



## STAYING STRONG

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

November 2022

# ENJOY THE FALL COLORS!

This Month's Topics:

"How to Support the Caregivers"

'Defining Thankfulness"

Inspiring Quote

Self-Care Corner

Laughter is the Best Medicine

The Importance of Staying Connected

Inspirational Bible Verse:

"And above all these, put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."

Colossians 3:14-15

## NOVEMBER IS FAMILY CAREGIVER AWARENESS MONTH

### HOW TO SUPPORT THE CAREGIVERS

This is a serious subject. Many, if not most caregivers have families, jobs, outside commitments. Not to mention, the same need for a fulfilling and balanced life just as the rest of us. Beyond feeling for them, we often *want to do something* to help out in some way. The challenge is that we often don't know how.

Here are several specific ways you can support a caregiver in your life. Be sure to tailor your help to their needs.

**Be there.** Empathize with the caregiver's situation. Offer support by saying something like, "I know that you have a lot on your plate and I am always here to listen." Or "Caregiving isn't easy, just know that I am a text or a call away. I mean it," Just don't give advice unless it is asked for.

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**Help them build a support team.** Offer to help them create a short list of people who might help in a variety of ways. This strategy can be very effective when family and close friends live nearby. Just engaging in this thought process can make the caregiver feel less alone.

**Encourage them to take a break.** Many caregivers have lost the time and “freedom” to do the small things for themselves that translate into meaningful self-care. Whether it’s perusing the garden center, getting her nails done, or going to a yoga class, that break from the hands-on work of caregiving can be priceless.

**Spend time with them.** Being a caregiver is often a lonely and isolating experience, even without a pandemic. Extend yourself. Offer to come by with coffees for the two of you, or to engage in some other activity the caregiver would enjoy.



## DEFINING THANKFULNESS

Sometimes our daily lives can feel like a game of dodgeball. Once the front door or our home closes behind us, we walk along open and vulnerable, only half-alert to what may be lurking in our blind spot. Sometimes we run ahead, sometimes we stop quickly, sometimes we change course - and sometimes, when we least expect it - we get hit. It’s at that point, in the quiet moment of being hurt and alone, that we can protect our minds and our hearts by simply beginning to count the blessings of thanksgiving, one after another.

*“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”*

Ralph Waldo Emerson

Thanksgiving Day has maintained its symbolic message of togetherness as we gather family who live far away and close by to our home and table. It is a day of preparation to welcome our loved ones, and a feast. As the moment should be given in gratitude, we take the time for silent reverence with eyes closed, for reflection and prayer. It can be an emotional moment to identify our blessings. Gratitude is not a request for more, but the gift of personal blessing we all receive.

*“We tend to forget that happiness doesn’t come as a result of getting something we don’t have but rather of recognizing and appreciating what we do have.”*

Frederick Keonig

How do you show the act of thanksgiving every minute of every year? Most of us associate gratitude in offering words of “thank you.” These spoken words are a universal gift of kindness. These spoken words are a universal understanding of deep appreciation. Words alone are a strong means of kindness and thanksgiving and it is hoped our efforts are transferred to others.

*“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”*

Melody Beatie

*“Thanksgiving is nothing if not a glad and reverent lifting of the heart to God in honor and praise for his goodness.”*

Robert Casper Lintner

## INSPIRING QUOTE:

“Judge each day not by the harvest you reap, but by the seeds you plant.”

William A. Ward, motivational writer

## SELF-CARE CORNER

The goal of self-care is reducing stress and feeling recharged. You have to make that a priority so that you can be your best self. When you take care of yourself, you are more prepared to help others in your life and find joy doing it. St. Paul gives a great formula for reducing stress and recharging in Philippians 4:6-7. He writes: “Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

### Set a Positive Morning Intention

*Would you like to start your days with more energy and purpose? Try setting the tone with a positive intention.*

It's a phrase you repeat to yourself first thing in the morning. You can use the same one each day – or change it up.

It can be anything that matters to you. Close our eyes breathe deeply and repeat a phrase like:

- ★ I am ready for today's challenges.
- ★ I am a good person, and I see the good in others.
- ★ My worries do not control me.
- ★ I am grateful for this beautiful day.

Always remember:

Self-care is not selfish. You cannot serve from an empty vessel.

Finding and affirming your true value, worth and wealth is a matter of self-care, compassion, lovingkindness and true generosity.

“To love oneself is the beginning of a lifelong romance.”

Oscar Wilde

## LAUGHTER IS THE BEST MEDICINE

What's the ratio of a pumpkin's circumference to its diameter?

Pumpkin Pi!

Since March of 2020, 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 and his son, Jesus Christ.

**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**



## **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.**
- **Old-fashioned snail mail.**
- **Telephone calls with an activity.**
- **Explore reminiscence activities.**
- **Consider a telephone check-in service.**
- **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!!!**