

## HEALTH AND WELLNESS

*“Grant that we all, made one in faith, in your community may find the wholeness that, enriching us, shall reach the whole of humankind.” - Hymn*

### **Congregation**

The body of Christ. This is a phrase we hear in church each Sunday as communion is shared. But it has other meaning as well, and it helps us understand the power for healing found when we congregate. When the Health and Wellness Cabinet began studying scripture to guide us in discerning what the health mission at Bethany is about, one of the first passages we were led to was 1<sup>st</sup> Corinthians 12&13: *“The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ. For we were all baptized by one Spirit into one body ...”*

Worshipping together is at the center of healing through congregational activity, of course. Communion, hearing the Word, and the liturgy of the service strengthen, enliven, and sustain us. We can provide each other with acceptance, support, and community, all important components of health to social beings such as we. The power of prayer, individually and collectively, also provides a means to realize our healing power as the body of Christ. And certainly not the least of congregational expressions of health ministry is the staffing and support of a parish nurse within the congregation. Together we *are* the body of Christ, and being together we can move toward health in body, mind, and spirit. - JL

### **What does the Health and Wellness Cabinet hope to do for the people of Bethany?**

As a registered nurse for over 35 years, I have had the opportunity to work in many areas of nursing. Today I am fortunate to work in a program that encompasses care and compassion, and all that I have learned through the years. The Ask-A-Nurse program at Centura Health is a free community service that provides advice, direction, and comfort to over 200 callers each day. We provide each caller the education they need to make informed decisions about their health care, and navigate through today’s complex health care delivery system.

Our Health and Wellness Cabinet at Bethany has the opportunity to assist our congregation in becoming good stewards of our own health. I hope that we can help provide access to health care resources and empower each other with information to make informed decisions to care for body, mind and spirit. The healing ministry of Jesus and our commitment to serve God will guide us on this journey. – Mary Rathje, R.N.

If you have ideas to share with us or are interested in the work of the Health and Wellness Cabinet, please contact Anne Gatzke: [littlezookie@yahoo.com](mailto:littlezookie@yahoo.com).