



Prairie Faith Parish Nurse News~~May 2024

Mind

Body

Spirit

7 Cups of Tea

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 *7 Cups of Tea*.

How are things going for you right now? Are you experiencing a high level of stress at work or at home? Maybe you're experiencing a long period of grief after losing a dear family member or friend? Are you having a relationship issue with a friend or family member that you'd like to talk to someone about?

Some people find answers just talking to a trusted friend or family member, maybe your pastor can help you think out a situation, or maybe you feel alone and that you don't have anyone at all you feel comfortable talking to about your situation. Or here's an option you might want to consider--using a program called *7 Cups of Tea*. *7 Cups of Tea* is an online behavioral and emotional health support program that offers a variety of tools, including: personalized growth paths; access to trained active listeners; and group chats for peer support. This resource is for ages 13 and older, with a separate chatroom for teens. It is available **at no cost** to people in the 20-county area in northwest Kansas served by High Plains Mental Health Center, thanks to a partnership with the *United Methodist Health Ministry Fund*.



You may have questions!

1. **How does it work?** You will need internet access--your own personal computer/smartphone or a computer at the library, for example, if you don't have your own. The address is <https://www.7cups.com/p/highplains/> You will create an anonymous, secure account and select a topic(s) of interest to you. You may communicate (through writing) one on one with a trained active listener or with a peer group of other persons who are experiencing situations similar to yours.
2. **Is it really anonymous and confidential?** Yes! Listeners only know what you choose to share with them.
3. **What kind of training do the listeners have?** One on one listeners must complete the Active Listening Training Course and receive a perfect score on the accompanying quiz. Additionally, every listener is reviewed and may be subject to a background check to ensure they are friendly, considerate, and competent. While many of the active listeners happen to be licensed professional counselors and therapists, they do not give medical or psychological advice during conversations.
4. **What kinds of topics/problems are talked about in the peer group discussions?** A partial list includes support for: addiction, anxiety, bipolar, breakups, caregivers, chronic illness, depression, disability, eating disorders, foster care, grief, healthy living, hobbies, loneliness, parenting, pregnancy, PTSD/trauma, relationships, self-harm, sexuality, students, veterans, work stress, and there are many others.
5. **This program is not a substitute for therapy**, but it can provide support and guidance for people experiencing common life situations.
6. **What if I can't figure it out?** The 7 Cups website has a Q & A section or you may call High Plains Mental Health Center at 785-628-2871 for assistance over the phone.



7 Cups of Tea began in 2013. Over 2 million people from 192 countries (in 152 different languages) use the platform each month and growing. Give it a try—or share this information with a friend, neighbor or family member who may be struggling with a situation!



(Sources of information: www.7cups.com and High Plains Mental Health Center.)

HELP WANTED: Drivers are needed to transport community members to out-of-town medical appointments when the out-of-town general public transportation van is unable to provide their ride. Your mileage is reimbursed! Contact Nancy for more information.



The Prairie Faith parish nurse ministry will continue to receive donations throughout May to help complete a remodeling project for Kristi and Matt Morton's home to make their bathroom accessible for Kristi to be able to shower independently—currently Matt has to be at home to physically lift Kristi from her wheelchair to the shower. Our goal is \$2,100, to supplement funds provided by Kristi's family and funding from a Lutheran Disaster Response grant. Anyone in the community is invited to contribute. Checks may be made out to Prairie Faith Parish Nurse Ministry and mailed to Prairie Faith Shared Ministry, 338 N. 7th St., WaKeeney. **Thank you in advance for your support!**

(Please see the April 2024 Parish Nurse News for more information about this project.)



Patient Trust

Above all, trust in the slow work of God.

We are quite naturally impatient in everything to reach the end without delay.

We should like to skip the intermediate stages.

We are impatient of being on the way to something unknown, something new.

**And yet it is the law of all progress
that it is made by passing through
some stages of instability—
and that it may take a very long time.**

**And so, I think it is with you;
your ideas mature gradually—let them grow,
let them shape themselves, without undue haste.
Don't try to force them on,
as though you could be today what time
(that is to say, grace and circumstances acting on your own good will)
will make of you tomorrow.**

**Only God could say what this new spirit
gradually forming within you will be.
Give Our Lord the benefit of believing
that His hand is leading you
and accept the anxiety of feeling yourself
in suspense and incomplete.**



Author: Pierre Teilhard de Chardin, SJ (1881-1955)

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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! 😊

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