



Prairie Faith Parish Nurse News~~November 2025

Mind

Body

Spirit

Research shows that practicing **intentional gratitude** affects your physical, mental, and spiritual health in a positive way. Physically, blood pressure may decrease, immune function will be stronger, quality of sleep is better, and blood glucose and cortisol levels may decrease. There is a reduced risk of mental health conditions like anxiety, depression, and even substance abuse disorders. Spiritually, gratitude strengthens faith, it may lead to practicing other spiritual disciplines, and it fosters humility and self-restraint—by expressing thanks to God, we are acknowledging that many things were given freely to us—we did not earn them. We find that we focus on what we already have—rather than dwell on what we want or think we need. This month, every day at a time that works well for you, use the calendar on the back to list three (or more!) things that you are grateful for—three things that were good about the day. Writing the thoughts down, rather than just thinking about them, will actually make them more meaningful & memorable. As you write your list, express thanks to God, and meditate on or pray about things you name. Now is the perfect time to begin cultivating a spirit of gratitude and thankfulness!



"To be grateful is to recognize the love of God in everything He has given us -- and He has given us everything.

Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him." -Thomas Merton



Many thanks to all who helped make the Pancake Feed held at Bethlehem on October 26, 2025 a success, benefiting the Community Comfort Meal fund! We are grateful for your donations of food, your time and talent, your financial contributions, and use of the church building for the meal. Over the past two years, since the ministry's beginning in September 2023, 81 comfort meal cards have been given out—51 to members of the general community, and 30 to Prairie Faith parishioners. The gift cards purchased have supported local businesses, including McDonalds, Dairy Queen, Brazen Bull, Western Kansas Saloon and Grill, Mexican Café, Subway, Wendy's, Malay Market, and Dollar General, as well as a Visa gift card. The intent of a Comfort Meal gift card is to show people, especially those who feel isolated in some way, that God loves them and that their faith community cares about them. A personally written note and specially designed card are included with the gift card. Donations to this fund may be made at any time. Thank you helping carry this community ministry forward!

Dear 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 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. Lord, show me your vision, become a guide in life and impart meaning to all my concerns. Amen. (Author: Henri Nouwen)



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

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785-743-2005 (please leave a message)



November 2025

I thank God for 3 things every day....



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Daylight Savings Time Ends	3	4 Election Day	5	6	7	8
9	10 Veterans Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving Day	28	29
30						