



Prairie Faith Parish Nurse News~~December 2025

Body

Mind

Spirit



For some, 2025 has been filled with darkness. You may have lost a loved one and are still coping with that **death**. Maybe you are living with the **diagnosis** of cancer or some other medical condition that puts a question mark over the future. Others may be dealing with a **divorce** or a shattered relationship, living with a **difficult work situation**, struggling to conceive a **baby**, living with **loneliness and isolation**, or experiencing **financial difficulties**. Or perhaps this season is a time that is difficult for other reasons.

For many people, the approaching Christmas holiday does not bring with it the joy and happiness that is depicted in movies or in greeting cards. Typical holiday festivities—caroling, decorating, buying gifts, Christmas parties, family gatherings—leave little room for feelings of pain or grief, and we experience feelings of isolation. Our spirits sink as the days grow shorter. We feel the darkness growing deeper around us.

In response, the Prairie Faith Parish Nurse Ministry offers *The Longest Night Service*, providing a somber, gentle space for the community to gather on the **winter solstice**, the longest night of the year. *The service is simple: candles are lit, scripture is read, and the focus is on personal needs in an atmosphere of quiet contemplation.* This non-denominational worship experience is a way to acknowledge the reality of difficult or painful life circumstances, while still recognizing that part of the reason for Jesus' coming was to bring hope and comfort, to heal the sick, to seek the lost, to restore the broken and broken-hearted. It is a quiet meditative time for remembering, sharing our hurting places with God, and preparing our hearts for the coming of Christ.

Those who do experience this season as a happy time can also find meaning in The Longest Night Service, as it serves as a time of quiet retreat from the hectic nature of the commercial aspect of the season and guides worshippers back to the real meaning of Christmas.

The Longest Night Service will be held on Sunday, December 21, 2025 from 7:00 p.m. to 8:00 p.m. at Bethlehem Lutheran Church. The service will be followed by an opportunity to pray or meditate in the sanctuary for those who wish to do so. Please help spread the word in the community to friends and neighbors (this is a non-denominational service), and feel free to call Nancy or the church office with any questions or concerns or to request a ride.

*"I am weary with my crying out; my throat is parched.
My eyes grow dim with waiting for my God." Psalm 69:3*



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 or comfort meal 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. We welcome visitors at our meetings and are seeking new advisory board members!

Nancy Bollig, RN parishnurse@ruraltel.net 785-743-2005 (please leave a message)



The accessible bathroom remodeling project for Kristi Morton, following the loss of their home in the wildfire December 15, 2021, is completed! This change has not only allowed Kristi's independence in showering, but has made her bathroom safer. Marla Hamilton, Kristi's Mom, shared these words of thanks: *"The bathroom remodel for Matt and Kristi Morton that you helped with has turned out amazing. It would have taken several more years for us to be able to fund this project without your help. The fact that Kristi now has a shower that is actually wheelchair accessible is such a blessing. When builders tell you that something is "handicapped accessible", it doesn't necessarily mean anything to someone who is wheelchair bound. The first time I was able to see the shower after it was finished, it made this mother shed a tear or two, my daughter could now take a shower in her own home without needing someone there to help her, or to clean up water that always flowed out onto the bathroom floor before. Thank you so much for your financial help. A Very Grateful Mother, Marla Hamilton."* Funding for this remodeling project came from grants from Lutheran Disaster Response and Heartland Community Foundation, Kristi's family, and Prairie Faith parishioners. Thank you to everyone who supported this essential remodeling project of their new home.

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| SIGNS AND SYMPTOMS      | COLD             | FLU           |
|-------------------------|------------------|---------------|
| Symptom onset           | Gradual          | Abrupt        |
| Fever                   | Rare             | Usual         |
| Aches                   | Slight           | Usual         |
| Chills                  | Uncommon         | Fairly common |
| Fatigue, weakness       | Sometimes        | Usual         |
| Sneezing                | Common           | Sometimes     |
| Chest discomfort, cough | Mild to moderate | Common        |
| Stuffy nose             | Common           | Sometimes     |
| Sore throat             | Common           | Sometimes     |
| Headache                | Rare             | Common        |

#FIGHT FLU

With a very few exceptions (check with your physician), it's recommended for most people over the age of six months to get a flu shot every fall. Influenza is a viral infection that attacks your respiratory system — your nose, throat and lungs. Influenza, commonly called the flu, is not the same as the "stomach flu" viruses that cause diarrhea and vomiting. Flu viruses spread mainly by tiny droplets made when people with influenza cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. A person might also get flu by touching a surface or object that has the flu virus on it and then touching their own mouth, nose or eyes. ***The first and most important step in preventing flu is to get a flu vaccination each year.*** There are also everyday preventive actions (staying away from people who are sick, covering coughs/sneezes with a tissue or coughing/sneezing into your elbow, and frequent handwashing) to help slow the spread of germs that cause respiratory illnesses. **It's also important to stay home when sick to help prevent spreading illnesses to other people.**

***If you haven't gotten your flu shot yet this fall, please take a few moments and stop by the health department, a participating pharmacy, or your doctor's office to get your flu shot soon—it's not too late!***

Take a deep breath and imagine you are breathing in God's love.....

- ♥ Breathe in God's love and breathe out tension and anxiety
- ♥ Breathe in God's love and breathe out fear
- ♥ Breathe in God's love and breathe out negativity
- ♥ Breathe in God's love and breathe out anger or resentment
- ♥ Breathe in God's love and breathe out worry
- ♥ Breathe in God's love and breathe out useless guilt
- ♥ Breathe in God's love and breathe out questions or doubts
- ♥ Breathe in God's love and breathe out hatred or prejudice
- ♥ Breathe in God's love and breathe out judgmental attitudes
- ♥ Breathe in God's love and breathe out anything in you that is not of God



Breathe quietly for a few more moments and imagine God's love flowing through every part of you.  
Ask God for comfort, for healing and for hope.  
In Jesus' name, Amen.