

March Health & Wellness

According to the Theory of Self Determination, we as individuals require a sense of autonomy, competence and community to be content. At different points in our lives these intrinsic values are often compromised by “the heart-ache and the thousand natural shocks that flesh is heir to..” such as birth, illness, old age or the loss of a loved one. But as members of the Body of Christ, we must rely upon **one another**. *Koinonia* is the Greek word and concept for our intentional community and it instructs us to love, honor, harmonize with, accept, encourage and serve **one another**. Here are a few tips on how you might reach out to someone who could use a little encouragement and remember you don’t have to do it all!

Flowers- Take some of your Sunday Service arrangement to someone who could not make it to church. Include a bulletin. This gives a tangible connection to the service.

Communion- As an elder of the church, volunteer to provide communion to those members who are homebound.

Secret Pals- Become some one’s Secret Pal. Church members can send gifts, letters or just visit with the homebound each month.

Remember the Holidays- Holidays can be lonely times when someone is overwhelmed with emotion, loneliness or stress. Reach out to someone during your favorite holiday.

Meals- Many folks are not in a position to prepare home cooked meals. Share your love of cooking with someone who would appreciate a good meal.

Help with the Chores- Changing light bulbs, running to the store for paper products, light cleaning can be big challenges when lives are turned upside down. Small gestures are greatly appreciated.

Cards- Become a pen pal. Send cards at unexpected times. Be artistic or find someone to help create a “one-of-a-kind” card.

Gentle Yoga will continue through the month of March on Tuesdays at 10 a.m. in the fellowship hall.

Soups On! Ministry provides soup and fellowship for folks who are not in a position to cook. If you like making soup or baking, please consider volunteering for this ministry.

CPR/AED training- March 17th at 10:30 in the Fellowship Hall. Light refreshment will be provided. Please sign up by calling the church office or by signing the sheet in the Narthex.

Hillrise Community Garden- the JAMA Food Pantry Garden will be back in full swing very soon. Lettuce, beets, sweet peas, creasy greens and carrots will be our first offerings this year. Please consider volunteering to help provide fresh produce to the Jonesborough Food Pantry. Watering, weeding, picking and processing are all aspects of this outreach. Many hands make this growing ministry light work.

Mental Health First Aid Certification- This is an 8-hour course that I will be taking on **March 13th at Boones Creek Christian Church, 8 am-4 pm**. As members of a growing congregation, the ability to respond mindfully to unexpected mental health events is a necessary tool for building a safe and welcoming church community. If you would like to participate in this training please call the church office or contact the Faith Community Nurse at 788-3082.

Mental Health First Aiders learn a single 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and

other supports. Participants are also introduced to risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of illness on individuals and families, and learn about evidence-supported treatment and self-help strategies.

Visit with the Faith Community Nurse, Carol Jernigan, on Sunday March 25 before and after Sunday school in the Fellowship Hall. You can also call me at home at 788-3082 for home visits, transportation needs or questions you may have.

Contact Carol Jernigan at 901-485-4280 or at home 788-3082

Carol

Jernigan