

Living Faith



Dear Fellow Soul Shapers,

In the waters of baptism we promise to live among God's faithful people. Implied in that promise is that we will encourage one another and strive to be healthy in our interactions with others. Living well is a spiritual practice. It is important to feed our souls as well as our bodies. We do this through our social interactions, emotional well being, physical well being, financial dealings, vocational well being, and intellectual learning.

Think about how you are striving to be healthy in each of those areas of your life? What areas do you need to work on? For most of us life is just hard and sometimes overwhelming. Sometimes it helps to know that we are not alone and that is why the community of believers is so important. It is our communities of faith where we can find support and hope.

Remember: Healthy people make a healthy congregation and Church.

Blessings on the Journey,
Elayne Werges, Deacon
Cross Roads Lutheran Parish-
Osage and Nora Springs, Iowa

This information has been prepared for you by the
**Northwestern Iowa Synod-
Home Life Network**
for use by families and local congregations.
For more ideas about how you can pass on
faith in your homes go to:
<http://www.neiasynod.org> Find us on
Facebook!

It is Well With Our Souls....

A few Resources to encourage Wellness:

- ♥ PorticoBenefits.org/wellness has many resources that can be used in a family or congregational setting. Including a Bible Study called "The Road to Emmaus, A Walking and Wellness Campaign"
- ♥ Iowa State Extension
- ♥ Your Health Insurance Provider
- ♥ Your local Hospital and Medical Providers
- ♥ Local Grocery Stores
- ♥ Chococomplete.com

THE WHOLENESS WHEEL LABYRINTH



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Healthy Hints

- #1 Drink More Water
- #2 Schedule your yearly Physical
- #3 Walk 30 minutes a day.
- #4 Pray a prayer of Thanks daily
- #5 Take the stairs!
- #6 Eat lots of Fruits and Vegetables
- #7 Get plenty of rest.
- #8 Try a new Hobby or Interest
- #9 Visit a Museum or Nature Center
- #10 Pay off an overdue bill.
- #11 Laugh until you cry!

Try This Healthy Snack

Orange Smoothie

- 6 ounces Orange juice concentrate
- 10 Ice cubes
- 1 cup Milk
- 1 teaspoon Vanilla
- ¼ cup powdered sugar (optional)

Put all ingredients into a blender.
Blend until smooth.
You can add a banana or other favorite fruit.

Living Well-Thinking About Gratitude

Choose from the following daily gratitude practices. Consider one that pulls you outside your comfort zone. Each practice invites you to reflect on the same set of questions. Continue for at least two weeks, trying more than one gratitude practice if you'd like.

Reflection and meditation.

1. **Light a candle (or other light source) as a reminder of God's presence.**
2. **Ask yourself or share with others:**
 - What am I most grateful for? How is God present in that?
 - What is troubling me? How is God present in that?
3. **Close with a prayer and extinguish the candle.**

Journaling

Many journaling teachers encourage writers to use pen and paper, believing that when we write with our hands, our words are closer to our hearts. Choose a medium that feels secure (notebook, computer program, blog, etc.).

- **Start by writing for five minutes.** Work up to 10 minutes or more.
- **Respond to these questions:**
 - What am I most grateful for? How is God present in that?
 - What is troubling me? How is God present in that?

Footsteps

Our bodies often register emotions before our minds do, if only we stop to listen. This option invites you to slow down one of the body's most routine motions to focus on a single step.

1. **Take one step and ask yourself:** What am I most grateful for? How is God present in that?
2. **Pause to scan your body.** Notice where you feel gratitude — for example, a loosening of the jaw, or relaxing of the shoulders. Repeat this process two more times.
3. **Take another step and ask yourself:** What is troubling me? How is God present in that?
4. **Again, pause to notice physical sensations.** Repeat this process twice more for a total of six steps.

Movement

Regular walkers often say it takes several minutes (or even several miles) along the path before they start to sense mental calmness. With this option, engage your body as a way of quieting your mind.

- **Choose an activity that doesn't require too much concentration** — like walking, jogging, or a familiar yoga routine.
- **Once you fall into a rhythm, reflect on these questions:**
 - What am I most grateful for? How is God present in that?
 - What is troubling me? How is God present in that?

From PorticoBenefits.org/wellness