

Compliments of your
Faith Community Nurse
Sherry McIntyre RN, FCN
894-0902

Health Blessings

AND GRANDMA TOO

While we honor all our **MOTHERS** with words of love and praise.

While we tell about their goodness and their kind and loving ways.

We should also think of **Grandma**, she's a mother too, you see.... For she mothered my dear mother as my mother mothers me.
Author Unknown

A Little History

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. The American incarnation of **Mother's Day** was created by **Anna Jarvis** in **1908** and became an official US holiday in **1914**. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, **Mother's Day** most commonly falls on the second Sunday in May and traditionally involves presenting mothers with flowers, cards and other gifts.

MIND, BODY AND SPIRIT



Are You Mary or Martha?

"Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me!" Luke

10:40. Are you a Mary who is eager to sit back and learn new things or a Martha who worries about details of a job and is upset when others can't multitask?

Throughout the ages women have been taught to be organizers, nurturers, and caretakers for others while neglecting their own needs and desires. Even today women are expected to be superwomen and excel in roles of wife, mother, daughter, volunteer, employee, caretaker, protector, and business woman. Unfortunately while accomplishing these tasks, women forget the most important tasks, of a healthy life—balance and self-care.

Women understand the importance of annual checkups and

health screenings but often find excuses to ignore health issues because of the belief that caring for others is important. In order to have the energy to care for others, it is important that women practice self-care. This means taking time to rest, enjoy friends, and care for self. Caring for the mind, spirit, and relationships through hobbies, meditation, morning devotions, lunch with friends, family night or time with spouse will establish balance and stability. These activities will result in lower B/P, peace of mind, greater enjoyment of family, and renewed energy to tackle the difficulties of life and are just as important as medical appointments and screenings where health issues can be found before they become serious issues. Listen to your body's signals!

Source: National Women's Health Resource Center

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HELPING HANDS!

Audrey Hepburn wrote this poem when she was asked to share her beauty tips

For attractive lips, speak words of kindness.
 For lovely eyes, seek out the good in people.
 For a slim figure, share your food with the hungry.
 For beautiful hair, let a child run his/her fingers through it once a day.
 For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone. Remember, if you need a helping hand, you will find one at the end of each of your arms. As you grow older, you will discover that you have two hands; one for helping yourself and the other for helping others.

BOOKS OF THE NEW TESTAMENT WORD SEARCH

MATTHEW	MARK	LUKE	JOHN	ACTS
ROMANS	(I and II) CORINTHIANS	GALATIANS	EPHESIANS	PHILIPPIANS
COLOSSIANS	(I and II) THESSALONIANS	(I and II) TIMOTHY	TITUS	PHILEMON
HEBREWS	JAMES	(I and II) PETER	(I, II and III) Letter of JOHN	
JUDE	REVELATION			



Did you know? The word **LISTEN** has the same letters as **SILENT**