



STAYING STRONG

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

May 2021

SPECIAL EDITION 14

This Month's Topics:

"Clarice George"

"Mothers Day"

Monthly Chuckle

The Importance of Staying Connected

Inspirational Bible Verse:

**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!

REMEMBERING CLARICE GEORGE

This issue is dedicated to our Sister in Christ and team member of the Cancer & Chronic Illness Ministry here at St. John's. Clarice was an active participant and pushed the Team to get involved with other groups and activities.

Those who knew her, knew she was uncomplaining of her situation, the diagnosis and the extensive treatments she underwent over two years -- she put her faith and trust in her Lord to bring her through it.

Clarice's memorial service was April 3 at St. John's, the day before Easter and the following Thursday at Prayer Warriors Gwen Clocker dedicated that prayer time to Clarice. Here is what Gwen said:

TODAY'S FOCUS: LIVING THE JOY OF EASTER

John 16:33 "I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

After Easter services I was Struck again with the brutal way that Jesus died. My world again turned upside down with heartache. In my humanness, I asked the Father, WHY? Why didn't He fight? Why didn't He beg for His freedom or curse His fate??

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Then gently God the Father whispered the answer in my heart. **BECAUSE HE KNEW GLORY AWAITED HIM ... HE WAS CERTAIN ETERNITY WAS HIS ... AND HE COUNTED ON HEAVEN!!!** Wow, I truly needed to hear that spoken to my heart again.

You see, my eyes turned to Clarice. God's answer was the same for Clarice. She never fought her diagnosis of cancer or cursed her fate or begged for freedom from her disease whenever she was asked how she was doing. How could she have been so gracious, peaceful, and calm?

Clarice knew **HER SAVIOR**. Clarice absolutely trusted HIS promises. Clarice knew that JESUS walked by her side every moment so that she was never alone! Clarice knew her eternal destination ... IN HEAVEN FOREVER!!

This year, Clarice truly LIVED THE JOY OF EASTER. She reached her Easter of triumph and she left behind a legacy for everyone to see and to hold in their hearts for many Easters to come.

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?

PRAYER SERVICE and SMALL GROUP DEVOTION

Our monthly prayer service was held on Sunday, April 12 at 2:00 pm via Zoom. Sheryl started off with a devotional on making God your cornerstone from “Your Journey Thru Cancer.” The contemporary hymn “Cornerstone” was one of Clarice's favorites and was sung at her memorial service. And Dot followed up with a devotion on the power of prayer and we need to make that a daily priority.

Sheryl introduced Lisa Rainwater, PhD, MA, LCMHa, NCC from the Psychosocial Oncology Program at Wake Forest Baptist Health. Her work and research has focused on human concerns related to meaning and purpose in life, human suffering and death, freedom and responsibility, and isolation and loneliness. This afternoon, she helped us find our way through all the losses we have experienced in the past year: loss due to COVID: no church/no singing; loss of friends, family, neighbors to COVID; not seeing grandchildren; loss of social life; our loss of Clarice. With the advent of the vaccines, it is like being released from jail. We are able to travel, see our grandchildren, and have a bit more of a social life.

Lisa told us that every person grieves uniquely -- every grief is different, but sometimes there is anger and resentment. We can memorialize departed friends by noting their attributes. Our group noted Clarice's attributes as follows: she loved wearing colorful clothes; she was a dedicated church worker to the end; she was a good Samaritan to help others while she was in chemo; and was a staunch supporter of our school. Clarice suggested that the Cancer Team get involved in providing a meal for our local SECU House -- think of a Ronald McDonald House for adults who are receiving treatment for their illnesses locally but live outside of Forsyth County and often out-of-state. Our group applied for and was approved for doing this as a Thrivent Action Team. This meal will be served the evening of May 5th. There is enough left over to treat the SECU House with ice cream and cookies at a later time. Clarice's spirit lives on and will nudge us onward in the future.

Then Lisa asked what Clarice would say about us?

The Small Group Devotion held their Zoom meeting on Monday, April 19th at 10:30 am. Dot used the devotion: "Worship God Anyway." She started out by asking when was the last time we really worshipped God? Some of the response: could be in church, our daily devotions, possibly being outdoors in the beauty of His creation. We shouldn't stop there. We are to worship God at all times -- through the good, the bad, the hard, the sad, the lovely, and the ugly. Nothing is exempt. We need to train our brain to worship Him throughout the day. This is harder than we think because our daily lives tend to get in the way -- a lot of interruptions and interference. We also need to remember our past experiences as they have shaped who we have become. And we need to be thankful for ALL He has given us. We need to remember the awesomeness of God and give Him thanks throughout each day..

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



HAPPY MOTHERS DAY!

Wishing all the mothers a happy and enjoyable day on Sunday, May 9th -- there will NOT be a Prayer Service on that day. But let us not forget the grandmothers, the stepmothers, adopted mothers, the aunts, special neighbors and friends who may have been surrogate "mothers" to those who needed some TLC. Give thanks to all those who might not have been biological mothers but cared and treated you as one of their own.

CHUCKLE FOR THE MONTH:

I don't always go the extra mile but when I do it's because I missed my exit.

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.

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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.

MARK YOUR CALENDARS

Sunday, May 9 2:00 NO Prayer Service via Zoom. It's Mother's Day

Monday, May 17 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!**

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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