



STAYING STRONG

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

April 2021

SPECIAL EDITION 13

This Month's Topics:

This month's speaker will talk about GRIEF AND EMOTIONS

"Self Care and Anxiety during COVID"

Mindful Moment

Monthly Chuckle

The Importance of Staying Connected

Inspirational Bible Verse:

"Be strong and courageous. Do not be afraid or terrified because of them for the Lord your God goes with you; he will never leave you nor forsake you."
Deuteronomy 31:6

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!

"SELF CARE AND ANXIETY DURING COVID 19"

Anxiety is an everyday feeling for most of us right now. We might not be able to control that feeling, but we can absolutely control how we cope with it. Our new normal looks pretty strange, but there are plenty of healthy ways to cope with your anxiety.

- Find your focus -- Rather than worry about all of the things that are out of your control, focus on all the things you can affect in your everyday life. Find something that makes you feel empowered, like cooking nutritious meals for your family or learning a new skill.
- Avoid the news spiral -- It's easy to get overwhelmed with negative news about the pandemic. Stay informed, but don't immerse yourself unless you feel like you have to for your own health or safety.

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- Stay in the present -- Work out. Read. Create. Laugh. Dance. Pray. Any sense of normalcy you can bring to your everyday life will pay off for your mental health. And more importantly, if you feel like you're struggling to stay positive, reach out for help

If you're feeling anxious or need help putting together a self-care plan, Community is here for you.

From the Community Health Network

Toll-Free, 24 Hours 800-777-7775



“MINDFUL MOMENT”

The good news is that our Mindful Moments can meet us *wherever* we are!

Breathing. Softening. Connecting.

No matter what today holds for you, you are invited to create a moment to tune in and respond to your needs.

Breathe. Soften. Connect. Repeat as needed!

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

Sunday afternoon, March 14 found our Cancer Ministry's monthly Prayer Service on Zoom again at 2:00 pm. Pastor was with us and in his Devotional, looked at the book of Colosians chapter 1. Here Paul talks about hope, “that mystery which is Christ in you which is the hope of glory.” Hope lives and dwells within us. As believers this is where our comfort and reassurance comes from.

Sheryl then introduced Dr. Stacey Wentworth, a radiologist oncologist and medical director of Cancer Survivorship at Baptist Hospital. What came next was a bit of a surprise; she asked each one of us how we came to be a part of this group. So one by one, we did so. She noted that generally we associate survivorship groups with cancer. Why not with other afflictions also? We also talked about the loss of “touch” in the last twelve months. Wow! Has that affected this writer! I miss all those hugs!!! Dr. Stacey also talked about the “feelings” of grief and loss. Can we be vulnerable? Even broken? How about the guilt of surviving? And she told us she sees the empathy and listening at St. John's -- that we are compassionate and caring for each other.

Sheryl closed with this prayer:

EASTER reminds us that hope should never be lost; for as dark the road may seem, there always lies light at the end of it. May all your prayers be fulfilled and may wonderful blessings be upon you and all your loved ones on this very special day.

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The Small Group Devotion held their Zoom meeting the very next day: Monday, March 15 at 10:30. We talked about “feelings” and used the book “Cancer, Now What” and the chapter Accept and Express Your Feelings. Many of us tend to be private with our feelings. Not everyone around us needs to know these unsettled thoughts. But it is best to have at least one confidant that you trust in -- one who listens, listens, listens, and offers no advice -- and is just there for you. Keeping these heavy thoughts to oneself only leads to stress in handling the overall situation.

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

CHUCKLE FOR THE MONTH:

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.



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**

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.

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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.

MARK YOUR CALENDARS

Sunday, April 11 2:00

Praise Service via Zoom. Speaker: Lisa Rainwater, PhD, Psychosocial Oncology Patient Support Program, speaking on GRIEF AND EMOTIONS.

Monday, April 19 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.shepherdscenter.org

The Shepherd's Center: offers help with: Zoom, Advance Directives, and Senior Activities

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

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