



Prairie Faith Parish Nurse News~~October 2025

Mind

Body

Spirit

You are invited to a Pancake Feed!

Sunday, October 26, 2025

11:30 a.m. to 1:00 p.m.

Bethlehem Lutheran Church fellowship hall

338 N. 7th St., WaKeeney

All you can eat—whole wheat pancakes, sausage, fruit, coffee/tea, juice

Free will donation to: Prairie Faith Parish Nurse Ministry-Comfort Meals fund

(Read more about Comfort Meals below.)

The fellowship hall is in the basement and is handicap-accessible (chair lift).

Come in through the east parking lot entrance to use the lift.

**** If you are interested in working at the pancake feed or in donating ingredients, there are signup sheets at the Prairie Faith church entrances or contact Nancy ****



WE'LL SEE YOU THERE—INVITE A FRIEND OR NEIGHBOR AND BRING YOUR APPETITE!!



Thank you for your support!



COMFORT MEALS—By a certain time in our lives, most of us have experienced the death of a family member or close friend, have lived a period of time in grief, have gone through a difficult season in our life due to health issues or some sort of life event, or have felt socially isolated for one reason or another. Sometimes friends bring food to the home in the immediate days following a surgery, a death, or other event, but what happens a month or two later, when everyone else has gone back to their regular lives, but the grieving person is just

seeing their new reality without their loved one, or the person is still adjusting to how their life changed for other reasons. They may feel forgotten, lonely, angry or sad or depressed, guilty, self-conscious—there are a whole range of difficult emotions that can linger. That is a time when receiving a card or a visit may be even more meaningful than something at the initial time of the loss or difficult event. The PFSM parish nurse ministry attempts to show support and care to people in the community who may not have family members that live nearby or who may feel isolated and forgotten, in the weeks or months after experiencing a difficult time, by giving a local restaurant gift card or grocery store gift card. Since we may not know a person's dietary likes/dislikes or food allergies, the gift card option was chosen. Please contact Nancy or the Prairie Faith Shared Ministry office at 785-743-2005 if you know of someone in the community who might benefit from a Comfort Meal gift card.



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 Prairie Faith Parish Nurse Ministry invites you to participate in a coat, stocking hat and glove/mitten drive for the Food Pantries within the Prairie Faith communities.

New or nearly new, in very good condition and laundered, coats, stocking hats and gloves/mittens **for adults or children** may be placed in specially marked boxes at the Prairie Faith church entrances.

Please help spread the word to family, friends and neighbors! Thank you for your help with this service project for the community!

Stay Strong, Stay Healthy

Is improving your balance, flexibility and muscle strength important to you as you age? Join an upcoming twice-weekly older adult strength training class!

- Warm up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches
- Weights will be available on-site, and a trained instructor, Aftan Tso, will help you learn exercises safely.

Location: First United Methodist Church, 500 Summit Avenue, WaKeeney

Dates: 10:00 a.m. Tuesdays and Thursdays beginning October 2 - November 25 (16 1-hour sessions)

Cost: \$20.00

Registration due September 30--call Trego County Health Department at 785-743-6348.

Sponsored by Trego County Health Department and K-State Research and Extension



What Might God Be Doing Here?

God's time (kairos) has to do with opportunity and fullness of meaning, moments that are ripe for their intended purpose. When we see time in light of our faith in the God of history, we see that the events of this year are not just a series of happy or unhappy events but part of the shaping hands of God, who wants to mold our world and our lives. Even when life seems harried and continues to have hard moments, we can believe that something good is happening amid all of this. We get glimpses of how God might be working out his purposes in our days. Time becomes not just something to get through or manipulate or manage, but the arena of God's good work in us. Whatever happens – good things or bad, pleasant or problematic – we ask, “What might God be doing here?” (Author: Henri Nouwen)



“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” - Romans 8: 28