

STAYING STRONG

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

July 2021



SPECIAL EDITION 16

This Month’s Topics:

“Stress Less”

Laughter is the Best Medicine

The Importance of Staying Connected

Prayer Service: Sunday, July 11, at 2:00 pm GuestSpeaker: Webinar on sleep, stress and anxiety

Small Group Devotion: Summer off

Inspirational Bible Verse:

For I am convinced that neither death nor life, neither angels nor demons, neither the present or the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39

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!

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?

Note on Mindfulness: Many of you may be thinking the term “mindfulness” is New Age. You might even be aware of seeing this term more frequently these days. However, giant corporations like Aetna Insurance and Google, among many, have major workplace programs for their employees to help them deal with the many possible stressors of modern life. We as Christians can still practice mindfulness through our focus on God.

SELF CARE CONTINUES

“STRESS LESS - Managing the pandemic and other types of stressors with mindfulness”

When Americans first went into lockdown to battle the coronavirus, many believed it would be over and we’d be back to normal life one summer hit. We didn’t know it would continue into the new year and now even spring (and summer) piling on additional stress. Recovery from this shared trauma may be a long road, but there is one tool that can help us through all stages of the journey: mindfulness.

Beat stress with mindfulness. Mindfulness is the practice of becoming a focused, nonjudgmental observer -- of anything! This simple tool can help manage pandemic induced stress. Possible effects of mindfulness practice include modest improvements in depression and anxiety, and pain and relief. And you don’t have to be an expert to experience benefits. You just have to keep practicing. Here are some mindfulness exercises that might help:

Try mindfulness meditation. Look for guided mindfulness meditations offered online through podcasts or other presentations. I enjoy the free Inside Timer app and the Calm app. You can decide how much time to devote, from one minutes up to more than 30 minutes. Mix it up so your mind relaxes into the practice.

Be mindful of the joy in your life. Even in a pandemic joy finds a way. Notice what brings you joy, even for just a few minutes, and allow yourself to mindfully focus on those feelings when they happen. Take a few breaths to absorb them and enrich that positive mental state. What fires together, wires together.

Taking a positive mood, like joy, awe or a feeling of love and safety, not only feels good, but if you marinate for a few moments in that feeling, you consciously internalize positive feelings into your unconscious memory, counteracting your primate brain’s hard-wired negativity bias. You have the power to do this at every age. Turn your joy into gratitude. Practice gratitude by writing down what you enjoyed today and what you are grateful for today, in a journal that you can keep on your bedside or other handy spot. Writing down these experiences causes a positive feedback loop in your brain. It’s a tremendous well-being booster.

Name it to tame it. What are you feeling? Where are you feeling it in your body? Bringing attention to feelings and their associated body sensations allows you to use mindfulness to step into awareness and out of the intensity of emotion. Place your hands where you feel worry manifesting itself. Send soothing thoughts to that area, calming your nervous system.

Use mindfulness to get grounded. When thoughts and feelings run rampant through your brain, it’s easy to feel panicked, stressed or overwhelmed. Use mindfulness to get grounded and tap into your inner calm. Put your feet on the ground and send your attention down to the soles of your feet. How do they feel? Are you in socks and shoes? Barefoot? Are your feet cold or warm? Moist or dry? Focusing mindfully like this can turn you away from chaotic thoughts and emotions and toward feeling grounded in your body.

Cook and eat mindfully. Be mindful of the whole process, from slicing your food to putting it in your mouth and chewing it. When you are cutting veggies or stirring a pot of soup, feel the utensil in your hand. See the colors of the food. Smell the aromas, listen for any crackling or sounds, get all your senses involved in the experience. When it is time to take a bite, notice how the food tastes and consider the journey the food took from growing in the ground to making it all the way to your door. If you can keep your attention on the process, even if for only two or three minutes, you will be giving your brain a much needed break from stress.

Stress and Immunity. Studies have shown that stress weakens the immune system -- not a fact to take lightly. The strain of continual stress can contribute to conditions like heart disease, high blood pressure, diabetes, depression and anxiety even in normal times. Stress may be quietly undermining all our good efforts to stay healthy. This is where mindfulness becomes an active tool for combating immune compromising stress.

Julie Potiker, April 2021 *Costco Connection*



PRAYER SERVICE and SMALL GROUP DEVOTION

The Prayer Service for June was held on Sunday, the 13th at 2:00 pm. Pastor Clocker opened with a scripture reading for next Sunday that was from Mark 4:35-41, wherein Paul says “yet having nothing (of this world), I possess everything (Jesus). He went on talking about Job 38 and unfair suffering. God’s answer was basically “to keep your mouth shut” (one shouldn’t be criticizing God for anything). After a lot of forgiveness on God’s part, he blessed Job with an overabundance of family and flocks. RIn closing, Pastor referenced Psalm 124 which says: “Our help is in the name of the Lord, the Maker of Heaven and earth.”

This was followed by a review of a slide presentation from Pharmacist Kim DeRhodes. Sheryl did a wonderful job of bringing the fortyseven page slide presentation down to a reasonable size. Her information began by advising that American consumers spend 80 Billion dollars a year on supplements! Of course, the best way to get our necessary vitamins and minerals is through the food we eat. But sometimes, that can be hard to do and that is when supplementation can be helpful, but with precautions to be considered:

LEARN Find out as much as you can about any dietary supplement you might take. Talk to your doctor, pharmacist, or a registered dietitian. A supplement that seemed to help your neighbor might not work for you. If you are reading fact sheets or checking websites, be aware of the source of the information. Could the writer or group profit from the sale of a particular supplement?

REMEMBER Just because something is said to be “natural” doesn’t mean it is safe or good for you. It could have side effects. It might make a medicine your doctor prescribed for you either weaker or stronger. It could also be harmful to you if you have certain medical conditions.

TELL YOUR DOCTOR Before deciding to start taking a dietary supplement to treat any health condition, check with your doctor. Do not take a supplement to try to diagnose or treat any health condition without first checking with your doctor.

Here are a few of the top-rated Supplement Brands on Overall Consumer Satisfaction:

- Discount/Warehouse Brand: Kirkland (Costco)
- Food/Drug/Mass - Broad Product Line: Nature Made
- Grocery Store Brand: Trader Darwin (Trader Joe’s)
- Health Food Store Brand: Kyolic/Kyo-Dophilus
- Pharmacy Brand: Walgreens
- Vitamin Store Brand: Vitamin Shoppe

LAUGHTER IS THE BEST MEDICINE:

We can all agree that in 2015 not a single person got the answer correct to: “Where do you see yourself five years from now?”

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.

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. Pay attention as the restrictions have loosened but if it is your preference, continue to wear your face mask and to practice "social distancing" when out in public. And follow the advice from the appropriate health professionals.

MARK YOUR CALENDARS

Sunday, July 11 2:00

Prayer Service via Zoom. with webinar on sleep, stress & anxiety

Small Group Devotion via Zoom:

On summer break

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! **ON SITE ACTIVITIES ARE SLOWLY COMING BACK.**

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

Trusted websites:

www.shepherdcenter.org

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

Directives, and

www.RxAssist.com

Compares drug prices

www.cancer.net

American Society of Clinical Oncologists (has

everything!)

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