



STAYING STRONG

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

February 2021 “Do not let your hearts be
troubled and do not be afraid.”

John 14:27

SPECIAL EDITION 11

A NEW YEAR!

This Month’s Topics:

“What Is Mindfulness, anyway?”

“Being Mindful”

Monthly Chuckle

The Importance of Staying Connected

Inspirational Bible Verse:

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help
you, I will uphold you with my righteous right hand.”
Isaiah 41:10

MAKE SURE YOU GET YOUR FLU SHOT!

**CHECK WEBSITES OF FORSYTH COUNTY, NOVANT HEALTH, AND WAKE
FOREST BAPTIST HEALTH FOR COVID VACCINE INFO**

ZOOM MEETINGS FOR THE PRAYER SERVICE & SMALL GROUP DEVOTION

STAY HEALTHY EVERYONE!

“WHAT IS “ MINDFULNESS” ANYWAY?”

Many people confuse mindfulness with meditation and Eastern religions. Mindfulness is a skill gained by training your mind to observe life situations in a less emotionally charged way. It is a mental skill that gives you a less-cluttered perspective. It lowers daily stress and is particularly helpful when making important decisions under duress.

Mindfulness is an intentional choice to focus on the present. It takes practice to hold your attention fully to your immediate experience. If you were taking a shower, for instance, you might comfortably go through the motions.

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But your mind would be elsewhere rehashing a fraught conversation. Or planning a weekend activity. Try taking a shower while mindfully remaining in the present. Train your mind to notice the sensation of the water, the scent of the soap. Pay attention to each part of your body as you wash it, observing as if never seen before. If your thoughts wander, gently refocus your attention back to the here and now. Notice how calm you feel.

Mindfulness also involves acceptance and kindness. Being mindfully present in a social situation, you learn to view interchanges without judgment. Observe each experience as if it were occurring for the first time. What happens is neither good nor bad. It's just people doing the best they can. This practice leads to acceptance of others. And acceptance of yourself as you are. You don't spend time mulling over past grievances or anticipating ill intent. Such thoughts only foster depression and anxiety. Instead, a mindful approach helps you accept "what is" about a situation. Then, if you want to change things, you can make emotionally calm choices about what to do next.

Medical studies looking at complementary therapies show that people who develop mindfulness skills experience improved physical health. They also have reduced anxiety and depression. Plus, mindfulness increases learning, memory, attention, and empathy. Books, podcasts, classes, or videos are effective ways to train your mind and increase your mindfulness skills.

From our friends at TRELIS



"BEING MINDFUL"

The past year has been a tough one, which is why it's more important than ever to spot the warning signs that your mental health is suffering. That means being on the lookout for physical symptoms (like headaches or stomach-aches), as well as any persistent changes to your eating habits, sleeping habits (which could mean sleeping more or sleeping less), activity level, energy level and mood.

If you feel like you're no longer functioning at your best and your mind is interfering with your overall enjoyment of life, it might be time to make some changes. Here are five simple yet powerful things you can do to start feeling better right now.

1. **Pay attention to the physical health fundamentals.** Ensure that you're getting adequate sleep, participating in regular physical activity and eating well. When you're sleeping well, you're more likely to feel energetic and less moody. When you're exercising regularly, you'll sleep more soundly and feel calmer and more alert during the day. When you're eating well your blood sugar will be more stable, which can help to minimize fatigue and mood swings.
2. **Have your own personal toolkit of strategies for managing stress.** There's no one-size-fits-all approach to stress management. It's a matter of figuring out which strategies work best for you. You might want to experiment with relaxation breathing, positive visualization and mindfulness meditation.
3. **Know how to put the brakes on unproductive worry.** Instead of endlessly spinning your worry wheels, either find a way to take action on that worry or give yourself permission to take a mini-vacation from the worry by losing yourself in an activity that you find pleasurable and engaging.

4. **Learn how to treat yourself with self-compassion.** When you're treating yourself with self-compassion, you're treating yourself with at least as much kindness as you would extend to a friend who is struggling. It's a powerful and science-backed strategy for silencing the inner voices of self-criticism and self-blame that only serve to make life harder and can actually fuel feelings of anxiety and depression.

5. **Tap into support from other people.** As humans we're wired to turn to one another for support in times of struggle. Let friends and family members know that you're having a hard time. And if you're finding things are really tough, don't be afraid to seek support from a mental health professional. You deserve to feel happier and better.

By Ann Douglas, author of numerous books about parenting and mental health, and she is the weekend parenting columnist for CBC Radio.

Since last March, we have experienced more time alone than ever thought possible. And we have survived. We have adjusted the way we do a lot of things and our social time with friends and family has radically changed – from being near social butterflies to becoming absolute hermits. Have you become friends with yourself yet? Have you discovered the “real you”? How do you like it?

PRAISE SERVICE and SMALL GROUP DEVOTION

Our Cancer Ministry's monthly Prayer Service was held on Sunday afternoon, January 10 at 2:00 pm on Zoom. Pastor was unavailable that afternoon, so Sheryl led us through a devotional: The Whirlwind Begins. There are many whirlwinds in our lives but the hardest may just be with dealing with a cancer diagnosis; whether for yourself or a family member. We learned that God is indeed in the whirlwind, and will speak to us in the whirlwind. Will we be listening? Will we hear Him?

Sheryl then introduced Sarah Bridges, a Novant oncology social worker, who spoke to us on “Mindfulness in the Cancer Journey.” She stressed the need for each of us to take care of ourselves. Sarah counsels cancer patients who are having a hard time in their journey and teaches them how to meditate. Meditation has been proven to help calm the fears and uncertainties one may have. Just slowing down the “chatter” in our minds can bring a calmer mood and a better ability to handle the negatives of life. At the end of her presentation, she led us in a meditative exercise in slowing that “chatter” down. We need to practice this: focusing on one thing: our breath.

The Small Group Devotion held their Zoom meeting on Monday, January 18th.. The devotion used was: Reflections on Psalm 121 -- a song of ascents led by Dot Anderson. This Psalm tells us:

1. God does not slumber nor sleep.
2. As Creator, He rules the two great lights: day and night.
3. He watches over us everywhere and is with us everywhere we go and do.

We can gain comfort and peace. We talked about how this “comfort” doesn't come easy to us. We are people who want to remain in control of our lives and letting go and letting God is difficult. We also talked about what the text says to us and how it fits into our lives today.

If you have problems getting on Zoom, please call Sheryl and Bill will assist you. Call: 336-577-1935

CHUCKLE FOR THE MONTH:

I see people about my age mountain climbing; I feel good getting my leg through my underwear without losing my balance.

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.

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!!!

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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.

MARK YOUR CALENDARS

Sunday, Feb 14 2:00

Praise Service via Zoom. Speaker: Julie Lanford, Cancer Services

Monday, Feb 15 10:30

Small Group Devotion via Zoom:

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!

Trusted websites:

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

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

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