

December 2020/ Health & Wellness

Gone to Ground

Last week we buried our thirteen-year old cat, Rusty. A small orange tabby cat, he had been a companion for us during some of the most trying times of our life. He was a good cat. He never ran off or caused us any problems. We watched as he slipped away from us on Thanksgiving Day and on Friday we buried him in the wooded lot behind our house, beneath a large maple tree. We sent him home with a proper goodbye knowing he was no longer suffering. We sent him home.



As we face this holiday season, confused and hurt by the very real presence of sickness and death in our church and the surrounding community we seek comfort and strength. As we gather together in our virtual community this Sunday and every Sunday, we know we are strengthened by one another's presence and as we remain safe in our homes, we are comforted by God's presence.



Take the time to **light a candle** this Sunday and join us as we remember that during the Advent season there are those who are in need of comfort and strength. **Anointment** is an ancient healing gesture that also may be used on

yourself or others. The smallest amount of oil is placed on your right thumb, which is then used to draw a cross on the forehead. Prayers for physical or spiritual healing are preceded with the words, "In the name of the Father, the Son and the Holy Spirit. Here is a prayer you may use at home, alone or with others, at any time:

The God of strength moves within us;

the God of courage hears our distress.

The God of hope reveals wholeness to us;

the God of healing touches us when we are broken.

When the pain overwhelms us, when the burden is too heavy,

we turn to our God, who is sustaining and redeeming.

When there is loneliness and isolation,

we turn to our God, who is loving and present.

For God created us, redeems us and sustains us.

And we are not alone.

Lead us in your ways, O God, and bring your healing touch. Amen

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Soups On! Soup Ministry of the **Health and Wellness Team** continues to provide hot soup meals on a monthly basis to those in our congregational community that may not be able to prepare meals. If you know of some one who would appreciate a soup visit please contact Carol Jernigan, FCN.

Transportation to medical related appointments, phone consultation and socially distanced home visits are available. Please call Carol Jernigan @ 788-3082.

Remember to **Wear Your Mask, Wash Your Hands and Wait** (to make space between you and others.)

If you have not already had a **Flu or Pneumonia Shot**, please do so **asap!**

The **JPC Staff, Emergency Response Team** and the **Worship Implementation Team** members have worked diligently throughout this pandemic to keep our congregation safe and Jonesborough Presbyterian Church a spiritual refuge. Please be patient and kind as we rely on the good health of those individuals that provide us with their many blessings.