



STAYING STRONG

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

November 2020

SPECIAL EDITION 8

This Month's Topics:

"The Healing Power of Gratitude"

Inspirational Verses

Traveling Virtually

The Importance of Staying Connected

**MAKE SURE YOU GET YOUR FLU SHOT!
THIS FLU SEASON MAY BE WORSE
SINCE IT IS COMPOUNDED BY COVID
ZOOM MEETINGS RESUMED IN OCTOBER!
STAY HEALTHY EVERYONE!**

Can you believe it? It is November already! Thanksgiving will be upon us in a flash. But this holiday will be different from ones celebrated previously. The number of family members at the table may be reduced to just our very immediate family members. But hopefully the meal and the accompanying camaraderie will be the same. Even though things are not quite the same because of COVID, we still have an enormous amount to be thankful for. The following article points out the importance of having gratitude every day of our lives. Many of you may remember Oprah encouraging her viewers to begin keeping a Gratitude Journal – and that was about twenty-five years ago! Oprah credits her gratitude journal to turning around how she thinks and how it has contributed to the things she has accomplished over the years.

THE HEALING POWER OF GRATITUDE

By Jennifer King Lindley

Studies have linked living a thankful life to fewer aches and pains better sleep, and more. "Making gratitude a daily practice is like taking a vitamin," says David DeSteno, Ph.D., a professor of psychology at Northeastern University in Boston and author of the book *Emotional Success*. He's not being hyperbolic: He means it's like an actual vitamin, making your body work better. And the deep, long-lasting power of gratitude is blissfully simple to harness.

It helps to know that when experts talk about gratitude, they mean more than saying "Thank you" the way you've been taught since you were old enough to speak. "Gratitude is affirming the goodness in one's life and recognizing that its source lies outside the self" says Robert Emmons Ph.D., a professor of psychology at the University of California, David and author of *The Little Book of Gratitude*. It's feeling indebted, he says – not only to Aunt Charlotte for the hand-knit sweater but also to nature for a beautifully crisp winter day.

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Good friends, family, a home, the kindness of others: We know, inherently, that it's a good thing to take stock of and appreciate what's going right in our world – and now scientists are saying that doing so can boost our physical health as much as it can our mental state or relationships.

Emmons has been studying the connection for more than fifteen years. In one early study, he asked a group of volunteers to write down five things they were grateful for once a week for ten weeks. Sample entries: "The sun on my skin"; "Becoming a great-grandparent." Other groups recorded either small hassles or neutral daily events. At the end of the study, the blessing-counters reported feeling 25% happier, but the rest of the findings were far more tangible: The people who practiced gratitude spent 30% more time exercising and had fewer health complaints.

Since then, research findings have confirmed more benefits. A 2015 study in the *Journal of Health Psychology*, for example, found that subjects who kept gratitude journals for just two weeks slept better and had lower blood pressure reading. Other research found that this kind of journaling results in a 40% drop in daily smoking rates after two months. Amazingly, even people who are very sick can benefit from feeling grateful: In one study, older adults who had early-stage heart failure had more consistent heart rates as well as lower levels of disease-causing inflammation when they regularly kept gratitude journals.

This all speaks to a powerful connection between our minds and our bodies, and researchers have a few theories that could help explain it. For one thing, when we feel overwhelmed – whether by deadlines or by family squabbles – our nervous systems go into a state of high alert. This arousal floods the body with stress hormones like cortisol, which over time can cause a cascade of health problems, from high blood pressure to inflammation. The sense of profound well-being that washes over us when we feel grateful sends a message to our bodies that all is well, quieting these responses, "Feelings of gratitude trigger the parasympathetic, or calming, branch of the nervous system," says Emmons.

Perhaps the biggest payoff comes when we feel indebted to ourselves in the same way as we do to others. "People often report feeling grateful for their bodies, for the ability to see, smell, and hear," says Emmons. As a result, they take better care of themselves." It's all a big healthy, happy circle of gratitude, and there's no moment like right now – and every day – to give thanks.

When you do work on feeling more grateful, don't just focus on the big things that are good in your life; take time to acknowledge the little surprises that come your way every day.

We tend to think of the things we are grateful for with capital letters: Family, Home, Health. Over time, focusing only on such biggies can make them lose meaning. Instead, look around for surprising little acts of kindness to give yourself a gratitude reboot, DeSteno suggests. "Think of the person at the grocery store who held the door for you when your hands were full."

Starting small can also help you make gratefulness a routine. Yes it might seem a little cheese at first, but you might find that relishing all the great things in your life will boost your mood – and put the not-so-great stuff in perspective.

To help you get started, here are some tips: **write it down** in a journal, **give yourself periodic reminders** throughout the day, **use a mobile app** that prompts you to think about all you could appreciate, and **when in person** you have the opportunity to thank them on the spot – and put them in the center of your "thank you".

Eph 5:20

... always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

PRAISE SERVICE and SMALL GROUP DEVOTION

Our Cancer Ministry's monthly Praise Service with Speaker resumed on Sunday afternoon, October 11 at 2:00 pm on Zoom. It was wonderful to be together again and see each other thru the delights of technology and hear Pastor Tom talk to us on our "trials" and how we are to handle them. 2 Corinthians, Ch4 was the main focus and it dovetailed into our speaker: Dr. Linda McRae. She spoke to us on the power of a positive attitude. What a dynamic speaker filled with the Spirit! Dr. Linda is a ten-year ovarian cancer survivor who learned that having a positive attitude – the glass half full versus the glass half empty – helped her get through arduous treatments. She counsels and teaches her clients to help them to "flip" a potentially negative attitude and make it positive. Having a positive attitude help us to live thru our difficulties and not in them.

We can find her on Facebook at: Linda Perkins McRae. Her webpage is: iamdrlinda.com. And on Instagram: www.thereishopeinc.com and www.morethanconquerorsinc.com.

And the Small Group Devotion had their first Zoom meeting on Monday, October 19th with the devotion coming from Cancer Companion's new book: "Celebrating Christmas in Your Cancer Journey." We looked at the second devotion which focused on God's hope and promises with reference to the Biblical Christmas story in Luke 1:26-38.



Hello Friends! Our wonderful virtual travel continues with zoos and aquariums – enjoy!

Zoos and Aquariums:

The Cincinnati Zoo: check in around 3 pm. Because that's the time the Zoo holds a daily Home Safari on its Facebook Live Feed

Atlanta Zoo: Live "Panda Cam" on its website

Georgia Aquarium: African penguins and Beluga Whales are the stars of this aquarium's live cam

Houston Zoo: Zoo's live cam with different animals including elephants

The Shedd Aquarium: This Chicago aquarium has behind-the-scenes footage of their residents on Facebook

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

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.

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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.

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?

MARK YOUR CALENDARS:

Sunday, Nov 8

2:00

Praise Service with Speaker: Donna Love Wallace, author

Monday, Nov 16

10:30

Small Group Devotion

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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, EVERYTHING HAS BEEN CANCELLED!**

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

Trusted websites:

www.cancer-companions.org

www.healthhopeandinspiration.com

www.cancerdietician.com

www.cancer.org

www.mayoclinic.org

www.mdanderson.org

Religious podcasts

Julie Lanford, Cancer Services

American Cancer Society

Mayo Clinic

MD Anderson Cancer Center

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