



# Prairie Faith Parish Nurse News~~January 2022

Body

Mind

Spirit

😊 **Let's begin the New Year by doing Random Acts of Kindness!** 😊

**Some ideas—one for each day this month...**

- Place positive quotes on Post-it notes in random places in public to encourage others.
- Take time to really listen intently to others today, and don't interrupt.
- Say something nice to someone you do not particularly like.
- Write a thank you note to a teacher or paraeducator.
- Pick up litter today.
- Deliver a homemade treat to a neighbor.
- Take old blankets and towels to the animal shelter.
- Donate a book to the local library.
- Hold the door open for other people today.
- Refrain from complaining today.
- Write a letter to yourself forgiving past mistakes.
- Be authentic today in your interactions with others.
- Write a list of things you love about someone and give the list to them.
- Compliment others on something other than their clothing or how they look
- Send a friend a book you think they might enjoy.
- Stay late to help a coworker finish a project they are struggling with.
- Send a hand-written letter to someone who has made a difference in your life or who has helped you during a time of adversity.
- When paying your bills, add an encouraging quote or note along with your payment.
- Leave a small gift and note of thanks in your mailbox for your mail carrier.
- Create a kindness idea basket for coworkers or family members to grab ideas from and to add to.
- Organize a volunteer activity with some of your friends and include some persons you don't know very well (yet).
- Leave an encouraging note tucked inside a library book for the next reader.
- Take a plate of homemade goodies to the law enforcement center along with a note thanking them for their service to the community.
- Leave an inspiring poem, picture or scripture somewhere for others to randomly discover.
- Surprise a local store clerk with a small gift, flower, or note.
- Write an encouraging note to someone outside of your circle of friends or coworkers.
- Shovel snow for a neighbor or for an older adult in your neighborhood.
- Offer to babysit or to sit with an older adult who requires a companion so the caregiver can have a break.
- Donate to a charity that you have not financially supported before.
- Donate items you no longer need to a thrift store that supports good causes.
- Do something kind for yourself today.



**Check out [randomactsofkindness.org](https://www.randomactsofkindness.org) for more ideas, calendars & projects for the classroom.**

The first of each year is a great time to look through your over-the-counter and prescription medications to discard outdated or no longer needed meds. Contact Nancy to pick up a **DETERRA medication disposal bag** to safely dispose of them—the bags deactivate drugs easily, effectively, safely and quickly so that you can dispose of them in your own household trash. There is no charge for the bags.



Many thanks to those individuals and groups who have supported the parish nurse ministry work through this past year by their financial contributions, designating memorials, donating items to be used in the ministry, making prayer shawls, planning and participating in our special worship services and activities, keeping financial records for the ministry, helping with the parish nurse news, sharing new ideas for the ministry, providing medical transportation, being encouragers, and more. The next parish nurse ministry advisory group meeting will be held on Monday, January 31, 2022 at 5:30 p.m. at Bethlehem Lutheran Church. Visitors are welcome to attend any meeting to bring new ideas for the ministry, to find out more about what the ministry does, and to see where their time and talents might help serve our community's whole-person wellness needs!

### *Celtic New Year's Prayer – The Opening Door*

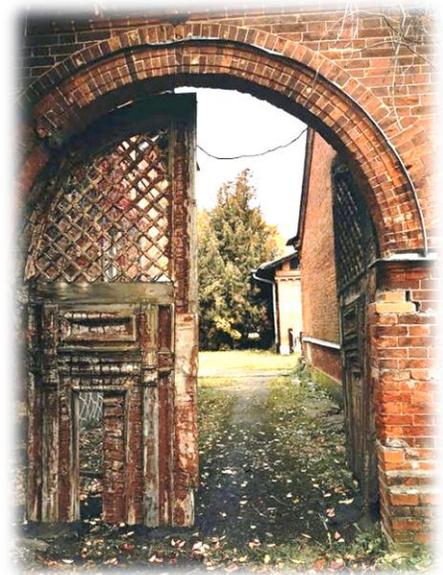
*This day is a new day that has never been before.  
This year is a new year, the opening door.*

*Enter, Lord Christ—we have joy in Your coming.  
You have given us life; and we welcome Your coming.*

*I turn now to face You, I lift up my eyes.  
Be blessing my face, Lord; be blessing my eyes.  
May all my eye looks on be blessed and be bright,  
My neighbours, my loved ones be blessed in Your sight.*

*You have given us life and we welcome Your coming.  
Be with us, Lord, we have joy, we have joy.  
This year is a new year, the opening door.  
Be with us, Lord, we have joy, we have joy.*

*Source: Celtic Daily Prayer: Prayers and Readings from the Northumbria Community*



The parish nurse ministry serves the community, regardless of any church affiliation. Feel free to call or email to: schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer shawl for someone in the community going through a difficult time, locate community health resources, request other parish nurse work, or discuss your ideas for the health ministry! 😊

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785-769-4731 (leave a message, please)