

Living Faith @



Dear people who shape the faith of others:

Spring is here - with summer on its way! The much needed rain has arrived and is almost too much ... at least all at once. The flowers are blooming, the grass is growing and needs to be mowed, the birds are returning from their winter habitat, so we see bird feeders with many types of birds we haven't seen for a while. Some favorites are hummingbirds, orioles, indigo bunting, & the little goldfinch. All have different needs for eating but as they gather at the feeder, the sugar water container, or beside the grape jelly, they flutter and flap their wings at each other. As we get ready for the approaching summer, we look for ways to walk or spend time outside, if possible. Self care can be difficult to accomplish. We need to focus on the things that make us happy - the activities that we feel good about while we're doing them — and there are many! Let your imagine go ... read through some of the suggestions on the next page & take care of yourself and your family members. Help others find ways to relax and refresh.

Rev. Sue Cira, Immanuel Crane Creek, Lawler



Tulips are a sign of spring



Hummingbirds are fun to watch



Orioles

This information is prepared for you by the **Northeastern Iowa Synod-Home Life Network** for use by families and local congregations.

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As we encourage one another and strive to be healthy, we remember the promises made during our baptism. Living well is a spiritual practice. There are spiritual practices with which we feed our souls as well as our bodies through social interactions, emotional well being, physical well being, financial well being, vocational well being, and intellectual learning. Are you able to be healthy in each of these areas? Which ones do you need to work on? For most of us life is hard and sometimes overwhelming. It helps to know we're not alone and that we're part of a community of believers. These communities of faith are where we find support and hope.

The Wholeness Wheel



Pray using a Labyrinth indoors
one on paper or made of clay
Or find one outdoors



Healthy Ideas to Try

- ◊ Drink at least 60 oz water per day
- ◊ Walk 30 minutes a day
- ◊ Pray thanks
- ◊ Eat fruits and vegetables
- ◊ Get plenty of sleep
- ◊ Try a new hobby or interest
- ◊ Take the stairs
- ◊ Watch the birds in your yard
- ◊ Pick some flowers
- ◊ Have some fun - alone or with others
- ◊ Read a book
- ◊ Dance to some music
- ◊ Follow the Portico wellness resources
- ◊ Investigate and implement one spiritual practice