

HEALTH AND WELLNESS

“... whether Paul or Apollos or Cephas or the world or life or death or the present or the future— all are yours, and you are of Christ, and Christ is of God.” – (1 Corinthians 3:22-23)

Lessons of Grief

Death and loss are so much a part of the fabric of our everyday existence that finding a context for them is very important to us. When we are actively grieving a loss, finding this context becomes a major focus of our life. But how do we go about understanding how death fits into a larger picture of life, health and spirituality?

Dr. Gwendolyn London of the Duke University Institute for Care at the End of Life says, “Dying is a spiritual process with medical implications.” Bob Duvall, Director of Chaplains for an Atlanta hospital system adds, “It may be accurate to say the same of healthcare. Healthcare is a spiritual process with medical implications.”

The message in these statements is that our bodies are our vehicles, and for only part of the journey. Paul writes “Just as we wear the likeness of the man made of earth, so we will wear the likeness of the Man from heaven” (1 Cor 15:49).

When we glimpse that death is an integral part of our spiritual journey, this adds a dimension that is not as easily found in a narrow medical perspective. In understanding health and wellness from a spiritual as well as physical view, death and dying acquire so much more meaning for us. Dealing with death and loss involves us in some of the most difficult lessons that Christ has to teach us about existence. - JL

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.