



The Healing Power of Community

Church Health News

*"Take thou my hands and lead me along
life's way,
Until earth's night is banished by
radiant day.
I would not take a single step apart
from Thee;
Where Thou dost walk or tarry,
there let me be."*

Julia Hausmann



Our church is a community, a community joined together to worship our Lord and God and a community joined together to live and learn together reaching out to our local community and the world. Did you know that being a part of our community is also good for your health?

According to the Stanford University education site, studies indicate that a person's involvement in community is one of the biggest predictors for health, happiness and longevity. Some of the health benefits which studies have shown are a reduced incidence of colds and flu, better survival rates for diseases, and a longer life span. One cardiologist compares social isolation to smoking, saying that loneliness is the "new tobacco".

Community not only helps with physical health, but also mental and especially spiritual health. All work together to keep us healthy.

I have felt the importance of community as different life challenges have come my way. As I was growing up the death of my mother drew me deeper into the community of the church we were attending. I was supported by that church community physically, mentally, and spiritually over my school years. The death of our son was also a time that community enfolded us and kept us on the right track with our overall physical, emotional and spiritual health. As we handle life's challenges and start reaching

out, studies have shown that the reaching out to others has benefit for our health also.

Our health is important to each of us for quality of life and what we are able to do for others. But the health we get from being involved in community also helps the community we live in. Research has shown that having people connected together in a community is central to making progressive social change. Studies have shown that people who are in an interactive community are more attuned to taking care of the larger community and the environment. The Stanford education site says that "social ties not only affect our person health, but also our societal health" The author believes that as we increase our income we become economically richer but our society suffers. Rober E. Lane in "The Loss of Happiness in Market Democracies" argues that we must alter our priorities, we must increase our involvement in community even at the risk of reducing our income.

What is your involvement in community? Our church is developing some small group experiences which have the potential of enriching our personal lives, our health and health of our church and local community. If one group does not work for you I encourage you to find another. It will be important for your physical, emotional, and spiritual health - as well as the health of our church as a whole.

Sometimes it is not easy to do something new such as being part of a small group. As Julia Hausmann states in the quote at the beginning of the article, we need to let the Lord our God take our hands and lead us in this journey of life.

Blessings on Your Journey!

Blood Pressure Screening:

Sunday September 15th after both services.

Office Hours: 10am - 1pm on Thursdays. Health consult, foot massage, Healing Touch - call ahead to arrange a time.

Parkinson Disease Support Group

Thursday September 5th.

We will break up into two groups, one for the caregivers and one for the people with Parkinson Disease.

Living Well With Chronic Conditions

Workshop series for people with conditions such as diabetes, arthritis depression, heart disease, chronic pain or anxiety. Starting Thursday September 26th through Thursday October 31st from 1pm to 3:30pm at the Door County Senior Center. Call the Senior Center to register - 746-2542.

Powerful Tools for Caregivers

This is an educational workshop designed to help family caregivers take care of themselves while caring for a relative or friend. Facilitators are Carol Moellenberndt and Pam Peterson from UW Extension office. Call Pam at 746-2260 to register or email pam.peterson@ces.uwex.edu

Hope and Healing after The Death of a Loved One

September 14th from 1pm - 9pm featuring two nationally known speakers, Darcie Sims and Alan Pedersen. The evening concert is free but people must register. Talk to Carol or get a brochure from the book-cart in the narthex.