

Health and Wellness  
April 2021

Re-Emergence

*“Between the stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”*

As our congregation moves toward a date of gathering again, it is important to turn around and see where we have been. But it is our ability to move forward and beyond the extreme circumstances of isolation and quarantine that will give each one of us the opportunity to rise above this profound experience. Please give consideration to these simple acts to increase your resilience and give a firm foundation to a new reality.

- Notice how you talk to yourself. Are you overly critical? Can you practice encouragement and affirmation instead? **Shift your perspective**, instead of beginning a sentence with “I have to...” replace the phrase with “I get to...”
- Can you give yourself a break? By finding the **humor** in your own miscalculations, you can broaden and build greater resilience. Remember that none of us have been here before.
- **Turn off the technology and create a technology free zone.** Notice how many times in a day you have picked up your smart phone to check your email, your text messages, your Facebook feed, the weather, the stock market, the latest baseball score, opened Google, looked for a menu or answered another spam call (accidentally of course!). It is estimated that we utilize these tech devices up to 150 times a day. This **constant cognitive stimulation will increase your negative bias.**
- Take the opportunity to spend some time in nature and **watch the trees.** Find a favorite walk or a favorite spot for quiet reflection. The Japanese call this practice forest bathing or **Shinrin-yoku**. This activity will increase your sense of well-being, lower blood pressure, strengthen your immune system and improve your sleep.
- Practice mindfulness Through the practice of **silent meditation, journaling or reading inspirational text**, a daily practice and prayer time will ground you as well as lead to greater spiritual growth.

By rising above this ordeal, we may find a greater appreciation for our lives. Our relationships have grown deeper and we can now see greater possibilities!!

**JPC Garden Ministry** continues to meet in the Garden of Hope on Persimmon Ridge. Providing fellowship, exercise and fresh produce for our local JAMA food pantry, this group meets every Wednesday afternoon at 4:30.

**JPC Soups On! Soup Ministry** will be providing fresh homemade soup and sides in the months of April and May. If you know of someone who would appreciate a simple meal and a short safe visit, please contact the church office or call Carol Jernigan at 901-485-4280.

**JPC Parish Nurse, Carol Jernigan**, encourages everyone to make an appointment for a COVID vaccine. If you need help finding a provider, have questions or need a ride for any medically related appointment, please call me at 901-485-4280.



**The Labyrinth is Here!!** Please drop by the JPC parking lot to experience walking a simple labyrinth. This labyrinth is suited for all levels of physical activity. Hours will be 2-5 pm Thurs.- Saturday and 10:30 – 12:30 on Sunday.