



Prairie Faith Parish Nurse News~~November 2021

Body Mind Spirit

You are invited to come together as a community in a non-denominational **Prayer and Healing Service** at Bethlehem Lutheran Church on Sunday, November 21, 2021 at 4:00 p.m.

You might ask, **“Why should I attend a healing service?”** None of us are exempt from needing God's healing presence—each of us suffer from dis-ease in our lives whether it be physical, emotional, relational, or spiritual. The Church, as the Body of Christ on earth, has been given the privilege of offering healing to a broken world. **All healing comes from God** and we do not presume to be able to heal anyone by our own power, righteousness, or authority. A service of prayer and healing is no substitute for either medicine, therapy, or the proper care of one's health. We know that God does not promise that we will be spared suffering but does promise to be with us in our suffering. Trusting in that promise we are able to recognize God's grace and presence in pain, sickness, injury, and estrangement. The greatest healing of all is the reunion or reconciliation of a human being with God. When this happens, physical healing sometimes occurs, mental and emotional balance is often restored, spiritual health is enhanced, and relationships may be healed.



Please take time to encounter God's healing touch in your life, and invite friends and family to this ecumenical service!

“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28



Research shows that practicing *intentional gratitude* will affect your **physical, mental, and spiritual health** in a positive way. **Physically**, blood pressure may decrease, immune function will be stronger, quality of sleep is better, and blood glucose & cortisol levels may decrease. There is a reduced risk of **mental health** conditions such as anxiety, depression, & even substance abuse disorders. The practice of gratitude helps us deal with adversity. Gratitude reduces a multitude of negative emotions, ranging from envy and resentment to frustration and regret. **Spiritually**, gratitude strengthens faith, it may lead us to practice other spiritual disciplines, & it fosters humility & self-restraint—by expressing thanks to God, we are acknowledging that many things were given freely to us--we did not earn them. We find that we focus on what we already have—rather than dwell on what we think we need.

This month, every day at a time that works well for you, use the calendar on the reverse side to list *three (or more!) things that you are grateful for—three things that were good about your day.* Writing the thoughts down, rather than just thinking about them, will actually make them more meaningful & memorable. As you write your list, express thanks to God, & meditate on or pray about things you name. Now is the perfect time to begin *cultivating a spirit of gratitude & thankfulness!* (Contact Nancy for additional calendar copies!) 😊

“To be grateful is to recognize the love of God in everything He has given us -- and He has given us everything. Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him.” –Thomas Merton