



Walking In God's Faithful Care

August is a season of transition as summer begins to give way to fall. In the midst of changing routines and seasons, we are reminded of an unchanging truth:

*"The steadfast love of the Lord never ceases; His mercies never come
To an end; they are new every morning."*

Lamentations 3:22-23

As Parish nurses we are blessed to walk alongside members through times of joy, illness, healing, caregiving and loss. Again and again we witness God's faithfulness. Whether we begin the day feeling strong or carrying worry, grief, or health concerns—God meets us with new mercy and grace.

Often His care is revealed through simple acts of kindness—a phone call from a friend, help from a neighbor, support from family or the peace that comes through prayer and Scripture. These everyday moments remind us that God continues to provide for us and walk beside us.

Caring for Body and Spirit

God calls us to care for the gift of life He has given us. Small daily habits can support both physical and spiritual well-being:

- **Enjoy the harvest.** Fresh summer fruits and vegetables provide nourishment and hydration while creating opportunities to share with others.
- **Keep moving.** Walking, gardening, stretching and other daily activities help maintain strength, balance and mobility.
- **Stay hydrated and rested.** Drink plenty of water during warm weather and listen to your body's need for rest.
- **Nurture your spirit.** Spend time each day in prayer, Scripture reading or quiet reflection to find renewed peace and strength.

Strengthening Congregational Care

As summer activities slow down, August offers an opportunity to reconnect with our church family. A visit, phone call, card or conversation after worship can make a meaningful difference in someone's day.

God often works through ordinary acts of kindness to share His extraordinary love. Together we can continue building a congregation where every member feels cared for, encouraged and connected.

A Prayer Request

Gracious Lord, thank You for the gift of each new day and for Your unfailing love. Renew our strength, fill our hearts with gratitude, and guide our steps in the days ahead. Help us to care for one another and to reflect the hope we have in You. Remind us daily that Your mercies are new every morning and your promises never fail. In Jesus' name, Amen.

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