



STAYING STRONG

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

September 2021

SPECIAL EDITION 18

This Month’s Topics:

“Devotion”

Laughter is the Best Medicine

The Importance of Staying Connected

Prayer Service: Sunday, September 12, at 2:00 pm Guest Speaker: Sheryl with a devotion

Small Group Devotion: Summer off

Inspirational Bible Verse:

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work with us.

Ephesians 3:20

CHECK WEBSITES OF FORSYTH COUNTY, NOVANT HEALTH, AND WAKE FOREST

BAPTIST HEALTH FOR COVID VACCINE INFO

ZOOM MEETINGS FOR THE PRAYER SERVICE

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.

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PRAYER SERVICE

The Prayer Service for August was held on Sunday, the 8th at 2:00 pm. Pastor Clocker began speaking to us on gratitude and gave us two references from the New Testament. First we turned to James 1:2-5

“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance (the Greek word here is “patience”). Perseverance must finish its work so that you may be mature and complete, not lacking anything.”

James says that the testing of our faith develops perseverance (the Greek word says “patience”) with God. This “patience” must work its way within us to mature our faith.

Second, we turned to 1 Peter 1:6-7.

“In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith -- of greater worth than gold, which perishes even though refined by fire -- may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.

Life isn't always easy for us and there will be trials in our lives. But we have our faith to cling to which brings glory to God. In this, we have a living hope in Jesus Christ.

Sheryl talked to us about a really nice program at Cancer Services called *Greatfully Well*. The first week focused on gratitude and she went on to tell us in an abbreviated manner what was contained in the 45-minute webinar. She began:

We all hear the word “Gratitude.” It is used to express thankfulness and praise. It refers to the quality of being thankful and a readiness to show appreciation for and to return kindness. Throughout life's trials and blessings, displaying a general attitude of gratitude distinguishes the Christian, but it also makes you a lovely person to be around! Practicing gratitude actually increases dopamine in your brain to seek more of the same. So scientifically speaking, the more you are grateful, the more you will find things to be grateful for.

Read the following verses in times of distress, sadness, or any time of the year to strengthen your heart, improve your outlook, or just make a joyful noise.

1 Thessalonians 5:18

“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

Psalms 118:24

“This is the day the Lord has made; let us rejoice and be glad in it.”

For cancer survivors, those in treatment, those with chronic health issues, or just anyone, practicing gratitude can play a key role in developing healthy ways to cope in times of stress. Gratitude can boost your resilience to stress, promote well-being, and reduce depression. It can lower blood pressure, decrease inflammation, and improve immunity.

Some of the most grateful people you know are the ones dealing with situations that appear anything but fortunate. They live in poverty, are disabled or are seriously or terminally ill, or have stories of abandonment. Yet it seems they look out at the world with grateful eyes regardless of their circumstances.

We need to cultivate the attitude of gratitude.

Some cancer patients relate having cancer is a blessing in spite of the fact that cancer sucks. The friends that are made, the support group, the love and care shown to you and your family, bring home the awareness that your life is a precious gift, something that was never considered before.

To help us develop an attitude for gratitude, we might consider:

- Keeping a gratitude journal
- Practicing gratitude medication
- Taking gratitude walks
- Writing a gratitude letter
- Creating a gratitude wall

At the end, Sheryl went over the following points by asking each of us these questions:

- What things made you laugh out loud?
- Name three talents or qualities you have that you are grateful for.
- What has been the highlight of your day today?
- What part of nature are you grateful for?
- What family members are you most grateful for?

There was a lot of wonderful sharing with the responses. Please take pen to paper and go over these questions for yourself. You might surprise yourself with the answers.

LAUGHTER IS THE BEST MEDICINE:

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember . . . don't sing!



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

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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, Oct 10 2:00

Prayer Service via Zoom.

with Karen Allen speaking on "God is My Strength"

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.**

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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.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