Stretcher Bearer Wellness Ministry

News-letter article

January, February, March 2020

*“My soul weeps because of grief.*

*Strengthen me according to Your word.”*

Psalm 119:28

According to the CDC (2016) an estimated 20.4% of US adults had chronic pain and 8.0% had high-impact chronic pain.

I think these statistics are **wrong**!!! What do you think??

I don’t have to look far to see around me friends, family and folks in our congregation and community that (in my humble opinion) are struggling with pain. Not just temporary pain that will be gone in a few days. I am talking about that pain that just **won’t go away**!!

When pain lingers it becomes much more then a physical ailment. Additional bothersome symptoms may include: anxiety, social isolation, depression, fatigue, misunderstanding, loss of independence, grief, even spiritual dis-stress! The list goes on and on.

Ones pain does not only impact the individual but also those around them. Family and friends may many it is difficult to understand another’s physical pain. How do we as a family of faith respond those with chronic pain? Are we caring? Compassionate? Faithful in all that God’s plan is for us?

Our next upcoming Self-Care Workshop on Tuesday, January 28m 2020, 6:30-8 PM our Self-Care Workshop will be addressing this topic. This time together is meant for not only persons who deal with pain, but *everyone.*

Please consider joining our time of fellowship. And do bring a friend along.

Blessings for health and wholeness for 2020,

Sue