



Prairie Faith Parish Nurse News~~January 2023

Following Jesus' example, we exist to promote physical, emotional, and spiritual care.

This new year, instead of making resolutions that may be broken before January is over 😊, I invite you to **subtract** one thing from your life! Not as an exercise in sacrifice or suffering, but as a way to bring you peace and wellbeing.

Examples might include:

- ♥ A routine that no longer helps you, but has continued to occupy time and space in your life.
- ♥ A physical thing, such as clutter or items in your drawers, closet, cupboards, or storage.
- ♥ Unhealthy food habits, such as second helpings, refined sugar, or fast food.
- ♥ A habit, such as using the snooze button, unnecessary online shopping, using tobacco or alcohol.
- ♥ Mindlessly looking at your phone—viewing social media, scrolling news feeds, games, or commenting on posts you see online.
- ♥ An emotional pattern that sabotages your well-being, such as negative self-talk, saying “yes” when you want to say “no”, gossiping, or being judgmental.



Start by:

- ♥ Stop, pause, and evaluate what you might benefit from subtracting from your life.
- ♥ Set up your plan, and keep it in writing somewhere—calendar, journal, phone. What is the first small step you will take and when? Could you benefit from support of some type? What is something that will remind you of your intention? Who will hold you accountable?
- ♥ Celebrate your successes with positive affirmations! Find positive reinforcement from an accountability partner/support person.
- ♥ Evaluate your progress and make adjustments if necessary. Map out your next small step with a target date, adjusting your approach after learning from your previous “subtraction”. Build upon the steps you’ve taken to **subtract** so that you might **add** purpose and meaning to your life.

HAPPY NEW YEAR!!



Many thanks to those individuals and groups who have supported the Prairie Faith 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 rides to medical appointments, being encouragers, and more.



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! 😊

Nancy Bollig, BSN, RN

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

*The Trego Community General Public Transportation Van ("out-of-town van")
has completed its first full year of service for our area.*

- * In 2022 the service provided 715 medical rides; 54 rides to school (FHSU); and 42 other types of rides.
- * The van is funded by federal/state funds through the KDOT 5311 grant program for 70% of operating costs.
- * The remaining 30% of operating costs (the local match funding) comes from:

Fares--approximately 18% of our local costs.

Contributions from local donors like yourself--approximately 82% of our local costs.



****Contributions are essential for the van to provide these vital services to our community!****

*Please contact one of the community group volunteers who manage the van's services
to donate or to ask any questions about the van*



Nancy Bollig	785-769-4731	nancyb@ruraltel.net
Chuck Rhoades	785-694-3880	dustyreillyoil@outlook.com
Travis Phillips	785-743-8668	zzcop@icloud.com
Irene Dirks	785-743-5420	justclay@ruraltel.net

You may also contact any of the van's employees with contributions or questions:
Marilyn Deines, Jacque Hobbs, Patty Knop, Michelle Rauch, Terry Rush, and Ed Schmeidler.

- * Checks may be made out to "**City of WaKeeney**" with "out-of-town van" in the memo line.
- * Contributions may be made to **Trego Hospital Endowment Foundation** specifically for medical rides or for a fare for a specific person or purpose.
- * **The Trego County Ministerial Alliance** and the **Harvey Trust** provide financial assistance if fares are unaffordable for passengers needing medical rides; contributions may be made through your congregation to the Ministerial Alliance.

~~~ THANK YOU FOR YOUR SUPPORT! ~~~



Lord--Give me eyes to see and ears to hear. I know there is light in the darkness that makes everything new. I know there is new life in suffering that opens a new earth for me. I know there is a joy beyond sorrow that rejuvenates my heart.

Yes, Lord, I know that you are, that you act, that you love, that you indeed are Light, Life, and Truth. People, work, plans, projects, ideas, meetings, buildings, paintings, music, and literature all can only give me real joy and peace when I can see and hear them as reflections of your presence, your glory, your kingdom.

Let me then see and hear. Let me be so taken by what you show me and by what you say to me that your vision and hearing become my guide in life and impart meaning to all my concerns.

Let me see and hear what is really real, and let me have the courage to keep unmasking the endless unrealities, which disturb my life every day. Now I see only in a mirror, but one day, O Lord, I hope to see you face to face.

~~Prayer by Henri Nouwen

