will be a time of reconnections with hugs all around!.

Call Sheryl: 336-577-1935

Call Clarice: 336-692-0031



“THE OTHER SIDE”

As we stand smack in the middle of a time like no other, I keep hearing “We’re all in the same boat.” While I get what folks are saying, it’s not exactly true.

We are all in the same storm, but we are NOT all in the same boat.

Unlike previous times in our history, we don’t have the luxury of gleaning wisdom from mentors who wrestled with similar experiences. No one we know has been here. We’re in this storm together!

Whether we like it or not, life’s storms are inevitable. Jesus said, “in this life you will face trouble.” (John 16:33)

Certainly, we recall times when our choices created our storms. (Been there, done that!) But for the most part, we don’t get to choose our storms. They tend to spin headlong into our carefully laid plans. We DO, however, get to choose our boat!

Friends, it’s all about the boat we choose, not the storm!

Jesus got into the boat with his fishermen friends to get to “the other side.” (Mark 4:33-41) The hovering dark clouds did not faze these experts as they pushed away from shore. But, once the violence of the storm surpassed their skillset, they realized they, the conquerors, were about to be conquered.

To make matters worse . . . Jesus was snoozing! We can imagine their thoughts, can’t we?

“How can He doze when the boat is plummeting?”

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“Does He not even care that we’re going to die?!”

“If Jesus knows all things, why would He have instructed us to even be in this freaking boat?!”

So much panic. So many problems.

They frantically awaken Jesus with a thrashing. “Don’t you even care that we’re drowning?!” Jesus didn’t react to their accusatory tone. He simply said to the wind and waves. “Be still!” (That’s it!) SUDDENLY, calm laid on that ferocious water like a father’s hand resting on a disruptive child! It was that easy, that abrupt!

Jesus looked at them to ask, “Where is your faith?” These men had witnessed Jesus’ miracle-working power time and again.

Friends, we’ve witnessed He miracle-working power time and again. Yet, when the next storm seeks to capsize our boat, why is the first thing we scream, “Jesus, don’t You even care?”

The problem is, we focus on the wrong thing. We fixate on the storm. Jesus remains focused on “the other side.”

He knows so well that storms will inevitably assail us. The determining factor in getting to “the other side” of where you presently stand is NOT the ferocity of the storms you face, but the boat you choose.

I’m watching people I love row out into the deep in boats piloted by politics, while others are engulfed in boats steered by constant media sound bites. It’s no wonder so many folks find themselves afraid, angry, depressed.

If you knew what awaited you “on the other side” of this turbulence, you would choose the boat where the Peace Speaker dwells. He’s so certain of your arrival to the other side that He actually rests in the thick of this storm. He wants you to trust His ability to get you there so that you can rest, too.

Jesus said, “In this life, you are going to face trouble. But, take heart I’ve conquered the world.” (John 16:33)

Friends, choose your boat wisely. Don’t be so eager to jump on everyone else’s boats. If you’re prepared to stand out, I promise you, you’ll make it through this storm to “the other side” of this mayhem where the next great chapter of your life awaits! If you choose the One who rests even in the storm, you will be able to rest in it, too. No kidding!



From our friends at Trellis: **THE IMPORTANCE OF STAYING CONNECTED**

Isolation and loneliness are not just sad situations. They have been shown to increase the likelihood of dementia, depression, and heart disease in older adults. Even early death. Below are some ideas to boost connection. Some require technology. Others do not.

Video Calls. Video calls top the list in terms of reducing isolation and loneliness. Studies show that video chatting results in half the depression experienced by those who use only email, Social networks, or instant messaging.

Old-fashioned snail mail. Your relative’s generation is used to writing and receiving letters. Consider buying postcards (flowers, baseball stars, etc.) to make it easy to pop a note in the mail. Unlike phone calls, cards can be displayed as a visual reminder of love sent and received.

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Telephone calls with an activity. Consider doing the day's crossword puzzle together. Or agree to read a book together or watch a show you can both discuss.

Explore reminiscence activities. Begin with casual questions now and then about the past. (Tell me about your wedding day, your first job ...). Even if you've heard the stories before, encourage more detail. Check out the **StoryCorps Connect project** at the American Folk Life Center of the Library of Congress. This new program enables a family member to record and store a 40-minute interview using video conferencing technology.

Consider a telephone check-in service. Many people are volunteering to call isolated seniors. They have been trained to be good listeners and to spot signs of trouble. Check the local senior center to see if they have a phone check-in program. Or contact **Covia Social Calls**. This free service provides nationwide telephone check-ins by trained volunteers.

While at home, communicate with neighbors, friends and relatives. Don't wait for calls to come to you, pick up that phone and call someone! Our phones will become one of our best friends!

OUR HEAVENLY FATHER WILL BRING US THROUGH THIS TRIAL!!!

TRUSTED WEBSITES FOR INFORMATION ON THE CORONAVIRUS:

<https://www.cdc.gov/COVID19>

Federal government

<https://www.ncdhhs.gov/coronavirus>

North Carolina government

Please DO NOT get your health and safety information, guidance, and advice on any social media site. They are notorious for loads of "bad actors" giving out contradictory information that causes confusion. And that is what Satan and our enemies want – for us to be confused and terrified and our Faith shaken.

So, pay attention, continue to wear your face mask and to practice "social distancing" when out in public and shelter at home.

THIS IS IMPORTANT: Summer or winter, drinking plenty of water will help one's body cope with the harshness of chemotherapy by keeping the body in balance and properly flushed. 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!

ARE YOU EXERCISING EVERY DAY?

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! **FOR NOW, ALL ON SITE ACTIVITIES HAVE BEEN CANCELLED!**

But websites everywhere are available to all! Check them out!

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MARK YOUR CALENDARS:

EVERYTHING HAS BEEN CANCELLED ACROSS THE BOARD FOR THE TIME BEING!

NO Feel Good Friday -- Construction in Conference Room Novant's Derrick Davis Cancer Center, in the back behind the main hospital (parking is free)

Prayer and Praise Service, second Sunday

Small Group Session, third Monday

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Trusted websites:

www.cancer-companions.org

www.healthhopeandinspiration.com

Religious podcasts

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

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