



## “Healing and Hope in the Season of Light”

Redeemer Family,

As we enter December and the season of Advent, we invite you to pause and reflect, not only on the birth of our Savior, but also on the healing and hope His coming brings to our bodies, minds and spirits.

### **Advent: A Time to Breathe**

In the rush of holiday preparations, it’s easy to forget that Advent is a season of waiting. As your Parish Nurses, we encourage you to embrace this time as a gift—and opportunity to slow down, breathe deeply, and care for yourself and others. Whether you’re battling seasonal illness, managing chronic conditions, or simply feeling overwhelmed—remember that Christ came to bring peace to every part of our lives.

### **Caring for the Whole Person**

Jesus’ ministry was one of healing. He touched the sick, comforted the grieving and restored the broken. As we light each candle on the Advent wreath, let it remind us to care for our whole selves:

- **Mental Health:** The holidays can stir up grief, anxiety, or loneliness. Reach out. Talk to someone. You are not alone.
- **Spiritual Health:** Attend worship, reach Scripture and pray. Christ is near.
- **Physical Health:** Rest well, eat nourishing foods and stay active—even a short walk can lift your spirits.

Let’s Pray,

Lord Jesus, Light of the World, shine into our hearts this Advent Season. Bring healing to the weary, comfort to the grieving, and peace to the anxious. Help us care for one another with compassion and grace. Amen.

With love and hope,

your Redeemer Parish Nurses, *Jodi Hellickson & Kathy Zarling*