



Health Ministry Sunday (slide 1)

Good morning!

My name is Deb Houtkooper and I am the parish nurse here at Beaver Lake, and chair of our Health and Wellness Committee.

As part of our Health Ministry focus today, I would like to introduce the members of our Health and Wellness Committee: (slide 2) Lenette Bauer, Phyllis Carlson, Gordy Engfer, Lil Johnson, Peg Swanson, and Lynda Woodman. Pastor Charlie has been an ad hoc member of the committee. I want to thank each of them for their time, energy, commitment and enthusiasm for the work of our Health and Wellness Committee. I would also like to recognize and thank Pastor Charlie for his support of parish nurse ministry and the Health and Wellness Committee. He has faithfully supported every hare-brained idea I've had!

I'd like to share with you some of the work of the Health and Wellness Committee:

- In 2013 with a partial grant from the Zoll Company (slide 3) and the generosity of Enduring Gifts we were able to purchase an Automated External Defibrillator for our building. (slide 4) This is truly a live-saving piece of equipment and we are proud that we have one. Training in CPR and AED use will be scheduled sometime later in the spring. More information will be coming in the Crossways and the bulletins.
- We purchased and stocked a First Aid Kit (slide 5) that is stored in the kitchen and is available to anyone using our facility
- The Committee sponsored LWR Quilting as a way to create caring social connections within our church family. We completed 9 quilts in 2013 (slides 6-22) and in October had a special service to bless the quilts. (slides of completed quilts 23-29)
- Last September we sponsored the Graceful Journey education series. (slide 30) The MN Council of Churches and the Twin Cities Medical Society jointly support this program. Information was presented about end-of-life decision making and tools were offered to facilitate these important conversations with our loved ones. It was well-received and we had about 25 attendees at each of the 4 sessions. We will have a follow-up session for those who are interested in May.



Thus far in 2014, (slides 31-42) the Committee has continued to work on quilting for Lutheran World Relief. We already have 3 quilts tied, and 4 completed tops that are ready to be tied. We are on a roll!

We are also sponsoring the Baskets of Promise Lenten appeal. (slide 43) Through Lutheran World Relief, personal care items are collected for people who have experienced trauma and devastation in their lives because of a natural disaster or other catastrophic event. Just to illustrate our congregation's generosity, we collected over 60 bath towels last week! Your response is truly amazing!

As the year progresses, please watch for other activities sponsored by the Health and Wellness Committee. We plan to offer AED and CPR training, social activities (especially for our seniors) and organize a visitation program for our homebound congregants. Watch the Crossways and the bulletins for more information and for opportunities to be involved.

As I have been growing into my role as a parish nurse, I have been researching and learning about different aspects of health ministry. (Slide 44) I found the Wholeness Wheel on one of the ELCA websites, and was immediately intrigued.

Now I would ask that the ushers pass out the handouts. These are for you to keep.

The Wholeness Wheel illustrates what it means to live as a whole person of God. As Christians, we believe that God created us body, mind and spirit; in His image and likeness. Because of this, we have a responsibility to be good stewards of our health and help others to do the same. Living healthy lives doesn't just mean that we see the doctor regularly. Health and wellness is truly multi-dimensional; made up of different facets of well-being: social, emotional, physical, financial, vocational, intellectual, and spiritual. Attending to each of these facets brings us into balance and closer to the people God wants us to be.

The Health and Wellness Committee would like to explain each of these aspects:

Baptism (Deb) (slide 45)

At the center of the Wheel is our core, where through baptism we are newly created in Christ. We undergo change and are made different through our baptism, because we are baptized in God's gift of living water. He lives in us and through us and calls us to love and serve one another. And as Jesus tells us in the gospel today, this living water will give us eternal life.



Social / Interpersonal Well-Being (Lenette) (slide 46)

God has created us in His image and likeness to be social beings, and regular social interaction is essential to our overall health. We live and worship in community and are instructed to love and help each other. Social and interpersonal wellness means connecting and relating to other people in our world and developing healthy relationships with those around us. We enhance our social wellness when we greet each other at the beginning of each service and share fellowship over coffee. The Health and Wellness Committee has sponsored Lutheran World Relief Quilting as an opportunity to come together to share fellowship with members of our church family. As children of God, we are all related to one another and it is through community and caring connections that we derive our support and encouragement.

Emotional Well-Being (Lenette) (slide 47)

Emotional wellness is the ability to understand ourselves and cope with the challenges life can bring. Taking care of ourselves and paying attention to elements such as stress reduction and relaxation contributes to our emotional wellness. At each service we all have the opportunity to share our prayer concerns, and joys. By sharing in this way, we giving and receiving support as a church family. Our church also opens its doors to groups that help support emotional well-being, like Al-Anon and Compassionate Friends.

Physical Well-Being (Peg) (slide 48)

We are not all born physically healthy and none of us gets through life without experiencing illness and injury. Even so, we can live well by tending to and nurturing our bodies as gifts from God. Physical wellness means we understand that we are responsible for our choices and behaviors and that these choices and behaviors have a significant impact on our health and wellness. We are marvelously created by God. Developing healthy activities that benefit our bodies such as nutritious eating and exercise make us good stewards of this marvelous gift. In the past, Beaver Lake had a walking group and in the future, the Health and Wellness Committee would like to sponsor some physical activity classes such as gentle stretching and yoga.

Financial Well-Being (Lil) (slide 49)

How we deal with money affects all aspects of our lives. In the scriptures, Jesus frequently talked with the people around him about money. We need to deal with our finances in a way that reflects our values and our commitment to family and faith.



We demonstrate our financial wellness and stewardship in the ways we save, spend, and share. Generosity and financial stewardship are demonstrated here at Beaver Lake in our weekly collection, in our new skylight and in the supplies donated for the Baskets of Promise campaign.

Vocational Well-Being (Gordy) (slide 50)

We all need a sense of purpose in our lives. As followers of Christ we also have a calling - a vocation - to follow Christ's example and live our lives with meaning and service to our neighbor. We achieve vocational well-being when we are faithful stewards of our talents and abilities and find opportunities to contribute and make the world a better place. Our card ladies, those who volunteer for Loaves and Fishes, our church secretaries and our publisher extraordinaire are examples of those who have all found a way to live their lives in meaning and service.

Intellectual Well-Being (Lynda) (slide 51)

Using our minds is critical in maintaining our minds and keeping them alert and active. The ability to open our minds to new ideas and experiences contributes directly to our intellectual wellness. Stay curious, ask questions and try new things. I'm not sure Gordy ever thought he would take part in a quilting group!!

Spiritual Well-Being (Deb) (slide 52)

Living a life focused on God affects each aspect of our well-being. Spiritual wellness is the most important component, which is why this aspect encompasses the entire wheel. When we love God with all of our heart, mind, soul and strength, we begin to find stability and truth in our lives and it impacts everything we do and everything we are. Staying centered in our spiritual health makes balancing the wheel much easier because we know whose we are. Nurturing our relationship with God happens through prayer, worship, and service to others.

Today we celebrate Health Ministry Sunday. Our best role model is Jesus, the Great Healer. (slide 53) The New Testament provides many examples of how Jesus healed. He restored sight to the blind, gave hearing to the deaf, cleansed the lepers, cast out devils, and raised the dead. Jesus healed because he cared; he never turned away anyone who asked for his help. A great portion of Christ's time was dedicated to healing the sick and his ministry was wholistic. By "wholistic" I mean including every facet and dimension of a person, including the physical, emotional, spiritual, financial, and social. Jesus is embodied in the Wholeness Wheel.



Every single one of us – not just the members of the Health and Wellness Committee, or those of us who have RN after our names - is involved in some aspect of health ministry. We are all here in worship today – tending to our spiritual well-being. That is an important part of health ministry! We started out the service by greeting each other – sharing God’s peace and nurturing our social well-being. That is part of health ministry! We offered up our prayer concerns and both gave and received support for our emotional well-being. Another piece of health ministry. Our choir, bells and praise band offer us musical inspiration to challenge our minds to connect with God in a different way. More health ministry! Our ushers keep our services organized and are exercising their vocational well-being. More health ministry! Shortly we will all have the opportunity to make a financial contribution to our church, thus addressing our financial well-being. One more aspect of health ministry! Every single one of us is involved in some aspect of health ministry! When we bring our whole selves to the church, and the church helps us become healthier people in all of these different parts of our lives, then the church comes alive for us each and every day.

(slide 54) We hope that the Wholeness Wheel will be a helpful tool for you to use as you strive to live well as a child of God. Living well is a real challenge, but when we care for ourselves fully in body, mind and spirit we are seeking wellness and growing more like Him through all the aspects of our being.

Amen