



HEALTH MINISTRY

The Gathering

The last time, I wrote about holistic healing and incorporating it into the wellness plan for your life by using it along with traditional medicine. Our main goal should be to remain free from disease well into old age. We can't prevent aging yet, but we can try to be in the best of health that we can be and as mobile as we can. Our mobility determines how soon we will need assisted care or more. So keep moving! Take time to be still, to see and to hear! Be one with the universe. Nurture your soul!

There is a movement in Tai Chi called the gathering of heaven and earth. You symbolically reach down with both arms to gather up the bounty of the earth and extend your arms slowly upward towards the heavens offering it to God. I find this motion intriguing in its offering of God's gifts back to the heavens in thanksgiving. It is very meaningful in this season of the harvest and thankfulness. It unites physical movement, deep breathing, with your soul.

This time of year with its shortness of daylight and fluttering of the remaining rust colored leaves to the ground brings a hush to the earth. The frolicsome days of summer have gone, replaced by the pensive days of late autumn with its aroma of firewood burning or smoke from piles of burning leaves. The air is crisp and filled with a new energy. Trees that were previously green now show their branches reaching to the sky. We gather together to thank God for the harvest, the warmth of home and the friendship of family and friends. We are a blessed people!

In her book "Simple Abundance" Sarah Ban Breathnach writes that "We have everything in life to make us happy, but lack the conscious awareness to appreciate it. We have inner wisdom, strength, and creativity". She says there are six threads of abundant living which when woven together produce a tapestry of contentment that wraps us in inner peace, well-being, happiness and a sense of security. These six are gratitude, which gives way to simplicity (paring down, clearing out), which brings order, which brings us harmony. Harmony gives us inner peace so we can enjoy the beauty, which opens us to joy! She also suggests that we write down 5 names of people or things per day for whom we are thankful. Give it a try and see if it helps you.

Have a Happy and Blessed Thanksgiving!

Blessings,
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'Simple Abundance
by Sarah Ban Breathnach