

HEALTH AND WELLNESS

“Healer of our every ill, light of each tomorrow, give us peace beyond our fear, and hope beyond our sorrow.” - Hymn

Ministry

On February first Pastor Ron’s sermon, *In Sickness and in Health*, spoke to the issue of health very directly. Health and wellness is an integral part of the mission of the church. Indeed, Christ’s ministry was threefold: teaching, preaching, and healing. The sermon included this definition: “Healing is the restoration of integrity to injured tissue.” As Pastor Ron pointed out, this definition does not just apply to the injuries of the flesh, but also to those of the spirit. Life can present many challenges, and it is through our relationship with Christ in His church that many kinds of healing can take place.

As noted in previous columns, Bethany also has many direct services available through the pastoral staff and lay ministries that provide intervention to help with healing of body, mind, and spirit. There is information at the Hospitality Desk or through the church office about groups such as the Stephen Ministers, Caring Visitors, and other initiatives including those that are sponsored by our volunteer parish nurses.

A place of worship also implies a place of healing. The healing ministry of the church expresses our faith that God has the power to heal, and also acknowledges our commitment to healing by caring for one another – next month’s column will look at our congregation’s role in healing. - JL

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

When I accepted a position in the RN float pool at Porter Adventist Hospital (PAH), a young child overheard me and innocently inquired, “Do you get to float in a pool all day?” This humorous and literal interpretation was quite thought provoking about the challenges of clear communication. Your Bethany Health & Wellness Cabinet has been writing for our Beacon newsletter with the goal of clearly communicating our hopes and dreams for health ministry.

The mission statement of PAH, *“We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of people in our communities,”* is in direct alignment with my personal career goals as well as my goal for our Bethany faith community. Porter is a faith-based facility that is founded on the principle that the body, mind and spirit are intricately related. Because I get to “float” around the hospital, I witness Porter’s mission statement being clearly communicated and reflected in many ways, even on patient meal menus. It certainly attracted my attention and influenced my decision to work at this hospital.

My hope and dream for Bethany is that our health ministry will clearly communicate **our** mission statement, reflect **our** commitment to live well in Christ, and attract people of God who are in alignment with **our** Wholeness Wheel. Centered in **our** baptism we CAN and WILL look to God’s word and one another for direction and support in order **To share God’s grace and love in Jesus Christ with all people by promoting health, wholeness and healing of body, mind and spirit** - in all areas of ministry at Bethany! In the Spirit of wellness and wholeness, Sue Ann Glusenkamp, 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.