



Prairie Faith Parish Nurse News~~January 2026

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, fast food or ultra processed 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, attending the pancake feed fundraiser, donating items, making prayer shawls, sending out comfort meal cards, 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 when the out-of-town general public transportation van is unavailable, serving on the parish nurse advisory board, being encouragers, and more. We invite your continued participation throughout 2026. Please contact Nancy or an advisory board member if you would be interested in helping with one of our community ministries! *Thank you!!*



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. Children's coats are especially needed at this time.

The coat drive will continue through the end of February.

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

Making Sense of our Story



A faith community reminds us continuously of what really is happening in the world and in our lives. The church liturgy and lectionary – commonly used prayers, rituals, scripture passages, and a calendar that follows Christ's life throughout the year – unfold for us, for example, the fullness of the Christ-event. Christ is coming, Christ is being born, Christ manifests himself to the world, Christ is suffering, Christ is dying, Christ is being raised up, Christ is ascending into heaven, Christ is sending the Spirit. These events are not simply events that took place long ago and which are remembered with a certain melancholy, but they are events that take place in the day-to-day life of the Christian community. In and through the life of Christ, remembered in community and worship, God makes his active presence known to us. That is what Advent, Christmas, Epiphany, Lent, Easter, Ascension, and Pentecost are all about. The Church calls our attention to the divine events that underlie all of history and which allow us to make sense out of our own story.

(Source: Spiritual Direction: Wisdom for the Long Walk of Faith by Henri Nouwen)

"So, my brothers and sisters, you also died to the law through the body of Christ, that you might belong to another, to him who was raised from the dead, in order that we might bear fruit for God." - Romans 7: 4



Celtic New Year's Prayer – The Opening Door

This day is a new day that has never been before.

This year is a new year, the opening door.

Enter, Lord Christ—we have joy in Your coming.

You have given us life; and we welcome Your coming.

I turn now to face You, I lift up my eyes.

Be blessing my face, Lord; be blessing my eyes.

May all my eye looks on be blessed and be bright,

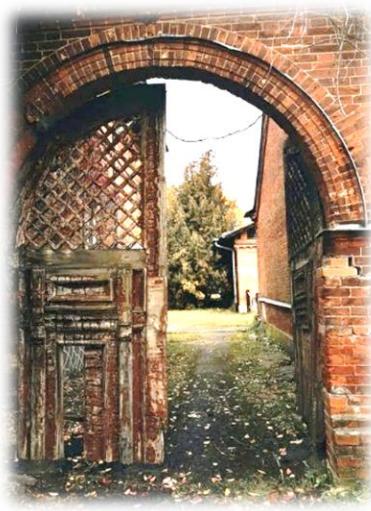
My neighbours, my loved ones be blessed in Your sight.

You have given us life and we welcome Your coming.

Be with us, Lord, we have joy, we have joy.

This year is a new year, the opening door.

Be with us, Lord, we have joy, we have joy.



Source: Celtic Daily Prayer: Prayers and Readings from the Northumbria Community



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 a comfort meal gift card 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!

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