

Living Faith @



Dear Readers,

May is a month with many new beginnings - the spring grass is greening up, plants are beginning to bloom, classes are winding down for the summer, & vacations are being planned.

Some beginnings start as a result of an ending. College might follow high school in education ... a promotion might be in next at a job ... but any new beginning means you are allowing yourself to accept changes. You can grab the change and transition into the "greater" that God has established for you. Look around -- see all the new beginnings ... join with

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." 2 Corinthians 5:17



others ... and enjoy the journey!! Happy Spring!!!

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Accept a change which results in transition, be grateful - be thankful. By practicing gratitude everyday, there is a significant benefit to physical and emotional wellbeing.

There are four gratitude practices to engage in daily.

1. Reflection and meditation.

- ◆ Light a candle (or other light source) as a reminder of God's presence.
- ◆ 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?
- ◆ Close with a prayer and extinguish the candle.

2. 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?

3. 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.

- ◆ Take one step and ask yourself: What am I most grateful for? How is God present in that?
- ◆ 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.
- ◆ Take another step and ask yourself: What is troubling me? How is God present in that?
- ◆ Again, pause to notice physical sensations. Repeat this process twice more for a total of six steps.

4. 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?

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