

## HEALTH AND WELLNESS

*“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” - 1 Corinthians 6:19, 20*

### Stewardship

We receive many gifts from God, not the least of which is our physical being. As followers of Christ we need some basic tools to serve His will through our gifts, and a healthy body is certainly basic to our being able to do so. Taking care of ourselves also shows our thankfulness to God for having life. We may have been born with limitations, and illness is a fact of life, but taking care of what we have in a thoughtful manner is the essence of good stewardship.

*Caring for Health, Our Shared Endeavor* puts it this way “Our calling to be faithful stewards of our own health and to fulfill our obligations for the health of others comes from the God who heals and redeems the whole creation.”

Taking care of ourselves *is* God’s will. If you are like me, this can sometimes seem like an extra burden – resisting that extra doughnut takes willpower, you know. But as we prayerfully consider the basics we can do for ourselves: using car seat restraints, eating more fresh vegetables, getting enough sleep, walking for the joy of being outside, we move toward a trust that our health is God’s will. - JL

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

(Jack Lindsey) For many of us, the ideas captured in the ELCA social statement on health that was recently introduced at Bethany are new thought. What health and wellness means outside of the care provided by our medical providers may have been something you have thought about, but it has not been a topic of much mainstream discussion until fairly recently. I have seen the potential for healing found by seeking health in a broader context, and this is what I wish for our congregation. What I hope to do for the people of Bethany is to help facilitate discussion in our congregation as part of the Cabinet’s educational mission by continuing to write the monthly Health and Wellness column. (If you would like to share your thoughts about these columns, please write me – [drjacklindsey@earthlink.net](mailto:drjacklindsey@earthlink.net))

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).