



# Prairie Faith Parish Nurse News~~April 2024

Mind

Body

Spirit

## Community Resources—WaKeeney AA Group

Area community resources will continue to be highlighted in the *Prairie Faith Parish Nurse News* over the next few months. Perhaps you personally are not in need of some of these resources and services, but you may be able to share the information with someone you know who could benefit! This month the focus is on a new **AA group** in WaKeeney. WaKeeney now has a 12-step meeting that meets on Sundays from 5:00 to 6:00 p.m. at the WaKeeney Church of God basement (1300 Easter Ave in WaKeeney). Don't know if it's for you? **Please answer YES or NO to the following questions:**

ALCOHOLICS ANONYMOUS, ALSO KNOWN AS A.A., IS A SUPPORT GROUP AND A FELLOWSHIP OF PEOPLE THAT COME TOGETHER TO SOLVE THEIR DRINKING PROBLEMS.

1. Have you ever decided to stop drinking/using drugs for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your use of alcohol or drugs-- stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have a drink/use drugs upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking/using drugs during the past year?
7. Has your drinking/using drugs caused trouble at home?
8. Have you ever manipulated or lied to a doctor to obtain prescription drugs?
9. Do you tell yourself you can stop your addiction any time you want to, even though you keep using drugs/alcohol when you don't mean to?
10. Have you missed days of work or school because of your addiction?
11. Do you have "blackouts"?
12. Have you ever felt that your life would be better if you did not drink/use drugs?

### In recovery we have faced three disturbing realizations:

1. We are powerless over addiction and our lives are unmanageable;
2. Although we are not responsible for our disease, we are responsible for our recovery;
3. We can no longer blame people, places and things for our addiction. We must face our problems and our feelings.

## The Promises of AA

As laid out in chapter 6 of the *Big Book of Alcoholics Anonymous*, alcoholics who stay sober and work the Twelve Steps will see these Promises come true:

- Promise 1:** We are going to know a new freedom and a new happiness.
- Promise 2:** We will not regret the past nor wish to shut the door on it.
- Promise 3:** We will comprehend the word serenity.
- Promise 4:** We will know peace.
- Promise 5:** No matter how far down the scale we have gone, we will see how our experience can benefit others.
- Promise 6:** The feeling of uselessness and self-pity will disappear.
- Promise 7:** We will lose interest in selfish things and gain interest in our fellows.
- Promise 8:** Self-seeking will slip away.
- Promise 9:** Our whole attitude and outlook upon life will change.

**Promise 10:** Fear of people and economic insecurity will leave us.

**Promise 11:** We will intuitively know how to handle situations which used to baffle us.

**Promise 12:** We will suddenly realize that God is doing for us what we could not do for ourselves.

(Source of information—WaKeeney AA Group Leader)

(over)



The local AA group leader also shared a favorite quote (below), as well as a helpful daily reading recently encountered:

**REAL INDEPENDENCE: The more we become willing to depend upon a Higher Power, the more independent we actually are. TWELVE STEPS AND TWELVE TRADITIONS, p. 36**

I start with a little willingness to trust God and He causes that willingness to grow. The more willingness I have, the more trust I gain, and the more trust I gain, the more willingness I have. My dependence on God grows as my trust in Him grows. Before I became willing, I depended on myself for all my needs and I was restricted by my incompleteness. Through my willingness to depend upon my Higher Power, whom I choose to call God, all my needs are provided for by Someone Who knows me better than I know myself—even the needs I may not realize, as well as the ones yet to come. Only Someone Who knows me that well could bring me to be myself and to help me fill the need in someone else that only I am meant to fill. There never will be another exactly like me. And that is real independence.



In closing, the group leader stated, "Our meeting is a safe place where you can come to receive support and not be judged for your past actions or experiences. Only you can decide whether you want to give our recovery program a try — there is no disgrace in facing up to the fact that you may have a problem with addiction. If you want more information about our WaKeeney Meeting, you can call 785-421-7133 or come try out a meeting on **Sundays from 5-6PM at the WaKeeney Church of God**. This is a 12-step meeting of Alcoholics Anonymous; however, anyone with any type of addiction issue is welcome to attend."



**Flash back to December 15, 2021.** The National Weather Service had released advance warnings for people to stay inside and off the roads due to predicted high winds and blowing dust. Most of us remember the sounds and feel of the wind which had widespread measured gusts of 60-80 MPH (and isolated, unofficial gusts to nearly 100 MPH!), looking out the windows at near zero visibility due to the blowing dust, and the ongoing strong smell of smoke—not knowing if the smoke was coming from a nearby fire heading straight toward our home or from some fire many miles away. Many homes lost power, some for several days. On that day, one of our own Prairie Faith Shared Ministry families--Matt and Kristi Morton and their boys, Raylen and Tyler--lost their home and farmstead to fire. Matt and Kristi were able to evacuate as the

wildfire's flames were actually encroaching upon their home, while the boys were at school. Generous donations from the community as well as local grants helped the Morton's and other families in the region who suffered losses of various types that day. A grant was obtained for the Morton's from Lutheran Disaster Response, designated to be used specifically for replacing Kristi's adaptive items/needs. Kristi and Matt have worked with the PFSM parish nurse ministry to plan how to best use those funds. When Morton's ordered their new home, they thought the bathroom was designed for Kristi's independent use. Unfortunately, that was not the case. Currently, Matt needs to lift Kristi from her wheelchair to the shower. For Kristi to be able to shower independently, some remodeling will be necessary. The remaining balance from Lutheran Disaster Response will be used toward this project, as well as some donations from Kristi's family. However, the project's budget still lacks approximately \$2,100. In response, Prairie Faith Shared Ministry Council has decided to donate the undesignated offering from the April 7, 2024 combined service toward Kristi's project, and the PFSM Parish Nurse Ministry will have a free-will donation basket available at the potluck lunch following that same worship service. Anyone in the community is invited to participate in moving this project toward completion—please help spread the word! *Checks may be made out to "PFSM Parish Nurse Ministry" which is under the PFSM non-profit umbrella, so that gifts may qualify as a charitable deduction for federal income tax purposes.* **All contributions received during this time will be passed on to directly pay the bills for Kristi's accessible bathroom remodeling project. Please consider a contribution toward this remodeling project!** For more information about the project or how to contribute, feel free to contact Nancy.



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, discuss health ministry volunteer opportunities, or discuss your ideas for the health ministry! 😊

Nancy Bollig, BSN, RN

[parishnurse@ruraltel.net](mailto:parishnurse@ruraltel.net)

785-743-2005 (leave a message, please)