

**Parish Nurse News**  
**January 2006**

**John 3: 2** “Beloved, I pray that in all respects, You may prosper & Be in good health,  
just as your soul prospers.”

Food for the Body, Mind & Spirit

Body: How many times have you heard, “Don’t eat that, it’s not good for you”?

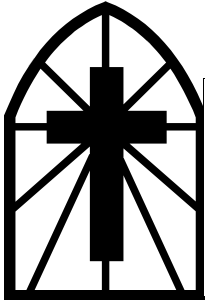
Mind: “Don’t read/look at that, it’s not good for you”?

Spirit: “Don’t feel that way, it’s not good for you”?

Body: Just as a balance of nutritious food & wholesome books are good for your body & mind,  
so is the Master Self-help Book, the **Bible**, good for your Spirit.

**I Corinthians 15:44** “It is sown a *physical* body; it is raised a *spiritual* body.  
If there is a *physical* body, there is also a *spiritual* body.”

Did you know? ” ...that your **Body is a temple of the Holy Spirit within you**  
which you have from God, and that you are not your own?



**For you were bought with a price;**

**Therefore, glorify God in your Body.**

I Corinthians 6:19-20

Mind: “And do not keep striving for what you are to eat & what you are to drink,  
& do not keep worrying...your Father knows that you need them. Instead,  
strive for His kingdom, and these things will be given to you as well.” (Luke 12:29)

Spirit: “Come to Me. Come all you that are weary & carrying heavy burdens,  
& I will give you rest.” (Matthew 11:28)

“For I, the Lord your God, hold your right hand; it is I who say to you,  
‘Do not fear, I will help you.’” (Isaiah 41: 13)

“I am with you always, to the end of the age.” (Matthew 28:20)

“The fruit of the spirit is love, joy, peace, patience, kindness, generosity, faithfulness,  
gentleness, and self-control.” (Galatians 5:22)



Prayer helps relax you, slowing down your breathing, heart rate, & BP.  
Take you heart rate before and again after 10 minutes of earnest prayer.  
There is no healthier practice than prayer-good for all that ails you!

Philippians 4:5-7 **“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.**



**And the Peace of God,  
which surpasses all understanding,  
will guard your heart and your minds  
in Christ Jesus.**

Did you know? Loneliness is a feeling of being apart from others with an accompanying awareness of need for other people. The lonely person often aggravates her condition by suffering alone. Why? Because she thinks that her pain is unreasonable and does not want to be a bother. Illness, whether physical or psychiatric, may be the only legitimate way a socially isolated, lonely individual can get attention.

☐Life is like an onion; you peel it off one layer at a time & sometimes you weep (C Sandburg)

**Galatians 6:2** “Bear one another’s burdens, and in this way you will fulfill the law of Christ.”

Did you know? Steaming in a microwave reduces 97% of the antioxidants in vegetables. Stove-top steam your vegetables instead; when you can, eat them raw.

Did you know? January 1 the FDA required food packages and some dietary supplements list the amount of trans fat (trans fatty acids) on the label. Trans fat is formed when liquid oils are made into solid fats, such as margarine & vegetable shortening. It raises “bad” LDL Cholesterol & increases the risk of heart disease. Look & See!

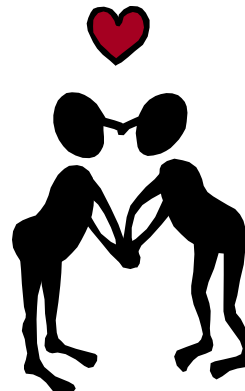
Did you know? Antibiotic overuse is responsible for resistant microorganisms such as Staph aureus. Such germs reside in most hospitals and long-term care facilities and are responsible for an unprecedented number of costly, often fatal infections. Studies time & again demonstrate that antibiotics are prescribed for illnesses that are mostly viral, such as colds. Too often, it is because the patient insists on the prescription!

What’s wrong with this picture? 18 states have enacted laws that make it a crime to host parent-sponsored drinking parties...why? There is an emerging trend for underage booze bashes with parents providing the liquor in hopes of controlling potential alcohol-related disasters.

Dear Abby’s Column printed this often-requested idea for getting the New Year started positively:

**Prayer of St. Francis**

Lord make me an instrument of your peace.  
Where there is hatred, let me sow love;  
Where here is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy.  
O Divine Master, grant that I may no so much  
seek to be consoled as to console;  
To be understood as to understand;  
To be loved as to love.  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
It is in dying that we are born to eternal life.



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